

# SYNERGIES

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



## Fulbright Scholar in Taiwan

Shannon Wanless finds early  
predictors of children's success

**Circle of Support**  
Sharing life stories

**Get Moving!**  
Preventing childhood obesity

**Understanding Two**  
Studying relationship dynamics



## SEASONS OF CHANGE

I wish I could share the view from my office with you. As I look out my window, across the Quad toward the MU, the trees are showing off fall shades of rust, tan, gold, and green. When the wind kicks up, it's like a snowstorm of color! I hope the students on their way to class are taking in the beauty and appreciating this magnificent campus.

Here we are, another fall coming to a close, and another issue of *Synergies* to bring you stories of our college — of faculty doing important research, students traveling the world, and alumni living our mission of Taking Care of Life. Shortly after our spring issue was mailed, we sent an email survey to our readers asking for your opinion about our college magazine. I want to thank the 764 (12 percent of those we have email addresses for) alumni, donors, and friends who completed the survey. Your thoughtful responses are helping us plan for the future.

I was delighted to learn that 39 percent read most of *Synergies*, an additional 13 percent read it cover to cover, and 83 percent share stories you read with others. 73 percent of respondents said that the magazine does a “great job” of keeping you up to date on the college, and 69 percent said *Synergies* gives you pride in HHS. You told us that you like the balance of research, alumni, faculty, and student stories and that you would like more tips for better health.

I did hear you loud and clear when you told me you wanted a more eco-friendly publication and more online communication. You took me where I was headed since, as you might have guessed, we are rethinking both the cost of printing and

mailing *Synergies* as well as the inevitable move to electronic connections with all of you. No, I won't be texting you! But starting in 2009, we will be mailing an annual issue of *Synergies* in November and sending you (with your permission) email updates now and then. I invite you to update or send us your email address by following the instructions on the back cover.

Thank you for your kind words and good suggestions about *Synergies*. Now grab a cup of coffee, a comfortable chair, and enjoy this one!

**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

*Oregon State University is committed to affirmative action and equal opportunity in employment and education.*

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Fulbright scholar finds a simple Head-to-Toes Task predicts school readiness across cultures.



**On the cover:** PhD candidate Shannon Wanless says her view of the world has changed. See page 32.

*Photo by Alex Thorpe.*

# Creating a Circle of Support

*Whether within tribal communities or on the academic path toward her PhD, Kelly Gonzales sees the importance of sharing life stories*

After Kelly Gonzales invited 50 Northwest Indian women with Type 2 diabetes to participate in a pilot study, she held her breath and hoped for a good response. The return rate of 50 percent — much higher than average for social science research — was an encouraging sign.

But that was just one happy surprise for Gonzales, a mother of two and PhD student in the Department of Public Health. The other was the spontaneous sprouting of what she describes as an “organic sharing group” in the tribal community library one morning. As the participants filtered in and began filling out their surveys, answering questions about their illness, their treatment, and their perceptions of discrimination in their health care, they began to talk.

“Many of them were feeling very desperate about their health and their quality of life,” Gonzales says. “They wanted to tell their stories. As I listened, I was overcome with gratitude for their willingness to share their needs and experiences with me.”

The pilot study was a test-run for Gonzales’ dissertation research, which focuses on 200 women in four Northwest



tribal communities. Hers is the first study of its kind to examine how self-reported discrimination in reservation-based Indian health-care systems affects medical access, diabetes management, and health outcomes. And a prestigious fellowship from the National Institute of Diabetes and Digestive and Kidney Disease is making it possible. Her six years at the Indian Health Board directing a centralized diabetes program for Northwest tribes inspired her to investigate rising diabetes rates and health inequities among native populations.

## Inspiring success

Another burning goal for Gonzales is to guide other Native American students toward higher education. And

"I never would have gotten where I am without her," says Gonzales (right) of public health professor Anna Harding. "She has nudged me, redirected me, and pushed me when I was feeling it was all too much. She said 'You can do it.' And I believed her." Harding (left) won OSU's 2008 Graduate Mentoring Award for her tenacity, patience, flexibility, and commitment and for approaching mentoring with discipline and heart.



Jan Sonnenmair

she wants to design programs that help nontraditional students achieve success in college. She knows all too well how precarious it can be. "I was clueless," she says of her first year at OSU. Without funds or family support, she started out sleeping on a friend's sofa, fending off her mom's pleas to "come home and marry your high school sweetheart." But many people along the way opened their arms to her in what she calls "lots of little encounters" that kept her going — offering academic support, steering her toward financial resources, and helping her land an internship with Senator Bob Packwood's office in Washington, D.C. Her awakening interest in her Cherokee heritage led her to OSU's Native American Longhouse, a cultural center, where she began to forge a sense of personal identity.

"It wasn't just the academics that I was learning," she says. "It was learning who I was and where my two feet were and how to stand on them solidly." With her feet now firmly planted, she intends to close the circle by becoming a mentor and role model for others. That, according to her mentor and PhD adviser Anna Harding, is the best of all possible outcomes. "The greatest satisfaction I get," says Harding, "is seeing the process go full-circle, where the students become mentors for others."

— Lee Sherman, *Terra* magazine  
[www.oregonstate.edu/terra](http://www.oregonstate.edu/terra)



See the full story of Anna Harding's mentoring in President Ed Ray's online fall report at <http://oregonstate.edu/leadership/president/report/along-path-forward>.





# GET MOVING!

**Starting early is key to preventing obesity**

“From the time they can walk, kids should be outside — running, jumping, climbing, exploring — for at least an hour a day,”

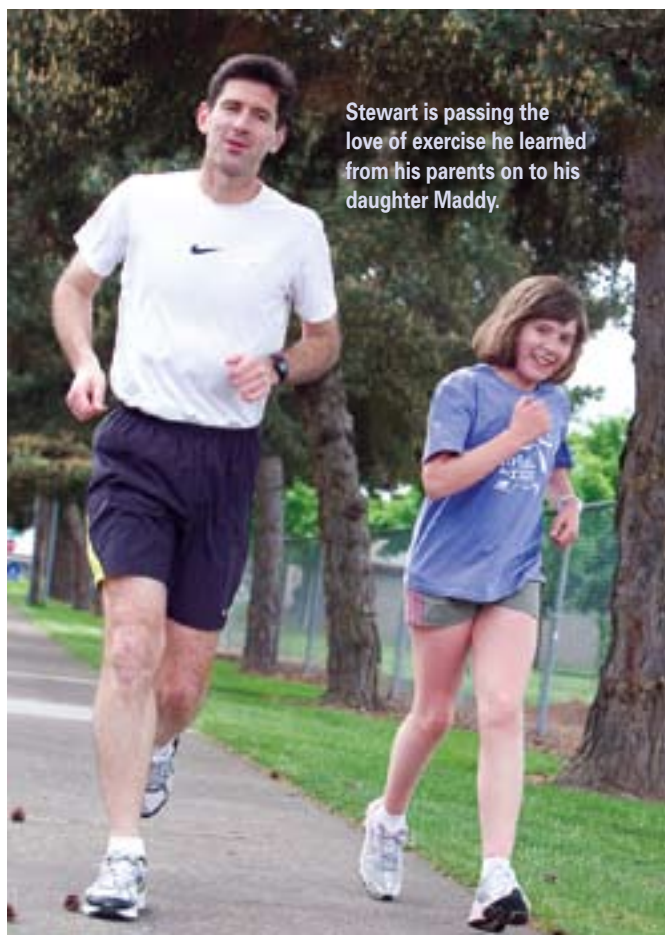
says Stewart Trost, an internationally recognized expert on childhood obesity. “But schools are cutting PE classes and children in day care are getting an average of only 16 minutes of activity per day.” In an environment that’s conducive to healthy eating and outdoor exercise, it may be somewhat surprising that in Oregon, 17 percent of young people ages 2 to 19 are obese, with an additional 16 percent at risk for being overweight. Equally disturbing news is that 25 percent of adults in Oregon are obese. And there are grave consequences — diabetes, respiratory problems, orthopedic complications, and psychological issues.

Stewart heads the Obesity Prevention Research Core in the college’s new Hallie Ford Center for Healthy Children and Families. His research involves obesity prevention across the lifespan — from establishing healthy behaviors and models for preschoolers to understanding the psychosocial and environmental determinants of adults’ physical activity. This fall, he received a USDA grant for \$1.2 million to establish the Healthy Home Child Care Project, an Extension-based intervention to promote healthy eating and physical activity for children in family child care settings.

“Interventions are more apt to be successful if they’re part of a larger community network that can refer providers to training, continuing education, and support for physical activity and health education for all ages,” he says. Another critical piece to consider is research showing that sacrificing physical education for classroom time does not improve academic performance. “Schools across the country have substantially reduced, and in some cases eliminated, physical education due to budget concerns and pressure to improve academic test scores,” explains Stewart in *Active Education*, a research brief he prepared for the Robert Wood Johnson Foundation. “Yet the available evidence shows that children who are physically active and fit tend to perform better in the classroom, and that daily physical education does not adversely affect academic performance.”

## Start Early

Child care centers and in-home care facilities have the potential to literally shape the way kids grow up, according to Stewart. “Many child care centers are reassessing their



Stewart is passing the love of exercise he learned from his parents on to his daughter Maddy.



Graduate students Paul Loprinzi and Meghan Senso help a young subject suit up for testing. "Accurate measurements of energy expenditure are essential for reliable research to present to policy makers," says Stewart Frost, who is conducting a study with 100 Corvallis schoolchildren using an accelerometer that records motion and predicts energy output. "This tool will help us measure whether programs and policies are successful in increasing energy expenditure in kids."



programs based on new obesity research, but 32 percent of children in Oregon are cared for in family child care homes, a sector that hasn't been looked at closely," says Stewart, who is currently evaluating their needs in a new study. "Providers tell us they know about the risks of obesity but can't afford the play equipment or high-priced fruits and vegetables, and they simply can't 'do it all' — that's understandable." Stewart says there are existing paraprofessional networks in communities that can partner with providers to learn about healthy alternatives for meals and no-cost activities for children. "Kids have a natural inkling to be physically active. They learn through moving, so having them sit and do nothing is counterproductive to how they want to learn and explore," explains Stewart. "And, they don't need a \$150 inflated castle in the back yard...an obstacle course with lawn furniture or a fort fashioned from a blanket thrown over a card table can encourage imagination and physical activity."

## Maintain Through Life

Early in his career, Stewart became frustrated watching well-intentioned adults start an exercise regimen, then drop out. He found that many people don't exercise because they lack self-efficacy, the confidence to make plans and exercise. "They think they will look silly or don't have the skills. Then they lose confidence because they either fail to set goals or set unrealistic goals." Stewart suggests creating a "road map" with short-term goals, finding an exercise partner, and building variety in your routine.



