Anonmous and the Depression & Bi-Polar Alliance hold regular meetings in Louisville. Since physical activity can help manage depression, two belly dancers came to the evening division of the third annual Depression Wellness Fair: the president of the Middle Eastern Dance Society of Kentucky (MEDSOK) and a troupe member from Melek, Arabic for “angels.” Melek’s Maura presented her segment of concise information on aspects of belly dancing from its rich history as an art form, to methods of assisting childbirth to constructive mood management to mother-daughter bonds during muddy adoles- cence. In the ala carte cafe, Melek’s Bodys (left) demonstrated movements for each five minute segment to illustrate Maura’s commentary. After each 20-minute program, a few audience members tried a bit of belly dancing.

“Prepare for Finals – Learn to Relax!” was the message of Gen Bare of Beauty Control. For an hour, she led over 20 participants in stressful experiences designed to soothe tensions: eye pads, skin treatments, aromatic creams, and simple massage techniques including cranial relaxation – all what students and a faculty needed for exam prep!

Wellness Center held an ‘uplifting’ event

Nearly 300 Sullivan day and evening students attended the Annual National Depression Screening Day sponsored by the University’s Wellness Center. Three local therapists assisted by administering and interpreting the screenings helping those screened understand what their answers meant. Four categories of concern were screened: depression, generalized anxiety, bipolar disorder, and post traumatic stress disorder. If an area showed up as a concern, the therapists or Wellness Director recommended referral sources to help individuals manage their stress. A “Stress & Depression” booth staffed by profes- sional counselors from Baptist East Hospital shared informa- tion on approaches to treat depression.

Other booths high- lighted elements of our lifestyle, such as what we eat or how we exercise. Foods like bananas and chocolate – rich in the chemical tryptophan – enhance the production of neurochemicals that combat depres- sion. Juleps Catering booth called “Going Bananas” was popular, and featured snacks and a twirling chocolate fountain. Gold’s Gym on Preston Highway showed how exercise can offset set depressive symptoms and offered student memberships at reduced rates. Warm Spirits set up an evening booth offering various aromas which have been effective in managing various moods through aromatherapy. Two grassroot groups provided information on how to deal with one’s own depression and how to help depressed family members or friends. Both Depressed Dawn Pendleton, counselor from Baptist East Hospital with several students.

Left, Ashley Holley and Natasha Davis had a great time. “The food was very good and it was a great experience,” stated Ashley.

Performing Arts production of The Music Man, Speed Art Museum and the Rauch Planetarium. After each field trip, students were required to complete questionnaires and create reports with developmentally age appropriate follow-up activities for children based on Howard Gardner’s Multiple Intelligences. The hands-on experiences are always coupled with an assignment for the student to apply their knowledge from the experience while integrating child development concepts.

Sullivan University ECE graduates will have not only the knowledge of child development but also a multi- tude of enriching experiences to share with children as they begin their career in the child care and education fields.

As the saying goes, “You only get one chance to make a good first impression.” The Office Technology faculty recently sponsored a Professional Success Seminar on Appearance so Sullivan students would make the best possible impression at interviews, on the job, and on the University’s Professional Dress Wednesdays. Speakers included Jennifer Hafer from Dress for Success Louisville, Mary Jo Large and Jane Aquino from Dillard’s Your Salon, and Geni Bare from BeautiControl. Participants received informa- tion, viewed examples of appropriate clothing, hairstyles, and makeup for both women and men. Nancy Aulenbach and Jessica Durbin from Mary Kay and Christina Bussey and Eileen Vega from Avon also attended. Displays were also provided by Sally Riede from Marie Gallery Inc. Salon and Sandy Sitter from Jewelry & Handbag Warehouse. "A Find the Cure" pink ribbon display for the Susan G. Komen Foundation was set up by several Medical Office Management students. All speakers and presenters brought samples, door prizes and were available to discuss specific needs and questions with individual students. Sullivan Clothes Closet, a free source and several students left with a professional outfit or two.

Successful event

All the feedback indicates that the seminar was very successful. Administrative Office student Renita Linton said, “really informative - something that I can use to help me to present myself in a better way when I go on interviews or just for everyday life.” Medical Office Management student Sarah Keith stated, “I think this event helped many gain tips on professional looks.”

Great learning experience

Students learned basic dress, hairstyling and makeup information which they have been able to use in their everyday dress, as well as in their Professional Dress Wednesday appearance. This was the first in a series of quarterly seminars. The next seminar will be a Professional Success Seminar on the Professional ABCs (Attitudes, Behaviors, and Competencies). Check the weekly Student Scene “it was a great day” time. Seminars are open to all Sullivan students, faculty, and staff.

Left to right, Early Childhood Education students Stacy Finn, Natasha Hardin, Jermaine Bell, Cory Chastain, and their classmates thoroughly enjoyed lunch at Winston’s Restaurant.

Left to right, faculty member Nancy Aulenbach gives Mary Kay tips to James Williams, Renita Linton and Donna Grant.

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As part of their Community Enrichment course, Sullivan’s ECE students also enjoyed fall day trips to U of L Ballet, Louisville Science Center, Muhammad Ali Museum, Farmington Historic Home, Stage One production of Alice in Wonderland, Youth

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