



Georgia Chapter of APPA
Leadership in Educational Facilities

GAPPA News

July 2018

“Striving for Facilities to Promote Student Success”

Jekyll Island 2018! The convention center successfully hosted GAPPA 2018 Conference, and members enjoyed attending the conference .

We had 101 booths, 46 sponsors, and 145 attendees, Due to the weather golf was canceled, and we had 20 golf sponsors. We had 3 guests visiting GAPPA from other regions, 27 stipends were awarded to assist with the cost of attending the conference. The Groove Gypsies Band entertained the crowd at the Tuesday banquet.

For a sample of photos from the convention,
please check GAPPA web site. Select Annual meeting: www.gappa.org



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Jekyll Island Welcomes You

Dear Friends,

Jekyll Island is once again open for business and exploration after Hurricane Irma. In partnership with state and local resources, we've worked around the clock to restore this island to its pristine beauty.

Residents are settling back into their homes and visitors are returning to explore the beaches and enjoy fall activities. We are very fortunate to be able to reopen so quickly, and our hearts are with those who are still feeling the effects of the storm.

Many of you have asked how you can help. There are many non-profits you can support, or you can simply visit Jekyll Island. Stay in the hotels, eat in the restaurants, visit a local shop, and enjoy our many activities. Visitors like you help make this island and its future possible, and will be vital during this time of recovery.

As we put the finishing touches on this special place, we invite you to come back. With your help, we can continue to make Jekyll one of the most special places in the South.

The Jekyll Island Authority



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Students to Pay Same Tuition for the 2018-2019 Academic Year

University System of Georgia (USG) students will pay the same tuition for the 2018-2019 academic year as the current 2017-2018 academic year, after the Board of Regents set annual tuition rates today for all 26 colleges and universities at a zero percent increase.

“We are grateful to Gov. Nathan Deal and the General Assembly for their consistent support of public higher education in Georgia,” Chancellor Steve Wrigley said. “We also recognize the critical need to keep our institutions affordable for students while providing a quality education. The board’s decision today maintains our commitment to keeping tuition increases to a minimum.”

The University System has been able to limit tuition increases to an average of 1.8 percent annually over the last five years and continues to offer some of the lowest tuition rates among peer public higher education systems. Out of the 16 states that make up the Southern Regional Education Board (SREB), the USG remains the sixth lowest state in tuition and fees for four-year institutions.

The board also continues to ensure fees charged by USG institutions are kept to a minimum. Only nine of the USG’s 26 institutions will be allowed limited fee increases for the upcoming fiscal year, ranging from \$3 to \$31 per semester for a full-time, in-state undergraduate student.

“In 2016, a state audit report found that tuition and fees in the University System averaged 25 percent less than what institutions in peer states charged,” said Shelley Nickel, executive vice chancellor for strategy and fiscal affairs. “In 2018, we remain focused on giving students an affordable, accessible and high-quality experience that we hope ultimately results in their success.”

In addition, the USG is saving students \$19 million a year with its free online textbook initiative called Affordable Learning Georgia. More than 219,300 students from across the system have benefited directly from the program, which has grown rapidly. Just two years ago, the University System was ranked number one in the nation by national publisher OpenStax at Rice University for saving students the most money with free online textbooks.

Tuition rates for each institution can be found here:
https://www.usg.edu/fiscal_affairs/tuition_and_fees.

By: Annette Ogletree-McDougal
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Newsletter Committee Chair and Editor:
Casey Charepoo
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Georgia Tech Honored with Prestigious PGMS Re-Accreditation

Georgia Tech has been re-accredited with a 4-star rating as part of the Professional Grounds Management Society's (PGMS) Landscape Management and Operations Accreditation. Tech was originally accredited in January 2015 with a 3-star rating. The 4-star rating is the highest certification given by PGMS. Hyacinth Ide, Associate Director, Landscape Services & Vehicle Management, developed the accreditation submission and received the re-accreditation honor on behalf of the school.

Accreditation Facilitator Joe Jackson, CGM commended the work by Ide and his team: "Georgia Tech's Landscape Services and Vehicle Management unit provided a very thorough and professionally prepared Grounds Management Best Practices Update Report as required for PGMS re-accreditation. The action steps that they are aggressively pursuing to further institutionalize the best practices for grounds excellence are exemplary. Their work on campus exemplifies a clear understanding and commitment to a continuous improvement process encouraged by the PGMS accreditation and integral to an organization's success. The Landscape Services and Vehicle Management unit at Georgia Tech is to be commended for substantially showing and presenting evidence that meets the necessary requirements for obtaining a 4-star rating in the PGMS Landscape Management and Operations Accreditation Program."



