

In This Issue:

Welcome1

Presentations.....2

Help Me,
I'm Lost.....3-4

NAMI Walk.....5

Barefoot
Crusade.....6

Spotlight on Dr.
Conley.....7

CSI Banquet.....8

Stress9

BagelStreet.....9

Goodbye Linda....10

Bully Movie.....10

LGBT Voices...11-13

Recipe Book.....14

CSI Photos.....15-17

Dr. Bhat.....18

Welcome From the President. . .

Greetings!!!

First, I would like to welcome you, the master's and doctoral students, the CSI Alpha Chapter Members, Faculty, Alumni, and College of Education Community.

As the new 2012-2013 Alpha Chapter President, I am so honored to be working with you! I would like to deeply thank Dr. Christine Bhat for her wonderful leadership and the INCREDIBLE executive team and committee chairs who work very hard to provide events and activities for us to have fun while serving and engaging in the counseling profession and our community.

This year we have really kicked things off wonderfully, and I am really looking forward to the second semester's events and activities! We started off with the Peer Mentor/Mentee Program, had a Welcome Potluck where we had amazing food, met at Brenen's for lunch, did the Annual NAMI Walk for Mental Illness, held a Bake Sale, had Pizza and Proposals, ate at our Bob Evan's Fundraiser, organized a Sock Day to support Veteran's and enjoyed a Year-End Celebration Social!

I also would like to invite you to participate in CSI however you are able. Consider joining a committee, or being a part of the upcoming Community Events such as the Walk for the Homeless or the Friday Night Supper at Good Works , or participating in the Sue Apple Memorial Run in the Spring. One of the reasons that I really love CSI is that you can pick an activity [or more!] and get right involved. Please let myself or someone on the Executive Team know if you'd like to get involved, and we can connect you to the right person.

We have some wonderful things planned, like the Supervisor's Workshop and our Spring Induction Banquet and I hope you will join us at our professional development workshops, fundraising and social events next semester!!

Sincerely,

Laura Jeanette Pressley

President – Alpha Chapter of Chi Sigma Iota



Presentations and Conferences

Congratulations to all counseling students at Ohio University presenting at a conference this year. *Pizza and Proposals* has sparked interest in many people, to present at conferences and continues to be an important element of CSI. Listed below are some of the most recent presenters from Ohio University. We recognize your dedication to furthering the field of counseling as well as your hard work to develop and present your research.

Presenters for American College Counseling Conference

Modern Substance Abuse: A college counselor's response to Bath Salts, K2, and High Alcoholic Drinks
Eric Beeson, Laura Pressley, Amber Casey, and Marcia Gase

Presenters for North Central ACES 2012

Problem- and case-based curriculum in counselor education
Eric Beeson

Pizza and Proposals: Increasing Scholarship Through Collaborative Mentoring Communities
Eric Beeson, Laura Pressley, and Dr. Christine Suniti Bhat

Barriers to seeking accreditation from the Council for Accreditation of Counseling and Related Educational Programs
Annette Sauselen, Laura Pressley, and Bilge Sulak

Presenters at All Ohio Conference 2012

Responding to the Cultural and Psychosocial Needs of Latino Gay Males Presenting with Substance Abuse: A Holistic Perspective
Danielle Geigle, Caroline Lopez, J Alex Reed, and Jonathan Procter

CREATIVE SUPERVISION: Using Reflective Writing to Increase Meaning in Clinical Supervision
Annette Sauselen

Ethical and Effective Group Counseling: Tips, Guidelines and Resources
Dr. Christine Suniti Bhat and Kelly Roberts

The Unheard Voices of the Appalachian Client
Dr. Yegan Pillay, Sanda Gibson, Will Soto, Golden Fanning, Bethany Fulton, and David Yost

Sexual Assault in the LGBT Community: A Call to Action on College Campuses
J Alex Reed

Helping Bereaved Children: Twenty Activities for Processing Grief
Brad Imhoff, Kaela Vance, and Amberle Quackenbush

Conceptualizing Homelessness in Rural Appalachia: Understanding Contextual Factors Relevant to Community Mental Health Practice
Sherry Shamblin, Natalie Williams, and Jason Bellaw

Alternative Careers for Counselors
Dr. Tom Davis, Brad Imhoff, and Bilge Sulak

Help Me, I'm Lost!

