A SHARED DREAM FOR CHILDREN AND FAMILIES

Four years ago, I invited faculty and staff of our college to a series of brainstorming sessions to gather ideas for a center for healthy children. What research would they bring to the effort? What interdisciplinary opportunities existed? What current programs would fit naturally into a center to study the health and well-being of young people? We talked about children's nutrition, physical activity, social adjustment, school readiness, and the special needs of children with disabilities. We discussed physical environments that help children thrive and the challenges of childhood obesity, hunger, and substance abuse. What resulted was a vision for a collaborative center, drawing on the research and expertise of our faculty and programs in these fields.

I took every opportunity to share our dream with colleagues, alumni, and friends of the college. I received encouragement, new ideas, and pledges of support. And in April of this year, just before she died at age 102, noted Oregon philanthropist Hallie Ford shared her confidence in us and our vision with a gift of $8 million. The Hallie Ford Center for Healthy Children and Families will carry on Hallie's legacy of improving the health and well-being of children and families across Oregon. A 2009 groundbreaking is planned for the center to be located next to our Bates Family Study Center, and the search for an endowed director will begin soon. A steering committee of faculty is drafting a mission for the center that includes supporting pioneering research and translating findings into practical programs that build the capacity of families and communities to support healthy children and families. Hallie's gift requires that we raise an additional $2 million. I am confident we will.

In this issue of Synergies, you will read about our wealth of research and initiatives for children and families. I think you'll agree that Hallie Ford made a wise investment.

Tammy Bray, Dean
Features

Solid Values, Lasting Legacy
Hallie Ford’s $8 million gift establishes the Center for Healthy Children and Families.

Kids in the Kitchen
OSU’s student-run KidSpirit program teaches about life – and fun!

Transitions
Professor Rick Settersten takes a new look at the changing process of becoming an adult.

Swimming with Sam
An IMPACT participant returns as a volunteer to give back to a program that makes a difference.

On the cover: Eleven-year-old Carl Karpinski dons a chef’s cap for Culinary Camp (see page 4). Photo by Michael Beets.
“This is my life,” penned Hallie Ford in disciplined penciled script as she began to chronicle her life in a 3x5 Jumbo Ruled Pad. “I was born in Sapulpa, Oklahoma, on March 17, 1905, to Ethel Viva Brown and James Thomas Brown.” Next to her first entry she wrote, “The motto of Oklahoma is ‘Labor conquers all things.’” Hallie Ford lived by that motto for the next 102 years. She attended a one-room school and learned lessons of work and love and family from her parents. “I recall going with mother to bring in the calves. We discovered a wild strawberry patch and mother sat down and made a basket with sticks and leaves which we filled with berries and carried home.” Her journal entries include fond memories of going to town in a horse-drawn wagon huddled under a blanket and “rowing the boat out to the sand bar for our Saturday night bath in the river.” She wrote about her early teens when “we kids picked 25 acres of cotton. We were taught to work. We had a happy home...there was love and respect. We were taught the golden rule, honesty, and morality.”

Those values defined Hallie as she grew up. When she was 14, she wrote, “Kids made fun of us country kids and the way we dressed. I felt very discriminated against, but it made me determined to beat them in grades, which I did and graduated as valedictorian of my class.” Determined to go to college and become a teacher, Hallie borrowed money from her father, “which I paid back in full.” She received her BS in 1930 from East Central State Teachers College in Oklahoma and went on to teach in classrooms and communities, carrying her message of learning and giving back. “She used to say that a lot of things can be taken away in life, but no one can take your education away,” recalls daughter Carmen Ford Phillips, BS ’59 home economics, MS ’63 foods and nutrition. “She would tell us, ‘Your education sustains you when things get tough.’”

Hallie and Kenneth Ford married in 1935 and settled in Roseburg, where they started a lumber company. She writes about struggling through the war years. “One summer three of us canned 8,000 jars of fruit and vegetables and 2,000 quarts of jam for the local cookhouses. We made soap with lye and grease. I remember making 16 pies before 10:00 in the morning to feed all the hungry men working at the mill!” Then one day she painted Roseburg Lumber Company on the side of their truck, marking the official beginning of the company.

“We were taught to work. We had a happy home...there was love and respect. We were taught the golden rule, honesty, and morality.”

“To be down to earth, disciplined, and driven,” says her son, Allyn. “She fed us a big dose of 4-H with our rural upbringing, taught us basic family values, and focused on education. Her parenting was a wonderful gift.” Carmen remembers her mother as the quintessential homemaker of the ’40s and ’50s. “She always wore a crisp housedress, made beautiful meals, and kept a spotless house with flowers on the table,” she says.
Lasting legacy

When asked about Hallie’s proudest moment, Carmen and Allyn agree that it was in 1995 when, as co-founder of the Ford Family Foundation, she established Opportunity Scholars, a program that enables single parents with dependent children to finish their bachelor’s degrees. Each year, up to 50 students in Oregon receive the award that covers 90 percent of their college costs. “The annual luncheon for scholars was always a highlight of her year,” recalls Carmen. “Women who had no hope, no education, and were working two jobs told stories of how they regained their lives and their independence with support from the scholarship. Mother, in her inimitable style, would always remind them to give back to their communities.”

The Hallie Ford Center for Healthy Children and Families

Hallie Ford’s $8 million gift and the additional $2 million investment she required the college to raise will provide for a building and an endowed director for the center. Groundbreaking is anticipated for fall 2009.

The center’s mission embraces Hallie’s values of integrity, independence, family, and community by promoting healthy children and families through:

- Supporting high-quality research
- Translating research into practice
- Building the capacity of families, service providers, and communities

“Mother was pleased to learn that the concept for this center was based on a solid reputation of successful programs for children and families in the College of Health and Human Sciences,” says Carmen Ford Phillips, BS ‘59, MS ‘63. “She believed that if we take care of ourselves, we can be of service to others.” As she signed papers to bestow gifts, she would turn to Bart and say, “Aren’t I lucky to be able to do this?”

“Mother...believed that when we help one person or one family, we are helping generations to come,” says Hallie Ford’s daughter, Carmen Ford Phillips, here with dean Tammy Bray.
Reflecting the college’s holistic approach to health and well-being, KidSpirit programs teach children the value of physical activity, nutrition, cultural diversity, art, nature, and relationships. When the college students leave Corvallis in June, the campus comes alive with the happy squeals and camping chants of a younger generation. KidSpirit is in full swing for the summer, with more than 825 kids ranging in age from 5 to 17 who come for individual two-week sessions or stay for the whole summer.

The kids come to swim, rock climb, play tennis, cook, and learn in the classroom – about health, art, prehistoric times, nature, and computers. Walk across campus and you’ll see small groups with their group leaders, high school and college students who will tell you they are having just as much fun as the kids. Friday dress-up days feature Crazy Hair Day, Pirate Day, and Super Hero Day.

While most of the kids are from the Corvallis area, a growing handful come from as far away as Alaska, California, Washington, and Japan, visiting relatives and returning to see their “annual friends” at KidSpirit each summer. Twelve-year-old Chance has been coming for eight years, along with his three brothers and two sisters. “Wynton and I have been friends since JB,” he says nonchalantly, motioning to the friend he’s had since they were Junior Beavers (grades K–2). “When we go home, we email, then come back and see each other.”

“Our goal is to provide an environment that is safe physically and emotionally, that fosters skill-building and self-esteem, and one where each child tries new things, has fun, and makes new friends,” explains Karen Swanger, BS ’98, MS ’00, director of the popular program since 1998.
She’s quick to tell you that it’s the 150 OSU students who do all the work. “KidSpirit is a student-run business filling a community need,” she says. “Our OSU students do the marketing, recruiting, hiring, training, lesson plans, and lead the classes. We hire high school and college students, knowing that many of them will be with us for years,” she explains. “It’s an amazing opportunity for them to develop skills, try new things, make mistakes, work in a team, and gain a strong work ethic. They learn life skills that increase their confidence, self-esteem, and enable them to enter the workplace as leaders.”

What started as a small summer camp in 1961 has evolved into a year-round program offering a huge variety of classes that parents appreciate and kids look forward to. During the school year, KidSpirit enrolls about 350 kids per term in gymnastics, tennis, rock climbing, archery, Kids Night Out, a mini-camp on no-school days and football game days, as well as first aid and babysitter certification classes.

To learn more, visit http://kidspirit.oregonstate.edu or call 541-737-KIDS

Food fun at Culinary Camp

“Food is symbolic – of care, and love, and family, and friends,” says Michael Beets, PhD ’07 public health. “So much of what we do is around food…in the buying, preparing, eating, and even the cleaning up process. As we cook, we talk, engage, work together…it’s so much more than a physiological response to hunger.” And that’s what Michael set out to teach in Culinary Camp, a new KidSpirit program he developed to teach about healthy eating.

The three two-week sessions with about 15 kids each met from 10 to 3 Tuesday through Friday to plan, purchase and prepare themed meals each day – Asian, Mexican, American, and Middle Eastern, the latter a veritable feast including tabouli, humus, pita bread, cardamom carrot salad, falafel, and herbed chicken, feta cheese, and yogurt. Students set a table complete with tablecloth and flowers to savor their culinary skills.

On Wednesdays they rode their bikes to the local farmer’s market for the theme, “How to Build a Better Salad.” Other days they rode to the park for a healthy BBQ lunch or to the grocery store for a scavenger hunt to locate, price, and find nutrition information and substitutes for foods they would buy.

