

SYNERGIES

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

Prevent, Survive, Thrive

Supporting a team of researchers
working on holistic strategies for cancer
prevention, detection, and long-term vitality.





Benny and I welcomed 625 new students to our college – the biggest class in our history!

Welcome to Synergies...we hope you like our new format and delivery! We've found an environmentally friendly option that saves resources and still delivers on our promise to arrive in your mailbox. We're pairing this new format with *Synergies* online that offers more news, videos, photos, and the opportunity to send us your comments. I hope you'll subscribe and get our monthly updates!

www.hhs.oregonstate.edu/synergies

Success, growth, change and dedication have been our watchwords this year. Success seen in the program launch of our new Hallie Ford Center for Healthy Children and Families (see back cover); a phenomenal 26 percent growth in our student enrollment; unprecedented change as we align with the new OSU strategic plan; and unparalleled dedication of our alumni, donors, friends, faculty, staff, and students who epitomize the excellence for which our college is known. During some of our most challenging times this year, I have called on our faculty to use their creative energy to create a college for the future – together, encouraging them to be flexible, proactive, positive, confident, and thoughtful...and to take care of each other. I admire the take charge, we-can-do-anything attitude of our Health and Human Sciences Family and I know from the gifts, large and small, that continue to come to us that we're in this together...shaping our bright future.

Tammy Bray
Dean

SYNERGIES

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

Synergies is published annually by the Oregon State University College of Health and Human Sciences and is available on our website.

Keep up-to-date between issues of *Synergies* online at www.hhs.oregonstate.edu/synergies

Dean

Dr. Tammy Bray

Editor

Pat Newport, Director
Marketing and
Advancement

Design

Cheryl McLean

Photography

Karl Maasdam, James
Schupp, Alex Thorpe

Departments

Design and Human
Environment

Human Development
and Family Sciences

Nutrition and Exercise
Sciences

Public Health

OSU Extension Family
and Community Health

Send letters to the
editor, alumni news,
and address changes to
Editor, *Synergies*,
College of Health and
Human Sciences,
125 Women's Building,
OSU, Corvallis, OR 97331

Email pat.newport@oregonstate.edu

Phone 541-737-6612

OSU
Oregon State
UNIVERSITY
College of Health and
Human Sciences

2 DISCOVER

Research across the lifespan

Support for collaboration among
cancer researchers

4 REACH

Scholarship in action

Positive Action
Mastery of Aging Well

6 INVEST

Legacies that create the future

Advocate, volunteer, fundraiser
A lifetime of learning, teaching, caring
Putting education first
True friends of the children

8 INSPIRE

Students who dream

Changing laws for women in Malawi
Representing OSU — giving his all
Practical, passionate, patient
Finding the gifts in taking risks

11 HONOR

Appreciation for our heritage

Beth Appert
Anna and John Balkema
Dustin Clark
In Memoriam:
Barbara Knudson
Bea Thompson

13 TAKING CARE OF LIFE

Health tips from our experts




On the cover: OSU alumna Celia Austin's gift supports collaboration for faculty researchers, including (clockwise from left): Emily Ho, Kerri Winters-Stone, Sue Carozza, Sheryl Thorburn, and Urszula Iwaniec. See page 2. Photo by Alex Thorpe.

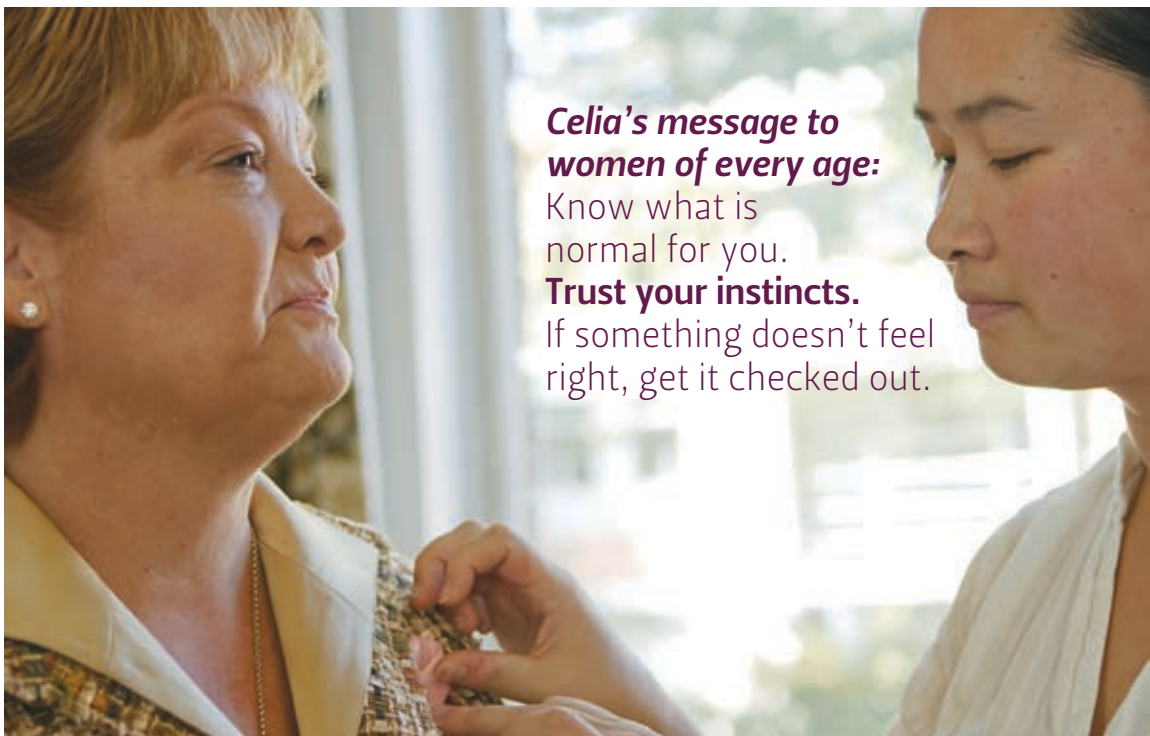
*Oregon State University is committed to
affirmative action and equal opportunity in
employment and education.*