Helping first years navigate their experience

First off, I would like to give a big thank you for the first year students' presence that is felt already in this new school year! Taking the time to fill out questionnaires, attending CSI meetings, your excitement and participation in the classes we share has been inspirational and contagious. So, give yourselves a round of applause as we look forward to the upcoming year as we all continue our journey into our respected professions.

Now, down to business, there was an overwhelming response in two areas; practicum/ internship and issues related to the Program of Study (schedule). Good news, I have some answers! Bad news, there are questions that only you can answer, so I will start with those, thereby ending on a good note which we all know is a counseling technique to help us feel successful and empowered!

To answer the question, "where do I intern?" ...Well, only you know that. Finding a site that meets requirements and provides a good fit for your development is challenging. Talking to people currently in internship is a good place to start. I encourage you to make the most of your shadowing time, by researching your site, and your contact at that location. Explore their journey into this career, come prepared with questions that you currently have towards decision-making. Invite them to share their personal experiences, because chances are they faced these same quandaries at one time. So...long answer, only you know where you should go. Having an answer to the question "what do I want to get out of this internship, that isn't required" may help guide you.

As far as the difference between Practicum and Internship goes, officially (per practicum and internship manual): "The practicum is designed to give the student a limited experience in a specialized area of counseling, which is supervised by both a designated onsite supervisor and the student's faculty supervisor or a doctoral student supervisor working under the supervision of the faculty member. The internship is arranged to provide the student not only with counseling experience, but with experience in all aspects of professional functioning, such as referral, assessment, staff presentations, and use of community resources. The intern is supervised primarily by the designated on-site supervisor."

Unofficially: As mentioned above the hours and the level of involvement in the site is what differentiates practicum and internship. In addition to the amount of hours required at the site, there is a class that goes with both practicum and internship, adding to the credit hours for the semesters, which is two (2) and four (4) respectively. The practicum requires approximately 10 hours per week onsite, and the internship is approximately 20- 30 onsite. Required hours for graduation can be done in 2 semesters. However, Clinical Mental Health combined with School Counselor licensure requirements is 3 semesters of internship (not including practicum hours).

Even more good news: CSI sponsors a Supervisor workshop that provides attendees with site information, access to current site supervisors, and question and answer time with second year cohort. This panel gives you a rare opportunity to get immediate concerns resolved as well as insight into the site supervisor's selection process.

Continued on page 4...

Help Me I'm Lost *Continued...*

The best piece of advice to give you at this time is to not procrastinate in securing a location. This process involves a lot steps, and putting it off until the last minute will only add stress. Decide on the city as soon as possible, and then start your research on locations. If you are looking to do practicum in the summer 2013, there are certain classes you must have completed so read your handbook!! The practicum and internship handbook has been updated and available on the Patton College, Counseling Education website. Also ask your peer mentor, that is why we are here!

Keep your eyes and ears open for the upcoming Supervisor/ Supervisee event to address all of your concerns, hopefully this will help get you started!

For the scheduling and Program of Study issues, please attend CSI meetings, as these issues will be addressed in person and first year students can get direct assistance with scheduling if needed. Finally, your best resource is each other. Not only for the technical parts of the program, but for support and motivation throughout your time at Ohio University, and beyond. Take advantage of the time you have with each other in this first year, it goes by fast!

-Sharon Musial, 2nd year Master's student

Help Me, I REALLY am Lost! *A first years perspective*

"Help! I'm lost." That was a common theme EVERYDAY, as I drove down to Athens to spread my wings and fly a little while on campus. Well...the whole idea of adventuring out was great until I would get lost. During the first few weeks, I ended up naming my GPS "Linda" because of how often I got lost. Everywhere I went, I asked Linda to help me. There were many times that my phone was about to die because of how often I had to use my GPS; I would frantically call one of my friends that I had met in class to help me. It helps knowing people who help navigate you throughout campus and the city. One time I was trying to get from Baker to McCracken and I got lost four times! I kept going to the wrong buildings. I pulled out my GPS, Linda, and I asked for directions while I was walking! I know that is lame now that I think about it. It was the only way I knew to help me end up where I needed to go.

