

SYNERGIES

Improving the lives, health, and environments of individuals, families, and communities

Making a Family

Parenting with intention with help from The Ford Family Foundation



Textile Function

Designing smarter fibers

Building with passion

Research and leadership

Alan Sugawara

Connecting with special kids

危機

*Danger, risk,
crisis...
all opportunities
for improvement*



ATTITUDE IS EVERYTHING

Life is full of ups and downs...call them crises, good and bad. We experience them at work, in our families, our communities, and our world. Some are small bumps in the road of life, others major milestones that can define our life course. When the bumps come, how do you meet them?

I learned early in life that attitude determines destiny. Every crisis is an opportunity to grow. Each red flag is a chance to learn. These past five years have been an amazing journey – some say a wild ride! – as we’ve put our College on the map. My thanks to our phenomenal Health and Human Sciences Family – our faculty, staff, students, alumni, and friends. We’ve created a national reputation for excellence that has attracted preeminent new faculty and record numbers of students.

I continually challenge my team to “kick it up a notch and take it to the next level,” and they rise to the occasion. They never cease to amaze me. They have turned each crisis into an opportunity and each challenge into an accomplishment. A wonderful example is our new *Synergies* magazine. We’ve “graduated” from our newsletter to a full color magazine that you’ll see twice a year. In this issue, you’ll find stories about our discoveries, our growth, and our efforts to put evidence-based research into practice to improve the lives, health, and environments of individuals, families, and communities in Oregon and beyond. You’ll see the results of your investments in our College, learn about faculty and students discovering clues to quality of life across the lifespan, and get Taking Care of Life advice from our experts.

Here’s to your good health!

Tammy Bray,
Dean

SYNERGIES

Improving the lives, health, and environments of individuals, families, and communities

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College of Health and Human Sciences

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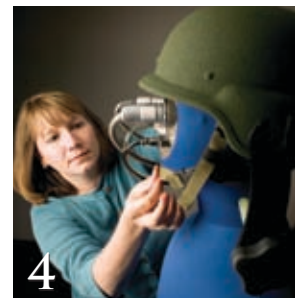
The Making of a Family

The Ford Family Foundation supports programs for rural families



Functional Textiles

Advances in fiber insulation design make life better for soldiers and seniors



A Passion for Building

Dean Tammy Bray shares her visions for building a future for the College



Alan Sugawara

Emeritus professor carries on his gift of teaching with a new class of student



The making of a family

A grant from The Ford Family Foundation is creating networks in rural communities to support families and children. Here is a story of one of those families.

There's order to the chaos created by six kids, two dogs, two cats, and mom and dad in the neat three-bedroom house on Adelaide Street in Philomath, Oregon. And Carmon Thomas gives credit to the Enhancing the Skills of Parents Program that's helping families navigate the choppy waters of life with kids. "If we didn't have these classes and this information...we wouldn't be a family." It's that simple, says Carmon. She and Torry Joyner are raising six kids together – each brought three to their blended family. Despite different backgrounds and parenting styles, the couple has managed to create a smooth-running household where members are heard, respected, and responsible for their actions. "There's a huge difference in our home," she explains. "We're more cooperative, happier, and everyone knows what's expected of them. We've learned how to talk with our kids and each other, how to compromise, and how to deal with negative behaviors. There are rules for playing music, watching TV, and completing daily responsibilities."

Carmon first took The Incredible Years (3 to 9), then she and Torry took Active Parenting (3 to 8) and Active Parenting of Teens. They are currently doing the Active Parenting for Step Families course. "Our families have been through a lot. These classes have really been a lifeline," says Carmon thankfully. "We learned a lot, shared stories with families, and found out about other community services. It's too bad that so many families won't admit they need help or are afraid to ask for it. This program makes it so easy. They have free child care, free dinner, and it's only \$40 for each six-week class. If you can't afford it, they have scholarships."



For more information on ESPP programs visit extension.oregonstate.edu/fcd/parentchild/parenting/espp.php



Families like this are finding new tools for coping and thriving, thanks to a variety of public and private funding including a generous four-year grant from The Ford Family Foundation that established Enhancing the Skills of Parents Program (ESPP). Targeting families with children from birth to age 8, the ESPP program is offered in 17 rural Oregon counties and Siskiyou county in California. "The initiative was designed to build the capacity of rural communities to offer services that support families," says Denise Rennekamp of the OSU Extension Family and Community Development program. She oversees the grant along with fellow Extension faculty Cheryl Peters and Sally Bowman. "We want to create networks of family friendly activities and educational programs that are supported by each community involved and assure that sparse resources aren't duplicating services," Denise explains. "Structures vary from one county to the next, some building on existing networks and others creating new ones. And we want to



Torry and Carmon's six kids range in age from 8 to 15.

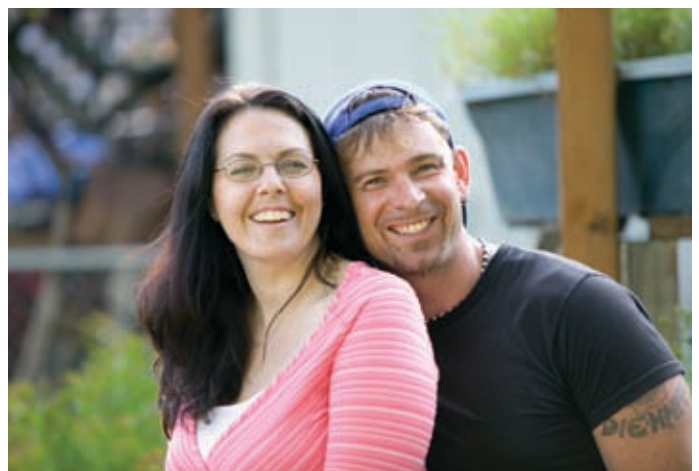
Torry (left) intentionally sets aside time to spend with all the kids, including Justus (center) and Tyler.



erase the stigma of participating in parenting education classes. Regardless of circumstances, we can all benefit by coming together with other parents and learning something new...about everything from nurturing newborns to understanding brain development.”

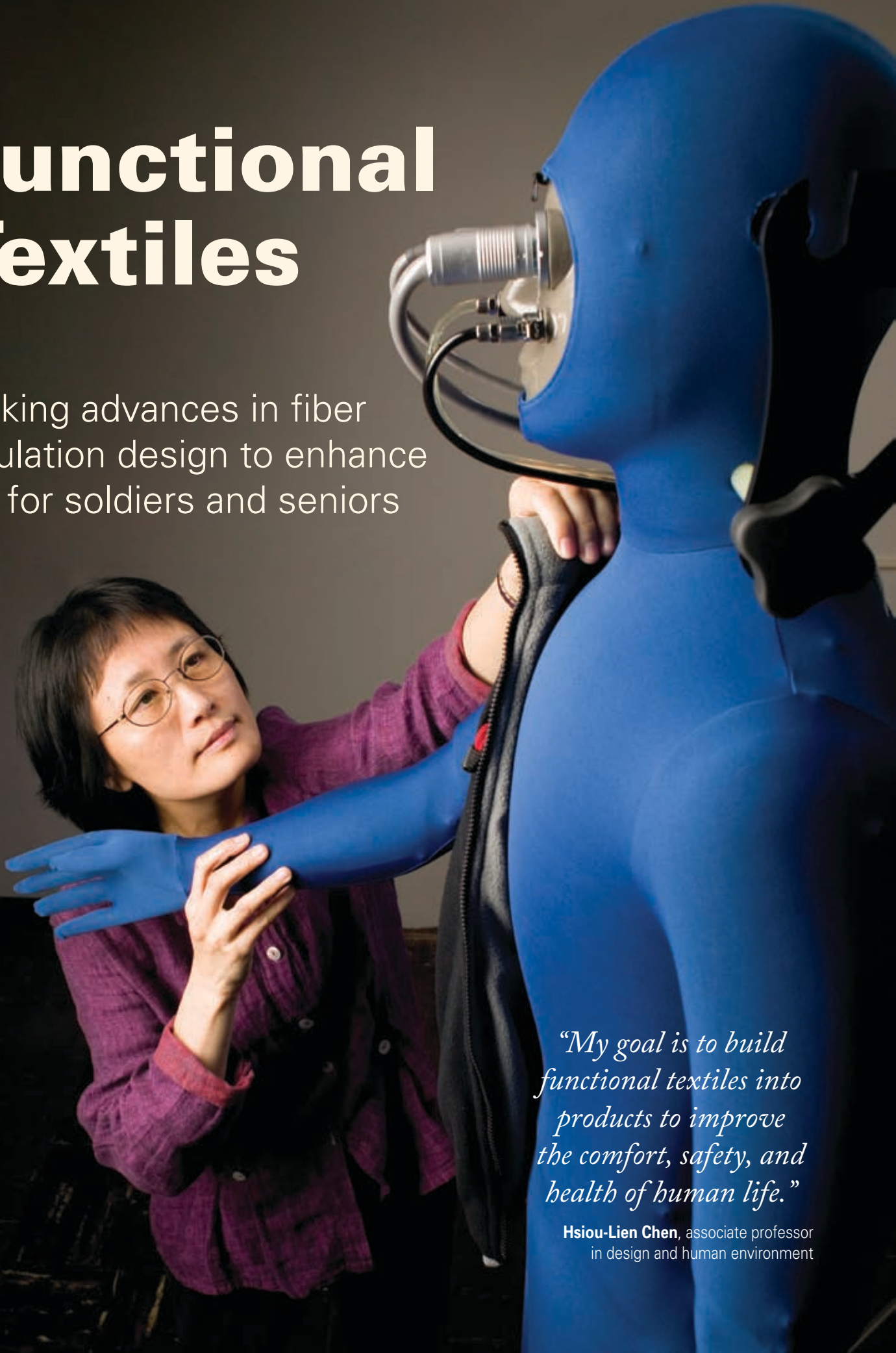
The flexibility of The Ford Family Foundation grant is important, she adds. “We have the time and resources to conduct research on the kinds of programs that work, evaluate program impact and outcomes, and provide networking opportunities including two annual conferences so program staff can learn from each other and from experts in the field.” Local programs hire staff and facilitators and can use funds for gas vouchers, food, and child care so more families can attend. “Our goal is to assure that beyond the grant, programs are sustainable,” says Denise. “The results are clear – when parenting skills improve, kids do better at school, families are healthier, so communities are healthier.”

“If we didn’t have these classes and this information...we wouldn’t be a family.”



Functional Textiles

Making advances in fiber insulation design to enhance life for soldiers and seniors



“My goal is to build functional textiles into products to improve the comfort, safety, and health of human life.”

