

Welcome From the President. . .

In This Issue:

Welcome1

Executive Team.....2

Deriving “NEW”
Perspectives on “LIFE”
From the
“EAGLES”3-4

In Memory of Tim
Robertson.....5

Spotlight on
Faculty.....6

Eating Healthy.....7

Recipes.....8-9

GEA Conference
Pictures.....10

People of Color in SE
Ohio.....11

Pizza and
Proposals.....12

CSI Photos.....13-14

Farewell.....15-16

Welcome Alpha Chapter of Chi Sigma Iota!

Greetings to Faculty, Staff, Administrators, CSI Alpha Chapter Members, Alumni, the Patton College of Education community, to our very own, Master and Doctoral Students, and to the incoming students for the 2014-2015 school year.

The mission of Chi Sigma Iota is to promote scholarship, research, professionalism, leadership and advocacy, and excellence in counseling; in addition to, recognizing the high attainment in the pursuit of academic and clinical excellence in the profession of counseling. On this past semester, it has certainly been an honor to work alongside each of you, working in collaboration to uphold the mission that serves as the foundation of our organization. Through the programs and events that we have worked diligently in developing and implementing, we were able to take the Alpha Chapter of Chi Sigma Iota to a higher level of excellence. These events consist of Pizza and Proposals, Social at Pigskin, The Sue Apple Run/Walk 5K, Silent Auction, and our first Graduate Student Research Conference, which was held, in collaboration with the Graduate Education Association.

Though these events previously mentioned were a success, our Annual Spring Induction Banquet tops them all! At this event, we proudly inducted new members, both Master level students and Doctoral students. A number of students and faculty from our Counselor Education Program were honored as we presented the 2014 CSI Awards; in addition to inducting the new executive board for the Alpha Chapter. It was a privilege to have motivating words stated so eloquently by Dr. Victoria Kress from Youngstown University. The evening was filled with such delight, plenty of smiles and laughs, and the making of wonderful memories!

Though this is the end of the 2013-2014 school year; this does not mean that our journey towards excellence stops here. Please look forward to a greater year for this upcoming school year. Together, we can make this chapter stronger, enabling us to have a year that is prosperous and fruitful! I know that with our incoming 2014- 2015 Executive Team, your continuation of hard work, and the support of our faculty that the Alpha Chapter can achieve a milestone that is even greater than where we are now. The key is continuing to work collectively and collaboratively.

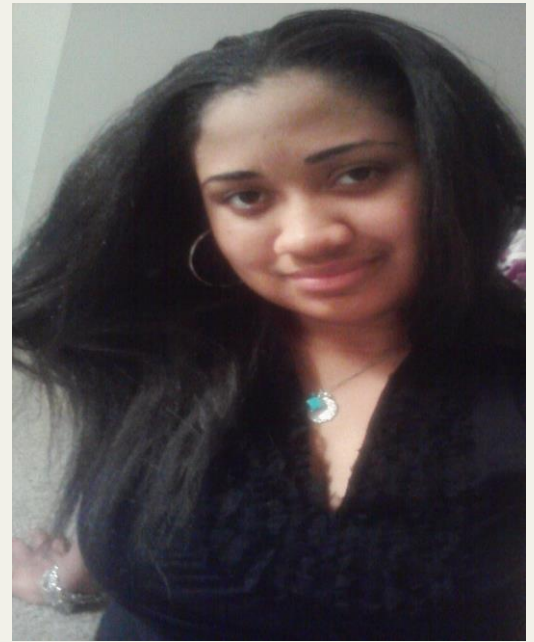
As I end this letter, I must be honest; it is truly an honor and a privilege to serve as the 2014-2015 President for the Alpha Chapter of Chi Sigma Iota at Ohio University. Though there may have been other candidates that were qualified and skilled, I am proud that you were able to possess the confidence in my abilities to assist in the progression of this chapter. Also, I would like to thank Dr. Christine Suniti Bhat for her guidance and support as she served so faithfully this year as the Faculty Advisor. Thank you to the 2013- 2014 Executive Team for working exceptionally hard in promoting excellence, demonstrating dedication, creativity, and leadership. Furthermore, congratulations to all of the graduating Master’s and Doctoral students in our program! And finally, congratulations to the new 2014- 2015 Executive Team! Thank you for a wonderful year and I look forward to the greater successes that are in store for next year!