A gift to support collaboration among Oregon State University cancer researchers who are looking for ways to

Prevent, Survive, Thrive

 Celia gazes out the arched window of the Women's Building as a breeze catches red and yellow leaves swirling against a vivid blue fall sky. "I see things differently now. Even simple fall colors mean more," says the courageous survivor of breast cancer. Following a "normal" mammogram two years ago, her instincts told her there was something wrong with "this strange bump on my rib." She persevered and the cancer was found. Two days before her scheduled lumpectomy, a second type of cancer was found, so she had a mastectomy. Then one botched reconstruction surgery required another. "I don't want anyone to go through this. It makes much more sense to prevent cancer than to have to treat it," says Celia.

Her experience prompted Celia Strickland Austin '76 and her husband, Ken '76, to make a \$400,000 gift to the College of Health and Human Sciences that will support the collaborative work of faculty researching the prevention and management of cancer. Emily Ho studies the correlations between diet and breast cancer and is exploring why consumption of cruciferous vegetables may lower rates of breast cancer. Urszula Iwaniec's research considers how breast cancer metastasizes to bone and how diet, physical activity, and environment might control the spread. Kerri Winters-Stone focuses on fractures and frailty in cancer survivors and develops exercise programs to help them thrive. Sheryl Thorburn is studying the influence of social



Celia's message to women of every age:

Know what is normal for you.
Trust your instincts.
If something doesn't feel right, get it checked out.



Researchers Sheryl Thorburn (public health) and Urszula Iwaniec (Bone Research Laboratory) represent the holistic blend of disciplines encouraged by Celia and Ken Austin's gift.

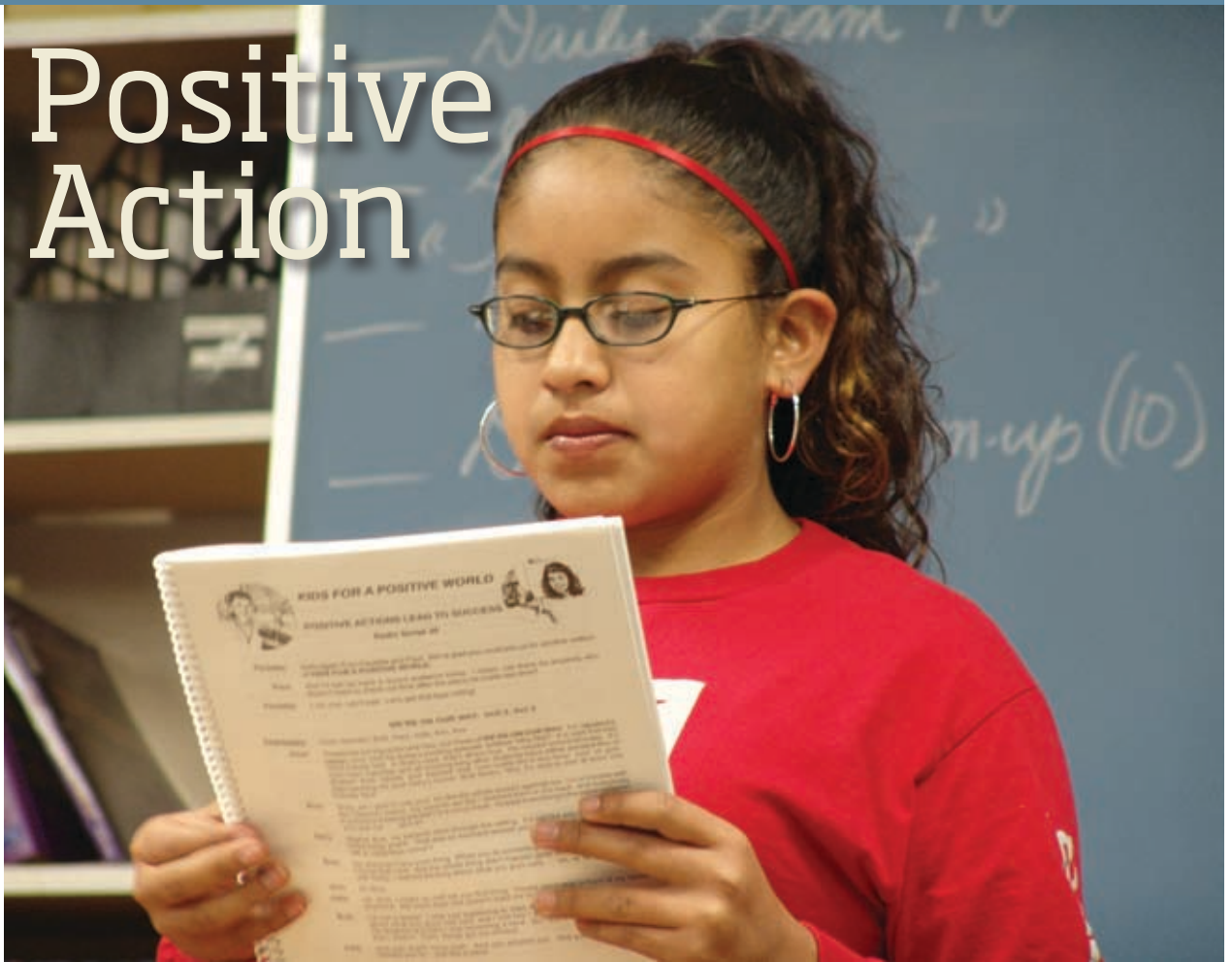
and cultural factors that affect the attitude and behavior on health screenings for Hmong women. And Sue Carozza considers environmental factors such as pesticide exposure that increase cancer risk. "Our ultimate goal is to find practical applications of our research for women everywhere," says Emily. "Granting agencies like to see bench-to-bedside translational research, so our collaborative work will give us an advantage for new funding."

