

SYNERGIES

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

A Legacy of Learning

Mother and daughter
pursuing advanced
degrees and public service

Student Success

Engaging first-year students

Designed for Our Future

DHE celebrates 100 years

Sharon Johnson

Advocate for healthy aging



LEGACIES THAT SAY 'I BELIEVE IN YOU'

Every Mom's Weekend at OSU in early May, donors, faculty, students, and their families gather to celebrate the achievements, hopes, and dreams of recipients of our fellowships and scholarships at our Celebration of Excellence. This year, I asked Shauna Tominey, a PhD student in human development and family sciences, to tell our more than 400 guests about the impact of the fellowships she has received at OSU. I want to share with you what she said, because it speaks to each of us who has ever received financial support for your education. Shauna said, "Your generosity not only relieves a student's financial burdens, it more importantly says,

'I believe in you. I believe that what you are doing is important, and I think you have the potential to change the world.' "

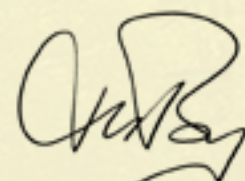
Wise words from this young woman who is changing the world for young children as she develops school readiness programs.

Here at OSU, we are surrounded by students and faculty who are changing our world every day because people believe in them, because others have gone before them, because they have the financial, moral, and academic support to realize their dreams. In this issue of *Synergies*, you'll read about the impact of legacies of learning and generosity. You'll learn about new programs that engage our students, about the 100-year history of our design and human environment department, about faculty research and teaching that reaches around the world and across the

lifespan to help people live healthy, fulfilling lives. And you'll read about proud alumni who are helping disaster victims around the world, giving babies a healthy start, and linking community services.

The College of Health and Human Sciences is a vibrant learning community that thrives because of your legacies. I thank you for believing in us. Please remember to thank those who believe in you.

Tammy Bray,
Dean



SYNERGIES

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

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College of Health and Human Sciences

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Designed for Our Future

The Department of Design and Human Environment honors a century of innovation and scholarship



Sharon Johnson

Healthy aging advocate tailors programs to meet community needs in Southern Oregon



Rose Kraft

A new fund helps students find wisdom among the people of the world



On the cover: Lisa Oakley MS '09 and her mother Liz Levaro PhD '09 are sharing their love of learning at OSU. See page 36. Photo by Jo Calland.



Stephanie Bernell chats with students in the public health LINC seminar for first-year students in HHS.

“**W**hat a great opportunity to show students they can have a close intellectual relationship with a professor,” says Stephanie Bernell, a public health associate professor who jumped at the chance to help launch **LINC Learn**, small group seminars for incoming HHS students. The seminars meet weekly in connection with a larger class and are aimed at easing the transition to college and providing students the tools to help them succeed. “We want them to engage with faculty, their department, and the college because when they do, they end up doing better, sitting in the front row in class, coming to office hours, asking questions,” explains Bernell. “I hope to give them the confidence to follow their new path at OSU.”

According to the 15 students in Stephanie’s seminar, she did even more. “LINC was the best class I took during my first term because I had the opportunity to build relationships with other students in my major,” says Tyler Forst ’12, public health. “With large classes, it’s easy to feel lost in the crowd, sitting by someone new every day. But when I had large classes with others from LINC, I always sat next to someone I knew and could bounce questions off. The best part was around test time when there were 15 of us from LINC all studying for the same classes, so we had instant study groups.”

Stephanie, as she asks students to call her, says “Their wants, desires, and fears drive what we do in our seminars. Discussions cover the gamut, from how to solve roommate problems to getting involved in the community to

finding counseling and tutoring support.” They even role played office hours with faculty, so they would feel comfortable seeking help. Alicia Trtek, a sophomore transfer student, says, “The LINC Seminar has not only created a network of students that study, grab coffee, and hit the gym together, but it has also helped show us behind the scenes of OSU professors. They have come in to tell their stories of how they ended up where they did and have given us advice on career options. Stephanie has not only become a mentor, but a close friend and someone who has made us all a lot more comfortable here at OSU.”

LINC Learn, Live, Lead

LINC Learn is one of several new initiatives in the College of Health and Human Sciences developed in response to research nationwide that shows that when students are engaged, they are more likely to be successful. OSU Provost Sabah Randhawa inspired the college to put OSU’s strategic plan into action. “Our goal is to offer our students new ways to connect and engage in and out of the classroom,”

says Liz Gray, assistant dean for academic programs in HHS. First-year opportunities include the LINC seminars, student success workshops, peer advising, and welcome activities. As

sophomores or juniors, students are encouraged to stretch beyond their comfort zone and engage in research, international study, and service. “In addition to how students grow in intellectual understanding of a subject, a quality educational experience must also be judged by the experiences that help individuals reflect on who they are as leaders, responsible community members, and global citizens,” says



Student Engagement = Student Success

We will create a dynamic and vibrant learning environment inside and outside the classroom that deeply engages students in the life of the university by connecting them to our primary activities of teaching, learning, scholarship, and outreach.

— OSU Strategic Plan

Liz. “Small learning communities provide safe places to take intellectual risks that lead to personal growth.”

The focus on creating new student engagement opportunities has been met with “unbridled enthusiasm,” according to head advisor Kim McAlexander. “Our faculty work hard to create collaborative, active learning environments to help students transition to OSU and have a strong sense of belonging to the Health and Human Sciences family. When they do, we see lasting results – academic success, student retention, and self-worth.”

“We’re a large college that acts like a small one,” says HHS dean Tammy Bray, who leads the fourth largest college at OSU. “Our student engagement activities enable us to focus on individuals and small groups of students, and the result is they are more connected with their peers, comfortable with faculty, and involved in campus life. I want each and every student in our college to dream big and know they have the support to fulfill their dreams.”

LINC Live is OSU’s newest college residence program scheduled for this fall, and about 200 new and returning students are expected to live in Buxton-Hawley Hall with faculty-in-residence Kathy Greaves, a popular instructor

in human development and family sciences. Kathy will organize activities to help students connect with faculty, each other and on-campus resources, including dinners, networking sessions with student leaders, seminars, and informal sessions with faculty on relationships, healthy living, nutrition, and exercise.

LINC Lead includes the Student Executive Council, made up of the leaders of the colleges 15 clubs and their faculty advisors. They recently gathered (photo below) to make “Taking Care of Life Hearty Bean Soup” to sell during Mom’s Weekend, a project supported by the Bill and Judy Winkler Fund for Positive Lifestyles and Healthy Aging. Laura Milton ’10, president of the Student Association of Human Services and Early Childhood, says, “My OSU experience is really enhanced because of my close relationship with my faculty advisor, Kate MacTavish. She helps with the club but also checks in with me about ‘life.’ It’s nice to know that faculty truly care about student success.”



“Peer advisors problem-solve with students, not for students,” says HHS ambassador and peer advisor Meredith Johnson ’08, pictured here with Kyle Ponder ’10, who came in to talk about changing his major. “I love being able to connect with fellow students to help them find the resources and solutions they need to succeed at OSU!”





Inspired by Our Past

“What a century it has been,” says Leslie Burns, chair of the Department of Design and Human Environment. “From our humble beginnings teaching sewing and home decorating to now being one of the top research programs in the country, we are *definitely* inspired by our past and designed for our future.” She credits the high standards and foresight of faculty, the quality of students, and partnerships with industry over the decades for the evolution to a nationally renowned program. “We have a reputation for teaching to the highest standards, responding to the needs of industry, providing valuable internships, and conducting pioneering research,” Leslie says proudly. Ground-breaking research currently underway includes the application of “smart” textiles for high-tech functional apparel that maintains body temperature, the design and ethics of aging-in-place technologies, and the design of effective internet shopping websites. Faculty and student teams are researching social responsibility and sustainability in industry and the design of spaces to enhance student learning – from pre-school design to university classroom design.

Graduates of the program compete with the best, says Shannon Farrigno '97, architecture and design consultant with SmithCFI in Portland, whose job includes prod-

uct research, brand recognition, and trend forecasting. “My education gave me an understanding of the entire spectrum of the design business and the connections to successfully launch my career. Through a series of decisions, some wonderful mentors, and a bit of luck, I ended up with an education that is the foundation of a career that I expect to enjoy for a lifetime.” Her connections came from the annual DHE Career Symposium that brings together more than 400 current and prospective students, graduates, and industry representatives for workshops, mock interviews, portfolio review sessions, and networking opportunities that often lead to internships and jobs. In 2007, DHE faculty were awarded OSU’s Student Learning and Success Teamwork Award for the symposium, an event that has been organized by faculty and students since 1986.

“I’m struck by the passion and commitment of the faculty. They combine a lot of good industry experience with high academic standards and a love of teaching that shows in their relationships with students. I worked with a number of OSU graduates at Nike – they were sound academically and stellar managers and teammates.”

Peter Wallmark, former Nike Director of Product Creation Operations for U.S. Apparel

1908

Department of Domestic Arts



1926

Department of Clothing, Textiles, and Related Arts

Ava Milam with Chinese student



1930s

Master's degree added

OSU students in Practice House



1953

Moved into Milam Hall

1970s

Created majors in Fashion Merchandising, Apparel Design, and Interior Merchandising

Professional courses established

Industry connections grew



I have had the pleasure of working with extraordinary OSU design and merchandising interns at Pendleton and Columbia over the past 17 years. They come with that important “can-do” attitude and a great skill set to apply in the workforce.

Cory Benz '81, Womenswear Merchandise Manager
Columbia Sportswear, Portland, Member of DHE Advisory Board

We are the only department west of the Rockies that offers bachelor's through PhD programs in:

- Apparel Design
- Interior Design
- Housing Studies
- Merchandising Management



Leslie Davis Burns,
department chair,
world traveler, author,
and president of the
International Textile and
Apparel Association

“We are shaping futures every day,” says Leslie, who talks about the abundant opportunities for students, including internships, research with faculty, international experiences, professional development, and community engagement. “Examples include the annual Design Your Dream Kitchen workshop for the community, the recycled fashion show, and our annual design exhibition and runway show.” A world traveler herself, Leslie has developed partnerships with international universities and programs in Asia and South America and companies in New York, San Francisco, and Seattle. “We want our students to be strong professionals and global citizens.” With world-class faculty and opportunities like these, it’s no surprise that students consistently win national and international design and merchandising competitions.

Leslie has great plans for the next century, including creating a School of Design and Human Environment. “I’m confident that with our history, our alumni, and our extraordinary faculty, we can make this happen.”

Designed for Our Future

1976

Internships introduced

Enrollments reached 200



1987

Department of Apparel, Interiors, and Merchandising
Study abroad and U.S. study tours began

Industry Advisory Board established

1990

Department of Apparel, Interiors, Housing, and Merchandising

Enrollments reached 400

1996

First PhD awarded



2004

Department of Design and Human Environment
Enrollments reached 680



2008

Celebrating 100 years



Where there's a need, there's a class

She's a gifted teacher, a community collaborator, an inspiration. She's happiest juggling a variety of projects, grants, and classes. And she's fiercely dedicated to helping people age independently. The beneficiaries of Sharon Johnson's energy, creativity, and care are thousands of citizens in Southern Oregon. Thanks to her weekly newspaper columns and frequent television shows, her reach goes beyond Jackson and Josephine counties, where she is an OSU Extension faculty member managing classes, conferences, and a cadre of volunteers trained to respond to the needs of their communities' aging population.

In community forums, local agency meetings, and informal gatherings, Sharon listens intently to learn about the needs of seniors. She asks questions, seeks out opinions, then goes into action searching throughout the community, state, and across the country for existing models to replicate, experts to involve, and funding to craft programs for seniors. Sharon's programs all focus on educating and empowering individuals. "We are each in charge of our own health," she says, "and the more tools and knowledge we have, the better equipped we are to be healthy throughout our lives."

The grants that Sharon is currently managing reflect the balance of healthy aging. There's the Strong Women program, which Sharon brought to Oregon from Tufts University, that's now in five counties teaching strength, endurance, and flexibility. And the Medication Management Program, matching area seniors with OHSU College of Pharmacy interns who educate them about risks with their medications. Sharon's practical workshops on Tricks and Techniques to Keep Your Memory Strong are popular across the state, and Tai Chi for Better Balance classes designed at the Oregon Research Institute and offered in Southern Oregon are at capacity.