Sincerely,
Kendra Jackson
President – Alpha Chapter of Chi Sigma Iota



My name is Kendra Jackson and I am a doctoral student from Detroit, Michigan. I attended Bowling Green State University where I received a Bachelor of Science in Human Development and Family Studies along with a certification as a Family Life Educator from the National Council on Family Relations. With a passion for working with children and adolescents, aiming to improve their overall quality of life, I decided to attend Ohio University to specialize in School Counseling and Clinical Mental Health Counseling. After graduating, I was hired by Hopewell Health Centers, Incorporated, where I am a Licensed Professional Counselor that serves children and families in the school setting. It was also during this time that I was able to obtain my licensure as a School Counselor through the Ohio Department of Education, aspiring to strengthen schools and the personal/social, academic, and career development of students.

As I begin to enter into my third year as a doctoral student in Counselor Education and Supervision Program, I look forward to continuing to progress in my professional development. With the leadership skills, dedication, creativity, and passion that I possess, I know that I will continue to expand in my acquisition of knowledge and skills that will assist me in thriving as a budding scholar. I look forward to continuing with my research and learning all that I can in order that I may one day become the Counselor Educator that God is preparing me to be.



**Kendra Jackson
President**



**Lateishia Spencer
Vice President**

Lateishia Spencer is the incoming Vice President for the Alpha Chapter of Chi Sigma Iota. Lateishia completed her bachelor's degree here at Ohio University in psychology with a minor in social services in 2012. She decided to take a year off before returning to graduate school and worked in Columbus, Ohio at an Adult Inpatient Psychiatric Hospital. Lateishia is currently pursuing a Master's in Education in Clinical Mental Health & Rehabilitation Counseling and is projected to graduate in 2015. She is also the current graduate assistant of Multicultural Programs in Baker Center.

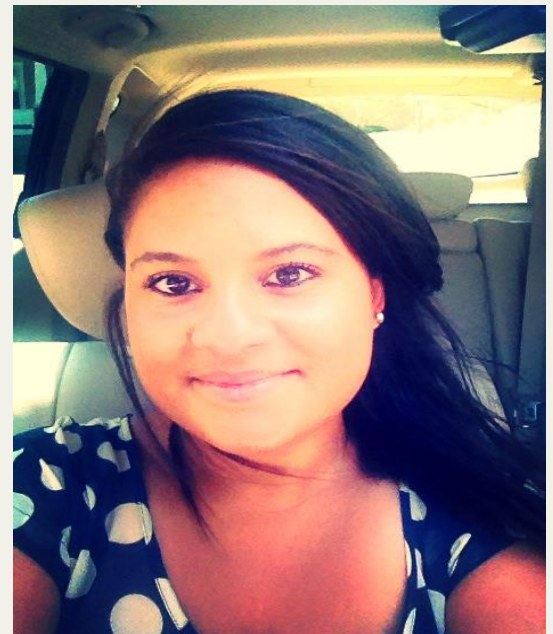
Our New Executive Team



Megan Dean
Secretary

Megan A. Dean holds a Bachelor of Science in Child and Family Studies conferred by Ohio University. She is a current masters student in the Counselor Education program housed in The Gladys W. and David H. Patton College of Education. Prior to returning to school, Megan was the head coach of the Ohio University Women's Crew club varsity team. She also worked with Kids on Campus, in Glouster, Ohio, in their after school program and provided children between the ages of 18 months to 3 years old the opportunity to improve their fine and gross motor skills at the Athens Community Recreation Center, in Athens, Ohio. Megan is currently the secretary of the Chi Sigma Iota Honors Society, International, Alpha Chapter.