The only advice I can give for those of us who are "directionally challenged" are: 1) get a GPS; 2) get to know people so if you ever get lost, you have someone to call, and 3) enjoy the adventure and the opportunity to learn! Athens is a pretty awesome place, adventure out and see what there is to discover! If you are anything like me, you may want to take a friend along with you who knows the area. Enjoy the adventure, it happens only once in a lifetime!

Written By: Rachel Murray, 1st yr grad student

**the name Linda is not in reference to Linda Cvetan, who, coincidentally is a great help for any counseling student who may be lost in the program! **

NAMI Walk for Mental Illness By Amber Casey

October 20, 2012

The National Alliance for Mental Illness had its annual walk for mental illness on a warm but windy Saturday morning in October. Over three hundred people lined up at the Athen's city courthouse to Walk the Walk. The walk ended at Appalachian Behavioral Health, where local restaurants and friends donated food for a Potluck lunch.

Chi Sigma Iota was honored to be a part of the set-up, coordination, and food distribution during and after the walk. There was also a Silent Auction, with various donated items, which walkers could bid on during the meal. All proceeds went to The Gathering Place and to NAMI Athens.

For more information about NAMI and Walk the Walk each year, please visit <http://www.namiathensohio.org/>



Priscilla serving drinks at the potluck lunch



The CSI volunteers enjoying a break after working!



CSI Volunteers!



JOIN THE FUN NEXT YEAR!