You can find Stewart's Active Education research brief at [www.activelivingresearch.org/files/Active\\_Ed.pdf](http://www.activelivingresearch.org/files/Active_Ed.pdf).

See the August 2008 report on Adult Obesity in the U.S. at <http://www.rwjf.org/newsroom/product.jsp?id=33833>.



# Understanding Two



"My goal is to provide support and mentoring to Latino and African American men and women so they can get the experience and education that will allow them to direct research that will make a difference for their communities and for our country," says Marie Harvey, second from left, pictured with Teela Davis, Nicolas Rueda, and Graig Gilkeson, recruiters/interviewers for the Project on Partner Dynamics.

**"It is my wish that all women and men will have the right, resources, and ability to chose whether or not to have children; to remain free of diseases associated with sexuality; and to understand and enjoy their own sexuality."** Marie Harvey has lived these

values in her distinguished career as researcher, teacher, and mentor. She is a voice for women, for couples, for the underprivileged and those at risk.

Her dedication to the field of reproductive health was recognized by the American Public Health Association, which recently awarded her the prestigious Carl S. Schultz Award for Lifetime Achievement, placing her among a worldwide honor roll of experts. Proud and humbled,

Marie defers the accolade. "I am surrounded by creative researchers and students who are young, smart, brave, who are pushing the envelope, thinking outside the box, sharing their ideas, and finding solutions. I'm not sure who mentors whom."

Throughout her career, she has focused on the reproductive health of women. She began her work on the frontlines as a social worker and family planning counselor. Observing and treating the consequences of unwanted children, she was inspired to return to school in the field of public health and undertake research with the goal of contributing to the prevention of unintended pregnancies. With the HIV/AIDS epidemic in the 1990s and the emerging female face of the epidemic, Marie's work evolved to focus on both pregnancy and disease prevention, and she began groundbreaking research focused on understanding the influence of relationship dynamics on couples' protective behaviors.



*"It was a blessing to be so clear about what I wanted to do with my life."*

— Marie Harvey

Today, Marie is chair of the college's Department of Public Health and an active researcher leading three projects. The **Project on Partner Dynamics** is a five-year longitudinal study funded by the National Institutes of Health to discover the impact of relationship factors (such as communication, commitment, relationship power, and decision making) on risky sexual behaviors in young women, men, and couples. "It takes *two* to tango, *two* to prevent the transmission of STIs [sexually transmitted infections], and only couple studies can fully address issues involved in understanding the relative influence of each member of a sexual dyad," says Marie, who shares an old Sufi saying that captures this concept:

*You think you understand Two  
Because you understand One and One...  
But you must also understand And*

More than 500 men and women in the Los Angeles area are being interviewed four times over a one-year period. The study includes Latinos, whites, and African Americans at increased risk for HIV. Marie is dedicated to ensuring that the field staff for this project represent the diversity of the community being studied. "We have individuals from the community recruiting participants and conducting the interviews. As a researcher, I know that this helps insure the integrity and reliability of the information collected."

Marie's research team, including co-investigator Ann Zukoski, is currently implementing two research studies in rural Oregon. The CDC-funded study, Proyecto de Salud

Antonio Torres is field coordinator for the Proyecto de Salud para Latinos.



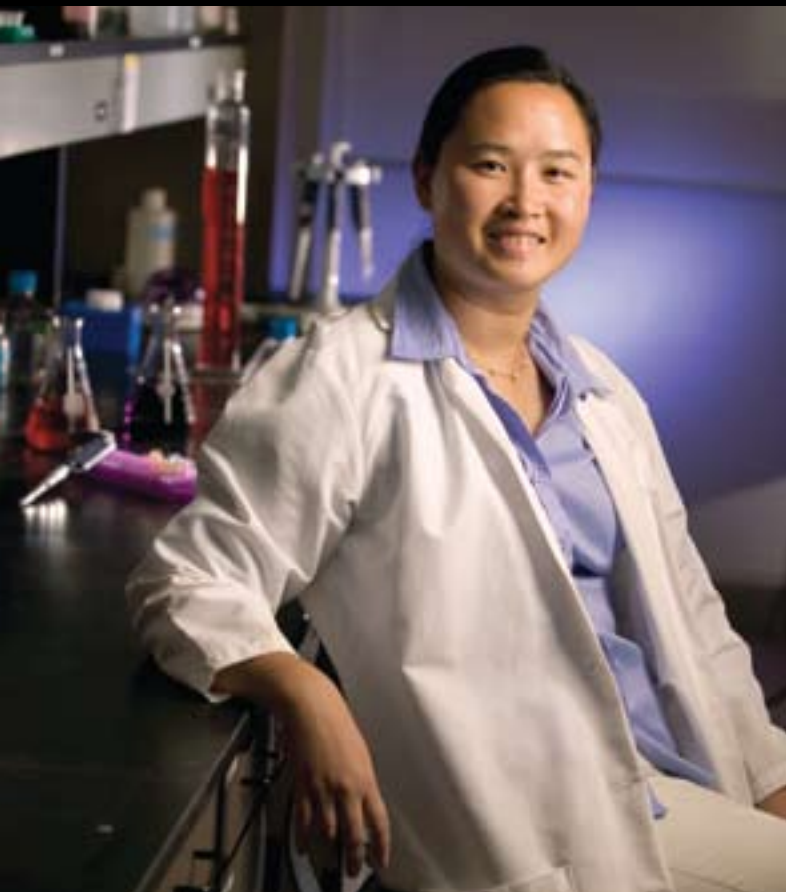
**PROYECTO DE SALUD  
PARA LATINOS**  
LATINO HEALTH PROJECT

para Latinos, the **Latino Health Project**, is exploring how issues such as racism, poverty, health literacy, and culture impact Latinos' access to and use of reproductive health services in rural Oregon. "Most research and prevention has focused on urban Latinos, but with the dramatic growth of Latinos in rural Oregon, we simply must understand the social and contextual issues that increase the health disparities for this population," she says. Findings will be used to create programs, improve services, and develop health policies and systems to address the reproductive health of Latina women who experience twice the rate of unintended pregnancies as non-Latina white women.

Marie's third project is focused on Latino men who are living in rural Oregon. "Oregon is a 'new settlement area,'" explains Marie, "and rural areas are experiencing rapid and unprecedented growth in the number of new Latino immigrants." These newcomers are mainly men coming from rural Mexico and arriving alone, without female partners or family members. They are settling into rural communities unaccustomed to diverse populations and face unique challenges, such as discrimination, difficulty accessing health services, and social isolation. "Our research team includes Latino men doing one-on-one interviews so we can better understand who is engaging in risky behaviors and what the barriers are to services. Our ultimate goal is to take our findings back to communities and develop culturally specific programs, services, and interventions designed to prevent STIs, including HIV, and unintended pregnancy among Latinos in rural Oregon.



For more information about Marie Harvey and her research, please visit [www.hhs.oregonstate.edu/ph/research-in-public-health](http://www.hhs.oregonstate.edu/ph/research-in-public-health).



## What we eat. What we know.

*“Get outside, be active,  
eat a variety of things —  
fruits, vegetables, grains.  
Isn’t it interesting that we  
spend billions on cancer and  
cardiovascular research,  
and it still keeps coming back  
to those basics?”*

**Y**ou may have already met Emily Ho...at a college seminar, an OSU alumni event, Classes Without Quizzes, or maybe even the local senior center. “I try to say ‘yes’ when I’m invited to talk about nutrition and the impact it has on our overall health,” says Emily, associate professor of nutrition and a member of the Linus Pauling Institute at OSU. “Most people are getting their information from newspapers, magazines, and the Internet. A lot of it is conflicting; some is simply not accurate.” Emily believes part of her role as a researcher is to disseminate the results of high-quality research in a timely way. “People are realizing the huge impact of diet on health, so solid information about nutrition is essential.”

Emily grew up in Toronto, 10 minutes from her grandparents, and talks fondly about sharing a papaya with her grandmother, Heung Ying, nearly every morning. “She would tell me to get outside, be active, eat a variety of things — fruits, vegetables, grains. Isn’t it interesting,” she ponders, “that we spend billions on cancer and cardiovascular research, and it still keeps coming back to those basics?”

Emily’s research focuses on the relationship between cancer and diet and the role of micronutrients in the disease, particularly in the development of prostate cancer. “Not all cancers have a strong dietary component,” says

Emily, “but prostate, breast, and colon cancers seem to respond to diet.” She’s discovered an important link between prostate cancer and zinc, a mineral that every cell in our body requires but one that 50 percent of men over 65 not get enough of. “The prostate contains the highest concentration of zinc of all the soft tissues in the body, and as prostate cancer develops, zinc levels decrease. And if zinc is taken away from a cell, it can cause shifts that damage the DNA, which can lead to cancer.”

**For most men, taking a  
multivitamin with 10 or 15  
milligrams of zinc a day should do.**

Men should get at least 11 mg of zinc in their diet — not too much or too little. Since there’s not a good biomarker for zinc deficiency, Emily suggests eating protein-rich foods like oysters, seafood, lean beef, and chicken. Vegetarians can be at risk for zinc deficiency so should take a multimineral supplement.

Emily still follows her grandmother’s advice. She eats a balanced Asian-inspired diet, practices and teaches kickboxing, and regularly lifts 28 pounds...her son Ryan.



**Questions? Contact Emily at [emily.ho@oregonstate.edu](mailto:emily.ho@oregonstate.edu).**





## Ready or not

An innovative predictor of school readiness shows that self-regulation tools are valuable forecasters of life success.

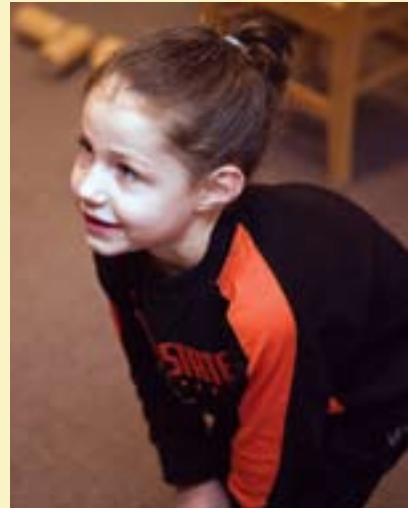
Parents today want to be sure their preschoolers are ready for school, so they're teaching them numbers, colors, and even how to read. Megan McClelland suggests they put away the flash cards and focus on helping their kids navigate everyday life — learning how to cooperate, share, take turns, and control their behavior. "These self-regulation skills are good predictors of later success in a variety of academic subjects," says Megan, associate professor in human development and family sciences. "Results of our research here at OSU and in Taiwan, China, and South Korea are showing similar outcomes. When we teach and reinforce self-regulation first, academic achievement follows." Thus, by using *both* academic and self-regulation measures, parents and teachers can give children the best chance of academic *and* life success.