“The main outcome we wanted was to have kids cook more at home – to be comfortable in the kitchen, choose healthy food, know basic cooking techniques, work safely, and, most of all, enjoy the shared experience of preparing and enjoying a meal,” explains Michael, who says he ended his days in a state of “wonderful exhaustion.”
The process of becoming an adult has changed profoundly. But Rick Settersten says that every period of life is changing. “Children are in a hurry to grow up, teenagers want the independence of 20-somethings, 20-somethings want to be supported like teenagers, ‘60 is the new 40’, and birthday cakes glowing with 100 candles are more common.” Rick, a new OSU professor and internationally recognized expert on life transitions, is particularly fascinated by the passage to adulthood. “Entry into adulthood has become more prolonged and complex,” he says. “Actually, the whole life course is in flux. Everywhere we look, we see new models of what it means to be a child or adolescent, to be middle aged or ‘old.’ What makes the twenties special is that, in these years, young people make decisions that set the stage for the future. Autonomy, maturity, and responsibility – all of these personal traits are traditional symbols of adulthood, as are milestones like leaving home, finishing school, finding a job, getting married, and having a family.” Not long ago, young people achieved many, if not all, of these in their mid-twenties, and most often in that order. Now, it’s more like the mid-thirties, and the routes they take are more scrambled, circuitous, and meandering. Add to this a significant change in demographics, and we have a societal shift that screams for understanding.

Because the road to adulthood is no longer clearly signposted, young people require greater support from their families. “For young people from privileged backgrounds, parents’ resources permit the luxury of exploration – to try out school, jobs, and relationships; to sort out priorities and interests,” says Rick. “Those without resources experience these years differently, often adrift, wandering without purpose or waiting for a break. The different profiles of these two groups result in vastly different outcomes later in life.”

No single experience renders one an adult, nor is there a magical age at which adulthood is suddenly reached. Instead, this transition is composed of a larger cluster of experiences that eventually crystallize into a new sense of identity as an adult. “The path to adulthood is punctuated with ‘adult moments’ – when young people find themselves making ‘adult decisions’ that prompt awareness that they are no longer children, but not yet fully adult,” says Rick.

The nebulous transition to adulthood gives rise to new modes of self-expression. For example, in many ways, the political identities and commitments of young people seem much like the music on their iPods – unique to them, tailored to their preferences, and expressed in ways that feel up close and personal. They want to be involved in projects and volunteer efforts that have immediate, visible results. They are tuned in to new forms of social networks and political action, connecting on MySpace, mobilizing on the web, buying carbon credits.

The strict scripts for life that were typical a few decades ago felt rigid to many people. Rick says, however, that those scripts did “lend some comfort and a sense of predictability about what lay ahead. Today, young people must craft a life of their own, which feels both exhilarating and confusing, but doing so means that the routes and outcomes are very uncertain.”
It’s hard living up to the expectations of being an adult. You should have a good job. You should have your own place. Should have a family…. It’s ‘What’s wrong with you?’ What’s wrong with you if you don’t have a good job, what’s wrong with you if you don’t have a family? — 31-year-old male

I think we should treat everyone over 18 as if they were an adult. We shouldn’t wait for them to feel adult. I think it may actually be a peculiarity of childhood to imagine that there will be a point when you feel completely adult, because it seems to me that people our age are always running around saying “Oh, I don’t feel grown up”…and that may actually be what it feels like to be grown up. You don’t feel it.
— 30-year-old woman

Professor Richard Settersten’s publications have looked at the varied and complex phases of life transitions.
Back in the 1940s, that was the mantra for teachers. It’s what Joanne Godard Sorte, BA ’74, MS ’90, director of OSU’s Child Development Center, found when, perplexed by rising obesity rates, she referred to the journal her mother kept during classes at the Oregon State College Nursery School. Jean Guyer Godard ’42 kept notes in perfect cursive, detailing her lessons on childhood nutrition, activity, and development. “The morning snack was a glass of tomato juice and ½ teaspoon of cod liver oil,” she chuckles, “and if it wasn’t raining, we were outside.”

Joanne found what she expected in Jean’s journal – simple wisdom that we would do well to heed today. With the rising rates of children’s obesity, sedentary lifestyles, and fast-food eating, Joanne and Inge Daeschel, the center’s registered dietitian and certified specialist in pediatric nutrition, felt called to action.

“We turned the microscope on ourselves and examined the nutrition and physical activity of the 120 children who attend preschool at our center,” explains Inge. “We interviewed our teachers about their nutrition lessons and reviewed daily classroom schedules. We did nutrition assessments, observed physical activity, and collected height and weight data. And we learned that more than 17 percent of our children score in the overweight category, and 15 percent more were at risk of being overweight.” They compared the 1940 schedule in Jean’s notes to a 2005 schedule to explore the time allotted for active play. Both set times for outdoor play, but Inge’s notes directed teachers in every time block to “play outdoors when weather permits.” The 2005 schedule for part-time preschool offers a single 30-minute block for play outdoors.

In 2005, with support from the Northwest Health Foundation, Joanne and Inge created Health in Action: A Focus on Nutrition and Physical Activity in Early Childhood Programs. “Our goal is to provide information for directors, teachers, and parents about the nutrition and physical activity needs of children so changes can be made in programs and at home to reduce the causes of obesity,” explains Joanne. The program is currently being used by Head Start programs statewide, and the Oregon Child Development Coalition has translated it into Spanish.

To learn more about OSU’s Child Development Center, visit www.hhs.oregonstate.edu/hdfs/child-development-center.html

Health in Action: Five Simple Steps to Better Health

To improve children’s nutrition
1. Serve skim or 1% milk and low-fat dairy products
2. Offer more fruits and vegetables
3. Eat breakfast
4. Serve basic whole foods rather than processed foods
5. Serve a variety of foods at consistent times

To improve children’s physically active play
Plan at least 60 minutes of active play every day
Create safe places to play actively inside and out
Spend more time outdoors every day
Provide toys and equipment to encourage active play
Be an active role model: eat and play together as a family
As she watches her two-year-old son Michael paint a red, fire-breathing dragon, Marilyn Read knows just how his environment impacts his creativity. “Color, defined space, light, and a sense of ‘home’ all contribute to a child’s cognitive and social development,” she explains. Marilyn has been conducting research on the design of children’s preschools for eight years while on the faculty at Auburn University. She recently brought her work to OSU, where she earned her PhD in human behavior in the near environment in 1996.

“Designed environments that give children a feeling of belonging, security, and stability and that mimic aspects of home – places to eat, nap, and play – encourage learning and socialization,” says Marilyn, who hopes to give preschool teachers the tools to understand what makes an effective space. “Small, low-cost changes can make big differences.”

**Color** is a flexible, accessible, and powerful design element, and Marilyn suggests we take our cues from the color balance in nature. “Green and purple are stabilizing, red causes excitement, and yellow and blue promote a sense of restfulness,” she explains. “All of these can be used appropriately in the designed space.”

Defining **areas** for different activities creates a sense of purpose, and Marilyn found a number of creative solutions in her visits to more than 100 preschools. “Ceiling drapes can create space and diffuse sound and fluorescent light. Splashes of color or wall murals define activity areas, and carpet and floor paint can define ‘rooms’ within a larger space.” One preschool added a small raised platform to a corner and, voilà, a performance stage was born!

An inviting exterior **entry** can set the stage for learning. “Attention to outside landscaping, a welcoming entrance, and good signage for wayfinding can make a big difference for parents and children,” says Marilyn.

“There’s a large body of research on older children’s perceptions of learning environments, but toddlers and preschoolers are often not included in research because most researchers believe they cannot articulate their experience of space. I don’t agree with this assumption,” she explains. “I encourage teachers to consider using the Early Childhood Environmental Rating Scale, an instrument to evaluate their preschools. It’s a very useful tool.”

**For more information, see the Early Childhood Environmental Rating Scale at [www.fpg.unc.edu/~ecers](http://www.fpg.unc.edu/~ecers)**
Leonard Friedman gets frequent emails from his graduates.

Dr. Friedman,
I want to say how much you have inspired me and how thankful I am that you gave me the tools to succeed. You are an amazing professor and I actually miss going to class! — Dana Wolf ’04
Hospital for Special Surgery, New York, NY

They thank him for what they learned, the doors he opened, the support he gave.

Dear Dr. Friedman,
I wanted to let you know the exciting news – I got an acceptance letter from Michigan! Thank you so much for your help and guidance through this process. — Mari Embertson ’06
MPH Student, University of Michigan

And they share their professional accomplishments.

Good morning, Dr. Friedman,
I just got promoted into a supervisory position! Now I can put into practice all the wonderful management skills I learned from you and the other great professors at OSU. When I got the job, they offered me a copy of First, Break All the Rules. The manager was pleased to know I had already read it (thanks to you). — Larisa Thurman ’07
Clear Choice Health Plans, Bend, OR

“I love hearing from them,” says public health professor Leonard Friedman, smiling broadly. “My job is to create the conditions that allow students to find where their talents lie and help them achieve their maximum level of success…in the classroom, then out in the business world. When they write, it affirms that what we are doing here at OSU is meeting the needs of the health care field.”

Len teaches six classes in the health management and policy program (HMP) and says, “I want my students to understand that beyond what they learn in the classroom, to be successful, they need to be exceptionally skilled at building and maintaining relationships.” He teaches his students to network through professional organizations, connects them with internship and practicum opportunities, and emphasizes the importance of learning to market themselves. Each year, he successfully solicits funds from health care executives to take groups of students to national and local conferences.”

And he walks the talk. In May, Governor Ted Kulongoski appointed Len to the Oregon Patient Safety Commission charged with improving patient safety by reducing risks of serious adverse events and encouraging a culture of patient safety. He’s the faculty advisor to one of two HMP student clubs and is a member of the American College of Healthcare Executives and the Medical Group Management Association.

Len says he is bullish on HMP. “Regardless of the payment system, we need people to manage the business side our hospitals, clinics, and long-term care facilities. This is a career that is flourishing in every community across the nation.”
Professor Melinda Manore urges aggressive health screening of female athletes. Coaches, doctors, and parents need to heed the signs and symptoms of what researchers call the “Female Athlete Triad”—inadequate food intake, menstrual disruption, and low bone density.

