

synergies

BOB'S RED MILL

Our new partner in
nutrition education,
preventive health





Last fall, we opened the doors to the new Hallie E. Ford Center. Read more about the center in this magazine and online at health.oregonstate.edu/synergies.

Notice anything different? It's a new year in many ways at the College of Public Health and Human Sciences. We changed our name to reflect our quest for accreditation and our vision of caring for the lifelong health and well-being of every person, every family and every community; we restructured the college into two schools – the School of Biological and Population Health Sciences and the School of Social and Behavioral Health Sciences; we're working in new ways with our health sciences partners, the colleges of pharmacy and veterinary medicine, to find new solutions for improved population health; we launched two new centers – the Hallie E. Ford Center for Healthy Children and Families and the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health; and we're exploring new strategies to communicate with those most important to us – you!

As you can see in this issue, we've updated *Synergies* to better connect with our website and hopefully with you. We're also sending a new monthly email to alert you to news happening within the college, and we invite your comments as we further develop our communications, online and in print, over the course of the new year. I encourage you to subscribe to the monthly email and share stories and thoughts with the new *Synergies* editor at synergies@oregonstate.edu.

This truly is an exciting time to be part of our fast-growing college. As the saying goes – the only constant is change, and for us that couldn't be more true! One constant remains: whether you graduated in the 1940s or the 1990s, we are *your* college, and we look forward to a year of purposeful, meaningful and continued growth for the service of our students and alumni and for the health of people in Oregon and beyond.

Here's to a great new year!

The PHHS website was honored with a Silver CASE award for Best Overall Website. You'll see why when you visit health.oregonstate.edu!



Tammy Bray, Dean



On the cover: Bob admires the pattern of a French buhr millstone from the 1880s. A working water wheel and stone mill using such a millstone may be found at the Whole Grain Store and Visitors Center in Milwaukie, Ore.

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Read *Synergies* throughout the year at health.oregonstate.edu/synergies

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Bob's Red Mill

Our new partner in nutrition education, preventive health



The first endowed director of the college's Moore Family Center will be named in Spring 2012.

Story by Kathryn Stoppel
Photos by Alan Calvert

The memory of a small green fishing boat, bumping along the shore while avoiding barges carrying gigantic rolls of paper through the main channel of Puget Sound, blowing their horns and threatening to sink his rented vessel, stands out in Bob Moore's mind as clearly as if it were yesterday. In fact, it was more than 30 years ago, the early days of Bob's Red Mill. It was a time, Bob says, that his small enterprise "was the culmination of all I ever wanted to do in life."

Funny how things turn out. His wife, Charlee, was determined to feed her husband and three sons healthy whole grains at a time when

such food wasn't in fashion or readily available. Then, as she is today, Charlee became Bob's inspiration for making waves in the food business.

Before he bought his first mill in 1972, Bob had a successful career as proprietor of a gas station. An automobile aficionado – he owns two 1931 Ford Model As – he says he learned important lessons during his entrepreneurial years, including the need for autonomy. For being able to make his own decisions without investors dictating his every move.

That lesson is perhaps most relevant to his success today because it speaks to what Bob and Charlee hold most dear and make priority No. 1 in their professional and personal lives – people.

"I want to make my own decisions in dealing with my

customers and employees," Bob says. And he wants his employees to feel a similar autonomy in doing their best work. "I try to give people the freedom to do the right thing," he says. "Everyone understands that if you're not comfortable working here, we have a problem."

It's difficult to imagine an instance where that might be true, and if you spend any amount of time in Bob's Red Mill, you would be hard pressed to either.

After all, what company CEO takes time to walk the floors visiting with employees or hanging out in the lunchroom reading the paper? The answer is not many, but Bob and Charlee designed their company with people in mind, and transparency and accessibility are part of the package.

Values – including fairness, a sense of right and wrong, respect and gratitude – are ingrained in this pair, who both had the good fortune to grow up in families that demonstrated them firsthand. Bob's father, his greatest role model – except for the fact he smoked, Bob adds – "had wonderful standards of fairness and of respect and appreciation of things."

But it's not only values that have kept the Moores on course. It's also faith. He may not wear it on his sleeve, but he says, "This is how I think. This is how I believe. And this has made a difference in who I am. A sense of comfort can't come from having a big bank account, and if you're going to write about me, you're going to have to write about what makes me tick."



DID YOU KNOW? On his 80th birthday, Bob gave away the company – to his employees. Watch him discuss why with Diane Sawyer at <http://abcn.ws/redmill>.

Not only has his faith provided him with a moral compass, it also has given him the confidence to experiment, innovate, risk mistakes and begin to move his small boat out into the Sound.

Charlee is the quiet, easygoing partner who “demonstrated the goodness of this company in the home,” Bob says. “She gives the business value and purpose.”

The best is yet to come

This year marks 40 years in the milling business for the Moores, who opened a flour mill in Redding, Calif., before moving to the Northwest in 1978 to build what is now Bob’s Red Mill.

When that Northwest mill in Milwaukie, Ore., burned down in 1988, Bob briefly considered retirement but

decided he couldn’t let down his employees, one of whom had just bought his first house.

“I couldn’t leave them without jobs,” he says. “The company’s best years came after that.”

For 2012, Bob expects \$135 million in company sales, after another record-breaking year in 2011, during which sales reached more than \$115 million. The mill’s more than 400 products can be found in some 70 countries. Bob’s serene, smiling face, it seems, is everywhere.

But what his fan base – he receives emails and letters daily and elicits many a photo request from visitors through the mill – doesn’t see is Bob’s even-keeled demeanor, an honest-to-goodness sparkle in his eyes and the way he dotes on his wife of 60 years, holding her hand at every opportunity.

You can’t talk about Bob without Charlee – nor would you want to. She is the quiet, easygoing partner who “demonstrated the goodness of this company in the home,” Bob says. “She gives the business value and purpose.”