Stephanie N. Curtis holds a Bachelor and Associate degree in Psychology and Sociology from Ohio University. She is a current master's student in The Gladys W. and David H. Patton College of Education at Ohio University working toward a degree in the counseling department. She is pursuing a master's degree in clinical mental health counseling and rehabilitation counseling. Stephanie is currently working at Appalachian Behavioral Healthcare where she hopes that her education will be able to provide a higher level of care for her clients with mental health and disability issues. Stephanie is currently the treasurer of Chi Sigma Iota Honors Society, International, Alpha Chapter.



Megan Dean
Secretary

Deriving “NEW” Perspectives on “LIFE” From the “EAGLES”

By: Priscilla Selvaraj

If I ask you to describe yourself as a “bird”, any bird that closely associates with your life and thoughts- which one would you pick? In the past while someone asked me this question- I remember I said- *An Eagle*.

Here are seven reasons of why I love imagining myself as an eagle-



1. Eagles loves storm than any other bird. When wind is violent, clouds are dark: eagles get excited and use their wings to rise above the storm by pushing up higher. The peace and calm flight without flapping wings by using the pressure of raging storm to soar the clouds and glide is an incredible sight.
 - I learned to use the storms (obstacles, pain, trouble, difficulties) of my lives to rise to a much greater altitude, which makes be an overcomer who relishes challenges profitably.
2. Eagles fly with eagles alone! They don't mix into sparrows or any other smaller birds flock. None other bird flies as high as Eagles.
 - Lesson I have learned from them is to stay alone, yet happy! Away from sparrows or ravens, yet flying with only eagles of same kin and kind.
3. Eagles have strong, focused vision, which is used to site prey even from a 5 KM distance.
 - What I learn from this feature of eagles is that no matter how many distractions- **BE FOCUSED**.
4. Eagles prepare for training. Both male and female eagles take their baby to a mountain top at high altitude to prepare it for the challenge of flying from great heights. The baby eagle is released for a free fall that is frightening at first, but the mother eagle soon comes to the rescue of the baby before it falls to the ground. This process is repeated until the baby eagle learns to fly by itself fearlessly.
 - I have realized that significant people in our lives love us enough where they push us hard to grow and prosper. The better I learn to manage the battles of my life, the wiser and more matured I end up becoming. Though the very first glance may seem to be with bad intention and hostility, it is however just a time of training before flying high with one's own wings!

Deriving “NEW” Perspectives on “LIFE” From the “EAGLES” contd...

5. The Eagle tests before it trusts. When a female eagle meets a male and they want to mate, she flies down to earth with the male pursuing her and she picks a twig. She flies back into the air with the male pursuing her. Once she reaches a height high enough for her, she lets the twig fall to the ground and watches it fall. The male chases after the twig. The faster it falls, the faster he chases until he reaches it and has to catch it before it falls to the ground, then brings it back to the female eagle. The female then grabs the twig and flies to a much greater height pursued by the male until she perceives it high enough, and then drops off the twig for the male to chase. This process goes on for hours with increase in altitude and until the female eagle is assured of the male eagle’s art of picking the twig.
 - This expresses COMMITMENT from the part of male eagle and TRUST in the part of female eagle. I learn that test of commitment and trust is hard to pass and needs to be done if intended for partnership in private life or in professional work.
6. Unlike Vultures, Eagles do not eat dead things. They only feed on fresh prey.
 - It is inspirational for me in this level of career as it challenges me to be always updated with new information in knowledge gathering and research- without being outdated or expired.
7. When eagles reaches end, last days of weakness and near-death situation- they retire to a place far way in the rocks and pluck out every feather on their body until they become totally bare and break their beak to complete bluntness. They stay there until newer feather and beak grows which then makes their life twice longer and stronger!



- This characteristic of eagle makes me want to shed all my old habits, thoughts, desires and worries, and wait to get renewed strength of rigor and valor that is worth fighting life to the fullest- for the PRESENT and FOR THE FUTURE YET TO COME!