See more at http://oregonstate.edu/terra/features/energy-source.php
Begin with the children

“If this old lady can do it, you can, too.” That’s Arlita Rhoan’s message to her five children and eleven grandchildren as she follows her goal of earning her bachelor’s degree under a new program that’s creating higher education opportunities for Native Americans in Oregon. The cheerful 69-year-old, who says she’s positive from the minute she wakes up each morning, is passionate about raising good citizens, carrying on the culture and language of her tribe, and helping young people find a future through education. “It’s the key to their success,” she believes. “Back in the ’40s, we lived according to our culture, but we’ve lost our language, and our kids, like all kids, are dealing with drugs, alcohol, and other issues…and many don’t have goals.”

Arlita and 55 others on the Warm Springs Reservation who work with young children hope to change that by working toward associate’s and bachelor’s degrees through the Higher Education Partnership, a program providing support for students and researchers to discover the best methods for helping rural reservation dwellers access higher education. Arlita is balancing classes in early childhood education and algebra with her job in the Culture and Heritage program, where she teaches young children Ichishkin, one of the three Warm Springs native languages. She says her fellow students in the partnership are learning to be leaders, giving guidance to their young people, opening doors of opportunity. “If we want to change, we must start with the children,” she says. Her fellow students work in the Early Childhood Education Center, Culture and Heritage program, and the Tribal Human Services office.

“The Warm Springs Tribal Council approached us about improving access to education,” explains Sharon Rosenkoetter, associate professor in human development family sciences who shares leadership of the program with Clint Jacks and Ramona Tanawasha. “We were able to create a partnership with the Confederated Tribes, OSU, Central Oregon Community College, and the Cascades Center for Community Governance. Significant support comes from the U.S. Office of Head Start through the National American Indian/Alaska Native Head Start Research Center in Denver. Classes are offered on the Warm Springs Reservation and online with support for tuition, books, child care, and tutoring built in. “All are non-traditional students,” explains Sharon, “ranging in age from 20 to 69. Most are parents and grandparents, working full-time jobs while they juggle the demands of family and community responsibilities. Their tenacity is remarkable.”

Arlita says she is proud to be a model and a mentor for kids of any age. “We’ve seen with other tribes that the more education they have, the more they are respected – in their tribal communities, outside the reservation, and in Washington, DC, where they’re making policies that affect us.” She adds, “I realized if I’m going to tell kids that higher education is important, I needed to experience it for myself.”
Kathryn and Doug Collins always taught their son Jeff to give back to his community. As he grew up, he volunteered at school, at the community food drive, for the Kiwanis, and for fundraisers like Corvallis’ annual Pumpkin Run. He’s worked two jobs for the past eight years, one as groundskeeper at Trysting Tree Golf Course, where he shows up at 5 a.m. six days a week, and the other as part of the lunch shift at the local Burger King. Jeff Collins is an exceptional young man…extraordinary when you learn that this engaging 28-year-old has dealt with a cluster of developmental disabilities his entire life. His mother says that Jeff’s participation in IMPACT provides the expectation and support to be part of his community. “He started the program in 1990 when he was 11 and aged out at 21. After a few years of working, Jeff really missed IMPACT.

It was his idea to go back as a volunteer. They matched him with Sam Gelser, and he’s been with him ever since,” she explains. “The program is a highlight of his week.” Jeff is quick to tell you his favorite activity is “swimming with Sam.”

Jeff arrives on Fridays at the Women’s Building promptly at 5 p.m. to meet with the OSU student IMPACT volunteers as they review their plans for the evening. “Jeff is living the goal of IMPACT – finding his niche and passion and working to his full potential as part of the community and his peer group,” says Bekkie Bryan, PhD student and coordinator of the program. “We all love his playful spirit and positive attitude.”

IMPACT is a win-win-win for the 85 participants, their parents, and the OSU students, says associate professor JK Yun, who co-directs the program with associate dean and Distinguished Professor Jeff McCubbin. “The undergraduate students have life-changing experiences working one-on-one with the kids and gain a deeper understanding of human diversity. Many of the master’s students will be become teachers, so they learn firsthand about children with special needs, and our doctoral students have the skills to replicate this program wherever they go,” JK explains. “The IMPACT families will tell you they are the winners, with individualized attention for their child and time each week to rejuvenate.”

For more information visit www.hhs.oregonstate.edu/IMPACT

Daniel McKay, 20, stays in shape exercising at Dixon Rec Center with his IMPACT buddy Cameron Purington, a senior in exercise and sport science. Daniel has been in IMPACT for almost 18 years and especially enjoys swimming, lifting weights, and the climbing wall. Cameron says, “I’ve broadened my personal training skills working with IMPACT, and the energy and excitement that the participants bring with them each Friday makes it very rewarding.”
Oregon Family Nutrition Program (OFNP)

They gather together for their weekly nutrition and cooking lesson as part of the Parent Enhancement Program in Corvallis. They chop, mix, and sauté. They learn and laugh and bond and take home ideas for keeping their families healthy. And they bring their children, who play happily in a room nearby. “We want to help our families stretch their food dollars while making healthy choices,” says Tina Dodge Vera, nutrition educator of Las Comidas Latinas for Linn and Benton counties. The bilingual six-week class attracts young mothers who, according to follow-up surveys, make lasting changes. “We talk about shopping, meal planning, and family responsibilities around food,” explains Tina. This is one of the many successful Oregon Family Nutrition Programs in Oregon, aimed at helping families make healthy choices within a limited budget and choose an active lifestyle guided by the USDA My Pyramid Guide.

In Portland, the Extension office collaborates with county health departments, Hacienda CDC, Catholic Charities’ after school programs, and parish health promoter outreach programs to provide classes throughout the Portland metro area. More than 120 Hispanic lay health educators have attended train-the-trainer workshops and teach through nine Catholic parishes in Portland. “Our goal is to help Hispanic families maintain some of their traditional diet while being mindful to eat more fruits and vegetables,” says Extension faculty Lynn Steele, who has been with the program since 1993. “In addition to the lessons on nutrition, meal planning, healthy snacks, and low-fat cooking, we provide information about diabetes awareness and heart-healthy eating tips.”

“This are true programs of federal dollars working on your community,” says Janice Smiley, Washington County Extension faculty. “The partnership with USDA’s Food and Nutrition Service requires local match, which comes in the form of salaries, facilities, and supplies. In the past five years, funding has more than quadrupled as a result of building community partnerships.”

Some OFNP statistics
Support: In FY 2006, $6 million from the USDA Food and Nutrition Service was matched by $6 million in local resources, including staff and volunteer time, facilities, and materials. Extension and community staff were joined by 331 volunteers who contributed 5530 hours of service.
Results in 2006: More than 25,000 adults and youth in 31 Oregon counties participated in classes that resulted with 75% of adult participants showing improvement in one or more nutrition practices.
Dani Blackwell is changing the stereotype and the curriculum of high school physical education, and educators across the state are watching. Department chair of physical education and health at West Albany High, Dani was recently named the Oregon High School Physical Education Teacher of the Year for her innovative approach to engaging students of all ability levels in physical education classes with the goal of fitness for a lifetime. “The key to students succeeding in PE class is offering a diversity of activities and actively engaging every student. It’s the Sport Education model that I learned at OSU,” says Dani, who earned her bachelor’s degree in exercise and sport science in 1998 and her master’s in physical education teacher education (MS PETE) in 1999. “I prefer my classes to be student-run, not teacher-lead,” she explains. “For example, one student may have interest in creating practice plans, while another who is good with numbers can be the team statistician. Every team needs a publicist, and someone who is artistic can make posters. And when we get down to playing, we already have a team, and we respect all learning levels. It’s not just about the traditional sports but includes activities like orienteering, cooperative games, rock climbing, and hiking.”

A self-proclaimed bench player, Dani says, “No one taught me to exercise for a lifetime, so I sat around and gained weight.” She knows the work it takes to get and stay in shape and the satisfaction and energy that comes with being healthy. She wants her students to find an exercise routine they can adopt for life. Dani is a great example for her students and her five kids. “I do something every day, and I mix it up – cardio, weights, walking, cycling.”

Associate professor and coordinator of the MS PETE program, Barbara Cusimano says OSU is one of a handful of schools nationwide that prepares physical education teachers using Sport Education, Fitness for Life, Teaching Games for Understanding, and Dynamic Physical Education models. “Moderate to vigorous physical activity (MVPA) is a critical focus,” she explains. “We teach short set-up time and effective organization to maximize the time spent in actual physical activity. The Healthy People 2010 guidelines require that 50 percent of physical education time is MVPA. I think our teachers are probably exceeding that.” Barbara proudly reports that in the last three years, 100 percent of the MS PETE graduates were hired right after graduation. One reason may be that we are the only school in Oregon that trains in and requires student teaching for all levels – elementary, middle, and high school.”
Third generation generosity

“We wanted to give a gift that honors education, the dedication of teachers, and Joan’s parents,” says Chuck McDougald, adding, “This is really about Joan and her parents.” Just before Joan passed away in April 2007, she and Chuck established a bequest that will provide funds for three programs in the future with resources from the sale of the family home. The endowed funds will include support for faculty, graduate students, and undergraduates. The Willetta Moore Smith and John E. Smith Fund for Faculty Development in the College of Health and Human Sciences will support junior faculty; the John E. Smith and Willetta M. Smith Fellowship in Geosciences will support graduate students; and an endowment will be created to fund the ongoing Drucilla Shepard Smith Scholastic Award.

“Joan wanted to acknowledge the hard work of students and faculty at OSU,” says Chuck.

Willetta Moore Smith majored in home economics and graduated from Oregon Agricultural College in 1916. She went on to teach foods and nutrition at OAC and was a close colleague of Dean Ava Milam. “Willetta was very well thought of on campus,” says Chuck. “Joan talked fondly about her mother’s work at the herbarium.” Willetta and John were married in 1932 in Ames, Iowa. John, a geology major, graduated in 1902 and taught geology at OAC. John was well known in Benton and Polk counties as a local historian. To honor his mother, John set up the Drucilla Shepard Smith Scholastic Award, one of OSU’s most prestigious awards given each year to OSU students with a 4.0 cumulative grade point average.