So how do you measure self-regulation? Well, remember the head-shoulders-knees-and-toes game you played when you were little? It turns out that a similar exercise of repetition, order, and memory is an accurate predictor of school readiness in young

Many children under five simply are not ready for school because they lack self-regulation skills. In fact, in the U.S., more kids are expelled from preschools than are expelled from K-12 each year.

children, more so than the traditional count to ten, tie your shoes, and vocabulary tests. "The Head-to-Toes Task takes five minutes, it's ecologically valid, and kids enjoy it," says Megan. "We measure their ability to pay attention, remember rules, and follow directions — it requires self-control. If children show a lack of self-regulation in the game, we can create interventions and incorporate practices into curricula that emphasize these skills. And we can work with parents to reinforce the lessons at home to help their child navigate the world." Her research on the Head-to-Toes Task appeared in the *Early Childhood Research Quarterly* earlier this year.

Megan, who has been studying this field for ten years, explains that the test can predict improvements in reading, math, and vocabulary up to middle school. Preliminary data show self-regulation measures can even predict college completion. Megan and her doctoral student Shannon Wanless (see *Snapshot* page 32) recently presented "Touching your toes in four cultures" at the International Society for the Study of Behavioural Development conference in Germany. Their goal is to standardize the test for use in the U.S. and translate it for South Korea, Taiwan, and China. "The Head-to-Toes Task is a contextual, valid, reliable predictor that works across cultures and socioeconomic groups, and we're eager to get it into preschools so children can get the right start at the right time."



**Megan McClelland administers the Head-to-Toes Task to Avi Hadlock at OSU's Child Development Center.**



**Teachers, parents and practitioners are welcome to contact Megan McClelland at [megan.mcclelland@oregonstate.edu](mailto:megan.mcclelland@oregonstate.edu).**

# Childhood Food Insecurity:

## Health Impacts, Screening, and Intervention

Free online course empowers the medical community to address food security

Hunger and food insecurity affect one in five Oregon children. And for Anne Hoisington, that's one too many. "Families that are food insecure may have *enough* food, but not the *right* food that provides the proper balance of nutrients," she says. A nutrition education specialist with OSU Extension Family and Community Development in the Portland metro area, Anne understands the consequences of poor nutrition — frequent illness, developmental and academic problems, underweight or, paradoxically, overweight. "There are many community resources, but not everyone knows about them," she says. "We realized that the medical community could have an impact if they included food security in regular patient screenings."

As a member of Oregon's Childhood Hunger Initiative, Anne led the design of a survey given earlier this year that gleaned responses from 200 doctors and nurses who said they wanted to learn more. "The survey was an eye opener — pediatric practitioners are concerned about their patients, but many are not sure about how to ask questions, discuss the issue, and provide interventions and referrals. Most said they would welcome a standardized screening questionnaire to identify risk for household food insecurity," Anne explains. "And they were receptive to the concept of an online course, particularly if continuing medical education credits were offered."

The group partnered with OSU's Ecampus to design an online course. "We had representatives from the Childhood Hunger Initiative, Oregon Food Bank, Oregon Hunger Relief Task Force, Providence Health System, Oregon Department of Human Services, and Oregon Health & Science University — experts in all aspects of the course, and the energy and commitment was phenomenal," says Anne, who hopes the course will be a national model. Anyone can take the free course at [ecampus.oregonstate.edu/hunger](http://ecampus.oregonstate.edu/hunger), which takes about an hour to complete.

Anne encourages Oregon health practitioners to take the course, then take steps toward proactive interventions. "When they do, we'll be here to help," she says. "We're invested in education and outreach to help our state's children. They have enough challenges today; hunger shouldn't be one of them."



**Questions? Contact Anne at**  
[anne.hoisington@oregonstate.edu](mailto:anne.hoisington@oregonstate.edu).

"Our ultimate goal is to develop a standardized tool to screen patients for food insecurity and to provide interventions," says OHSU's Dr. Dana Hargunani (left), a member of the Childhood Hunger Initiative Leadership Team. "Once health practitioners understand the incidence and consequences of food insecurity, we're more likely to test for things like anemia and micronutrient deficiencies and look for the mental health and behavioral consequences of poor nutrition."



Josh Sanz, OHSU Communications



# One Public. One Health. One Oregon.

## Creating a world-class public health system in Oregon

**T**om Eversole joined the faculty of the College of Health and Human Sciences in July to facilitate a feasibility study that could lead to the creation of a collaborative college of public health and help build a robust public health system. With a background in public health, veterinary medicine, and mental health, he has been a teacher, practitioner, and administrator. Tom recently shared his thoughts on the complex process of bringing a wide variety of Oregon stakeholders together toward this shared goal.

*Synergies:* What is the foundation for building a college of public health?

*Eversole:* For over fifteen years Oregon Health & Science University (OHSU), Portland State University (PSU), and OSU have co-sponsored a coordinated Master of Public Health degree program. OSU also awards a PhD in public health. OSU's College of Health and Human Sciences brings a college-wide, holistic approach to public health, considering exercise, nutrition, development of children and families, gerontology, and our built environment. OSU Extension offices have decades of experience successfully translating research into practice to keep Oregonians healthy. Accredited college status would increase access to national resources previously unavailable to Oregon. Among the partners, OSU is prepared to provide leadership, coordinating efforts to develop the College of Public Health and Human Sciences. This undertaking supports the health thematic area of OSU's strategic plan.

*Synergies:* Why is *now* the time for an accredited college of public health in Oregon?

*Eversole:* Public health today requires greater capacity in public health policy development, program evaluation, and research. Additionally, Oregon lacks a strong public health system to monitor, prevent, and manage disease; we will be better able to build one with a college of public health. We need an academically trained workforce to address emerging public health risks, including adequate food and water, communicable diseases, and the obesity epidemic among children leading to chronic preventable illnesses. Community disease prevention programs produce a 5:1 return on investment through reduced medical costs, but they require trained personnel to implement them. It is estimated that schools and colleges of public health nationwide need to produce three times the number of graduates per year over the next 12 years to meet current and emerging public health needs.

*Synergies:* Who is involved in this process of creating an accredited college of public health?

*Eversole:* We're engaging a variety of stakeholders — leaders and educators from Oregon universities, state and county health departments, community-based organizations, medical providers, professional associations, and consumers. Oregonians have a reputation for innovation, grass roots involvement, and for taking innovative, progressive approaches to challenges. I'm confident that this energy and commitment will strengthen our journey together.



**Join the conversation about a college of public health for Oregon.**  
Contact Tom Eversole at [tom.eversole@oregonstate.edu](mailto:tom.eversole@oregonstate.edu).





**We have an obligation to apply what we've learned, to make the world a better place, to share our caring and compassion.** — Paul Maguire '86 PhD

Paul Maguire '86 PhD worked with Dr. John Dunn to establish the first motor fitness clinic for young people with disabilities at OSU in the early 1980s. Having kept in touch with a number of graduates, admiring and encouraging their work, Paul wrote and suggested we feature some from across the country who are continuing the legacy of meeting the needs of people with disabilities. Paul's career has included work in Alaska teaching students with disabilities in 15 remote villages and initiating a statewide wellness conference for parents and teachers of youth with unique health needs; training teachers in New Hampshire about inclusion; and developing clinics at Northern Illinois University and Adelphi University, as well as co-coordinating SUNY-Cortland clinics.

**You can contact Paul at [yuuyaraq@yahoo.com](mailto:yuuyaraq@yahoo.com).**

As doctoral students in OSU's nationally respected Movement Studies in Disability program, these alumni had first-hand experience with the clinic now known as IMPACT: Individualized Movement and Physical Activity for Children Today. "We're proud that they're spreading their expertise and commitment to young people with disabilities across the country," says Jeff McCubbin, Distinguished Professor of Exercise Science.

→ **Learn more about IMPACT at**  
**[www.hhs.oregonstate.edu/IMPACT](http://www.hhs.oregonstate.edu/IMPACT).**

# Paying it Forward

*OSU graduates  
continue the  
legacy of caring*

## Manny Felix '94 PhD

Director, Center for Disability Health and Adapted Physical Activity  
Coordinator, Undergraduate Adapted Physical Education  
Department of Exercise and Sport Science  
University of Wisconsin – La Crosse

The center offers eight different physical activity, fitness, and wellness programs to improve the health of individuals of all ages with a variety of disabilities. Through center programs, adapted physical education minor students apply content learned in class to real-life settings to prepare them for work in this field. Manny coordinates many of the center's programs with the local YMCA, La Crosse Parks and Recreation, and Boy's and Girl's Clubs to assist community agencies in providing inclusive physical activity programs for youth with disabilities throughout the La Crosse community.

**You can contact Manny at [felix.emma@uwlax.edu](mailto:felix.emma@uwlax.edu).**



**Manny Felix (front) with some of his program coordinators.**



### Cathy Houston-Wilson '94 PhD

Associate Chair, Department of Physical Education and Sport  
The College at Brockport – State University of New York

The 30 students in Cathy's Adapted Physical Education class meet each Friday morning for "Swim and Gym," a motor program for Brockport-area children with disabilities. Students are paired with a child for the two-hour five-part lesson that includes circle time, warm-up, fitness, skill-building, and group activities. Cathy and fellow faculty member and OSU Beaver Lauren Lieberman have co-authored a number of articles and a handbook on perceived barriers to including students with visual impairments in physical education and strategies for inclusion.



You can contact Cathy at [chouston@brockport.edu](mailto:chouston@brockport.edu).

### Lauren Lieberman '96 PhD

Director, Camp Abilities  
Department of Physical Education and Sport  
The College at Brockport – State University of New York

Lauren says her experience working with OSU's IMPACT program gave her the planning, instruction, and practicum development skills to start Camp Abilities in 1996. It's a one-week developmental sports camp at The College at Brockport-SUNY, for children ages 9 to 19 who are visually impaired, blind, or deafblind. The program is now in eight states — 1,100 children have attended camp, and more than 800 teachers have been trained in recreation work with children with sensory impairments. A sign language specialist, Lauren has co-authored several books and is currently developing products and curricula on the physical activity needs of children with sensory impairments.

For more information, visit [www.campabilities.org](http://www.campabilities.org) or contact [lieberm@brockport.edu](mailto:lieberm@brockport.edu).



