Meet Katherine
(cont'd from page 1)
and recognizing the importance of registered dietitians, Kath started researching human nutrition graduate programs.
Several people recommended Winthrop. The strength of the nutrition program, along with the proximity to her home in Charlotte and in-state tuition, all pointed her here. Along with freelance writing and recipe development, Kath says she would like to one day open up her own private practice.
During Kath's weight loss, she joined an online weight loss support group that offered community forums and private blogs where she started posting photos of her recipes. Since she could only share one small photo at a time, Kath decided to start her own food diary on the Web. During the past year, Kath Eats Real Food has expanded to include a loyal following of readers and ads that help generate income. The blog has encouraged readers all over the country to try new foods, including wheateberries, kale, pomegranate and spaghetti squash. The blog is most famous for Kath's signature Whipped Banana Oatmeal, which many of her readers now swear by as their favorite breakfast. Try out the recipe listed below! Kath says she does feel pressure to be creative, but she and her husband love to cook and come up with new recipes using "real food."
Kath has even received some national publicity. She sent her weight loss success story to women's magazines and ended up being featured on the cover of "Woman's World" and as a success story in "Shape Magazine." In the coming weeks Kath and her husband are being featured on Current.com, a hybrid T.V. and Web company, in a profile piece on food blogging. A camera crew followed them from sunrise to sunset one recent Saturday for the feature. She has even been approached by a literary agent about a book! We encourage you to check out KathEats.com. We look forward to hearing more from Katherine over the coming years.

Whipped Banana Almond Butter Oatmeal
Makes 2 servings

· 2/3 cup old fashioned rolled oats
· Pinch salt
· 2/3 cup water
· 2/3 cup 1% or skim milk
· 1 large ripe banana
· 1 tbsp vanilla extract
· 1 tbsp ground flax seed
· Almond butter
· Toppings of choice, such as pre-cooked wheateberries, granola, coconut flakes, crumbled granola bar, toasted walnuts or almonds, or trail mix – with dark chocolate chips!

Start by combining the rolled oats, salt, water, and milk in a saucepan over medium heat. Slice banana into thin pieces, leaving just a few bigger chunks. As the oatmeal heats, stir vigorously at times to "whip" the banana into the oats. The oats will take 5-7 minutes on medium heat to fully absorb the liquid. They're done when they reach your desired consistency. Remove from heat, stir in vanilla and ground flax and portion into bowls. Add any toppings you like, and serve each bowl with a dollop of almond butter on the spoon.

Summer Session
Be sure to check the Summer Session Web site for a preview of upcoming summer course offerings beginning October 6, 2008.
http://www.winthrop.edu/summeression/

Inaugural Graduate Faculty Award Winner: Janice Chism

Janice Chism, professor of biology and director of the biology graduate program, was selected to receive the first Graduate Faculty Award for outstanding teaching last May. Each year a faculty member who has made a significant contribution to the quality of graduate education will receive the award. Chism has been a faculty member at Winthrop for nineteen years and has been recognized as a scholar and researcher, particularly in the study of primates, animal behavior and conservation. Her graduate students have conducted research from Peru to Puerto Rico to the Winthrop Farm. Chism also received the Kinard Teaching Award in 2004.
Chism has been a strong advocate of graduate education during her tenure here. She is pleased that this new award brings recognition to those who work with graduate students. She says that Winthrop is "well-placed to provide training at the master's level" because larger research universities place emphasis on Ph.D. programs instead of the master's degree. Winthrop fills a niche and this award gives public recognition to all of our graduate programs. She sees this award in addition to the the separation of undergraduate and graduate commencement ceremonies as critical steps towards advancing graduate education.
Most of her graduate students enter the master's program because they cannot find meaningful jobs in the area they love without post baccalaureate work or they have been working in other areas, but really want to be in biology field, so they come back for their master's degree. It is a growing trend that liberal arts graduates either have extensive work experience or a graduate degree to find meaningful jobs in their chosen fields.
Winthrop professors who teach on the graduate level also teach undergraduates. Chism indicated that undergraduate students love to have graduate students in their classes. The undergraduate students can see slightly older peers doing great work which strengthens the undergraduate program. Chism said that it is time consuming to supervise graduate students and teach a full load, but it is important work.

Winthrop Testing Services
Health and Counseling Services offers a wide variety of test administrations throughout the year. According to Susan Sistar, coordinator of testing services, they are offering more tests this year than ever before and are investigating the possibility of expanding options. Currently the MAT, GRE, PRAXIS, National Board for Certified Counselors, and the Pharmacy College Admission Test are offered. Students register online with the testing corporations and take the test on campus.
Sistar is enthusiastic about her new role as the coordinator. She indicated that she will be talking with departments on campus to see what their needs are and will do everything she can to accommodate these. She also wants to learn the best ways for submitting test scores for consideration of admission into particular programs so she can plan to provide the appropriate test on a timely basis.
Sistar is giving a short survey to each student as he/ she leaves a test asking if the test services could improve. One big step is already being taken to provide the MAT at night. More weekend tests may be offered in the future, as well. Sistar is working on a yearlong calendar of all test dates and times.
To learn more about this important area, Sistar attended the National College Testing Association meeting in Baltimore, MD. She brought back many ideas that she is excited about pursuing. For more information on testing services, contact Sistar at 323-2233 or email her at sistars@winthrop.edu.

Graduate School Personnel
Different Faces and Responsibilities:

Laurie Carpenter, recruitment, web specialist, graduate assistantships

Rose Mary Corbett, receptionist and scholarships

Natalie Jeter, admissions specialist

Yvonne Murane, dean

Margaret Williamson, assistant dean, student services, petitions and thesis completion

Janice Chism seen here with (from left to right) Jim Johnston, President DiGiorgio, Chism, Debra Boyd and Tom Moore.