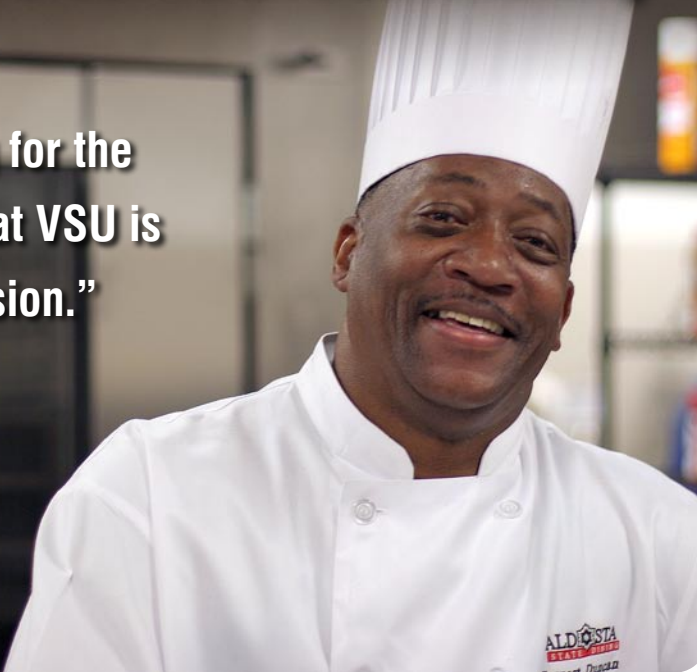


## Fried Chicken King Serves Up Love to VSU Community

“Cooking for the people at VSU is my passion.”



**C**hef Earnest Duncan has worked in VSU kitchens for 38 years. He’s served the past four university presidents and a multitude of famous campus guests, including Bob Hope, Bill Cosby and Ronald Reagan. His greatest pride, though, comes from serving up comfort food that reminds students of home and employees of their childhood. Duncan, known for his mouth-watering fried chicken, insists the secret to his recipes is “love.”

“Anybody can cook,” Duncan said. “But I go out and mingle with people and find out how their grandma made Sunday dinner or how their mom cooks macaroni. I make recipes based on people’s memories, and that is love.”

The father of seven said he overcame measuring long ago. Duncan has the recipe for his famous fried chicken batter somewhere, but finding it wouldn’t matter. His fried chicken is different each time

he makes it, and the Thomasville native wouldn’t have it any other way.

“For instance, when I am cooking for the boosters, I don’t add much salt; the College of Nursing seems to be more conscious of pepper; I add extra thyme for Dr. Keppler’s group; and for auxiliary services, I spice it right up,” said Duncan, who has served as the minister at Greater St. Mark Full Gospel in Adel for 22 years. “They key, though, is to marinate the chicken in a mixture of water, salt, pepper and garlic for about 45 minutes before you batter it. The marinade seasons the chicken so thoroughly that you could almost eat the bone without noticing.”

Duncan, who graduated from a culinary school in Knoxville, Tenn., said he looks at recipe ingredients and directions as suggestions, really; and Sodexo Inc., which operates VSU Campus Dining, encourages Duncan and other chefs to adapt recipes or create their own. During

### LAS VEGAS CHICKEN

Courtesy of Chef Earnest Duncan  
Servings: 5

#### Ingredients

5, 5 oz. boneless chicken breasts  
5 slices of provolone cheese, chopped  
5 slices of thinly sliced ham, chopped  
5 slices of bacon  
Salt and pepper to taste

#### Directions

Pound out each chicken breast with a meat tenderizer until thin. Rub salt and pepper on both sides of each breast. Place about one slice of chopped cheese and one slice of chopped ham into the center of each chicken breast.

Fold each chicken breast around the cheese and ham mixture, and then wrap it with one slice of bacon. (You may use toothpicks to help secure the chicken breast closed). Place each chicken breast into a lightly greased 13x9-inch casserole dish.

Bake 12 to 15 minutes (or until internal temp. reaches 170 degrees) in a 350-degree oven.