"It's exciting to have these brilliant women here doing this kind of work, and I'm thankful to be able to support them," says Celia. "Their research is impressive, and it will be interesting to see what common threads they find." Dean Tammy

Bray says the strength of this team is their "cell to community" approach that brings scientific and social researchers together.

Celia and Ken operate Rain Dance Ranch in Newberg, Oregon, selling llamas. Their fiber goes to a fiber co-op to be made into blankets by Pendleton Woolen Mills. She loves the marketing aspect of the business but can be found in the field when a problem delivery calls for her obstetric skills. "That's thanks to a workshop at the OSU vet school," she chuckles. She and Ken are part of A-dec, the family's dental equipment business. The family recently opened the Allison Inn & Spa in Newberg, a project that Celia was deeply involved in during her recovery.

Positive Action



“Start early and take a holistic, positive approach to the challenges kids face.”

That’s Brian Flay’s advice for schools, families, and communities for raising kids who are healthy – socially and emotionally. It’s based on his research, conducted in 20 elementary schools in Hawaii and recently published in the *American Journal of Public Health*, which shows that an intervention begun in the first grade significantly reduced problem behaviors four years later.

Positive Action, a K-12 program for enhancing behavior, academics, and character, employs 15-minute daily interactive lessons focusing on responsible self-management, getting along with others, and self-improvement. Brian’s study found that after four years, students in the program were *half as likely* to abuse substances (tobacco, alcohol, drugs), show violent behaviors

(carry a knife or threaten someone), or engage in sexual activity. In 2010, the *Journal of Research on Effective Education* will feature another of Brian’s studies, which shows that the program also improves attendance, grade retention, disciplinary referrals, and academic achievement.

“Over the years, we’ve seen numerous programs aimed exclusively at fighting drugs or sexual activity or violence,” says Brian. “Rather than focusing on the negative aspects of risky behaviors, this program focuses on positive actions – the physical, intellectual, social, and emotional aspects of each child.” It’s helped tens of thousands of students, families, and their communities over the past 25 years and is recognized by the U.S. Department of Education “What Works” clearinghouse as a top-rated program in the nation for improving behavior and academics.