Hsiou-Lien Chen, associate professor
in design and human environment

Growing up in the small farming town of Peitou in the center of Taiwan among fields of rice, vegetables, sugar cane, and sweet potatoes, Hsiou-Lien Chen lived a healthy life. “My mother taught me to do yoga, meditation, walk a lot, and eat healthy food.” Hsiou-Lien left home to attend Fu Jen University, where she majored in clothing and textiles. She earned her MS and PhD in textile science at Ohio State University then came to OSU in 1995 to teach and conduct research. “I call my mother every week, and she still reminds me to get plenty of exercise and eat well,” she says a little wistfully.

Hsiou-Lien’s passion is functional textiles, those with special properties that enhance performance. “My goal is to build functional textiles into products to improve the comfort, safety, and health of human life,” explains Hsiou-Lien, associate professor in design and human environment. She has a willing subject to help her conduct the research – a thermal manikin named Newton. He can sit, stand, walk, or run. He can also sweat and generate heat to simulate a human core body temperature. He is one of only four such manikins on a university campus in the United States.

With the help of Newton, Hsiou-Lien is studying the chemistry, physical structure, and thermal properties of seed hair fibers from poplar trees and their possible application in bulk textile thermal insulation. Poplar fibers are those puffy little masses surrounding the seeds. Their fineness and tubular form give them better insulation properties than wool, down, or kapok. This novel fiber is more environmentally friendly than any of the fibers currently used for textile insulations.

Oregon Ballistic Laboratories recently contracted with OSU to test the padding systems in military helmets to make them safer and more comfortable. Hsiou-Lien and her colleague Brigitte Cluver, instructor and Newton lab technician, put Newton to the test – walking and running with an elevated temperature.



“We found that turning the helmet padding vertically allows for better ventilation, making it more thermally comfortable than the conventional helmet internal system,” explains Brigitte. “This will ensure that the soldiers will be less likely to remove their helmets and put themselves in danger in hot weather.” Hsiou-Lien and Brigitte are currently collaborating with OSU mechanical engineering faculty to develop a better helmet cooling system.

In another project, Hsiou-Lien and Kathy Mullet are developing thermal garments for older people made of a composite textile material with a heating system and micro phase change materials to actively regulate body heat. “The system will maintain the body temperature at a constant and comfortable level – a big issue for older adults with compromised circulation,” she explains.



Hsiou-Lien and Brigitte Cluver found that turning the helmet padding sideways maintained a more comfortable temperature, reducing the likelihood that soldiers will remove their helmets — a potentially life-threatening move.

A passion for building

Tammy Bray is one of the most positive, energetic, capable, imaginative, and inspiring leaders I have ever had the pleasure to work with in higher education. She leads by example as a teacher, scholar and administrator, consistently making major contributions in each area and never asking more of others than she would ask of herself.

Ed Ray, Oregon State University President

She's a scientist, a professor, a leader. She's enthusiastic, funny, dynamic. She's strategic, focused, and fair.

And she's celebrating her fifth year as Dean of the College of Heath and Human Sciences. "I'm just getting started," says Tammy Bray a bit gleefully. "My job is to build a college for future generations." And because she's passionate about research, she continues finding clues to prevent diabetes and investigating the links between diet and chronic diseases.

Divergent interests? "Not at all," she says. "I take a holistic approach to both. Building a healthy college for the future, especially in these belt tightening times, requires we diversify our resources and invest them wisely and create an efficient and effective structure with our departments and programs to educate students, conduct research and scholarship, and share our knowledge. Building healthy bodies is the same kind of puzzle. We're finding ways to balance our nutrition, exercise, work, and family and prevent diseases so we can enjoy optimal health throughout our lives. In both scenarios, we're building capacity for quality of life."

"My goal for the College is to build distinctive programs, prepare students to become enlightened and successful global citizens, diversify our resources, and build cohesiveness in our college."

"My goal for my research is to find keys to optimum health and prevention of chronic diseases."

In her current research, funded by the National Institutes of Health, Tammy is investigating gene expression, discovering the role of diet and environment in turning good genes "on" and bad ones "off" at the cellular and molecular level to prevent a variety of diseases. "We can't change our DNA – those are inherited genes – but we can change our diet, exercise, and responses to stress, thus, the good genes are expressed," she explains. She enjoys bringing diverse talents together in her research, engaging her "post docs" and other faculty to collectively solve the research

Tammy fondly calls her 12-member Administrative Team the "Dirty Dozen."
"We're successful because we're a team," she says.





puzzles. She takes the same cooperative approach with her administrative team, believing that “Twelve heads are better than one.”

In her office or her lab, Tammy says, “My mantra is focus, focus, focus.” And her sometimes white-knuckle grip on the vision has paid off. Since 2002 when she took the helm of the new college (a merger of Home Economics and Health and Human Performance), research funding has increased 350 percent (to \$10.5million), donor contributions by 1200 percent (to \$2.6 million), and 23 new faculty have been hired. She meets with all finalists for faculty positions. “I want to be sure they’ll cut the mustard in our tight-knit health and human sciences family.”

“We’re successful because we’re a team,” says Bray, sharing a favorite metaphor her father taught her growing up in

Tammy Bray is full of visions for the future and the energy to achieve them. Her husband, John, a physicist, jokes that she has two speeds, “Off” and “High.” Those who work with her would agree. It’s not simply the hours she works, starting with a brisk walk around campus at 5:30 when she’s in town, but the way she fills them.

Taiwan. “You take one chopstick and break it in half. That’s easy. Two, three, four, five together? It gets harder and harder. There’s strength in working together as a team, especially when we share the same vision and are disciplined in our actions.”



“I want to be a catalyst for excellence,” says Bray, who continually encourages faculty and staff to “take it to the next level.” What does that look like? “Dream big,” she implores. “Figure out what excellence looks like to *you*. Then take intentional action toward the goal. Approach work and life with passion and vision and you can create your own destiny.”

Tammy says she might be considered “frugal to a fault” but she’s proud of that. It’s something she realized about herself when she first came to the US in 1967 to study in nutrition at Washington State. “I arrived in Seattle with two suitcases, one purse, two hundred dollars, and six pears. Why six pears? I bought the pears in Tokyo during

a layover because they were a rare commodity while I was growing up in tropical Taiwan. The customs agent pulled me aside and sternly told me I had to dispose of the pears. Are you kidding? No way, I thought. I politely asked, ‘Sir, may I eat them before I enter?’ And I sat down on my suitcase and ate them all.”



Protecting traditions Empowering tribes

Thave a deep respect for Native Americans and their connection to nature, to the land,” says environmental health researcher and professor Anna Harding. “Their lives are so intertwined physically and spiritually to the earth.” She has concerns about environmental exposures to indigenous populations, and those have led her to become an advocate for extra protection for tribes, working with federal agencies to clean up

sites and protect tribal lands. “There are unseen hazards for tribes whose lifestyles include fishing, hunting, using wild plants for medicinal purposes, sweat lodges, basket weaving, and growing food. Much of the land they use for these practices has been ceded by the federal government, but sadly in Oregon and across the United States, significant portions are contaminated,” she explains. And this means the tribes are at risk for

a host of health issues. “I want to empower tribes that are living subsistence lifestyles to understand the dangers of contaminated resources and encourage the Environmental Protection Agency and other federal agencies to consider different cleanup standards for tribal nations who live off the land.”

Anna is conducting research with associate professor Barbara Harper, Environmental Health Program manager for the Umatilla Tribe, and Umatilla Tribal members to understand the contaminants in cattails, a source of food and leaves for basket weaving. They grow in wetlands that are often sinks for metals, lead, and cadmium. “We eat the rhizomes and shoots and make mats and baskets from the leaves,” explains Jan Jones, a member of the Umatilla Tribe. “The process includes passing the leaves through the weaver’s mouth to make them pliable.”

Anna is using this and other research to develop environmental exposure scenarios that estimate the risk of various exposures when practicing traditional activities. The scenarios can be tailored to tribal lands across the country. “We hope to provide them with tools to assess their environmental risks and consider options while continuing their traditional practices,” Anna adds. “They are handing down these sacred traditions to their children, and we hope this information will ultimately help protect them from contaminants.”



Professor Anna Harding (left) sees her work with Native American tribes as a “simple matter of social justice and one of building capacity among the tribes to conduct their own research.” Others in photo include (l-r): Wendy Hillwalker, OSU Department of Environmental & Molecular Toxicology; Barbara Harper, OSU Department of Public Health, and Jan Jones, member Umatilla Tribe.

Jumping for joy ...and strong bones



As a third grader, Molly Johnson probably wondered why she and some of her friends spent their physical education time repeatedly jumping off a box while her other friends got to play out in the school yard. Now a high school senior, Molly recently learned that her one-year jumping regimen increased the bone mass in her hips and may actually help ward off osteoporosis as she grows older. “The results of our research are really quite remarkable,” says assistant professor Kathy Gunter, Extension family and community development and nutrition and exercise science. “We found that this single acute bout of exercise involving impact for 15 minutes two to three times a week for one school year promoted an increase in bone mass that is still measurable and evident nine years later,” she explains. “This provides convincing data for early intervention to potentially optimize peak bone mass accrual and reduce the risks of fracture later in life. We’re seeking funding so we can continue to follow these kids until they reach skeletal maturity. Then we’ll be able to determine the true effects of the intervention on the development of peak bone mass.”

The BUGSY (Building the Growing Skeleton in Youth) study started in 1997, supported by a grant from the National Institutes of Health. Since that time, data have been collected on more than 300 elementary schoolchildren to measure their bone mineral content (BMC). The intervention lasted nine months (control groups did stretching exercises or the usual physical education curriculum). The students returned annually to the OSU Bone Research Laboratory for follow-up assessments. “It’s a big job made manageable with the help of our OSU students,” Kathy says. One of those is Courtney Lovemark, an Honors College sophomore and recipient of an Undergraduate Research Awards Program

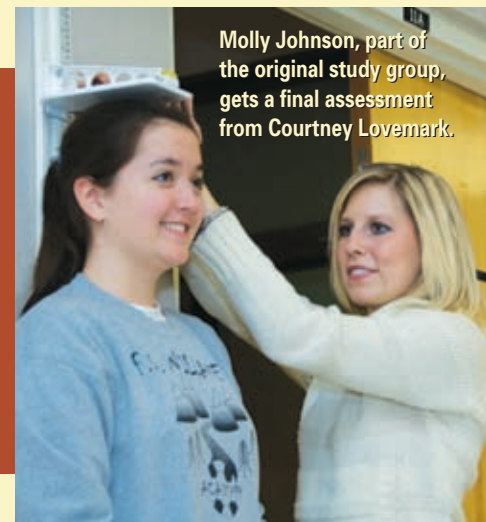


Assistant professor Kathy Gunter shows undergraduate researcher Courtney Lovemark the correct positioning for taking a bone-density scan.

grant that supported her as a researcher in the Bone Research Laboratory during winter and spring terms. She measured, weighed, and prepared the students for their bone-density (DXA) scans. “Being involved in BUGSY, helping gather data, and learning about this research has given me great information for my honors thesis,” Courtney says. She’s writing about how physical activity and diet affect the development of obesity throughout childhood.