"Where there's a need, there's a class" is the motto that prompts Sharon to design and deliver classes like Breast Cancer Over 50, Fall Prevention and Home Safety, Eating Well, and Coping and Caring for Aging Parents. She wants only programs that assure benefits and are sustainable. "There is plenty of research about best practices and lots of good models we can use to tailor our programs," she says. "And when we fill a community need, we usually find a way to continue offering the programs." Most often that's thanks to the volunteers who are trained to teach classes in everything from nutrition to exercise to depression management. For the Stanford-based Chronic Disease Self-Management/Living a Healthy Life with Chronic Conditions program, Sharon and Stanford faculty together trained 58 volunteers in Southern Oregon who teach this popular six-class program.





Instructor Lillibet Gillespie, front, with Tai Chi for Better Balance students

photo by Gary Gillespie

Sharon recruited for the Tai Chi for Better Balance class in her weekly newspaper column and the response was overwhelming. With a grant from the Administration on Aging, more than 20 sites provided classes for more than 250 people over age 60 in the first six months.

One 92-year-old student with Parkinson's disease said, "I may not fall less, but I sure fall better!" Research shows that those over 85 who do twice weekly Tai Chi can reduce their falling by 49 percent.

Always say yes!

In 1967, with her sociology degree in hand from the University of Minnesota, Sharon set out to fulfill her dream of being a social worker. Always eager to learn, she said yes to new opportunities...a practice that took her to graduate school in rehabilitation counseling, to Cornell for a summer leadership program then into management positions including director of vocational rehabilitation and director of mental health for Washington State. "Then in 1990, my husband and I decided to take some time off," says Sharon, "and I found my nirvana in Oregon...the perfect job, a bucolic rural setting in Jacksonville, and a welcoming, active community." Her experience with her own aging parents sparked Sharon's interest in working with seniors. "I learned that the best way for them to thrive in later life is to help them be independent." And she revels in passing that wisdom on to seniors.

Sharon walks every morning and loves to garden and hike in the Oregon woodlands.

To stay healthy, she says

- Stay active
- Eat nutrient-rich food
- Take charge of your health

To learn more and take charge of your own health, Sharon suggests:

- www.mayoclinic.com
- www.webmd.com/healthy-aging
- www.ncoa.org
- www.aoa.dhhs.gov



Reading Sharon's weekly column in the Medford Mail Tribune is like having a conversation with a good friend. She's chatty, engaging, and knowledgeable. She quotes nobel laureates, neighbors, poets, and researchers, imparting advice and a fresh look at healthy aging.

www.mailtribune.com/healthyaging

Listening in

There's an important conversation going on inside your body. Molecules are talking to cells. Your brain is chatting with your liver. Your liver is telling your pancreas how to act. Hormones and nutrients are directing cells to change. And your genes are tossing in their two cents' worth too.

Nutrition and exercise science professor Don Jump has been listening in on these biological chat rooms for more than two decades, conducting research on fat and liver function. "The idea is that as you change the type and quantity of fat you ingest, your liver will respond by changing its metabolism," he explains. "In some cases, these changes are not beneficial. For example, an excess of saturated and *trans* fat in our diet will contribute to the onset of certain chronic diseases, like diabetes and atherosclerosis."

We would do well to consider the balance of fat and nutrients in our diet. Too much fat can result in its accumulation in cells, leading to tissue damage. Ingesting excess fat on a regular basis can promote fatty liver (hepatosteatosis), which sets the stage for fibrosis and cirrhosis. "Excess fat in our diet, a sedentary lifestyle, age, and genetic predisposition can push the body toward non-insulin dependent diabetes (NIDDM), the most common form of diabetes in the U.S. NIDDM is characterized by hyperglycemia and hyperlipidemia, two risk factors for atherosclerosis or coronary artery disease, which is an inflammatory response to damage in the lining of arteries. "Coronary artery disease and strokes account for 35 to 50 percent of all deaths. The bad news is that certain diets, those high in saturated and *trans* fat, can accelerate the onset and progression of atherosclerosis and diabetes. The good news is that diet and other interventions can slow these processes and prolong a healthy life."



Understanding messages from the biological chat room

Don offers these important steps for assuring your good health:

1. Begin monitoring your blood lipids (cholesterol and triglycerides) early in life. If they are high, consult with your physician. Consider modifying your diet.
2. Know your genetic background. Study the health of your family tree and find out if you have a predisposition to cancer, cardiovascular disease, stroke, or Alzheimer's.
3. Balance the type of fat you eat. Limit saturated "bad" fats (meat, dairy, egg yolks); keep saturated fats below 7 percent of total calories per day. Eliminate *trans* fats from the diet. Select "good" fats, such as monounsaturated fat (olive oil, nuts, avocados) and the omega 6s and 3s in polyunsaturated fat (fish, whole grains, peanuts), for your dietary intake.
4. Exercise regularly. Find the balance of calorie intake and expenditure to maintain a healthy weight.
5. Visit your physician annually. Consider her/him a partner in your body's conversation.



Visit these websites to learn about healthy nutrition and exercise:

www.americanheart.org

www.cdc.gov/healthyliving

www.nhlbisupport.com



Don Jump, director of the college's Bionutrition Laboratory, with Dr. Moises Torres-Gonzales

When to help?

Being there for parents in late-life transitions

The big question is...When?" says Sara Qualls, OSU Petersen Visiting Scholar in Gerontology. "When should we step in to take care of our parents? The answer often comes with changes in cognition. As long as it's intact, we can work through issues and make decisions together, but when thinking declines, such as with stroke or dementia, the roles are more awkward," she finds. As people are living longer, how families negotiate the transition to caregivers is ambiguous. "There are no markers, no rules in society, and little history to give us guidance for our current generation," says Qualls, professor of psychology and director of the Gerontology Center at the University of Colorado, where she developed the PhD program to train clinical psychologists to specialize in work with the aging population.

It's not simply end-of-life care that Qualls is talking about. "It's about all of the transitions – subtle and big – that we go through with our parents as they age, and it's about our desire to help them be independent as long as possible. We're the 'walking worried,'" she says, "worried about how and when to help, how the new dynamics will change family relationships, how to navigate the maze of care and community resources."

Dr. Qualls credits the generous endowment from Jo Anne "Jody" Leonard Petersen '47 in 1997, which makes it possible for scholars like her to take time for their research and share their expertise with faculty and students. "It's refreshing to step away from my work, have the luxury of time to think about one thing for four hours straight, and maybe ponder a problem while on the elliptical trainer," she says of her time at OSU, when she worked on her book and video, *Caregiver Family Therapy*.



Sara Qualls (r) and Karen Hooker (l), director of OSU's Center for Healthy Aging Research, share a tender moment with Judy Hooker, who relies on her daughter to oversee her care.

photo by Peter Strong

The fact is many of us end up being the "case manager" for our parents. "Our health care system relies on families for as much as 80 percent of care including coordinating medical information from multiple doctors, physician appointments and hospital stays, medications, therapy, meals, house cleaning, and visiting," she says. Whether our parents are living with us, in their own home or a facility, we are overseeing their care, which can be stressful. Qualls says to find comfort and support knowing we aren't in this alone, and it's okay to reach out for help. "Every community has resources, from respite care to hospice. The key is finding out about them *before* you need them, which is often when a crisis strikes." She finds this three-step model useful:

1. Work with physicians and others to get a thorough **assessment** of the problem and how to address it.
2. Create a **care plan** for services, combining medical, community, and family support. Talk with parents about their desires and values and come to agreement with family members on care and end-of-life issues.
3. Be prepared for the difficult roller coaster of **end-of-life care** when families have to make intense and often quick decisions to give parents the care they want at this final stage of life.



For more information about past scholars and their research, visit <http://www.hhs.oregonstate.edu/gerontology/petersen/past-scholars.html>



2ME2

2-METHOXYESTRADIOL

a cure?

Her fascination with how the human body works started in 7th grade. “I was doing a science project on human evolution, and it all just clicked for me,” says Urszula Iwaniec, assistant professor in nutrition and exercise sciences. “Anthropology became my first love, and because I had always been interested in diet, I focused on paleonutrition, which is the study of nutrition in the archaeological record.” After studying the habits and lifestyles of those long dead and working on digs in Central

Breast tumors metastasize to bone in 80 percent of patients with advanced disease causing osteolysis, a painful process that can lead to fractures.

America, she decided to work “among the living.” It’s a good thing for us that she did.

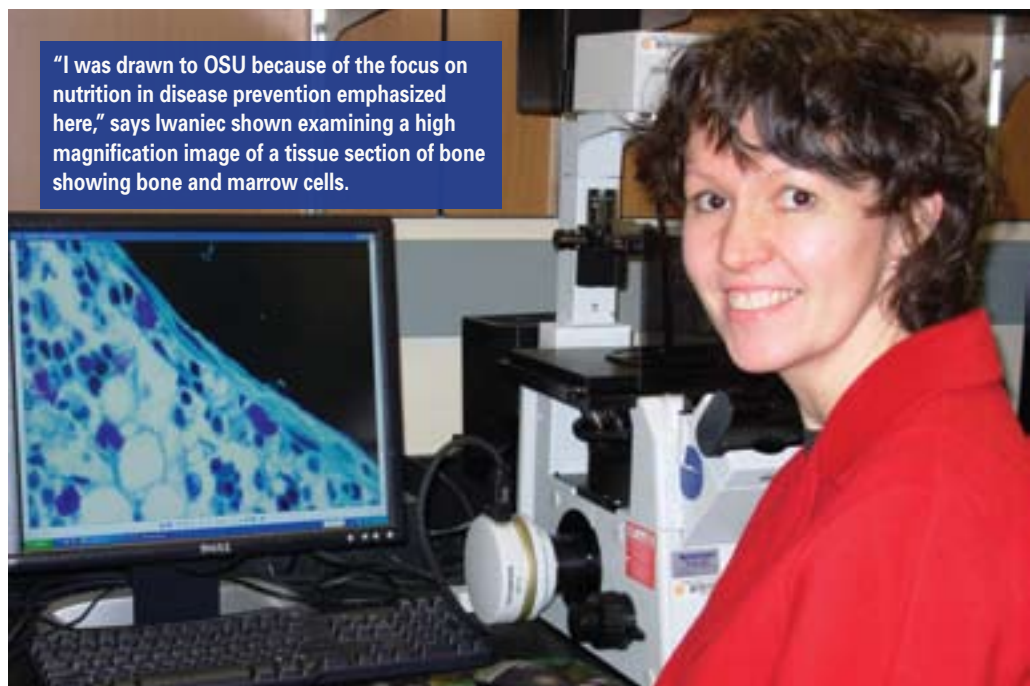
One of Urszula’s current research interests focuses on prevention of breast cancer metastases to bone. She has recently collaborated with investigators at the Mayo Clinic and found promising results in the reduction of breast cancer spread to bone. The study was featured on the cover of *Cancer Research* magazine. “We found that high doses of 2-Methoxyestradiol, or 2ME2, given to mice proved almost 100 percent successful in slowing tumor growth and the spread of breast cancer cells to bone marrow,” she explains. Surprisingly, we can look to our own bodies for the “treatment”—2ME2 occurs in low levels naturally in women. Standard treatments for breast cancer recurrence work by decreasing the production of estrogen, slowing cancer growth but often damaging bones. However, the high-dose 2ME2

treatment in mice killed the cancer with no detrimental effect on the bone. Iwaniec and study co-authors at both the Mayo Clinic and OSU are encouraged. “What’s great about 2ME2 is it slows cancer growth before it spreads to bone,” says Urszula. “It’s a two for one, and we haven’t seen any detrimental side effects of the treatment so far.” Clinical trials are underway with humans receiving 2ME2 orally, and Iwaniec hopes that a more potent version of the drug is made available soon. “Currently we are treating the symptoms of breast cancer metastases to bone; with 2ME2 it may be possible to treat the symptoms and the cause,” she says hopefully.

Urszula and Professor Russell Turner, head of OSU’s Bone Research Laboratory, are eager to study whether we can increase our own production of the naturally occurring 2ME2 through diet, exercise, and other lifestyle changes and actually prevent the development of cancer. “We are a long way from a cure for breast cancer,” says Urszula, “so the most effective treatment may be prevention.”