Mastery of Aging Well: A Program for Healthy Living



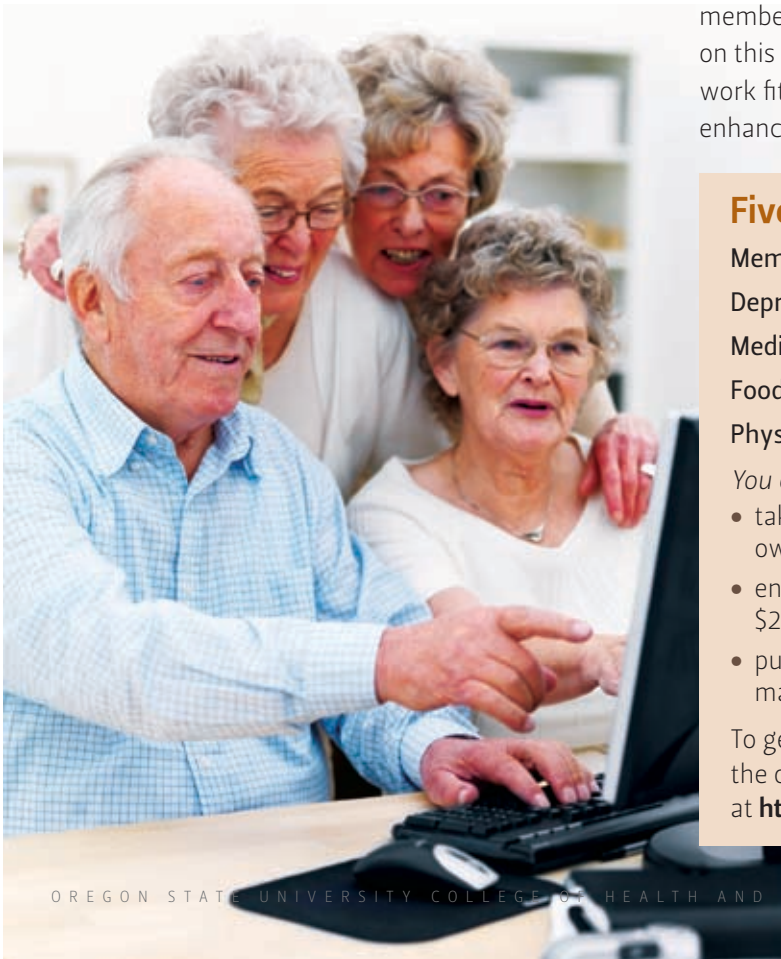
A FREE NEW ONLINE COURSE: ecampus.oregonstate.edu/workforce/aging-well

"I made a pact with myself a few years ago that I would not let aging just happen to me," says associate professor Sharon Johnson, popular authority on healthy aging. "*Ever learning* became my motto." Eager to share her years of experience building programs for Oregon seniors, Sharon landed a hefty USDA grant, then partnered with AARP, OSU Extended Campus, and OSU Extension. She created "Mastery of Aging Well" as a self-paced, free, online, five-part course for aging adults. "There's a wealth of information and advice on aging," she explains, "but I don't know of anything quite as interactive as this."

Sharon's latest innovation is adapting a "book club" model for reaching out to wider audiences.

"I can see people watching together in living rooms or small groups, swapping ideas, telling stories, getting comfortable about aging, and feeling more empowered about their own lives and health." She explored the "video-group approach" in a five-class course she offered at the Osher Lifelong Learning Institute at Southern Oregon University. "This course impressed me with the smooth, involving way a video presentation can be effectively integrated into a discussion," says Gail Myers, retired college administrator and instructor with the Institute.

"There are very few roadmaps to help us age well," says AARP's Joyce DeMonnin. "This course is one such roadmap. It gives seniors, their family members, and caregivers important information on this part of life's journey. Sharon Johnson's work fits in with AARP's social impact mission to enhance the quality of life for all as we age."



Five online modules include:

Memory Difficulties: Should I be worried?

Depression in Later Life

Medication Jeopardy

Food as Medicine?

Physical Activity and Exercise in Later Life

You can...

- take the five online modules free on your own or with friends.
- enroll in the faculty interactive course for \$225 and receive a certificate of completion.
- purchase a DVD of the entire program and materials in 2010.

To get more of Sharon's great advice and join the online conversation, subscribe to her blog at <http://blogs.oregonstate.edu/agingwell>

Elizabeth McBride Menashe: Advocate, volunteer, fundraiser

"I have always been keenly aware of the nutrition needs of children and the plight of abused children," says Elizabeth Menashe '57 nutrition and food management. Giving knowledge and service back to her community has been a lifelong practice. Elizabeth recently made a \$25,000 pledge to the College of Health and Human Sciences to support research and education that promotes the well-being of children and families. "I saw what Dr. Bray was doing with the new Hallie Ford Center and collaborating with Extension – everything was appealing, and I wanted to help be a part of the change that the college is creating," she says. "This is the beginning of an ongoing gift, and when I pass, contributions will continue."

After graduating from OSU, Elizabeth did her dietetic internship at St. Mary's Hospital/Mayo



Clinic in Rochester, Minnesota, then moved to Portland and married Ruben Menashe. She enjoyed a brief career as a therapeutic dietitian at Good Samaritan and OHSU, where she found her passion for helping children and families. She helped establish Voices for Children to raise funds for CASA, has served as a volunteer Dial-A-Dietitian

answering questions from the public, and currently serves on the Providence Child Center Foundation Board for Medically Fragile Children. "We need to do what we can to assure that children are well fed, raised appropriately, and educated. They are our future."



Virginia Mooreman Moore: A lifetime of learning, teaching, caring

A woman of character, adventure, and accomplishment, Virginia Moore (right) kept scrapbooks throughout her life and tucked in treasured items, including the certificate she received in the spring of 1928 upon her 8th grade graduation.