A FEW STATISTICS

- 60 to 80% of bone mass is inherited
- 20 to 40% can be influenced by lifestyle factors
- 80% of those affected by osteoporosis are women



Molly Johnson, part of the original study group, gets a final assessment from Courtney Lovemark.

Real world applications for student research

Undergraduates find answers and opportunities

Trent Tam Sing, Rachel Brinker, and Nicole Santorno are part of a growing trend in the College of undergraduates doing research. Trent is working on a collaborative research project with the College of Engineering that could change airline industry practices for seating transfers for people with disabilities. Rachel is studying innovative programs that provide education about hunger and food insecurity. And Nicole is assisting adults with an exercise regimen designed to see if whole-body-vibration workouts increase strength and balance in hip-replacement patients.

As recipients of Undergraduate Research Awards Program (URAP) grants, students may apply as early as their sophomore year to work alongside prominent faculty on their research. Depending on their previous research experience, students selected each

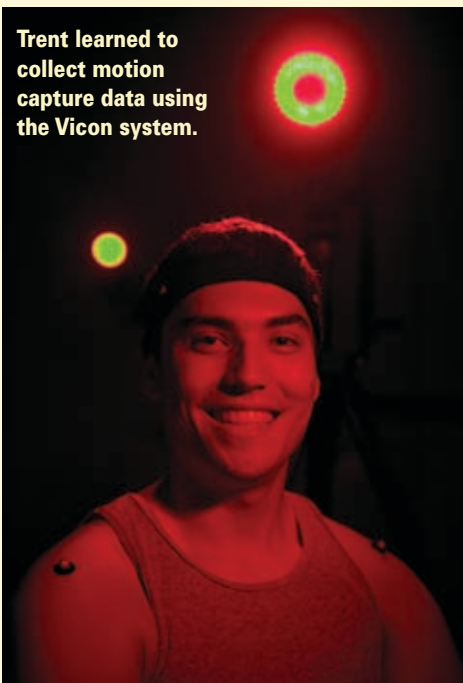


Trent Tam Sing, working with Mike Pavol, director of the Biomechanics Laboratory to find the easiest, least injury-prone technique for airline employees to transfer passengers with disabilities to their seats. The National Center for Accessible Transportation at OSU is a joint project of the College and Health and Human Sciences and the College of Engineering.

term work as apprentices, earning up to \$400 per term, or researchers, earning up to \$800 per term. For Trent, the money was icing on the cake. "I feel lucky to be working with Mike Pavol. He's a great person, teacher, leader, and friend," he says. "To have the financial support for me meant the difference between having to work or getting to have this amazing experience."

URAP is partially funded by contributions to the Dean's Fund for Excellence (see story on page 16). "Students find out about all aspects of research and implications for their discipline," says dean Tammy Bray, "and faculty from all of our departments are pleased to provide a meaningful research experience that often leads to career choices for their students." Her goal is to attract private gifts to endow the URAP program so that more students each term may have research opportunities.

Trent learned to collect motion capture data using the Vicon system.



For more on the Undergraduate Research Awards Program, visit www.hhs.oregonstate.edu/research-publications/urap.html



Fu Jen friendships



We were there to celebrate the Lunar New Year, the most important holiday in Taiwan. Everyone welcomed us into their homes to stay and witness this sacred time.

Sharon Rosenkoetter

Xuexi wenhua zai taiwan shi hen you yisi," says Farm Saechao in describing her study abroad experience at Fu Jen University in Taiwan winter term. "Studying the culture in Taiwan was very interesting," she translates, "but the friendships I made with the Taiwanese students was the best part." Farm's ancestors are from China and her parents emigrated from Laos in the '70s. In a show of respect for her family and her Mien culture, she is learning Mandarin.

Jeanie Tram's family emigrated from Viet Nam in 1981, and this trip was Jeanie's first out of the United States. She grew up in Oregon speaking Cantonese, Vietnamese, and English and found enough similarities in Mandarin to help translate for OSU students during her study abroad experi-

ence. "I only wish I had stayed longer – the people are so generous and the island so exotic."

Farm and Jeanie were among a group of 10 students in human development and family sciences who studied in Taiwan for the inaugural 10-week program. Associate professor Sharon Rosenkoetter and her husband, Larry, psychology faculty, served as traveling faculty for the group that shared classes and social events with Taiwanese students at the 20,000-student university in Taipei, the country's capital and home to 11 million people.

The OSU curriculum focused on understanding human and family development in the Taiwanese culture. The "real world" curriculum included making lasting friendships with the Taiwanese students, traveling around the country, eating Taiwanese food, and spending a week in an indigenous village to learn how young children from a rural mountainous

community are shaped by their school and culture. "Their culture is more physical, so we taught the children through movement, activities, art, singing, and dancing as opposed to traditional classroom teaching in Chinese or English," Sharon explains.

Without exception, both OSU and Fu Jen students found their time spent with each other the greatest gift. "By making friends my age, I learned the unwritten rules of the heritage and culture," one student recalls. Another admits that "bridging cultures is a complex task, but by showing people how much you care about their culture, you also show them how much you care about them."

As a testament to friendships made and experiences shared, interest in an exchange program is keen – 20 Fun Jen students have already applied to come to OSU in January 2008.



Women make a 'PROMIS' to themselves

We read the literature...eat a balanced diet, three meals a day, healthy snacks.

We hear the advice...exercise three to five times a week, take time for yourself.

A FEW STATISTICS

47 million adults – 24% of the U.S. population – has metabolic syndrome, that is, has three or more of:

- Abdominal obesity
- Elevated blood pressure
- Elevated glucose
- High cholesterol
- Diabetes or prediabetes

In the future, metabolic syndrome may overtake smoking as the leading risk factor for heart disease.

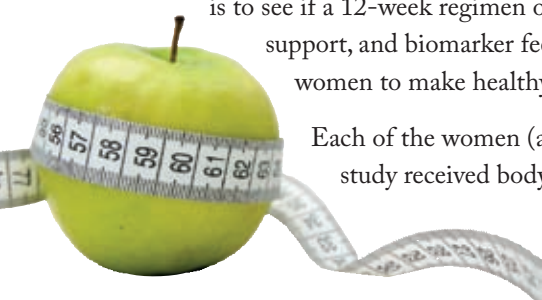
But as busy mothers, wives, and workers, our days are full of jobs, meetings, playing taxi, cooking, cleaning. “The good news is we’ve got multitasking down to an art,” says public health associate professor Becky Donatelle. “The bad news is that one in four of us is at risk for metabolic disease – diabetes, high blood pressure, high cholesterol, and other chronic diseases.”

Taking care of Mom usually comes last, if at all, but scholars in the College’s Center for Healthy Aging Research say it’s time to put Mom first. In a unique collaboration of disciplines, researchers are conducting a pilot study to address the “whole” woman and put her on a path to good health. The objective of the **PR**evention **Of** Metabolic Syndrome **I**ntervention **S**tudy (PROMIS) is to see if a 12-week regimen of diet, exercise, moral support, and biomarker feedback can lead women to make healthy lifestyle changes.

Each of the women (aged 40 to 60) in the study received body composition tests and

a tailored exercise and nutrition plan devised by nutrition and exercise sciences professor Melinda Manore and her graduate students Kari Abbott-Pilolla and Taylor Bryant. Becky worked with doctoral student Jennifer Jabson to use behavioral constructs from past research (biomarker feedback, incentives, motivational interviewing, and social support) to help motivate participants to change risky behaviors. And human development and family sciences professor Alexis Walker and graduate student Verna Ourada interviewed each of the women to understand how their family responsibilities might have made it difficult for them to put their health first. Samaritan Health Services provided free blood testing for markers for metabolic syndrome, such as cholesterol and glucose.

“Metabolic syndrome, particularly among middle-aged women, is a national health priority that we simply must address,” says Becky. “We’re optimistic that this intervention can be successful in delaying the progression of Type 2 diabetes and cardiovascular-related problems.”





To Brian Flay it was no surprise that the tobacco company-sponsored anti-smoking ads aimed at kids didn't work. "And the ads aimed at parents telling their kids not to smoke backfired as well," he explains. He was on a research team that surveyed more than 100,000 students nationwide in 8th, 10th, and 12th grades about TV ads. The results, recently published in the *American Journal of Public Health*, showed that each additional ad viewed aimed at kids resulted in a 3 percent stronger intention to smoke. When they saw the ads targeted to parents, there was a 12 percent increase in the likelihood that they would smoke.

There are three kinds of smoking-prevention ads, explains Flay, professor of public health and an expert on adolescent substance abuse. There are tobacco-industry ads claiming to promote prevention, state-funded anti-smoking ads, and American Legacy Foundation ads funded by tobacco settlement funds. "The state and Legacy ads, which have more negative emotional content, are clearly the most successful," says Flay. "Twenty-seven percent focus on the short term negative health effects (lost lung capacity, effect on sports), 32 percent on industry manipulation, and 14 percent on the effects of secondhand smoke." The industry ads focus more on telling parents what to tell kids, suggesting that smoking is "uncool" and presenting the long term health benefits of not smoking.

Flay and his fellow researchers were pleased to see immediate policy implications of their findings. Partly in response to their study, Philip Morris USA decided to not resume its "Talk. They'll Listen" youth smoking-prevention campaign.



For more information, visit: www.americanlegacy.org
www.oregonstate.edu/dept/ncs/newsarch/2006/Dec06/smoking.html

Attention...

...online clothing retailers!

Consider spending more on words than pictures. Shoppers want the input of a "virtual salesperson" to help make their decisions. Yes, they want photos and all the pertinent product information – size, price, color – but they also need assistance with their sensory evaluation of your product when shopping online. "Pay more attention to written descriptions of your product so shoppers can imagine how it might feel or look when they wear it," says assistant professor Minjeong Kim, an expert in consumer behavior in multichannel retailing and social responsibility. "Assist them in virtually trying it on and experiencing the product, suggesting where they might wear it, other garments to complement it." Minjeong suggests that retailers consider product presentation – on a model or flat, photo size, amount of text – as well as the website's music, design, color, and mood. Her advice comes from surveying more than 3,000 online shoppers over a four-year period, a coordinated research project between Oregon State University and Ohio State University.





Strong women... Strong bones

“It’s miraculous that these simple exercises three times a week can make such a difference,” says Christine Bolger, who two years ago suffered such severe osteoporosis that she couldn’t drive, do yard work, or walk without excruciating pain. “I knew I had to exercise, and when I saw the ad for this class, I thought, ‘This is just what I need!’” In June 2005, she started the Strong Women program, a 60-minute session every Monday, Wednesday, and Friday at the Tillamook County Extension Office. She joins about 20 other women aged 40 to 70 with similar goals: to relieve pain, improve strength, and stay active. “It’s convenient, affordable, and fun!” says 66-year-old Christine. And the results are undeniable. Christine says her mobility is up, pain is down, and her bone-density scan after a year showed significant improvement.