Lauren Lieberman



Rebecca Lytle

### Rebecca Lytle '99 PhD

Associate Professor, Adapted Physical Education Program  
Department of Kinesiology  
California State University – Chico

Rebecca, or "Reb," says her OSU training has helped her start several service programs for individuals with disabilities in her position as associate professor at CSU-Chico. She currently coordinates four programs: the Autism Clinic Sensory and Motor Program, in which students work with families; *KIDS:PLAY*, which provides physical activity for participants, service learning for students, and respite and education for families; *BE:WEL* for faculty, staff, students, and community members with disabilities; and Adapted Sports Day for children who are deaf, blind, or have orthopedic disabilities, an activity that's hosted with the Northern California APE Consortium.

You can contact Rebecca at [RLytte@csuchico.edu](mailto:RLytte@csuchico.edu).

# *Your own speed, your own body, your own sense of self.* **learn – dream – live – run**

**R**emember, you're going to go at *your* pace. This is *your* run," announced Amy Lee as 75 girls and their "sole mates" eagerly cued up at the start line of the 5K walk/run. Sixth grader Sabrina Simpson was among them, with her volunteer running buddy Shirley Shaw. "She's a really good runner, but she went at my pace and encouraged me," recalls Sabrina. "She kept saying 'You can do it! You *can* do it!' and I did!" Shirley says, "It's fun to pass on my love of running to Sabrina. It's great to see that much energy, enthusiasm, and dedication starting early with the girls."

The event was the culmination of the 10-week Girls on the Run, a twice a week after-school program for third through eighth grade girls that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. "It's designed to empower them with greater self-awareness, a sense of achievement, and the foundation to become strong, contented, and self-confident young women who can make healthy choices about their behaviors," explains Amy '06, assistant director of the program. Girls on the Run is a new addition to the college's well-known KidSpirit program. Each practice has a different lesson — healthy body image, self-esteem, nutrition, teamwork, community service, being thankful.

"I learned how to be a good friend and how to make choices like not drinking or smoking," says Sabrina. "It was really fun getting to know girls from different schools...we became friends." An added benefit for Sabrina was the physical training that improved her stamina on the soccer field. She is one of 105 local third to eighth graders who have participated in Girls on the Run since it began in March.

Here I am with my "sole mate" Shirley, who was my running buddy for the 5K Hat-titude Race.  
— Sabrina (right)



Now I know that what really matters is on the inside, not the outside



Erica and Arielle



Lillian



Hailey

*Girls on the Run has received generous support from the OSU Women's Giving Circle.*

Girls on the Run International was designed by Molly Barker, a mother of two who coined the phrase "Girl Box" — that space where even confident girls start thinking they don't measure up and begin to value their outward appearance more than their character. This often causes low self-esteem and a distorted body image that can lead to eating disorders, substance abuse, and teen pregnancy. Girls in the program use this expression to remind their friends to "Get out of the Girl Box!"



To learn more about Girls on the Run Willamette Valley, visit [kidspirit.oregonstate.edu/GOTR](http://kidspirit.oregonstate.edu/GOTR).

To learn more about the Girls on the Run International, visit [www.girlsontherun.org](http://www.girlsontherun.org).





# LIVE!



**W**hat excites me most about living among students is helping them realize that faculty members are human," says Kathy Greaves. "If I'm approachable, it breaks down the stereotype of 'I can't talk to my professor.' And when they do make connections with faculty, their chances of academic success improve greatly." A senior instructor in human development and family sciences, Kathy is faculty-in-residence for LINC Live, the college's new residence hall program aimed at helping first-year students make a smooth transition to college life and create a foundation for future success.

"It's great to live with other students in my major, knowing that we'll be growing closer and learning together over the next few years," says Shannon McCoy, a new student.

"First-year students are hesitant to approach a professor, but we make it easy: we bring the faculty here," says Kathy. "Here" is Hawley-Buxton Hall with about 400 students, 105 of them from the College of Health and Human Sciences. Students turned out enthusiastically for fall sessions with faculty members speaking on the Freshman 15, Design on

Every Tuesday evening you'll find students gathering for Cookies and Conversation in Kathy Greaves's apartment in Hawley-Buxton. Amber Rodrigues (center), a first-year student from Hawai'i, visits with Kathy (right) and public health grad student Kathleen Bonner (left), who dropped by to support the new students. "There's nothing like freshly baked cookies to bring students together," says Kathy, who adds that some of her visitors are really there to pet her dog Karma, yet another touch of "home."

a Dime for Your Dorm Room, and Keeping Yourself Safe: Smoking, drugs, and other risky behaviors. Kathy recently led a standing-room-only session in the Buxton Lounge on love, sex, and healthy relationships. "When they learn this stuff now, they improve their chances for better relationships throughout life," says Kathy. She's one of OSU's most popular teachers — her Dr. Sex column in the *Barometer* is widely read, and her course in human sexuality is always full. "Teaching this subject, it's good to be young and hip, but since I am neither, it helps to be hanging out with 18-year-olds who are," chuckles the 46-year-old.

"Our goal is to create a home away from home," says Doug Wilcox, resident director of Hawley-Buxton who lives there with his wife, Meg Henning, a doctoral student in public health, and their infant son, Reed. "We're transforming the dorm from a place to sleep to a home and community where students have a safe environment to learn and grow. We're integrating what the students learn in their classes with our home environment. We're preparing them to succeed in the world."

Academic and peer advisors for the college hold sessions in the residence hall as part of LINC Live. HHS ambassador Alison Horne, left, junior, assists first-year interior design major Kelsi Barrett.



The college's Learning in Communities program includes LINC Learn, LINC Live, and LINC Lead. For more information, visit [www.hhs.oregonstate.edu/students/learning-communities-linc](http://www.hhs.oregonstate.edu/students/learning-communities-linc).

## Couple pledges gift to support healthy aging research

One sunny football Saturday in 1961, Jim Youde discovered Judith Atwood studying at the OSU library. “What are you doing here? You should be at the game!” he said.

“Of course, I agreed — and the rest, you could say, is history,” Judith Atwood Youde recalled.

They didn’t go to the game that day, but Jim took the opportunity to ask Judith on a date, and the pair married shortly after graduating in 1962. The Youdes have always had a special fondness for OSU and the education that helped them in their careers.

This year, the Youdes pledged \$1.4 million to OSU, creating an estate plan and a charitable remainder trust to benefit several areas of the university. Even though they graduated from different colleges — Judith with a degree in business education and Jim in agricultural economics — the couple made sure to designate approximately \$100,000 of their gift to benefit healthy aging research at the College of Health and Human Sciences.

“We are fortunate to be in a position to give back, and healthy aging is something that interests us greatly,” said Judith.

Through a charitable remainder trust, donors such as the Youdes can contribute appreciated assets free of any

capital gains tax liability to create the trust. The trust then provides them with an income stream for their lifetimes or period of years. At the end of the trust, the remaining principal becomes a gift for the college.

The Youdes donated a rental property, which they had owned for many years, to create their charitable remainder trust with the OSU Foundation. The property had appreciated so much in value that it outpaced the rent they were receiving. By donating it, they actually increased their income, Jim noted.

“In our case, we saw immediate tax benefits, a lifetime income stream, and it will ultimately help OSU,” said Jim, an agricultural economics graduate. “It’s a win-win situation for donors and the university.”

After graduating, the Youdes both undertook education careers: Judith as a high school business education teacher and Jim as an agricultural economics professor — he even taught for a time at OSU. In 1977, the couple founded Northwest Economic Associates, Inc., a natural resource and economic consulting firm in Vancouver, Wash. Jim served as president for 20 years, and Judith managed the company’s finances for 18 years as secretary/treasurer and as CFO.

Now retired, the Youdes continue to be very active with their alma mater. They have served on the Alumni Association Board and on the OSU Foundation Board of Trustees — and, of course, they have since gone to many football games together.

—Sara Zaske, OSU Foundation



Karl Maasdam

### Planned gifts hold benefits for donors and for OSU

The OSU Foundation offers many types of life income agreements, including charitable gift annuities and remainder trusts, which can allow you to see tax benefits and generate an income stream while providing a gift for the college in the future.



For more information, contact Marie Jennings at [marie.jennings@oregonstate.edu](mailto:marie.jennings@oregonstate.edu) or 541-737-9374.



## New scholarship honors a grandfather's generosity

A 1940 graduate in home economics, Margaret Wolcott Double pursued her studies in anticipation of being a good wife and mother. She says that her education in early childhood development was so meaningful that she wants the younger generation to benefit from such an education, so she has established the Margaret Wolcott Double Endowed Scholarship in the College of Health and Human Sciences. The inaugural scholarship will be awarded during the college's Celebration of Excellence on May 3, 2009.

It was her grandfather's generosity that provided money after his death for Margaret to attend Oregon State College. She felt it was a luxury to be able to study and live at Kappa Delta sorority without worrying about expenses. "I remember that tuition was \$33 per quarter," says Margaret. "And I especially recall the practice house where home ec students performed housekeeping tasks, including caring for a baby, for six weeks."

Her jobs after college included inspector of clothing in the mail order department of Montgomery Ward and ironing wedding dresses at Bedells in Portland. Her pay was \$12 a week! Margaret and Charles Russell Double married in 1942. He worked for Bonneville Power Administration, and the newspaper announced "Margaret Wolcott Marries Dam Engineer." "My husband called me a 'home executive' and didn't want me to work," she wrote in a note. Margaret also set up a scholarship in his honor at the University of Colorado at Boulder, his alma mater.

When their daughter, Lois, was young, Margaret was involved in Blue Birds and Camp Fire Girls. True to her home economics background, she was an accomplished seamstress and quilter, did needlepoint, and canned. She made dresses for Korean orphans and countless lap robes for friends and those in need. She and husband, Russ, always loved camping, Lawrence Welk, gardening, and traveling. He passed away in 1979, and Margaret continued to travel with groups — to New Zealand, China, the Arctic Circle, Europe, Canada, and Alaska. "I write up all I can remember and type it out — I have over 600 typewritten pages of my memories!"

She still travels in the West with daughter Lois Double Nobles, who graduated from OSU in 1969 with a math degree. Margaret moved to Medford in 2005 to be near Lois and her only granddaughter. Margaret is known by neighbors and friends as the lady who shares great homemade chocolate cupcakes. Each day she feeds the birds and often spends time corresponding with friends, school pals, overseas acquaintances, and relatives. She and Lois, known as the "Mom and Daughter Team" at the gym, occasionally volunteer around town. Her ever-blooming garden is a source of enjoyment. Her husband is probably smiling.



## A legacy of philanthropy

A third-generation Oregonian, Dorothy Scholl Ross '36 was raised in Hubbard knowing the value of an education, the importance of hard work, and the significance of giving back to those who helped her along the way. Among the individuals and organizations named in her will, Dorothy remembered OSU, and upon her passing in 2007, a gift of \$70,000 came to the College of Health and Human Sciences to honor her home economics education.

