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Running for a Healthy Body

Charles Fallis, Associate Professor Emeritus, College of Education

was born January 20, 1926 in Charlotte, Ark. The Roaring Twenties were a time of speakeasies, short skirts, the Charleston, and jazz music. It was the era of Babe Ruth and the licensing of radio stations and millions of radios in American homes. Walt Disney introduced his first animated cartoons.

Charlotte was and still is a small country place with two general stores. My exercise program for better health began in the mid-1930s, during the Great Depression. I don't remember much about the hard times because we always had food on the table and clothes to wear. Many days after her work was finished in the post office, my mother, Esther Churchill Fallis, would challenge me to a short road race. And she was the winner most times. Thanks to Mamma, that was my first taste of road racing.

Immediately after graduating from high school in 1944, the draft board sent a notice for me to report to San Diego for boot camp. While in boot camp at Oceanside and Camp Pendleton, I was able to continue my exercise program. However, when I was assigned to a troop transport, APA 172, bound for the Pacific, I soon found that there was no running track aboard. That put a damper on my exercise program from 1944-46.

After the big "Boom-Boom War," as Archie Bunker called it, I returned home and began my college education. While at Arkansas College, now Lyon College, I met my wife, Betty Perry, and we were married for 60 years. Betty continued to support my road racing activities, even the half-marathons on Thanksgiving Day. After teaching school and administering a school district in Arkansas for 21 years, the Fallis family moved to Atlanta. I accepted a position on the faculty at Georgia State University and Betty accepted an offer from Gwinnett County Schools to be a media specialist for an elementary school.

My running activities increased when I joined the Georgia State running group. The July 4 Peachtree Road Race (PTRR) continues to be my favorite 10K. I must say, with the increase to 60,000 runners, it has become more of an event to celebrate the Fourth of July, except for the 100 or so guys and gals at the front. With membership in the Atlanta Track Club for at least 20 years, my registration for the 2015 event was confirmed early and I was able to receive my 35th consecutive PTRR T-shirt. I was not able to run in the July 4, 1987 race since my mother was in an Arkansas hospital and died three days later,

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Charles Fallis running in Peachtree Road Race

but Professor Jack Greer knew I was registered to run and secured a T-shirt for me.

My two objectives in every race: First, cross the finish line on my feet; and second, don't finish last. My first PTRR was in 1981, and I wore that shirt this year. It was great seeing all the runners and spectators gathered in the Lenox Square area on July 4, 2015, and I am happy to say that I finished

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CHAIR'S COLUMN

Harry Dangel discusses upcoming changes and challenges throughout the university.

2 DR.WADE WEAST

New Associate Dean of Music and Fine Arts and Director of Music School.

HONORS

Psychology Department Honors Program Evolves to University Honors College.





CHAIR'S COLUMN

HARRY DANGEL

Associate Professor Emeritus Educational Psychology and Special Education • hdangel@gsu.edu

appy New Year! Strange as it sounds, we've all spent a significant part of our lives marching to academic calendars. Fall semester has meant new colleagues, new students, and perhaps some new responsibilities, as well as some valued colleagues moving on to other institutions or retirement.

As for the GSU Emeriti Association, the fall semester brings a new season for your coordinating committee. There will be challenges, especially in light of the Georgia Board of Regents' decision to move retirees from a defined-benefit health care program to a defined-contribution program. We will endeavor to keep you informed as information about these changes become available and you can check our website, **emeriti.gsu.edu**, for the latest information.

We are most grateful for Missy Cody's dynamic and capable leadership for the past two years and the continued support of the university through Dave Fraboni, associate vice president for development (Dave kept us funded, fed, and focused) and Lezette Parks (the magician who makes it all work out). In this new year you can look forward to continuing to receive Emerities, our first-class newsletter, invitations to our annual holiday

College of Arts and Sciences Announces New Associate Dean

College of Arts and Sciences

he College of Arts and Sciences is proud to announce the hiring of Dr. Wade Weast as the new associate dean of music and fine arts and the director of Georgia State University's School of Music.

Weast has been serving as the dean of the School of Music at the University of North Carolina School of the Arts (UNCSA), where he helped to create a new evaluation system to account for the increasing diversity of faculty research. He also raised more than \$3.7 million for scholarships in five years.

"Wade Weast has a strong vision for the future of arts education, not to mention long experience in fundraising and arts administration," said William Long, dean of the College of Arts and Sciences. "He will be a tremendous asset to the School of Music, the Welch School of Art and Design, and to the whole university."

"This is an important appointment for the achievement of part of our strategic plan that calls for more visibility for our arts programs," said Provost Risa Palm. "The Office of the Provost was pleased to be able to contribute to this recruitment."

Weast believes that arts education must change as the role of the arts in society changes — not to mention the role of technology in the arts.

"I look forward to helping Georgia State prepare students for successful careers in the arts," Weast said, "recognizing this is a rapidly changing



From left to right: Professor Carroll Freeman and students Katie Oates, Nicholas Yaquinto and Daniel Solberg perform for Emeriti Luncheon.