Nancy Kershaw is one of 58 OSU Extension faculty and volunteers trained in the program designed at Tufts University and delivered in seven Oregon counties. “This becomes a support group as well as an exercise group,” she explains. “And those who stick with it – and 75 percent of them do – see improvements right away.” Class participants come in street clothes to stretch, lift weights, and connect with other women. Nancy teaches one class a week and relies on trained volunteers to teach the others. Classes in Tillamook are offered three times a day, three days a week. The minimal \$15 charge per quarter covers the cost of ankle and hand weights and other supplies.

Building Strong Women Across Oregon

Women in Jackson, Josephine, Malheur, Tillamook, Washington, Wasco, and Union County programs report improvements in

- Sleep patterns
- Activity
- Strength
- Balance
- Pain management
- Bone density
- Stamina
- Mobility
- Weight loss
- Self-esteem
- Overall health



Class times and frequency vary by county. Contact county offices directly at: extension.oregonstate.edu/locations.php

REGULAR EXERCISE

- improves health, well-being, and body weight
- reduces risk of chronic disease including coronary artery disease, hypertension, Type 2 diabetes, osteoporosis, and certain types of cancer
- with weights helps build bone density



Managing chronic disease

Learning to live a healthy life with illness

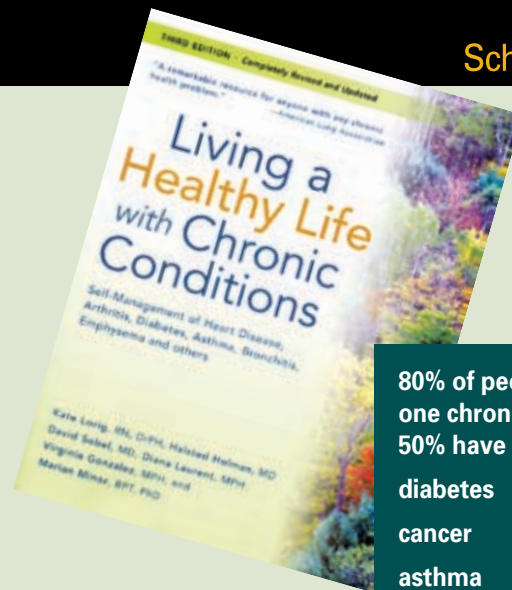
Some may have thought it an oxymoron: “Learn to live well with chronic disease.” But as they parted ways after the last class, the 12 participants in the Living Well course said they learned to set goals, ease depression, eat well, manage pain, exercise, lessen stress, improve communications with their doctors, and make an action plan for better health. For 56-year-old Bob Kerlinger, you could sum up the benefits in two words – *encouragement* and *inspiration*. Bob was diagnosed with multiple sclerosis in the mid 1990s and recently completed the six-session class about living a healthy life with chronic disease. “The peer support, seeing how others dealt with things was good. They all inspired me,” he says. “I’m now setting very specific goals and doing my own follow-up.” For Carol and Bill Russell, both 75, the class taught them to “plan your work and work your plan.” And they’ve put that into practice with an exercise regimen they follow faithfully. Another participant proudly announced, “This program has changed my life.”

Putting together the puzzle of understanding chronic disease, advocating for your own care, and discovering how to make lifestyle changes to live a healthy life with chronic disease is the goal of Living Well. The small groups, taught by trained volunteers including Spanish-speaking leaders, are faithful to a structured curriculum developed at Stanford University. During each two and one-half hour session, participants learn about medication management, nutrition, exercise, and techniques to deal with frustration, fatigue, pain, and isolation. The average age of participants is 63, and their chronic diseases run the gamut. The training in Southern Oregon is a collaboration involving OSU Extension Service, Area Agencies on Aging, county health departments, and community agencies serving older adults. Living Well classes are offered throughout Oregon.



For more information about Living Well in Southern Oregon visit www.sohealthyoregon.org

For other class locations in Oregon visit www.oregon.gov/DHS/ph/livingwell



80% of people over 65 have one chronic disease condition, 50% have two or more.

diabetes	arthritis
cancer	heart disease
asthma	chronic pain
hypertension	emphysema
multiple sclerosis	stroke
Parkinson's disease	

Source: *The State of Aging and Health in America*

The program expands the definition of DIS-ease to include the whole human experience, not just the patient-doctor visit.

Living Well participant



Extension faculty member Patty Case (center) teaches the Living Well course in Klamath Falls to seniors, including participants Kenneth and Shirley Earnest.

A new role model

*"Generous people helped make my OSU education possible,
so now we're pleased to help the next generation of students.
It was the right time to give back for all that OSU has given to me."*

The four students gathered around Chad Reese '90, eager to tell their stories and thank him for his support. Phil told him about his research on the effects of alcohol on bone growth. Courtney shared stories of her research to discover if exercise early in life impacts later bone strength. Trent told Chad about his work finding solutions for safe passenger transfer to aircraft seats. And Emilee explained her work in the Linus Pauling Institute on cisplatin-induced neuropathy and Vitamin E deficiency. Each student was a recipient of an Undergraduate Research Award Program grant that supported

them in conducting research alongside a faculty member.

Chad was awed by the students' accomplishments, goals, confidence and the doors he opened with the gift he and his wife, Carrie, '90 speech communications, gave to the Dean's Fund for Excellence. "These students are just phenomenal," he says, "and the things they have done here at OSU provide a solid foundation for success when they leave."

Chad knew from the time he was nine years old that we wanted to go to OSU. "My uncle was the only one in our family who had gone to

college. He was my role model." Terry Holden, '72 business administration, encouraged his nephew to follow in his footsteps in the College of Business. "Then I took a class from Leslie Burns and was 'bit by the bug.' She was just phenomenal in the classroom," Chad recalls. He majored in home economics communications, did an internship with JCPenney as a junior, and was named the company's Western Region Intern of the Year, which landed him a scholarship and a job opportunity. He went on to specialize in human resources and today is vice president for Umpqua Holdings Corporation in Portland.

As a new member of the College of Health and Human Sciences Campaign Cabinet, Chad hopes to get more young alumni involved in service and financial support to OSU. "I personally know what it means to get support. Generous people helped make my OSU education possible, so now we're pleased to help the next generation of students. It was the right time to give back for all that OSU has given to me." Chad and Carrie are raising their own generation of OSU Beavers. "I recently caught Tate (4) and Will (6) trash talking to a stranger wearing green and yellow. I just made sure they were fairly polite about it," Chad says with a chuckle.



Chad Reese, center, with URAP grant recipients (l-r) Phil Menagh, Emilee Jansen, Courtney Lovemark, and Trent Tam Sing



Learn more about the Undergraduate Research Awards Program at
www.hhs.oregonstate.edu/research-publications/urap.html

Investing in Oregon's future

The future workforce for Oregon is educated here," says Dinah Schild Nicholson, '74 home economics and '76 education. "OSU is training our politicians, teachers, doctors, engineers, and entrepreneurs. And giving back is our way of investing in Oregon's future." Steve Nicholson likes to say they are paying it forward. "We're just sharing the blessings we've been given." Dinah and Steve recently chose to share generously by endowing the Dinah Schild Nicholson Fellowship, which is awarded to graduate students committed to service to OSU and the community. "It's service based because these are the young people who will change our world, the ones who are active in their community," Steve adds. "We designed the parameters of the award.... It means a lot to be able to make your own rules."

Dinah knows the impact of financial support for students. "I came out of OSU with considerable debt and vowed that someday I would help others." She and Steve were both hard working and involved students who have had successful careers and reached the top of their professions, Dinah as a Certified Financial Planner™. "We established the fellowship in 1986, and it just made sense to endow it to ensure that it would support students for generations to come," she explains.

OSU ties go back almost a century for Dinah's family. "My maternal grandparents were Central Oregon ranchers who strongly believed that women should be educated. My grandmother Velma Edwards Reed Hull graduated from OAC in 1909, and my mother, Irene Read Schild, in 1940." Dinah grew up in Mayville, south of Condon, Oregon, the youngest of five children. She fondly remembers coming to OSU for Mom's and Dad's Weekends and 4-H activities. "I was a proud member of the Class of 1974, and all of my siblings graduated from OSU as well." So, it comes as no surprise that three of Dinah and Steve's children are fourth-generation Beavers. Their youngest is just starting middle school.



*"This college is so easy to give to....
Amazing energy is brewing here.
And we feel that we're honored and
valued for our commitment."*

Dinah Schild Nicholson

"I have fond memories of the late '70s when our son Jon (ME '09) was one of the first children to play with the new toys in Bates Hall," recalls Dinah. "Katherine Smith '61 and I co-chaired the campaign for the Mercedes Bates Family Study Center, which opened in 1991 as the first of its kind in the nation. It was a proud moment." Dinah is an active OSU volunteer, serving as a member of OSU Women in Philanthropy, the OSU Board of Trustees, and the College of Heath and Human Sciences Campaign Cabinet.

Lifelong learner finding inspiration in nature

Alumna's hand-dyed fabrics are "wearable art"

Vicky Heldreich Durand
MS Apparel, Interiors and
Merchandising '92

"After graduating from OSU, I returned to Hawaii and taught clothing construction and tailoring at the University of Hawaii. I spent the next 12 years at Waianae High School teaching in special education, then worked with a program for pregnant and parenting teens and coordinated child care with Head Start. Concurrent with this job, I earned degrees in special education and secondary teacher education at the University of Hawaii." Vicky also studied at the Fashion Institute of Merchandising and Design and California State University at Long Beach.

After retirement three years ago, Vicky returned to her original love for clothing and textiles, developing her own techniques for coloring and printing natural fabrics, primarily silk. "I'm a lifelong learner, and those techniques are continually evolving and developing with workshops and trial-and-error experimenting and practice."

In May, Vicky's business, Hawaiian Wearable Art, was featured on the



Vicky finds inspiration for her clothing and home accessories in the tropical flora, colorful marine life, and ancient petroglyphs of Hawaii.

HGTV Home and Garden television show "That's Clever." Her company specializes in hand-dyed clothing and home accessories, including table runners, pillows, and custom shower curtains, all sold at galleries and clothing stores in Hawaii and California, at her boutique in Makaha, and online.

Vicky had an early fascination with sewing and fashion design, and she attributes her creativity to her parents, who were both professional artists. Her love of Hawaii began with a visit to Molokai at the age of 12 – and she was the 1957 International Surfing Champion.