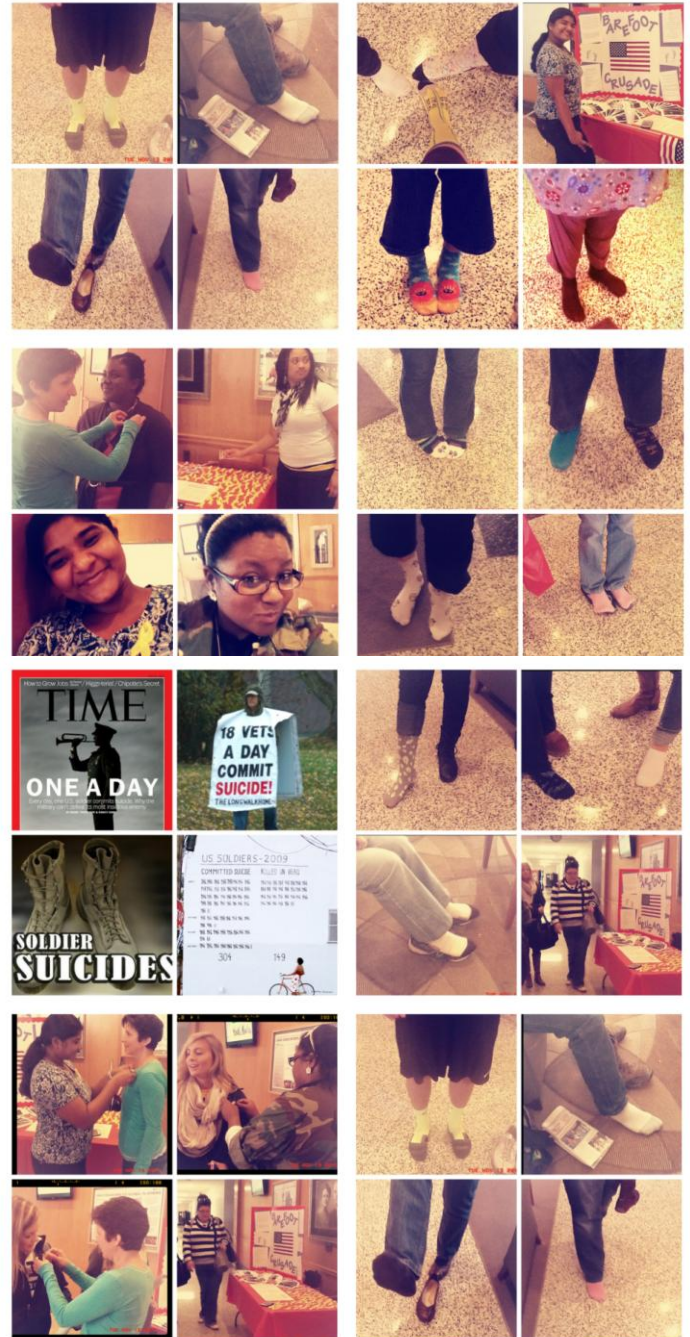
Barefoot Crusade

By Jessica Henry

On Tuesday, November 13, 2012 the Social Justice Committee of Chi Sigma Iota held its first social justice event in recognition of Veteran's Day. The committee set up a table in the lobby of McCracken Hall and invited passing faculty and students to stop by the table, to become familiar with Ron Zaleski and his mission- to get the world's attention.

With Mr. Zaleski powerful words, "18 Vets A Day commit suicide", the committee encouraged awareness of veteran suicide due to depression, PTSD and other mental health illnesses. The short film projected in the lobby illustrated a military officer as he dressed himself in his army 'greens', laid down the plastic, loaded the gun, and took aim at his forehead. His last words being "I don't deserve this".

It was through this short reenacted film that we capture the attention of people- to bring awareness by wearing a yellow ribbon and supporting the veteran's who experience suicidal ideation, and attempt or complete suicide. The social justice committee took "A Stand for Veteran on a Barefoot Crusade" by photographing the feet of students in the college of education in Crazy Socks!



Students taking a STAND wearing their socks!

Thanks to all the Supporters of Veteran Suicide Awareness!

-Jessica S. Henry, 1st year Doctoral Student

Spotlight on Faculty: Dr. Conley

By Marcia Gase

Walk into the office of the Chair of the Department of Counseling and Higher Education and you are sure to be greeted with a whirlwind of activity. Dr. Valerie Conley will probably be sitting at her desk, talking on the phone, answering emails while smiling and ushering you in.



Dr. Conley manages to take on many roles for Ohio University, serving as an Associate Professor of Higher Education, Chair of the Department of Counseling and Higher Education, as well as various research endeavors. It may at first appear that someone with so many responsibilities would not be able to take time for her students; however, I have rarely met a faculty member more committed to her students.

Serving as her GA fall semester, I have had the pleasure to work with Dr. Conley on a variety of projects. She continued to challenge me to grow while guiding me with a smile. Similar to many of our caring Counseling Faculty, Dr. Conley makes sure to take the time to attend to her students as whole individuals and not only as students.

Currently, as the Department Chair, Dr. Conley coordinates with Dr. Robinson, and our professors to try to work through kinks from the semester change and keep our program moving in a positive direction. She continues to want to learn more about the Counseling Field. Specifically, she has expressed interest in learning about Chi Sigma Iota and even attended our end of the year social.

If you have not had the chance to meet Dr. Conley, stop by her office on the second floor and say hello. Not only will you meet another distinguished faculty member, you will also meet a pleasant and caring person who will work to help you in any way that she can.

It was wonderful to have Dr. Conley hang out with us at Jackie O's and to participate in the fun gift exchange! We are looking forward to having a CSI Pizza with the Chair during the Spring Semester to learn more about her!! – Laura Pressley

June 2, 2012 marked the end of another successful year for the Alpha Chapter of CSI. The year had been led by a dedicated executive team as well as many committed CSI members and hopefuls. To commemorate the success of the year and welcome in a new group of inductees the annual induction banquet was held. The banquet took place at Ping featuring two guest speakers, Dr. Jane Myers and her husband the original founder of CSI Dr. Tom Sweeney. Both gave encouraging speeches highlighting the impact of the Alpha Chapter. Dr. Davis was recognized and wished a happy retirement. The 2011-2012 executive team passed the leadership of the chapter onto the 2012-2013 executive team. Finally, rounding out an evening of celebration, the new inductees were made members of Chi Sigma Iota. June 2nd was a day of great happiness and togetherness for CSI. Next year's banquet will take place in early spring to welcome in yet another promising group of counseling students to the Alpha Chapter of CSI.