In Memory of Tim Robertson



This past year we had a dear friend and colleague pass away. It was a sudden and premature passing. He has left us with a void that no one else can fill. We appreciate him for his time with us and the amount of knowledge he brought to the program. Below you will find some quotes about Tim and his reputation. Please visit the Hill Center to view the memorial for Tim Robertson and sign the guest book.

- If I had to describe Tim in one word, I would call him a MOTIVATOR. Albert Schweitzer stated, "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." I will miss Tim and am grateful for the opportunity to meet and work with such a great man. (Jessica Henry)
- I met Tim while working on a book chapter about mentoring in the mental health professions. He continually had an air of calmness about him and showed great empathy toward others. I benefited from his expertise in the counseling field as well as his suggestions for writing, and for research in the field of counseling. His kindness, his passion for counseling, and for helping others are what I will cherish most, along with his very peaceful smile. (Bethany Fulton)
- All of the blessings of the world are in two things, the company you keep and the food that you eat. I will always remember our night long conversations and miss your company. (Bilal Kalkan)
- Tim was an interesting, sensible, approachable and a friendly person. In personal arena, he had been a caring father-figure to his cohort by being a funny friend at leisure, as well as a wonderful helpful colleague professionally. He was in literal sense a treasure-house with abundance of knowledge and wisdom, an embodiment of insights and virtues. The impact he has had on us all leaves an everlasting imprint of service, humanity, fellowship, friendship, and divinity. He lived a remarkable, full, complete life for others to celebrate and aspire for! He is truly missed, however memories of his are cherished with life and joy! (Priscilla Rose)
- "Tim was like a encyclopedia of counseling knowledge when you would talk to him. He knew the counseling field inside and out. Tim was very passionate about his work as a counselor and counselor educator. Tim was humble and allowed his cohort to have a learning experience from the professors. I loved having conversations with Tim about how the field had changed over his tenure of service and how excited he was for the future of our profession. Tim will be greatly missed."(Rob Stevens)

Spotlight on Faculty: Dr. Tracy Leinbaugh, PhD, NCC, PCC-s



Dr. Tracy Leinbaugh holds a B.A. in Psychology from St. Olaf College and the M.Ed. in Clinical and Mental Health and School Counseling from the University of Idaho, a School Psychology Specialists degree from the University of Idaho. She then received the Ph.D. in Counselor Education from the University of Idaho. Dr. Leinbaugh is licensed as a Professional Clinical Counselor with a supervisor endorsement, and has been licensed as a School Counselor and a School Psychologist in three states. She teaches courses in Counselor Education, and her major research interests include faculty development of counselor educators, children and adolescents with disabilities and their families, and school counselors' work with students with disabilities.

Interview

Here is to getting to know Dr. Leinbaugh a little bit better:

- 1) How long have you been working here at OU? "16 years."
- 2) What are you going to miss most? "The students :-)"
- 3) What are you going to miss the least? "The politics :-)"
- 4) Favorite memory while working at OU? "None, lots of good ones!"
- 5) Last words to everyone here? "Take your time and learn what you need to know to be a good counselor. Remember, the learning will never end. It isn't a race."
- 6) Words of wisdom to future classes? "It isn't a race, so don't think you have to finish in 2 years. Get more than one license/certification. They will open doors for you that wouldn't be available to you otherwise."
- 7) Words of wisdom to the future faculty who may take over? "Being a faculty member doesn't mean you're the "boss." It means you know enough to facilitate the learning process for those who want to learn more. Keep learning. Empathize with your students: life happens and it doesn't stop because someone has entered graduate school. Life will happen to you, too!"
- 8) What's in store for you after retirement? "When I'm not teaching spring semester - this is early retirement, which is 2 courses for one semester a year - I will concentrate on my art. Right now I am doing fiber art: spinning, weaving, knitting, felting (nuno, wet, and needle). Lots of fun! I have also replenished my art supplies: painting and drawing, so I will be busy. Photography is also a love of mine, and I will do more of that."
- 9) Do you ever wish you should have picked a different career? "No."

