



The Whistle

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Photo by Rob Felt

Students talk outside the new Stickworks sculpture at the EcoCommons.

Fostering Happiness

VICTOR ROGERS
INSTITUTE COMMUNICATIONS

For almost a year and a half, the pandemic has affected how most people work, play, and generally conduct their lives. Now people are emerging from their social bubbles, re-engaging with colleagues, and, very likely, trying to increase their happiness during a period of prolonged stress.

Eric Schumacher, professor in the School of Psychology, taught a course this summer on stress and happiness. In his class he discusses how students can learn better study habits, learn to overcome disappointment, and improve their general well-being. They also learn about the science of the stress response, what it's

good for, and the negative effects of chronic stress.

He teaches that, with intentional practice, people can improve their happiness level regardless of the circumstances and their individual predisposition.

"In this course, especially given what has happened over the last year, I was interested in discussing the science behind the physiological stress system and then what can we do beyond that to increase our happiness," he said. "We can work to reduce our stressors, and then can we do more to improve our happiness." The course is not a substitute for seeing a therapist or taking prescribed medication.

"We often think that happiness is largely

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2021-22 Parking Permits Can Be Used Early

To ease the transition for students and employees to campus this fall, Parking and Transportation Services will activate most parking permits early. Customers with 2021-2022 parking permits can begin parking on campus as of August 1.

Permits eligible for early access include Annual Individual, Carpool, Evening/Weekend, Motorcycle, and Retiree permits.

Learn more at pts.gatech.edu.



Photo by Justin Chan

Pedestrians cross through Tech Square in 2018.

Toward Accessibility and Inclusion: The ADA Turns 31

STACY BRAUKMAN
INSTITUTE COMMUNICATIONS

"It's the biggest commitment that we've made in our country to people with disabilities," said Denise Johnson Marshall, Georgia Tech's ADA compliance

coordinator for Equity and Compliance Programs within Institute Diversity, Equity, and Inclusion (IDEI).

The Americans With Disabilities Act (ADA) was

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determined by external forces,” he said. “Some of us might be stressed about how to pay the rent or mortgage this month or how to pay for school or a trip. So people think, ‘If I just had more money I would be happier.’ But the research shows that for most people who end up with a change in their financial status, it produces only a short-term increase in their level of happiness.”

Schumacher said there are techniques to help adjust how you frame the way you think about stress. That’s why Madeline Berns, a third-year neuroscience major, took the class.

“I’ve struggled with depression and anxiety for a long time and thought the class could teach me new outlooks and skills for handling stress,” Berns said. “I learned that stress is a very physical problem. Even when it’s not a life-or-death situation, your body is acting like it is; it’s trying to protect you via fight, flight, or freeze. So, stress is the body trying to help you out, and sometimes you can trick it into calming down through physical activity.”

Berns believes the class was particularly meaningful in teaching long-lasting strategies for viewing and treating stress.

“It didn’t just focus on one happiness-inducing activity,” she said. “Instead, it actually taught us meaningful activities like paced breathing, forgiveness prompts, mindfulness and meditation, and others that we can use over and over again, often with little to no effort at all — but a large payoff.”

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signed into law 31 years ago last week. The culmination of decades of advocacy, activism, and demands for equal treatment and full citizenship, the ADA codified protections against discrimination in employment, public services and accommodations, transportation, and telecommunications.

It also laid the groundwork for later efforts — that continue to this day — to transform infrastructure, policies, and technology, placing accessibility at the forefront rather than a retrofitted afterthought. It has helped to change the way people think about equity, access, and usability in our built environment and our daily lives.

“It speaks to inclusion on a larger scale, and it’s very strong civil rights legislation,” Johnson Marshall said. “Not only is it an anti-discriminatory act, but it also established measurable standards.”

She began working at Georgia Tech in 2002 as assistant dean of students and director of disability services and became the Institute’s first full-time ADA compliance coordinator in 2016. “I’ve been able to see a lot of changes at Tech during the 19 years I’ve been here,” she said.

In her current role, she helps to make sure the Institute complies with the ADA and other disability-related laws in higher education, through policy development, equity and grievance processes, and ADA transition planning. Tech, like all higher ed institutions, is required to have a plan to ensure that its campus is accessible, including physical accessibility and also programmatic and service accessibility. That plan needs to be updated on a regular basis. “Our last update was in 2016,” Johnson Marshall said. “Since then, we have created a transition plan, where we work on the items that were part of that assessment of our entire campus.”

The position originated within

the general counsel’s office in Legal Affairs and recently moved to IDEI. “Compliance, and everything that the ADA stands for, was meant to give minimum standards and minimum guidance,” she said. “But in order for a person to actually participate in your campus environment, you need to go beyond the minimum, and to ensure that compliance is equitable to everyone involved.”

It’s also important, in her view, to “understand an inclusive culture that includes disability and to understand what our community looks like. Our community is not made up of just one type of person, and we need to really commit to that.”

The newest assistant dean and director of disability services is Anne Jannarone, who came to Tech in 2019 with more than 20 years in the field. From the outset, she appreciated what she saw as the Institute’s commitment to supporting students and employees with disabilities.

“It was impressive,” she said. “I liked the idea of being in a big city and talking about accessibility not just on campus but in the midst of the larger Atlanta community.”

Georgia Tech’s Office of Disability Services focuses on finding solutions and implementing accommodations for individuals with disabilities who face physical, technological, academic, or other barriers on campus. Jannarone takes to heart her team’s responsibility for “determining reasonable accommodations for all the possible scenarios a student with a disability can face.” These land most frequently on the academic side — accommodations related to exams and note-taking, for example. Some students have sensory disabilities, so the office provides alternative formats, interpreters, and real-time captioning, among other services.