This accreditation process and subsequent follow-up measures combine to exemplify a commitment to continuous improvement. The PGMS Landscape Management and Operations Accreditation is initially awarded for three years. An accredited facility must then seek to be re-accredited through a mandatory update report provided by the organization that verifies the continuing conformance to best practices and the adherence to the principles of the accreditation.

Newsletter Committee Chair and Editor:
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Construction occurring on UNG campuses this summer

UNG News



Signs of construction ranging from a new road to building renovations can be seen across the University of North Georgia (UNG) campuses.

One of the most noticeable signs is the mounds of dirt being moved behind the Martha T. Nesbitt building and Hugh Mills Physical Education Complex for a new road on UNG's Gainesville Campus.

"We are building a road to help alleviate the traffic" on the north side of the campus, said Bill Moody, director of facilities and operations for UNG's Cumming, Gainesville and

Oconee campuses. Moody explained the new street, called Loop Road, will connect Facility Drive to Mundy Mill Road, cutting a paved path with sidewalks between the outdoor track and the tennis courts.

Moody said Loop Road will be a "right-in and right-out" street, similar to the entrance north of Thurmon Tanner Parkway and Mundy Mill Road.

"All of the people in the parking deck and behind it will have an option to go a different direction on and off campus," he said. "It also will help future development and help the campus grow."

The road project started in May and is scheduled to be complete by January 2019.

The new road is not the only project in Gainesville. The Hugh Mills complex is receiving some needed renovations.

"All brand-new locker rooms will be available to students and those who use the gym and fitness center," Moody said.

Other smaller maintenance projects are happening on Cumming and Oconee campuses, but Moody and his team will focus their attention on a large-scale project next year when UNG takes possession of the Lanier Tech campus in early 2019.

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Construction occurring on UNG campuses this summer

UNG News

"As soon as they transfer it to us, we will start renovations," he said.

The Gainesville Campus is not the only one with construction projects underway. The Dahlonega Campus is dealing with one road-related project.

While finishing touches are being completed on the Convocation Center, two other renovation projects are progressing.

One is the preservation project on Hansford Hall.

"We are restoring the front four columns on Hansford Hall, which is adjacent to Price Memorial," Bermann said. "They were damaged by a storm a year ago."

The Federal Emergency Management Agency (FEMA) awarded \$40,000 to UNG through its FEMA Public Assistance Grant. UNG used the funds to remove and dispose of downed trees and limbs on the Dahlonega and Gainesville campuses and replace a glass door damaged at the Library Technology Center in Dahlonega. It also restored the portable water system that was destroyed by a downed tree at Pine Valley.

Memorial Hall is being renovated following the relocation of activities and classes to the Convocation Center.

"The old classrooms are being converted to offices for the P.E. department," Bermann said. "And the athletics administration department is getting a facelift."

Among upcoming construction projects, the Blue Ridge Campus is in the early phases of a growth project. The state legislature [earmarked \\$5.5 million for land acquisition, design, construction, and equipment for a standalone campus](#)³.

"We are in process of purchasing property," Bermann said. "We will start the design process in September."

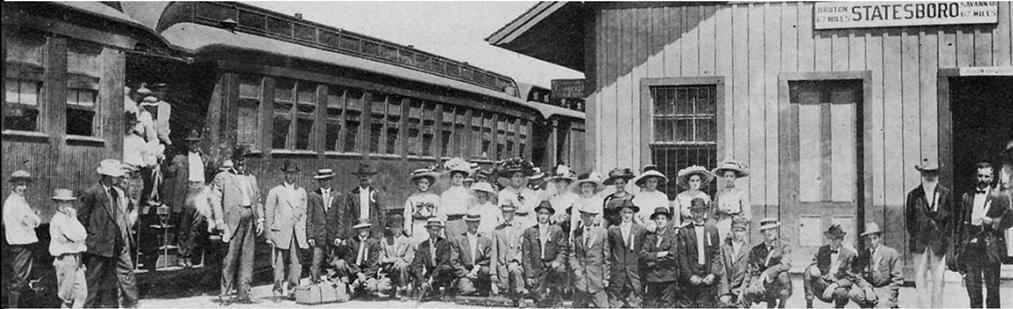
By: Jennifer K. Devine



***Newsletter Committee Chair and Editor:
Casey Charepoo***

Georgia Southern University

Our History



When First District Agricultural & Mechanical School's inaugural academic year began in 1908, few could have foreseen a major American university growing out of four faculty members and 15 students in just a little more than one lifetime.