"Neither tardy nor absent," read her award, a sign of her full career and life that followed – as a teacher, principal, home economist, and assistant professor for Extension in Lane County. "The BA she got from Eastern Washington College in 1938 and the master's she picked up at Columbia University during World War II were only a small part of the ongoing education that leaps out from the memorabilia she saved over the years," writes Virginia's stepson, Tam Moore '56 science, and his wife, Ann Williamson Moore '55 home economics (above). Woven into her years as a teacher, Virginia worked as an educational consultant for Simplicity Patterns, which led to her Extension work with 4-H in Lane County and later volunteering in Southern Oregon. "She had a great love for Extension and all that it does," recalls Tam. When Virginia passed away last year, her estate established an endowment of \$65,000 to the College of Health and Human Sciences to provide scholarships for deserving students. A similar gift went to 4-H in Curry County, where she judged clothing for years. "It's good to see this kind of support flow to OSU and be part of it," says Tam.

Jennylee Sandberg Nesbitt: Putting education first

“For both of us, education is our highest priority,” Jennylee ’59 home economics education says, describing the \$7,000 gift of stock that she and her husband, Greg ’58 engineering, gave to the Hallie Ford Center for Healthy Children and Families. “I have done some volunteer work with at-risk youth, seen what good programs can do, and wanted to be part of the solution. We have donated to a number of organizations, but with what’s happening in the country, we decided to consolidate and give with a focus on education. So we each gave a more substantial gift to our colleges at OSU.”

Throughout her career, Jennylee has worked with a food commodities program, with a domestic violence prevention group in the Methodist church, and with at-risk youth programs and as a substitute teacher in San Diego and Louisiana. “I learned by doing, trying different things, and being patient,” she says. Jennylee and Greg enjoy hosting “Camp Grandma and Grandpa,” playing with their three grandchildren and finding teachable moments to pass on their wisdom about life.



Cindy and Duncan Campbell: True Friends of the Children

Duncan and Cindy Douglass Campbell ’76 business have dedicated their lives, their work, and their resources to helping vulnerable children. Duncan grew up with adversity but found the resilience to succeed and as he built a comfortable life, he vowed to help other children. In 1993, he founded Friends of the Children, providing mentors to children as they begin school and sticking with them through high school. Now operating in Portland, Boston, San Francisco, Cincinnati, Klamath Falls, New York, and Seattle, Friends of the Children matches paid long-term mentors with children to help them become self-confident members of their communities.

Duncan and Cindy created an endowment in the College of Health and Human Sciences for a lecture series on Childhood Relationships, Risk, and

Resilience that brings noted experts to campus. This year, with the program launch of the Hallie Ford Center for Healthy Children and Families, their generous gift of \$50,000 created the Cynthia Douglass

Campbell and Duncan Campbell Fund for Relationships with At-Risk Children to support the work of faculty in the Center’s Vulnerable Children and Families Research Core. A room at the new Center, due to open in 2011 will be named in their honor.

“We have been very pleased with the use of our prior grant for research and awareness on Relationships with At-Risk Children,” says Cindy. “We were impressed with the quality of the college’s speaker series that focused on the at-risk youth across America. This recent gift was an easy one to make, as we always look for opportunities to leverage our money.”



www.friendsofthechildren.org

Ruth Mwandira: Changing laws, lives, and legacies for women throughout Malawi

Ruth Mwandira is convinced that “If women in my country were empowered, most of our problems would go away. When men have the money, half is spent on family, but I guarantee women would spend 99 percent on children, family, health, and home.” In a patriarchal society, it could seem an impossible call to action, but to Ruth, it’s a reason to see every day as a new opportunity to effect change, one small step, one rural village at a time. A mother of four aged 17 to 24 and a PhD student in public health at OSU, Ruth will return in 2011 to teach at the University of Malawi and continue her successful work for gender equality and maternal and child health: convincing people in her country’s 28 villages that equality is vital for them to survive and convincing legislators that laws must change to support women in school, home, and business. She’s well-known in both circles, having traveled thousands of miles, speaking, urging, educating and playing a lead role in changing laws including one recently that increased the minimum marriage age for girls from 16 to 18.

She has worked in the Malawi Ministry on Gender and as executive director of the Christian Health Association of Malawi. Throughout her career,



Ruth is a familiar and welcome face in rural villages where she speaks to families about maternal and child health and gender issues that are all too often barriers to adequate care for women.

Ruth has been blessed with role models and support – her “mum,” who was the first educated person in her family; her husband, Chimwenwe; and Beatrice, her supervisor in college. While in her final term at the University of Malawi in 1985, Ruth became pregnant, which meant immediate dismissal. As Beatrice fought for an exception, “I checked my pigeonhole every day expecting the letter of dismissal,” recalls Ruth. The letter never came, and she graduated with her BS in agricultural sciences and an obligation “to help other women, especially young girls and orphans, to delay marriage, stay in school, stand on their own.” She worked as part of a social mobility campaign to change the law in the 1990s so that girls can stay in school if they become pregnant.

She has reported to the United Nations, attended the World Conference on Women in Beijing, and with the support of her government studied in Israel, the U.K., and Canada. The American Association of University Women and the Philanthropic Educational Organization are funding her work at OSU. All wise investments for a woman creating hope for other women.