See more at hawaiianwearableart.com

alumni

News of College of Health and Human Sciences Alumni

1986

Lois Hiatt Shamberger
BS Home Economics, Housing '86

"I entered the Housing Program in 1982 in the School of Home Economics as it was just getting started back up. I recall Dr. Brandt said there were four of us officially in the program. I did two internships in the summer of '85, one for the Portland Development Commission and one for Neil Kelly Co. working for Julia Spence. I was hired as a drafts-person and caretaker of the Product Library at Neil Kelly in September of 1985, and they gave me three months off winter term so I could complete my BS in housing. I've been with Neil Kelly Co. ever since! Over the years, I've managed both the Portland and Lake Oswego office showroom displays, worked as the coordinator for the committee to design and construct two to four Home Show displays a year, have supervised other interns, and am currently the design associate trainer/coordinator. I work with entry-level



Lois (l) and Julia Spence at the Design and Human Environment Career Symposium earlier this year

employees who have an interest in becoming designers in the residential remodeling industry. I currently live in Aloha, Oregon, with my husband, David, of 22 years and my son, Cameron (15)."

2004

John Cockerham
BS Exercise and Sport Science '04
Master's in Public Health '07

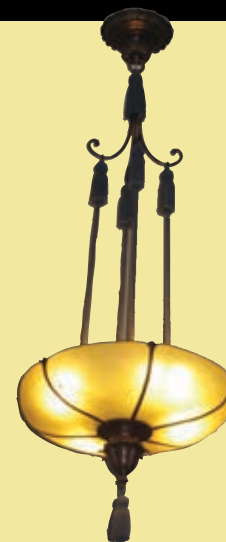
John Cockerham, administrative fellow for Samaritan Health Services, says his new position as CEO in training is helping him get the big picture of rural health care. He's pleased with the one-year fellowship shadowing the SHS CEOs at the Newport and Lincoln City hospitals and says it all worked out thanks to the support of SHS CEO Larry Mullins and OSU professor Leonard Friedman. "They both had a passion and a commitment that sparked my own passion for wanting to help others in health care," he says. "I want to learn as much as I can – be a sponge soaking up everything I can from two hospitals working for the betterment of both communities." A variety of internships and projects while



"I want to learn as much as I can – be a sponge soaking up everything I can from two hospitals working for the betterment of both communities."

in school helped shape John's career goals. He was co-director of the Student Alumni Association, president of Lambda Chi Alpha, and president of the OSU Cooperative Managers Association. He co-created OSU's first sports injury prevention model, called "Start Smart," with Guido Van Rysseghem and did internships in emergency preparedness and hospital administration with SHS and the Oregon Association of Hospitals and Health Systems. "Little opportunities kept adding up," he says, "and it didn't hurt that I always seemed to be in the right place at the right time."

alumni



1971

Cindy Lea Arbelbide
BS Health and Physical Education '71

In 1973, Cindy Lea became the first OSU woman to qualify as a member of the US Women's Track and Field Race Walking Teams. "Highlights included bronze medals at the 1973 International 5K Championships and the 1974 National 10K championships along with achieving All-American ranking," she recalls. With the philosophy of "explore not ignore" she earned her MLS degree then helped establish the first national victims of violent crime library. She was the first Director of Training at the National Organization for Victim Assistance in Washington, D.C., where she established the National School and College Crisis Response Team Training

*"My career has truly been
'Because of you, OSU!'"*

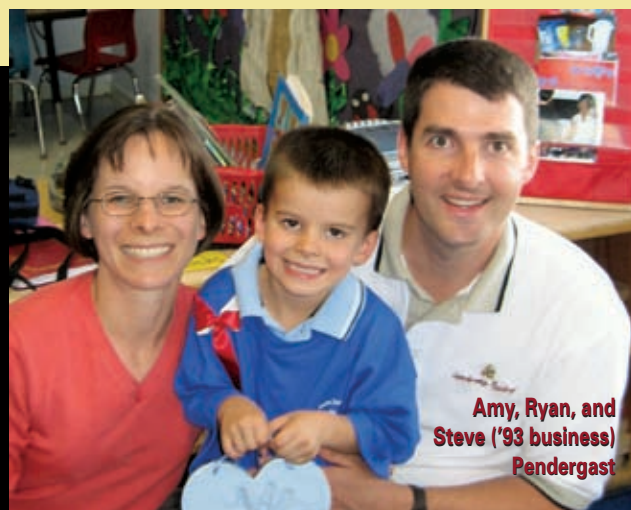
Cindy Lea Arbelbide, pictured here
at the 2007 White House Easter Egg
Roll, a tradition since 1878.

Institutes. Researching a personal interest in presidential history and unique events for children led to authoring the first children's book to be published by the White House. *The White House Easter Egg Roll* was first introduced in 1997 by then First Lady Hillary Rodham Clinton and reissued by First Lady Laura Bush in 2001. A White House visiting author on four occasions, Cindy Lea introduced the Bunny Physical Fitness Trail into the Easter event incorporating athletes from the President's Council on Physical Fitness. Enjoying life in the Blue Ridge Mountains, she continues to write, mentor young athletes and develop health and history programs for public and school libraries.

1996

Amy Pendergast
Master's in Public Health '96

I finished my MPH at OSU and have since been working on the Healthy Shasta partnership to increase physical activity and healthy eating among families. We had more than 5,000 attend our Healthy Shasta Challenge last fall, and our group was selected to be one of 13 teams nationally to take a group of community leaders to the YMCA Pioneering Healthy Communities conference in Washington, D.C. Now we're launching the Walk with the Mayor series to make changes among community partners to ensure healthy choices are easier for their clients, customers, employees, patients, or students, and to improve walkability and bikeability in our area.



**Amy, Ryan, and
Steve ('93 business)
Pendergast**



Honoring retired faculty

Our 2007 reception for retired faculty featured “New facilities for new functions in the new college” and included faculty sharing their research, a tour of the new Bone Research Laboratory and the new offices of the Department of Nutrition and Exercise Sciences.

Pictured (Seated, l-r): Nola and Don Campbell, Bill and Judi Winkler, and Ruth Gates. **(Standing, l-r):** Tammy Bray, Velda Brust, Ed and Kathy Heath, Gerry Olson, Mike Maksud, Cheryl Jordan, and Maryanne Staton.

Celebrating excellence

During the Fifth Annual Celebration of Excellence in May, 153 students were awarded a total of more than \$380,000 in fellowships and scholarships. OSU President Ed Ray welcomed donors, students and their families to the College’s hallmark event recognizing the generosity of alumni and friends.

Photos by Michael Spreadbury



Jean Starker Roth’s continued contributions to the Dean’s Fund for Excellence supports student engagement activities such as the Undergraduate Research Awards Program. Jean ‘42 is pictured here with some of this year’s recipients (see story on page 10).



Barbara Burtis Peck ‘32 was delighted to meet all the recipients of the scholarship in her name.



Janet Chase Harper ‘41 posed with recipients of the Home Economics Scholarship she supports.

On the road again

Travels with Tammy

I've been putting on the miles over land and sea in the last six months, visiting alums in Hawaii, California, and, of course, around Oregon with **Marie Jennings '88**, our development officer. Many thanks to those of you who attended gatherings, joined me for a meal, and shared your OSU memories and enthusiasm for the progress of our amazing College. We made a swing through California in March, starting in Palm Springs for Destination OSU, the annual gathering in the desert that included lunch with **Frannie '46** and **Alan '46 Townsend** sharing stories of kids and grandkids, dinner with **Daphne Treadwell Schetky '49** and **John '48 Schetky** and a conversation about the importance of students seeing the world, and dinner with **Verle '58** and **Stewart Weitzman**, **Lorna Vielinski Monaghan '63**, and **Jim '66 Monaghan**, and **Judy Allen** over which we pondered the job market for new graduates. We enjoyed breakfast with **Susan Mang '81**, **Dianne Neuman '67**, **Bryne Johnston '67**, **Genevieve Langdon High '50**, **Mary Ann Kelly '80**, and

Barbara Hayden Loomis '57. It was fun to take our College of Health and Human Sciences early morning desert walk with **Jim '62** and **Judith '62 Youde**, who have joined us each year. As always, I enjoyed catching up with **Phyllis Edy-Grey '47** and **Jack Grey '50** who we saw at the air museum reception. Then on to the Los Angeles area, where Marie and I visited **Carol Flood Peterson '60** and her husband, **Richard**, at their lovely home then together we joined **Bonnie Bishop '63** for dinner. In Santa Barbara, we met **Miguel Hall** and **Kendra Wise '97** for dinner to show our appreciation for the Anne Rossignol Fellowship they established. I had the long-awaited pleasure of meeting **Jody Leonard Petersen '47** in Santa Barbara, where we shared lunch and stories of the 10th anniversary of the endowed Petersen Chair in Gerontology and Family Studies. Our trip ended with a beautiful evening in the wine country of Santa Maria at **Venesa White Strong '64** and **Les Strong's** home with Les at the barbecue and great conversation about Beaver baseball!



Emily Beard Harnden '72 and **Ed Harnden** hosted an alumni reception at their home in Portland for health and human performance (HHP) and business alumni.

Standing (l-r): **Dean Tammy Bray**, **Doug Miller '68** business, **Tracy Wrenn '91 HHP**, associate dean **Jeff McCubbin**, **Emily Beard Harnden '72 HHP**, and **Ed Harnden**. Seated (l-r): **Penny Miller '75 HHP**, **Shelia Lewellen '72 HHP**, **Sharlan Colson '71 business**, **Wini Cutsforth**, and **Beth Joscelyn '82 HHP**





Thank you for coming and informing us about how our old School of Home Economics has transformed and moved into the technological world of today. It was interesting to see our program integrated into all of the life sciences. It does make good sense and is a wonderful plan for improving education and the future of our country.

Shirley Noteboom '58

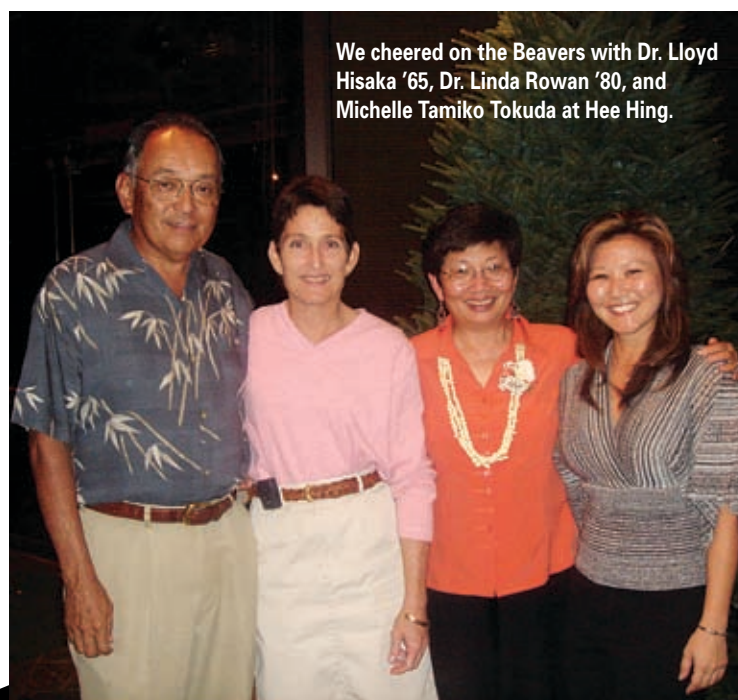
Back (l-r): Viola Shaver Brogan '50, Angela Krupika, Janet Nelson '40, Janice Bendshadler Kilbourn '61, Carol Maurer, Rita Hathaway '44, and Tammy Bray. Front (l-r): Susan Robertson, Alma Wells, Mary Fahlstrom '52, and Shirley Noteboom '59.