As many of you have figured out grad school can take up a lot of our time. This leaves little to no time for eating period let alone trying to find something healthy to eat. We have all had that half hour gap and run up the hill or over to a fast food place to get something to eat. I am one of those people. I quickly became sick and tired of finding whatever I can find in a hurry and shoveling it down before class and homework took over. Especially once I started internship it became somewhat worse. Running around this gigantic school and not having an office, refrigerator, or microwave eating became a luxury rather than a necessity.

I finally decided I was sick and tired of the drive through, bowls of cereal, quick cooked meals, and junk. I decided I was going to at the very least attempt to eat food often and eat healthier than I have been eating. I am someone who loves quinoa so I decided to find all the recipes I could. I also decided part of the key was to begin planning my meals. This is somewhat of a tricky task. You never know if you're going to have to work late, you run out of something, someone invites you out, or you burn it. However I found that having at least a basic outline for the month helps rather than just doing it on the fly. As I found out though life sometimes gets in the way. But it is easy to just move a meal or make enough of something in advance to have when life makes its own plans.

My biggest struggle though is breakfast! I am not a morning person at all and waking up at 7 am does not bring out the best in me. Yet, if I wanted to be healthier I needed to figure out what to do for morning times. I decided to make egg and ham muffins as well as applesauce oatmeal muffins to take out of the freezer and run. This project turned out quite delicious (see the recipes on page #). I also would attempt to cook things like this and big casserole meals or multiple options to choose from throughout the week. This made a huge difference in my eating habits. Also when the weekdays and late nights came I had stuff already made or at least a quick fix to make some healthy food.

A huge benefit for me was getting to try new foods. They weren't always as tasty as the picture I would find on pintrest. You live, you cook, you learn! However, I also found some amazing new things that I could see making again in the future. For those of you that have kids and may want to get them to eat healthier there are tons of great recipes that hide the healthy stuff and make it look like it's just a muffin or just a casserole. If you are someone who doesn't like to venture out too much from their usual food groups there are also a lot of healthy dupes that you can find for your favorite food with healthy substitutions. And for those of you that have the sugar addiction have no fear! I am right there with you. There are tons of great ways to reduce sugar and chocolate intake. I highly recommend smoothies. They are sweet from the fruit, filling from the protein, and a great quick fix.

Quinoa Southwest Salad By: Lydia Hale

~ **Boil 1c quinoa in 2c water (add chicken broth for flavor). Cooks just like rice. May need to drain in small strainer.**

~ 2-4 tomatoes, chopped 1 bushel cilantro, minced 1 onion, minced 3-5 cloves garlic, minced

~ 1 green pepper, diced 1-2 cans black beans, drained 1-2 cans corn, drained

~ 1 jar chunky mild salsa (or homemade)

~ **Combine all ingredients into a large bowl.**

Sauce topping

~ 1/3c lime juice half a lemon or 1/3c lemon juice 1t salt 1T cumin 1/3 or 1/4 extra virgin olive oil

~ Mix well and pour over salad and stir in.

Eat with tortilla chips or put on wraps and enjoy.

Quinoa Burger

By: Lydia Hale

3/4c shredded cheddar 2c quinoa cooked 1/2c cottage cheese 2T flour 3 eggs
 1 med carrot, grated 2 green onions 1/2 t sugar 1/4t black pepper 1/4t
 cumin
 1/8t garlic powder 1/8t salt extra virgin olive oil for frying

Directions

- Cook quinoa with water and add salt to boil.
- In large bowl combine quinoa, cheddar cheese, cottage cheese, carrot, eggs, flour, green onion, sugar, pepper, cumin, salt, and garlic powder.
- Heat pan on med-low, add olive oil.
- Cook on med-low heat to keep together as a patty.
- Mix will be sticky use 1/4c to drop mix into pan and flatten into 1/2 inch thick patty. Can use hands but becomes very sticky.
- Fry until golden brown, about 4 mins each side
- Makes approx. 10 burgers

The Pink Breakfast Smoothie
By: Lydia Hale

1c strawberries (can be frozen) 1 banana 1/2c oats 1t honey
1/2c peanut butter 1c almond milk (can be regular milk or soy) 1c ice

Blend all ingredients until smooth.