#### Orange Sauce

##### Ingredients

1/2 cup orange juice  
4 Tablespoons brown sugar  
2 Tablespoons corn starch  
Pinch of ginger  
Pinch of poultry seasoning

##### Directions

Mix all ingredients in a saucepan and bring to a boil. Let boil for three to four minutes, stirring frequently to prevent burning on the bottom of the pan. Pour sauce over the cooked chicken breasts and return pan to the over for 5 minutes. May serve with an orange zest garnish.

the March 2008 Copper Chef — a cook-off among campus chefs paired with athletic coaches — Duncan and his sous-chef, Baseball Coach Greg Guilliams, wowed the crowd with an original recipe for Las Vegas Chicken.

“This is one that Mrs. Bailey loved,” said Duncan, who could live on catfish nuggets and cheese grits. “It’s funny, I still remember the Bailey’s likes and dislikes. That is what I mean by cooking with love, when you want to make the dining experience one they and you remember and share.”

“Cooking for the people at VSU is my passion,” said Duncan, who started working at VSU in the dish room in 1970. “I’ve had many graduates come back to campus to tell me they wish they had me to cook for them at their new apartments. Those are the best compliments.” ■

# Schloss Addresses Campus

Faculty and staff welcome Valdosta State University's eighth President Patrick J. Schloss at the 2008 Fall Convocation in the University Center Magnolia Room.



*"It is each and every one of you, viewed individually and viewed collectively. You form the substance; the things that will be remembered long after such flimsy materials as steel and concrete crumble," said Schloss to the VSU Community at the Fall 2008 Convocation held August 11 in the University Center Magnolia Room.*

## Excellence in Advising

**Dr. Bruce Caster**, professor of accounting and finance. "I believe advising is central to what we do here at VSU. The advisor puts a human face on the institution, to make it less alien and more like a home. The advisor assists students as they learn to make choices about courses, about career paths, and ultimately about the directions they will go in life."

## Excellence in Service for Classified Staff

**Diane Guess**, assistant director for the Student Advising Center in the Langdale College of Business.

"There is a famous quote by Albert Einstein. 'Only a life lived for others is a life worthwhile;' I believe this quote portrays what the Excellence in Service Award signifies to me," said the advisor of the "I Choose" project, which partners VSU female students with at-risk teenage girls to serve as mentors and tutors.

**Becky Murphy**, assistant director of Employee and Organizational Development.

"I feel this award is truly a reflection of all the wonderful people that I get to work with and for at this university," said the 10-year employee, who served as VSU's Customer Service Champion. "It is only through a team effort that things are accomplished. I would like to especially thank all who contributed to submitting the nomination, which I know takes a lot of time and effort."

## Excellence in Teaching

**Catherine Schaeffer**, associate professor of dance in the Department of Communication Arts.

"I have dedicated the past 15 years of my life as a dance artist to being the best educator I can be in a variety of settings. My students encouraged me to apply for the award, and the letters of support from them are moving beyond belief," said Schaeffer, who helped develop the Bachelor of Fine Arts in Dance. "The opportunity to affect so many lives and receive such feedback is a wonderful confirmation of my love for teaching."

## Excellence in Services

**Dr. Nanci Scheetz**, professor of middle, secondary, reading and deaf education.

"I have a passion for working with deaf individuals," said Scheetz, who coordinates tutoring among VSU students and deaf students in Atlanta via video conferencing technology. "This award brings deaf education into the limelight and provides a model for students to become engaged in service in the profession with links in the community."

## Excellence in Professional Activity

**Dr. Jane Whitehead**, associate professor in the Modern and Classical Languages Department.

"The award signifies a recognition by my peers of my research, which consumes so much of my life and defines so much of my identity," said Whitehead, who has directed field archeological work at Etruscan and Roman sites. "I believe that research has the power to elevate the professor above the mundane, the pedestrian, the petty, the day-to-day; it is a dialogue among scholars. I am fortunate that my chosen field is so diverse and international, and my circle of scholarly conversants so wide." ■

## Focus In On Eye Yoga



More than 50 percent of computer users experience eyestrain, headaches, blurred vision and other visual symptoms related to sustained use of the computer. Stress on the visual system has been linked to body fatigue, poor vision and even glaucoma.

Check out the eye yoga and relaxation techniques on the back page of this *VSU Connection*.

[Read more . . .](#)



## No Doubt a Good Show September 18-24

The VSU Theater & Dance 2008-2009 Season opens with a serious drama that tackles themes of religion, morality and authority — but still manages to deliver moments of levity.

Winner of the Pulitzer Prize for Drama and the Tony Award for Best Play, DOUBT unfolds in a Catholic School in the Bronx against the backdrop of the dynamic social changes of the 1960s.