Now in its second century of service, Georgia Southern boasts

27,000-plus students, more than 2,000 faculty and staff, and some 141 programs of study at the bachelor's, master's and doctoral levels.

Founded as a school for teaching modern agricultural production techniques and homemaking skills to rural schoolchildren, then-First District A&M School began within two decades to shift its emphasis to meet the growing need for teachers within the state. Its name and mission were changed in 1924 to Georgia Normal School as a training ground for educators, though it continued to accept "preparatory" or high school students. Five years later in 1929, full-fledged senior college status was granted as South Georgia Teachers College.

Ensuing decades saw additional name and mission changes: to Georgia Teachers College in 1939 and Georgia Southern College in 1959. Continued program and physical expansion, including one seven-year stretch, 1984-91 in which enrollment doubled from just over 6,000 to more than 12,000 students, led to a final transformation in 1990 – to Georgia Southern University. Since then, the University has embarked on a massive upgrade of facilities, adding more than \$250 million in new construction. At the same time, it has repurposed older buildings, primarily residence halls, to serve teaching and administrative needs.

In 2018, Armstrong State University and Georgia Southern University consolidated creating a new Georgia Southern University comprised of nine colleges on three campuses: the Armstrong Campus in Savannah, the Statesboro Campus and the Liberty Campus in Hinesville.

Georgia Southern is now the largest and most comprehensive university in the southern half of Georgia, classified as a Doctoral/Research University by the Carnegie Foundation for the Advancement of Teaching. Added emphasis on serving returning veterans has earned the University a "military-friendly" designation from *Military Advanced Education*. *Kiplinger* has named Georgia Southern a "Top 100 Best Value."

The new millennium has seen the formation of two new colleges: the the Allen E. Paulson College of Engineering and Computing and the Jiann-Ping Hsu College of Public Health. Additional undergraduate and graduate programs have been established that include doctoral degrees in psychology, education, logistics and supply chain management, public health, and nursing.

The growing demand for online learning has brought online bachelor's degrees in business, nursing, and information technology. Master's programs are offered online in business, accounting, economics, computer science, coaching, kinesiology, and a broad choice of education fields.

Georgia Southern's athletics program has a long and storied history, rich with tradition born of success. The University has not only produced conference and national champions, but has parlayed private support into significantly enhanced facilities – crucial to the recruitment and retention of top athletes.

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Supporting Smart Communities Across Georgia

A new program will help local governments across Georgia plan and implement smart development.

Georgia Tech is leading the effort that brings together industry and public agencies to support communities in their efforts to implement cutting-edge technologies.

The [Georgia Smart Communities Challenge](#) is open to large cities and smaller towns, which have not been as prominent in smart development because of a lack of access to resources.

The program, also called "Georgia Smart," will provide seed funding and access to technical assistance, expert advice and a network of peers. A Georgia Tech researcher will advise each team and conduct research in support of their needs and goals.

"We've spent the past year in workshops and dialogue with local governments across Georgia to better understand their challenges and priorities," said Debra Lam, managing director, Smart Cities and Inclusive Innovation at Georgia Tech. "From these communications, we developed a program that is sensitive to the local context while fast-tracking smart communities. We aim to create more models for smart development that can be shared and applied across the state and beyond."

Georgia Smart is seeking proposals in the areas of smart mobility and smart resilience. Applications are due May 1.

Local Georgia governments of any size -- cities, counties or consolidated city-county governments -- will lead selected teams. Each of the four winning teams will receive direct grant funding of up to \$50,000, in addition to a required local match.

Georgia Power is the lead sponsor of the program, with additional financial support from the Atlanta Regional Commission.

Additional partners include: Association County Commissioners of Georgia, Georgia Centers for Innovation, Georgia Chamber of Commerce, Georgia Department of Community Affairs, Georgia Municipal Association, Metro Atlanta Chamber and Technology Association of Georgia.