Weight Watchers Pie
By: Lydia Hale

1pkg softened cream cheese 1pkg Jell-O, any flavor
1tub cool whip 1graham cracker crust

Directions

- Mix cream cheese and cool whip until smooth
- Add in Jell-O until mixed well
- Pour into crust
- Refrigerate until solid
- Each slice is 1-2 weight watchers point

Presentations and Conferences

**GAE
Conference
2014**
At Ohio
University
McCracken
Hall

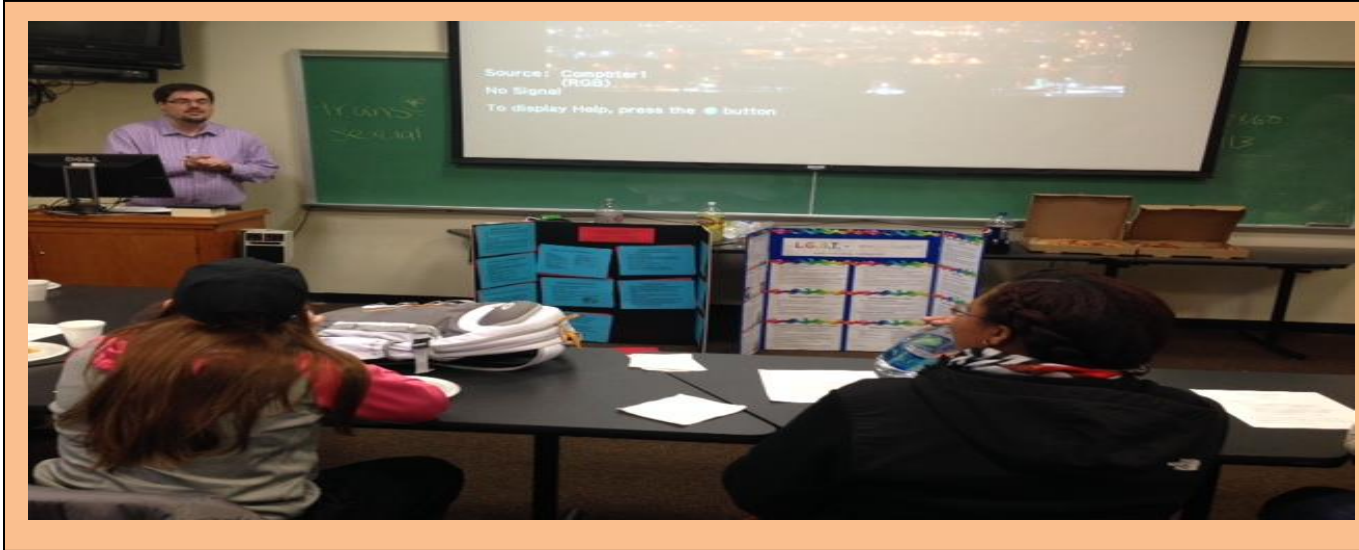


The aspect of diversity will play a vital role in the lifeblood of the United States in the coming decades. According to the U.S. Census, those people labeled as White will be the minority in the U.S. by 2025. It was also reported that there were more White deaths in the U.S. last year than White births. Why is all of this important to the counseling profession? While it is true that less people of color utilize or retain counseling services, it is important for us, as counselors, to recruit and retain clients that may be different from us. But, in order to recruit and retain clients of color, a counselor must first try to understand, empathize, who they are (culture). The purpose of this piece is to give counselors a crash course on people of color in Southeast Ohio and West Virginia.