"Remembering your college in your estate plan is a simple gesture, yet one that can have far-reaching impact for students, faculty, and research at OSU," says Dan Peterson, assistant vice president for gift planning with the OSU Foundation. "Often the most tax-efficient way to make an estate gift is by naming your college as a beneficiary of a life insurance plan or your retirement or IRA assets." To make arrangements to honor your OSU experience in your will, talk with your attorney or contact Dan Peterson at 503-553-3414 or [dan.peterson@oregonstate.edu](mailto:dan.peterson@oregonstate.edu) or Marie Jennings at 541-737-9374 or [marie.jennings@oregonstate.edu](mailto:marie.jennings@oregonstate.edu).

**Dorothy retired from the University of Idaho Extension Service in 1979 as Professor Emerita and was inducted into the 4-H Hall of Fame in 2003.**



## *Celebrating a Father's Generous Spirit*

**"T**his gift honors my father and the sacrifices he made to send his four daughters to college," says Susan Parker '74 of the Harold W. Parker Scholarship that she and her husband, Brian Farrow, recently established for students in design and human environment. "Mom and Dad had all four of us by the time they were 23. Neither one of them had gone to college, but they wanted to make sure we did, so Dad started squirreling money away at the credit union. He worked hard at his career with Blue Cross, eventually becoming a vice president. And his tenacity, mindfulness, and commitment to us paid off. All four of us graduated from college debt free." Susan said the scholarship is the perfect way to pay tribute to her father's love and generosity. Macy's, where Susan is vice president and store manager in Pleasanton, California, will match the gift. "I never would have been able to do what I've done today without his help. I am forever grateful to both my parents and value this opportunity



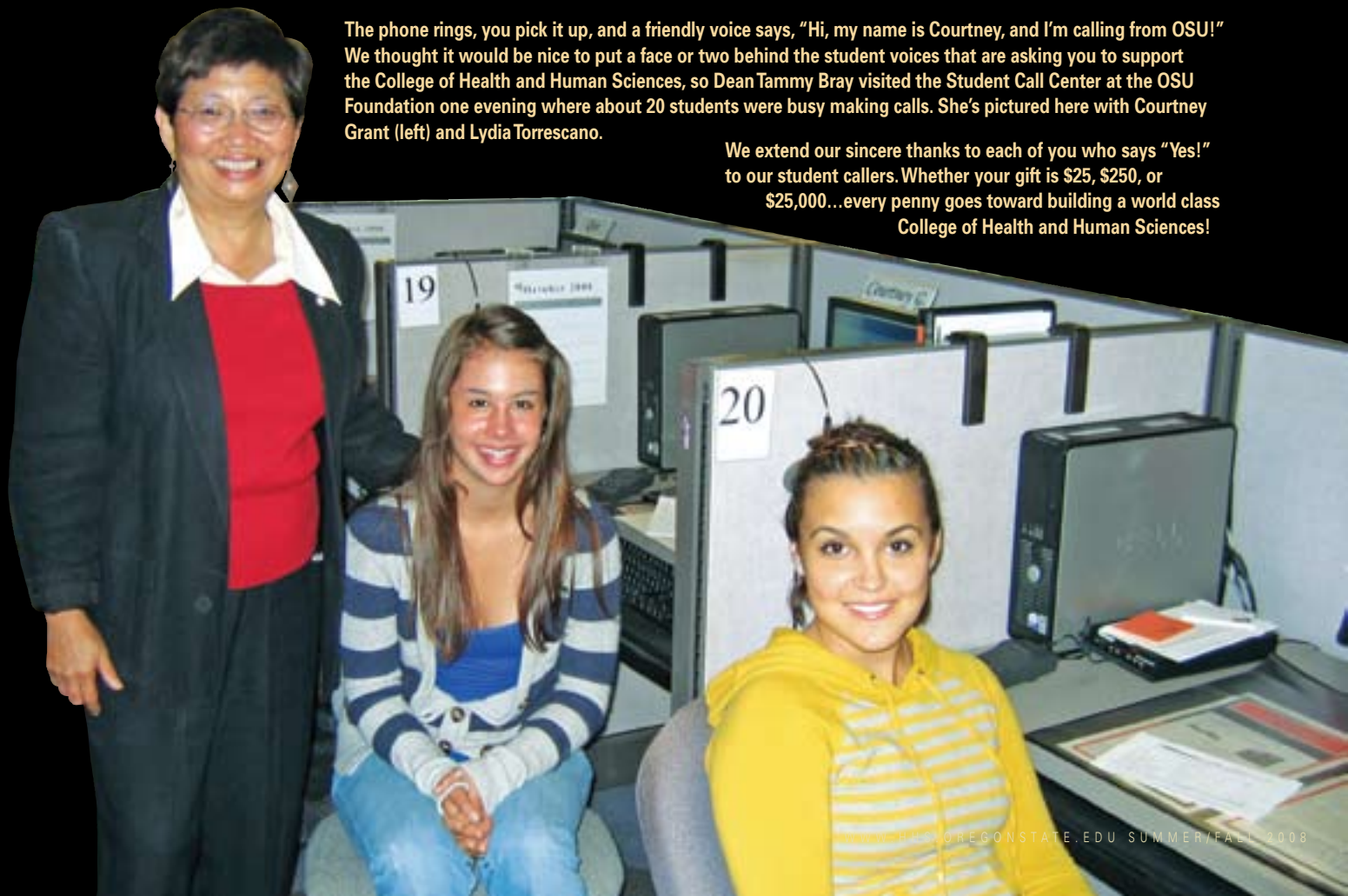
Harold Parker is enjoying retirement in Charboneau, Oregon, serving his community, delivering meals on wheels, and working at the library.

to show our children how the spirit of philanthropy can impact future generations."

The Harold W. Parker Scholarship will give students in design and human environment the same advantage that Susan enjoyed.

The phone rings, you pick it up, and a friendly voice says, "Hi, my name is Courtney, and I'm calling from OSU!" We thought it would be nice to put a face or two behind the student voices that are asking you to support the College of Health and Human Sciences, so Dean Tammy Bray visited the Student Call Center at the OSU Foundation one evening where about 20 students were busy making calls. She's pictured here with Courtney Grant (left) and Lydia Torrescano.

We extend our sincere thanks to each of you who says "Yes!" to our student callers. Whether your gift is \$25, \$250, or \$25,000...every penny goes toward building a world class College of Health and Human Sciences!





# alumni

News of College of Health and Human Sciences Alumni

## 1965

### Jean Wells Keenan: Quilting a life of teaching, traveling, designing

"It all started in 1975. We had been in Sisters, Oregon for a year, and I wanted a place where I could teach quilting and sell supplies," recalls Jean Wells Keenan. "I took \$3,500 from my teachers retirement account to rent space, and that year we put on the first Sisters Quilt Show featuring 12 local quilts." Today Jean, a 1965 graduate in home economics education, looks back on her successful career, a journey fueled by her love of teaching. "I love to create an environment that inspires creativity then watch people learn," she says. If you walk into the now legendary Stitchin' Post in Sisters, inspiration abounds. Quilts hang everywhere, row upon row of fabric lures you and knowledgeable sales people are there to advise you on your next project. "We're like a family," says Jean of her 12 full-time and 13 part-time employees and co-owner daughter Valori Wells Kennedy. "This is one big job that we share." Jean wrote her first book in 1978 on quilted clothing for kids and soon became a well-known author in the world of quilting. Now with 27 books to her name, she travels frequently to teach and lecture — throughout the U.S. and to countries including South Africa, New Zealand,



France, Taiwan and England. The Sisters Quilt Show has literally branded the town and in 2008 featured 1300 quilts from across the country and around the world. Jean has been named Citizen of the Year and the Stitchin' Post Business of the Year by the Sisters Chamber of Commerce. National accolades for the business include being named the first independent retailer inducted into the Craft Trends magazine independent retailer Hall of Fame and receiving the Michael Kyle award for Excellence in Quilting. Jean's husband John owns Bronco Billy's, originally the Sisters Hotel and their son Jason is in banking in Portland.

**Visit the Stitchin' Post in Sisters or at [stitchinpost.com](http://stitchinpost.com).**

## 2004

### John Roth: Finding his calling as a healer

"As an AFS exchange student in high school, my year in Panama opened my eyes to the Latin culture, Spanish language, and people that I grew to love." John made six trips to Nicaragua, Guatemala and throughout Central America and volunteered after Hurricane Mitch in 1999 as a Spanish interpreter. "I met doctors and physicians assistants from around the world who inspired me to pursue a career in medicine. I have always been passionate about helping people help themselves and I live by Gandhi's quote 'We must BE the change we wish to see in the world.'" says John who became passionate about public health and helping solve community health issues in epidemiology. "At OSU, I worked with Drs. Tricker, Rossignol, and Pedersen to learn the essential skills to develop a strategy for reducing mosquito-borne dengue fever in urban Nicaragua. This became my senior thesis that I implemented in Nicaragua to successfully reduce



the incidence of dengue fever in some areas." John earned his honors BS in public health, honors BA in international studies with a minor in Spanish. After graduating he worked for the Benton County Health Department as a bilingual medical interpreter. Earlier this year he completed his Master of Physician Assistant studies, a rigorous 26-month program at Oregon Health & Science University School of Medicine. He's eager to start his new job as a physician assistant in Ontario, Oregon. "The community has a large percentage of Hispanics where my Spanish will come in handy. I have always enjoyed working with kids and I plan to be very active helping the community address their health needs." For fun on the side, John is a mobile DJ and performs at parties, weddings and other events. "I've been dubbed 'DJ Don Juan' thanks to my Spanish adventures."

**You can reach John at [rothpa@hotmail.com](mailto:rothpa@hotmail.com).**

# alumni

## 1979

### Jan Roberts Dominguez: Sharing her creativity through food and watercolors

An award winning food writer, artist and consultant, Jan has written and illustrated a weekly food column Food for Thought for the Corvallis *Gazette-Times* since 1983 and a syndicated column Fresh Approach since 1985. Preserving, a seasonal column on preserving food, had a 20-year run in the *Oregonian* beginning in 1987. A master's graduate in food science and nutrition, Jan is the author-illustrator of four cookbooks, including *The Onion Book* (Doubleday, 1996). "Writing about food is such a competitive field," says Jan. "But thanks to my OSU background, I have the advantage of respect for research. It's my job to make sure the technical aspects of a given story are accurately reported, translated into lay terms, and communicated with the kind of passion I would bring to a simple feature on backpacking into the Three Sisters Wilderness. Luckily, everyone on campus is so accessible and generous in sharing their expertise. Dr. Margy Woodburn, for example, has always been there to help me address some of the more challenging elements of food preserving and food safety as they've cropped up over the years." Jan appears regularly on radio and television shows,



Art has always played an integral role in Jan's professional life. Her line drawings and watercolors accompany her writing, and her food and wilderness-related landscapes have found their way into collections throughout the country. She is the featured artist for *Transitions*, a book for breast cancer survivors.

judges cooking competitions, and once served as guest chef aboard the Royal Viking Cruise Line. She hosted the cooking segments on the nationally broadcast five-part PBS series Northwest Gardening and was a creative consultant for the PBS series Smart Gardening. Jan and her husband, Steve, own and operate Stoneyburn Gallery and Fine Framing in Corvallis.

