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Winter 2015



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A letter from our dean

Friends,

In September, I met with faculty at our annual all-college meeting. We meet every year, so that wasn't extraordinary. What was extraordinary is that we are looking at a truly compelling future.

Together, we have built the framework for a new college. A college that brings together not only the best of individuals but also the best of who we have been in our 126-year history. I often liken it to building a really great house.

Now, it's time to make it a home.

And that means a new leader. For 14 years, I have given you, this college and this university everything I have. But just as my work has never been about me, neither is this transition. It's about our vision of becoming a distinctive college of public health and human sciences.

Although I have formally announced my decision to step down, I will continue to serve until a new dean is in place. At that point, I will pass the baton to the next generation and apply my skills toward opportunities that allow me to contribute to the greater good.

Retirement isn't on the table — yet. I have many passions — leadership, innovation and globalization — that I will continue to pursue. Toward that end, my husband, John, and I have created an endowment to benefit the college in those areas. The Tammy Bray Endowment in Health Leadership and Innovation will allow the college to host a speakers' series to bring in high-profile speakers to inspire faculty and students alike on campus and also in Portland.

This is not goodbye, and this is not the end. Rather, it's a new beginning. For me — but most importantly, for this amazing college.

It's a privilege to serve as dean, and I am excited for what I know will be a tremendous future — for us all.

Sincerely,

Tammy Bray, Dean
College of Public Health and Human Sciences



No COE?

Scholarship and fellowship recipients celebrated in new style

For more than 10 years, the college hosted an annual Celebration of Excellence (COE) event honoring donors and recognizing students for their achievement in receiving a scholarship or fellowship. This event has evolved over the years to meet the changing needs of students, donors and the college.

This year, the college invited 325 high-achieving scholarship and fellowship recipients to two new events: an exclusive pizza/thank-you-letter-writing party and a special drop-in breakfast celebration.

Students were also surprised with a fun-filled celebratory award package, which included confetti, shareable memes, a college sticker and a Golden Ticket invitation to recognition events. They also were asked to share their success via social media.



See their happy faces in the video and slideshow at health.oregonstate.edu/golden-ticket.

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GIVING

CPHHS donors help pave the way to a bright future.



On the cover

Thanks to engaged faculty, students and community volunteers, we are empowering children with disabilities — and helping dreams come true.



CPHHS Future of Public Health marketing materials win CASE awards.

The College of Public Health and Human Sciences' marketing materials for the accreditation campaign, *The Future of Public Health is HERE*, won three awards from the Council for Advancement and Support of Education (CASE) District VIII.

The overall accreditation campaign, *The Future of Public Health is HERE*, received a silver award. The college's *Future of Public Health* microsite — health.oregonstate.edu/future — and the *Future of Public Health* image piece each earned bronze.

Children with disabilities gain **new freedom** with modified cars

Go Baby Go mobility program comes to Oregon State

Nearly 100 Oregon children have a shiny new set of wheels — and new freedom — thanks to a program aimed at improving motor, physical, social and cognitive skills in children with disabilities.

Led by College of Public Health and Human Sciences Assistant Professor Sam Logan, Go Baby Go provides a unique way for children ages 6 months to 3 years to move on their own and play and socialize with their peers — despite any disability.

Sam and a volunteer team of students, faculty and parents assemble off-the-shelf, ride-on cars and modify them to meet the needs of children with disabilities, including spina bifida, Down syndrome and cerebral palsy. The cars each cost about \$200 to make and are donated to families in need. The group modifies the activation switch, making it easy to press with a large surface area for contact. They also use PVC pipe, pool noodles and kickboards to modify the seat, giving children the extra support needed to be safe while driving the car.

Sam became interested in Go Baby Go during a post-doctoral fellowship at the University of Delaware, working under Professor Cole Calloway, who began the program in 2012.



Under Sam's direction, the Go Baby Go program at Oregon State became one of nearly 50 international Go Baby Go sites and has provided or donated about 100 cars to families throughout Oregon.

Sam also conducts national workshops teaching clinicians and families how to modify their own ride-on cars, resulting in more than 90 additional cars to families across the country.