When many people think of African Americans, the image they most likely think of is a dark skinned person with African textured hair, thick lips, and a wide nose. This image is so prevalent due to the constant bombarding of images that constantly surround us through media. The important thing to realize is that the overall African American culture consists of many hues of skin color, different textures of hair, and many different facial features. These physical differences as well as individual experiences can create cultures that are different from the overall general culture. One such culture exists in Southeast Ohio and West Virginia. This particular culture has been referred to as WINs historically. The "W" stands for White, "I" for Indian, and "N" for Negro. These people are currently referred as Tri-racial or people of color. No matter how they are referred, the majority of this culture identifies as African American/Black. However, there are some within this culture that will identify as Native American or White. The deciding factor seems to be experiential and family (environmental) related as described in the racial identity model.

The interesting thing for those that may come across this particular culture is that many of them do not have the stereotypical media fed images of being African American. The skin tones can be very light or very dark. The most common hair texture is straight or slightly curly. Some members of this culture even have blue eyes. Historically this culture has been connected to escaped slaves or free slaves that aided in the Underground Railroad as well as Delaware and Cherokee Native Americans and a mixed White European background, consisting of Irish, Scottish, German, etc.

The important point for counselors to remember is that there are and will be many cultures such as this in the U.S. that they will eventually see as clients or work with as colleagues. The key to empathize with those different from the current majority is to just ASK them to tell you about themselves!



Robert Stevens led Pizza and Proposals for the 2013-2014 academic year. Pizza and Proposals is an opportunity for first and second year masters students and doctoral students to learn how to research topics within the counseling field that are of interest to the individual and how to submit a professional proposal. P & P is an opportunity to learn, grow, and eat pizza with others who desire to make a difference in the counseling profession through advocacy and awareness.



Thank you to everyone who made Pizza and Proposals successful this year! A BIG THANK YOU to Robert Stevens for leading Pizza and Proposals this year and may there continue to be success with each new year!



Above Left: Some of our first years that came out to socialize



Above right: Our second years



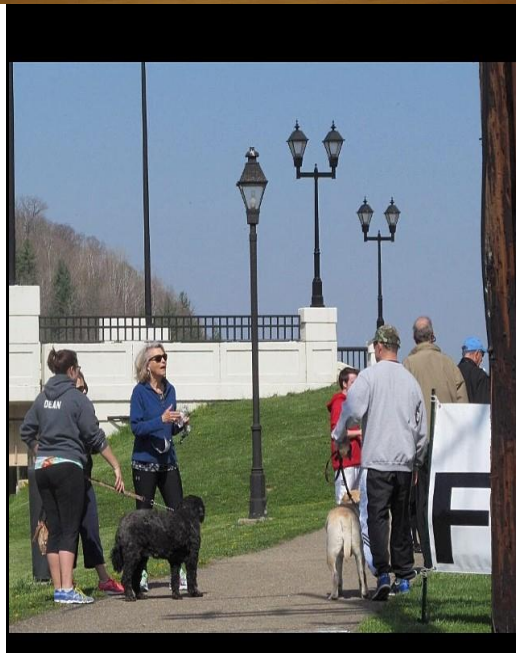
A group shot of everyone enjoying some social time before another semester starts.



A group of our doctoral students!



*The old and new CSI members hanging out at Pigskin's after the CSI Banquet of 2014!
Below: Pictures of the CSI Banquet 2014 and The Sue Apple Run hosted by CSI in April 2014!*





To the Left: Dr. Victoria Kress was the guest speaker at the CSI banquet of 2014. Below: Master's students hanging out and having fun. (Yes, you still can have fun in graduate school.)



Farewell: By Rachel Murray

To everyone who has worked hard this year, kudos to you. To the first years—you survived! To the second years—you did it! You are now able to “go, do, and be” what you have worked so hard towards these past two years. Now is the time to rejoice in knowing your hard work has paid off. May the journey ahead of you prepare you to be the counselor you desire to be! Have a wonderful summer and enjoy the

ALPHA CHAPTER of CSI

Faculty Advisor: Dr. Bhat
President: Kendra Jackson
Vice-President: Lateishia Spencer
Treasurer: Stephanie Curtis
Secretary: Megan Dean

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>.