

## Home



*Ensuring lifelong health and well-being for every person, every family, every community*

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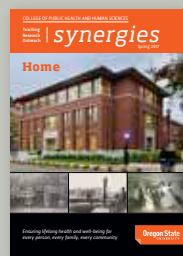
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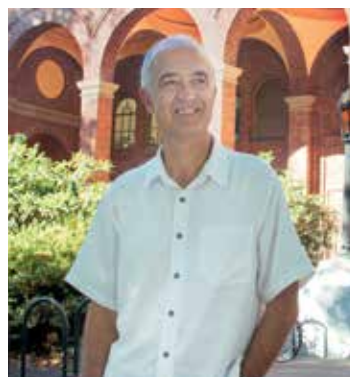


### On the cover

The college celebrates three anniversaries this year — the Hallie Ford Center, the Women's Building and 4-H Summer Conference

— and honors its tradition in Home Economics.

## A letter from Dean Nieto



**HELLO!** It has been a busy few months as I've gotten settled at Oregon State, and I am very appreciative of all the help I have received during this transition. I'm especially thankful for the warm welcome my family and I have received at the college and in the beautiful state of Oregon.

Since arriving in Corvallis at the end of October, I have enjoyed

the opportunity to meet many of you, and it's been great to learn firsthand of the college's amazing academic, research and outreach programs, and its tremendous efforts toward ensuring student success.

These first few months as the new dean have been a whirlwind, but also richly rewarding. The experience has made me appreciate even more the vision of Dean Tammy Bray, the hard work of faculty, and the support of OSU's leadership that made the college the exciting and vibrant place it is now.

The diversity of scientific disciplines represented in the college, combined with our outreach work with Health Extension programs, are important assets that uniquely position our college to fulfill our vision of achieving lifelong health and well-being for every person, every family and every community, in Oregon and beyond.

We recognize it is an ambitious goal, but it is also necessary and just. We call on our colleagues across OSU and our friends and partners in the community to join us in looking toward a future where everyone has the opportunity to be healthy, and where health is fully recognized as a basic human right.

Achieving a vision for the future, however, relies heavily on recognizing past achievements and experience. The Chinese philosopher Confucius wrote more than 2,500 years ago, "Study the past if you would define the future." Well, as highlighted in this issue of *Synergies* we have plenty of historical milestones to celebrate this year: the 100th anniversary of 4-H Summer Conference, the 90th anniversary of the iconic Women's Building, and the five-year anniversary of the Hallie E. Ford Center for Healthy Children and Families, one of our flagship programs.

I hope you join us in these celebrations and in our journey forward.

Sincerely,

F. Javier Nieto, MD, PhD, MPH  
Dean, College of Public Health and Human Sciences



Home Economics students care for children in the Home Economics Home Management House, named the Withycombe House, donated to the college by the James Withycombe family.

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# Our college home

GRACE, GRANDEUR AND A SENSE OF HISTORY AND PLACE: CELEBRATING THE WOMEN'S BUILDING AT 90



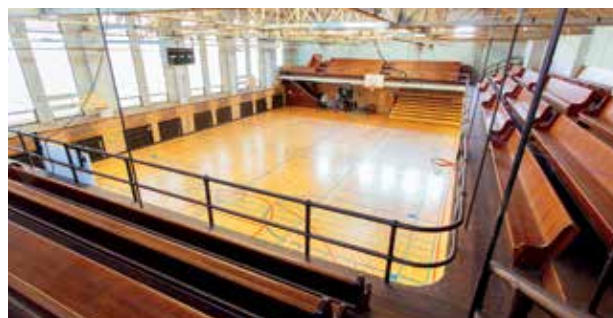
From its black-and-white checkered floor to its towering arches, the Women's Building exhibits timeless grace and grandeur. Both practical and beautiful, the building is replete with countless decorative details, showing off both Classical and Art Nouveau influences, as well as Art Deco and Medieval details.

Built in 1926-27 as the women's gymnasium, thus its name, the Women's Building today remains a campus favorite.

To download a brochure on the building, with more detail and photos of it today, visit [health.oregonstate.edu/wb](http://health.oregonstate.edu/wb).



The Women's Building is on the National Register of Historic Places.