"Creating a better-connected Georgia requires research and collaboration from many stakeholders across every layer of the public and private sector," said Christine Primmer, strategic manager of the Georgia Power Smart Cities initiative. "We are proud to be a leading partner in the Georgia Smart Communities Challenge as one component of our larger commitment to improving every community we serve while also building the future of energy with a more reliable and adaptive power grid."

Smart community opportunities can help local governments and the entire region address multiple issues including mobility and economic development, said Doug Hooker, executive director, Atlanta Regional Commission.

"Community initiatives can be more successful through collaborative, people-focused approaches, and those qualities are what make the Georgia Smart Communities Challenge an important effort for the region," Hooker said.

For media inquiries about Georgia Smart, contact Laura Diamond

A series of [workshops and webinars](#) will take place in March and April, including an April 9 event on campus, to assist communities with the application process. Each team is required to send at least one representative to at least one of these events.

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Students and Community unite for service

UGA News

ServeUGA and community volunteers come out for MLK Day of Service.

On Jan. 15, people across the nation celebrated the life of Dr. Martin Luther King Jr. by participating in the MLK Day of Service, the only federal holiday designated a national day of service. Organized by a committee within Athens-Clarke County, the local effort brought more than 800 volunteers out on a chilly Monday morning to serve the community.

“One of Dr. King’s messages was to get out and be neighborly—to meet people, help people and do things for the greater good,” said Stacey Farrell, executive director of Keep Athens-Clarke County Beautiful. “Our community isn’t that large, and service days like this are a great way for people to learn more about Athens and understand the challenges we face.”

Volunteers served at 17 sites across Athens, from local cemeteries to shelters to food banks.

Among those volunteers was Emily Stone, a third-year political science and international affairs major who is also working toward a Master of Public Administration. Stone volunteered on behalf of ServeUGA, a student organization focused on promoting a culture of service to students. Stone, the director of outreach for the organization, had always wanted to give back.

“Growing up, I always wanted to help others, but I never felt I had the capacity to make a real impact in my community,” she said. “ServeUGA was the perfect opportunity to discover myself through service and to connect others with a service-oriented lifestyle.”

Housed in the Center for Leadership and Service, ServeUGA is a small organization with a large impact across campus and the Athens community. Participants, called service ambassadors, coordinate campus-wide days of service and social awareness events and also volunteer in community events, including the MLK Day of Service.

The organization also acts as a parent organization for 40 advocacy-based groups on campus by providing monetary support, advising, networking opportunities and professional development.

On Monday, Stone worked alongside volunteers of all ages removing trash, cleaning gardens at the West Broad Market Garden, all while recordings of King played on the loudspeakers. Service days are a way for UGA students to immerse themselves in the local community, not only as UGA students but as Athens-Clarke County residents.

“Once you participate in a day of service and see the opportunities and/or challenges firsthand, you are more likely to engage in the future development of our community.” —Stacey Farrell

“This day is a chance to connect with the Athens community and bridge the gap between UGA’s students and Athens residents,” Stone said. “Instead of approaching MLK Day of Service as a group of UGA students going out to serve the surrounding community, we go with community members to serve our own city.”

The main goal of ServeUGA is to establish more than just a one-time chance to serve, rather instilling a culture of volunteering into all participants. For Farrell, the MLK Day of Service reinforces that goal.

“Once you participate in a day of service and see the opportunities and/or challenges firsthand, you are more likely to engage in the future development of our community,” she said. “Ultimately, we hope this experience will have a profound impact on the students so that they will become lifelong volunteers and active citizen.”

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By: Kellyn Amodeo

UGA Today

Newsletter Committee Chair and Editor:

Casey Charepoo

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Emory earns ‘Gold’ rating for sustainability leadership, innovation

Emory University has once again received a Gold rating from the Association for the Advancement of Sustainability in Higher Education (AASHE) for its leadership and innovation in university sustainability.

With this Gold rating, awarded through AASHE’s Sustainability Tracking, Assessment and Rating System (STARS), Emory maintains its status since the last report in 2014.

STARS is a self-reporting sustainability evaluation tool developed by AASHE, with 91 colleges and universities participating from around the world this year. The program also takes into account diversity, in the effort to build a stronger, more diverse campus sustainability community.