Funded by a grant from the Women's Giving Circle at OSU, Sam has established the Children's Adaptive Resources

for Social Mobility (CARS) Club to design, build and distribute cost-effective models of toy-based technology, including ride-on cars, to allow for non-discriminatory access for children with disabilities.

"One of the things that drew me to the CPHHS as faculty was the emphasis on public health, physical activity and also a very strong emphasis on disability studies," Sam says. "It is a really great fit for me and the research that I do, but also very specifically for this program. It was a great opportunity to bring it to the Northwest."

Watch the video to hear more from Sam, parents and students — and see for yourself how Go Baby Go cars positively impact the lives of young children with special needs at health.oregonstate.edu/gobabygo.

Students gain hands-on experience through Undergraduate Research Awards Program

CPHHS undergraduate students are learning the importance research has on the health and well-being of the community and beyond through the Undergraduate Research Awards Program (URAP).

More than 25 high-achieving URAP students presented their findings at the annual OSU Celebration of Undergraduate Excellence event in the MU Plaza.

"This experience showed me how important research is to my future career in physical therapy, because a career in health care will always be a continuous learning process," says CPHHS student Allison Conger.

Supported by the college, the program is open to all undergraduate students interested in gaining a research perspective, developing relevant skills, enhancing their education, becoming engaged in their field and preparing for their future.



URAP student Jason Walker and Associate Professor Siew Sun Wong

Researchers study health effects from arsenic exposure in Bangladesh



Two college researchers set off for Bangladesh this summer, where they began a study to determine how exposure to arsenic affects the development and immune function in children.

The systematic study examines prenatal and early life exposure to arsenic, a common environmental pollutant, and its relationship to clinically relevant outcomes including infectious disease morbidity and antibody response to routine childhood vaccinations in children up to age 5.

The research is led by Assistant Professor Molly Kile — who has traveled to Bangladesh about 20 times since 2002 conducting research on arsenic-related health outcomes. She was accompanied by PhD student Andres Cardenas, pictured above, who since earned his degree.

"This is an emerging field of study that may lead to new insights for prevention of immune system dysfunctions related to environmental chemicals in children and also inform human health risk assessments on arsenic since this is a regulated chemical," Molly says.

Graduate students respond to air quality concerns in Philomath

Led by Assistant Professor Laurel Kincl, along with Assistant Professor Perry Hystad, a group of graduate students recently gained practical, hands-on experience working directly with community members to address public health concerns relating to air quality.

Responding to Philomath residents' worries of logging trucks and the daily activity of local sawmills in their neighborhood possibly affecting air quality, the students tested air quality at various locations throughout the community.

"It's well known that air pollutants have an impact on respiratory health and other public health issues," Laurel says. "This was a great opportunity to improve students' knowledge around air quality and the potential impact on public health."

The data showed excellent to fair air quality, with some periods of poor air quality.



Assistant Professors Perry Hystad and Laurel Kincl

Early childhood learning research gets \$4.6 million boost



Professor Megan McClelland received two grants totaling \$3.1 million to continue and expand her work in the area of self-regulation skills among preschool children. Self-regulation skills help children pay attention, follow directions, stay on task and persist through difficulty, and make children more likely to do well in school and graduate from college. Megan also just published the book “Stop, Think, Act: Integrating Self-regulation in the Early Childhood Classroom,” a guide to help preschool teachers and parents understand self-regulation and help children ages 3-6 build those skills through developmentally appropriate games, songs and more. She wrote the book with OSU alumna Shauna Tominey.



Assistant Professor Shannon Lipscomb, OSU-Cascades, received \$1.5 million to develop and test a program to help teachers improve the school readiness of preschoolers who have been exposed to trauma.

College researchers use \$1.25 million CDC grant to study Oregon’s Medicaid Expansion

The CPHHS, in collaboration with the Oregon Health Authority, received \$1.25 million from the Centers for Disease Control and Prevention to examine the impact of Medicaid expansion and the Coordinated Care Organization (CCO) model on health care use and health outcomes of low-income Oregon women of reproductive age and their infants.