Designed as a physical education facility for women, the building currently houses the CPHHS dean's office, faculty offices, a gymnasium, dance and workout rooms, a 30x70-foot pool, locker rooms, classrooms and the college's Office of Student Success.

The college also uses space in Milam, Waldo, Bates, Langton and the Hallie E. Ford Center for Healthy Children and Families.

Physical Education Director Ruth Glassow and Portland architect John V. Bennes stand on the steps of the Women's Building. Bennes competed against 13 other architects to design the building, which is made of brick manufactured in Monroe, Oregon. Bennes designed more than 20 campus buildings, but the Women's Building is considered by many to be his masterpiece.



William Jasper Kerr was the sixth president of Oregon Agricultural College from 1907-1932. Kerr increased the size of the campus with 25 new buildings, including the Memorial Union, Milam Hall and the Women's Building. Kerr also established numerous colleges, including Engineering, Agriculture and Home Economics.



Graduates in front of the Women's Building, 1935.



Modern dance class taught by Betty Lynd Thompson, January 1951. Betty taught dance from 1927-1945, retiring in 1972.



The College of Health and Physical Education was housed in the Women's Building. Faculty photo taken in 1981.



Hillary Clinton visited OSU to campaign for the re-election of her husband, President Bill Clinton, just days before the 1996 general election. Speaking to a crowd of about 3,500 people in front of the Women's Building, Clinton was joined by, from her left, U.S. Senator Ron Wyden, Corvallis Mayor Helen Berg, OSU President Paul Risser, and U.S. Representative Earl Blumenauer.

\*Special thanks to Lawrence A. Landis and his book, "A School for the People: A Photographic History of Oregon State University," from which some photos and key information were obtained. Credit and appreciation also goes to the Oregon State University Special Collections and Archives Research Center.



# Our home for research on children and families

## HALLIE E. FORD CENTER FOR HEALTHY CHILDREN AND FAMILIES TURNS FIVE

By Kathryn Stroppe



The Hallie Ford Center advocates a holistic, interdisciplinary approach to research, training and outreach that has far reaching consequences for Oregon and beyond.

It's been a busy five years at the Hallie Ford Center. This hub of research activity increasingly is a gathering place for faculty, staff and students to connect, learn and discover. And it's just getting started.

The center aligns its work around four core areas of research:

- ▶ Parenting and family life
- ▶ Healthy eating and active living
- ▶ Early childhood
- ▶ Youth and young adults

What follows is a brief snapshot of some of the impactful work being done in this vibrant, young center.

## ▶ Parenting and family life



Shauna is assistant professor of practice and parenting education specialist.

In addition to groundbreaking research, the center has expanded its parenting resources, hosting an annual Oregon Parenting Educators Conference in recognition of Oregon Parenting Education Week (OPEW) and building a

statewide infrastructure to support professionalization of the parenting education field.

Shauna Tominey joined the center in 2016, serving as principal investigator for the Oregon

Parenting Education Collaborative (OPEC), which aims to expand access to parenting education opportunities across Oregon. OPEC, a collaboration among OSU and Oregon's four largest foundations, includes 15 hubs serving 29 Oregon counties and Siskiyou County in California.

These hubs have increased availability and access to high-quality parenting education programs, have helped de-stigmatize parenting education, and have increased collaboration among agencies focused on parenting outcomes.

In December 2016, Assistant Professor John Geldhof found that parenting education can improve parenting skills and children's behavior for families universally and that it particularly benefits families from low-income or otherwise underserved populations. The study was part of a partnership between the college and OPEC.

## ▶ Healthy eating and active living

In 2015, the center launched the Family Impact Seminar Series to facilitate learning among policymakers and experts in a nonpartisan, solution-oriented way with the goal of promoting policies that affect the well-being of families and children.

In the series, top researchers share information in or near the Capitol building, making it easy for policy leaders to participate. The topic of the 2015 seminar was "Two-Generation Approaches to Poverty," which helped shape the 2016 statute that increased the Earned Income Tax Credit value for parents with children under 3.

The 2016 seminar, "Childhood Obesity: School and Community Solutions," featured Kathy Gunter from the HFC and Craig Gunderson from the University of Illinois Urbana-Champaign. Their presentation revealed that policies that support access to physical activity and healthy food, such



Associate Professor and Extension Specialist Kathy Gunter testified in support of a physical education requirement bill.

as physical education and SNAP program policies, are crucial for obesity prevention. Information about the seminar and the resulting white papers can be found at [health.oregonstate.edu/Hallie-Ford/family-impact-seminar-series](http://health.oregonstate.edu/Hallie-Ford/family-impact-seminar-series).