Joan and Chuck were sweethearts at Corvallis High School – she sang in the choir and was a member of numerous activities, including Pep Club and Tri-Y. He played football, ran track, and was in Future Farmers of America. They graduated in 1952 and were married that fall. “As usual with young married couples, some thought it wouldn’t last,” recalls Chuck. “We were married for 55 happy years.” Although neither graduated from OSU, the memorabilia from Joan’s parents is proudly displayed throughout their home, and a recent photo of Chuck with Benny Beaver at the Fiesta Bowl has a place of honor in the living room.
Women empowering women

Never underestimate the power of a woman. Especially one with $500. Earlier this year, 119 alumnae and friends of OSU pooled their donations and contributed $60,000 to eight OSU programs that will benefit women of all ages throughout Oregon. They are members of the OSU Women’s Giving Circle, and their combined generosity is supporting programs that empower young girls and women to make a difference in their lives and their communities. “The circle is a unique opportunity to make a bigger difference with your check,” says Janet Baker ’66, who with Ruth Beyer ’77 co-founded the Women’s Giving Circle in 2003. “The circle is a wonderful way to draw in alumnae of all ages from all over the country, to reconnect, and to support other women.”

This year, the circle funded two programs from the College of Health and Human Sciences. Next spring, with a $12,945 grant, the college’s popular KidSpirit program (see page 4) will offer “Girls on the Run,” an international mentoring program to teach middle school girls about body image and self-esteem as they train for a 5K race. The established Early Childhood Leadership Directions (ECLD) program received $10,000, broadening its reach to 13 Oregon counties and “our largest cohort ever with 30 new leaders,” says Diane Turner, ECLD program director. “They are participating in Pathways to Excellence, a rigorous mentoring and personal and professional development program that’s strengthening their leadership skills to improve the lives of children and families in rural Oregon.” They all earn college credits or continuing education units. The age range is broad (25 to 69), as is the range of education and experience. All work in health, human services, and education professions. They are becoming leaders, mentors, collaborators, and advocates for change. “We see magic happen in people’s lives,” says Sharon Rosenkoetter, principal investigator. “Women are empowered to do things they never thought they could, and then they set about making lasting changes for their communities.” Changes like a marketing and education campaign to prevent child abuse, an initiative to establish higher pay for child care providers, and a mentoring system to support new professionals working with children with disabilities. OSU’s first lady Beth Ray helped evaluate ECLD’s application. “This program fits our mission well. Participants come from underrepresented groups, they complete a project in their own community, and our land grant mission is fulfilled.”

To join the Women’s Giving Circle, visit http://osufund.org/womens, call Kellie Parker: 541-737-4691 or 800-354-7281, or email kellie.parker@oregonstate.edu.

For more about ECLD, visit: http://www.hhs.oregonstate.edu/hdfs/ecld/index.php
1978

Jan Burris Nestler: Caring for the community one person at a time

“What began as a small, social day center in 1984 has grown into a nationally accredited, award-winning day health program with centers in Bellevue, Bremerton, Des Moines, and Issaquah, Washington,” says Jan Nestler proudly. She is founder and executive director of Elder and Adult Day Services, an adult day health care facility in Bellevue. EADS provides non-residential day health care for adults age 18 to 100+ with physical and/or cognitive impairments and chronic health conditions. Individuals receive a variety of social, health, rehabilitative, and related support services. Programs support families and enable participants to maintain optimum health and independence in their communities. Jan, ’78 public health education, has received numerous state and national honors for her work with elder care and has helped develop accreditation standards for adult day and assisted living centers. She is a nationally recognized presenter on adult day services, caregiving issues, community-based service development, and board development. Jan and her husband, Rich, have successfully launched four children and treasure time with their four grandchildren. Besides enjoying her passion at work and in her community, Jan’s interests include travel, reading, theater, gardening, and “walking anywhere in the beautiful Northwest.” See www.EADS.cares.org.

1970s

Leila Hocking Keltner: Treating children in need

“My advisors at OSU were incredible. They encouraged me to try new things, take risks, and sample opportunities,” recalls Leila Keltner, BS ’76 MS ’78 child development and family life. After graduating, she did just that, taking a doctor of nursing program at Case Western, going into an MD PhD program, and earning a PhD in biometry. After an internship at Emmanuel Hospital in Portland, Leila settled on her life’s work: responding to the needs of abused and neglected children. She’s now the medical director of CARES Northwest in Portland, a collaborative, community-based medical program for the assessment, treatment, and prevention of child abuse. “We see about 1,500 kids a year who have suffered abuse, neglect, or exposure to critical incidents,” says Leila. “Sadly, abuse is common and impacts one in four girls and one in six boys. It’s a huge public health problem with lifelong health consequences.” Leila and her husband have four grown children.
“Oregon State really gave me the skills I needed to get my first job at Nike,” says Ann, ’00 apparel design. “The seemingly insignificant classes I took ended up being the most important – like Textiles and International Business! I still refer to the textbooks on a regular basis.” She moved up the Nike ladder quickly and is now U.S. apparel materials librarian at Nike headquarters in Beaverton. She and her two assistants organize and catalog 30,000 pieces of fabric, trim, buckles, buttons, and graphics – all at the ready for designers, developers, and color experts to find what they need for the next new line. Ann remembers Leslie Burns as a “supportive mentor for my honors thesis when I designed an apparel collection for the Mom’s Weekend Fashion Show. It was hard work, but her encouragement really helped me succeed.” Ann continues to sew in her spare time, with her latest project the creation of earrings made from fabric leftover from her personal apparel projects over the years.

“1999
Lynn Barry: Teacher of the Year

“My goal is to teach all students a variety of physical activities and fitness activities that will spark their interest,” says Lynn Barry, MS ’99 physical education teacher education. “I want students to have fun and learn the value and benefits of being active.” Right after graduation, Lynn was hired to teach physical education at Gardiner Middle School in Oregon City. Today, she’s athletic and activities director, intramural program coordinator, and after-school activities supervisor. Along the way, she has enriched physical education programs in her community, coordinating workshops to support teachers and realigning curriculum to match state standards. For her dedication to healthy, active children, Lynn received the 2006 Teacher of the Year award from the Oregon City Chamber of Commerce and the 2007 Oregon Middle School Teacher of the Year award from the Oregon Alliance for Health, Physical Education, Recreation and Dance. Lynn and her husband, Matt, and their two children (Hannah, 6, and Nolan, 4) enjoy cheering for the Beavers.

2000
Ann Beebe Desimone: Building on her OSU foundation at Nike

“I want students to have fun and learn the value and benefits of being active.”
Extreme Makeover: A community turns out to hammer, saw, and paint

When Extreme Makeover: Home Edition came to Corvallis this summer, the town came out to work, watch, and celebrate the new home for the Byers family, including 8-year-old Boey, who is fighting cancer. Mike Goodrich, vice president of Legend Homes in Corvallis, helped coordinate the project with the help of two of his employees, OSU housing studies grads Nick Sukkau ‘04 and Johnathan Balkema ‘03. “It was amazing to see the community come together and make a dream come true for this deserving family,” says Johnathan. “Many people donated their time away from work and family to resurrect the lost tradition of volunteering to create a home for a family in need.” Mike Goodrich says, “Quality was a focus from start to finish. This family has enough on their plate without worrying about shelter, so we worked to provide a safe, worry-free, supportive environment – a place to rejuvenate.

“Many people donated their time away from work and family to resurrect the lost tradition of volunteering to create a home for a family in need.”

2006
Barry Wilcox: Passing on lessons of courage and determination

As a teenager, Barry Wilcox raced for the U.S. Junior National cycling team. “I had a knack for it…it just came easy,” he says. His career ended and nearly his life when he broke his neck in an auto accident at age 16 – the result was quadriplegia. Today, he says, “I try to live with the same focus I had when I was cycling.” Determined to follow his passion for sports, in 2006 he earned his master’s degree in exercise physiology with a minor in movement studies in disability. “The best part was the opportunity to learn more about people with disabilities other than my own in programs, such as IMPACT and the multiple sclerosis clinic, and see the positive effect physical activity has on their everyday life,” says Barry. He is currently an exercise specialist for Oregon Health and Science University’s March Wellness Center, where he designs exercise programs for a variety of individuals, from cardiology patients to medical students wanting to stay in shape. He enjoys helping his clients set and achieve their goals, passing on his lessons of hard work and a positive outlook. “If I had a message to share, I would say, ‘Don’t sit still. Keep pushing forward with the intent to continually learn from your journey.’”

“Don’t sit still. Keep pushing forward with the intent to continually learn from your journey.”

(L-R) Design and human environment faculty Carol Caughey and Carmen Steggell visit with DHE Advisory Board member and Legend Homes representative Mike Goodrich and Johnathan Balkema, ‘03 housing studies, at the Extreme Makeover job site in Corvallis.
Get ready, get set, celebrate Bill!
The OSU band, cheerleaders, and more than 230 friends of Bill Winkler gathered in the Women’s Building in October to celebrate Bill’s 50 years of service to OSU and lifelong dedication to health and fitness. Dean emeritus Mike Maksud was emcee for the event that included afternoon tours of the college’s research activities and an evening program with recollections from friends, students, and participants of Faculty Staff Fitness, the very successful program started by Bill. Friends of the Winklers gave generously to the Bill and Judy Winkler Fund for Positive Lifestyles and Healthy Aging, which supports research and programs in the college.