Oregon has recently introduced an innovative CCO model and expanded enrollment in its Medicaid program by almost half under the Affordable Care Act. According to researchers, results from this five-year study will inform health reform efforts in Oregon and across the nation.



• Associate Dean for Research and Graduate Programs Marie Harvey, Associate Professor Jeff Luck, Assistant Professor Jangho Yoon, post-doctoral student Lisa Oakley

SCIENCE SNAPSHOT

Vaping

Assistant Professor Kari-Lyn Sakuma, who researches emerging tobacco products and their impact on health, found that not only do e-cigarettes contain harmful elements, there’s evidence that the particulates or tiny droplets of liquid inhaled are so small they



can get deep into the lungs and cause inflammation and possibly contribute to cardiovascular disease, asthma and pneumonia risks.

Watch Kari-Lyn explain the health risks of vaping at health.oregonstate.edu/vaping.

Greener neighborhoods lead to better birth outcomes

Mothers who live in neighborhoods with plenty of grass, trees or other green vegetation are more likely to deliver at full term — and their babies are born at higher weights — compared to mothers who live in urban areas that aren’t as green, a study shows.

• Assistant Professor Perry Hystad



Of mice, astronauts and the elderly

When the privately owned aerospace company SpaceX launches a supply ship to the International Space Station, the cargo will include a shipment of laboratory mice destined to help researchers in the Oregon State University Skeletal Biology Lab shed light on the consequences of bone and muscle loss in astronauts and elderly adults.



The research team is looking at how mice expend energy under weightless conditions, specifically how the manner in which animals regulate body temperature affects bone loss.

• Professor Russell Turner, Associate Professor Urszula Iwaniec, PhD student Jessica Keune



Light intensity exercise could be helpful to older adults

New research tells us that 300 minutes of light exercise each week, such as an easy walk, slow dancing, leisurely sports or household chores, provides some significant health benefits and may be nearly as effective as moderate or vigorous exercise for people over 65 — if they get enough of that type of activity.

• Professor Brad Cardinal, PhD alum Paul Loprinzi



Even small stressors may harm men’s health

Older men who lead high-stress lives, either from chronic everyday hassles or because of a series of significant life events, are likely to die earlier on average than their peers, new research shows.

• Professor Carolyn Aldwin, Director of the Center for Healthy Aging Research

Zinc is important to immune system response

Zinc, an important mineral in human health, appears to affect how the immune system responds to stimulation, especially inflammation, research shows.

Zinc deficiency could play a role in chronic diseases such as cardiovascular disease, cancer and diabetes that involve inflammation. Such diseases often show up in older adults, who are more at risk for zinc deficiency.

• Professor and Director of the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health Emily Ho, Research Associate Carmen Wong, student Nicole Rinaldi



A sprint to the finish

**DEAN BRAY
TO STEP
DOWN,
PASS BATON
TO NEXT
GENERATION**



We've all heard the saying that a journey of 1,000 miles begins with a single step. And when you're building the state's first accredited college of public health and leading the fastest growing college at Oregon State University, you take a lot of steps.

Dean Tammy Bray counts her actual steps with her trusty FitBit, but no technology can measure the impact that thousands of individual, intentional steps have made in redefining the college.

"Dean Bray is a visionary leader," says OSU President Ed Ray. "Her contributions to Oregon State University and public health in Oregon and globally form a significant and long-lasting legacy."

During her 14-year tenure, she helped transform the College of Home Economics and the College of Health and Human Performance into the merged College of Health and Human Sciences and later the state's only accredited college of public health and human sciences. She also oversaw the creation of four new centers dedicated to research into healthy children and families, aging, food and nutrition, and global health, and recently helped to establish the new Oregon Center for Health Innovation.

Under her leadership, which began in 2002, dollars raised went from \$250,000 to about \$40 million. Additionally, the college's funding from grants and contracts increased six-fold, from \$3 million in 2002 to more than \$18 million in 2014.

"Tammy is both a visionary leader and a person who believes in action," says Professor Chunhui Chi, director of the Center for Global Health. "It is easy to dream big, but what makes her stand out is she acted upon the dream and accomplished the seemingly impossible."