I always enjoy my visits with various Home Economist groups around the Northwest including the wonderful luncheon of the Salem club hosted by **Susan Robertson** and coordinated by **Shirley Noteboom**.

We also visited Honolulu, where the town was decked out in orange for a Beaver football game.



I had a nice visit with **Vicky Heldreich Durand '92**, **Dr. Claire Kuuleilani Hughes '58**, and **Dee Helber** at the Waioli Tea Room.

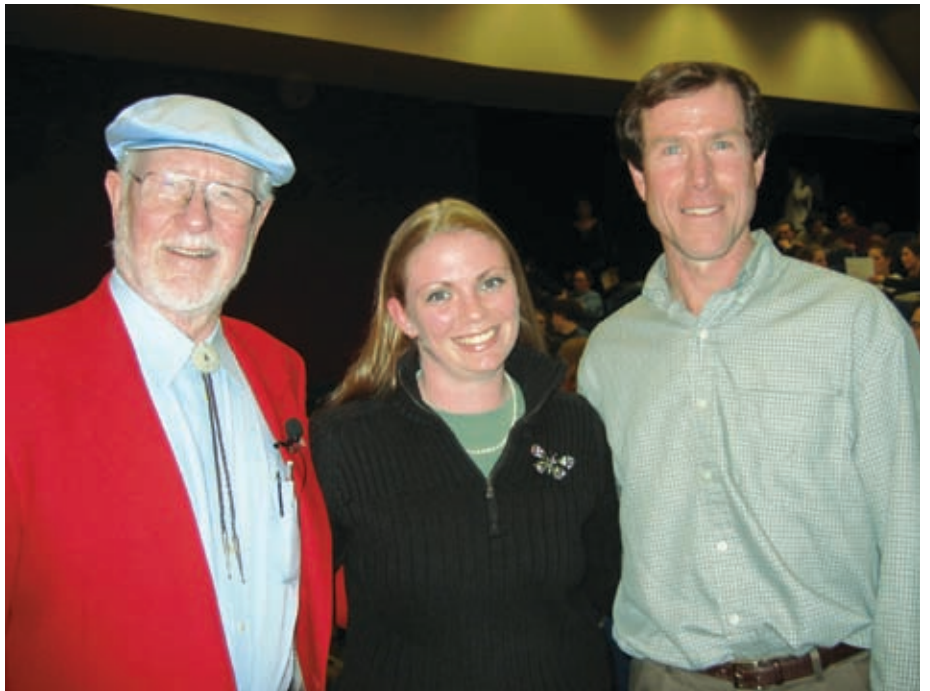


We cheered on the Beavers with Dr. Lloyd Hisaka '65, Dr. Linda Rowan '80, and Michelle Tamiko Tokuda at Hee Hing.

A wealth of knowledge to share

Speakers deliver lectures to campus community

Charlee and Bob Moore, founders of Bob's Red Mill, the internationally known distributor of whole grains, came to OSU to tell the amazing story of their company and share their passion for healthy eating. The couple, a healthy testament to their product, recently made a generous pledge to the College. Katie McCullah, president of the OSU Student Dietetic Association (center at right) introduced Bob Moore, pictured here with nutrition and exercise sciences department chair Tony Wilcox.



Professor Rich Lerner of Tufts University lectured on Promoting Positive Youth Development: What Researchers, Practitioners, and Policy Makers Need to Know. Dr. Lerner was the first speaker in the Duncan and Cynthia Campbell Lecture Series on Childhood Relationships, Risk, and Resilience. Also as part of the series, OSU professor Rick Settersten delivered a lecture on Navigating Early Adult Life: Challenges and Potentials of a New Landscape.



From left: Rick Settersten, Duncan and Cindy ('76 business) Campbell, Rich Lerner, and Tammy Bray.

New faculty

The College welcomes two new members to the team

Pioneering
the field
of sports
nutrition
for the
Pac-10



Ingrid Skoog

**OSU Director of Sports Nutrition
Instructor of Nutrition and Exercise Sciences**

Ingrid Skoog has a game plan to take Beaver athletics to new heights. “Most athletes are underfueled for practice,” says OSU’s new director of sports nutrition. “Eating the right things before and after practice can bring immediate results. I call it my eating to win strategy.” For most students, nutrition is not at the top of the list. With the demands of school, work, and athletic training, many eat on the fly, so part of Skoog’s training for athletes is teaching them to shop and cook. “Fueling strategies vary depending on the sport,” explains Skoog, whose goal is to impart the science of nutrition and exercise to more than 500 OSU athletes. She’s developing a comprehensive manual for sports dietetics for use by trainers that addresses medical issues that stem from poor nutrition, and nutrition support for training and performance. She teaches Principles of Nutrient Metabolism for the College. Skoog earned her BS in community nutrition and dietetics and her MS in exercise and sport sciences from OSU and her RD from Oregon Health and Science University. She says it’s “pretty cool” to be blazing a trail in this new field. She’s one of only five full-time sports nutritionists in the country in a college athletic department. Skoog was previously sports nutritionist for University of Oregon, the first in the Pac-10 Conference.



Creating
tools to
evaluate
obesity
prevention
programs

Stewart Trost

Associate Professor of Nutrition and Exercise Sciences

Stewart Trost wants to see more programs to promote physical activity, and he’s conducting research so policy makers will have the data they need to show the benefits of exercise. “We need new tools to measure and evaluate activity programs so that we can see if programs are successful in addressing obesity,” he explains.

With a grant from the National Institutes of Health, Trost is testing the accuracy of formulas or prediction equations used to convert data recorded by accelerometers (motion sensors) into units of energy expenditure in growing children. Current methods to translate output into units of energy are underdeveloped and not well suited for longitudinal studies. Trost will follow a cohort of children aged 6 to 15 for three years to measure their physical activity expenditure performing a variety of tasks.

“An astounding 22 percent of children aged 2 to 5 are overweight or at risk of becoming overweight,” says Trost. “And early weight gain is a predictor of weight gain as children mature. This is a critical window of time when patterns can be set, but we can still engage parents and change behaviors.” Trost comes to OSU from Kansas State University where he was associate professor and graduate coordinator in the Department of Kinesiology.

STUDENT ACCOMPLISHMENTS

We proudly announce recent awards and accomplishments of undergraduate and graduate students in the College of Health and Human Sciences.

- **Kathy Mullis**, a senior in merchandising management, received second place in the highly competitive American Collegiate Retailing Association's Student Retail Analysis Competition for her Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis of Walgreen's.
- **Kim Decker**, a senior in apparel design, won a meritorious achievement award at the 2007 Kennedy Center/American College Theatre Festival regional meeting for her work on the University Theatre production of "The Silent Woman."
- **Devorah Shamah**, a PhD student in human development and family sciences, received one of only two Youth Purpose Dissertation Awards from the Stanford Center on Adolescence for her dissertation research: "Rural Youth: An Examination of Individual, Family, and Community Processes on Aspirations and Sense of Purpose."
- Public health doctoral student **Amber Wilburn** received the 2007-2008 Thurgood Marshall Graduate Fellowship.
- **Jill Harvey**, a master's student in public health, won third place in the American College of Healthcare Executives 2007 Graduate Student Essay Competition for her paper "Pay for Performance Programs: Are They the Solution to Our Health Care Problems?"
- Doctoral student **Michael Beets** received the Ruth Abernathy Presidential Scholarship Award that recognizes outstanding students in health, physical education, recreation, and dance. Michael is majoring in public health and minoring in exercise and sport science.
- OSU gymnast **D'Anna Piro**, an Honors College student with a double-major in nutrition and exercise sciences and business, recently had her paper "Adolescent girls' perceptions as a result of sport participation" published in the "Research Works" column of the *Journal of Physical Education, Recreation and Dance*.
- **Lindsey Wismer**, a senior in nutrition and exercise sciences, is the 2007 National Association for Sport and Physical Education Outstanding Major of the Year.
- The following students from our College received the 2006-2007 **Drucilla Shepard Smith Award** given in memory of Drucilla Shepard Smith, mother of three OSU graduates, including an OSU faculty member. Her daughter, Willetta M. Smith, graduated in home economics in 1916 and taught foods and nutrition. Awards are given to those students who have earned a 4.0 cumulative grade point average while at OSU. Design and human environment: **Claire Anastasia, Suzanne Pearson, Corona Sodemann**; human development and family sciences: **Lori Chen, Laurie Geissinger, Megan Hibner, Krista Stangel**; nutrition and exercise sciences: **Travis Behrend, Stephanie Casey, Kelli Lytle, Brittney Urban**; public health: **Margaret McNamara**.
- Recipients of the 2006-2007 **Clara H. Waldo and E.A. Cummings Outstanding Student Award** and honorable mention include the following students from our College who were recently recognized for their academic excellence and superior extracurricular achievements during their college careers. Dr. Clara Waldo was a pioneer for women in education in the early 1900's and established the Waldo Prize for women, which was merged with the E.A. Cummings Award to recognize outstanding undergraduates of both genders. Awardees include: **Ellyn Canfield (HDFS), Chelsea Chandler (PH), Guadalupe Diaz (HDFS), Candi Fisher (PH)**. Honorable Mention include: **Stephanie Casey (NES), Michelle Connors (HDFS), Shauna Connors (NES), Cristina Iggulden (DHE), Pamela Johnson (NES), and Jennifer Patrick (NES)**.

Malaria awareness

Students raise funds to help fight spread of mosquito-borne disease

During National Malaria Awareness Week, students in the International Health Club drew attention and applause for their giant female anopheles mosquito that roamed the Quad. Designed by graduate student Kelly Volkmann and "modeled" here by public health student Violet Lindstrom, the big bug was on hand to raise funds for and awareness of the spread of malaria, which kills more than one million people each year, mostly in sub-Saharan Africa.



Methodology Core Team

For the last four months, a dedicated group of faculty and graduate students has come together over lunch twice a month to talk about their passion for nested data structure, multivariate outcomes, and binary variables. They're part of the new Health and Human Sciences Research Methodology Core, and they're capitalizing on the research strengths throughout the College. "Our faculty have extraordinary statistical and methodological expertise," says associate dean Jeff McCubbin. "Sharing across departments enhances our research, and having this collaborative team to address the design, analysis, and evaluation of research projects improves

our potential for future grants." The group's work includes creating curricular opportunities for graduate students in research methodology and data analysis.