Fourth Annual Eat & Run
A record-breaking 168 runners turned out for this popular homecoming weekend event to walk, run, or wheel the campus course through magnificent fall colors. Students in Karen Swanger’s Organization in Sports and Recreation class advertised, organized, and managed all activities for the college’s successful annual event.
Celebrating Milestones

College student ambassadors and faculty welcomed alumni back to campus in June for the annual Golden Jubilee celebrating the classes of ’37, ’42, ’47, ’52, and ’57. Above, assistant dean for academic programs Liz Gray (second from right) visited with Mortar Board members from the Class of 1947 (L-R) Laura Jean Hampton Hevel (with honorary Beaver Roger Hevel, center), Eldora Greed James, and Ruth Hoffman Talbott. Far left, Elaine Scudder Yunker and Elizabeth “Betty” Louise Menashe, both ’57, enjoyed reuniting at the college showcase and reception, where student ambassadors (left) were on hand to bring alumni up-to-date on the college.

In Memoriam

Velda Brust BS ’53, EdM ’61
Associate Professor
1923–2007

“Velda was a real Blue Collar Renaissance Woman,” says dean emeritus Mike Maksud of Velda Brust, who, during World War II, was a machinist for Northrop Aircraft. “She was soft spoken and competent, a truly dedicated professional. Whether she was teaching anatomy or fixing some broken equipment, you were confident it would be a job well done.” Emeritus associate dean Kathy Heath, who shared an office at OSU with Velda, recalls, “Her favorite subject to teach was human anatomy, and the background her students received at OSU served them well in teaching, therapy, or medical careers.”

A certified occupational therapist, Velda worked at Children’s Hospital in Eugene and was assistant director of the occupational therapy school at the University of Puget Sound before returning to OSU in 1959. During her 23-year career at OSU, she taught physical education, pre-therapy, and human anatomy, coached basketball and tennis, and was head of the Women’s Recreation Association. Her strong advocacy for the rights of women and people with disabilities was a life-long commitment.

For over 25 years, Velda was involved in the operation of Camp Tamarack, a popular girl’s camp in Central Oregon where, according to friends who worked with her, “her cleverness, competence, and mischievous spirit made her a favorite of the girls. Whether tinkering with camp vehicles, fixing the plumbing, catching porcupines in garbage cans, or teaching square dancing, she was always a joyful inspiration.”
New faculty

The College welcomes two new members to the team

Translating research into practice across Oregon

Kathy Gunter, PhD
Assistant Professor, Nutrition and Exercise Sciences
Physical Activity and Community Health Specialist
Extension Family and Community Development

“T"his new position is a tremendous opportunity to strengthen and develop partnerships between faculty on campus and Extension faculty in the field to translate the excellent work here at OSU into community-based programs,” says Kathy Gunter, PhD ’03. Her first week on the job was a good example of how she plans to carry on that ideal: she presented a workshop to train practitioners on osteoporosis risk-reduction exercises. Attendees included community college teachers, physical therapists, and community leaders who left with a practical, affordable plan to offer the Better Bones and Balance class, which has five years of research to show its beneficial outcomes.

Kathy’s job involves customizing programs for community needs. For example, if diabetes is a major concern for residents of a particular community, her job is to help local practitioners find the funding and a proven program and work with staff to deliver it at low cost and at a convenient location. “And if we can’t find a program, we help develop one based on current research, then follow through with the community to evaluate the results,” explains Kathy. “Our success will be based on how we respond to community needs to create popular programs that truly impact the health and well-being of individuals.”

Miyoung Lee, PhD
Assistant Professor, Movement Studies in Disability
Nutrition and Exercise Sciences

Miyoung Lee says her decision to come to OSU was an easy one. She was attracted by the opportunity to work with children and adults in the college’s programs for individuals with disabilities. “The IMPACT program for children and the Multiple Sclerosis Exercise Program for adults provide rich opportunities to continue my research in kinesometrics. That’s the measurement and evaluation aspect of kinesiology,” she explains. She recently earned her PhD at the University of Illinois at Urbana-Champaign, completing her dissertation on assessing energy expenditure of physical activity in persons with spinal cord injuries. While there, she was awarded ACSM’s prestigious Carl V. Gisolfi Memorial Research Grant for her work.

Miyoung hopes to shed new light on how the Physical Activity Compendium, a universal guide used to assess energy expenditure, might be adapted to individuals with disabilities. “We want to find the best methods to measure physical activity and energy expenditure for these individuals then develop programs that address the barriers to their participation,” says Miyoung. “Physical activity and the social engagement that can go along with it are particularly important for those with disabilities and can greatly improve their quality of life.”
University awards

The College of Health and Human Sciences once again took the stage on University Day in September, receiving seven of OSU’s 18 annual awards presented to exceptional faculty and staff. Leslie Burns represented the faculty of design and human environment, who together received the Student Learning and Teamwork Award for their annual DHE Career Symposium, which draws more than 400 students, alumni, and industry representatives. The University Professional Development Award went to head advisor Kim McAlexander for her vision and leadership of the college’s six advisors and ten student ambassadors and new programs of student engagement. Alan Acock received the OSU Alumni Association Distinguished Professor Award for his scholarly achievements in research methodologies in the behavioral and social sciences. Alan was also awarded the coveted Ernest Osborne Award from the National Council on Family Relations. The Outstanding Faculty Research Assistant Award was presented to Karin Hardin for her research, management of the nutrition laboratories, and mentoring of graduate students. Associate professor Carmen Steggell received the OSU Teaching Excellence Award for her innovative teaching methods, high standards, and passion to see all students succeed. The OSU Award for Service to Persons with Disabilities was awarded to JK Yun for his leadership of movement studies in disability and IMPACT (Individualized Movement and Physical Activity for Children Today), a program that serves 85 children with disabilities and their families. (See page 13.) Nutrition and exercise sciences doctoral student Tucker Readdy received the Herbert F. Frolander Award for Outstanding Graduate Teaching for his care, creativity, enthusiasm, inspiration, and ability to engage all students he teaches. He is particularly adept at teaching large classes such as Lifetime Fitness for Health, a program he co-directs.

Ed Ray (third from left) congratulated (L-R) Leslie Burns, Kim McAlexander, Alan Acock, Karin Hardin and Carmen Steggell. JK Yun and Tucker Readdy were unavailable for the photo.
Jeff McCubbin
Distinguished Professor of Exercise Science

A widely recognized scholar in the field of adapted physical activity, Jeff received the university’s highest honor for his pioneering research and practical programs to enhance the well being of children and adults with disabilities. Based on his research findings, he created the IMPACT (Individualized Movement and Physical Activity for Children Today) program (see page 13), which provides motor skills development for children with disabilities and supports for their families. He also developed the Multiple Sclerosis Exercise Program, offering healthy and individualized physical interventions and social interaction. Both programs engage undergraduate and graduate students in incomparable educational experiences working one-on-one with program participants. Jeff has elevated the college’s movement studies in disability graduate program to world-renowned status and has garnered a reputation for success in receiving extramural funding. Jeff led the merger that created the College of Health and Human Sciences in 2002 and has guided the phenomenal growth of research in the college.

College awards

During the college’s annual meeting in September, the 2007 College of Health and Human Sciences Awards were announced. Associate professor Megan McClelland received the Excellence in Teaching and Mentoring Award, recognizing how she shares her passion for childhood development with her students. She is a skillful, bright, effective, and thoughtful teacher and mentor who engages undergraduates in research and employs creative teaching techniques in the classroom. The Faculty Excellence Award was presented to associate professor Anna Harding for her skill in balancing research, teaching, publishing, administration, and leadership in the college’s Department of Public Health. Her peers and students acknowledged Anna’s impressive record of research in environmental health and her professionalism, clarity, warmth, and enthusiasm. For his leadership in the rebuilding of Corvallis’ Wildcat Park, associate professor Mark Hoffman, athletic training

continued on page 26
Associate professor Chunhuei Chi, Excellence in Teaching Award, Oregon Master of Public Health Program

Public Health students were unanimous in their support of Chunhuei for this award, recognizing him as a mentor who cares, a teacher who challenges, a respected scholar and inspiring educator who has built the highly regarded International Health Track of the OMPH program.

Assistant professor Emily Ho, Phi Kappa Phi Emerging Scholar Award

An emerging leader in field of bio-nutrition, Emily Ho was recognized for her independent and innovative research on the effects of diet on prostate cancer, her success in obtaining grants, and her teaching excellence. She has great potential to become a top researcher in the emerging field of bionutrition, which interfaces nutritional sciences with contemporary biology.

Mary Law ’82, ’87, Physical Activity Course Instructor Oregon Sports Hall of Fame Inductee

A three-time All-American and OSU’s second gymnast to win a national championship, Mary earned 11 NCAA Western Regional titles and capped her career in 1982 by receiving the American Award based on academic and athletic achievements. Later that year, she competed with the U.S. national team at the World University Games in Bucharest, Romania. Since 1990, she has taught gymnastics, tumbling, and aerobics and body sculpting to students in the college’s physical activity course program. Mary says she enjoys introducing students to new sports and physical activities, seeing their excitement as they learn skills they thought were impossible, and teaching them to lead active, healthy lives.

Other awards

Tammy Bray, OSU 2007 Boss of the Year

Tammy was recognized for her visionary leadership, enthusiasm, accessibility, and her support as she empowers her team to “take it to the next level” guided by the mantra “focus, focus, focus.”

Professor Brad Cardinal, Fellow, American Academy of Kinesiology and Physical Education

Brad was named a fellow of this prestigious academy for his reputation of research and scholarship, his integrity, and his dedication to helping students succeed. His work focuses on the psychosocial and sociocultural factors associated with physical activity and exercise behavior change, promotion, and retention.