Dr. Wade Weast, Associate Dean of Music and Fine Arts and Director of School of Music in CAS

landscape and one that requires increased attention to collaboration and entrepreneurship."

Weast is a trumpet player who has performed with groups ranging from the New York City Opera to the rock group Yes. He holds a doctorate from Stony Brook University and a master's degree from the Manhattan School of Music.

He is also an experienced arts administrator who served as the director of the School of Music at the University of South Florida before going to UNCSA. At USF, he oversaw the integration of a brand-new College of the Arts from existing arts departments.

Weast has presented theories about student-centered learning, peer learning and mentoring at the College Music Society and the International Conference on Arts and Humanities.

At UNCSA, Weast made a point of building partnerships with other arts departments in the university, and with outside groups such as the Chamber Music Society of Lincoln Center, MusicianCorps and Cirque du Soleil.

"Georgia State has an excellent faculty, and its location in the city center of Atlanta presents abundant opportunities for community engagement and partnerships," Weast said. "Georgia State is on the move."

Weast began his work at Georgia State on July 20.

HONORS ACTIVITY: DEPARTMENT OF PSYCHOLOGY

James L. Pate, Professor Emeritus, College of Arts and Sciences

n the fall quarter of 1966, the Department of Psychology began offering a two-quarter Senior Research Seminar, which was an antecedent of the department's participation in the Honors Program in the College of Arts and Sciences. At the beginning of the first quarter, the instructor expanded the discussion of material that had been presented in a required junior-level experimental methods course and presented more advanced methods. In the second half of the quarter, various faculty members presented information about their research projects and invited students to visit their laboratories to obtain more information. These activities were designed to aid students in developing research projects for the second quarter, during which each student worked independently with a faculty member, collecting and analyzing data; these activities often continued into the third quarter. The research director evaluated reports of that research and modified them until he deemed them acceptable, and two or three other faculty members reviewed the final version.

With the establishment of the Honors Program in the College of Arts and Sciences in 1975, the Department of Psychology created a departmental Honors Committee with two members, one of whom taught the research seminar and the other of whom chaired the committee. What had been the senior paper became the Honors Thesis, which was evaluated

by the chair of the department's Honors Committee, the instructor for the research course, and a third member of the faculty, who in some cases was the director of the student's research. In addition to the research seminar, Honors sections of several courses were offered, with the theory of personality course being one of the most popular. Honors sections of required courses such as psychological statistics were offered for several years, but because those required courses needed such large sections, the college combined an Honors reading course with some other courses for students who wanted to earn Honors credit.

Honors students in required courses would meet with the instructor for an additional hour each week and discuss advanced topics or go into more extensive detail about concepts that had been presented in the regular class. The students received one credit hour for that activity. Occasionally, a group of honors students would request a course on some special topic in which they were interested, and a faculty member could offer an honors course for them. Honors students in psychology also took Honors classes in other departments, thus earning sufficient credits to graduate with honors. Many of the senior papers and Honors theses were presented at scholarly meetings, and some were published in psychology journals.

The chair of the department's Honors Committee served on the Honors Council and provided a



James Pate

liaison with the Honors Program. The Honors Program in the Department of Psychology followed the same plan through December 2000 when I retired. Numerous faculty members participated extensively in the departmental Honors Program, and many of the graduates earned graduate degrees.

Additional details about the Honors Program in the Department of Psychology are available in a longer history that includes information about Honors faculty members and graduates, many of whom have had very successful careers. That history is available from me at *jpate@gsu.edu*.

EDITOR'S NOTE:

Thanks to the work of James Pate and others, the Psychology Honors Program grew into the larger Arts and Sciences Honors Program, and today Georgia State University offers a separate Honors College under the leadership of Founding Dean Larry Berman. For more information about Georgia State University's Honors College and Berman, go to the University's website.



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the race on my feet and I was not last. I try to run five to ten miles each week during the fall and winter months and more in spring and summer.

A few trophies, plaques and other recognitions I have received are listed below:

- 1st place (men over 56), 1991 Jekyll Beach Run
- 1st place, 1981 Scottie Road Race
- 1 st place, Virginia-Highland
- Summerfest Road Race
- 1st place (60 and over), 1993 Virginia-Highland Summerfest Road Race
- 1st place (men 65-69), 1992 Atlanta
- Half-Marathon

- 1 st place (men 85 and over), Peachtree Road Race

10 Miles

Road Race



• 3rd place, 1986 Run for Liberty

3rd place (over 80), 2012 Peachtree



and Valentine's Day parties, presentations by Georgia State faculty and retiree authors about their latest books (these have been excellent), our annual sessions on benefits and the Georgia economy, and opportunities to join other emeriti attending Georgia State events and visiting places of interest around Atlanta and beyond. I appreciate the opportunity to serve as chair of your Emeriti Association Coordinating Board for the coming year and invite your suggestions for how we can better serve our community.