“I was drawn to OSU because of the focus on nutrition in disease prevention emphasized here,” says Iwaniec shown examining a high magnification image of a tissue section of bone showing bone and marrow cells.



Corporate Partners

A golf-inspired partnership for environment, safety, and health

It all started one morning at 5 A.M. A golfer “since I was born,” Anthony Veltri was glued to the golf channel watching the Italian Open. As he was watching, he noticed that each hole was sponsored by a corporation as a way of supporting the golf tournament and suddenly something clicked. “I thought, ‘If big corporations can sponsor golf holes, maybe they would sponsor a class.’” So Veltri, associate professor of public health who teaches in environment, safety, and health (ESH), called his contacts at Boeing, Nike, and SAIF with a proposal. If they would sponsor one of his classes, he would offer a seminar for their safety, health, and environmental specialists featuring speakers from around the world sharing the latest on safety, health, and environmental management issues affecting the workplace.

That was in 2000. Today, the OSU ESH Corporate Partners Program has 12 sponsors, including ESH practitioners from multinational and Fortune 100 companies who deal with the gamut of issues from regulatory compliance to making a business case for ESH. For their investment, Veltri takes the pulse of businesses’ concerns around the world, finds out who is taking the lead, and brings them to OSU. Four seminars are given each year, and CDs of past seminars are available. Speakers come to OSU to share their expertise on innovative ways of managing issues around water, energy, chemicals, sustainability, disaster preparedness, and the law, politics, business, and economics of the field. They come to the OSU campus, where students from public health, engineering, and business join corporate representatives to hear renowned speakers and discuss current issues. The lectures are video-streamed into the conference rooms of global corporate partners for on-site employees.

“OSU’s Corporate Partners has been a wonderful resource for the Nike Environmental Safety and Health Department,” says Jason Roberts MS ’96, Global ESH Manager for Nike, Inc. “Our



global teams get the opportunity to learn from qualified, experienced people as they share their knowledge. We have appreciated the opportunity to be a sponsor of this program.”

“Environment, safety, and health has by necessity been compliance-focused,” explains Anthony. “Now we are looking at the profession to take on additional duties to deal with corporate social responsibility and sustainability, emergency and disaster preparedness, and homeland security. Executives are looking at efficiencies from all angles. ESH today is about optimizing an organization’s resources derived from cost-effective use while maintaining compliance.”

“It was just serendipity,” says Anthony, who has a 7 handicap and hits the links regularly with his kids. “I went into this thinking anything was possible. I was just trying to make things better for our students and our field.”



Our most important triumphs are failures that never occur

"Public health is a quiet field," says Marie Harvey. "It's easy to ignore because it's often misunderstood." Marie heads up the college's Department of Public Health with 350 students, more than 2,000 alumni, and 17 faculty members, each dedicated to improving the health of people and communities worldwide. They include Niloo

"Of all the fields that relate to health practice, public health is the only one that focuses primarily on prevention."

Bavarian, a master's student in health promotion who interned at OSU Student Health Services designing education programs to prevent alcohol abuse among students; Melissa Plantenga '00, who helped solve the mystery of the nationwide *E. coli* outbreak traced to spinach; and Brian Flay, preeminent OSU scholar and professor conducting research on risky behaviors of youth.

Public health focuses on understanding avoidable sources of disease and death. "Of all the fields that relate to health practice, public health is the only one that focuses primarily on



prevention," explains Marie – "the prevention of disease and practices that can ravage communities, generations, and cultures." Public health practitioners are addressing HIV/AIDS, obesity, smoking, drugs, and unsafe sexual practices. They are finding solutions to environmental health and safety challenges in communities and workplaces, shaping the way that care is provided for elders, addressing the disparities in health care for poor and minority groups, and developing global health programs. They are preparing for and responding to public health emergencies that result from tsunamis, fires, and famine, assuring that health care is available

and diseases don't spread. They are educating communities, helping to pass laws, and conducting research. They are out to save the world.

"But the successes of public health are largely invisible," says Marie. "Public health educators, advocates, and managers are there when an epidemic breaks out or a natural disaster occurs, but most of our work is behind the scenes, crafting prevention strategies and policies for the conditions we *can* avoid. Quoting Kenneth Warner, dean of the School of Public Health at University of Michigan, Marie says, "Our most important triumphs are failures that never occur."



Journeys to the Altar

Intimate unions and childbearing in low-income urban and rural families

It's not just a matter of buying the rings and saying "I do." For many families, the journey to the altar is a long, hard road—sometimes impassable. Accord-

ing to Dr. Linda Burton, James B. Duke Professor of Sociology at Duke University, "The decline of marriage as a social institution has been greatest among low-income populations.... Yet despite considerable scholarly attention to the topic, we still do not fully understand why there are so few lasting marriages or even long-term cohabiting unions among low-income women and men."

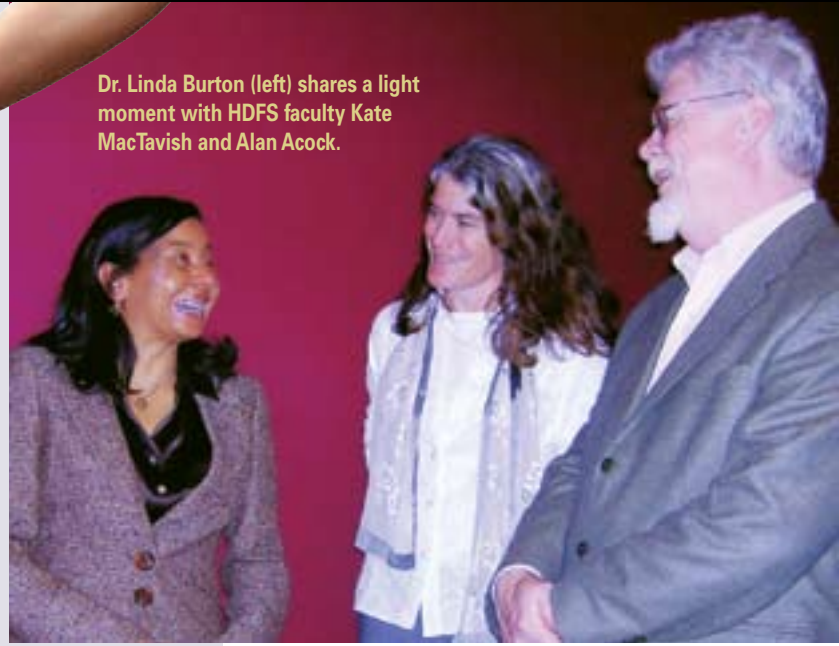
She embarked on the largest ethnographic study in the country on the topic. The guiding forces behind her research were the current administration's interest in the decline of marriage, particularly with welfare reform, and the implications of the administration's Marriage Initiative, which in part was intended to encourage low-income families to marry as a means of bringing single mothers out of poverty.

"We found that women who have been physically or sexually abused are substantially less likely to be married or to be in stable, long-term cohabiting relationships," Dr. Burton explained. Women who experienced the "double whammy" of childhood sexual abuse and adult physical abuse are most likely—76 percent—to be in transient unions—a series of short-term relationships with brief intervals between. Women who had experienced physical abuse as adults but not as children are most likely—83 percent—to take a "time out" from relationships to reflect on their behaviors and the behaviors of their ex-partners before they move on to another relationship.

"Our study suggests that abuse is a widespread and serious problem," Dr. Burton concluded. "If we are concerned about the decline in stable, long-term unions among the poor and near-poor, then we may need to consider measures that would directly reduce the high levels of physical and sexual abuse that women must bear."

Dr. Burton spoke at OSU as part of the Duncan and Cindy Campbell Risk and Resilience Speaker Series, which brings nationally recognized experts to OSU to disseminate the latest findings on childhood risk and resilience.

Dr. Linda Burton (left) shares a light moment with HDFS faculty Kate MacTavish and Alan Acock.



Dr. Burton also spoke to graduate students and faculty on "Big Science Ethnography" as part of the college's effort to enhance qualitative research. "She demonstrated how qualitative, ethnographic methods can complement quantitative methods and provide a far richer understanding than either approach can do independently," says Alan Acock, OSU's Knudson Endowed Chair in Family Policy.

"OSU and HHS have a commitment to helping Oregonians in rural areas," Alan adds. "Dr. Burton's analysis of the problems rural families face gave us ideas for how we can better serve the needs of rural Oregon."

"Her talk certainly stretched our thinking," says Kate MacTavish, assistant professor of HDFS, whose recent study of poor rural women living in trailer parks will be published in the journal *Family Relations*. "Understanding how individuals manage a pathway toward resilience despite familial and structural challenges has important implications for policies and interventions aimed at ending patterns of risk and alleviating the detrimental effects of poverty."



Hallie Ford Center for Healthy Children and Families

SHAPING A VISION

This is a really special moment in the history of our college, in demonstrating shared commitments to improving the health and well-being of children and families,” says professor Rick Settersten, co-chair of the steering committee for the new Hallie Ford Center for Healthy Children and Families. An endowed director may be hired as early as this fall, and a September 9, 2009, groundbreaking is planned for the Center made possible by a gift of \$8 million from noted Oregon philanthropist Hallie Ford just before her passing at age 102 last year. *Knowledge that can be put into practice to improve lives* is the guiding principle of the Center that, according to Rick, “will be a catalyst for innovative research and for research that will matter in the everyday lives of children and families. We are forward-thinking, anticipating the needs and challenges of our communities and state, and we will be proactive in finding solutions.”

The college’s established IMPACT program for children with disabilities and the Child Development Center that houses a Head Start program will be cornerstones

of the Center’s efforts. The Center will coalesce around four research cores, each of which is led by faculty distinguished in their field.

- Early Childhood Development, Megan McClelland
- Risky and Protective Behaviors and Environments for Youth, Brian Flay
- Obesity Prevention in Children and Families, Stewart Trost
- Rural Communities and Vulnerable Populations, Sally Bowman

Members of the Center will include faculty and students who study the psychological, biological, intellectual, and social health of children and families. “Collaboration across the college, the university, and our Extension service is essential to fulfilling our interdisciplinary and land grant missions,” Rick explains. “Faculty members are studying everything from the dynamics of home and school environments to the challenges of sexual health, obesity, and self-image to the special needs of the most vulnerable of children and families. The kinds of connections that are emerging in our conversations are exciting.”



Members of the Hallie Ford Center search committee discuss the qualities needed in a director for the new interdisciplinary Center. Clockwise from left: steering committee co-chair Jeff McCubbin, Clara Pratt, Stewart Trost, Megan McClelland, Shauna Tominey, and co-chair Rick Settersten.

The Hallie Ford Center for Healthy Children and Families promotes the development and well-being of children and families by generating, translating, applying, and sharing knowledge. Enhancing the well-being of children and families has far-reaching consequences for Oregon and beyond, as healthy children and families form the foundation for successful individual and community development. The Center advocates a holistic, interdisciplinary approach to research and outreach that honors families’ culture and context. It invests in the future by using research to inform policies and programs to promote healthy child development.

See more about the vision for this new Center at



<http://www.hhs.oregonstate.edu/halliefordcenter>



Portland Pyramid Power Program

Food & Fitness Choices for Winners

With all the news of soaring obesity rates among children, there's reason to take heart in a program in Portland that's based on tried and true practices. "It's all about helping kids make healthy choices and learn to balance nutrition and physical activity," explains Renee Carr, who started the Portland Pyramid Power Program using an activity-based model she helped develop ten years ago to make learning about nutrition fun. "What started as a pilot program for 200 kids at a summer camp has grown to reach over 10,000 kids in Portland with 40,000 contacts during the school year."

Lessons in nutrition, food safety, and physical activity are team taught by OSU Extension education program assistants with physical education, health, and classroom teachers in 21 Portland K-8 schools where 50 percent of the students are food stamp eligible. "The curriculum was developed by OSU faculty using current research and best practices," explains Renee who is a program manager for the Extension Family and Community Development program. "It's based on the new MyPyramid.gov, national health and PE standards, and has been through a peer-review process." Three school districts are very willing partners with more than 100 staff providing in-kind matches that augment funds from the Oregon Family Nutrition Program.



Renee Carr likes to think of herself as a nutrition and physical activity cheerleader as she and her staff visit teachers and kids at 21 schools with the PPPP program. Her motto is "Keep the messages simple and encourage them to make changes one small step at a time."