The play, by John Patrick Shanley, will run from September 18-24 in the Lab Theater, located on the second floor of the Fine Arts Building.

For ticket and season membership information, call the VSU Theatre & Dance Box Office at (229) 333-5973 from 2-5 p.m. Monday through Saturday. ■

### VSU Hosts Regional Advising Conference

More than 120 advising professionals from across the region are expected to attend the National Academic Advising Association Georgia Drive-In Conference from 9 a.m. to 3 p.m. Sept. 12, at the University Center. VSU President Dr. Patrick Schloss will open the seminar, which will address a variety of advising issues from the benefits of early bird advising to assessment techniques to strengthen advising programs. Dr. Jay Rickman, history professor; Gala Jackson, living-learning & assessment coordinator; and Dr. Kent Moore, associate dean of the Harley Langdale Jr. College of Business Administration, will present.

Alicia Roberson, an academic advisor in the Student Success Center, said the campus could not have organized such an event without cross-campus collaboration. Conference committee members include: Terence Sullivan, Dr. Kristina Cragg, Dr. Sharon Gravett, Diane Guess, Angela Henderson, Susan Jones, Shirley McClain, Kohle Paul, Alicia Roberson, Margaret Roberts, Rozelle Slaymon, and Marsha Walden. ■

## Langdale Lecture Presents Local Leader



From left: Dan Henry, Baha Zeidan and Doug Swords of Azalea Health Innovations, Inc. stand in front of the Wisenbaker Building in downtown Valdosta from which they provide automated services to health care providers in South Georgia and North Florida. Swords, who graduated magna cum laude from VSU in 2003, will return to his alma mater to share lessons he learned from starting a business.

**D**oug Swords, '03, co-founder and CFO of Azalea Health Innovations, Inc. (AHI), will share his financial expertise at the first installment of the Harley Langdale Jr. Lecture Series, from 5-6:15 p.m. Wednesday, Sept. 3, in Pound Hall Auditorium on the Rea & Lillian Steele North Campus.

Soon after graduating with a bachelor's in business administration, Swords joined forces with fellow VSU alumni, Baha Zeidan, '02, and Dan Henry, '02, to establish Azalea Health in Valdosta. The company is dedicated to providing state-of-the-art health care information technology and business solutions to streamline workflow and improve the quality of patient care in South Georgia and North Florida. As the company's chief financial officer, Swords maintains relationships with outside financial entities, performs marketing and sales duties, and oversees all medical billing services and staff. Swords also implements and supervises financial controls, including cash flow projections, budgeting, forecasts and long-term financial planning.

Valdosta recognized the vital service and passion AHI offers the region by awarding the company first place in the 2008 Guardian Bank Business Plan Competition. AHI competed against 25 other area start-up businesses during

the eight-month competition for a grand prize of \$15,000 and more than \$40,000 in donated advertising and other professional services.

"These guys are the poster children for the types of businesses we want and need in the area," said Myrna Ballard, president of the Valdosta-Lowndes

County Chamber of Commerce. "In 2004, we identified three areas in which we needed to grow — information technology, medical services and support and environmental technology. Azalea Health encompasses all three, and they blew us away with their solid business plan for success."

The Harley Langdale Jr. Lecture Series provides Valdosta State University business students and the public an opportunity to hear business leaders speak about a wide range of topics. ■



**Got some news to share?**  
Send it our way — [news@valdosta.edu](mailto:news@valdosta.edu)

### VSUConnection

**Editor** | Kate Heine • **Photographer** | Bobby Lacey  
**Designer** | Jeff Grant

The VSU Connection is a semimonthly newsletter designed to inform VSU personnel and students about the latest campus-wide news. Check out the Connection online at [www.valdosta.edu/news/](http://www.valdosta.edu/news/).

For more information about the Connection or to submit a story idea, e-mail Kate Heine, Publications Editor, Communications Unit, at [kaheine@valdosta.edu](mailto:kaheine@valdosta.edu).

# BOOKENDS

## **Successful Nonverbal Communication: Principles and Applications**



**Dr. Michael Eaves**, professor and area head of Speech; Dr. Dale Leathers, professor in the Communication Department at the University of Georgia (died in 1999 prior to the completion of the book).

