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CIVITIMES

Campus Civitan

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Bullying How you can help!

While not everyone may be a victim of bullying or a bully themselves, people oftentimes overlook the third person involved in a bullying situation: the witness or bystander. Research suggests that approximately two out of every three children have witnessed bullying, and with the advent of cyberbullying, that number continues to grow. The bystander has an opportunity to intervene to help resolve a conflict, or at least prevent it from escalating. A study published by the Canadian Journal of Psychology found that once a bystander steps in to help the target of bullying, the behavior usually stops within 10 seconds. However, simply witnessing a bullying event also can have emotional consequences for the bystander that can last beyond the incident itself.



Intervening in a Bullying Situation

An important new strategy for bullying prevention focuses on the powerful role of the bystander. Those witnessing a bullying event must first evaluate the safety of the situation: if there are weapons involved or other threats of physical harm, the bystander should notify an authority figure to intervene (such as a teacher or security officer). Otherwise, bystanders can help by:

- Telling the bully that what he or she is doing is wrong
- Inviting the victim to leave the situation with them
- Not laughing or otherwise encouraging the bully
- Talking to the victim in private and giving them support
- Including the victim in their activities and/or helping them avoid other potential bullying situations
- Avoiding spreading rumors about what happened

“When it comes to bullying, there is power in numbers,” said Victor Schwartz, M.D., medical director for The Jed Foundation. “The bully is often harassing the victim to demonstrate power and entertain the bystanders. If those bystanders laugh or encourage the bully, the situation is likely to continue. However, if the bystanders are sympathetic to the victim, then the bully loses influence and his or her reason for bullying. Therefore, it’s important for bystanders to recognize the power they have to stop the bullying situation and make it known that this type of behavior is not acceptable.”

(information from The Jed Foundation, the leading organization in the United States working to promote emotional health and prevent suicide among college students and young adults)



IT'S A FACT:

In the last 10 years, the Shropshire Schol

DOLLARS FOR SCHOLARS

Want \$1000 to help pay

As part of Civitan's charitable mission, Shropshire Scholarships are awarded each year to Civitans, Campus Civitans, and Junior Civitans. Apply for the Civitan Shropshire Scholarship today! For more information and an application visit us online at www.campuscivitan.org. Select the "Campus Literature and Forms" link to access the application. Submission deadline is **January 31, 2013**.

Please note the following criteria for qualification for this scholarship:

- Candidates must be enrolled in a degree or certificate program at an accredited community college, vocational school, four-year college or graduate school.
- Candidates must be a Civitan, Campus Civitan, or Junior Civitan and must have been a member for at least two years.

High Point University



Tulsa Community



Campus News

HIGH POINT UNIVERSITY

High Point University Campus Civitan Club has been very busy volunteering in their community. Partnering with the YWCA, members worked hard in freezing temperatures to build a new playground for children. Members also volunteered at their local Special Olympics which proved to be a fun experience for athletes and members alike! Campus Civitans dedicated the beginning of the 2012 fall semester to ending hunger. HPU Civitans packaged 10,000 meals in a mere four hours during the annual "Stop Hunger Now" event, which will go toward famine relief efforts overseas.

MICHIGAN STATE UNIVERSITY

Lisa Leppla, the president of Spartan Civitan at MSU, was looking for a way to give back. She wanted to combine her passion for special education and volunteer work and lucky for them she stumbled upon Spartan Civitan four years ago at MSU.

From working the sidelines at Special Olympics events to serving meals to children in hospitals at the Ronald McDonald House the members of Spartan Civitan are making time to donate to the community they love. The club especially enjoys working with students at the Heartwood school, a school dedicated to individuals with developmental disabilities. They recently held a dance for the students and had a great time teaching the students fun new dance moves.