Our cake, celebrating the new members!



The very first group of CSI Members!



The 2012 Inducted Members of CSI

A Graduate Student's Stress

Rachel Murray

Stress.... Stress can be caused from so many different things. For instance, what happens if you have a paper due in four days and your computer crashes? Maybe you just can't find the time to write it because of work or life finds you before then? What about life circumstances in general? What if a family member goes into the hospital? Or your boss adds you to the schedule to work without consulting you first? What about those lovely moments when you have a significant other, child, friends, or family who want your attention but you have school work to do?

After all those questions, it then becomes...how do we handle the stress from all these circumstances and balance life? There are many ways we can handle it-some good, some not so good.

For instance, exercise can be a very good stress reliever. I used to always handle stress by working out. Once I got back to graduate school, working out went to the wayside. Recently, I have begun working out again- this causes me to feel so much better about myself, which then makes me feel more optimistic and less stressed. Currently I am doing a workout entitled "Turbo Fire." This exercise focuses a lot on punches and kicks, which allows me to release aggression (and kick my own butt!)

Recently, I have also made sure that I am more organized, more prepared, and procrastinate less. I have decided to spend time with the ones I love and make memories that last. Lastly, if it is a horrible day and nothing else seems to help, there is always chocolate!

Have a great holiday everyone and become less-stressed along the way!

Bagel Street Deli

Breakfast, Lunch, or Dinner! – Rachel Murray

Anyone who knows me, knows that I do not adventure out much with my food. In Athens, I could easily get lost if I didn't have my GPS to tell me where to go. A friend of mine gave me an answer- let's go to this awesome sandwich place where the bread is a bagel! Well, I love sandwiches and I love bagels so I was 150% in! At the Bagel Street Deli, I got their Turkey Tom with provolone cheese on an onion bagel. This is now my new favorite sandwich. It is stacked high with meat, lettuce, cheese, tomato, and mayo. It is delicious and the best part is it's only 4.50! Six bucks for chips and a drink—you can't beat those prices! For anyone interested, you can find the Bagel Street Deli on the left on Court Street past Chipotle and across from Wendy's. Enjoy this awesome phenomenon of the bagel sandwich!

Thank you Linda! Farewell -Laura Pressley



I remember getting the first emails after my acceptance in the department from Linda, and ever since then, she has helped me with various, and sometimes frantic, phone calls and emails with a caring smile and never-ending patience! As the Counseling and Higher Education Administrative Associate, Linda worked tirelessly to support our departments, provide assistance to faculty members, and be a comforting source of information for all of the students who stopped by her desk, called or sent her an email.

Linda was recently honored as the September Employee of the Month for serving our department for 18 years! As Linda retires this month, we as the Alpha Chapter of Chi Sigma Iota, we would like to thank Linda for her years of service, sincere care and support to the Counseling Department.

Bully

A movie to promote Bullying Awareness and Adolescent Suicide



According to The Bully Project, more than 13 million American kids will be bullied this year, making it the most common form of violence experienced by young people in the nation.

During the first week of October, Bully Prevention Awareness Month, the movie BULLY played at the Athena Cinema. Our own Alpha Chapter CSI Faculty Advisor, Dr. Bhat, and Counseling student Nancy Baur were part of the panel which took place on the second day of the screening.

This movie is a documentary which closely examined the intersection of those who are bullied, the politics around schools and counselors, and the consequences of bullying. As the film sheds light on bullying in the lives of five young people, we can see how complex and dangerous this growing epidemic is.

For more information about The Bully Project visit:
www.thebullyproject.com

The film will be out on DVD February 12, 2013, and I highly recommend this incredible movie to see how bullying affects our students, and to learn ways that we as counselors can encourage others in our community to make incredible changes in the lives of our young people.