This story has been edited for space. Read the full story at c.gatech.edu/ada31.



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SINCE YOU'VE BEEN GONE

As August begins, many students, faculty, and staff members are turning their attention to the fall semester, which begins Aug. 23. While vaccinations, testing, and other safety measures have enabled classes and activities to take place in person during the past year, many Yellow Jackets have been on campus far less than usual over the past 16 months.

You will likely encounter new features, art, and facilities on campus this fall. Here are a few of them. To learn more about how Georgia Tech is continuing to prioritize safety, visit health.gatech.edu/tech-moving-forward.



Photos by Kristen Bailey, Allison Carter, Christopher Moore, and Elvis Piedra



(Clockwise from top left) Artist George F. Baker III (left) paints a mural at the new microgrid in Tech Square. The microgrid opened in June in partnership with Georgia Power and will provide insight on how smart energy management systems can interact with the grid to achieve optimal energy utilization. // Buzz is reflected in Christen Steele's glasses as she admires the new Progress Pride Staircase at the Klaus Advanced Computing Building. The installation was completed in July and an unveiling ceremony took place July 22. // Atlanta artist Fabian Williams created a mural along Tech Walkway that reflects the diverse vibrancy of the Georgia Tech community. Sinet Adous, a 2021 graduate in international affairs, worked with Georgia Tech Arts and Institute administration for the project's approval and secured funding from the Mental Health Joint Allocation Committee. // Construction continues on the Campus Center project. The new Exhibition Hall is open and has hosted Georgia Tech's Covid-19 vaccine clinics during spring and summer semesters. It also houses the Georgia Tech Post Office and meeting space. The Campus Center project is scheduled for completion in 2022.

Supply Chain Crisis Forcing Shoppers to Buy Early

H. MILTON STEWART SCHOOL OF
INDUSTRIAL AND SYSTEMS ENGINEERING

According to Chelsea White, professor in the Georgia Tech Manufacturing Institute, “supply chains don’t like disruptions — especially low-cost supply chains — and they’re all low cost.”

White is the Schneider National Chair in Transportation and Logistics and professor in the H. Milton Stewart School of Industrial and Systems Engineering.

“When demand is smooth and supply is balanced with demand, supply chains run well and inexpensively,” said White.

However, Covid-19 has caused dramatic drops and increases in demand, thus adding to supply disruptions. A rapid recovery in the

United States has helped spike that dramatic increase.

In addition to dramatic demand fluctuation, the supply side of this was also interrupted with shipping workers in China contracting Covid-19, reducing the capacity to move goods out of major Chinese ports. With the dramatic rise in demand, congestion has been causing further delays even though the supply chains have plenty of capacity, according to White.

White says some of this lack of smooth supply and demand is self-inflicted: “Container ships have gotten



Chelsea White

much bigger, naturally causing surges all over the freight transportation system — ocean carriers, rail, and trucks. The tariffs kicking in caused ‘front loading,’ which we’re seeing now to ensure shelves will be stocked during the holidays at the end of the calendar year.”

“We’re finding out that the global freight transportation system is less resilient than originally thought,” said White. “My prediction for 2021 is there will be toys on the shelves for the Christmas holidays, but perhaps not as many toys and their prices may be higher.”

Chelsea White, along with other experts, were recently interviewed by CBS News in Atlanta, Georgia. You can view White’s interview and learn more about the supply chain crisis topic at c.gatech.edu/supplychain.

In Memoriam Frank Lambert

Frank Lambert, principal research engineer at Georgia Tech’s Center for Distributed Energy (CDE) and the National Electric Energy Testing Research and Applications Center (NEETRAC), died July 27 after a long illness. He was 69 years old.

Lambert spent the first 23 years of his career at Georgia Power, where he worked in transmission/distribution system design, construction, operation, maintenance, and operations. He joined Georgia Tech in 1996, after the equipment, buildings, and land associated with Georgia Power Research Center was donated to Georgia Tech, and a new research center was established in the School of Electrical and Computer Engineering. That center was NEETRAC, an electric energy-focused research and testing center located in Forest Park, Georgia.

Lambert’s own research interests were in power delivery systems, electric vehicles, sensors and communications systems for smart grid, power flow control, and integration of renewable energy into the grid. He retired from Georgia Tech in April 2018, but continued to work part-time with both NEETRAC and CDE.

Lambert was serving as the president of the IEEE Power



Frank Lambert

and Energy Society at the time of his passing. He was a dedicated volunteer in his community and church. In 2013, he participated in a mission trip to Haiti and came back and shared his experiences with the Georgia Tech student branch of the IEEE PES. The following year, Lambert and two students traveled back to Haiti to design a photovoltaic system for a new medical center in the remote mountainous village of Thoman. In May 2016, he and a team of 22 Georgia Tech students returned to Thoman to install the system. They teamed with the Georgia Haitian American Chamber of Commerce, and in 2018, the group returned to Haiti to train 16 local Haitians in PV systems and business practices and to install 25 hut level PV systems that could be used for lighting and phone charging. Since then, work has continued to improve the hut PV system and to install PV systems in three schools and two churches. The team also developed PV systems to help women create sewing businesses.

Lambert was a proud Georgia Tech engineering graduate, earning both his bachelor and master of science degrees in electrical engineering. He is survived by his wife, Karen, and his sons, John, Philip, and Ghaly. He was preceded in death by his daughter, Elizabeth.

A visitation for Lambert took place July 29. In lieu of flowers, the family requests donations to the Palmetto Baptist Church Building Fund or to ButGod Ministries. A tribute to Frank is available at c.gatech.edu/lambert.