Wellness Center and the National Center teamed up with good things to ‘gnaw’ on

Positive energies filled the Sullivan main campus for the 3rd annual General Nutrition Awareness Week, GNWA 2009. The sub-theme, Eating with Spirit, focused on spirituality and food. “How we treat food with a sense of purpose, value and meaning in relating to self, others, God/Ultimate Reality, and the rest of the world was the working definition for recognizing the differ-ent spiritualities,” said Dr. Ronnie Rust-Yarnouth, Director of the Sullivan University Wellness Center (SUWC). The SUWC and Sullivan’s National Center for Hospitality Studies (NCHS) co-sponsored a lively and enlivening week of speakers and the 4th annual Not-So-Fat-Tuesday Wellness Event.

A highlight of the event was the national prize-winning “Germ City” exhibit, by B. Susie Craig, M.S., the exhibit’s co-designer from Washington State University Extension Office, thanks to sponsorship by The Rotary Club of East Louisville Sunrise and Sullivan University. Since field trips have dwindled due to budget cuts in edu-cation, the Rotary Club funded buses respectively for Hawthorne Elementary, St. Athanasius Elementary, our Savior Lutheran School, Wheatley Elementary, and the Islamic School of Louisville - encompassing grades 2 through 8 - for a field trip to the Sullivan campus. Germ City, a sanitation project, addresses preventable disease and death among children by practicing thorough hand washing. All of Sullivan's Early Childhood Education (ECE) majors, assisted by local Rotarians, guided the children through the Germ City tunnel. ECE also provided many fun activities for the elementary students while Juleps served drinkable soups and hot cross buns. Ms. Craig later spoke in several nutrition and culinary classes. Various spiritual and religious traditions from Hindu to Seventh-Day Adventist were featured at the fair along with food service organization and local suppliers of food. Mental health therapists conducted eating disorders support groups. Baptist Hospital East and Milestone Wellness Center brought nurses and a dietician to give assess-ments for Body Fat & Body Mass Index. Nursing students from Spencerian College, a member of The Sullivan University System, were busy all day with tiny blood pressure and blood sugar testing. The Chocolate Room set up in Winston's by approximately 100 students under the supervision of Nutrition Instructors Ms. Cynthia Kennedy and Mrs. Kathy Ballard introduced visitors to a lovely ambiance in an effort to learn and taste chocolate. From Aztecs to Truffles - the truffles freshly made by Sullivan Baking & Pastry Arts departments - the truffles were a sweet addition to a great event.

Iranian fled her country; finds ‘justice’ as a Sullivan student

They come to Sullivan University from countries all over the world; we recognize them when we hear them speak in their native tongues. As Americans, we are used to the freedom for granted, but some Sullivan students did not always have the same access to education.

This is the story of one of them

She says, “call me Mahy,” knowing that the Western tongue would have difficulty pronouncing her given name. Although born in what is today called Iran, she insists on referring to it as Persia. Not surprising, since she has a master's degree from the University of Tehran where she majored in Persian history. In Iran, students take examinations upon the completion of their high school where the grade earned determined their course of study. But Mahy was not permitted to proceed to law school although her very high score directed them to a new country and culture.

Journey for freedom

After their economic situation, and her young baby, and without her family's knowledge, Mahy took a bus, and used this run-down means of transportation, to Saddam where she met a man known to aid those escaping from Iran. Water and food were not always available; part of her journey demanded she walk, ride on the back of a donkey, a camel or on a motorcycle.

Disguises necessary

Part of the route required this diminu-tive woman to pass as a boy (she describes it as equivalent to a rug). She hid the gold she had brought into a deep pocket which weighed her down and made her walk with a bit of a stoop. With-out access to bathing water, and to further disguise herself, she covered any exposed skin with dirt to appear darker in skin tone, she also kept her head covered.

Heading to America

After arriving in Kovsh on, she flew to Islamabad where she re-joined her husband and awaited acceptance to a country of our choosing. A United States Church group sponsored them and brought Mahy and her child to Louis-ville, where she found themselves in a new country and culture.

Changing her life through education

Mahy is motivated by the desire for justice since it was the lack of justice that deprived her of her life in Iran/Persia. No justice since it was the lack of justice that demanded she walk, ride on the back of a donkey, a camel or on a motorcycle.

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Heading to America

After arriving in Kovsh on, she flew to Islamabad where she re-joined her husband and awaited acceptance to a country through the United Nations. A United States Church group sponsored them and brought Mahy and her child to Louis-ville, where she found themselves in a new country and culture. Listening to her English now, with her per-menant resident status less than ten years old, it is apparent that she has an ear for prose. It is obvious she already knew how to survive; she is a socially adept woman.

Mahy and her family, “Changs” her life through education

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