

Spring 2014

FOCUS

On bicycles and in labs
Human Ecology committed to
human health

page 4

Harms to be new
kinesiology head

page 3

Meet some of our
student stars

page 12

Message from the dean



Greetings from Justin Hall.

My first two semesters at K-State have been an exciting whirlwind. I arrived as dean in July and it didn't take long to learn that this is a college where things happen, and those things are driven by committed faculty, dedicated staff and hard-working students, each contributing a personalized application to our motto of putting people first.

So my first goal here is to thank all those who made me feel so welcome. (See one very special group of greeters below.)

Second, thanks to all those who have helped me get acquainted in the college. It is a place that is both wide and deep, covering almost every area that affects people's lives. We focus on their health and well-being and, as you can read on pages 4-9, our efforts in the health of individuals and families — from research to preparing our students for myriad health fields — is wide-ranging.

One of my greatest pleasures has been meeting our remarkable students (we enrolled a record 2,856 graduates and undergraduates in the fall) and recruiting new ones. We continue to make human ecology an academic destination for the best students.

Balancing quality and growth is only one of the many challenges we face as we develop strategies that will test us and make us

better. Another challenge is leadership transitions. One just took place in the Department of Kinesiology where David Dzewaltowski has decided to refocus his career. I am proud to announce that the new department head is Craig Harms, one of our own talented professors. Meet him on page 3.

When our programs shine, we attract both outstanding faculty and excellent students. But that's a tricky business. In the College of Human Ecology, we focus on people and recognize that people are our greatest asset. We are competing with other outstanding institutions for top-notch faculty and talented students.

Philanthropy grows in importance for our college, as it does for other state institutions. Support from alumni and friends is a key factor in our ability to thrive as a college and adhere to a culture of excellence.

We are asking for your time and expertise, too. Learn how you can participate in our new mentoring program on page 18. It's just one of the ways we will continue to enhance the undergraduate experience.

I am impressed — and astonished — by the support we receive from our alumni. That support is loud and passionate. Thank you to all those who support us in many ways. We need you all. You are our advantage.

Dean John Buckwalter



Little folks, big greetings

Last fall a group of 4-year-old students at Stone House knocked on Dean Buckwalter's office door. They came, grasping handmade cards, to welcome him to K-State. The dean shook hands with the youngsters, read their cards and gave them each a sticker that read "Thank you for coming to see me today." Asked one lad, "How tall are you anyway?" (Answer: 6 feet 7 inches)

Table of contents

Craig Harms to become head of kinesiology in July 3

Focus on health..... 4

News videos..... 11

Student profiles 12

Center on Aging's new home..... 16

Center of activity 17

Mentors matter..... 18

Encouraging success 19

In short: A quick look at what's going on in the college 20

Names in the news 22

On the cover: Ph.D. student Joey Lightner wants children to bike, not ride.



Focus is published by the College of Human Ecology and the Kansas State University Foundation. Jane P. Marshall, communications coordinator, was editor. Kim Baccus managed the Division of Communications and Marketing's efforts in designing, copy editing and printing Focus. Dave Mayes, Tommy Theis and Jane Marshall took most of the images. Thanks to Erinn Barcomb Peterson, Beth Bohn, Guolin Zhao and Debby Hiett.

To keep up on the news from the College of Human Ecology, check out he.k-state.edu

"Our research has potential dramatic implications on physical health."

— Craig Harms

Craig Harms to become head of kinesiology in July

Craig Harms, an authority on human exercise physiology, deals with stressed-out doctoral candidates, hassled students and stacks of research data. His office is a sanctuary of calm — an aromatic candle, a file cabinet-top waterfall, an easy chair, music drifting from invisible speakers.

"We spend so much time in our offices that it makes sense to make them healthy environments," he said.

On June 8, the much-awarded professor will become head of the Department of Kinesiology. David Dzewaltowski, current leader, wants to spend more time with his research on community-based interventions promoting physical activity in children.

Harms, professor, associate department head and undergraduate coordinator, embraces the leadership challenge yet refuses to completely abandon his other work. "I love research and I love being in the classroom," he said. "I'll continue with my research, but this is a new opportunity and will give me a different perspective at this stage of my career."

His research focuses on cardiopulmonary limitations to exercise, including gas exchange, respiratory muscle pressure development and ventilatory output in health and in disease throughout the lifespan. He is also interested in how men and women differ in these responses and how lifestyle factors such as diet and physical activity affect airway inflammation and pulmonary function.

"Our research has potential dramatic implications on physical health," Harms said. "It may also help explain exercise intolerance and what we can do about it."

Harms came to kinesiology on a nontraditional road. The biology graduate from Nebraska Wesleyan University was an environmental biologist, park ranger in Colorado and a plant researcher for a seed company.

He decided to return to graduate school when he realized his interest dwelled in

combining science and exercise to learn how the body responded when stressed. "After my first semester in graduate school I realized this is where I was supposed to be. This was my passion."

He received a master's degree in exercise physiology from Colorado State University and a doctorate from Indiana University. He was a postdoctoral fellow in cardiopulmonary physiology at the University of Wisconsin. Today, he is a fellow of the American College of Sports Medicine and has a long string of awards on his vitae.