Sam Vuchinich. The introductory course provided instruction in the concepts and application of multilevel models and their implementation in Mplus, and the advanced course focused on the analysis of change using latent growth curve analysis. The institute was sponsored by the College of Health and Human Sciences, the OSU Center for Healthy Aging Research, and the Oregon Research Institute’s Center on Early Adolescence.
**Brooke Dolenc: A friend of children**
A master’s student in human development and family sciences, Brooke was selected as the 2007 intern for Friends of the Children in Portland where she helped develop an adolescent competency model to facilitate group mentoring programs and surveyed graduates of the program. Brooke’s summer experience added to her growing list of experiences working with youth facing poverty, abuse, neglect, and chemical dependency. The internship is made possible by a gift from Cindy and Duncan Campbell, who also support the college’s lecture series on Childhood Relationships, Risk, and Resilience.

**Casey Nash: Shooting hoops in Greece**
In June, Casey was celebrated as OSU’s Female Athlete of the Year for her phenomenal basketball success. She was named the Best Offensive Player and was the PAC-10 Scoring Champion. She is the first OSU player to earn first team All-Pacific-10 conference honors since 2002-2003. In September, she headed off to Greece where she is playing for Panathiniakos, an A1 Greek league that plays 14 other Greek teams.

**Reade Northrup: Interior design expert likes it green**
A graduate student in interior design, Reade lead a team of students as they did interior renovations on a 1920s abandoned cottage on campus that was transformed into OSU’s Student Sustainability Center. They tore out carpet, opened up walls to let in more light, refinished floors and cabinets, and painted using low-toxicity and environmentally friendly products.

**Whitney White: 2007 Pendleton Roundup Queen**
Whitney’s equestrian skills, academic record, and poise helped her win the crown as queen of this year’s Pendleton Round-Up. An apparel design major, who spent the summer working at Pendleton Woolen Mills, Whitney is a member of the OSU Honor Society and the cousin of Kay Bishop, ’64 clothing and textiles.

**Support for graduate scholars**
Four graduate students were awarded the 2007-2008 Oregon Sports Lottery Graduate Scholarship, providing substantial support for their studies. Recipients include Megan Lee, ZaNean McLain, Jason Perry, and Shannon Wanless.

**Undergraduates mentored in research**
Summer researchers in the college’s Undergraduate Research Award Program (URAP) were paired with faculty to assist in their research: Erin Boshuizen with associate professor Jeff Widrick on recovery of muscle following disuse atrophy; assistant professor Emily Ho with Victoria Martin on dietary HDAC inhibitors in prostate cancer prevention; and Veronica McShane with professor Marie Harvey on the OSU Latino Health Project. Fall URAP researchers include: Erin Boshuizen with Jeff Widrick on mechanisms of muscle damage; Heather Hodnett with associate professor Mark Hoffman on muscle activation differences in males and females; assistant professor Atiya Mahmood with Margaret McNamara on the role of neighborhood physical environment on physical activity of older adults; Brittany Parmeter with associate professor Megan McClelland on improvement of school readiness in young children; and Tosha Miller with professor Leslie Burns and associate professor Carol Caughey on perceptions of learning environments.

**Kelly Volkmann: Keeping public health in the public eye**
Recognized by the Oregon Master of Public Health Program as the Outstanding Student Leader for 2007, Kelly has organized events on campus to draw attention to public health issues, taught bilingual hygiene classes for the Migrant Education program in Salem, and been a volunteer interpreter for the Pacific Northwest Dental Van. She is a member of the Linn-Benton Health Coalition and the liaison between the Mid-Valley Lions Club and the Benton County Health Department.
Playtime for kids!

More than 75 College of Health and Human Sciences faculty, staff, and students dedicated a sunny June afternoon to helping build Wildcat Park, a treasured community landmark. Crews hauled bark mulch, shoveled gravel, hammered, and sawed to contribute to the impressive structure at Wilson School. Associate professor Mark Hoffman (center) led the community-wide project that features bridges, towers, swings, a climbing wall, and a replica of the Benton County Courthouse.

Public health is a quiet field.... The successes of public health are largely invisible. Our most important triumphs are failures that never occur. As you enter your careers, know that your rewards will be intrinsic. You are entering a field that will make you rich…not in the material sense, but in the satisfaction that you have devoted your lives to bettering the human condition.

Marie Harvey, chair, Department of Public Health, at the first formal hooding ceremony for public health graduates and their families
**books**

**Stress, Coping, and Development: An Integrative Perspective**
By Carolyn M. Aldwin • Guilford Press, 2007
To respond to the rapidly evolving study of the physical, emotional, and positive effects of stress, professor Carolyn Aldwin expanded her second edition with new insights into stress, how we cope with it and can even benefit by it. A leading expert in the field and professor and chair of the Department of Human Development and Family Sciences, Carolyn examines the nature of psychosocial stress, strategies individuals use to cope with it, and implications for adaptation and health across the lifespan. Her multidisciplinary perspective on coping with stress emphasizes the transaction between mind and body and between people and their environments. New chapters address physiology and physical health, and Carolyn presents new information on emotion regulation and stress-related growth and the sociocultural and religious aspects of coping.

**The Business of Fashion: Design, Manufacturing, and Marketing**
By Leslie Davis Burns and Nancy O. Bryant • Fairchild, 2007
In the third edition of their book, professor Leslie Burns and co-author and retired professor Nancy O. Bryant provide a comprehensive, up-to-date guide on how apparel, accessories, and home fashions are designed, marketed, and distributed. They focus on the impact that new technologies have on the fashion industry in today’s global market, including mass customization, web-based distribution, and changes in licensing, trademark, and international trade laws. This comprehensive textbook begins with an historical context of the U.S. fashion industry and details how textile, apparel, and home fashion companies are organized. Students learn about apparel from start to finish—how it’s researched, designed, made, and sold. The book is used at more than 60 colleges and universities in the U.S., including the Fashion Institute of Technology and Parsons The New School for Design in New York. The second edition was translated into Chinese and Korean.

**101 Careers in Gerontology**
By C. Joanne Grabinski, ’63 Home Economics Education • Springer, 2007
As our population grows older and lives longer, the need increases for more practitioners with gerontology-specific training. Opportunities for careers in gerontology abound, but the increasing number of options can complicate selecting the right job. 101 Careers in Gerontology provides a practical guide for this search, offering glimpses into and information about a broad range of options. The book is for all levels of job seekers—high school and college students, professionals needing credentials, and mid-career job seekers. A background in the field of gerontology is followed by career profiles of 142 jobs. Joanne is president of AgeEd, an educational consulting firm. For the past 27 years, she has been actively involved in the Gerontological Association of America and the Association for Gerontology in Higher Education from which she has received numerous awards for her work.

**Nutrition for Life**
By Melinda Manore and Janice Thompson • Benjamin Cummings, 2007
This practical textbook capitalizes on students’ natural interest in nutrition by demonstrating how nutrition relates to their health, presenting nutrients based on function rather than on chemical classification. A chapter on minerals organizes micronutrients according to body functions, enabling students to think about micronutrients at a conceptual level and understand their importance. Nutrition for Life also includes applied features such as characters in real-life nutrition/health scenarios, nutrition label activities to evaluate food, and See for Yourself activities. It also provides hands-on, practical tips with prescriptions for improving diet and, thereby, enhancing overall health.

**The Science of Nutrition**
By Melinda Manore and Janice Thompson • Benjamin Cummings, 2007
With a rigorous, science-based approach to nutrition, this new textbook includes chapters on disordered eating, nutrition through the life cycle, and global nutrition. The authors help dispel common misconceptions and teach students how to critically evaluate information they hear from advertising, mass media, and their peers. Nutrition label activities teach students how to read and evaluate labels, and nutrition debates at the end of each chapter contain in-depth coverage of current events, such as vitamin and mineral supplementation. Highlights throughout the book provide insight into current topics such as mad cow disease and hyponatremia in marathon runners.
SCHOLARSHIP IN ACTION

Honoring faculty for their distinguished work

Faculty members from the College of Health and Human Sciences continually distinguish themselves in their professions — publishing, securing funds for their research, and receiving awards for their scholarly work.

The following list includes publications, books and chapters, awards and honors, editorships and editorial board memberships, and research grants and contracts for the 2007 calendar year.


Pedersen, EL (2006) Associate Editor, Clothing and Textiles Research Journal

RESEARCH GRANTS AND CONTRACTS

Chen, HL, Principal Investigator, Cluver, B (2007) Evaluation of thermal insulative properties of military ballistic helmets by thermal manikin and human physiological and subjective responses, College of Health and Human Sciences Venture Capital Grant. $17,500


Chaudhury, H, Mahmood, A (2007-2008) The Role of Physical Environment on Medication Errors in Long-Term Care Environments, Capital Care Foundation Grant, CAD. $19,974

Mahmood, A, Steggell, C (2006-2007) Baby Boomers Perception and Acceptance of Gerotechnologies that Facilitate Aging in Place, College of Health and Human Sciences Pilot Grant. $11,987


AWARDS AND HONORS

Acock, A (2007) Oregon State University Alumni Association Distinguished Professor Award

Frye, S (2007) Professional and Staff Excellence Award, College of Health and Human Sciences, Oregon State University

Gray, LA (2007) L. L. Stewart Award for increasing first year student engagement opportunities in the College of Health and Human Sciences, Oregon State University

Gray, LA (2007) Co-recipient of the National Organization of Human Services Research Award

Hofer, S (2007) Elected Fellow, Gerontological Society of America

McClelland, MM, (2007) Excellence in Teaching and Mentoring Award, College of Health and Human Sciences, Oregon State University