Voices for The LGBT Community

Hello  Allies!

If you haven't met me before, let me introduce myself. My name is Danielle Knowles but friends usually call me Dan or Dani. I am a first year doctoral student here at OU studying counselor education. I also received my bachelors and master degree here at OU. (If it's not already obvious, I am absolutely obsessed with Athens and I want to live here forever!). My goal is to one day be a professor and a therapist here in Athens. My biggest passion is working with the LGBT community, especially the transgender community. Being a member of the LGBT community is relatively new to me. I first came out to my closest friends junior year of college and just came out to my family in March. I remember feeling alone in this process in the counseling program. This is why I have chosen to write this, to give the LGBT counseling students more of a voice within the program. So let's stand together and be proud! Show off your inner rainbow!

“That's So Gay”

Recently a friend asked me if I was offended by the phrase “that's so gay”. I hadn't thought much about it before and I wasn't really sure how I felt about it. On one hand I realize that it has just become a saying that people say without thinking and don't necessarily mean that something is homosexual when they say it. On the other hand, it does have a negative connotation and there is part of me that feels hurt by it when I hear it said. I became curious about what my friends thought about the subject and this is what a couple of them had to say;

One 46 year old female friend who works as counselor and identifies as “mildly bi” says, “I will admit, I'm guilty of saying it but I don't think it's a good thing. I called my adolescent client out on it when she said it and my client said, ‘I know, I know, I meant to say retarded’, as if retarded was better than gay!”

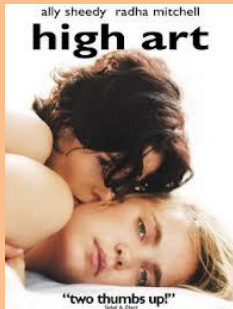
Another friend who is a 30 year old female who identifies as bisexual and also works as counselor says, “its definitely offensive. And it's a detriment because it creates these pathways in our brain that links being gay with something negative. The challenge is what to do about it. If we tell young people not to say it, that may just make them want to say it more. But it is like bullying, we can't just stand by and do nothing about it”.

What do you guys think? Is it offensive? As future counselors, do we have an obligation to call people out on it? Tell me your thoughts by emailing them to me at dk288306@ohio.edu. I will put your thoughts in the next upcoming newsletter, either with your name or anonymously, which ever you prefer. But let me know I would love to hear your opinion!

Voices- LGBT Media

Danielle Knowles

LGBT Media Choice Awards



Movie *High Art*

Lisa Cholodenko wrote and directed this **lesbian**-themed drama, winner of the 1998 Sundance Film Festival's Waldo Salt Screenwriting Award. Ambitious photography magazine associate editor Syd has a ho-hum relationship with James. Investigating a ceiling leak, she enters the apartment of her neighbor, retired photographer Lucy Berliner, who lives with former actress Greta, a heroin addict. The friendship between the worldly Lucy and the naive, insecure Syd ripens into an affair, one destined to change the lives of both women.

Full movie can be found on YouTube!



Slam Poet Andrea Gibson's "I Do"

Andrea Gibson is an award-winning poet and activist that lives in Boulder, Colorado. Her poetry focuses on gender norms, politics, and the struggles **queer** people face in today's society.

Andrea's poems are performed live and can be accessed on YouTube! My personal favorite is "I do". Simply amazing. Please look her up!

Let me Know Your LGBT Media Choice Awards at dk288306@ohio.edu



TRANSOHIO SEEKS CONFERENCE PROPOSALS!

TransOhio is seeking program proposals for their 5th TransOhio Transgender & Ally Conference to be held April 26-28, 2013! The proposal can be for a seminar, presentation, panel, workshop, discussion, performance, or arts/crafts. To submit as proposal, visit: <https://docs.google.com/spreadsheet/viewform?formkey=dE0tdmxRaWVWa2MtMk5jcW5kRDhVZ1E6MA#gid=0>

Please direct questions to workshops@transohio.org.

The deadline for workshop proposals is Sunday, December 16th!

QUEER FILM CLASS!