Partners and complements, the Moores share respect. She’s his muse, his cherished wife who backs him up and is able to get through to him when others may not. Bob, she says, is the leader.

From gluten-free options and autism-friendly diets to innovations in manufacturing, Bob’s Red Mill is an old-fashioned company that has more than kept pace with modern industry and the needs of society.



“It’s amazing all he’s done,” she says softly, shaking her head. “It still floors me when I walk through the door and am reminded of just how big this business has become. It’s his baby.”

Nor is the staggering growth of Bob’s Red Mill lost on its founder. “I feel my responsibility, first and foremost, is like the captain of a big ship. And it’s getting bigger and bigger, like it’s some huge container ship and they keep adding more containers,” Bob says.

“And if the ship is headed to the shoals, then I need to correct it.”

At 83, Bob remains involved in every aspect of Bob’s Red Mill.

In fact, in the last year he and Charlee have expanded their vision of whole grain foods to the world of education. They gifted \$25 million to Oregon Health Sciences University to establish the Moore Institute for Nutrition and Wellness, \$1.35 million to the National College of Natural Medicine to help educate Oregon families

about healthy food choices, and \$5 million to our College of Public Health and Human Sciences to create the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health, which will provide for an endowed director and the renovation of food labs in Milam Hall – what Bob calls “a 21st century space in a 19th century building.”

“You’re doing a marvelous job,” he told college staff on a recent campus visit. “Your hearts are all in the right place and beating in time. We’re opening new doors to health.”

Putting his money where his mouth is, Bob is 100 percent convinced of the value of whole grains and uses that conviction and his resources to educate the public to their health benefits. And he clearly is no longer intimidated by the big guys with their size and the sound of their horns.

“I have a whole honking department,” he jokes. “We’re not staying out of the main channel any more. There’s a lot to learn out there, too.” **S**

Congratulations to Bob’s Red Mill for being named the top Agriculture and Forest Product Company in Oregon at the *Portland Business Journal*’s annual event honoring the state’s most admired companies. We’re so proud of you, the company you’ve built and that you’ve chosen to partner with us to advance your message of whole grain foods, nutrition and preventive health.



For more photos and to learn more about the Moore Family Center, visit Synergies online at health.oregonstate.edu/synergies.



A broad IMPACT

The ripples created by one vision, one program to offer physical learning opportunities for our community's most vulnerable, extend far beyond a single child or game of ball. Families, caregivers, teachers and student volunteers see and feel its life-changing effects every day. And it all begins on a Friday night, as it has for the past 30 years, when young people with special needs participate in IMPACT, Individualized Movement and Physical Activity for Children Today. Age 12 months to 21 years, they swim, play games, dance, test their skills on a climbing wall and play ball sports while getting individualized attention from a trained undergraduate volunteer or graduate student. Established in 1982, IMPACT is internationally recognized, but it's the kids and parents themselves who know it for what it truly is – a transformational program with far-reaching implications for individuals, families, communities and our world.

Parent | Kelli Steele

"IMPACT has changed our lives," says Kelli, whose son, Brian, has Asperger's syndrome. Gifted in math and with a photographic memory, he experiences challenges with socialization and motor coordination, which makes it difficult to play on sports teams and succeed in physical education.

Kelli says, "The opportunity to watch Brian at IMPACT, see him grow as a person, grow in strength, friendships, acceptance, care and love of himself, these are successes and strengths to that program that are priceless and so



Tom and Kelli Steele with son Brian

greatly heartfelt to a parent. What more do we want than for our own children to love themselves? This positive environment and personal growth we have seen in Brian has helped him make friends at school and improve his cognitive and physical abilities ... he now believes in himself, his

accomplishments, his own personal growth.

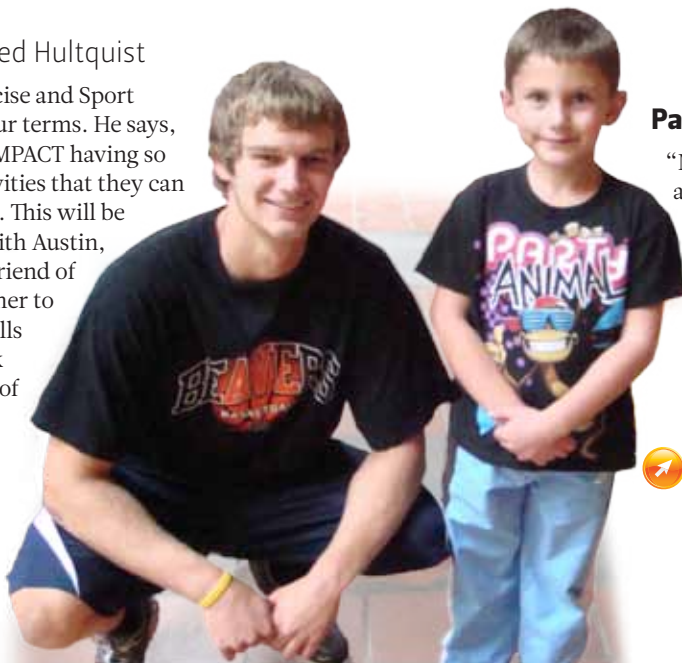
"Throwing, catching or bouncing a ball is natural for most children. As is skipping rope, swimming and group games. These were all challenges in Brian's life, but with the personal commitment and guidance he receives through IMPACT he

is mastering these skills and is able to play with peers at recess. These are huge steps of achievement and happiness for our son. The IMPACT program is a gift in our lives. I have the ability to meet other parents, share our hearts, share our love for our children and connect with other parents who understand our joy when our children make the slightest improvement.

"IMPACT is life-changing – for everyone. Sometimes I don't know who I enjoy watching more – the parents beaming as they watch their children, the children beaming with smiles or the IMPACT student staff."