McClelland, MM (2007) L. L. Stewart Teaching Award, Oregon State University

McClelland, MM (2006) Visiting Fellowship, Democratic People’s Union, Taiwan

PUBLICATIONS


BOOKS AND CHAPTERS


Hofer, SM, Principle Investigator (2007-2008) Evaluation of a web-based cognitive assessment battery in a community setting, National Institute on Aging, Oregon Center for Aging and Technology. $50,000
Hofer, SM, Principle Investigator (2007-2008) Multimodal assessment of stress, health, and cognition, Center for Healthy Aging Research, Oregon State University. $15,000
Hooker, K, Bowmam, S, Co-Principal Investigators (2002-2007) Oregon Geriatric Education Center Consor- tium, Oregon State University Com- ponent, Department of Health and Human Services/Public Health Service Health Resources and Administration. $349,983
McClelland, MM, Principle Investigator (2007-2008) Improving school readiness in young children, College of Health & Human Sciences, Oregon State University. $12,000
Rosenkoetter, S, Principal Investigator, Turner, D, Program Director (2006-2008) Early Childhood Leadership Di- rections: Developing leaders in mental health services for young children and families in rural Oregon, Northwest Health Foundation. $85,525
Rosenkoetter, S, Principal Investigator, Turner, D, Program Director (2007-2008) Early Childhood Leader- ship Directions: Developing leaders in mental health services for young children and families in rural Oregon, Carpenter Foundation. $5,000
Rosenkoetter, S, Principal Investigator, Turner, D, Program Director (2007-2008) Early Childhood Leadership Directions: Developing leaders in mental health services for young children and families in rural Oregon, Oregon Community Foundation. $15,750
Rosenkoetter, S, Principal Investigator, Turner, D, Program Director (2007-2008) Early Childhood Leader- ship Directions: Developing leaders in mental health services for young children and families in rural Oregon, Oregon State University Women's Giving Circle. $10,000

DEPARTMENT OF NUTRITION AND EXERCISE SCIENCES
135 undergraduate students
68 graduate students
22 tenured and tenure-track faculty

DEGREES OFFERED
BS, MS, PhD Exercise and Sport Science
BS, MS, PhD Nutrition and Food Management
MS Movement Studies in Disability

PUBLICATIONS
Bruno, RS, Leonard, SW, Atkinson, JK, Montine, TJ, Ramakrishnan, R, Bray, TM, Traber, MG (2006) Faster plasma vitamin E disappearance in smokers is normalized by vitamin C supplementa-
tion. Free Radical Biology and Medi- cine, 40: 689-697


Biopsy Studies with Micro-Computed Tomography, Bone 39:345-352


Yun, J (2007) Changing paradigm in adapted physical activity. Special Education Practice, 14(18)13-14

Elaine Monson, Editor.


AWARDS AND HONORS

Bray, T (2007) Boss of the Year, Association of Office Professionals, Oregon State University

Cardinal, BJ (2007) Fellow, American Academy of Kinesiology and Physical Education

Cardinal, BJ (2007) Recognition Coin #461, for helping to establish the American Alliance for Health, Physical Education, Recreation and Dance through the Research Consortium as a Science Partner of The President’s Council on Physical Fitness and Sports, U.S. Department of Health and Human Services
Manore, MM (1996-Present) Editorial Board, American Colleges of Sports Medicine’s Health and Fitness Journal
Manore, MM (2003-Present) Editorial Board, Human Movement
McCubbin, J (2007) Editorial Board, Adapted Physical Activity Quarterly
Traber, M (1994-2006) Associate Editor, Lipids
Traber, M (2002-Present) Editorial Board, Free Radical Biology and Medicine
Traber, M (2004-2007) Member, Integrative Nutrition and Metabolic Processes Study Section, Endocrinology, Metabolism, Nutrition and Reproductive Sciences IRG, Center for Scientific Review, National Institutes of Health
Traber, M (2004-Present) Chair, Publications Committee, The Society for Free Radical Biology and Medicine
Traber, M (2006-2007) Chair, Vitamin and Minerals Research Interest Section, American Society for Nutrition
Traber, M (2007-Present) Member, External Advisory Board, Oregon Cini cal & Translational Research Institute, Oregon Health and Science University, Portland, Oregon
Yun, JK (2007) Editorial Board, Adapted Physical Activity Quarterly

RESEARCH GRANTS AND CONTRACTS
Bray, T, Ho, E, Principal Investigators, (2005-2009) Diet, Endocrine-Immune Interactions & Prostate Cancer, National Institutes of Health-National Cancer Institute. $205,000/year
Cluskey, M (2006-2007) City Fire Fighters Wellness Program, Benton County Health Department/City of Corvallis. $2,500
Gunter, KB, Principal Investigator (2007-2008) Factors Contributing to the Development of Childhood Obesity, College of Health and Human Sciences Pilot Grant. $9,954
Ho, E, Principal Investigator (2007-2012) Dietary HDAC inhibitors in prostate cancer prevention, National Institutes of Health-National Cancer Institute. $293,440 direct
Ho, E, Principal Investigator (2005-2008) Zinc, gene expression and DNA damage, USDA. $71,236
Ho, E, Principal Investigator (2005-2007) Zinc in age-related macular degeneration, Linus Pauling Institute Pilot Grant. $20,000
Hoffman, MH (2007) Muscle Activation Differences in Males and Females, John C. Erkilla MD Endowment for Health and Human Performance. $8,100
Cross, CE, Principal Investigator, Traber, MG, Co-Investigator (2004-2007) Vitamin E Metabolism and Lung Toxicity. $225,000
Traber, DL, Principal Investigator, Traber, MG, Co-Investigator (2004-2009) Pathophysiology of Lung Injury by Smoke Inhalation. $75,000
Traber, MG, Principal Investigator (2006-2010) Alpha Tocopherol Modulates of Xenobiotic Metabolism. $194,200
Traber, MG, Principal Investigator (2006-2008) Vitamin E Pharmacokinetics and Oxidative Biomarkers in Normal and Obese Women. $50,000
Trost, SG, Principal Investigator, Pfeiffer, KA (2007-2012) Longitudinal validity of accelerometry in youth, National Institutes of Health-National Institute of Child Health and Human Development. $1,568,541

DEGREES OFFERED
BS Health Management and Policy
BS, MS Health Promotion and Health Behavior
Graduate Certification in HealthManagement and Policy
MS Environmental Health and Occupational Safety Management
MPH PhD Public Health

PUBLICATIONS
Understanding a Persistent Problem. Social Indicators Research, 81:579-595
Marine Pollution Bulletin, 52:1270-1277
Hart, M., Veltri, A., Neumann, C (Fall 2007) Hand Injury Prevention Training: Assessing Knowledge, Attitude and
AWARDS AND HONORS


Dolcini, MM (2007) Advisory Committee, Prevention Training Centers, Western Geographic Quadrant


Harding, AK (2007) Faculty Excellence Award, College of Health and Human Sciences, Oregon State University

Harding, A (2002-2007) Invited Member, Board of Scientific Counselors, Associate Committee, Office of Research and Development, U.S. Environmental Protection Agency

Harvey, SM (2007) Fellow, Division of Population and Environmental Psychology, American Psychological Association, Division 34

Harvey, SM (2005-2008) Elected Member, Board of Directors, Oregon Public Health Association


EDITORIAL COMMITTEE

Catania, J (1996-Present) Associate Editor, Sexually Transmitted Diseases

Catania, J (2007) Member of special review panel on international research development programs in HIV prevention, National Institute of Child Health and Human Development


Flay, BR (2000-Present) Editorial Board, Prevention Science

Flay, BR (2002-Present) Editorial Board, American Journal of Health Behavior


Friedman, L (2007-Present) Editorial Board, Journal of Health Administration Education

Friedman, L (2006-2007) Chair, Association of University Programs in Health Administration/Health Administration Center, Editorial Board for Graduate Studies

Harvey, SM (2007-2010) Editorial Board, Health Education & Behavior


RESOURCES AND PROGRAMS

Bennell, S (2007-2008) The connection between the U.S. Farm Subsidy program and obesity, Agricultural Experiment Station. $19,534

Catania, J, Principal Investigator (2003-2007) IRBs and Ethical issues in Psychiatric Research, National Institute of Mental Health. $1,039,295

Shafer, M, A, Principal Investigator, Catania, J, Co-Investigator (2010) Parental Knowledge of Confidential STI Services for Teens, National Institute of Child Health and Human Development. $76,536

Catania, J, Principal Investigator (2003-2007) IRBs and Ethical issues in Psychiatric Research, National Institute of Mental Health, Transferred to OSU. 2007: $1,039,295

Dodge, HH, Principal Investigator (2007-2008) Dietary Supplement Usage and Plasma Antioxidant Levels among the Okinawan Oldest Old: A Comparative Study with the Oldest Old in Oregon (Okinawa Data Collection), Linus Pauling Institute Pilot Grant, Oregon State University. $25,000

Dodge, HH, Principal Investigator (2003-2008) Dietary Supplement Usage and Plasma Antioxidant Levels among the Okinawan Oldest Old: A Comparative Study with the Oldest Old in Oregon (Oregon Data Collection), Center for Healthy Aging Research Pilot Grant, Oregon State University. $15,000


Dodge, HH, Principal Investigator (2004-2009) Patterns and Predictors of Normal Cognitive Aging, National Institute on Aging. $58,7314


Dolcini, MM, Principal Investigator (2005-2007) Translating HIV Evidence-Based Interventions in Practice, University-wide AIDS Research Program, Public Health Foundation. $100,000


Donatelle, B, Manore, MM (2005-2007) Healthy Worksite, Oregon Department of Health Services. $68,000

Donatelle, B, Manore, MM, Walker, A (2006-2007) Behavioral Approaches for Risk Reduction of Metabolic Syndrome in Middle-Aged Women, College of Health and Human Sciences, Center for Healthy Aging Research Oregon State University & Good Samaritan Hospital. $27,167


Duncan, TE, Co-Investigator (2003-2008) Social Influences on Adolescent Alcohol Use Development, National Institute on Alcohol Abuse Alcoholism, National Institutes of Health. $451,225


Flay, BR, Co-Investigator (2004-2009) Social-emotional contexts of adolescent smoking patterns, National Cancer Institute. $9,440,000, with $12,289 to Oregon State University


Flay, BR, Co-Investigator (2005-2010) Center for Prevention of Problems in Early Adolescence (Early Adolescence Center), National Institute on Drug Abuse, Oregon Research Institute. $16,551