SOUTHERN MISS

The University of Southern Mississippi Campus Civitan Club worked diligently with another campus organization, TeamHelp 2011, to collect items for those affected by the tornadoes that devastated the Southern United States last year. Monetary donations as well as water, canned goods, toiletries, toys and books were also collected to help tornado victims. Since the donation drive, Southern Miss Civitans have continued serving those in need in their community. Holding fundraisers at local restaurants and contributing to the American Heart Association's Heart Walk are a few ways the SMCCC has been lending a helping hand this year!

TULSA COMMUNITY COLLEGE

Excited about chartering the first-ever online-only Campus Civitan club last year, the TCC Civitans jumped right in and helped with the Stop Child Trafficking Now Walk in their community. In an effort to increase awareness of child slavery and human trafficking, members gladly raised money for the cause and participated in the walk. The 3rd Annual SCTNow Walk was a success and at the time of the event, Civitans and race participants had already raised almost \$16,000!

arship has helped more than 300 deserving students further their education

for school?

- Applicants successful in receiving a Civitan scholarship must wait an interim of no less than two years before applying for another Civitan scholarship.
- Candidates must return the three-part application which includes one portion on personal information, one completed by the school and one portion completed by the sponsoring Civitan club endorsing the candidate.
- All applications must be received at Civitan International Headquarters postmarked no later than January 31, 2013.



Has your Campus Civitan club taken advantage of the FREE recruitment supplies offered each fall?

We'll even include a brand new vinyl banner if your club is in need! Just send us the name, office and shipping address for the person to whom you'd like us to send these supplies and we'll be happy to help you.

Email us at campuscivitan@civitan.org.



College

CALLING ALL AWARD NOMINATIONS

Is your club outstanding? Do you have a service project you're really proud of? Are there members in your club who work around the clock in the name of Civitan? Honor your club and your fellow members by submitting an award nomination to International.

Honor Your Club! Nominations Due February 1

Each year, clubs and individuals are honored for exceptional performance in six competitive award categories. Between now and February 1, set aside a meeting date to prepare award nominations. Take advantage of this opportunity to be honored for your hard work and dedication. Use pages 47-55 in your Club Administrative Manual as a guide. Award nomination forms follow this section.

Also, be sure to submit an Honor Club Application. It's a noncompetitive award that belongs to everyone!

Award Categories

Campus Club of the Year — top two clubs proven to be outstanding through projects, participation in district and international activities, and club growth.

Outstanding New Club — the top new club (chartered no more than two years ago as of the awards deadline) proven to be outstanding through projects, participation in district and international activities, and through publication of activities.

Service Project of the Year — top two clubs with an outstanding campus or community project during the year.

Outstanding Joint Relationship — the club with the best relationship with another Civitan club over the past year.

Campus Civitan of the Year — the member who best exemplifies the ideals and spirit of Campus Civitan.

Trailblazer Award — the Campus Civitan supporter who shows commitment to the success of the entire Campus program through activities of the past year.

Tips for Preparing Nominations

1. Use the judging criteria for each award category to guide your award nomination (see page 47 in your Club Administrative Manual).
2. Devote a section to each judging criterion, using a mix of statistics (for attendance, volunteer hours, etc.), narrative description, and illustrative materials (pictures, samples, etc.).
3. Make sure each section is clearly labeled and that information is easily understood. If the criterion asks how many members participated, the judges want to know exactly that.
4. Obtain letters of recommendation from on-campus personnel who have worked closely with your club. Similar letters from sponsoring Civitans or community service facilities you have assisted are also impressive.
5. Send your award nomination to International Headquarters at 1 Civitan Place, Birmingham, AL 35213 by February 1, 2013.

Researchers Launch

Five-Year Study

on Cognitive Deficits Caused by Brain Injury

At the Civitan International Research Center, Drs. Candace Floyd and Linda Wadiche have received a \$1.8 million, five-year award from the National Institutes of Health to study the effects of traumatic brain injuries on a region of the brain known as the dentate gyrus.