Student volunteer | Jared Hultquist

Jared, a sophomore in Exercise and Sport Science, has volunteered four terms. He says, "I enjoy seeing the kids at IMPACT having so much fun and learning activities that they can use for the rest of their lives. This will be my second term working with Austin, and he has become a great friend of mine and is like a little brother to me. Seeing him improve skills not only from week to week but especially after months of hard work is so gratifying."



Participant | Austin

"My favorite sports to play at IMPACT are baseball, swimming and dunking basketballs. I really love to be active and physical."



Read more about the program and two new faculty members in Movement Studies in Disability at health. oregonstate.edu/impact.

“ If we are to reach real peace in this world, we shall have to begin with the children. —Gandhi ”



Cultural immersion

4-H students change latitudes – and perspectives

Sam snapped this photo of a bonfire near the Russian border. He was one of seven high school students learning about the environment and public health issues facing Mongolia.

Seven Oregon high school 4-H students traveled to Mongolia last summer to sharpen their leadership skills, joining a delegation of 30 youth and five chaperones on a four-week visit, where they lived with host families and participated in community service.

This exchange program is sponsored by the U.S. Department of State, Bureau of Educational and Cultural Affairs, and is administered by the University of Wyoming's 4-H Youth Development Program. OSU's 4-H Youth Development Program is a partner in the program, as is the Mongolian 4-H Youth Organization. It allows students to gain firsthand knowledge of different cultures and to work together to solve global natural resource and environmental issues, says 4-H Specialist-World Citizenship Lillian Larwood.

During their stay, delegates from Alaska, Colorado, Idaho, Oregon, Utah, Washington and Wyoming learned about environmental issues such as renewable energy, water quality and land restoration and reclamation, and participated in community service projects in and around the capitol, Ulaanbaatar.

Erynne van Zee, a sophomore at Crescent Valley High School in Corvallis, said that seeing Mongolia's environmental issues up close was eye-opening. "The ease at which I can access clean water, food, roads and medical care was something I had taken for granted. Seeing so many young Mongolians interested in helping protect the environment so essential to their way of life was inspiring and reaffirmed my belief that education regarding it must start from a young age."

The best part of the trip for another Crescent Valley High School student, Sam Greydanus, was a trip to the countryside with his host family, driving into the open plains and staying in gers, traditional Mongolian houses. It was there, watching large herds of horses, cattle, sheep and goats dot the plains and taking in the beauty of rugged mountains on the horizon, "I truly realized I was in a far different world, living the trip I had dreamed of," he says.

For both students, experiencing a new culture made a lasting impact. Erynne was able to attend a traditional Mongolian concert with throat singing and horsehead fiddling and was invited to drink airag, fermented mare's milk. She also attended the national festival, Naadam, wearing traditional Mongolian clothes called dels.

"Watching everyone interacting, learning and sharing their cultures with one another was so inspiring and solidified my belief that much can be accomplished in the world just by respecting each other and working together," she says.

For Sam, "I learned that though some elements of culture may at first seem absurd or even irritating, they take on great meaning and appeal when you allow yourself to accept them and learn about them." **S**



To see more photos from this trip, visit **Synergies** online.



The future has arrived

Collaboration meets health education and practice

Students across western Oregon are coming together to learn how to work as a team and better understand and respect each other's roles in healthcare delivery through an interprofessional education (IPE) program hosted by area colleges and universities, including OSU.

PHHS students, along with those from OSU's colleges of pharmacy and veterinary medicine, Western University of Health Sciences and its College of Osteopathic Medicine of the Pacific-Northwest (COMP-Northwest) in Lebanon, and Linn-Benton Community College (LBCC) in Albany came together last fall for the first of many sharing and working sessions to determine how best to work together in the interest of patients.


Organizers believe this is the first comprehensive inter-institutional IPE program in the country, if not the world. And that students – and patients – are those who will benefit most.

For their first collaboration, public health and human sciences, pharmacy, veterinary medicine,

osteopathic medicine, nursing, diagnostic imaging and occupational therapy students worked together in small groups on a case involving a young patient whose visit to the dentist eventually led to a diagnosis of cystic fibrosis.

"It was an interesting experience because it allowed me to see the different approaches different disciplines take when it comes to patient care, as well as differences in what facts or issues people choose to focus on," says Public Health graduate student Jessica Zurwell. "I feel that as the course progresses it will integrate public health into more of the cases and provide an opportunity for practice negotiating issues that may present themselves in the real world."

"We have to do all things together so that the one health concept is not within one campus but within one region ... using pharmacy, vet med, osteopathic medicine, public health and prevention all together," says PHHS Dean Tammy Bray.

 **Read more online at health.oregonstate.edu/synergies**

And the award goes to...

Each year, PHHS recognizes faculty who go above and beyond their duties. In 2011, seven faculty members were

recognized for their achievements.

Deborah John, assistant professor in Public Health, won the Excellence in Outreach Award. **Rick Settersten** (left), professor in Human Development and Family Sciences, shared the Excellence in Teaching and Mentoring Award with **Peggy Dolcini** (left), professor in Public Health. **Russell Turner**, professor in Nutrition, won the Faculty Excellence Award. **Debi Rothermund**, administrative program assistant in Exercise and Sport Science, won the Professional Faculty and Staff Excellence Award.

Karen Swanger, professor in Exercise and Sport Science, took home the Taking Care of Life Award.



Dining with the Dean

PHHS Dean Tammy Bray found herself in front of BYU TV cameras after she was selected to judge two OSU student teams vying to win a cash prize as well as a \$2,000 donation to charity. They were judged on their efforts in creating a healthy, three-course meal with only \$30 and a secret ingredient found in their pantries. The Beaver-Bites and Flat-Tails both represented OSU with pride, fun and fierce competitive spirit.