Visit Jan's web/blog at [www.janrd.com](http://www.janrd.com).

## 2004

### Maria Kosma: Promoting physical activity for health and wellness

Maria has enjoyed a multicultural and interdisciplinary education and work experience. After finishing her baccalaureate degree in her native country of Greece and her Master's in the European degree program, (with long-term study in both Belgium and Finland), Maria completed her PhD in nutrition and exercise science, specializing in movement studies in disability and exercise psychology. Now an assistant professor in the Department of Kinesiology at Louisiana State University in Baton Rouge, she focuses her research on improving the health and quality of life for older adults and those with physical disabilities. Since 2002, she has published 11 peer-reviewed journal articles and delivered 32 national or international presentations.



In 2007, Maria received the Mabel Lee Award from the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) for her gift of engaging students in critical thinking and reflection, and her promise as an international leader in her field, and her scholarship that is theoretically based and methodologically sophisticated. She was acknowledged for her pioneering work in designing and testing web-based physical activity interventions that have application for those with physical disabilities and others. She recently presented as an invited speaker at the International Scientific Congress in Seoul, Korea. This year, she was awarded the Emerging Scholar Award on Health, Wellness, and Disability and obtained Fellow status in the Research Consortium of AAHPERD.

She recently presented as an invited speaker at the International Scientific Congress in Seoul, Korea. This year, she was awarded the Emerging Scholar Award on Health, Wellness, and Disability and obtained Fellow status in the Research Consortium of AAHPERD.

You can contact Maria at [mkosma@lsu.edu](mailto:mkosma@lsu.edu).



## 1968

### Pati Palmer: Sewing her way to success

"I could not be where I am today without my OSU education," says Pati, who earlier this year was inducted into the prestigious Sewing Hall of Fame by the American Sewing Guild. She has been teaching sewing for 39 years, designing patterns for the McCall Pattern Company since 1980 and has authored 10 sewing books, been editor/publisher of 20 more and 14 how-to DVDs. In 1985 she established the Palmer/Pletsch School of Sewing in Portland, where she now trains consumers and sewing educators. Palmer/Pletsch Sewing Vacations are held 10 times a year in Portland. "I was so lucky to discover the clothing, textiles, and related arts program at OSU and combine it with a minor in business," she says. "I learned the science of textiles, which I use nearly every day in some aspect of my business. I am much smarter about the designs I create because, as they say, 'I can be!'" I remember studying all the time but like my career, it wasn't work because it was creative and interesting." Pati is considered an icon in the sewing industry and has been dubbed "The Fit Expert." She has created over 100 designs for McCall's and credits her success to her good education first, job experiences second, and many years of hard work third. "I am a visionary person and fairly gutsy. My wheels are always turning with creative ideas. Plus, it helps that I'm very persistent." Pati has had her books and patterns featured in *Family Circle*, *Vogue*, *Australian Stitches*, and all of the major American sewing publications. She also runs Mammo Ro,



Pati and her daughter and business partner Melissa Watson were the subject of the cover story for *SQE (Sewing Quilting Embroidery) Professional* in August of this year. They were heralded as the first mother daughter team to be licensed with McCall's Pattern Co. at the same time.

a ceramics import business that distributes throughout the U.S. Her latest publishing project is *The Food Nanny Rescues Dinner: Easy Family Meals for Every Day of the Week*, which was edited by Ann Gosch '77 (see below).

See more at [www.palmerpletsch.com](http://www.palmerpletsch.com) or email Pati at [patipalmer@aol.com](mailto:patipalmer@aol.com).



## 1977

### Ann Hesse Gosch: Communicating more clearly in print

"It was another OSU clothing and textiles grad who inspired me to pursue my career path," writes Ann. "During the summer of 1969 while attending 4-H summer school at OSU, I signed up for a sewing class taught by Pati Palmer '68, and as she shared her expertise, I thought 'That's what I want to do when I grow

up.' The preparation I received at OSU and career advice I sought from Pati through the years enabled me to reach that goal — and set new ones. After working as a corporate educational manager for Bernina sewing machine company in the mid 80s, I started living the freelance life. My first gig?

Working for Pati! By this time, she owned a sewing book publishing house with a team of associates who led seminars nationwide. I traveled for Palmer/Pletsch for four years and pursued freelance writing for *Sew News* magazine, whose editor was fellow OSU grad Linda Turner Griepentrog '71. In 2001, I decided that editing was a better fit with my skills than writing, so now my business tag line is *I help you communicate more clearly in print*. I have edited a wide range of business books, still have sewing related clients, and thoroughly enjoyed working recently again with Pati on her most recent publication *The Food Nanny Rescues Dinner*. I was widowed in 1987, remarried in 1993 and am now in the Tacoma area where I enjoy volunteering in the community. I work out regularly, which I have to do since I love to cook! My husband Norm and I travel a lot and especially enjoy small ship cruising. I miss not sewing as much as I used to, but know that I will get back to it when I am working less. It's a skill that has brought me lifelong joy."

You can reach Ann at [ann@bygosch.com](mailto:ann@bygosch.com).



Alumni and faculty gathered for the Marquis Companies tailgate at the Washington State game included, from left: associate professor Stephanie Bernell, Amy Bucher '99, Marquis corporate recruiter Andrea Parks, public health department chair Marie Harvey, Mark Schulz '94, '98, Grant Evenhus '03, '04, Tiana Hook '08, Scott

Miller '89, Aubrey Peterson '08, Marey Hook '08, Jordan Costanzo '06, Dean Tammy Bray, Rachel Wadsworth '06, and Darin Yoshimoto '00. Marquis, a premier long-term care company with 19 facilities in four states, provides internships for OSU students and actively recruits graduates.



The OSU Extension Service's Optimal Aging Symposium in Medford earlier this year drew alumni from Southern Oregon including Ann '55 home economics education and Tam Moore '56 science, who visited with Tammy Bray. The Virginia Mooreman Moore scholarship in the College of Health and Human Sciences was established earlier this year as part of Tam's stepmother's estate.



Judy Allen '63 home economics hosted a dinner at the Town Club in Portland for a small group of alumni to hear an update on the college's Center for Healthy Aging Research (CHAR). Pictured from left: Dean Bray, Judy and Mike Allen '62 engineering, and Karen Hooker, CHAR Director.





## Homecoming weekend

Rain sprinkled on the 6th annual 5K Eat & Run during Homecoming weekend, but spirits weren't dampened as alumni, friends, students, faculty, baby carriages, dogs, and a few bikes joined in this traditional event.

# 100

Inspired by Our Past  
**Design and Human Environment**  
Designed for Our Future  
1908–2008

**Oregon State** UNIVERSITY College of Health and Human Sciences

During the yearlong Centennial Celebration of the Department of Design and Human Environment, alumni, students, and faculty gathered at the historic home of Pati Palmer '68 in Portland. The afternoon reception included a showcase of student designs and a tour of Pati's home studio. (See related story on page 21.)



DHE's Centennial included a celebration at Tiger Woods Hall at Nike Headquarters in Beaverton, Oregon, cohosted by Suzanne Peters '83 (Nike footwear product manager), Elliott Hill (Nike VP global retail), David Ayre (Nike VP global human resources), and Julia Brim-Edwards '84 (Nike director of state and public affairs). Department chair Leslie Burns showed the centennial video recounting the history and evolution of the department. Guests included, from left, Kitrina Kennedy '94, Joni Gunther '93, and Jill Kashiwagi '93.

## Alexis Walker transitions in a new role

Having been a birder for over a decade, Alexis Walker learned how to patiently wait, listen for, and site lazuli buntings, greater sage grouse, and long-billed curlews in Oregon's many bird sanctuaries. She uses the same keen combination of patience, listening, and observing in her new role as chair of the Department of Human Development and Family Sciences.



Alexis Walker says the world would be a better place if generations gathered to spend more time baking cookies. “My mother always made cookies — for holidays, for me to take to school and share — there was always an emotional tone around food,” she remembers fondly. “I have a very vivid memory of my grandmother, mother, and aunt baking cookies for a family wedding. It was a real marathon, and when we were through, it took half of our suitcases just to pack the cookies...but the cookies came first.” It’s no wonder that for Alexis, cookies symbolize the care, love, and time it takes to nurture a family.

Perhaps being part of a loving family that respects generations is what drew Alexis to her career studying adults in family relationships. “It’s fascinating to see how we transition as adults and form close relationships with our parents,” she explains. “As we change as individuals, our families change too.” Alexis holds the JoAnne Petersen Chair in Gerontology and Family Studies, and she edited the prestigious *Journal of Marriage and Family* for six years.

In her new role as chair of the Department of Human Development and Family Sciences, Alexis is using those same principles of acknowledging

and maximizing strengths to align the department’s signature research and teaching areas: transitions across the life course; risk and resilience across the lifespan; and developmental and family research methods. “Academic disciplines are a bit like people. They have a lifespan and experience transitions,” she observes. “It’s good to stop and reflect on what we’ve done, what’s working, and what needs tweaking.”

All HDFS students are required to complete an internship, and Alexis is excited about a new program with Extension that adds depth to their choices. “Extension Family and Community Development is all about making individual and family lives better. Putting interns in offices on campus and around the state will give our students great community-level and program-evaluation experience and show them how solid, evidence-based research is translated into practice.”

Alexis is also delighted to be back in the classroom as part of the college’s LINC Learn program, teaching a small, informal group of first-year students about navigating college life...and about bringing families and friends together by baking and sharing cookies.





## Mentor inspires doctoral students

A USDA National Graduate Fellowship Grant is giving two doctoral students in nutrition an exceptional opportunity to do “on the ground” prevention of obesity and chronic disease. Professor Melinda Manore (center) is mentoring Lynn Cialdella Kam (left) and Kari Pillola (right) on multidisciplinary training in nutrition and physical activity. Both students, who want to become registered dietitians, have master’s degrees in exercise science and will do training in nutrition and exercise to learn how the interaction of these factors affects weight and disease. Lynn’s focus is on the relationship between menstrual dysfunction, resulting from low energy intake and high levels of physical activity, and muscle health and function. Kari’s work focuses on prevention of diabetes and metabolic syndrome in overweight mid-life and older women. An outreach component of the grant will take Lynn and Kari to county offices to work with Extension faculty. “Melinda Manore’s research has helped bridge the gap between the fields of nutrition and exercise. She is truly a pioneer in this area and the reason I am at OSU,” says Kari. “My experience on this grant collaborating with other scientists and departments will give me a valuable foundation in the interplay of nutrition, exercise, and obesity.” With support from the grant, Lynn has had two articles published and another accepted by *Nutrition Today* and has gained experience delivering lectures in both undergraduate and graduate nutrition courses. Kari published an article on Gestation Diabetes Mellitus and presented at the Experimental Biology Conference.