A mild traumatic brain injury (or TBI) is commonly known as a concussion. These injuries can be caused by a bump, blow, or jolt to the head, or a penetrating head injury. Common culprits include sports injuries, vehicle accidents, falls, and physical assault. Traumatic brain injury affects approximately 1.7 million people annually in the United States. Up to 75% of these injuries are classified as mild traumatic brain injury. However, the word "mild" is an inadequate description since the brain injury typically brings serious, long-lasting, cognitive deficits.

This research project at the CIRC will investigate how mild traumatic brain injuries can affect a region of the brain called the dentate gyrus, and lead to cognitive impairment. The dentate gyrus contributes to the creation of new memories and is one of two places where new brain cells are continuously generated in adults. It also directs brain cell activity to a particular brain region, a process known as "gating," which is necessary for memory formation.

TBI-induced changes in the dentate gyrus can lead to serious cognitive deficits. These manifest as long-term alterations in our ability to form new memories, recall old memories, be attentive, and control our emotions. Despite the high incidence and long-lasting impact of these injuries, exactly how they cause long-term cognitive deficits remain unknown.

In their study, Drs. Floyd and Wadiche will address questions such as how mild TBI affects the dentate gyrus; whether mild TBI affects the formation of new brain cells; and how these changes give rise to cognitive impairments. This study could have a profound impact on the millions of people affected by mild TBI. It could even identify new targets for treating this common form of brain injury.

Dr. Candace Floyd is Assistant Professor in the UAB Department of Physical Medicine and Rehabilitation and the 2007 McNulty Civitan Scientist. Her laboratory studies traumatic brain and spinal cord injury. Dr.

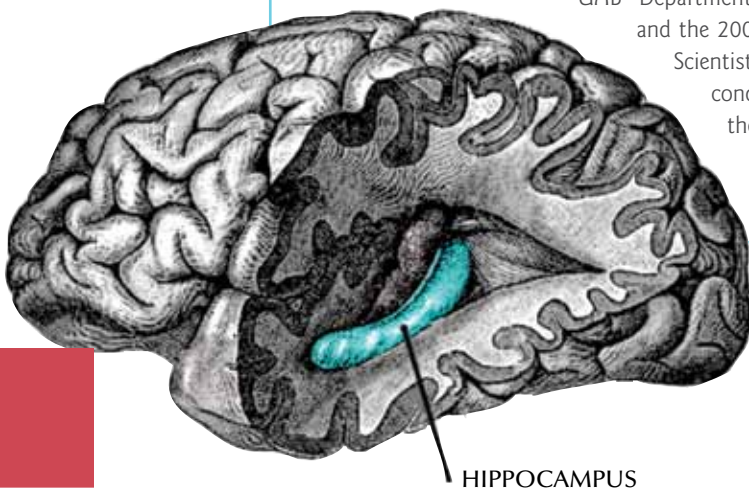
Linda Wadiche is Associate Professor in the UAB Department of Neurobiology and the 2009 McNulty Civitan Scientist. Her laboratory conducts research on the generation of new brain cells in the adult brain.



Dr. Candace Floyd
2007 McNulty Civitan Scientist



Dr. Linda Wadiche
2009 McNulty Civitan Scientist



The dentate gyrus is located in the hippocampus region of the brain, where injuries can have serious, lasting mental effects.

Did you KNOW?

- There are no pain receptors in the brain, so the brain can feel no pain.
- Your brain stops growing at age 18.
- While awake, your brain generates between 10 and 23 watts of power—enough energy to power a light bulb.
- You can't tickle yourself because your brain distinguishes between unexpected external touch and your own touch.
- Every time you recall a memory or have a new thought, you are creating a new connection in your brain.
- Five minutes after a dream, half of the dream is forgotten. Ten minutes after a dream, over 90% is forgotten. Write down your dreams immediately if you want to remember them.
- The average number of thoughts that humans are believed to experience each day is 70,000.