The following day, Kathy presented her research in front of the Senate Committee on Health Care on the outcomes of House Bill 3141. Signed by the governor in 2007, the bill requires that K-5 students receive 150 minutes of physical education per week and that students in grades 6-8 receive 225 minutes.

## ▶ Early childhood

The Oregon School Readiness Research Consortium is led by Megan McClelland, Katherine E. Smith Endowed Professor in Child Development; Andy Mashburn, PSU; and Katherine Pears, Oregon Social Learning Center in Eugene. The consortium focuses on research to inform current early childhood education evaluation and policy efforts, and to disseminate results from research and evaluations to policymakers and practitioners in Oregon and beyond. Learn more at [health.oregonstate.edu/osrrc](http://health.oregonstate.edu/osrrc).

Megan has received numerous grants for her work in kindergarten readiness and wrote a book in 2015 with former OSU grad student Shauna Tominey, who was then an associate research scientist at Yale University, titled "Stop, Think, Act. Integrating Self-Regulation in the Early Childhood Classroom."

In addition, Megan is part of a larger group of college researchers also looking at kindergarten readiness, self-regulation and early learning. In 2015, OSU-Cascades researcher Shannon



Megan is joined by a number of researchers working to help children develop self-regulation skills that translate to lifelong success.

Lipscomb received a four-year, \$1.5 million grant to develop and test a program to help teachers improve the school readiness of preschoolers exposed to trauma. Together with colleagues, Megan and Shannon have secured more than \$6 million in research funds related to school readiness and early learning.





Laurel works to keep youth safe on the job.

## ► Youth and young adults

Workers younger than 25 are twice as likely to be injured on the job as other workers. Reasons include that young people are more likely to try something they don't know how to do, switch jobs more frequently than older adults, are motivated to prove themselves, and may not ask questions to avoid looking inexperienced.

Enter Assistant Professor Laurel Kincl, whose research aims to improve safety among young people. One project focuses on fishermen

and families engaged in the West Coast Dungeness crab fleet. She and her team have analyzed the characteristics of injuries reported to the U.S. Coast Guard and have completed a survey of injuries and fishermen's opinions on safety. They are now developing and testing targeted injury prevention strategies with fishermen.

In addition, she helped to develop an online young employee safety awareness training with two Oregon State public health students and the nonprofit Oregon Young Employee Safety Coalition, O[yes]. The interactive training covers topics such as finding and controlling hazards, young worker rights and responsibilities, and how to speak up for safety and prepare for emergencies at work.



**Professor Rick Settersten is endowed director of the HFC. About these projects, he says: "These are all such wonderful examples of our shared commitment to doing research that makes meaningful contributions to the lives of Oregon's children and families."**



## Almost like flying

Next time you're on campus, swing by the Hallie E. Ford Center for Healthy Children and Families to see a sculpture donated to the College of Public Health and Human Sciences by the Collins family. Located between the center and Bates Hall, the stainless steel piece by sculptor Russell Jacques is titled, "It's Almost Like Flying." Plans are in the works for a spring visit by the artist, who will visit with children at Bates.



# Home to lifelong memories

**4-H SUMMER CONFERENCE CENTENNIAL**

By Dani Douglass



4-H Summer Week participants attend the movies at the Whiteside Theater in downtown Corvallis, 1929.



Jefferson County Delegation arrives at camp, 1951.

**EVERY SUMMER, AS THEY'VE DONE FOR 100 YEARS,** young people across Oregon descend on Oregon State's campus for a life-changing experience — the 4-H Summer Conference. The camp is believed to have hosted its first group of campers around 1917. In its earliest years, it was known as Summer Week. Similar to 4-H summer programs across the nation, it was created to bring youth together from across the state to learn new skills and build relationships with peers and adults.

The camp's earliest days were much like traditional camp, with droves of boys and girls hunkering down in sleeping bags on the floors of a building at the Oregon Agricultural College. Back then, students chose tracks of study, such as livestock or food and spent class time on those areas.