*"Once you meet her,
you'll never forget her."*

*Howard Koh, MD
2015 Oregon State University
commencement speaker*

Among her accomplishments:

- Leading the college through national accreditation in 2014
- Raising nearly \$40 million to construct the Hallie E. Ford Center for Healthy Children and Families; renovate the food and nutrition lab for the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health; support 11 endowed faculty positions; and provide nearly \$500,000 annually for student scholarships
- Hiring more than 40 new faculty members since 2008
- Establishing the Oregon Center for Health Innovation to connect academic, industry and community partners for work on a wide range of preventive health and workforce development projects
- Integrating the college's outreach efforts with the OSU Extension Service, specifically the Family and Community Health program and the 4-H program, to improve community health in Oregon and beyond

"I'm thankful for the opportunity to work with Dean Bray in building a distinct and preeminent college at OSU," says OSU Provost and Executive Vice President Sabah Randhawa, who is leading a national search for a new dean. "There has never been a dull moment in keeping up with her ideas."

Once her successor is in place, she plans to focus her energies on high-impact projects related to health innovation, leadership and globalization.

"I view the transition in my role as dean like a relay exchange in track," she says. "I'm going to keep running as fast as I can and will pass the baton to new leaders to move our vision forward."

In fact, at the annual college meeting she handed off orange batons to a new generation of faculty, who were charged with crafting the college's Vision 2025, which complements and is integrated into the college's strategic plan. The group identified five key areas of focus for the next 10 years. They are:

- To fully integrate faculty through intentional support via college culture, infrastructure, policies and practices
- To provide transformative learning experiences and promote success for all learners
- To enhance engagement with external communities



Dean Bray met with College of Home Economics alumnae in September, the first in a series of outreach events. "You are our roots," she told the nearly 80 in attendance at the Multnomah Athletic Club in Portland. "You are our past and also part of our future. We are stronger because of you."

- To foster a culture of caring, compassion, balance and happiness
- To continue and solidify our transition in a manner that advances and leverages our strengths as an integrated, transdisciplinary, land grant institution capable of responding to new and emerging challenges and opportunities

"The future of the college is in good hands," Dean Bray says. "It's hard to step away from something you have helped to build and people who feel like family. But this college is on the right track, and it has the right people on board who will carry our work forward. We truly are the future of public health!"

John and Tammy Bray have established the Tammy Bray Endowment in Health Leadership and Innovation Fund to form a speakers' series in the College of Public Health and Human Sciences. This gift will bring high-profile health leaders to campus to benefit students, faculty and the community. The fund will also inspire alumni, friends and industry by presenting the series to greater Oregon, including the Portland metro area. Contact the OSU Foundation if this is a series you would like to support.

Want to learn more about the Oregon Center for Health Innovation? Visit health.oregonstate.edu/ochi.

Alum protects employees' occupational safety and health



Having grown up in rural Mississippi, Grady Maxwell, MPH '09, says he remembers seeing crop dusters spraying cotton fields and signs posted warning against eating certain species of fish at popular fishing holes. "As I started to learn more about how the environment impacts human health, my curiosity toward public health grew," he says.

Now a regional safety and health manager for the Environmental Protection Agency, Grady provides technical expertise within Region 10 (Oregon, Washington, Idaho and Alaska) to protect employees' occupational safety and health and collaborate with other agencies in times of environmental disasters.

Cancer fighter



Moira E. Stuart, PhD, '97, an alumna of the College of Health and Human Performance (now the CPHHS), recently announced, along with colleagues, the launch of the Chicago Cancer Health Equity Collaborative, supported by a five-year \$18 million grant from the National Cancer Institute.

Moira, associate professor at Northeastern Illinois University, has been involved in a groundbreaking

health disparities grant funded partnership with Northwestern's Robert H. Lurie Comprehensive Cancer Center in Chicago since 2011.

Through her work, she strives to improve cancer health outcomes in low-income and minority Chicago communities through meaningful scientific discovery, education, training and outreach. A strong advocate of health equity, she fights cancer health inequities using the social science research training developed during her doctoral work at OSU.