Despite updated standards that have become more stringent to maintain the Gold certification level, Emory University and Emory Healthcare were still able to achieve Gold this year. Emory is ranked in the top 10 for sustainability among institutions in the American Association of Universities.

Emory’s internal tracking and measurement tools related to the factors monitored under STARS have improved since its last data collection year.

“Reporting the hundreds of data points and information fields for STARS required many conversations and data transfers with offices and individuals across campus,” notes Kelly O’Day Weisinger, assistant director of the Office of Sustainability Initiatives, adding that she is “grateful for widespread support throughout the process of completing the STARS application.”



This year, Emory University received full points in a number of areas, including “Campus as a Living Laboratory,” “Support for Research,” “Sustainable Dining,” “Biodiversity” and “Support for Underrepresented Students,” among many others.

Ciannat Howett, director of the Office of Sustainability Initiatives, hopes for Emory to continue to reach and exceed its goals.

“Emory continues to make exciting progress in creating a more sustainable campus and community, and we are honored to receive national recognition for our efforts with the AASHE STARS Gold rating,” Howett says. “As we implement Emory’s 2025 Sustainability Vision, we will continue our national leadership in sustainability.”

These efforts may be enough to put Emory into the Platinum certification for the next reporting year, an honor held by only three institutions, Howett says.

News Provided By:

Emory Report

Emory’s STARS report, along with reports from all participating colleges and universities, is publicly available on the AASHE STARS website.

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UWG Building New Student Health Center

The University of West Georgia unveiled plans today for a new, state-of-the-art student health center that, when built through a partnership with Tanner Health System, will allow the university to better serve students with no increase in mandatory health fees.

The University System of Georgia Board of Regents approved construction of the 14,500-square-foot, \$4 million facility, which will provide more than twice the usable space as UWG's current health services building. The number of exam rooms will double from eight to 16 and the building will house a medical lab and pharmacy, as well as wellness and advocacy services.

"We are excited to partner again with Tanner Health System on a project that will improve significantly the facility in which we provide quality care to our students, while keeping the cost of that care affordable," said UWG President Kyle Marrero. "That's what makes our strong relationships with community partners so important. In this case, we are able to leverage Tanner's expertise and lower construction costs while enhancing the overall university experience we provide students."

Work on the health center - which will be built directly behind UWG's Honors College on a portion of what is now the Tyus Hall parking lot - will start next month and conclude in January 2019. The building will fit in well with its surroundings based on a low-profile, single-story construction.

"Tanner is a mission-driven, community-focused organization," said Loy Howard, president and CEO of Tanner Health System. "Two elements that you need for a vibrant, growing community are strong educational institutions and quality health care. By partnering with UWG on this project, we're working toward both. It's a unique partnership to ensure that the university can continue to provide an accessible, affordable education for the residents of our region while also meeting the health needs of their students, which is directly in line with Tanner's mission to improve the health of the communities we serve."

The new student health center is the second major project between UWG and Tanner in recent years. The two organizations also partnered to establish UWG's Tanner Health System School of Nursing. That partnership created more opportunities for students interested in nursing careers while also helping established nurses at Tanner keeping their training sharp and current with the most recent clinical practice through access to the university's state-of-the-art nursing labs.

The new facility will provide needed space as the current one, which was built in 1971 to serve 7,000 students, just under half of UWG's current population of 13,520. In addition, it allows the university to house all health services, now in multiple locations on campus, in one facility. In addition to medical care, the center will offer pharmacy, patient advocacy and health education services.

"The new health center will be a modern, student-friendly facility featuring state-of-the-art equipment, enhancing the care available to our students," said Angie Bradley, UWG's director of health services, adding that the facility will support the current student population and accommodate growth. "The additional square footage alone will make the facility more functional, but the efficiencies associated with the design will impact our workflow positively and enable us to keep students healthier and safer by serving their needs more efficiently."

By:
Gary Leftwich



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Kendeda Building to collect Fulcrum Award at Greenprints

The Kendeda Building for Innovative Sustainable Design is about to collect another award.

Southface announced today that the project at Georgia Tech (which is the primary focus of this website) will be recognized as one of four 2018 Fulcrum Award winners. The awards will be given Monday evening at a celebration that kicks off next week's Greenprints conference.