By the 1940s, the camps became known as 4-H Summer School, and the curriculum had evolved to include a variety of course offerings. Boys and girls could participate in everything from flower arranging to hunting safety. With few options for summer activities, many

of these students came from rural areas to Corvallis, allowing a change of scenery and a taste of college life.

In 1990, the camp became known as Summer Days and transitioned from a weeklong experience to a four-day camp. A major milestone came in 2001 with another name change — 4-H Summer Conference — and absorption of the 4-H Ambassador Weekend, which was previously held at Linfield College in McMinnville. It made sense to house both programs on Oregon State's campus to emphasize the connection between OSU and 4-H Extension. Faculty and staff from various academic departments were sought out to offer classes to expose participants to various career choices.

What remains the same from the early days to today is that 4-H Summer Conference creates lifelong memories and lasting impressions and has inspired countless future Beavers.

For more information or to sign up for the 4-H Summer Conference, go to [health.oregonstate.edu/4h-summer-conference](http://health.oregonstate.edu/4h-summer-conference).

## SHARE YOUR MEMORIES

Are you a former 4-H camper of recent or many years past? We are collecting stories and pictures for our centennial celebration and we would love to hear and see yours. Share them with us at [roberta.lundeberg@oregonstate.edu](mailto:roberta.lundeberg@oregonstate.edu).



# Our first home

## FROM INSIDE THE HOME TO THE WORLD AT LARGE: THE COLLEGE OF HOME ECONOMICS' LASTING LEGACY

By Dani Douglass

WHEN THE COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES was first established in the late 1800s as the Department of Household Economy and Hygiene, women were being urged to help society from within the home.

Early course offerings included the science of cookery, sewing, faucet repair and laundering. And current students may be flabbergasted to learn that real babies were being used in home economics programs across the country to teach infant care to students in the early 20th century. Students in Oregon Agricultural College's (OAC) School of Home Economics were no exception.

Seven school names later, the College of Public Health and Human Sciences has evolved into a vibrant academic and research community. And although times have changed considerably, the fundamental principles of the college remain unchanged.

One could envision how the college's current vision of lifelong health and well-being for every person, every family and every community could travel back in time and hold relevance and validity 128 years ago.



The college's roots can be traced back to 1888, when the OAC's Board of Regents established a chair for Household Economy and Sanitation for the "special benefits of female students" at its first meeting. The chair sat vacant the first year but was filled in 1889-90 by a medical doctor from California, Margaret Comstock Snell (1843-1923). Margaret was the college's founder and first dean, serving for 19 years until she retired in 1908.



Ava Milam Clark (1884-1976) was appointed dean of the School of Home Economics in 1917 and served in this role for 33 years. She was instrumental in developing home economics abroad, especially in Asian cultures, and traveled extensively.



Mercedes Alison Bates (1916-August 16, 1997) graduated from the School of Home Economics in 1936 with a degree in Food and Nutrition. In 1967, she was appointed vice president of General Mills' Betty Crocker Division. Mercedes was the first female corporate officer at General Mills and was given the nickname "Betty Crocker."



A group gathers around Milam's east wing soon after construction.



Home Economics students taking a House Sanitation course learn how to repair faucets in the Laundry Laboratory of the Home Economics Building, now Milam Hall.



Practice babies lived in Withycombe House, established in 1916. The first baby was brought to OAC in 1919 for an infant care class. Her name was Margaret Todd, but she went by Patsy. Home Economics students are shown here in front of Withycombe, ca 1920.



Students participate in Margaret Snell's sewing class when the college was under its first name, Department of Household Economy and Hygiene, 1890.



Home Economics students try out an exercise bike, ca 1953.

\*Special thanks to Lawrence A. Landis and his book, "A School for the People: A Photographic History of Oregon State University," from which some photos and key information were obtained. Credit and appreciation also goes to the Oregon State University Special Collections and Archives Research Center.

CPHHS THROUGHOUT HISTORY

**1889**  
Department of Household Economy and Hygiene

**1896**  
Department of Household Science and Hygiene

**1908**  
School of Domestic Science and Art

**1911**  
School of Home Economics

**1983**  
College of Home Economics

**1991**  
College of Home Economics and Education

**2002**  
College of Health and Human Sciences

**2011**  
College of Public Health and Human Sciences

## ALUMNI



### Big dreams took him to bigger places

By Dani Douglass

Capt. Grant Tong (BS '10) is a kama'aina (local) from O'ahu, Hawai'i who set high goals for himself — and achieved them.