## CONNECT Week

During OSU’s CONNECT Week before classes start in the fall, the college welcomes new students to have lunch with faculty, enjoy games, and get an introduction to their departments. This year, 516 new students joined the college.



## STUDENT ACCOMPLISHMENTS



## ▲ Lori Chen

On her way to earning her BS in HDFS with a minor in Mandarin Chinese, Lori fulfilled her internship requirement working for three months at Layla House, an orphanage in Ethiopia. She taught classes in math, science, music, family, health, computer, and physical activity; traveled the country helping orphanage workers rescue abandon babies; worked with children with disabilities; and shadowed social workers helping adoptive families and children through immigration. Lori worked one-on-one with adoptees to ease their transition to their new families.

## ▲ Ruben Guzman ►

Ruben is a cancer survivor, disabled veteran, and OSU graduate in nutrition and exercise sciences. His life experiences and "get on with life" attitude have prepared him well for his job as a Safe Return Personal Trainer and supervisor with OSU's Dixon Recreation Center, in which he helps create corrective and therapeutic exercise programs for clients with injuries or disabilities. One of his last assignments before graduating this summer resulted in publication of his paper "A parent's perspective: My kid isn't fat," in the fall issue of the *Journal of Physical Education, Recreation and Dance*.



## ▲ Karen Levy Keon

The Oregon Master of Public Health Program named Karen the 2008 Outstanding Student in Leadership for her commitment to equality in public health issues and her skills in outreach and team building to address challenges. Karen coordinated a coalition of 125 local residents to discuss Unnatural Causes (PBS series), addressing the social determinants of health inequalities and talking about solutions for our community. An active volunteer in the American Red Cross and La Leche League, Karen has a reputation for bringing students, health professionals, and academic leaders together.



## Katy Mullis ►

An award-winning student in merchandising management, Katy earned her master's degree, doing her thesis research on the retail industry in rural Oregon. She studied the "inshopping" and "outshopping" (leaving town) behaviors of consumers in Enterprise, Klamath Falls, and Tillamook. She examined community attachment, satisfaction with retailers, and retailer loyalty in hopes of finding clues to reduce "market leakage and improve economic vitality of rural communities." Interviews with local retailers in these communities also gave insight into challenges faced by retailers in rural Oregon Communities.



## ▲ Alison Newman

Sri Lanka's maternal health outcomes are the best in South Asia, and Alison wants to find out why. "I want to create a set of guidelines that other rural, resource-poor areas can use to improve maternal health," says Alison, an international health major in public health. She received a Fulbright Fellowship to study at the University of Peradeniya in Sri Lanka this academic year. Her research will focus on the political and social factors that influence maternal health.





### ◀ Devora Shamah

A PhD Candidate in human development and family sciences, Devora is examining how growing up in a rural place shapes the educational and occupational aspirations and sense of purpose of youth. She spent most of last year in Wallowa County interviewing and observing high school students to understand their development experience in this remote corner of Oregon. Her research is funded by Stanford University, the American Association of University Women, and OSU's Sustainable Rural Communities Initiative. Devora recently attended the European Society of the Study of Adolescence Summer Institute in Torino, Italy.



### ▲ Senna Towner

Senna spent her summer as an intern at Friends of the Children in Portland, a nonprofit that links long-term mentors with at-risk youth to prevent poverty and abuse. A doctoral student in public health, Senna reviewed curricula for prevention of substance abuse and early sexual behavior for possible implementation by FOTC. She also surveyed program graduates to ascertain their improvements in education and life skills.

### Faith Vawter ▶

Faith's advocacy for public health issues of mental health, substance abuse, and healthy youth earned her the 2008 Excellence in Service Award from the Oregon Master of Public Health Program. On campus, she worked with the OSU Women and Alcohol Campaign and the Students Promoting Eating Disorder Awareness program. She developed materials on cutting and self harm, fire prevention, and substance abuse prevention and disseminated them throughout campus. Faith is currently an independent contractor with the Addictions and Mental Health program in the Oregon Department of Human Services.



### Anais Tuepker ▶

A published author in forced migration studies, Anais was named the 2008 Outstanding Student in Research by the Oregon Master of Public Health Program, recognizing her work to improve health care and impact health policy for displaced populations, especially in Africa and low-income areas. Her research includes the development of a model for evaluating integrated health care systems



for refugees and hosting populations. She helped develop and teach a new public health course, Health Development for Displaced Populations. Anais is co-founder and director of Preciva, a company designing a low-cost, accessible alternative to the Pap test that will bring cervical cancer screening to low-income women around the world.

### ◀ Jamie Suter

For her work fostering international relationships on campus and around the world, Jamie was presented the Clara L. Simerville Award for International Education. A June graduate in HDFS and Education, Jamie was recognized as an exceptional mentor, recruiter, and guide for international students. She drove students around Oregon, helped them acclimate to the language and customs of our country, planned events, and was a writing tutor via email for students in Japan. She is currently teaching in Japan with Japanese Exchange and Teaching (JET). Here she is pictured with Miyuki Shimizu, who welcomed her to Japan.



# awards

## Celebrating excellence



### University Awards

#### Leslie Burns

Professor and Chair, Design and Human Environment

#### L.L. Stewart Faculty Scholars Program Award



An internationally-known scholar, Leslie is initiating a program to bring faculty from multiple disciplines together to study consumer behavior. Her research focuses on understanding product characteristics desired by consumers, factors that affect consumers' decision

making, and the design and production of products and services that meet consumers' wants and needs. She has co-authored three books, published over 50 research articles, and is a Fellow in and currently president of the International Textile and Apparel Association.

#### Mary Cluskey

Associate Professor, Nutrition and Exercise Sciences

#### Dar Reese Excellence in Advising Award

Mary is an award-winning educator, an honest, compassionate, student-centered advisor, and a respected leader in the dietetics profession. She has a wealth of professional experience as a dietitian and food service director and a high level of engagement and leadership in the American Dietetic Association. Because of her skill, talent, personal concern, and dedication, her students consistently exceed national averages for internship placement and passing the registered dietitian exam.



#### Liz Gray

Assistant Dean for Academic Programs  
**International Service Award**

Liz's knowledge of international studies, her organizational skills, and the sheer joy that she brings to her job has created new opportunities for students' participation in international education. Over the past 25 years, she has served on all major international committees, and she currently serves on a task force to internationalize OSU's curriculum and promote international education for students. Liz worked with Fu Jen University in Taiwan to develop international exchange opportunities for undergraduates, graduate students, and faculty.



#### Anna Harding

Professor, Public Health

#### Excellence in Graduate Mentoring Award

Anna says her greatest satisfaction comes from seeing her students become mentors for others. Students say she mentors with tenacity, patience, commitment...with discipline and heart. Since joining OSU in 1990, she has served as major professor for 53 graduate students who each successfully completed their programs. She has also served as a minor professor, Graduate Council Representative, and committee member for over 131 other graduate students in various departments. (See related story on page 2.)



#### Megan McClelland

Associate Professor, Human Development and Family Sciences

#### OSU Faculty Teaching Excellence Award

In her seven years at OSU, Megan has received consistently high marks from students for her teaching. She has high expectations for her





students and is committed to their success. In her undergraduate and graduate classes on infant and child development, adolescent development, and theories of human development, she uses a variety of creative techniques to engage students. She routinely brings infants and teens into her classroom to help students understand real-life challenges of development.



### **Kate MacTavish**

Associate Professor, Human Development and Family Sciences

#### **Phi Kappa Phi Emerging Scholar Award**

Acknowledged for her creativity and originality as a scholar, Kate addresses one of our most vulnerable populations in her research: children growing up in trailer parks in rural areas. She is one of a select group of

scholars using ethnographic methods to understand the social barriers and resilience of these children. Her findings lay the groundwork for understanding the new ways in which rural inequality is emerging and the implications for poor and working-poor families and children.

### **Leila Keltner**

Medical Director,  
CARES Northwest  
**OSU Alumni Association  
Alumni Fellow**

After receiving her BS in child development and family life in 1976 and her MS in family life 1978, Leila went on to earn an MD PhD at Case Western, then found her calling during an internship working with abused and neglected children. Leila is currently the medical director of CARES Northwest in Portland, a community-based collaborative medical program for the assessment, treatment, and prevention of child abuse. She is an expert and sought-after speaker on child neglect and intervention approaches for schools, communities, and the medical field.



### **Chad Tackett**

Founder and Owner,  
Global Health & Fitness

#### **OSU Alumni Association Young Alumni Award**

A 1994 graduate in exercise and sport science, Chad has created a lucrative worldwide business and generously shared his success with those in need. In 1996 he started Global Health and Fitness,

a web-based consulting company that provides an innovative and integrated approach to health and fitness for more than 50,000 members worldwide. He has authored five online books to individualize strength, flexibility, and cardiovascular exercise programs. Chad and his wife, Jody '94 human development and family sciences, sponsor annual events in the Portland area to raise funds for the Oregon Food Bank. Visit [www.global-fitness.com](http://www.global-fitness.com).

### **Jennifer Jabson**

PhD student, Public Health  
**Herbert F. Frolander Graduate  
Teaching Assistant Award**

Known as an exceptionally competent and energetic PhD student in public health, Jennifer has been a GTA in her department for six terms. She brings expectations of independent thinking and critical analyses to her classroom. Her lectures are organized, well-prepared, and current, and she consistently receives high student evaluations and exceptionally positive faculty peer reviews. Jennifer is also an outstanding researcher with enormous potential and a team player with a record of service to the university and profession.



## College Awards

**Stephanie Bernell**

Associate Professor, Public Health

**Excellence in Teaching and Mentoring Award**

Stephanie's excellence in teaching comes largely from the conscientious advising she provides to her students. She is dedicated to the success of both undergraduate and graduate students as shown by her eagerness

to design and teach a LINC Learn seminar aimed at helping small groups of new students navigate college life. Her health management and policy courses are popular among students who rate her highly for facilitating student learning, and her growing research record makes her a valuable mentor for graduate students.

**Patty Case**

Assistant Professor, Nutrition and Exercise Sciences and Extension Family and Community Development

**Excellence in Outreach Award**

Patty is known for implementing programs in Klamath County that are unique, creative, relevant, and effective in meeting the needs of individuals and groups in her area.