"Though diverse in scope, each Fulcrum Award recipient exemplifies our vision to promote a regenerative economy, responsible resource use, social equity, and a healthy built environment for all," Southface president Andrea Pinabell said in press release. "We are proud to honor these projects that bring us all closer to a better future."

While Southface is collaborating with the Kendeda Fund on programs related to the Kendeda Building, the organization stressed that the winners were selected by "an independent panel of eight jurors who boast expertise in sustainability across a wide range of sectors." The one juror who is involved in the project, architect Brian Court of The Miller Hull Partnership in Seattle, recused himself on consideration of the Kendeda Building.

The Southface statement noted that upon completion, the Kendeda Building is expected to be "the first of its size and function in the region to be designed with Living Building Challenge 3.1 principles, the world's most rigorous proven performance standard for buildings." The building was designed by Lord Aeck Sargent of Atlanta and Miller Hull of Seattle. Skanska USA is the general contractor.

Last fall, the project — which recently started construction — won an Atlanta Magazine Groundbreaker Award.

According to the press release, the other recipients will be:

Georgia State University's Leafy Green Machine, which addresses adaptive reuse, food scarcity, urban agriculture, and sustainable innovation to produce 4,500 pounds of leafy greens within a 40-foot space.

Live Thrive Atlanta's Center for Hard to Recycle Materials (CHaRM), metro Atlanta's first and only permanent drop-off facility that accepts recyclables and other items that aren't currently collected in curbside recycling programs.

The Len Foote Hike Inn, recipient of the Lifetime Achievement Award. For 19 years the Hike Inn has worked to protect Georgia's natural resources and teach guests about sustainability's value. Its new Above the Grid project allows the Hike Inn to receive nearly 70 percent of its energy from solar and greatly reduce its carbon footprint.

The Greenprints conference, which takes place Monday through Wednesday in downtown Atlanta, will celebrate its 20th year as the Southeast's leading annual meeting on sustainability in the built environment. The conference is organized by Southface, which describes itself as the "premier organization for resilience in the Southeast." For more information on Greenprints and to register, [click here.](#)

News Article By:

Ken Edelstein



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VSU Earns National Recognition for Supporting Healthy Living

VSU News

Valdosta State University recently earned national gold level recognition from the Exercise is Medicine on Campus program for the second consecutive year. The award reflects VSU's ongoing commitment to health and wellness on campus.

"VSU is simply a microcosm of the community at large," said Dr. LaGary Carter, associate dean of the School of Health Sciences, College of Nursing and Health Sciences. "Employees are not insulated from morbidities such as prediabetes or diabetes, high triglycerides, low HDL cholesterol, high blood pressure, and abdominal or central obesity. A combination of three or more of these medical issues is called metabolic syndrome, which is highly associated with cardiovascular disease.



"The scientific evidence is clear — Exercise is Medicine. The VSU College of Nursing and Health Sciences, in partnership with Campus Wellness, is uniquely qualified and equipped to educate our campus about the role of physical activity, proper nutrition and other healthy behaviors in the prevention and treatment of metabolic syndrome, certain cancers, and other diseases and disabilities."

Exercise is Medicine is a global health initiative managed by the American College of Sports Medicine. It focuses on physical activity being integral to the prevention and treatment of diseases.

"Research reveals that 50 percent of what equates to being healthy is directly attributed to healthy behaviors or lifestyle choices," Carter said. "Ironically, only 4 percent of healthcare spending is directed towards promoting healthy lifestyle choices. We can and must do more to prevent and manage disease."

VSU is an active member of the Exercise is Medicine on Campus program, which calls upon universities and colleges to engage in the promotion of physical activity as a vital sign of health. This includes creating a campus community culture that makes movement a part of everyday life, assesses physical activity at every stu-

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VSU Earns National Recognition for Supporting Healthy Living

VSU News

dent health visit, provides the tools necessary to strengthen physical activity habits that can last a lifetime, and connects university health care providers with university health fitness specialists to provide a referral system for exercise prescription.

VSU's participation in the Exercise is Medicine on Campus program is a collaborative effort between the School of Health Sciences and Campus Wellness.