According to professor Scott Hofer, "The complexity of developmental, social, and health processes in our College's research requires rigorous attention. Whether we're evaluating the impact of a government program for food stamps, analyzing adolescent risk behaviors, or assessing the benefits of new technologies for aging adults, devising appropriate methodologies is an intricate process."



For more on the Methodology Core visit www.hhs.oregonstate.edu/methodology/core.html

fashion passion

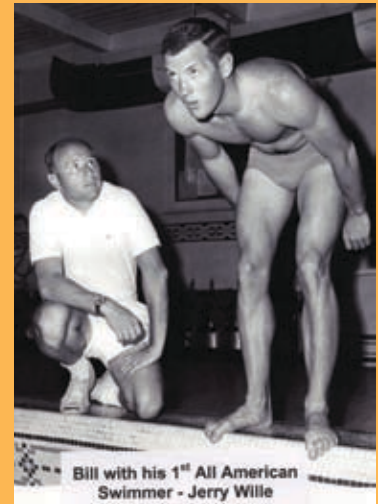


Apparel design student Benjamin Moua shows off his winning WinCo top coat and pants.



Using the Garbage Montage theme, students created fashions for the 21st annual recycle fashion show and showed them off to a standing room only crowd at the MU. Apparel design student Benjamin Moua won the competition with his Victorian-era top coat and pants made from grocery bags. Sponsored by the OSU Fashion Group, the event drew 34 designers and 41 garments made of milk jugs, coffee cups, feathers, film strips, and other recycled items.

Save the Date!



Join us to recognize
**Bill Winkler and
his 50 years of service
to OSU sports and fitness**

Thursday, October 25, 2007

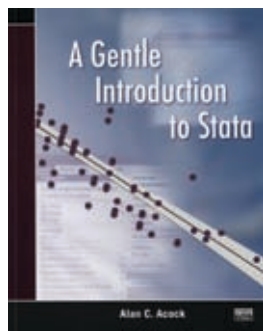
To assure that you receive an invitation, please contact
Linda Blair at 541-737-6436 or
hhsevent.rsvp@oregonstate.edu



For more information, visit
[calendar.oregonstate.edu/
event/12929](http://calendar.oregonstate.edu/event/12929)



books



A Gentle Introduction to Stata

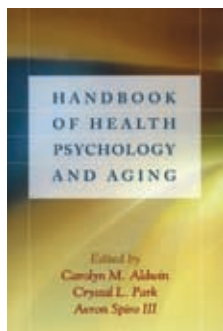
By Alan C. Acock • Stata Press, 2006

Professor Acock wrote this, his fifth book, for people who don't have a strong background in statistics. The book is organized the way a research project develops and helps the reader to enter, build, and manage a dataset and perform basic statistical analysis. Alan is a professor in human development and family sciences and a fellow of the National Council on Family Relations. He has served on the editorial board of the *Journal of Marriage and Family* and is on the editorial boards of the *Journal of Structural Equation Modeling*, *Family Process* and *Marriage and Family Review*. His research examines the effects of family structure on the well-being of family members and on intergenerational relations.

Handbook of Health Psychology and Aging

Edited by Carolyn M. Aldwin, Crystal L. Park, Avron Spiro III • The Guilford Press, 2007

Professor Aldwin and her colleagues have integrated contributions from leading researchers in health psychology and gerontology to create this authoritative reference that examines the interplay of biological, psychological, and social factors in health and illness in later life. Carolyn is chair of the Department of Human Development and Family Sciences and a fellow of the Adult Development and Aging and the Health Psychology divisions of the American Psychological Association as well as the Gerontological Society of America. The second edition of her book *Stress, Coping, and Develop-*



ment: An Integrative Perspective was published earlier this year.

Handbook of the Psychology of Aging

Edited by James E. Birren and K. Warner Schaie • Contributing authors Carolyn Aldwin and Scott Hofer • Elsevier, 2006

Human development and family sciences professors Aldwin and Hofer contributed chapters to the sixth edition of this handbook, which provides a comprehensive summary and evaluation of recent research on the psychological aspects of aging. Hofer and Martin J. Sliwinski of Syracuse University wrote "Design and Analysis of Longitudinal Studies on Aging," which focuses on ways to achieve an integrative understanding of aging-related changes, combining both between-person and within-person information. Hofer is co-director of the Laboratory for Lifespan Developmental Research and heads the Analysis of Longitudinal Studies on Aging, an international collaborative research network on changes in health and cognition. Carolyn and co-editors Park and Spiro (see book at left) contributed "Health, Behavior, and Optimal Aging: A Lifespan Developmental Perspective" for the handbook.

On the Frontier of Adulthood: Theory, Research, and Public Policy

Edited by Richard Settersten Jr., Frank Furstenberg Jr., and Ruben Rumbaut • The University of Chicago Press, 2005

Professor Settersten, his co-editors, and a team of distinguished contribu-



tors explore the "new" phase of early adulthood that redefines the traditional markers of adulthood – leaving home, finishing school, getting a job, getting married, and having children. According to Rick, it takes longer to become an adult today, and that passage is more complicated. A lengthy period often spanning the 20s and even early 30s is now devoted to further education, job exploration, and personal development. Rick is on the human development and family sciences faculty and a member of the MacArthur Research Network on Transitions to Adulthood and Public Policy.

Learning to Read the World: Language and Literacy in the First Three Years

Edited by Sharon Rosenkoetter and Joanne Knapp-Philo • Zero to Three Press, 2006

Sharon Rosenkoetter, associate professor in human development and family sciences, and Knapp-Philo of Sonoma State University have included a multidisciplinary array of authors for this comprehensive volume on ensuring children's success in literacy. Literacy calls for much more than exposure to books; the foundation for success in learning to read is high levels of cognition, language, and motivation. And, suggest the editors, the love, care, and nurturing in relationships that adults forge with young children are essential to this foundation. Sharon is director of Early Childhood Leadership Directions and Rural Links at OSU and a member of the national StoryQUEST research team.



Campaign Cabinet commitment

We appreciate the continued commitment of our Cabinet members and their contributions of time, talent, and treasure

During our meeting in April, we welcomed new members Cathy Guinn Rudd '76 and Chad Reese '90. We toured our new labs and student resource center, met Newton the thermal manikin, took a peek at the new classroom for the future, and enjoyed lunch in Hawthorne Suite. Pictured (l-r): director of development Marie Jennings, Kathy Heath, Jean Roth, Cathy Rudd, Dinah Nicholson, Nancy Searles, Chad Reese, Tammy Bray, and Mike Maksud.



A new role at OSU

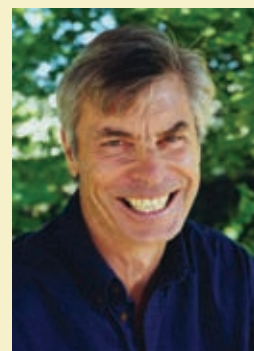
Donna Champeau was recently selected as OSU's first director of Women's Advancement and Gender Equity, effective September 1, 2007. She is currently associate professor and graduate coordinator in the Department of Public Health. Donna has been a

part of the OSU community since 1996, involved in efforts to create an equitable educational environment and a community that is inclusive and respectful. Her research interests are related to increasing capacity of HIV prevention programs in the United States and Africa for underserved populations, with a particular interest in women and aging populations. Donna was a recipient of the 2006 Woman of Achievement award and the OSU 2004 Teaching Excellence Award.

In Memoriam

John K. Fisher
1948–2007

"He was friendly, generous, incredibly intelligent, and eager to share his expertise," says graduate student Elisabeth Maxwell of Dr. John Fisher, an adjunct associate professor in public health in 2005–06. Dr. Fisher passed away in February after a long battle with cancer.



As a research scientist at the Oregon Research Institute, Fisher focused on physical activity for aging adults, recently completing studies on the practice of Tai Chi to enhance sleep, help those with Parkinson's disease, and relieve pain from fibromyalgia and on the development of cobblestone walking for elder health. He earned his BEd from the University of Exeter (UK) in physical education, MS from the University of Oregon (health and physical education), MEd from the University of Western Australia (educational administration), and his PhD from University of Oregon in community health.

Honoring Lifetime Commitments

The following individuals and organizations have made lifetime gifts or commitments of \$100,000 and more representing a lasting legacy of learning for students and faculty of the College of Health and Human Sciences.

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*“Your contributions
advance the field
of health and
human sciences.”*

DORIS CANCEL TIRADO

Doris came from Puerto Rico in 2002 to follow her dream to improve life for families and children affected by social inequities and mental illness. In 2006 Doris received the Joni Weatherspoon Memorial Fellowship. At the College's Celebration of Excellence in May, she spoke on behalf of graduate students who received fellowships.

“Thanks to the generous contributions of donors and the support of my department, I have been able to pursue a doctoral degree in human development and family sciences. With the financial support I received last year, I was able to present my work on Latino families and study abroad programs at three national conferences. These opportunities have expanded my academic and personal horizons. I have been mentored by top researchers in the field and shared experiences with students from across the country. All of these experiences make my future brighter and full of promise. Much of it would not have been possible without the generosity of many donors like those here today. Your contributions not only facilitate the academic development of many students like me. Your contributions also advance the field of health and human sciences.”

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PHIL MENAGH

Phil graduated this spring and is headed for officer training school, then a dietetics internship with the U.S. Air Force. At the College's Celebration of Excellence in May, he spoke on behalf of undergraduates who received scholarships.

"Today, one of my final honors before I graduate is having the privilege of saying thank you to donors who make this day possible. A scholarship is a blessing. When you open a letter and find out that others respect what you have done and are willing to provide support for what you plan to do, it is truly a magical experience. It's like creeping down the stairs on Christmas morning and under the tree you find exactly what you needed the most: tuition, textbooks, housing, or food. A scholarship is much more than financial support. For some, it's an experience abroad, and chance to learn from the world. For others, it provides a reduction of stress, a bit of relief. And for many it represents new experiences such as a trip to a professional conference or a second degree. I owe much of my success to you faculty, staff, and donors. You have made it possible for my development academically, but more important, my development professionally and as an individual."

"A scholarship...is like creeping down the stairs on Christmas morning and under the tree you find exactly what you needed the most: tuition, textbooks, housing..."