She is successful securing grant funding for initiatives, including a community-based educational diabetes prevention program delivered by nutrition education program assistants. Patty has also co-developed educational lessons on biotechnology and the impact of television viewing on children's weight, which have been used statewide.

**Debbie Jensen**

Office Manager, Health and Human Sciences Academic Advising Office

**Professional Faculty and Staff Excellence Award**

As the first person to greet students in the college's advising office, Debbie



provides a calm, assuring presence. She helps undergraduates with countless issues, always offering patience, support, and a comprehensive knowledge of the college and university to help them navigate courses and activities. She helps coordinate the work of the college's ten student ambassadors and six advisors, managing events, peer advising, and related activities.

**Maret Traber**

Professor, Nutrition and Exercise Sciences

**Faculty Excellence Award**

Maret is one of the world's leading experts on vitamin E. She studies the mechanisms that modulate human vitamin E requirements, focusing on solving problems related to vitamin E pathophysiology, then applying novel techniques and approaches to resolve them. She pioneered the use of deuterium-labeled vitamin E for students evaluating vitamin E status in humans. Her studies caused a paradigm shift in our understanding of the mechanisms regulating vitamin E availability in humans.

**Rick Settersten**

Professor, Human Development and Family Sciences

**Taking Care of Life Award**

Widely known and respected for his work on life transitions to adulthood, Rick, although a relative newcomer to college, has stepped up to take leadership roles in a number of initiatives. He directed the initial efforts of the new Hallie Ford Center for Healthy Children and Families, working with faculty to establish a mission, goals, and membership in research cores. In addition to his teaching, research, and writing, Rick is effectively coordinating the college's diversity plan. He is known among colleagues as a fair, wise, and insightful scholar.







## Lifetime Achievement Award honors generosity of spirit

Professor Marie Harvey received national acclaim for her 30-year career of research, teaching, and leadership when the American Public Health Association presented her with the Carl S. Shultz Award for Lifetime Achievement. Her nominating letters spoke to the significance of her scholarly contributions and to her remarkable generosity of spirit and unassuming leadership style. "I'm humbled by this honor and share the award with fellow colleagues, students, and research and field staff who have worked or are collaborating with me to improve the sexual and reproductive health of women and men." The award honors individuals who have made an outstanding lifetime contribution to the field of population and reproductive health, and awardees comprise an honor roll of international scholars. The Oregon Master of Public Health Program also recognized Marie's distinguished research in sexual and reproductive health when they awarded her the 2008 Faculty Excellence Award in Research. (See page 6 for complete story.)

## SPR honors Flay

Public health professor Brian Flay was honored with the 2008 Service to the Society for Prevention Research Award for leading efforts to examine significant and timely prevention science issues. He was recognized for helping to design standards for determining prevention interventions that are efficacious, or effective, or ready for dissemination. He is currently leading a committee studying replication research. SPR is an international organization of scientists, practitioners, advocates, administrators, and policy makers concerned with the prevention of social, physical, and mental health problems and the promotion of health, safety, and well-being.



## Faculty and alumni contribute to national guidelines

A number of health and human sciences faculty and alumni had their work cited in the Physical Activity Guidelines Advisory Committee Report that provides scientific background and rationale for the 2008 edition of the *Physical Activity Guidelines for Americans*, published by the U.S. Department of Health and Human Services. The committee report demonstrated that "The health benefits of being habitually physically active appear to apply to all people regardless of age, sex, race/ethnicity, socioeconomic status, as well as many people with physical or cognitive disabilities." Those cited include faculty members Gianni Maddalozzo, Jeff McCubbin, Christine Snow, and Tony Wilcox, and alumni Amy Bauer '02, Jeremy Bauer '00 '06, Louisa Debolt '00, Robyn Fuchs '96 '99, Fuzhong Li '96, Jennifer Slawta '00, Kerri Winters-Stone '00, and Kara Witzke '97.

## Hoffman leads NATA Foundation into a new era

Mark Hoffman, associate professor of nutrition and exercise sciences, was recently elected president of the Foundation board for the National Athletic Trainers' Association Foundation, which supports athletic training scholarships and research for more than 300 accredited athletic training programs across the country. He's leading a new era for NATA, heading up a capital campaign to raise \$2 million during his two-year term. "I'm focusing on the long-term health of the Foundation to continue supporting the development of our profession through the many programs we offer," he says.

**During the annual NATA meeting in St. Louis, Mark threw out the first pitch at the Cardinal's game.**





Living in a foreign culture for so long has changed the way I see the world. I am able to reflect on issues in early childhood with a new lens. When I first arrived in Taiwan I felt myself wondering why “they” (the Taiwanese) were doing things in a certain way. Now I find myself wondering why “they” (people in the U.S.) do things in another way. I am sure that my approach to research will be more open-minded and less ethnocentric now that I have lived abroad.

## SHANNON WANLESS

Shannon Wanless believes self-regulation skills in young children forecast their future success in school. And the data she is gathering in Taiwan bears that out. A Fulbright fellowship in 2007 launched her research in Taiwan where she, her husband, Berry, and newborn daughter, Maryella, lived for nine months while Shannon gathered data from preschoolers, their teachers, and their parents. “Sharing parenting experiences with the Taiwanese definitely enriched my experience,” she says. “When we went to the local dumpling store, the workers would yell ‘Guang Lin (Welcome) Mary’ to our daughter. They made us feel like part of the community.”

Shannon also taught classes at Fu Jen University about child development and research methods.

A PhD student in human development and family sciences, Shannon is conducting research using the Head-to-Toes Task, a measure developed in part by OSU associate professor Megan McClelland, that employs a version of the old head-shoulders-knees-and-toes game. (See page 9). Shannon returned to Taiwan a year later to collect additional data to determine what influences child development over time in Taiwan. “We’re finding that the Head-to-Toes Task is reliable in Taiwan and that

the self-regulation skills of Taiwanese 3- and 4-year-olds are significantly related to their math and vocabulary skills.” These results point to the importance of developing self-regulation to enhance children’s academic success. Results from her research are being combined with data from China, South Korea, and the U.S. for a more complete understanding of early self-regulation and academic success in different cultures.

Shannon has received generous support from

a variety of funders who believe in her work and the potential impact for children. OSU and national grants have supported Shannon’s continued research, the writing of her dissertation, an internship in Finland to explore the feasibility of using the Head-to-Toes Task there, and a trip to Germany to present her findings at the International Society for the Study of Behavioural Development conference. She is currently writing five manuscripts on the results of her research.



**“We’ve eaten frog legs and chicken feet, lived through typhoons and earthquakes, celebrated birthdays and holidays in the homes of our Taiwanese friends, and been face-to-face with monkeys in the wild,” says Shannon, pictured here with 2-year-old Maryella.**



# Taking care of life

## Smart spending

Every day, we're barraged by deals...buy THIS, buy NOW, buy HERE! Before making a purchase, ask yourself...

- Do I *really* need this?
- Can I buy it used or substitute a less expensive item?
- Can I find a better deal or negotiate the price?
- Can I use my skills to make it at a lower cost?
- Is it worth the time I worked to pay for it?

Track your credit with a free report at [www.annualcreditreport.com](http://www.annualcreditreport.com).

Debra Minar Driscoll, OSU Extension faculty



## Eat right for less

OSU Extension Specialists offer these tips to eat right and stretch your food dollar.

- Plan a food budget.
- Inventory cupboards, freezer, and fridge before shopping.
- Make a shopping list and stick to it.
- Keep staples on hand to stretch meals.
- Purchase seasonal fruits and vegetables.
- Buy nutrient-rich whole foods like whole grains, fruits, and vegetables.

Find more tips at <http://extension.oregonstate.edu/fcd/nutrition/ewfl>

Anne Hoisington, OSU  
Extension faculty



## HEALTH TIPS FROM OUR EXPERTS

### Holiday eating tips

Overeating can be the "norm" during the holidays. To prevent the need for New Year's resolutions, keep these tips in mind:

- Spend less time around the table. Take a walk, play a game, move to a room where food is not the focus.
- Take small portions. The first two to three bites are actually the best tasting.
- Substitute lower fat or sweetener options in your holiday cooking.
- Stick to your regular exercise routine.

Mary Cluskey, RD, associate professor,  
Nutrition and Exercise Sciences



## Build a strong family

Researchers have discovered that strong, healthy families share some common traits. Strong families:

- **Express affection, encouragement, and appreciation** through words and actions. Let each family member know they are special.
- **Play and work together.** Share meals, do household chores, enjoy leisure activities.
- **Practice positive communication skills.** Listen, respect feelings, explore concerns.
- **Live a healthy lifestyle** that includes proper nutrition, regular physical activity and adequate rest.
- **Engage with friends and community.** Stay in touch with relatives, friends, neighbors, and help those in need.

Denise Rennekamp, OSU Extension  
Parenting Education Program coordinator



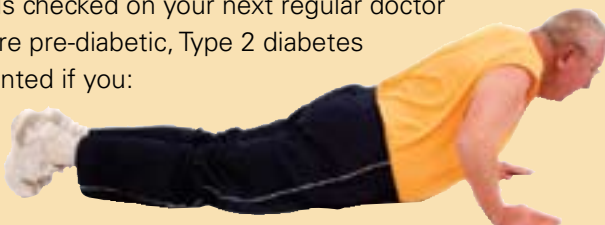
## Diet and exercise can prevent diabetes

Millions of Americans are pre-diabetic but their symptoms are not noticeable. If you're 45 or older and overweight, it's a good idea to have your blood glucose levels checked on your next regular doctor visit. If you are pre-diabetic, Type 2 diabetes can be prevented if you:

- Lose 5 to 10 percent of your body weight.
- Get 30 minutes of aerobic exercise five times a week.
- Eat more grains, beans and colorful vegetables, and fruit.
- Eat less meat, dairy, fats, and sweets.

For more information, visit [www.diabetes.org](http://www.diabetes.org).

Tammy Bray, dean and professor,  
Nutrition and Exercise Sciences



# SEE YOU ONLINE IN 2009!

## *Join Our HHS eCircle of Alumni and Friends!*

To save financial and environmental resources, starting in 2009, *Synergies* magazine will be published annually in November. Please join our electronic circle of alumni and friends by submitting or updating your email address. Of course, you may unsubscribe to the HHS eCircle at any time.



- Send your email address to **pat.newport@oregonstate.edu** and put **GO BEAVS** in the subject line.
- If you are an OSU grad and want to join the OSU Alumni Association's online community, go to **www.osualum.com**. You can update or submit your email address there.

**You can always find more information online at**  
**[www.hhs.oregonstate.edu](http://www.hhs.oregonstate.edu)**



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