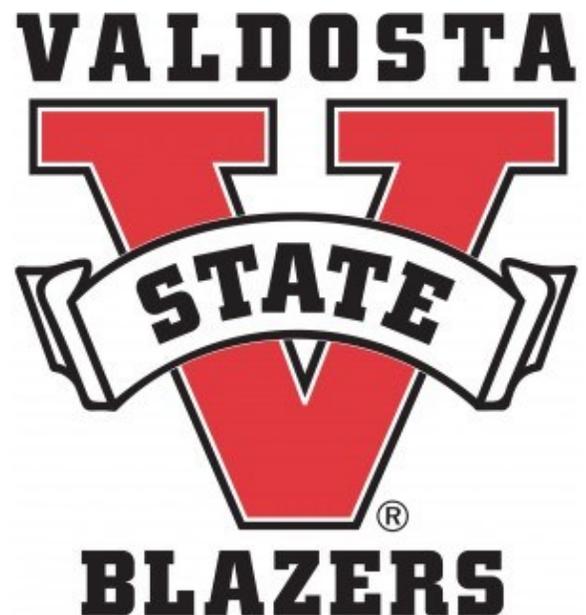
The School of Health Sciences is home to VSU's Exercise Physiology Program, Athletic Training Program, and Health Sciences Program. Its faculty, staff, and students host an annual Exercise is Medicine Symposium and operate the Center for Exercise Medicine and Rehabilitation, which houses the Athletic Training Clinic and the Fitness and Wellness Center and offers a variety of preventive and therapeutic services to the university and surrounding community.

Campus Wellness promotes an increased awareness and practice of a healthy lifestyle by offering a variety of educational activities and programs that address the social, intellectual, occupational, spiritual, physical, and emotional wellness of the university's faculty, staff, and student population. This includes the annual Benefits and Wellness Fair, which gives students, faculty, staff, and retirees the opportunity to meet with dozens of representatives to learn about health, wellness, retirement, and benefit plans; healthy living challenges such as Walk Georgia, Active For Life, and Health Trails; group fitness classes; Dine and Discover; special initiatives like the Employee Assistance Program; and more. Additionally, VSU's campus features the Walking Trail System, which includes the Fitness Route, the Scenic Route, the Historical Plants Tour, and the Whitehead Camellia Trail.

VSU was one of 43 campuses nationwide to achieve gold level recognition.

VSU was recognized at the 2018 American College of Sports Medicine's annual meeting in Minneapolis, Minnesota.

By: John Stephen
Communications Specialist



***Newsletter Committee Chair and Editor:
Casey Charepoo***

Second-Year Computing Student Brings Zero-Waste Living to Tech

It all started with a bamboo toothbrush.

When sophomore Clare Trively needed a new toothbrush, she looked for a biodegradable option. The computer science major is a member of Students Organizing for Sustainability (SOS), an environmental and economic sustainability student group, and she wanted to implement their goals into her daily life.

“I felt this rush of excitement when I saw the bamboo toothbrush because it went from this concept I had of living a sustainable life to actually making actions toward doing it,” Trively said.

After taking this first small step, Trively wanted to see if she could live a zero-waste lifestyle. The movement encourages producing as little trash as possible and reusing items. Coined in the 1970s, it has grown in popularity thanks to YouTube stars like Bea Johnson and Lauren Singer, who are so dedicated they can keep all of their trash for four years in one mason jar.

Yet Trively’s first experience with this lesser-impact lifestyle wasn’t the Internet, but when her family moved from Roswell to Malmo, Sweden, for two years when she was nine. “I would bike to school every day and take the milk bottles back to the grocery store,” Trively said. “I was always aware of this type of lifestyle but didn’t believe I could actually do it.”

With Johnson, Singer, and others as inspiration, Trively started her zero-waste lifestyle on Jan. 24, documenting it all in her own videos. She admits achieving zero-waste can be harder to put into practice while living on campus. but it is still possible.

“I don’t have as much control over my environment, but I do have control over how I choose to use it,” Trively said.

Trively carries around a reusable bag and cutlery everywhere she goes, doesn’t buy products in disposable containers like coffee, only wears second-hand clothes, and even makes her own toothpaste. She aims to inspire and encourage everyone to make their own small changes.

“It’s not about guilt-tripping yourself into doing this or being perfect by producing no waste,” said Trively, who admits she forgot that even cereal comes in a plastic bag the first month of living zero-waste. “It’s about being empowered to make the decision to be sustainable.”