Young students in Deb Madore's physical education class at Faubion School show off their Pedometer Pals, which keep track of their physical activity.



Pals to Play With

With years of experience making nutrition and physical activity fun, Renee and her staff are pilot testing **Pedometer Pals** at this summer's programs to give kids an exercise "companion" that shares their interests. Pedometer Pals play soccer, roller blade, jump rope, play hula hoop, and run with kids at play each day. And every one of the 10,000 children in the program has a pedometer to use at school. "While measuring their steps, we play games that correlate to nutrition messages to show how food and physical activity are linked," Renee explains. "Our goal is to help them make active lifestyle choices now and throughout their lives." It's a coordinated message taught in physical education and health classes and reinforced throughout schools in posters, public announcements, libraries, and with education service district nurses and opportunities created to prepare healthy meals and share recipes through a one-time family-style food prep/cooking experience. As the saying goes... results are in the numbers: Individual schools reported that students ate 30 percent more fruits and vegetables, sales of pizza went down 25 percent, sickness was down 10 percent due to regular hand washing, and demand for water went up and soda pop went down.



Find healthy recipes in English and Spanish at <http://healthyrecipes.oregonstate.edu/>

Get physical activity and nutrition tips at www.mypyramid.gov

Rose Kraft

Finding wisdom among
the people of the world

If you're looking for a new role model for aging gracefully, look no further than Rose Allen Kraft '40. She's my new heroine. When I arrived at her Italianate home at the end of Pilkington Road in Corvallis, a brief sprinkle of rain had just freshened the grass, the sun was darting through the oaks, and Rose was in her yard picking a big bunch of daffodils. Dressed in a smart brown suit for our lunch date, Rose greeted me with a big wave and firm hug. "Isn't this gorgeous?" she gestured at her 30 acres. "I thrive on living in the green, 'the first green is gold, her hardest hue to hold'" she quoted, referring to the work of Robert Frost. "It's what keeps me going." That, and a demanding schedule volunteering in the community, connecting with family and friends, and traveling the globe, most often to Afghanistan, Africa, and Russia.

In memory of the worldwide adventures she and Walter enjoyed in their 61 years of marriage, Rose established the endowed Rose and Walter Kraft International Travel Fund for students and faculty. "Once I got over being ethnocentric, I discovered there is great wisdom among the people of the world," says Rose, whose endowment will enable others to make the same discovery.

Rose's spirit, drive, and contentment come from life lessons learned at her mother's side, which she freely shares, jumping from one decade to another, telling the poignant story of her husband Walter's passing in 2003 just after their godchildren kissed him goodbye, then reminiscing about canning salmon, peaches, and raspberries (that never floated to the top!) on the farm she grew up on in Tumalo, Oregon, with her parents and three brothers. "We were first-generation farmers, and I never knew we were poor. We always knew what we had. I never really knew what we didn't have." She describes 4-H as her "window to the world," where she found friends, learned to sew, preserve food, and raise animals, winning state and national awards. In the fall of 1935, Rose, a proud recipient of the Deschutes County Union Pacific Railroad Scholarship, arrived at OSU to study home economics.



Roseisms...

I never kicked a door down, but if it was open, I walked through it.

Don't judge a culture by their plumbing.

I like people who teach me things.

I'm long suffering, but when I've had enough, you know it.

There is great wisdom among all people...seek it out.

Love everyone – don't leave anyone out.

Rose met Walter Kraft in her sophomore year, and they married in 1942, starting a lifetime of travel – to more than 65 countries during summers and sabbaticals and a 6,000-mile journey in a VW bus through Afghanistan in the late '60s. Rose received her master's in nutrition at Cal Berkeley, and after the war, their OSU roots brought them back to Corvallis. Walter was the chair of OSU's Modern Languages Department and Rose taught middle and



Walter and Rose on a falcon hunt with students from the University of Nangrahar in Afghanistan, where she was teaching on a Fulbright in 1968.

high school until they both retired in 1982. “We were a good team, fulfilling our dream together,” she recalls. That dream included children they took under their wing who needed loving parents.

Rose was teaching at Corvallis High School when she met 14-year-old Edna Pemberton from the Children’s Farm Home. “She was just a scared kid who needed love, a home, and someone to correct and forgive her,” says Rose. Edna went to college, married, has two college-educated children, and is a teacher. “Then there’s my Chinese daughter, Tong Li, an exchange student who came for three days, stayed for three years, and found a spot in our lives forever,” says Rose warmly. Tong’s biggest struggle was learning to speak English so in the evenings, Rose read the book of Matthew to her so she could hear the language. Today, Tong Li Carlson is a software engineer living in Cupertino, California. And then there is Sadir

Ahmad, whom Walter and Rose met in Afghanistan in 1968 when she was teaching at Nangrahar University in Jalalabad on a Fulbright. Ahmad was 18, his mother had died when he was two, and Rose and Walter brought him to the U.S. in 1971 to live with them. Today, he is a successful dental technician in Dallas, Texas. “He never asked for a thing,” recalls Rose, but he received love and support, and because he never knew when he was born, Rose gave him her birthday, January 22nd.

Rose and Walter followed their passions in retirement – Walter wrote and played the piano for her every day. Rose eagerly jumped into community activities as a founding member of the hospital auxiliary, board member, and active volunteer at Good Samaritan – activities she keeps up today along with a busy social schedule. Admittedly struck by wanderlust, at 91 Rose is still always planning her next trip. She had just returned from two weeks in Cabo San Lucas and was talking about her upcoming 19-day National Geographic tour on the trans-Siberian railroad from Vladivostok to Moscow. She’ll travel with Carol Muster ’67 ’70, who can provide “a young arm and good eyes when I need them,” she chuckles. “Mother and father always taught me to dream...to create a vision of what I wanted in life.” Advice well taken, I thought as the check came for lunch and Rose snapped it up. “I’m working on my air miles,” she winked.

—Pat Newport

Rose celebrated her 91st birthday January 22nd at OSU with students from Fu Jen University, who sang “Happy Birthday” to her in Chinese.



A Gift for Caring

Training a new generation of leaders in long-term care

Phil Fogg says baby boomers are changing the way we look at long-term care. “I’m thinking they’ll prefer the Rolling Stones to Frank Sinatra, piped into the dining room” he chuckles. “Seriously, we do need to be ready to respond with the services they’ll want for independent, assisted, and nursing care,” says Fogg, a fourth-generation senior care professional and founder of Marquis Companies, which manages 19 care facilities in four states. That response will take a new generation of health care leaders like those being trained in a partnership with Marquis and the college’s Department of Public Health. “OSU health care administration students are well trained in the classroom,” says Fogg, who notes that he currently employs more than 20 OSU alumni. “We give them internships, expose them to long-term care, and discover if they’ll make good leaders. And they in turn decide if this is the field for them. Finding young people with vitality and passion for providing these services will definitely improve the quality of care and the quality of life for our clients.”

To strengthen his commitment to the partnership, earlier this year, Fogg established the Marquis Fund for Leadership in the Field of Long-Term Care in the College of Health and Human Sciences. “I appreciate the collaboration with Len Friedman – he takes our needs

to heart, and it shows in the students he sends to us,” says Fogg.

“This is an ideal joint venture where students translate skills learned in the classroom into practice and have the potential to impact this emerging and expanding field,” says Marie Harvey, chair of the Department of Public Health. Fogg, a member of the Governor’s Oregon Health Care Workforce Institute, says, “I often site this as a great example of work between OSU and private industry.”



Russ Kittrell '97 and '00 is the administrator of Marquis Care in Springfield, Oregon.



Phil Fogg (r) is a fourth-generation senior care professional and founder of one of the premier long-term care companies in Oregon.



Kym Wells '91 and '92 (r) consults with a nurse at a Marquis facility in Portland.

On the road again

Travels with Tammy

On a swing through the Bay Area...

Jo and Orin Zimmerman, both 1947 OSU grads, treated Dean Tammy Bray to lunch at Channing House in Palo Alto, where they live. They talked about coming for President's weekend this summer in Sunriver and their plans for a late-summer cruise to Alaska. Tammy also stopped by to see **Joan '45 and Jarl '44 Engberg** in Portola Valley. Avid Elder-hostelers, they are hoping to join other alumni for the annual OSU trip to the Ashland Shakespeare Festival in July.



Dean Tammy Bray enjoyed lunch with Betty '46 and George Cilker (center) and their daughter, Claudia, in Los Altos, sharing information about Iris Briand and Emily Sitton, this year's recipients of the George and Betty Cilker Scholarship. George established the scholarship in 2004 to honor Betty on their anniversary.

This spring, Tammy and Kevin Heaney of the OSU Foundation (r) visited with Jody '47 and Don Petersen in Montecito, California, to talk about their ten years of philanthropy and what it has built at OSU. The Jo Anne Leonard Petersen Endowed Chair in Gerontology and Family Studies supports important research in aging and provides for the Petersen Visiting Scholar program that brings preeminent researchers in gerontology to OSU each year.



As part of Destination OSU in Palm Springs in March, Verle '58 and Stewart Weitzman hosted a reception in their home for alums to connect with old friends, make new ones, and hear from Tammy about plans for the new Hallie Ford Center for Healthy Children and Families.



Bob and Charlee Moore (r), supporters of the college and founders of Bob's Red Mill in Milwaukie, Oregon, threw a party for the grand opening of their new world headquarters. They welcomed (l-r) Extension faculty member Renee Carr and Tammy Bray, as well as associate dean Marc Braverman and department chair Tony Wilcox (not pictured).



alumni

1984

Mary Schoen-Clark
Early Child Development and Family Life

Focus on community, home, and health

Not one, not two, but three alumni in this OSU family! Mary and her husband, Mark Clark, graduated in 1984, Mark in nuclear engineering, along with their son Camrick, who “graduated” from the infant/toddler lab at the Child Development Center at age two! Mark’s engineering job with GE’s nuclear department took them to Iowa for almost 20 years; he now works as a computer consultant. Mary started her career as a volunteer at the local community action agency in Cedar Rapids, Iowa, delivering cheese to the elderly and worked up to be the CEO/founder of MidAmerica Housing Partnership, a \$40 million non-profit housing development corporation. “One of the most important things I learned at OSU was how to write proposals and grants. Since the first one at OSU, I’ve leveraged over \$70 million to help families live better lives,” says Mary. “We moved back home to Oregon in 2006, and I’m thrilled be coming back full circle to work with OSU and Oregon Coast Community Action to bring more opportunities to Oregon’s families and children through the linkage of community services and research.” You can see more about OCCA at www.orcca.us.



Clockwise from top left: Camrick, now 26 and working for Apple Computer; Mary; oldest daughter Joshann, 21, who is attending Western University in graphic design; Mark; and the three little girls Mark and Mary adopted in 2002: Mika, Nia, and Jo, who are now 16, 9, and 7.

1983

Suzanne Peters
Merchandising Management

Lacing up

“I’ve been fortunate to enjoy an excellent career so far, with many years at Nordstrom and now in my seventh year at Nike in Beaverton,” says Suzanne. “I took my merchandising management degree and applied it all the way through my path at Nordstrom: sales associate, department manager, buyer for three departments, and store manager at the Clackamas Town Center in Portland. One of the greatest advantages I had was all of my OSU apparel construction course work and textiles knowledge. It really



helped me help consumers and fellow buyers decide why a particular product should be purchased. Students today have an advantage we didn’t: they’re electronic savvy. I didn’t use an Excel spreadsheet for my buys until the end of my buying career; we ‘hand cranked’ it all! My career at Nike has finally taken me out of the retail realm after 22 years. Now I work on the vendor side, putting together one of Nike’s footwear lines for the U.S. consumer. It’s very exciting, and my category is one of the largest footwear businesses at Nike. I love staying involved with the college and the students in design and human environment. I’m proud to be a graduate of the program and am constantly impressed (and amazed) that what they are teaching in the classroom is what we’re doing in the field. I’m also really enjoying serving on the Advisory Board for DHE and have a fabulous new network of professionals in my field.”