See the episode at byutv.org.



Synergies

Win a college umbrella!

Synergies, like the College of Public Health and Human Sciences itself, is undergoing a transformation. Although the design may look a bit different, the goal still is to bring you the news and stories of people who are teaching, researching and working with communities to improve health – for the people in Oregon and around the world.

We'll continue to publish a print magazine once a year in the *Oregon Stater*, and we'll keep adding the latest news and stories online throughout the year.

Sign up to receive our monthly email bringing you up-to-date headlines from the college and be entered to win a large golf umbrella with the OSU/college logo. Simply scan the QR code or visit health.oregonstate.edu/synergies to sign up.



Synergies.

In the *Stater* once a year.
Online year-round.



IN VOGUE

DHE program, student bring home honors

Amanda Grisham, a senior in Apparel Design and Merchandising Management, won the Emerging Designers Competition held in conjunction with Portland Fashion Week. Her Pendleton-inspired line, "Grishley," is a blend of Native American designs with a touch of modern fashion. Grisham's win comes just a few months after the influential blog and website *Fashionista* named PHHS's Design and Human Environment program as one of the top 20 **best fashion programs** in the nation. PHHS wishes DHE a bright future as it joins the College of Business later this year.

Read more about Amanda Grisham at Synergies online and find links to Ashley's blog, videos of past fashion shows, a list of the country's top 20 fashion schools and an industry article in Terra magazine.

15!

This past year, PHHS welcomed 15 new tenure-track faculty members who join us from a range of schools, including Harvard School of Public Health, UC Berkeley, UCLA and Purdue University.

They bring expertise to several programs, such as Biostatistics; Epidemiology; Environment, Safety and Health; Health Policy and Management; Movement Studies in Disability; Athletic Training and Allied Health; Family and Community Health; and Nutrition.

In addition, the college moved a handful of existing faculty into new roles and added three postdoctoral positions.



Read more at *Synergies* online.



Exercise and Sport Science comes to Bend

The OSU-Cascades campus in Bend now offers a bachelor's degree in Exercise and Sport Science. Christine D. Pollard, Ph.D., PT, has joined the OSU-Cascades campus to help develop and lead the program, which allows students to individualize their course of study based on their career goals, as well as pursue graduate work in fields such as biomechanics or exercise physiology.



Read more at osucascades.edu.

OSU Cascades

Snapshot 2011



March 3

2011 Recycled Fashion Show

Design and Human

Environment students donned their best recycled fashions for another stellar show.

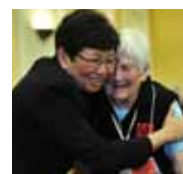


April 28

OSU Dancing with the Stars

KidSPIRIT Director Karen

Swanger and her partner not only took the dance floor by storm, they also took home the trophy.



May 1

Celebration of Excellence

The annual event recognized

donors and the students who benefit from their generosity.



Karen Hooker with her mother, Judith Hooker, in a 2008 photo. Judith died in 2010 at 80.

New chair takes personal approach to healthy aging

The new Jo Anne Leonard Petersen Director of the Center for Healthy Aging Research (CHAR) and a nationally recognized leader in her field, Karen Hooker explores how personality affects mental and physical health as people face life-altering experiences such as retirement, launching young adult children, providing care for a loved one with Alzheimer's or Parkinson's disease and transitioning into long-term care.

Hooker, professor of Human Development and Family Sciences, believes personality is a driving force behind successful aging, which is becoming incorporated into public health approaches as prevention and healthcare become increasingly tailored to the individual.

"We're on the threshold of an aging world, and we are going to need more people in multiple disciplines looking at aging-related issues," Hooker said. "This gift is crucial for the long-term viability of our work at CHAR."

The Petersens are generous supporters of research on healthy aging in the College of Public Health and Human Sciences.

About

**Jo Anne "Jody"
Leonard Petersen, '47**

Hometown: Silverton, Ore.

Interesting fact: A Home Economics alumna, Jody met her husband-to-be, Donald, at an OSU student dance. He eventually became chairman of Ford Motor Company.

Why gerontology? Jody became interested in gerontology when caring for her own aging parents. "At that time, I found very little research anywhere in the country," she says. She soon set about changing that by supporting her alma mater.

The endowments: The Jo Anne Leonard Petersen Chair in Gerontology and Family Studies was established in 1995 and is held by Alexis Walker. In 2011, the Jo Anne Leonard Petersen Director of the Center for Healthy Aging Research was established, funded by proceeds from two gift annuities valued together at \$2 million.

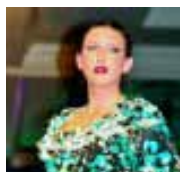


Photo Courtesy: OSU Foundation



May 19-20 Golden Jubilee

PHHS welcomed alumni back to campus for this annual celebration.



May 19 Spring Fashion

The 7th Annual Spring Showcase highlighted fashions from junior and senior students in Design and Human Environment.



June 10 Commencement

The university held its 142nd commencement, and PHHS welcomed more than 400 new alumni.



More information on these and other events can be found at *Synergies* online.

In Memoriam | Don Martin

June 14, 1923–July 3, 2011



Longtime Associate Professor of Physical Education Don Martin died in 2011, leaving behind a legacy of dedication and love for work and family. On the faculty at OSU from 1966–1983, Martin was a three-sport varsity athlete at Grants Pass High School and a U.S. Marine Corps veteran, who served in the Pacific Theatre during World War II as a radio gunner on dive bombers. He was awarded the Distinguished Flying Cross and four air medals.

He received his master's degree in health education from the University of Oregon before coaching sports in The Dalles. A revered coach and mentor to young people, Martin brought his commitment to education and athletics to the college, where he was instrumental in transitioning what is now PAC – physical activity courses – to a co-ed format.