One decision you can make today is saying no to plastic straws, Trively suggests. In the United States, every person uses 1.6 plastic straws day, which is nearly 500 million straws a day. Just refusing a plastic straw at a restaurant or bringing your own reusable straw could save nearly 600 straws a year — and keep a lot of plastic out of landfills.

“With sustainability, a small action can have a big impact.”



By:

Tess Malone

Communications Officer

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2018 GAPPA ANNUAL MEETING AND TRADE SHOW



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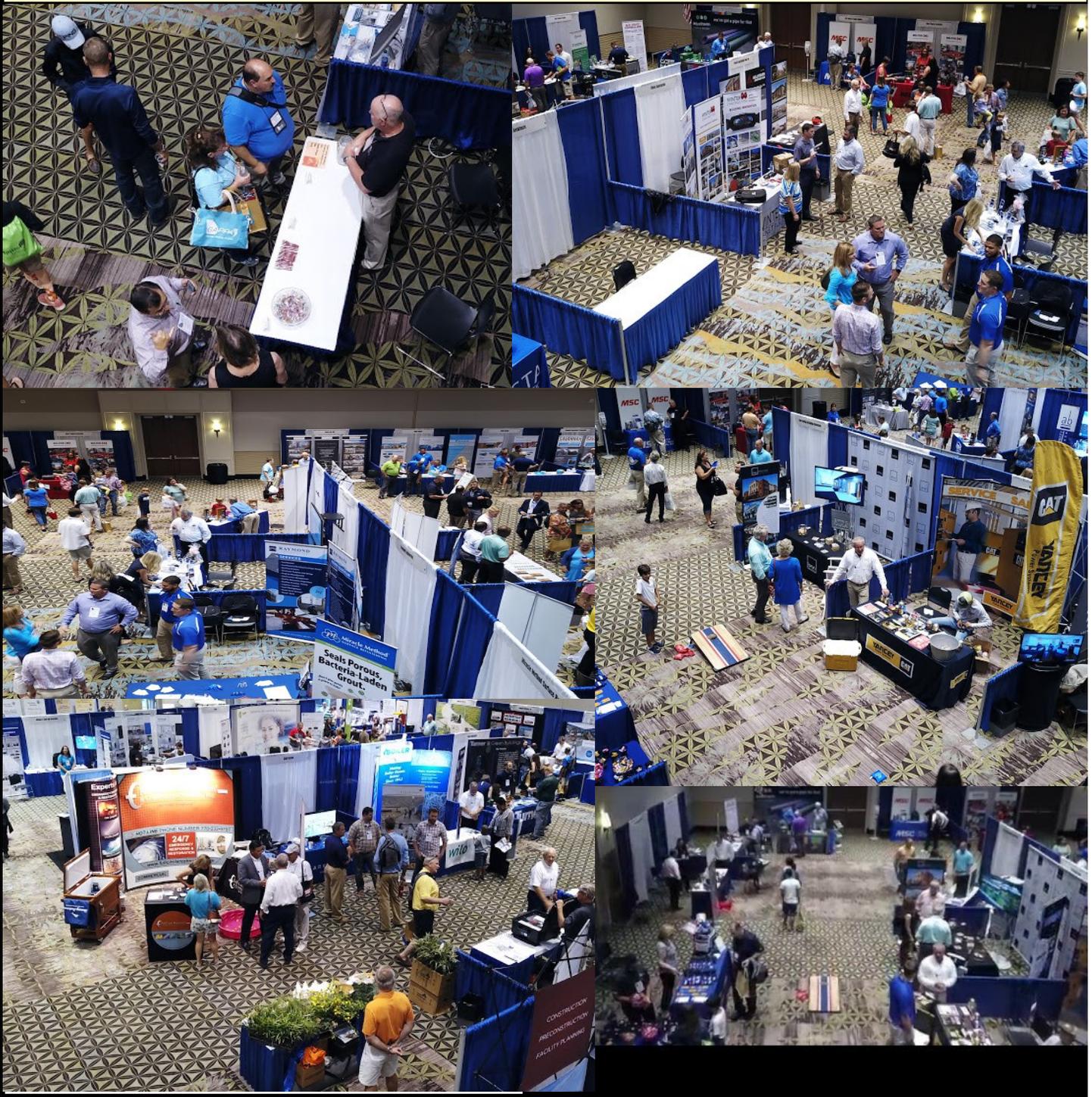
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