Making waves in Japan



Alumna Cathy Rudd, '76, second from left, visited Tokyo with a delegation from the Portland Japanese Garden this fall, which included U.S. Ambassador to Japan Caroline Kennedy, center. As president of the garden for the next two years, Cathy returned oriental gates that washed ashore last year from the 2011 Japanese tsunami.



Fit for duty: Alumna helps keep firefighters healthy

To help ensure firefighters are prepared for the job, Karlie Moore, Exercise and Sport Science '04, PhD '13, routinely performs fitness assessments with local fire departments.

Karlie first learned to perform fitness tests as an undergraduate in the CPHHS.

"I learned that many firefighters are dying of heart attacks and that the injury rate is four times higher than any other physically demanding profession," she says. "I felt more needed to be done to help them. Once I was working on my doctorate, I developed new screening protocols to help firefighters get a better understanding of risk for injury and heart attack."

Upon graduation, Karlie started her own business, Fit For Duty Consulting, where she provides fitness testing locally and online.

"I feel that the two degrees I earned at Oregon State have absolutely prepared me to go out and have a rewarding, effective and fulfilling career," she says.



Watch Karlie in action at health.oregonstate.edu/firefighter-health.

Fueling OSU athletes with healthy meals



Doni Wilson, ND, BS '94, a self-proclaimed "Oregon girl in Manhattan," visited campus this summer to share her new book, "The Stress Remedy," with Dean Bray and President Ed Ray. Doni owns a private practice in New York, where she consults with patients on how to holistically integrate nutrition for health and wellness. "Feed yourself in a way that feeds and supports your body," she says.



As a sports dietitian for Oregon State Athletics, Stasi Kasianchuk, MS '11, knows that athletes need more than a rigorous training regime to gain peak performance on the field.



To ensure Oregon State's athletes are fueling their bodies with the most nutritious foods, Stasi, pictured above in red, creates personalized meal plans based on sport, position, gender, body composition and weight. She also offers one-on-one nutrition consultations and teaches the importance of maintaining a healthy lifestyle off campus.

"Optimal nutrition not only supports the health of the student athlete, it also gives them a competitive advantage," Stasi says. "Given the demands of training that student athletes face, it is critical for them to consume the necessary nutrients to optimize their training and performance. My goal when working with student athletes is to help them experience the power of whole food nutrition to accomplish this."

Earning a master's degree in Exercise and Sport Science with a minor in Nutrition and Food Management has prepared Stasi for the newly created role at OSU Athletics, where teams count on her to instill healthy eating habits in their athletes.



Globetrotting journalist and doctor shares his view

WORDS MATTER. That's the message pediatrician, journalist and public health advocate Dr. Richard Besser shared with CPHHS students, capping off National Public Health Week festivities.

From using social media to responding to a journalist's call, to using emotion and avoiding jargon, Dr. Besser, chief health and medical editor for ABC News, told students they have to make public health visible when it's working instead of being reactionary and defensive when there's an emergency. "It's a public health emergency when a journalist calls you," he said.



Commencement 2015

A world of possibilities

A record-breaking number of graduates in the college — more than 800 undergraduates and nearly 100 graduate students — were the first to earn a degree from the newly accredited College of Public Health and Human Sciences at Oregon State University's 146th Commencement Ceremony.

▶ Watch the video to hear advice from 2015 graduates at health.oregonstate.edu/2015-commencement.

Public health leader gives commencement address

Commencement speaker Dr. Howard Koh, professor of practice at Harvard University T.H. Chan School of Public Health and former 14th assistant secretary for health for the U.S. Department of Health and Human Services, received an honorary degree in Public Health and delivered this year's commencement address to more than 6,000 graduates and nearly 23,000 guests in Reser Stadium.

Koh spoke about the span of his high-profile career from physician to public health advocate, his passion for tobacco control, the value of public health and this historic time in health care.



From left to right: Jo Anne Petersen; Karen Hooker, founding CHAR director, Jo Anne Leonard Petersen Endowed Chair in Gerontology and Family Studies and co-director of the college's School of Social and Behavioral Health Sciences; Don Petersen; and CHAR Jo Anne Leonard Endowed Director Carolyn Aldwin.