Michelle Mahana, executive assistant to the PHHS dean, remembers Martin not only as her first supervisor, but also as a caring person with a wonderful sense of humor. “He was such a gentleman,” she says. “He truly believed in students and in their health and well-being.”

After retiring from the college in 1983, Martin traveled extensively with his wife, volunteered locally and enjoyed tennis, bridge, fishing and crossword puzzles. His greatest joy was his family.

Get your motor running

TEAM OREGON advances public health with new ATV safety training

All-terrain vehicle (ATV) riders will be safer thanks to a partnership between the TEAM OREGON Motorcycle Safety Program – a PHHS outreach program – and the Oregon Parks and Recreation Department (OPRD). The two partners will further develop safety training for off-road enthusiasts in an effort to lower the number of fatalities that exploded in the early 2000s, growing to nearly 250,000.

In 2005 and 2006, 47 riders died in ATV accidents – eight of them youths 15 or younger. It was then OPRD came to TEAM OREGON for help, and the two agencies have since collaborated to strengthen supervision, size/fit, safety helmet and training requirements for ATV operators on public lands. They also developed an online safety education course at www.rideATVoregon.org. Since January 1, 2009, more than 150,000 riders have completed the online course, and the total number of off-road deaths has dropped to 10 or fewer each year. In addition, no youth 15 or younger has been killed in ATV crashes during that time.

“We couldn’t have done it without you,” says OPRD ATV Safety Education Coordinator John Lane. In 2012, the two agencies again will come together to streamline the course curriculum and incorporate new information to further reduce crashes, injuries and fatalities on Oregon public lands.



Snapshot 2011



September 8

Grand Opening: Hallie E. Ford Center for Healthy Children & Families

Years in the making, the center opened its doors.



September 23

Student picnic, college's fall meeting

Faculty, staff and students kicked off a new year.



November 11

“Smart Policy”

Campbell Series Lecture is presented by Dr. Philip Fisher at the Hallie E. Ford Center.



December 8

Winterfest

The Health Sciences Division celebrated the holidays with flair.

"It's not what you have, but what you give to your family, your community and your country."

— Hallie E. Ford, 1905–2007



Home is where the research is

Doors open to new center, new era for college

Amid falling yellow leaves spiraling in the September sun and with a backdrop of colorful children's drawings depicting their impressions of home, the doors opened not only on a new era for the college, but also a new home – the Hallie E. Ford Center for Healthy Children and Families.

With more than 150 friends and campus representatives gathered to celebrate its grand opening, new Endowed Director Rick Settersten began the celebration by sharing a personal anecdote with guests that extends to his work with the new center. "When I became a father, someone told me, 'The most important work that you and I will ever do is within the walls of our homes.'"

Settersten's work – along with that of numerous researchers across the college and university, all dedicated to improving the well-being of children and families – now will take place in this new home, made possible by an \$8 million gift from late Oregon philanthropist Hallie Ford.

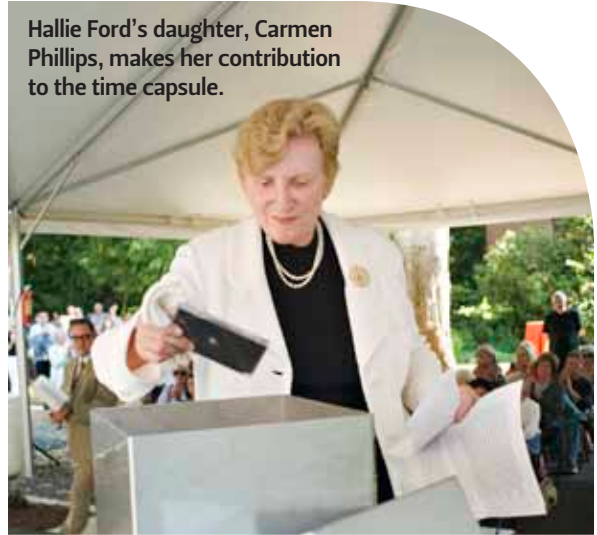
"Home," Settersten said. "It's the great gift that the Fords and other major donors have provided us – a place for great intellectual work and collaboration; a place for focused, strategic work; a place for spontaneous interaction; and above all, a place to inspire."

In addition to Settersten, Ford's children, Allyn Ford and Carmen Ford Phillips '59, '63; OSU Foundation Trustee and donor Cindy Campbell '77; state Rep. Sara Gelser '99; OSU President Ed Ray; and PHHS Dean Tammy Bray addressed the crowd and placed items in a time capsule that will be held inside the building and opened in 100 years.

"We're asking some tough questions but seeking real answers that will make a difference in the everyday lives of those in our community, out state and our nation," Settersten said of the center's work.

"For me, homes are full of stories, shared stories of who we are and what we're becoming. That's true in this home, too. Mark this moment, because this is the moment at which so many of the stories we'll tell in the future will start," he said. "You know that children

Hallie Ford's daughter, Carmen Phillips, makes her contribution to the time capsule.



Karl Maasdam

are growing up when they start asking questions that have answers. If that's true, this is our growing up."

The tough questions the center will address using its holistic, collaborative, interdisciplinary approach revolve around four research cores: Healthy Development in Early Childhood, Healthy Development for Youth and Young Adults, Parenting and Family Life, and Healthy Lifestyles and Obesity Prevention in Children and Families.

The spirit of collaboration also is evident in the design of the building itself, which features a three-story atrium and is reflective of a home with its center doorway, large windows, simple roof line, trees, gardens and benches. The ground floor includes a welcoming common area, family-style living area, conference room and kitchen. Offices for researchers are located on the second floor, along with project rooms for conducting research. The third floor also houses project and conference rooms. A key feature of the new building is a series of three large murals created by Ron Mills de Pinyas, a professor of art at Linfield College.