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 Janet Koozer Kinder '71
 Lynne Spink Kingsley '74 & Daniel Kingsley '74
 Michael Kittel '71
 Joan Stimmel Klein '53 & Edward Klein
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 Shelly Kokkeler '76
 Donna Shouse Kopacz '70 & William A. Kopacz '70
 Vickie L. Auld Kostrba '80 & William Kostrba
 Susan Borders Kouklis '59
 Mary & Greg Krpalek '75
 Mike Kruse '80
 Betty Timm Kulish '50
 Megan Labhart '02
 Ellen Smith Ladage '78 & Logan Ladage
 Hallie Ashton Lahti '48 & Richard Lahti '44

Elona & Charles Larimer '97
 Jane Larviere '02
 Merlene Johnson LeMaster '54 &
 Kelmar LeMaster '53
 Debra Arnold Leingang '84 & Greg Leingang
 Paula Levand '69
 Kirstian Lewis '05
 Andrea Burch Lind '73 & Daniel Lind '73
 Suzanne Madsen Lindstrom '54 &
 Robert Lindstrom
 Sandra Sheffield Lissman '79 & Chas Lissman
 Karen Little '82
 Barbara Harper Locey '74 & Steven Locey '74
 Helen Swift Long '42

Patty Kennelly McClintock '53 & Thomas
 McClintock '48
 Emily '02 & Brian McClure '98
 Douglas McCool '56
 Mary McDermott '56
 Anita McEldowney
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 Mary & Michael McMahon
 Ann McMann '72
 Jennifer McMullin '00
 Barbara Fitzsimmons McNutt '72 &
 Douglas McNutt



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 Kimberly Lease Lovendahl '80 & Erik Lovendahl
 Linnea Johnson Lovlien '77 & Thomas Lovlien '77
 Dianna Lydiard '93
 Denise & David Lynch '94
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 Jodi Welch Maestretti '90 & James Maestretti '89
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 Mary & Joe Majors
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 Agnes & Craig Marble
 Kimberly & Barry Marczuk '80
 Teresa Younger '84 & Richard Marini
 Sally Sommer Martin '92 & Patrick Martin
 Lori Mason '84
 Gaye Hill McCabe '80 & Jeff McCabe
 Ladonna Sandahl McCarty '58 & Gordon McCarty
 Betty McCauley

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 Shirley Grant Mendazona '63 & Henry Mendazona '63
 Judith Carnahan Meneghin '68
 Patricia Barr Merzenich '63
 Helen Hunsaker Meyer '69
 Phoebe Kittel Miletich '69 & Steve Miletich
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 Miriam Azevedo Miller '66
 Amy & Michael Millin '05
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 Ashley Moore '05
 Wendy Reynolds Moore '82 & Ronald Moore
 Ruth Clark Moore '44
 Patricia Pearson Morgan '50 & Gerald Morgan '49
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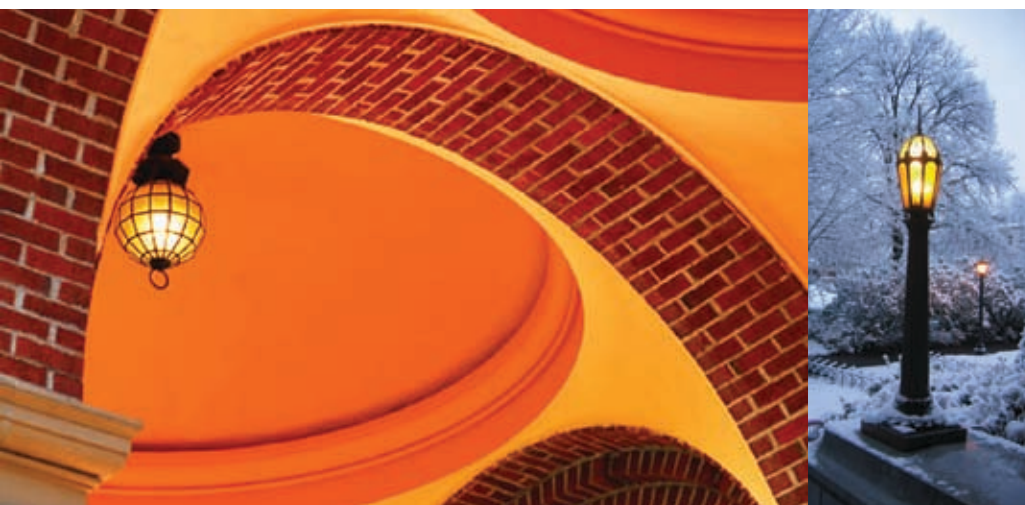
Mary Howells Moulton '44 & Ralph Moulton '42
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 Pratin Kutranon Vityakon '52
 Phuong Vo
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 Ruth Hendricks Willard '44
 Sydney Hazen Willett '75 & Ronald Willett '75
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 Susan Seibel Williams '90 & Michael Williams
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 Reitha Simpson Weeks '74 & Russell Weeks '71
 Margie Epperson Weimar '46
 Idelle '71 & Robert Weinstein
 Victoria Whaley Wells '81 & Dennis Wells
 Sydney Coleman Werminger '63 &
 Don Werminger
 Velna Werth '49
 Debbie Oldenburg West '80 & Rick West
 Jeannette White

Donna Wear Winslow '41
 Danielle Karstens-Wolfe '91 & Charles Wolfe
 Heather Wood '80
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 Judy Ekholm Wood '64 & William Wood '64
 Erica Wagner Woodcock '70 & Roland Woodcock '69
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 Ruth Swift Kuhl '43
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Every effort has been made to include all lifetime donors who have made contributions totaling \$100,000 and above through December 31, 2006, and all donors of any amount during the period January 1, 2006, through December 31, 2006. We regret if we have omitted or misspelled your name. Please send corrections to Pat Newport at pat.newport@oregonstate.edu or 125 Women's Building, Corvallis, OR 97331.

ED & KATHY HEATH



“Both Ed and I have benefited from satisfying careers in higher education. It’s a pleasure to support OSU and the College of Health and Human Sciences in this way.”

“When I retired,” says Kathy Heath, former dean, advisor, and teacher in health and human performance, “a fund was established in my name to support students. Ed and I always intended to give more generously to the fund, and when we read about the Pension Protection Act of 2006, this seemed like the perfect way to make our donation. We had tax deferred income in several IRAs, and when we found we could make an outright gift to OSU from these IRAs and pay no taxes on the IRA distribution – *and* receive a charitable deduction on the full amount for next year’s taxes – we made the gift.”

The Pension Protection Act is available through December 31, 2007, to those over 70½ years of age. For more information contact Marie Jennings, director of development, at marie.jennings@oregonstate.edu or 541-737-9374 or visit the Foundation website at osufoundation.org.

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Sams Valley FCE
Talent - Phoenix FCE



ALAN SUGAWARA

Who: Professor in human development and family sciences who inspired OSU students for 32 years

Home town: Grew up in Waimea, Hawaii

Degrees: PhD in child development/family studies, OSU; master's in child development/special education, Michigan State; master's of divinity, Chicago Theological Seminary, University of Chicago Campus; bachelor's in philosophy, University of Hawaii, Manoa

Travels: I see my family in Hawaii twice a year and like to visit places I've never been. I've traveled to France, the Netherlands, Japan, Korea, Australia, Italy, London, Ireland, Crete, and Greece so far...Scotland and New Zealand are on the list!

Reflections on my career: In my last term of divinity school, I took a course in child and family psychology and spent a lot of time with kids....I was hooked.

I did an internship at the Molokai leprosarium working with people with Hansen's disease. There were no children there, since they were separated from their parents at birth, due to our lack of understanding of



Alan makes sure that each child who comes to the Old Mill Center for Children and Families has their own "quillow" – a pillow that transforms into a quilt at nap time. He serves on the Board and spends every Wednesday morning with the children there.

how the disease was communicated. I then realized that each family's pets became their "children" that gave meaning to their lives.

I wanted to have experience with special needs kids to better teach my own students, so during my sabbatical in 1978, I worked for the Old Mill Center for Children and Families in Corvallis. I designed a course on working with these wonderful children and am proud it's still taught today.

Work passions: Mentoring my graduate students and helping them find the classes and experiences to prepare them for their careers. I worked with a group of them to develop the Sex Role Learning Index that measures children's preferences for male or female roles. It's still used today in the US, Korea, Mexico, and Turkey.

I serve as consulting editor for several journals and am an expert panel member on a project to develop new ways of transitioning special needs kids to a variety of normalized settings.

Play passions:

Quilting – I've been in a group since 1994...colors fascinate me.

Exercise – I do something nearly every day – Tai Chi, jazzercise, total body fitness. Wednesday is my rest day when I work with the kids at Old Mill. And I ride my bike everywhere...don't even own a car.

Cooking – I'm always trying recipes from other countries.

Reading – *Three Cups of Tea* and *Norwegian Wood*



Taking care of life

See the light!

If you're paying for 100 watts in that lamp of yours, try replacing it with a 23-watt



compact fluorescent light (CFL) bulb. You'll save \$\$, discover a new you in the new light, and maybe even ward off symptoms of Seasonal Affective Disorder (SAD).

Carol Caughey, associate professor
Department of Design and
Human Environment

To eat healthy, stick to basics

The best nutrition advice can be summed up in a few sound "bites":

- Eat food. Not so much. **Mostly plants.**
- Avoid food containing ingredients that are unfamiliar, unpronounceable, and more than five in number.
- Shop on the outside aisles of the supermarket. The others feature processed, prepackaged foods high in sodium and fat.

Sharon Johnson, associate professor,
OSU Extension Family and Community Development

Be gentle with yourself

Grieving and dying are not linear processes...every person, every situation is unique. **Be open** to what arises, be gentle with yourself, let it all unfold without judgment or expectation.

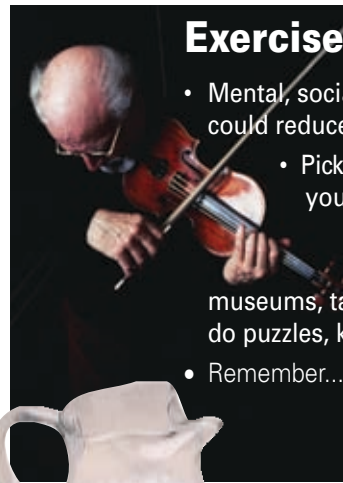
Patricia Moran, associate professor,
Department of Human Development and Family Sciences, and author of
Perfectly Still: A Journey Through the Heart of Loss to Love



Exercise your brain!

- Mental, social, and physical activities could reduce the risk of dementia.
- Pick activities you enjoy so you'll stick with them.
- Keep active: travel, volunteer, visit friends, read, go to museums, take a class, walk, play games, do puzzles, knit, **play a musical instrument.**
- Remember...it's never too late to start!

Hiroko Dodge, assistant professor,
Department of Public Health



"B" all you can be!

Athletes are well advised to get sufficient amounts of B vitamins found in whole grains, **dark green vegetables**, nuts, and **dairy**. Even a marginal nutrient deficiency can impact athletic performance and our body's ability to repair itself.

Melinda Manore, professor, Department
of Nutrition and Exercise Sciences



MS exercise tips

If you have multiple sclerosis or know someone who does, here are a few tips... actually, good advice for all of us.

- On hot days, exercise in the morning; drape a wet towel around your neck.
- Practice a well-rounded routine – range of motion, aerobic, strength, **balance.**
- Find an exercise buddy and vary your routine.
- Exercise, even a little, every day.

Jeff McCubbin, associate dean and
professor, Department of
Nutrition and Exercise Sciences



The Center for Healthy Aging Research at Oregon State University



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