Take advantage of this rare opportunity, Spring Semester 2013 the film studies department will be offering: The Celluloid Rainbow: Queer Cinema from 1930s to the Present Mondays and Wednesdays from 6:00pm-7:50pm, this course will examine a variety of queer representations in film between the 1930's and today, examining how and what can be constituted as "queer" in cinema. Example films include but are not limited to: *Tomboy*, *The Rocky Horror Picture Show*, *My Own Private Idaho*, *Go Fish*, and *Ma vie en Rose*. Students will view one to two films per week, complete various assigned readings, and will participate in class discussion days to further develop the themes examined in the films. A final 7-10 page academic essay due on the last day of class will allow students to examine in detail some aspect of queer representation. Film prerequisites are not necessarily required and all backgrounds and majors are welcome. Please email Jordan Bernsmeier with any questions: jb463811@ohio.edu.

GENDER NEUTRAL HOUSING INTERVIEWS!

Tim McKenna and Valarie Wright are current doctoral students in the School of Communication Studies, and they are seeking Gender Neutral Housing residents to interview for a research project exploring co-cultural socialization. They are looking for students experiences and stories about living within and outside of GNH. If you have the time and are interested in being interviewed please send an e-mail to timothy.p.mckenna.1@ohio.edu

COMMUNITY MEMBER LOOKING FOR SUB-LEASER!

Lacey, an OU LGBTQA community member, was just hired to a new position working in Residential Life, and she needs to find a sub-leaser for her apartment. Her current apartment is at 41 Mound St., which is a 5 minute walk to Court Street, and a 10 minute walk to Baker. Rent is \$350/month plus utilities (usually \$40/month), this includes a free parking space and a washer/dryer. There are two male-identified grad students currently living in the apartment as well, both of whom are very queer-friendly. The apartment has a gas stove and enclosed porch. If you are interested, call Lacey at (513) 313-3221 or e-mail her at LR270306@ohio.edu.

OHIO: MARRIAGE SUPPORT CLIMBS IN OHIO!

A new poll has found that 52% of Ohio voters now support marriage equality. <http://www.gaypeopleschronicle.com/stories12/october/1019121.htm>

TRANS* EMPOWERMENT WEEK!

Ohio University's first ever Trans* Empowerment Week was from November 13-18! The week was filled with workshops, SpeakOuts!, Dine & DIscusses, Movie Nights, and much more. The week came to an end on Sunday, November 18, with the Transgender Day of Remembrance and candle light vigil.



Wreath Cookies

Serves 18

Ingredients

- 1 (12-oz.) package vanilla candy coating, broken up
- Green paste food coloring
- 2 1/2 cups coarsely crushed mini shredded whole wheat cereal (we tested with vanilla creme-flavored Frosted Mini Wheats)
- Mini candy-coated chocolate pieces, red cinnamon candies, swirled holiday white morsels

Instructions

1. Microwave vanilla candy coating in a medium bowl at MEDIUM (50% power) 3 minutes, stirring after every minute.
2. Stir in desired amount of food coloring. Add cereal, stirring gently to coat.
3. Drop cereal mixture by heaping tablespoon-fuls onto wax paper; shape each spoonful into a wreath.
4. Decorate with assorted candies.
5. Let cookies stand about 30 minutes until firm.



Pumpkin Pie

- 3/4 cup SUGAR
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 2 large eggs
- 1 can (15-oz) LIBBYS® 100% Pure Pumpkin
- 1 can (12fl-oz) NESTLE® CARNATION® Evaporated Milk
- 1 unbaked 9-inch (4-cup volume) deep-dish pie shell
- Whipped cream (optional)

Instructions

1. MIX sugar, cinnamon, salt, ginger and cloves in a small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
2. POUR into pie shell.
3. BAKE in preheated 425 degrees Fahrenheit oven for 15 minutes. Reduce temperature to 350 degrees Fahrenheit; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.