“I want to make a difference in my country. We have so much poverty, suffering, and disease... our brothers and sisters are suffering, and those of us surviving have a lot of work to do!” she says, her enthusiasm tinged with urgency. “We are making changes, but resistance is still there. We aren’t just changing laws...we’re changing a culture.”



In a public/private project that Ruth spearheaded, the Global Fund to Fight AIDS, Tuberculosis, and Malaria contributed 15 SUVs for antiviral and education programs in rural Malawi. The vehicles double as ambulances for women in labor to go to the hospital.

Mark Pimental: I've got to give it my all — I'm representing OSU!

Mark Pimental was sitting in his cubicle one afternoon, working at his summer internship at Columbia Sportswear in Portland, when the fateful email came from his faculty advisor, Kathy Mullet: an opportunity offered to a chosen few to participate in a national on-the-floor competition at the acclaimed Outdoor Retailer Winter Market in January 2010. "Pick me, pick me!" he emailed back immediately, not realizing then that he would be one of only five students in the country chosen to compete. Kathy says Mark has all the credentials – design sense, pattern making skill, a positive attitude, and enthusiasm. It's a 48-hour competition in Salt Lake City during which he will design and sew a piece of outdoor clothing. To practice for the competition, he's making garments or, as he says, "creating solutions" for various uses – cyclist commuter pants, jackets, and vests. If he wins? "I get bragging rights and the opportunity for my own display at the 2011 show," he says with a self-



confident smile. He'll graduate in June with degrees in merchandising and apparel...and a promising future in the industry.

Mark says his summer internship was a great training ground. "I was involved in consumer research, competitive analysis, creating presentation boards, updating technical drawings and my two favorites – conceptualizing apparel solutions for end-use specific activities and creating boys' and men's print concepts."

Joel Weinman: Practical, passionate, patient

There are lots of practical reasons Joel Weinman wants to become a nurse. As a single parent to his 7-year-old daughter, Ezra, he'll have job security, benefits, and a career he can feel good about. "But it's more about the passion than the need," says the senior in human development and family sciences. He moved back to Corvallis in 2001 to help care for his mom, who was ill with Alzheimer's. Then three years ago, he was there for his father who was hospitalized for four months after a car accident. "Caring for both of them, I witnessed the skilled work of the nurses and how they help whole families heal." After earning his degree, he will be eligible to apply for a unique 18-month nursing program he hopes to enroll in at either OHSU or Linfield in 2010.

Joel has always been curious about kids and why they succeed, especially those who grow up with adversity. Last summer, he did an internship supervising a work crew of 17 to 20 year olds, throwing him into a living classroom. "I learned to respect each person, find their strengths, and figure out what they needed. Mostly, they needed to belong, to be accepted with their idiosyncrasies, and to realize that sometimes you have to do things you don't want to and there's a lot you can't control." Sounds like good prerequisites for a career in nursing.





Heather Hodnett: Finding the gifts in taking risks

An Honors College senior, Heather says her years at OSU have been filled with rich new experiences and lots of “aha” moments. Like befriending 11-year-old Becca, her IMPACT buddy with Down syndrome, or working in the Biomechanics Lab studying fall prevention, or choosing an internship in a remote Himalayan village. “I wanted to go someplace completely different, outside my comfort zone,” says the pre-med senior in exercise sciences of her 10-week exchange in Dehra Dun, Than Gaon, Rishikesh, Mussorie, and Delhi, India. “I shadowed doctors, took vitals, attended five surgeries on one day, and traveled with a doctor in the slums of Delhi as part of an HIV prevention program.” Heather says experiencing cultures within cultures, she began to truly understand the concept of diversity and respect how people see things differently. “It changed my life – the harsh conditions there, the things we take for granted here. Now I look past

Heather Hodnett caring for others and challenging herself in a clinic she helped set up in Nuniyas, India.

the little things and see the bigger picture, see the people.”

Becca Davey has been one of Heather’s toughest “teachers.” Heather has volunteered with IMPACT, the college’s program for kids with disabilities, since she came to OSU and for the last three years has worked one-on-one with Becca. “I’m learning that they have the same tricks, the same frustrations, the same joys as any other kid. I’ve found ways to teach and help her that resonate with her, capture her attention, and make sense to her.”

Heather also serves as chair of the Student Health Advisory Board, is a research scholar of the Howard Hughes Medical Institute, plays indoor soccer, and has just started salsa dancing. “It’s waking up my childhood dancing memories,” she grins.

For more on Heather’s international adventures:



blog.traveling.com/heatherinindia

Beth Appert

Our international health cohort at OSU had a variety of life experiences and talents, but in our diversity we were unified in our desire for equity in health, both locally and globally.