Already home to a handful of substantial, federally funded research projects, the center soon will be a "booming, buzzing place for grant-writing and publishing workshops, writing groups, colloquia and public events related to research, policy and practice," Settersten said. "We have a real passion for families and children of all types – little kids, big kids and the young at heart.

"And we have big plans." **S**

Already, the center is receiving accolades. A tribute poem to Hallie Ford, which hangs in the center and is available at oregonstate.edu/hallie-ford/tribute, recently won a bronze award from the Council for Advancement and Support of Education (CASE). In addition, the center won Best Institutional Project at the 2012 Western Wood Design Awards. More



information may be found at www.woodworks.org/woodDesignAwards/west.aspx.

From the desk of |Siew Sun Wong



Learning is the name of the game for new Assistant Professor and Extension Specialist Siew Sun Wong, who uses games and non-traditional teaching tools to teach her students, as well as children, about nutrition. She currently is working on an out-of-this-world research project in which she'll teach nutrition in the virtual reality world of Beaver Island in Second Life.

1 St. Francis plaque: She derives inspiration and encouragement from St. Francis' quote, which to her means, "One positive thing is enough to cast away the negative."

2 "Yes" sticks: She uses these yes/no sticks as icebreakers, to help students meet each other and to gauge how much they know.

3 Calendar: Once a month, she reconfigures this Lego calendar. "It's good to train your brain," she says.

4 Small book: This book of famous quotes and proverbs, a gift from her husband, provides a lot of wisdom, she says. "And it's short, so it's easy to read."

5 World map: This map she prepared for a guest lecture highlights 22 countries facing repeated food crises

and a high prevalence of hunger due to natural disasters, conflict and weak institutions.



6 Hippo: "I love hippos," she says. The intrigue and humor lies in their proportion, she says of the animal she collects in many forms. "For instance, they have a tiny tail for such a large body."

7 Brown mind map on wall: Her most recent, this mind map helped in brainstorming how to make use of smartphone applications to teach nutrition in a fun way.

8 Mind map at left: Dietetic, nutrition and pre-med students at Utah State Uni-



11 Blue cards: On each card is a conversation starter for family dinners such as, "Tell about someone who encourages you."

12 Music mug: A former violinist for the Malaysia Symphony Orchestra, she loves music, and this mug was given to her by her sister, who teaches music to children in Malaysia and who influenced Siew Sun to incorporate fun and games into learning. And the approach works, especially given her playful personality.

"I want to create something versatile and low cost," she says of her teaching tools. "It's important to reach those with limited resources. It's also important for some kids to reduce their screen time," she adds. "Kids need more social interaction and teamwork. That's my motivation."

Alan Calvert



Wymore and Iwaniec

Karl Maasdam

Life-changing research

Student discovers the power of the process, mentors ... and Frank Sinatra

Professionalism. Relationships with faculty. A deeper understanding of his subject. Friendship. Confidence. PHHS Senior Jonathan Wymore added all these things and more to his college resume because of the LIFE Scholars program in the Center for Healthy Aging Research (CHAR).

A nutrition major, Jonathan spent last summer using micro CT imaging to analyze bones at the cellular level for density and strength to determine the effects of cancer treatment drugs and exercise on bone loss. Long hours at the microscope had two immediate payoffs – two new friends and an appreciation for 'Ol Blue Eyes, Frank Sinatra, who often was heard crooning on the lab's CD player.

For Jonathan, the research was close to home. His grandmother died of breast cancer that metastasized to her lungs, and his mother twice battled the disease. In fact, his mom became ill during his freshman year, and Jonathan struggled not only with the transition to college but also with caring for his mom, who raised six kids on her own and who was supported by an extended community family. Jonathan carries no fewer than four photos of her in his wallet, including a prom photo from 1969.

For his first and second years at OSU, Jonathan worked 25 hours a week to pay for health insurance, but his 3.0 GPA, in his eyes, wasn't acceptable. His junior year, he continued to work and was also accepted as a CHAR LIFE Scholar. That's when things changed.

"I had many struggles in my childhood," he says. "We were not well off financially, and my father was not around. I told myself I would work hard and accomplish things with my life, so I can turn things around and eventually give back and provide for my family and community. I honestly feel that this research experience was one of those 'big opportunities' that is going to help open doors to being a successful professional. I'm so thankful for this opportunity. Not to sound cliché, but it was truly a life-changing experience."

One of the ways it made a difference, in addition to giving him a deeper understanding of what he's learning in the classroom, is the benefit of a mentor in Assistant Professor Ursula Iwaniec, whom he visited with at least three times a week outside of nutrition class. "I've never met another professor who wants me to succeed as much as she does," he says. "She's an amazing mentor."

In addition to Iwaniec, he met others in the field he never knew he could network with. "At no other time as an undergraduate would I meet a professor doing this type of work," he says.

"I'm happy someone took a chance on me."

Through the LIFE Scholars opportunity, he also got professional advice and learned lab techniques, computer language and how to "speak their language and relate it to my experience," says Jonathan, who has since applied to PHHS' Undergraduate Research Awards Program (URAP) to continue his studies.

"A lot of undergraduates misunderstand research. They're afraid it's boring, think it's intimidating or don't know professors or how to apply. But there are lots of opportunities to get involved," he says. "For me, the experience was beyond amazing. I'm happy someone took a chance on me. I made two of the best friends I'll probably ever have in my life, and the experience will surely open doors in the future. And it wasn't boring, either." **S**



Watch Jonathan talk about his experience – and what he hopes to buy his mom – in a video at Synergies online.



About the LIFE Scholars Program

CHAR's undergraduate research program began in 2006 to encourage students to consider the field of aging while working with experienced researchers.

During the past six years, the LIFE Scholars Program has served 37 undergraduates. Fifty-nine percent have been women, and 19 percent have been underrepresented minority students. The program provides lifelong skills in research, inquiry and investigation and is highly rated by participants and mentors.