The U.S. Air Force officer got his start at Oregon State University and is now preparing to head back to the Middle East for his second deployment helping soldiers through rehabilitation therapy.

While he was studying at OSU, there were times that Grant felt homesick, but he was fortunate to have a network of supportive friends from back home.

With his undergraduate degree in hand, Grant began work on his doctorate of physical therapy degree (DPT) at Creighton University. "Creighton was hard work," he says. "I remember being a freshman at OSU and thinking how long or even impossible the journey to my DPT felt. All and all, it was a seven-year process."

Grant recently earned an Air Force Medical Services Award (AFMS) for his air mobility command and is being considered for a larger award for all commands of the Air Force.

This accomplished man from humble beginnings has some straightforward advice for young people. "Be persistent and flexible while still keeping a smile on your face," he says.

Read the full article at [synergies.oregonstate.edu](http://synergies.oregonstate.edu).



### When paths converge

By Dani Douglass

Erika Cooley, Caitlin Sweeney and Elise Bowlby find comfort in the fact that they can shout "Go Beavs!" to each other from time to time and all three women get it.

The nostalgia comes from the fact that they all graduated from the Exercise and Sports Science Program (now Kinesiology) in the College of Public Health and Human Sciences — Erika and Caitlin in 2015 and Elise in 2016.

The program equipped them with a strong background in anatomy and physiology, human movement and effective exercise interventions. The three women are using that foundation to study occupational therapy as they pursue master's degrees in the same cohort at Colorado State University.

Both Erika and Elise decided to pursue occupational therapy based on experiences in their childhood — Erika's sister received services and both Elise's parents are speech pathologists.

"I believe focusing on everyday occupations and activities is where we can see the most change for individuals with disabilities and impairments," Erika says.

Though the three miss Corvallis in many ways — its small town charm, proximity to the coast, game-day energy and for Elise, even the rain — they've found a common bond that makes the transition to Fort Collins easier.

Read the full article at [synergies.oregonstate.edu](http://synergies.oregonstate.edu).

## Room at the table

### GLOBAL HEALTH ALUM PARTNERS WITH HAITIAN COMMUNITIES TO IMPROVE HEALTH, WELL-BEING

By Kathryn Stroppel

When Aslan Noakes was a young girl, she went to a church service where something unusual caught her eye — shiny white shoes. The owner was Haitian, and Aslan never forgot him.

Fast forward 10 years to the aftermath of a 7.0 magnitude earthquake that rocked Haiti in 2010. Aslan was finishing her nursing degree, and when she heard of the quake her thoughts turned to the man in the shiny shoes. Like some, she wondered if she had a skill set that could help those affected. Unlike many, she boarded a plane six weeks later to turn her compassion into action.

### COLLABORATIVE INTERVENTIONS, SUSTAINABLE CHANGE

After a few initial trips to learn about Haiti's history, culture and challenges, Aslan remained committed — but disillusioned.

"Everything I was seeing was too downstream," she says. "We were treating people for worms when they lived on a dirt floor. We were treating water borne diseases without addressing the contaminated water supply. I asked myself, 'What's the point?' I felt jaded. I assumed groups knew what they were doing, but I sensed that many who came to Haiti helped and then went home feeling like Superman without considering if their help was sustainable. It didn't settle well with me at all."

Knowing there had to be a better way, she looked into the CPHHS' MPH in Global Health. "I was sold. I had so many questions. And I learned what questions I should be asking," says Aslan, who completed her MPH in 2015.

A degree, however, wasn't enough. While still at OSU, Aslan created Empower Haiti Together, a for-profit social business akin to TOMS Shoes, with the goal of providing jobs, supporting the local economy and working alongside Haitians to help improve their health and well-being.

She began small by partnering with Papillon to buy and sell jewelry wholesale. She then added more trips, including taking OSU students who



wanted an international experience. These students weren't limited to public health, but also included engineering and business students and later nursing students from Linn-Benton Community College.

In 2016, she raised enough money to begin renting a home in Port-au-Prince that she uses as a guest house for Experience Haiti trips. She also uses the house as a revenue source for community projects by renting it out to other individuals and groups working in Haiti through Airbnb. Additionally, the home is being used as a location to train Community Health Workers and even served as a shelter during the most recent hurricane.