Beth's life has been shaped by her birth in Burundi in the heart of Eastern Africa. Her physician father, then doing medical work in the community and a nearby refugee camp, delivered her in a small rural area near the border with Tanzania. "As children, we were allowed access to this world, and it influenced us," she recalls. "Both in Burundi and in Oregon we experienced the wonders of nature, whether trekking up to the hyena caves and camping or hiking almost every waterfall in Oregon. Traveling to remote places was part of my growing up period, and that's where my global vision for health and enjoyment of new experiences was incubated."

It's a vision that led Beth to complete her MPH at OSU and to her current job as an AIDS program coordinator for Medical Teams International in Portland. Next year, she will move to Mozambique to work with MTI partner Kuwangisana. "Our team ensures that research is done accurately



Beth Appert MPH '09 with mothers and children in Burundi, Beth's birthplace

and programs are run effectively. After learning what the people need and want, we partner with community organizations to achieve their goals for eradicating AIDS. We're really providing technical solutions for projects so they can flourish on their own." Beth says her measure of success will be "when my job isn't needed anymore."

A mother of two grown children, Beth finds inspiration in reading, such as the book *Strength in What Remains* by Tracy Kidder about Deo, a Burundian man who escaped from the civil war, finished his medical degree abroad, and returned to start a community hospital.



<http://poweredbyorange.com/2009/09/18/osu-grads-are-powering-portland-beth-appert>

IN MEMORIAM: Barbara Emily Knudson 1916–2009



Barbara Knudson's legacy of care for families lives on in the Barbara Emily Knudson Endowed Chair in Family Policy, which she created in 1991 with a gift of \$1 million. It was the first such chair in the nation and was held by emeritus professor Clara Pratt for 12 years. Human development and family sciences professor Alan Acock is the current chair. "This position is a high point in my career personally and it has enabled me to develop my skills as I focus research on the well-being of families," says Alan. "Barbara's gift is a permanent contribution to the well-being of families in Oregon and nationally. Funds help support graduate students and our Family Policy team, including Drs. Bobbie Weber and Deana Grobe, whose work on child care availability in Oregon is having a positive impact across the country." Additional funds from Barbara's estate will support this important work.

A 1939 graduate in home economics and education, Barbara was a dedicated supporter of the College of Health and Human Sciences and regularly attended the annual Celebration of Excellence, honoring donors. Just weeks before her passing, Barbara hosted an alumnae tea in her Keizer home, welcoming Tammy Bray and home economics alumnae.

Following her graduation, Barbara taught high school in Junction City, then married and moved to Portland where she did occasional substitute teaching. She was active in the American Association of University Women and became a regent of the OSU Foundation in 1951.



Anna (VanDriesche) '05,
John '03, and Gracie '28

Anna and John Balkema

"Our occupations keep families safe, housed, supported in times of need, and directed to solutions when problems arise," says Anna. John's and Anna's paths were destined to cross, and

they did at OSU. Both housing studies graduates, they met and found a shared passion for providing housing for low-income families. Their skills blend synergistically – hers working with the elderly and learning firsthand about their mobility challenges and his in home building. Anna works as a housing and foreclosure counselor for Willamette Neighborhood Housing Services in Albany and John is director of Codes and Safety for the Oregon Homebuilders Association. "Our OSU education and experiences are key to the package we offer employers," says Anna. "I'm aware of the challenges low-income, elderly, and disabled clients face, and John understands the complexities of how homes are designed, built, and regulated and has the authority to influence regulations to benefit the public."

Dustin Clark

People need to view sustainability as a direct link to their pocket book.

"It's great to be 'green', but I think that term means too many things to too many people. In some places it's downright derogatory," says Dustin who was recently named environmental sustainability coordinator for the City of Sunnyvale, California. "People need to view sustainability as a direct link to their pocket book. Behavioral change is what is needed...and the hardest to achieve. It requires acknowledgment of the issue (drought)...I run the water when I brush my teeth or (brown outs)...I leave the lights on. Then to turn off the water, turn off the lights, change the habits." The simplest things can bring the biggest savings. He credits Dr. Anna Harding with inspiring him to pursue a career in environmental safety and health. Dustin earned his MPA at San Jose State in 2007 and recently married Patty, a juvenile dependency attorney who is from California via Nicaragua. Dustin also works with Acterra, a nonprofit that provides training and free home energy audits.



See more on these alums at www.hhs.oregonstate.edu/synergies

IN MEMORIAM: Elizabeth Beatrice (Bea) Thompson 1926–2009



Bea Thompson, affectionately known as "Bea" during her college years, graduated from Oregon State College in 1948 with a major in human biology and minors in physical education and camping education. In 1954, she entered the U.S. Army as a second lieutenant and attended the physical therapy program at Ft. Sam Houston, Texas. She served in the Army for almost 25 years attaining the rank of Colonel. She worked in Army hospitals in the U.S., Germany, Japan, and Vietnam. In 1962 she received an MA in physical therapy from Stanford, then taught in the Army Physical Therapy program. She received a Bronze Star for her ground breaking work at the field hospital in Nha Trang, Vietnam, as a physical therapist helping soldiers recovering from injuries. Upon her retirement in 1979, she received the Legion of Merit medal.