Baked Parmesan Dip

- 1 package (10 oz.) frozen chopped spinach, thawed, or 1 13.75 oz. can water packed artichoke hearts, drained and chopped
- 1 cup reduced-fat or regular mayonnaise
- 1 package (3 oz.) cream cheese
- 1 onion (6 oz.), peeled and minced
- 1 clove garlic, pressed or minced
- 1 cup plus 2 tbsp. Shredded Parmesan Cheese
- 1/8 tsp. pepper
- 1/2 tsp. paprika
- 2 Artisan Baguettes (8 oz.), thinly sliced

Instructions

1. Squeeze spinach to remove liquid. With a mixer, beat spinach, mayonnaise, cream cheese, onion, garlic, 1 cup of the parmesan cheese, and pepper until thoroughly combined.
2. Mound mixture in a 3- to 4-cup baking dish. Sprinkle evenly with 2 tbsp. parmesan cheese and paprika.
3. Bake in a 350° oven until hot in center and lightly browned on top, 25 to 30 minutes.
4. Serve hot to spread on baguette slices.



CSI President Laura Pressley & Treasurer Marcia Gase at CSI's Bakesale Fundraiser



CSI Bakesale Goodies!



Amberle, Amber and Kayla selling baked goods!!!



More Bakesale Goodies!



Debbie Rogers wearing her CSI shirt



Debbie Rogers working the bakesale



Johanna and Kayla at the Poster Session for All-Ohio



Marcia Gase, Amber Casey, Eric Beeson & Laura Pressley in Orlando, FL



Amber Casey, Eric Beeson, Laura Pressley & Marcia Gase in San Diego, CA for a presentation



Spending some Time at the beach Before the presentation



Third Year Doctoral Student Eric Beeson accepting an award in Kansas City for the North Central ACES Graduate Student of the Year Award!!



Pictures of: Alpha Chapter End of Fall Semester Social at Jackie O's, NCACES presentation, and Bob Evans Fundraiser!!!!

We THANK YOU for your support!!!

Dear Members of our Counselor Education community,

It's been a great first semester for the Alpha Chapter of CSI. We go from strength to strength each year, and I couldn't be more proud of all of the accomplishments of our chapter. Thank you to all our members and all those who will become members in Spring 2013. The Alpha chapter needs and values you - your involvement and your talents! I would like to thank our current leadership team who are awesome, as well as our faculty, who continue to appreciate our contributions to our program. Happy Holidays to all! I look forward to working with you in Spring semester.



- Dr. Bhat, Faculty Advisor



Chi Sigma Iota is an international honor society for professional counselors, counselor educators, and students in the counseling field. Established in 1985 at Ohio University, CSI strives to promote scholarship, research, professionalism, leadership, and excellence in counseling, while also recognizing high attainment in the pursuit of academic and clinical counseling excellence. Members of Ohio University's Chapter (Alpha) are part of a 372 chapter, 77,000 initiated active member organization. Additional information about these chapters and CSI as a whole can be found at <http://www.csi-net.org>.

SAVE THE DATE :

Alpha Chapter of Chi Sigma Iota
Spring 2013 Inductee Banquet

Friday, March 15th at 7pm will be the
Annual Spring Banquet!!!

It will be held at Baker University Center!!

It is a great time to welcome in new members to the chapter and to celebrate with friends and family the completion of another successful academic year!!

Keep an eye out for future emails from the Alpha Chapter of CSI for information about the membership induction process, purchasing a ticket and about our keynote speaker! Looking forward to seeing you there!!!



<http://listserv.ohio.edu/mailman/listinfo/csi-l>

Copy and past this into your browser and you will be able to sign up for information, announcements and all the stuff about CSI!

ALPHA CHAPTER of CSI

Faculty Advisor: Dr. Christine Suniti Bhat

President: Laura Jeanette Pressley

Vice-President: Amber Casey

Treasurer: Marcia Gase

Secretary: Kayla Thompson

Committee Chairs

Social Justice: Jessica Henry

Fundraising: Marcia Gase

Advertising: Justin Allen

Newsletter: Chrissy Ward, Rachel

Murray & Amber Casey

Professional Development:

Annette Sauselen

Social: Lacey Rogers