Aslan currently works with four partner communities. "You must leave room at the table for them," she says. "Too often, people come in with good intentions, but leave out the local population. Communities drive change."

She's also learning Creole and is planning a new business start-up in June 2017 — the Port to Port (Portland to Port-au-Prince) food truck — with hopes of involving students from OSU's College of Business and Linn-Benton Culinary Arts.

"When I first began this work, I thought nursing was my best skill set," she says. "It turns out it's advocacy, networking and resourcing. If we all work together and apply our strengths and passions, we all do our best work."

Read the full article at [synergies.oregonstate.edu](http://synergies.oregonstate.edu).



# OVATION IS COMING SOON!

Please join us at a special event honoring individuals who have made a significant impact on our students, within their communities or at our college. Plan to attend from 6-7:30 p.m. Tuesday, May 2, at the CH2M HILL Alumni Center. A complimentary dinner will be provided. You are invited to bring guests at \$25 per person. Your R.S.V.P. is appreciated no later than April 20.

Register at [osualum.com/phhs](http://osualum.com/phhs).



## A WELCOME ASCENT

The OSU Academic and Recreational Dive Center (ARDC) opened last fall thanks to a partnership and support from the CPHHS and the Research Office. The Physical Activity Course (PAC) Program funded the construction and renovation of the center and secured additional funding for the new equipment. The Research Office funded the compressor and fill stations. PAC participants and scientific divers all benefit.

"We are extremely grateful to receive this funding to invest in Oregon's next generation of recreational and scientific divers," says Diving and Small Boat Safety Officer Kevin Buch.



## RECIPE FOR SUCCESS

CPHHS nutrition students toured Corvallis' WinCo and learned helpful tips and nutritional information from Registered Dietitian Shari Steinbach, the Healthy Living Manager for Meijer, a Midwest supermarket chain. The training was made possible through a Produce for Better Health grant, which is designed to prepare future nutrition experts to conduct their own tours for consumers as they make point-of-purchase decisions in the supermarket. Shari's tips included eating five cups and colors of produce daily, choosing the store brand, shopping in bulk bin sections and using canned or frozen fruits and vegetables as an economical option.



## EAT AND RUN

It was a beautiful fall morning for the nearly 100 race participants and dozens of supporters who brought their family, friends, pets and appetites to the fourth annual GridIron Chef Contest and 5K Fun Run on Nov. 19, 2016.

### TOP RUN FINISHERS

#### 1K FUN RUN

Logan Lassiter, 6:47

#### 5K OVERALL

Men's: Justin Loftus, 19:35  
Women's: Jessica Beck, 26:14

### GRIDIRON CHEF WINNERS

#### OVERALL WINNER

Morgan Gebhardt  
Smokey Yam Meatballs



#### PEOPLE'S CHOICE WINNER

Julie Jacobs  
Terrific Tailgate Taquitos  
with Savory Sauce



Get these recipes and more at [health.oregonstate.edu/moore-center](http://health.oregonstate.edu/moore-center).

# PHHS ANNOUNCES CHAMPIONS FOR HEALTH DONOR COMMUNITY

To further the college's reputation for academic excellence, hands-on learning and world-class research, Dean Nieto has identified five specific priority areas to help the college increase transformational learning opportunities in and out of the classroom and allow our students to achieve their full potential. Learn more at [health.oregonstate.edu/giving](http://health.oregonstate.edu/giving).

The five opportunities are:

### INTERNATIONAL STUDIES OPPORTUNITY FUND

\$2,500 would cover round-trip airfare, local transportation and meals at locations such as the Center for Social Medicine in Loni, India, or Save the Elephant Foundation in Chiang Mai, Thailand.

### STATEWIDE INTERNSHIP OPPORTUNITIES FUND

\$1,000 would cover housing or driving expenses for a student commuting to a rural internship location.

### PROFESSIONAL DEVELOPMENT OPPORTUNITY FUND

\$2,500 would fully cover the cost of participation in a professional conference for one student.

### STUDENT RESEARCH OPPORTUNITIES FUND

\$5,000 would fully fund a student-led research project.

### DIVERSITY AND INCLUSION FUND

\$1,000 would help defray educational expenses, such as books, supplies or a computer for an underrepresented student.





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