2004

Paul Bollinger
Public Health*Responding to disasters around the world*

Paul says OSU gave him the perfect pairing to find his life's work: an internship at Northwest Medical Teams and a master's in public health. "In the field of international health, the MPH is the 'key to the kingdom.' Dr. Rossignol and Dr. Chi were, for me, the backbone and support of my OSU experience. They both provided guidance, wisdom, and friendship that continues today. My experience at OSU has opened doors and networking opportunities for me that never occurred to me when I entered the program." In January of 2005, Paul traveled to Sri Lanka as a logistics volunteer with the initial disaster response team following the devastating South Asian tsunami. In September, he was hired by Northwest Medical Teams (now Medical Teams International) as emergency medical services senior advisor. "We work with local partners and governments to develop scalable and sustainable emergency responder education programming that focuses on reducing secondary injury, such as traffic accidents, as a result of a traumatic event," he explains. "We provide a training curriculum in the native language,

**Paul Bollinger in
Cambodia**

develop a train the trainer program, and help integrate the programming into the local health education system." The MTI emergency medical systems program is currently active in Uzbekistan, Tajikistan, Sri Lanka, Vietnam, Cambodia, and Moldova. Since the EMS program started in 2001, more than 20,000 people around the world have been trained.

1982

Beth Joscelyn
Health Education*Giving babies a healthy start*

"I started my career in 1984 with the March of Dimes, and it's been a wonderful journey. I really think I got the job because I was a Beaver...Kathy Ellis '63, a Beaver alum, hired me," says Beth (Bolton) Joscelyn, state director of the Greater Oregon Chapter of the March of Dimes. "I've had the opportunity to grow personally and professionally, making contributions to the mission of the March of Dimes: to give every baby a healthy start. I was attracted to the work of the March of Dimes with its strong record of success and the belief that hope through knowledge is the first step to prevention. The organization's mission touches many areas that are important to me – research, education, community engagement, advocacy, and volunteerism – all in the name of healthy babies. My March of Dimes journey has taken me to Washington, D.C., for 10 years, Orlando, Florida, and Memphis, Tennessee, for six years, then back home to Oregon in 2005. Through my journey I gained the status of an expert non-profit sector veteran: growing revenue and

**Beth and daughter,
Lauren**

turning around chapters and delivering on the development and implementation of organizational plans. Some of my more memorable opportunities have included building and managing influential, diverse, high-impact boards, leadership, and major donors, resulting in increased contributions and launching the first Neonatal Intensive Care Unit

(NICU) Family Support program in partnership with Children's National Medical Center in the District of Columbia.

"I have many fond memories of my OSU years and the friends I made there are among my very dear friends today," says Beth. "I am a big fan of Tammy Bray and all the wonderful and exciting work that is being done under her leadership and I am honored to be a donor."

Beth and her husband, Bill '80, have four children, Peyton (18), Morgan (16), Nicholas (15), and Lauren (7). "Most of my time outside of work is spent taking snowboarders to the mountain, sitting in gym and stadium seats watching games, and enjoying friends and relatives," shares Beth.



Ruth Tanbara's lifetime of accomplishments was memorialized in this biographical triptych painting by the Japanese-American artist Hiro

In Memoriam

Ruth Nomura Tanbara, Home Economics '30
1907–2007

Centenarian leaves legacy of service to the Japanese American community

One of the first Japanese Americans to be born in Oregon, Ruth Nomura Tanbara grew up in Portland and earned her BS with honors in home economics, specializing in chemistry, bacteriology, and nutrition. She and her husband, Earl, moved to the Bay Area, where she became a social worker in the Japanese community. World War II drastically changed their lives as they faced internment or evacuation from the West Coast. They were given special permission to move to St. Paul, Minnesota, where they went to work building community acceptance and helping relocated Japanese Americans find food, shelter, and jobs. Thus in 1942, Ruth started a lifetime of work and service to the Japanese American community in St. Paul. She worked for the YWCA for 30 years, directing 60 adult education classes and the world fellowship, the international program of the YWCA. She helped establish

the St. Paul–Nagasaki Sister City program in 1995 and served on the Festival of Nations and the Japan America Society of Minnesota, working tirelessly to promote knowledge of the Japanese culture. While working, Ruth earned her master's in home economics from the University of Minnesota in 1953. Throughout her life, Ruth received many awards and honors recognizing her humble service, generous heart, and belief in the goodness of the human spirit. Upon proclaiming August 20, 2005, as Ruth Tanbara Day, the mayor of St. Paul said, "Ruth has lived by the concept that civilization is maintained by individuals who live for others, who radiate kindness and friendship and live beyond themselves to add something to the contentment and happiness of others." Last fall, the YWCA of St. Paul held a centennial celebration and paid special tribute to Ruth. "She had a passion for building intercultural understanding and bringing people together. She worked to eliminate racism and help people move beyond fear and stereotypes long before it became our national mission."

New faculty

The College welcomes two new members to the team

Fighting obesity, one bowl of cereal at a time



Molly Timlin

Assistant Professor of Nutrition and Exercise Sciences

"When I came here to interview, everything just felt right," says Molly Timlin of her decision to move from her post at the University of Minnesota. "The opportunities for collaborating on research, the people, the town...and the weather were all what I was looking for." And Molly says that Benny, her rat terrier/chihuahua mix rescued from Hurricane Katrina, approves of his new home with miles of trails to roam.

Molly earned her PhD in nutrition at the University of Minnesota, completing her dissertation on the role of diet composition and rate of delivery on fatty acid synthesis. In 2005, the American Society for Clinical Nutrition named her a finalist for the Young Investigator Award. During her post-doctoral work, Molly changed her research focus to examine the association between breakfast consumption and body weight. As lead author on a recent publication in *Pediatrics*, the journal of the American Academy of Pediatrics, the analysis of five-year data on 2,216 adolescents and teens from Project EAT (Eating Among Teens) showed a significant inverse association between breakfast frequency and body mass index (BMI)," she says. "This same inverse association has been observed in adults in previous studies, so this line of research may have broad public health application in the fight against obesity."



Ellen Smit

Associate Professor of Public Health

Focusing on the impact of diet and activity on chronic disease

With growing research activity in HIV/AIDS and women's health issues in the college's Department of Public Health, Ellen Smit found a niche to continue her work in nutrition and epidemiology. Her research focuses on diet, metabolism, and physical activity in relation to chronic disease and HIV infection in diverse populations.

After earning her BS in clinical nutrition and MS in nutrition from Loma Linda University, she worked as a nutritionist in community and clinical settings, then earned her PhD from Johns Hopkins in epidemiology. "This gave me the skills to translate difficult topics into lay language and understand the complexity of behavior change and the limitations of assessing dietary intake."

Ellen was born and raised in Holland and has lived in Puerto Rico, experiences that enrich her multicultural perspective on her research and teaching. She has worked on numerous studies on HIV/AIDS, heart health, and women's health and is currently working on projects in Puerto Rico related to cancer in persons living with AIDS and another on the characteristics of the Puerto Rican diet as it relates to chronic disease. She is also working on several survey analyses of national databases, including linking with vital records and examining the relationship of alcohol intake on overall mortality by race-ethnicity.

Student Athletes

Making the grade

Kelly Dyer

Eugene, Oregon

Human Development
and Family Sciences '10

"Getting to come in against
Arizona last year and striking
out Caitlen Lowe and Kristi Fox"
was Kelly's most memorable
experience as an athlete at OSU.

She says that her secret to balancing
school and the demands of athletics is
being organized and using her tutors
to help her with her schoolwork.

Kelly volunteers with kids in the
community and is doing an internship
at the Jackson Street Youth Shelter.
She plans to go to graduate school
and "make a difference in people's
lives" by working as a
social worker or with
juvenile delinquents.

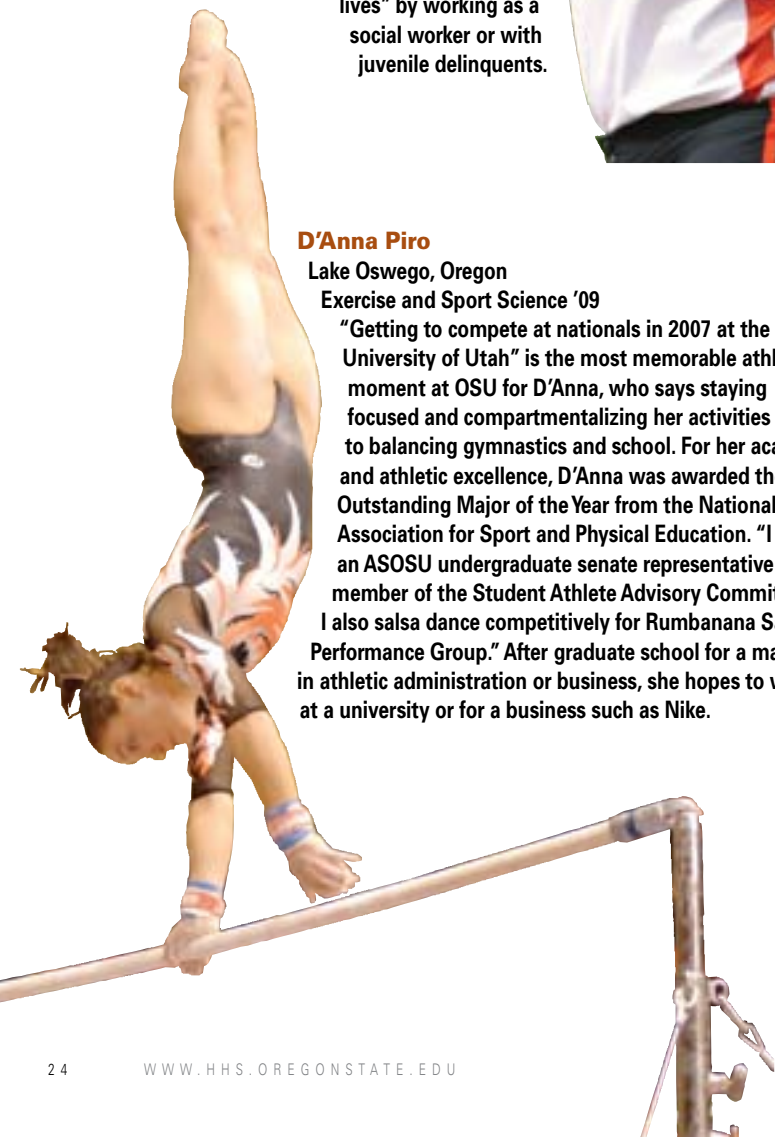


D'Anna Piro

Lake Oswego, Oregon

Exercise and Sport Science '09

"Getting to compete at nationals in 2007 at the
University of Utah" is the most memorable athletic
moment at OSU for D'Anna, who says staying
focused and compartmentalizing her activities is key
to balancing gymnastics and school. For her academic
and athletic excellence, D'Anna was awarded the
Outstanding Major of the Year from the National
Association for Sport and Physical Education. "I am
an ASOSU undergraduate senate representative and
member of the Student Athlete Advisory Committee.
I also salsa dance competitively for Rumbanana Salsa
Performance Group." After graduate school for a master's
in athletic administration or business, she hopes to work
at a university or for a business such as Nike.



Abby Chesimet

Astoria, Oregon

Exercise and Sport Science '10

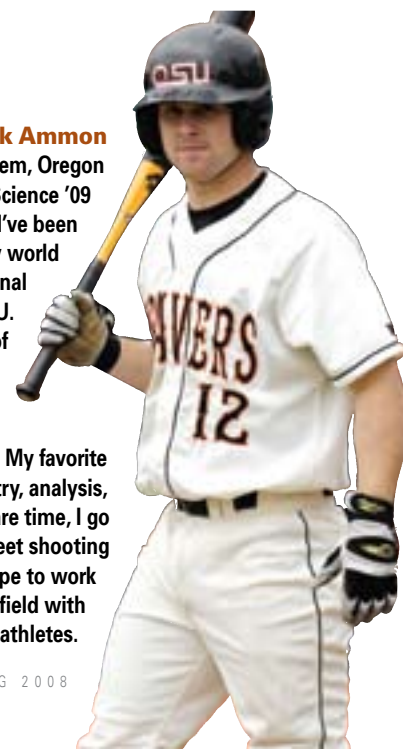
"Running PAC-10 cross-country competing with top athletes was
an awesome experience," says Abby, who was raised in Kenya,
East Africa, and moved to the U.S. at age 16. "I am involved with
Adventist Christian Fellowship club and join them for dinner and
Bible study when time permits. My favorite class is anatomy and
physiology. It's tough, but I like learning about the body and its
physiology." Abby plans to go to graduate school then work as a
physical therapist.