College celebrates 10 years of healthy aging research

The CPHHS and its Center for Healthy Aging Research (CHAR) celebrated the center's 10th anniversary with a number of high-profile guests, including Don and Jo Anne Petersen and Rep. Peter DeFazio.

About 100 guests attended the celebration, which featured presentations on the latest gerontology research in Oregon.

Oregon Parenting Educator's Conference bigger and better than ever

Hosted by the CPHHS' Hallie E. Ford Center for Healthy Children and Families and the Oregon Parenting Education Collaborative, the annual one-day Oregon Parenting Educator's Conference was held in conjunction with Oregon Parenting Education Week.

The conference offered more than 30 workshops and a keynote address by *New York Times* best-selling author and parenting expert Tina Payne Bryson, PhD. The 2016 conference will be held May 16.

Living-learning community adds to students' experience

Oregon State's new Health and Well-Being Living-Learning Community is helping students succeed in all aspects of life and academics.

The CPHHS and the College of Science are offering space in McNary Hall for students to connect with others who are excited about health and science and improving communities.



CPHHS Dean Tammy Bray and College of Science Dean Sastry G. Pantula shake hands at the LLC move-in day.

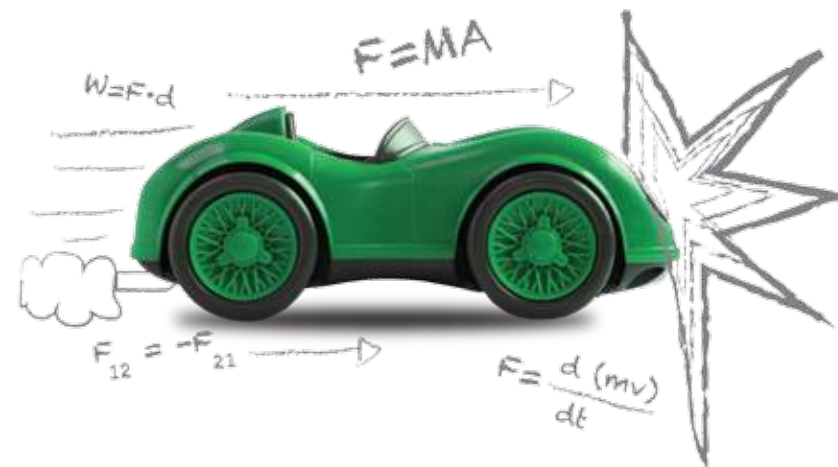
OSU dietetic interns use marketing to encourage high school fruit consumption

According to OSU dietetic interns working in the Bethel School District in Eugene, many high schoolers aren't willing to choose a fruit or vegetable with their lunches, although they are required to do so.

To encourage students to choose healthier options at lunch and throughout their lives, OSU dietetic intern and CPHHS alumna Nova Elwood and fellow dietetic intern Lisa Robinson made eating healthy the more attractive choice through simple marketing techniques, including a healthy food cart.

The \$4,000 grant Nova wrote to implement a *Smarter Lunchrooms* approach at Willamette High School was funded by the National Dairy Council.





World's largest youth-led experiment explores distracted driving

Chosen from entries across the world, OSU Extension Services' 4-H program, in partnership with Vernier Software & Technology, produced the winning entry in a science experiment that was conducted worldwide in October.

As part of the 4-H National Youth Science Day, youth across Oregon

joined more than 70,000 youth around the world in running the experiment, titled *Motion Commotion*, that combines cars, calculators and cell phones to show how physics' principles influence a pressing problem among U.S. teens — distracted driving. (4-H Youth Development is housed in the college.)

Moore Family Center encourages healthy eating, whole grains

The Moore Family Center's (MFC) Healthy Communities Outreach Project links the college's community-based educational efforts and resources to residents across Oregon.

Each regional project includes a whole grain component and focuses on ways to improve the lifelong health of Oregonians where they live, work, learn and play in a way that stimulates innovation and collaboration.

The MFC's partners include OSU Extension Family and Community Health, 4-H programs and Bob's Red Mill. Learn more at health.oregonstate.edu/hco.



In Memoriam

Alan I. Sugawara

September 29, 1939 – July 22, 2015

A beloved professor of Human Development and Family Sciences, Alan Iwao Sugawara died July 22 at his home in Corvallis. He was 75.