An avid bird watcher, she met George Doolittle on a bird watching trip in Chile. They married in 1991, making their home in Steilacoom, Washington. Beatrice was remarkably kind and sensitive to others. She gave generously to many charities for women's and children's causes and for the environment. As a student of Dr. Seen while at OSC, Bea enjoyed supporting the Eva Seen scholarship. Bea's estate provides \$14,780 that will grant scholarships for students studying exercise sciences.

Taking care of life

HEALTH TIPS FROM OUR EXPERTS

Good reasons to lose!

Primary risk factors for diabetes are obesity and inactivity – conditions we can do something about. Losing just 5 percent of your weight can reduce diabetes incidence by 25 percent or more.



If you need one more nudge to lose weight, consider these facts:

- The Centers for Disease Control and Prevention report that the rate of new cases of type 2 diabetes has nearly doubled in the U.S. in the last decade.
- Diabetics often experience low bone density and increased risk of bone fractures.
- Women with gestational diabetes have up to a 75 percent likelihood of advancing type 2 diabetes.

To check your risk factors and learn more, visit www.ndep.nih.gov/index.aspx

—Becky Donatelle, Associate Professor of Public Health



Cover your cough... wash your hands!

The H1N1 flu virus can cause mild to severe illness. The vaccine is becoming available across the country, and there are basic

precautions that we can all take to stay healthy.

- Wash your hands frequently! Carry hand sanitizer for when you are unable to wash.
- Cover your cough – best with a tissue – otherwise cough or sneeze into your elbow or shoulder – NOT into your hands.
- If you do get sick, ask a friend or family member to check on you and bring you food and supplies.
- Stay away from others while you're sick so you don't spread your illness.

For more information:

www.alert.oregonstate.edu/h1n1
www.flu.oregon.gov
www.cdc.gov/h1n1flu

—Ellen Smit, Epidemiologist and Associate Professor of Public Health

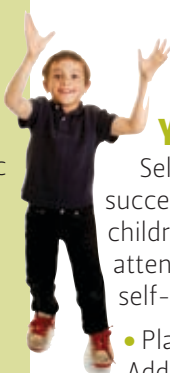
Caring for Caregivers

Almost one-quarter of American households provide care to a relative or friend over 50. If you are among them, try these tips:



- **Take care of yourself first.** Then you're better able to care for others. Express your feelings, exercise, eat well, take time out.
- **Set realistic expectations.** Make plans that are achievable.
- **Establish your limits.** Make clear boundaries and stick to them.
- **Ask for and accept help.** Don't try to do it all! Let others assist you.
- **Involve other people.** Hold a family conference, get professional guidance, use community resources, browse the internet to connect with people in similar situations.
- Check out these online resources:
www.oregon.gov/DHS/spwpd/caregiving/resources.shtml
http://assets.aarp.org/www.aarp.org/_cs/misc/or_caregiving_workplace_guide.pdf
www.caregiver.org
www.eldercare.gov
www.thefamilycaregiver.org
www.aarp.org/family/caregiving

—Sally Bowman, Professor, Extension Family Specialist, and Brandi Hall, OSU Gerontology Conference Coordinator



Your child's success depends on it!

Self-regulation is an important predictor of success in school and in life. Parents can help children by playing games so they learn to pay attention, remember instructions, and show self-control. Try these:

- Play Simon Says and Red Light, Green Light. Add new rules, ask children to do the opposite.
- Dance slow to slow music and fast to fast music. Then dance slow to fast music and fast to slow.
- Use age-appropriate waiting strategies. Play a name game in the car or read a story before they get what they want.
- Use distraction strategies with toddlers and younger children: redirect their attention from a desirable toy or food.

—Megan McClelland, Associate Professor of Human Development and Family Sciences

For children, for families, for the future

At 9:09 a.m. on September 9, 2009, the Hallie Ford Center for Healthy Children and Families was officially launched. The Memorial Union chimes played the OSU fight song, and children built a pyramid of giant blocks, topping it with a "Thank You" to the late Hallie Ford, her children, and her grandchildren. Taiwanese-born Dean Tammy Bray explained that nine is an auspicious number in her culture, signifying transformation, unselfishness, and altruism, characteristics of Hallie Ford, who, just before she died at age 102, made an \$8 million gift to create the Center. Carmen Ford Phillips '59 '63 and Allyn Ford addressed the crowd at the corner of 26th and Campus Way, the site of the new Center. They remembered their mother as a caring, selfless woman who took great joy in helping those in need, particularly single mothers and children.

A symposium followed highlighting six of the Center's 30 researchers who are taking a holistic approach to addressing the needs of children and families. "They are exploring new paradigms of school readiness, solving the complex issues of childhood obesity, finding clues to childhood resilience in the face of risk, and reaching out to respond to the unique challenges of rural and vulnerable populations," explains Tammy. "I eagerly look forward to the day when all of this energy, intelligence, wisdom, and passion dedicated to children and families are under one roof." Groundbreaking for the Center is anticipated in 2010.



www.hhs.oregonstate.edu/halliefordcenter

Oregon State
UNIVERSITY