This fourth edition demonstrates how knowledge of nonverbal messages can influence how one communicates successfully in the real world. Through detailed explanations of the latest research and examples in popular culture, the book also describes nonverbal cues and their desirable and non-desirable functions. The text also conveys original tests for measuring and developing nonverbal communication skills. Find *Successful Nonverbal Communication* at Amazon.com.

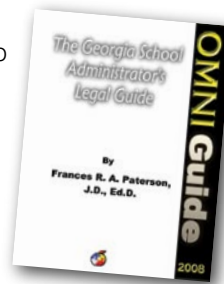
In 2004, Eaves co-authored *Fundamentals of Parliamentary Debate: Approaches for the 21st Century* with Dr. Carl Cates, associate professor and department head of Communication Arts.

## **The Georgia School Administrator's Legal Guide**

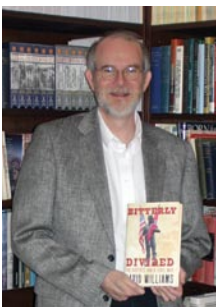
**Dr. Frances Paterson**, professor in the Curriculum, Leadership and Technology Department

The publication focuses on the statutes, regulations and case law pertaining to education in Georgia. It is designed to be a reference for school administrators as well as a textbook in school law courses to reflect the new standards for the preparation of educational leaders in the state. In 2003, Phi Delta Kappa published Paterson's first book *Democracy and Intolerance: Christian School Curricula, School Choice, and Public Policy*, which examines the textbooks used in Christian schools. Paterson is currently working on a book titled, *Professional Responsibility for Educators and the Georgia Code of Ethics*. Scott Grubbs, instructor in the Department of Middle, Secondary, Reading & Deaf Education, is co-authoring the book with Paterson.

*The Georgia School Administrator's Legal Guide* may be found at [www.omnipublishers.com](http://www.omnipublishers.com).



## **Bitterly Divided: The South's Inner Civil War**



**Dr. David Williams'** latest title, *Bitterly Divided*, has been nominated for the Pulitzer Prize in History and the National Book Award for Nonfiction.

In the book, Williams — who has taught Georgia and Civil War history courses at VSU for 20 years — reveals that internal struggles within the Confederacy were far more debilitating to the war effort than history has documented. *Bitterly Divided* is peppered with rich images of Southern women staging food riots in opposition to Confederate ideals as well as staggering calculations, including the fact that two-thirds of the Confederate army was routinely absent with or without leave. This eye-opening narrative shatters the myth that the Confederacy was a unified front and exposes the South as a complex region of many voices. Find *Bitterly Divided* at [www.thenewpress.com](http://www.thenewpress.com).

If Civil War history is your page turner of choice, check out Williams' other titles: *A People's History of the Civil War*, *Plain Folk in a Rich Man's War*, *Johnny Reb's War*, and *Rich Man's War*. ■

## **EYE HEALTH**



Give your eyes a much-needed rest throughout the day with short, frequent breaks. Try the eye exercises and relaxation methods (below) for 2-3 minutes every 15-20 minutes, 5 minutes every 30 minutes, or 10 minutes every hour. If these eye yoga exercises don't turn your head, then at least look away from your computer for a few minutes every hour to focus on items at various distances away.

### **Relax Your Eyes**

Rub your hands together until they feel warm (about 15 to 20 seconds). Cup your hands over your closed eyes. Rest your elbows on your desk and sit quietly, breathing deeply.

Close your eyes and massage them with light, circular movements of your fingers.

### **Focusing**

Hold your thumb (or a pencil) about six inches from your nose. Focus on your thumb as you take a deep breath and exhale slowly. Then slowly move your thumb away and focus on an object far in the distance as you take another deep breath. Return focus on your thumb and take another slow breath as you bring the finger back within six inches of your eyes. Repeat about five times.

### **Flexibility**

Look in front of you at the opposite wall and pretend that you are writing with your eyes (without moving your head). The larger the letters, the better the effect.

Scanning the room, focusing on each of the objects as your eyes pass, also helps with eye flexibility.

### **Hydrotherapy**

If you get home after a long day staring into the abyss of your computer screen, place a bowl of warm water and a bowl of ice water in front of you. Put a washcloth in each bowl. Then alternate placing the washcloth from each bowl on your closed eyes for about 30 seconds. Finish by gently massaging your closed eyes with a dry towel.

Source: <http://dohs.ors.od.nih.gov/>