Erik Ammon

Salem, Oregon

Exercise and Sport Science '09

"I'll always remember the guys I've been
able to call my teammates - truly world
class men...and the two national
championships we have won for OSU.
Being a student-athlete takes a lot of
hard work, dedication, and sacrifice,
but when I look at the challenges
people around the world face, I
realize this opportunity is a blessing. My favorite
classes include kinesiology, chemistry, analysis,
and biomechanics, and in my spare time, I go
fishing or hiking and sometimes skeet shooting
with my dad, uncle, and cousin. I hope to work
in the strength and conditioning field with
collegiate and professional athletes.



**Felicia Castaneda**

Gresham, Oregon

Nutrition and Food Management '08

"My final home dual meet against UW this year was my most memorable event. My friends and family were there to support me, and I swam season best times in both my 100 and 200 breaststroke events," says Felicia, who is very involved in the Student Athlete Advisory Committee and enjoys running, yoga, and baking. "I have a 'game plan' for each day and make checklists to stay focused. I'm considering career options as a physician, sports broadcaster, and NCAA athletic administrator."

photos courtesy of OSU Athletics

**Travis Gardner**

Portland, Oregon

Exercise and Sport Science '08

Travis says that his most memorable moment in his athletic performance at OSU so far was winning a PAC-10 title at heavyweight. When asked who is favorite professor is and why, he said, "Heidi Wegis, hands down. She is fun and easy going, she keeps the material interesting, and she loves what she does." Travis plans to graduate in the spring and get his master's at OSU to become a high school physical education teacher and wrestling coach.

**Rachael Axon**

London, England

Physical Education Teacher Education '10

Rachael transferred to OSU because of the PAC-10 soccer reputation. "I love to travel, and this has been a wonderful opportunity to see the U.S. I hope to see all 50 states before I return home. Our most memorable game was the Civil War – next year we'll be going for more than a draw! My favorite class so far is chemistry with Dr. Nafshun. He keeps learning fresh, and his balloon explosions are great!" Rachael says, "The everyday schedule of training, practice, meetings, and schoolwork just seems to fall into place."

**Ashley Allen**

Fresno, California

Public Health '08

"It's important to remember that I am a student first and an athlete second. Time management is critical," says Ashley, whose athletic highlight was her team's surprise win over USC. Public health professor "Dr. Tricker is the best.... he is so passionate about what he does, and he wants the best for each student. He also tells the best stories!" Ashley plans to become a pharmaceutical sales rep after graduation.

awards

Celebrating excellence

The college recognizes outstanding faculty



Kathy Mullet **Apparel Magazine Educator of the Year**

"I ended up teaching because it was the best way to keep learning," says Kathy Mullet, associate professor and coordinator of the apparel design program in the Department of Design and Human Environment. She relishes exploring and learning along with her students, who say she has a reputation for pushing them to exceed their own expectations and giving them the confidence to blossom into accomplished designers and product developers. This approach and an impressive record of scholarship and service to her profession earned Kathy the *Apparel Magazine* Educator of the Year award for 2007. Kathy, whose focus is designing functional clothing, believes that design and product development continues to be a strong career path in this ever-changing field. "The design of apparel and the manufacturing are not necessarily done in the same country," Kathy explains. "Students need to communicate design ideas both visually and as written specifications. They need to evaluate virtual as well as physical products."

Peter (Tony) Lachenbruch **President, American Statistical Association**

The largest association of professional statisticians in the U.S. recently elected Peter (Tony) Lachenbruch, professor of public health, as president. A widely published author, his research focuses on statistical methods for drug research, methods for regulation of pharmaceuticals, and statistical applications to rheumatology. "I plan to impact the ASA's communication and professional development initiatives," says Tony. "Our profession is in a constant state of evolution with new theories being developed, and new approaches to analysis created. We must encourage lifelong learning." He also plans to work with ASA leadership to help statisticians improve their communications skills. "We are called upon to talk to students, clients, the public, lawyers, and the government. It's imperative that we have the skills to communicate statistical ideas to other statisticians, to non-statistical professionals, to the general public, and to the media." Founded in 1839 in Boston, ASA is the second oldest professional organization in the country, with 18,000 members worldwide.



Alan Acock Barbara E. Knudson Endowed Chair in Family Policy

"I want to find ways to strengthen families and make the trajectory of adolescence more successful," says Alan Acock, professor of human development and family sciences, who was recently named the Barbara E. Knudson Endowed Chair in Family Policy. "Youth today face so many choices and challenges that impact whole families," says the father of four boys. Alan believes that informing state and national policy makers about current research is a critical part of effecting positive change. "There is a huge body of research that has implications for policy for children and families." A preeminent statistician and author of *A Gentle Guide to Stata* and *Family Diversity*, Alan is currently collaborating with OSU researchers on projects including self-regulation in young children, how family dynamics shape the development of children, and the impact of positive action programs to prevent risky behaviors in young children. He is also working on a textbook on advanced statistics and is a featured speaker in the college's Summer Institute



Barbara E. Knudson '39 congratulates Alan Acock on his appointment to the endowed chair that she established in 1991.

on Research Methodologies. He served as editor of the *Sourcebook for Family Theory and Research* and has published more than 100 scholarly articles. Alan succeeds Clara Pratt, who continues her advocacy work as part of the college's new Hallie Ford Center for Healthy Children and Families.

Leslie Davis Burns President, International Textile and Apparel Association

Noted for her research, teaching, and focus on practices of the apparel industry worldwide, Leslie Burns, professor and chair of the Department of Design and Human Environment, was named president of the International Textile and Apparel Association, a professional association of scholars from around the world who focus on the history, design, production, marketing, and distribution of textiles and apparel. She recently represented ITAA at the International Conference of the Korean Academy of Marketing Sci-

Leslie Burns in northern Thailand with the woman who created the traditional dress she's wearing.



ences in Pusan, Korea, and the Global Marketing Conference in Shanghai, China. "I am working to develop a program for ITAA members to collaborate with faculty in Thailand on textile product development in the tribal communities of northern Thailand," says Leslie, who adds, "While in Vietnam recently, I met with Minh Hanh, director of the Vietnam Fashion Design Institute, and Shiro Fukukawa, director of Zen Plaza in Ho Chi Minh City about future collaborations with ITAA members."



John Dunn **President, Western Michigan University**

John Dunn was inaugurated as the eighth president of Western Michigan University in 2007. Dunn was at OSU from 1975 to 1995 and served as the initial director of the Special Physical and Motor Fitness Clinic (now the IMPACT program serving children with disabilities), as chair of the Department of Exercise and Sport Science, as associate dean of the College of Health and Human Performance, and as OSU associate provost. He left OSU to be dean of the College of Health at University of Utah, then was provost at Southern Illinois University before moving to Western Michigan University. Internationally known for his research and writing about special physical education, Dunn is the author of more than 50 professional papers and book chapters. He is president-elect of the American Academy of Kinesiology and Physical Education. "I have known John since 1978, and greatly value his professionalism and integrity," says Jeff McCubbin, associate dean and OSU Distinguished Professor of Exercise Science. "He was one of the initial national leaders in the field of adapted physical activity, and 'the' reason I came to OSU. He has maintained his professional commitment while becoming an administrator of distinction."

Patrick O'Shea **Alvin Roy Award, bestowed posthumously by the National Strength and Conditioning Association**

"The Alvin Roy Award represents the years of dedication, ground breaking research, and pushing the boundaries of the human physiology in weight training in my dad's career," said Sean O'Shea on receiving the award for his father, Pat O'Shea, who passed away in 2004. "Seeing what my dad meant to his colleagues and students was one of the biggest joys of accepting the award." The award, given posthumously, recognizes an individual whose career achievements have made a major historical impact on the scientific understanding, methodologies, practices and general awareness of resistance training as a component of sports conditioning. Pat's work distinguished him as one of the pioneers and premiere contributors to the body sport and performance research.



Sean added, "His legacy is in how we apply proper weight training into our everyday lives to be more successful...be it the person trying to lose that extra 20 pounds or the professional athlete digging in to do that last extra rep."



STUDENT ACCOMPLISHMENTS



Switzer



Bryan



Chilgren



Haruguchi

Molly Switzer '08 was selected as an Outstanding Student by the National Kitchen and Bath Association. She served as president of OSU's NKBA for three years and attended the NKBA industry show each year. Molly will receive degrees in both interior design and housing studies. Then, after working in the industry for a while, she plans to earn her master's in architecture or interior architecture.

Bekki Bryan '08 received the Doctoral Student of the Year award from the Adapted Physical Activity Council of the American Alliance of Health, Physical Education, Recreation, and Dance. She is currently working on her dissertation, "The Role of the Paraeducators in the General Physical Education Environment," analyzing support provided to students with disabilities in our public school system.

The American College of Health Care Executives selected **Alison Chilgren** '08 as winner of the 2008 ACHE Richard J. Stull student essay competition. Her essay on *Managers and the new definition of quality* suggested that health care organizations consider goal setting for employees, developing metrics to measure quality, and focusing on cultural competence. Alison will receive her degree in health management and policy.

Saori Haruguchi, a sophomore in human development and family sciences, won a spot on the Japanese Olympic swim team. She will swim in Beijing this summer, competing in the 200 freestyle, the 200 individual medley, and the 200 butterfly. During the NCAA Championships, she won the 200 butterfly, making history as the first OSU swimmer to win her event. She cut almost four seconds off the previous school record with a time of 1:52.39.

Katie Roseboro, a sophomore in apparel design, shows off the new OSU tartan muffler and stadium blanket made by Pendleton Woolen Mills and now available at the OSU Bookstore, Made in Oregon, and other stores. The tartan was designed by Krisja Lorensen '07, who is currently working in apparel design in New York City. She won the design competition in 2006 to create a unique plaid that identifies wearers as being a part of the "OSU clan."



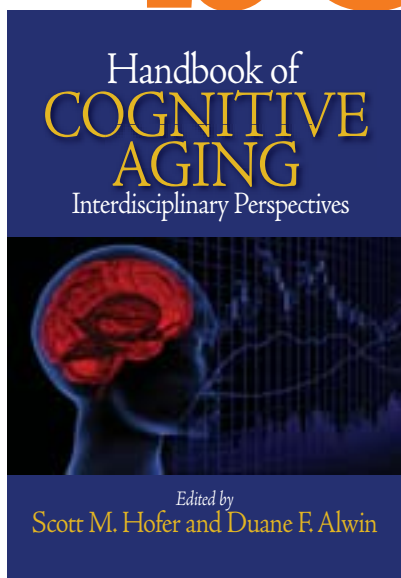
books



Improving the Nation's Water Security: Opportunities for Research

Co-authored by Anna Harding • National Committee on Water System Research • The National Academies Press: Washington, DC, 2007

A nationally recognized expert on water-quality issues, public health professor Anna Harding was appointed to the Committee on Water System Security Research to assist in evaluating the Environmental Protection Agency's water security research and recommend future research priorities. Concern over terrorist attacks since 2001 has increased the focus on potential vulnerabilities of our nation's water supply and wastewater systems. This published report evaluates research progress to date, analyzes lessons learned, and creates a vision of the EPA's water security research program that identifies short- and long-term research needs. The committee evaluated the value of EPA research projects on water security, considering water security threats with the greatest likelihood and potential consequences, the effectiveness and efficiency of the nation's response and recovery capacity, and the implementation and costs associated with new technologies and methodologies. Harding's expertise and research in national and interna-



Handbook of Cognitive Aging Interdisciplinary Perspectives

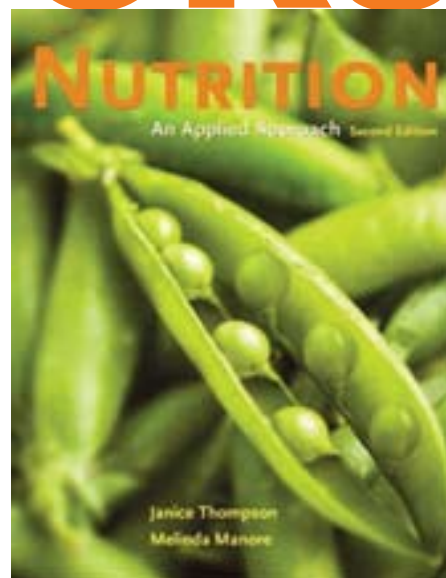
Edited by
Scott M. Hofer and Duane F. Alwin

tional environmental health includes the study of water quality and public health risks, public health associated with chemical contamination, community involvement, tribal environmental health, and risk communication.