In Summer 2011, it was funded by contributions from the Bill and Judy Winkler Fund for Promoting Positive Lifestyles and Healthy Aging, matched by support from participating departments in CHAR.

The 2011 cohort of LIFE Scholars included eight students who worked in diverse fields and departments, conducting research on circadian rhythms, breast cancer metastasis to bone, glutamate receptors and memory, whole body vibration and diabetic neuropathy, aging-in-place, and protein hormones and bone loss.

It's official: PHHS alumnae are the best

Weaver first OSU alum to receive Linus Pauling Prize

OSU alumna and Oregon native Connie Weaver was awarded the Linus Pauling Prize for Health Research at the biennial Diet and Optimum Health Conference held on campus. The award, presented by OSU's Linus Pauling Institute, included a medal and \$25,000 prize, which Weaver says will go toward her dream of creating a global women's health research center.

Weaver's research on calcium in bone health and osteoporosis prevention helped develop national health policy; daily intake recommendations for calcium are based partly on her research. Because of her work, she is invited around the world to help populations consider nutrient requirements and dietary guidelines and how to get enough calcium in the food supply.

It's in this work that Weaver finds her joy. "The career path I have chosen is very motivating and

stimulating," she says. "With research comes discovery – the highest stimulant I know."

Weaver earned both her bachelor's and master's degrees ('72, '74) at OSU and said that accepting the prize in Corvallis made it that much sweeter.

"I have admired the stature and

work of the Linus Pauling Institute and the quality of the recipients of the prize for many years. I never imagined that I would be honored. That the institute is at my alma mater and the award was given on campus this year made the prize special to me."

Currently head of the Nutrition Science Department at Purdue University, Weaver is director of the Botanical Center for Age Related Diseases at Purdue and deputy director of the Indiana Clinical and Translational Science Institute.



Celebrating, from left: PHHS alumna and former faculty member Jean Peters '64; Weaver; Margie Woodburn, Home Economics emeritus faculty, who was inducted into the Foods and Nutrition Hall of Fame at Purdue University in May 2011; and Dean Bray.

Kosma: young alum of the year

A PHHS Movement Studies in Disability alumna was honored with the Oregon State University Alumni Association's Young Alumni Award for 2011.

Maria Kosma, an associate professor of kinesiology at Louisiana State University, with a 2003 doctorate in exercise and sport science from OSU, is becoming a distinguished national and international leader in the area of physical activity and health promotion among people with physical disabilities and other at-risk and underserved populations.

Kosma participated in various departmental activities at OSU Nov. 2-6 and was a featured speaker at the "Classes Without Quizzes" Homecoming seminar.

Kosma, who has received numerous honors and awards, focuses her research on the study of theory-based psychosocial determinants of physical activity for improved health, using advanced statistical and

methodological techniques among adults

with physical disabilities and older

adults. She includes service-

learning experiences

to enhance student

learning by applying

theory to practice in

her teaching.



Kosma with her husband, Marc Parijs, and daughter, Nefeli.

For the love of food

Two things have played leading roles in PHHS alumna Julie Hood's successful career – a love of science and a passion for food.

Hood, who earned a bachelor's degree in '79 and a master's in '84, received the 2011 Central Oregon Community College (COCC) Faculty Achievement Award.

Hood has taught human nutrition for 23 years at COCC and says, "While I love all my classes, I do have to say that it's especially fun to teach nutrition, because I love helping people understand the value of science and research. There are so many myths in the field of nutrition. It's great to be a myth-busting scientist!"



As part of a land grant university, we take seriously our job of taking what we learn in the classroom and through research and putting it to work in our community.

Three recent studies have furthered our knowledge on healthy eating and the effects of stress – findings that were widely shared across the country and which further our vision of ensuring lifelong health and well-being for every person, every family and every community.



Make nutrition **a priority**

The research. OSU researchers studied the eating habits of 582 mostly first-year college students.

The findings. College students aren't eating enough fruits and vegetables – in fact, they aren't even eating one serving per day, far from the recommended five daily servings. Both males and females consume more than 30 percent of their calories from fat, which exceeds the American Dietetic Association's recommendation of no more than 30 percent a week. Female students had lower fiber intake, while males tended to consume more fat. Overall, females had better eating habits, including skipping fewer meals, eating in college dining halls more frequently and reading food labels.

What you need to know. Proper eating and nutrition is not integrated enough into society.

The researchers. OSU alum Kin-Kit "Ben" Li served as lead with co-authors Professor Brad Cardinal, Associate Professor Vicki Ebbeck and former OSU Ph.D. students Rebecca Concepcion, Tucker Readdy, Hyo Lee and Erica Woekel.

Where you can find it. The study is online in the *Journal of Nutrition Education and Behavior*.



Eat your **broccoli**

The findings. Broccoli is sensitive to the way it is cooked. If cooked for more than a few minutes, its antioxidants aren't as able to attack carcinogens.

What you need to know. Take advantage of broccoli's cancer-fighting compounds by eating it raw or steamed for two or three minutes. The same applies to other cruciferous vegetables such as cauliflower, kale, wasabi and cabbage. And don't bother taking broccoli supplements, because they perform far below that of the real thing.

The researcher. Emily Ho, PHHS associate professor and researcher at the Linus Pauling Institute

Where you can find it. *Journal of Agricultural and Food Chemistry*

Chill out!

The research. The study looked at 1,000 healthy, mostly white, middle-class men who enrolled in a long-term study.

The findings. People are hardy and can deal with a few major stress events each year; however, the more stressful life events men experience (three or more) in middle age or beyond, the greater the risk of death.

What you need to know. Those who learn to cope with stress, keep major stress events to a minimum, are married and have a glass of wine each night may have discovered the secret to a long life.