Harper, BL, Principal Investigator, Harding, AK, Waterhouse, T, Harris, SG, Co-Investigators (2003-2007) Regional Tribal Exposure Scenarios Based on Major Ecological Zones and Traditional Subsistence Lifestyles, Funded by the United States Environmental Protection Agency, Science to Achieve Results (STAR) Program. $444,970


Harvey, SM, Principal Investigator, Zukoski, A, Co-Investigator (2005-2010) Untended Pregnancy Among Young Latinos in Rural Areas, Centers for Disease Control and Prevention. $1,296,270


Harvey, SM, Principal Investigator, Zukoski, A, Co-Investigator (2006-2010) Sexual and Reproductive Health Services: Reaching Latino Men in Rural Area, Office of Population Affairs/ Department of Health and Human Services, Indian Health Service. $578,738

Tricker, R, Co-Investigator (2004-2007) An Assertive Community Treatment Program for the Mentally II in Benton County, Oregon, Northwest Health Foundation. $75,000
Honoring faculty accomplishments

Extension Family and Community Development

8 Faculty, 3 support staff at OSU, 34 field Faculty, 2 paraprofessional on campus, 70 paraprofessionals in 31 counties across Oregon

Extension's Family and Community Development Program offers effective educational opportunities to help Oregon families meet the practical challenges of daily life. Programs address critical issues for individuals and families and help Oregonians become healthy, financially secure and responsible members of society. This is accomplished by faculty, volunteers, professionals, and support staff, who organize and conduct educational experiences through the media and in group, community, and family settings.

PUBLICATIONS:


AWARDS AND HONORS

Berry, H, Bowman, S (2007) Educational Curriculum Package Team Award (For Hunger Simulations), Oregon Extension Association of Family and Consumer Sciences Association

Berry, H, Bowman, S (2007) Second place, Communication (Educational Curriculum Package), National Extension Association of Family and Consumer Sciences, Western Region

Bowman, S (2007) Distinguished Service Award, National Extension Association of Family & Consumer Sciences


Bowman, S, Rennekamp, D (2007) Conference support for the Oregon Basin, Oregon, Association of American Geographers, MyCOE Constellation Grant. $1,000 plus conference and travel expenses

Roll, N (2007-2009) Department of Human Services Child Care Program Lincoln County, Oregon Child Care Resource & Referral Network. $37,086


Roll, N (2007-2009) Child Care Health Consultation Project Lincoln County, Lincoln County Health & Human Services & Oregon Department of Human Services, Office of Family Health. $75,650

Roll, N (2007-2009) Lifespan Respite Care Network for Lincoln County,
This historic moment

"Indeed, this is an amazing place," boasts Kevin Heaney, OSU Foundation vice president for constituent development programs and associate campaign director. “And this is truly a historic moment for the College of Health and Human Sciences, which in just five short years has made transformational changes. Under the creative leadership of dean Tammy Bray, this college has attracted world-class faculty, welcomed record numbers of students, enhanced the quality of curriculum, and made phenomenal gains of 375 percent in research funding since 2003. The Center for Healthy Aging Research has become a model for interdisciplinary research across campus, and the college is leading the way creating programs to engage and ensure success for our students.”

This amazing momentum and energy has been fueled by an $8 million gift to establish the Hallie Ford Center for Healthy Children and Families in the college. The gift is conditional, requiring the college to raise an additional $2 million. Throughout her life Mrs. Ford, a noted philanthropist, shared her generosity and asked for participation from her beneficiaries, believing that an investment together would be more meaningful.

“So, in the spirit of Hallie Ford, we invite all of our alumni and friends to be part of this historic moment,” encourages Heaney. “Join us as we celebrate this legacy of Hallie Ford and help us in the challenge to raise the additional $2 million and be a partner in establishing this important center for research and teaching that will benefit all Oregonians.”

Kevin Heaney, OSU Foundation 
Vice President for Constituent Development Programs 
Associate Campaign Director • 541-737-5496 
osufoundation.org

As an alumna of our college, I am thrilled to be at Oregon State University as we embark on our first ever comprehensive capital campaign celebrating the diversity and expanse of our wonderful alma mater! As you consider a gift to the college during this historic campaign, I encourage you to give to your passion…to student engagement or scholarship, to faculty for their curriculum and research, to specific programs or departments, or to buildings. When you designate your gift toward the Hallie Ford Center for Healthy Children and Families, you will be helping us reach our goal of $2 million to see this important center come to fruition.

This is an exciting opportunity to thank OSU for the difference it made in your life and assure the same excellent education for generations to come. I hope you’ll join me in honoring our amazing college during this campaign.

Marie Jennings ’88 Home Economics Communications 
OSU Foundation, Director of Development 
College of Health and Human Sciences 
800-354-7281 • 541-737-9374
Who: Retired head of nutrition and food management department, teacher, researcher, expert in food safety and food microbiology for 25 years at OSU, and associate dean of the Agriculture Experiment Station, the principal agricultural research agency in the state.

Degrees: BS University of Illinois, home economics education; MS foods and nutrition and PhD food science, University of Wisconsin, Madison; postdoctorate research as a National Research Council Fellow in Microbiology, Fort Detrick, Maryland.

How her peers describe her: A powerful presence in the classroom, an inspiring teacher, a dedicated mentor, an engaging conversationalist, and a source of accurate, useful, and up-to-date information on food safety.

Reflections on work: “I like the balance of research, extension, and teaching that you find in a land grant university…and the value of reaching out across the state to help people. Working as a team with the dean, administration, faculty, and students was energizing. Betty Hawthorne had a lot of the same values as our current dean Tammy Bray. She was well-organized, personable, set high standards and big goals, and was impatient with wasting time or money.”

OSU legacy: To honor Margy’s retirement in 1994, the Margy J. Woodburn Graduate Fellowship in Nutrition and Food Management was established. Donations were received from grateful graduates from Springfield, Oregon, to Tokyo, Japan, with a major gift from the OSU Nutrition and Foods Management alumnae group of Seoul, Korea. Faculty and friends often celebrate Margy by giving to the fellowship on her September birthday.

Favorite memories of food: “I grew up on a farm in rural Illinois, and our family meals were always good times with traditional food – meat, potatoes, vegetables, salad, and fruit for dessert. As the oldest of five children, I enjoyed caring for my siblings.”

Distinctions: Winner of the coveted Borden Award in Nutrition and Food Science from the American Home Economics Association, the Kellogg Gary Costley Award for Achievement in Nutrition, OSU’s D. Curtis Mumford Faculty Service Award, and the 2007 Oregon Association of Family and Consumer Science Distinguished Service Award.

Proudest moments: “When internship announcements came for our seniors, it was wonderful to see all those smiling faces. We always had an excellent placement record. Also, the mutual loyalty I shared with my graduate students. I was so proud when they returned to tell me what a difference their OSU education made in their lives.”

Since retirement: “I’m a ‘back-up’ for food safety information and problem solving for Extension field offices, Master Food Preservers/Family Food Educator volunteers, and for faculty. Traveling has been a long-time hobby, with recent trips including the Balkans and Switzerland.”

Food safety advice: “Keeping our food safe is the job of everyone from farm to kitchen…. Wash hands frequently, don’t eat rare hamburger or tube steak, and keep hot foods hot and cold foods cold.”
Good Fat...Bad Fat

Know the difference...your life depends on it!

The amount and type of fat we eat contribute to our overall health. Check your daily calorie intake...no more than

- 30% should come from fat
- 10% from saturated fatty acids (meat and dairy)
- 10% from monounsaturated fatty acids (olive oil)
- 10% from polyunsaturated fatty acids (foods containing corn, soybean or canola oil)

Eat more Omega-3 polyunsaturated fatty acids found in trout, salmon, tuna, and flax seed.

Visit the bad fat brothers at www.badfatsbrothers.com/BFB.htm

See a helpful guide for selecting foods at http://www.myfattranslator.com

Donald B. Jump, professor, Department of Nutrition and Exercise Sciences

Winter watch for depression

Does a friend or family member seem depressed? Here are some ways to support them:

- Help them set small, attainable goals that have immediate results.
- Suggest structure and physical activity...walk, shop, go to a movie.
- Invite them to engage in activities that reinforce pleasant events and build a sense of self-worth.

Sally Bowman, specialist, Extension Family & Community Development, and Vicki Schmall, specialist emeritus, Extension Gerontology, authors of Depression in Later Life, a guide to myths, facts, signs, and treatments. Download it free at http://extension.oregonstate.edu/catalog/pdf/pnw/pnw347.pdf

Donald B. Jump, professor, Department of Nutrition and Exercise Sciences

How much is enough?

In today’s increasingly labor-saving device-dependent society, it’s easy to be enticed into physical inactivity. To get maximum health benefit from your physical activity, keep these numbers in mind:

- 150 minutes of physical activity per week for adults
- 300 minutes of physical activity per week for children
- For adults who want to lose weight, double up for 300 minutes per week.

Brad Cardinal, professor, Department of Nutrition and Exercise Sciences, Fellow of the American Academy of Kinesiology and Physical Education

Raising healthy children

- Give lots of hugs but don’t be a push-over parent! Combining warmth with clear limit-setting is a very effective parenting style.
- Help children practice their social skills and self-control...this is very important, especially during the preschool and early school years.
- Limit TV and educational video watching for all children, especially those under age two. Encourage them to play and explore instead.

Megan McClelland, associate professor, Department of Human Development and Family Sciences

Thinking about long-term care insurance?

The reason you buy it is to protect your assets if you need to pay for assisted living, home care, or a nursing home stay. Some important reminders:

- Start looking into policies in your 50s, when premiums are lower.
- Go with a well-known company.
- It’s not for everyone...buying coverage should not cause financial hardship.

Stephanie Bernell, associate professor, Department of Public Health
Celebrating Children!

Helping them thrive!

www.hhs.oregonstate.edu