Alan was gentle, kind, giving, loving, unassuming and principled. His philosophy of life was to make a positive difference in the world.

As a teacher and researcher at Oregon State until his retirement in 2000, Alan addressed issues such as non-sexist education in early childhood, sex-role stereotypes in chil-

dren, teacher competence in early childhood education, prosocial behavior in children and cross-cultural child development. Alan leaves a legacy through the many graduate students he mentored and the many lives he touched.



Longtime teacher leads OSU Child Development Center

Kathleen McDonnell is the new director of the OSU Child Development Center in Bates

Hall. She served as a teacher in the center for five years before becoming director, and worked in the Corvallis School District prior to Oregon State.



New development director joins college

Lori Jordan is the college's new director of development, splitting her time between the CPHHS and the College of Pharmacy. Lori has been

with the OSU Foundation for eight years and in higher education, development, alumni relations and event planning her entire career. A lifelong Oregonian, Lori concentrates on scholarships, nutrition, bequests, and children and families in her work for the college.



Sunil Khanna is BioPop co-director

Professor Sunil Khanna has been named co-director of the School of Biological and Population Health Sciences (BioPop).

With 20 years of experience at Oregon State, Sunil will share leadership and administrative duties with BioPop Co-Director Norm Hord.



Vicki Ebbeck named interim associate dean for student success

Associate Professor Vicki Ebbeck has been appointed to interim associate dean for student success — a position that has evolved to better meet the needs of the college's students and alumni.

Vicki plans to further integrate the different facets of the Office of Student Success, identifying areas for growth and implementing innovative initiatives. The Office of Student Success houses academic advising, accreditation/assessment, career development, study abroad, admissions and recruitment, and internships and is located in the Women's Building.



Career consultant part of Office of Student Success

The college is enhancing its career readiness initiatives by creating a position focused on student success after graduation.

Joanna Abbott will begin the newly created role of career consultant this winter, where she will work directly with all CPHHS students.

Stay tuned for the announcement of the college's new alumni director!

A daughter's love ensures mother's can-do spirit lives on

New fund supports Nutrition students



ELSIE CRAIL RICHARDSON, pictured at right, had many reasons to accept her lot in life and not expect more. Times were tough — not just for Elsie, but for the country, which was going through the Great Depression.

To afford college, Elsie worked at Jantzen Knitting Mills in Portland, Ore., during the summer and saved her money for college. “She knew how to economize. There were times she didn’t eat much,” her daughter Helen says. “Money was so tight; people were desperate for money.”

Beating the odds set against her, a young Elsie, orphaned in the early 1930s with five siblings at just 14, graduated with an Oregon State University Home Economics degree in 1931.

Because of her mother’s positive experiences at Oregon State, Helen decided to attend her alma mater, eventually earning a degree in art and literature in 1966.

After her parents’ passing, Helen began thinking about what to do with her unexpected inheritance.

“Everyone in my family liked to help people,” she says. “I wanted to help, too.”

She decided to make plans through her estate to help students — those like her mother in the ’30s — who struggle financially to pay for college.

The Elsie Crail Richardson Nutrition Student Support Fund will ease the specter of paying for

college so students instead can focus on their studies. Specifically, the fund will provide scholarships and fellowships for students who demonstrate high academic achievement in the CPHHS’ Nutrition program.

“I think she’d be really happy,” says Helen of the fund bearing her mother’s name.

“She would help anybody who asked. She knew how to do everything, and if she

didn’t know, she would find out. Nothing would stop her. She was a powerhouse.”

Read the full story online at synergies.oregonstate.edu.

To learn about making a gift to the college in honor of a family member or loved one, now or through your estate, visit health.oregonstate.edu/giving.

“She knew how to do everything, and if she didn’t know, she would find out. Nothing would stop her. She was a powerhouse.”

Helen Richardson, remembering her mother, Elsie Crail Richardson

Get linked in!

Find and connect with former classmates, peers, college faculty and staff via our LinkedIn page and network for success! Get a recommendation, find a job, share your success and stay up-to-date with what’s happening in the college.

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