The researcher. Professor Carolyn Aldwin (right)

Where you can find it. *Journal of Aging Research*



This and more PHHS research is found at **Synergies** online.

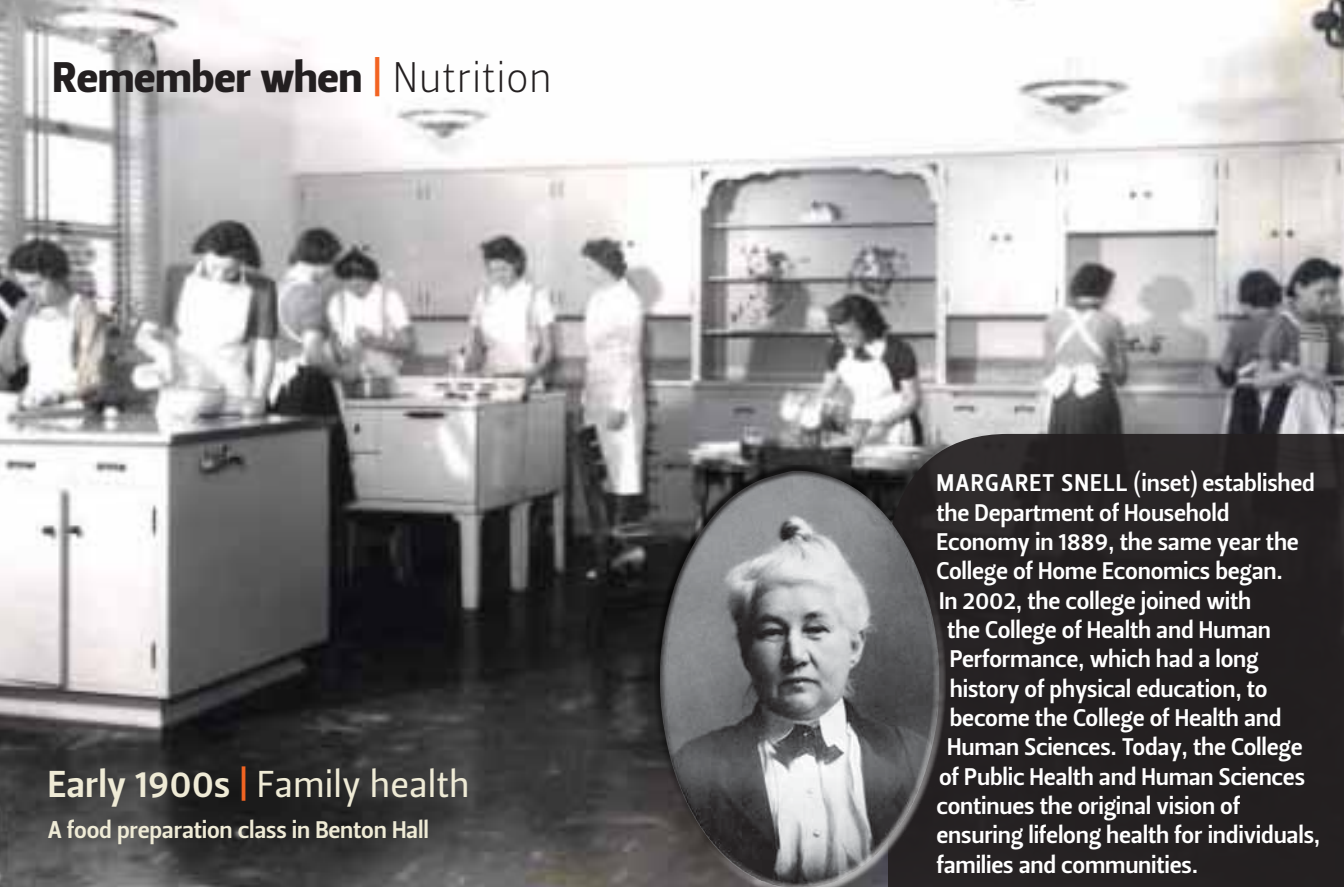


health.oregonstate.edu

The award-winning PHHS website, a standout at OSU, took on a new look this summer, and **Synergies** soon followed suit. And because we value substance as well as style, we're adding new content right along with our new look. Check health.oregonstate.edu/synergies, or scan the QR code at left, to watch new videos, read up on the latest research and learn more about the many ways we are ensuring lifelong health and well-being for the people in Oregon and around the world. Email synergies@oregonstate.edu to stay in the loop and subscribe to our monthly email.



Remember when | Nutrition



Early 1900s | Family health

A food preparation class in Benton Hall

MARGARET SNELL (inset) established the Department of Household Economy in 1889, the same year the College of Home Economics began. In 2002, the college joined with the College of Health and Human Performance, which had a long history of physical education, to become the College of Health and Human Sciences. Today, the College of Public Health and Human Sciences continues the original vision of ensuring lifelong health for individuals, families and communities.

2011 | Community health

Students prepare a meal in the renovated food labs in Milam Hall, made possible by a gift from Bob's Red Mill founders Bob and Charlee Moore.



A legacy that endures

Margaret Comstock Snell, M.D., the first home economics professor in the far West, came to what was then Corvallis College as a professor and is thought to have written the following description of her new department:

"The purpose of this department is to teach girls how to cook, to sew and how to take care of their own health and that of a family. Few things contribute so much to the welfare of the family, and hence of the state, as attention given to secure the good health of the household. The proper preparation of food is useful in two respects: first, it leads to health, and secondly to economy... ."

Snell was determined that students in her department, which she later called Household Science, learn to cook healthy foods. She was particularly concerned about fried foods and often told women, "Throw away your frying pans."

Do you have a story to share about the history of the college? If so, please send it to PHHS Director of Communications and Alumni Relations Kathryn Stroppel at synergies@oregonstate.edu.