The Handbook of Cognitive Aging: Interdisciplinary Perspectives

Edited by Scott M. Hofer and Duane F. Alwin • Sage Publications, 2008

Responding to a global need for communication among researchers in cognitive aging, human development and family sciences professor Scott Hofer and his colleague from Pennsylvania State University bring together the contributions of authorities worldwide in genetics, demography, gerontology, sociology, economics, biostatistics, and epidemiology for this comprehensive look at cognitive function in aging. The near doubling of life expectancy in developed countries over the past century poses questions about quality of life as we age. Authors from Australia, England, Scotland, Germany, Switzerland, Sweden, The Netherlands, and the U.S. address theoretical and integrative perspectives, biological indicators, historical processes, and longitudinal analyses of cognitive aging. "Cognitive function is clearly an essential component of health across



the life span, and understanding the relationship of aging to cognitive function is a high priority because of the growth and intrinsic relevance of our aging population," Scott explains. "Differences in patterns of cognitive aging are crucial to understanding the linkages among socioeconomic, racial/ethnic, gender, and health disparities."

Nutrition: An Applied Approach

By Melinda Manore and Janice Thompson • Benjamin Cummings, 2008

The second edition of this widely used textbook presents introductory nutrition information to non-majors in an applied format that promotes long-term understanding of the material. It capitalizes on students' natural interest in nutrition by demonstrating how it relates to their health and everyday lives and by addressing and debunking commonly held misconceptions students may have. "This book is written with a functional approach," says nutrition and exercise sciences professor Melinda Manore. "We go beyond simply listing vitamins and minerals and discuss their functions, such as blood nutrients, antioxidant nutrients, and bone nutrients." Also included are chapters on designing a healthful diet, nutrition and physical activity, eating disorders, nutrition through the life-cycle, and global nutrition.

In Memoriam



Don Campbell
1922–2007

“Don was our faculty visionary who enjoyed donning his ‘black robe’ and ‘turban’ in order to gaze in to his crystal ball and fascinate first term freshmen about the many employment opportunities in exercise and sport science,” recalls retired health and human performance professor Dow Poling with

a chuckle. “His legacy was that he encouraged many students to seek jobs outside of the teaching/coaching box.” Don retired from OSU in 1986 after 17 years in the College of Health and Human Performance during which he was frequently published in professional journals. He received his BA from Augustana College, MA from the University of Oregon and his PhD from the University of Northern Colorado. Don had a distinguished military career after being commissioned a second lieutenant by General George Patton. He was in the European theater and wounded in the Battle of the Bulge, then recuperated and served with occupation forces in Japan. Don received numerous medals including the Purple Heart, Bronze Star and the French Fourragere. Don and his wife of 53 years Nola ’52 home economics, spent several months each year as volunteers for various Christian mission organizations in the U.S. and around the world.

Jason Seeley
1974–2007

Patient, determined, persevering, persistent, focused, witty, strong, and courageous are the words often used to describe Jason Seeley, a 2007 graduate in exercise and sport science who died in October of cancer that he fought throughout his life. “He taught me many things about grace, attitude, and hope,” says Carey Hilbert, Jason’s academic advisor. “I will use his legacy of faith and a positive attitude to fire up students who need encouragement to pull through adverse situations.” During his junior and senior years, Jason worked as a personal trainer and fitness technician at Dixon Recreation Center on campus. His personal motto was “One’s personal health and wellness is of the utmost importance and each day is a day that we are to help make a difference.” His supervisor Beth Hawk said he did just that. “He had the passion to help people. He was a great team player and had the ability to bring people together around difficult issues. Jason was positive 98 percent of the time, overcoming adversity, sickness, and health complications he dealt with daily. His spirit lives in all of us as we continue our work at Rec Sports.” According to Tony Wilcox, chair of nutrition and exercise sciences, “Jason earned the respect and admiration of the NES faculty. He was an energetic, interactive student who enjoyed sharing his thoughts in class.”



Kendra Leigh Hoffhines
1986–2008

Kendra passed away on March 16th after a courageous battle with malignant melanoma. She would have graduated in June with a degree in nutrition and food management and married her fiancé Bradley Hern on August 16th. Kendra is remembered by her classmates and friends as an easy-going, fun-loving girl who made friends easily, had a zest for life, a free spirit, and a gentle soul. Studious



and observant, she loved photography, food, and the outdoors and was always up for an adventure or challenge. Kendra spent her sophomore year on the OSU Women’s novice rowing team. Kendra’s family said she would want others to be vigilant when in the sun and know about malignant melanoma. They suspect that Kendra’s stemmed from a birthmark that may have received too much exposure to the sun.

Honor Roll of Donors

1868 Society

The 1868 Society was named for the year in which the legislature passed OSU's charter, creating Oregon's first state-supported college. By making such substantial contributions over time, members of the 1868 Society carry on OSU's proud legacy and help ensure an outstanding future for the university.

The following alumni of the College of Health and Human Sciences are recognized as members of the 1868 Society for their cumulative giving (outright gifts and pledge payments) across the university.

Milton Harris Society

\$1 million or more

Milton Harris, a 1926 OSU graduate and noted chemist, gave the first \$1 million gift to OSU. Representing leadership giving at its finest, Harris Society members have made cumulative gifts of \$1 million or more.

Loree E. Fox '42

Irene Giustina Goldbeck '74 & Erik H. Goldbeck

E. Roxie Howlett '45

Barbara H. Knudson '39

Barbara B. Peck '32

Jody '47 & Donald E. Petersen '47

June '40 & Truxton Ringe '40

In Memoriam

Mercedes A. Bates '36

James H. Jensen Society

\$500,000 - \$999,999

James H. Jensen was OSU president when the university's first donor recognition group was established in 1967. Donors making cumulative gifts of \$500,000 to \$999,999 during their lifetimes are recognized in the Jensen Society.

Sue '58 & James E. Coleman '58

Bette '40 & Fred W. Durbin, Jr. '41

Shirley Nyman Pape '86

Elaine J. '42 & Vittz-James Ramsdell '42

Dorothy Robinson Slate '47 & Elton D. Slate '50

Elaine Yunker Whiteley '53 &

Benjamin R. Whiteley '51

Thanks to each and every one who has contributed to the College of Health and Human Sciences this past year! OSU Foundation policy for the Capital Campaign includes listing all donors of \$1,000 and over. Please know that we appreciate your gift, regardless of size, and accept it as an indication of your belief in us, our work, and our mission of Taking Care of Life. Thank you for being part of our worldwide Health and Human Sciences Family!



Student speaker Shauna Tominey '08

"They are out to change the world, and you are here to help them,"

said Dean Tammy Bray to donors of the 158 fellowships and scholarships that were awarded during the college's sixth annual Celebration of Excellence in May. More than \$321,000 in awards was presented to undergraduate and graduate students whose dreams and aspirations were shared with more than 400 guests. In thanking the faculty, families, and donors, Tammy acknowledged the breadth of interest, talents, and life goals of the 147 recipients. "They are studying about the challenges of school readiness, adolescence, aging, and health disparities in our global economy. They are researching childhood obesity, diabetes, cancer, bone health, and metabolic disease. They are discovering solutions to aging in place, correlations between diet and health, and ways we can improve our near environment – from what we wear to how we live. And they are preparing to become social workers, public health advocates, teachers, doctors, physical therapists, athletic trainers, registered dietitians, apparel and home designers, and health care administrators."

Your generosity not only relieves a student's financial burdens, it says...I believe in you. I believe that what you are doing is important and I think you have the potential to change the world.

Shauna Tominey '08

PhD candidate, Human Development and Family Studies (pictured below left)
2007 recipient of the Betty E. Hawthorne Fellowship and 2008 recipient of the Woods-Foster Fellowship



From left: Carmen Phillips, daughter of Hallie Ford, who established the Hallie Ford Center for Healthy Children and Families, Tammy Bray, and Dinah Nicholson, who founded a fellowship awarded to graduate students.

August Leroy Strand Society

\$250,000 - \$499,999

August Leroy Strand, OSU president from 1942 to 1961, was instrumental in launching the OSU Foundation in 1947. Strand Society members' cumulative gifts total \$250,000 to \$499,999.

Celia Strickland Austin '76 & G. Kenneth Austin III '76
Vivian '43 & Doug Chambers '41
Shirley M. '56 & Roy N. Gaussoin '56
Barbara J. '57 & Robert C. Loomis '56
Jean Starker Roth '42
Cathryn Guinn Rudd '76 & James H. Rudd
Elaine Hyland Sutherland '68 & Charles F. Sutherland
Marcia L. & Terry N. Thompson '69
Ann Ridings Wellman '55 & Norbert J. Wellman '54
Josephine S. '47 & Orin F. Zimmerman '47

In Memoriam

Jean Ross Graham '36
Martha Dreyer MacGregor '32
Helen George Pugh '38

William Jasper Kerr Society

\$100,000 - \$249,999

William Jasper Kerr served as OSU president from 1907 to 1934, a 25-year period marked by tremendous growth. Members of Kerr Society have made cumulative gifts of \$100,000 to \$249,999 during their lifetimes.

Ann L. '71 & Robert R. Aalund '71
Mary Heumann Adams '49 & Robert R. Adams '48
Margaret '41 & Rudolph P. Arndt
Peggy L. '73 & Harold J. Ashford '72
Jane Henzel Buck '61 & Wayne Buck '62
Gail Marine Case '61 & William C. Case '62
Betty Baldwin Cilker '46 & George E. Cilker
Tracey '73 & Mike Clark '72
Vicki Leininger Comer '68 & William F. Comer '68
Marjorie K. Dudley '39
Heather Burns Eagon '74 & J. Kenyon Eagon '74
Letty Warrington Faught '38
Dorothy Harstad Fenner '39 & John B. Fenner '40
Judith M. '63 & Peter K. Freeman
Barbara '65 & Robert W. Furer '65
Brenda DeLong Gardner '42 & John R. Gardner '43

Emma '79 & John Gilleland '78
Phyllis Gray Hann '42
Cherie Foster Haynes '73 & Erin J. Haynes '72
Rose Allen Kraft '40
Mary Bell Mainwaring '58 & Bill Mainwaring
Janet K. '66 & Ronald A. May '65
Dinah '74 & Steven T. Nicholson
Molly O'Connor Niebergall '54 & Thomas Niebergall '54
Jennifer Boomer Pace '85 & Robert J. Pace '84
Marjorie M. '46 & Roy S. Peterson '49
Diana A. Strawsser & Pete E. Pifer '68
Ann Myszka Pritchett '57 & Harold D. Pritchett '57
Heidi Davey Reynolds '89 & Kenneth J. Reynolds '83
Joy Hoerner Rich '45
Adele Knerr Rodriguez '42
Amy B. '93 & Scott W. Sanders '90
Krista Trueax Silvey '72 & David Silvey
Dorothy Laughlin Skuzeski '50 & Walter J. Skuzeski '50
Katherine Smith '61
Dorothy Norton Stevens '38
Marilyn E. Stevenson '50
Judith Wicks Street '64 & James R. Street
Joyce Reusser Stuntzner '64 & Ronald E. Stuntzner '64

Patricia Kelly Swan '51 & Robert G. Swan '50
 Linda Watanabe Talwalkar '87 &
 Abhi Y. Talwalkar '86
 Susan '77 & Patrick Terrell '77
 Irene R. Thompson '43
 Phyllis Sweeney Trusty '48 & Francis M. Trusty '49
 Lois E. Tupling '34
 Joan Orr Waite '38
 J. Gidget Boylan '85 & Darren M. Welborn '85
 Sharon Hastings Welty '75 & James R. Welty '54
 Eleanor Purcell Woodson '48
 Angela M. & Walter R. Wrahtz '77
 Susan Smith Wrenn '62 & Don A. Wrenn '62
 Rosemary M. '54 & John A. Young '53

In Memoriam

Elizabeth Youngstrom '29

Annual Support of the College of Health and Human Sciences

The Honor Roll recognizes the College's annual supporters who have made outright gifts or pledge payments totaling \$1,000 or more between July 1, 2006, and June 30, 2007. Donors making new pledges will be recognized in the appropriate level as their payments are received. Donors who passed away during the 2007 fiscal year are noted in the "In Memoriam" sections following each gift level listing.

Contributors of \$10,000 or more

Betty Baldwin Cilker '46 & George E. Cilker
 Margaret Wolcott Double '40
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 Bette J. & Alexander M. Hamilton, Jr. '56
 Kathleen F. & Edward H. Heath
 Lorraine Fries Husband '63 & James H. Husband '63
 Dinah '74 & Steven T. Nicholson
 Barbara B. Peck '32
 Carrie S. '90 & Chad A. Reese '90
 June '40 & Truxton Ringe '40
 Venesa White Strong '64 & Lester M. Strong
 Josephine S. '47 & Orin F. Zimmerman '47

In Memoriam

Eleanor Jane Sonin '40



Kathy Heath, retired health and human performance faculty, Tammy Bray, Joy (Hoerner) Rich '45, and Jean (Starker) Roth '42 visit at the Celebration of Excellence.



David Bussard presented Tammy Bray with Marie Bussard's copy of *Adventures of a Home Economist* at the Celebration of Excellence. Marie Bussard was professor emeritus at OSU.

The scholarships that I have received have helped so much that graduate school has gone from a dream to a reality. Being debt free will allow me to put all my focus on my education

Jordan Ehrlich '08

Health Management and Policy,
Public Health
2007 and 2008 recipient
of the Corvallis Clinic Foundation
Health Occupation Scholarship



OSU President
Ed Ray with
student speaker
Jordan Ehrlich '08

Contributors of \$5,000 - \$9,999

Anonymous
Tammy M. & John Bray
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Gregory Nesbitt '58
Jody '47 & Donald E. Petersen '47
Marjorie M. '46 & Roy S. Peterson '49
Joanne Deffenbaugh Talbert '58 & Larry K. Talbert
Frances Fricker Townsend '46 & Wm Alan
Townsend '46
Frances M. Webber '41

In Memoriam

Charles Humphrey

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Lorri Brown Kehoe '81 & Michael P. Kehoe
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Jean Starker Roth '42

Ann Roth Streissguth '54 & Daniel M. Streissguth
Phyllis Sweeney Trusty '48 & Francis M. Trusty '49

In Memoriam

Helen George Pugh '38

Contributors of \$1,000 - \$2,499

Kay E. Bishop '64
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Valerie A. & Mark W. Hope '76
E. Roxie Howlett '45
Dale E. Kirk '40
Janet & David M. Leatherwood
Kaino Ojala Leethem '57 & Donald D. Leethem '56
Debbie Bird McCubbin '97 & Jeffrey A. McCubbin
Sara L. Roth
Marilyn E. Stevenson '50
Anne L. '73 & Frank R. Weis '72

Thank you!

Every attempt has been made to ensure the accuracy of these lists. However, if you notice an error, please contact Penny Hardesty, Director of Donor Relations, OSU Foundation, Penny.Hardesty@oregonstate.edu or 541-737-1469.



If you would like to contribute to the legacy of excellence in teaching, research and outreach in the College of Health and Human Sciences, please contact Marie Jennings '88, Director of Development at the OSU Foundation at 800-354-7281 or 541-737-9374 or marie.jennings@oregonstate.edu.

The
Campaign
for OSU

THIS
AMAZING
PLACE

THIS
HISTORIC
MOMENT



Mother and daughter catch an occasional walk in Bald Hill Park with Harpo, who visits nursing homes and hospice patients with Liz.

LIZ LEVARO AND LISA OAKLEY

For Lisa, it was a true case of “mother knows best” that brought her to OSU to do graduate work in international public health. For Liz, her late-life search for meaningful work drew her to the PhD program in human development and family sciences. Mother and daughter are fulfilling their dreams together, and in June of 2009, they will don their black robes and mortarboards and receive their degrees from the College of Health and Human Sciences. “It’s an unusual and gratifying experience to be on ‘equal par’ with Lisa,” says Liz, who plans to work in social gerontology focusing on romantic

relationships in late life. Lisa, who spent six months doing volunteer work in HIV/AIDS prevention in Johannesburg, hopes to do research that will lead to real changes in understanding and preventing the disease. “Mom was the one who convinced me that I could combine my interests in sociology, philosophy, and medicine with what I learned about the beautiful people and culture of Africa and pursue a career in public health,” explains Lisa. This year, she will complete an unrequired thesis on the fear and stigma of HIV/AIDS and other infectious diseases to give her a leg up for a PhD program.

“Being in the same college, sharing colleagues and friends, allows us to see each other in a different light,” says Liz, who is using her skills from careers as a psychotherapist, counselor, and head of a publishing company as she plans her future. Liz, 62, and Lisa, 26, agree that when generations mingle – socially, intellectually, and politically – greater compassion and understanding result. They enjoy the company of each other’s friends when they gather for weekly dinners with the Lunatics (relating to the full moon), a group ranging in age from 20 to 60-plus.

When asked to share what they admire about each

other, they simultaneously sigh, reach for a tissue, and share a tearful laugh. They hold hands comfortably as Liz speaks proudly of her daughter’s brilliance, beauty, humor, compassion, and grace. “I am so impressed with her work in Africa, the sacrifices she made to go and the young people she helped, and I’ve delighted in watching her blossom at OSU, become a true scholar, and get a fellowship before I did! Oh, and she’s a talented jazz singer, too!” Lisa says her mom is the best role model she could ever have. “I’m just in awe of her strength of character, determination, and her empathy for people. It’s amazing to see her working on her PhD at this point in her life. I admire her so much.”



Taking care of life

Make time for breakfast

New research confirms that yes, breakfast IS the most important meal of the day. When you eat a whole grain, fiber-rich breakfast such as cereal, you are more likely to:

- Improve the overall quality of your diet
- Reduce your daily calorie intake
- Feel sated
- Lose weight and keep it off



Starting off the day with a good breakfast is especially important for children at risk of obesity.

Molly Timlin, Assistant Professor,
Nutrition and Exercise Sciences (see page 23)

Solutions for children with mobility challenges

Even minor modifications to your home can make it safer and more convenient for children and caregivers and increase the independence of the children with disabilities. Each family and home is unique, and *My Own Home* helps parents decide what challenges and limitations their home presents and offers ideas to address them. The award-winning booklet, written by Extension Family and Community Development faculty **Jeanne Brandt** and associate professor of Housing Studies **Carmen Steggell**, is available in English and Spanish.



<http://extension.oregonstate.edu/washington/fcd/documents/MyOwnHomeOSUES.pdf>

HEALTH TIPS FROM OUR EXPERTS



Talk to the Doc

Healthy aging expert and Extension associate professor **Sharon Johnson** (see page 6) says to heed the advice found at **www.AskMe3.org** when you visit your doctor. Ask yourself:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

A·S·K

Sharon also suggests that you make a list of your health concerns to discuss during your appointment with the most important ones first to be absolutely sure they get addressed. It's also helpful to take a friend or family member with you to your doctor visit for an extra pair of ears.

Personality at the Core of Optimal Aging

Karen Hooker, director of the Center for Healthy Aging Research at OSU, has shown that personality is a key driver of each component of successful aging:

- prevention of disability and disease
- maintenance of high cognitive and physical functioning
- engagement with life

What type of person you are, how you set and meet goals, how you interact with others, and your openness to new experiences – all aspects of personality – lead to choices that influence healthy aging. Karen's top three healthy personality behaviors?

- **Nurture relationships** to be socially connected
- **Engage in useful activities to others** to feel productive
- **Exercise regularly** to improve mental and physical health



Be prepared for emergencies!

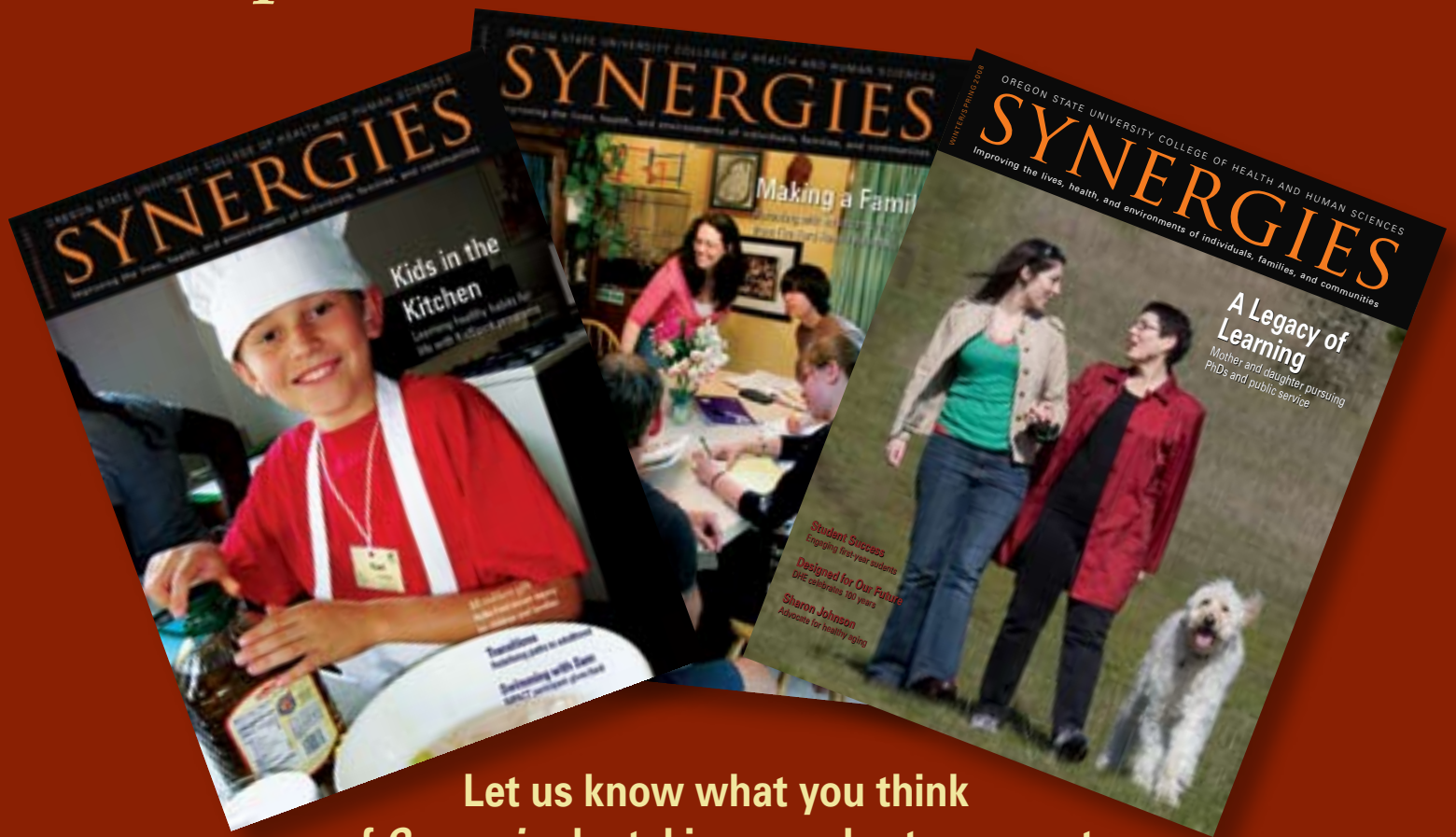
- Designate in and out of town contacts to check in with you during events.
- Prepare kits for your home and car that include prescriptions for medications, eye wear and other medical devices.



- Know how to obtain emergency water, where to evacuate, how to turn off water and electricity in your home.
- Get more information at www.samhealth.org/emergency_prep/family_prep.html and www.ready.gov/

Larry Mullins, DHA, President/Chief Executive Officer, Samaritan Health Services; OSU Adjunct Professor of Public Health

Your opinion matters...



Let us know what you think
of *Synergies* by taking our short survey at
www.hhs.oregonstate.edu
or calling 541-737-3220 before June 30.



College of Health and
Human Sciences

123 Women's Building
Corvallis, OR 97331

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