This spring he received the Myers-Alford Teaching Award, established to honor a College of Human Ecology faculty member who demonstrates outstanding ability not only in teaching undergraduate and graduate students, but also in providing valuable information to colleagues, peers and other practitioners in the field.

The professor does not lead a sedentary life — physically or mentally.



On the wall of Harms' sunlit office in the Natatorium hangs a group of photographs. "That's the artistic side of me," he said, pointing out one of his hobbies.

"I've always tried to be active," Harms said. He primarily focuses on functional fitness and "doing all I can to fight the aging process." Harms said he strives to do "less sitting and more movement throughout the day," nodding to the stationary bike in the corner. "The body is meant to move. When it doesn't, over time things go wrong," he said.

An appreciation for physical activity and health runs in the family. He and his wife, Susie, have three children; their daughter is a physical therapist like her mother, the older son just finished a master's degree at Colorado State University in health and exercise science, and the younger son is an active sophomore at Manhattan High.

The College of Human Ecology has more than \$10 million in grants and contracts related to health.

Focus on health

College commitment deep and broad

“Every academic unit in the college shares this commitment. Understanding how to keep people healthy is one of our primary challenges in teaching and in research.”

— John Buckwalter

Health is a ubiquitous subject. In the College of Human Ecology we have it covered from just about every angle. Obesity. Cancer prevention. Healthier hearts. Fit children. Wounded warriors.

Here are some of the facts:

- In 2013, healthy eating was at its lowest point in Gallup trends since 2008.
- More than one-third of all U.S. adults and nearly 17 percent of American children and adolescents are obese.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars.
- Obesity-related conditions include heart disease, stroke, Type 2 diabetes and certain types of cancer.
- Regular physical activity is one of the most important things you can do for your health: it strengthens bones and muscles; improves mental health and mood; reduces risk of cardiovascular disease, Type 2 diabetes, metabolic syndrome and some cancers; and helps control weight.
- Diet is a significant factor in the risk of coronary heart disease, some types of cancer and stroke — the three leading causes of death in the U.S. in 1994. It also plays a major role in the development of diabetes, hypertension, osteoporosis and overweight.
- The U.S. Department of Agriculture estimates that healthier diets might prevent \$71 billion a year in medical costs, lost productivity and the value of premature deaths associated with diet-related conditions.

The College of Human Ecology, which has more than \$10 million in grants and contracts related to health, touches each of these areas.

Researchers in the college investigate cures and prevention. They study children’s activity levels in day care so they can build programs that encourage fitness. They examine links between happy marriages and health maintenance in diabetics so they can guide clients. They take blood, measure lung capacity and measure body fat.

Students learn to guide better food choices in homes, schools and hospitals. They build a sturdy foundation to enter health professions from physical therapists to physicians.

Most of the work in the Department of Kinesiology and the Department of Human Nutrition links directly with health, both in teaching and research.

The Department of Kinesiology has more students admitted to health professional schools at graduation than any other unit on campus. Most go into physical therapy. Others are admitted to medical, dental or physician assistant schools.

The Department of Human Nutrition offers an undergraduate degree in nutritional sciences especially for premedical, pre-dental and medically related fields. It emphasizes biology and chemistry to understand the function and metabolism of nutrients.

In the research arena, several of the studies sprout from the Youth Physical Activity and Nutrition Motivation Laboratory in kinesiology and human nutrition directed by David Dzewaltowski and Ric Rosenkranz. The lab’s work involves addressing obesity prevention and health promotion by investigating physical activity, healthful eating, and associated motivations in children and adolescents.

In kinesiology’s Functional Intensity Training Lab, Katie Heinrich and her team look at physical activity/exercise policies on local, state and national levels. They also examine the effects of high-intensity functional training on fitness and health.

Tim Musch and David Poole examine the abnormalities in oxygen transport and exchange in skeletal muscle at the microcirculatory level, studies that are key to understanding such conditions as diabetes, chronic heart failure and healthy aging. Their Cardiorespiratory Exercise Laboratory in the Department of Kinesiology is located in the College of Veterinary Medicine.

At the Speech and Hearing Center, faculty members supervise graduate students as they train to become professionals in speech-language pathology and audiology.

Here is a sampling of health-related research and teaching in the college:

When the exercise partner is on a screen

In Brandon Irwin's Digital Physical Activity Lab, researchers ask what motivates people to be physically active and how can those influences be used to promote physical activity. Irwin, assistant professor in kinesiology, examines group dynamics in physical activity, looking specifically at social media, virtual exercise groups and virtual exercise partners.

In a recent study he found that individuals tend to work out longer when their partner was perceived to be more skilled and was one who kept verbal encouragement to a minimum.

Couples and diabetes project

Jared Anderson is an associate professor in the School of Family Studies and Human Services. In collaboration with the Diabetes Institute at the University of Kansas Medical School, he and his research team collected a pilot sample of 117 married couples in which one partner was diagnosed with Type 2 diabetes. The study provides evidence that the marital relationship plays an important role in diabetes management or glycemic control.

They will use the research to develop interventions that will support diabetes management for couples.

Take a deep breath and get off the couch

In kinesiology's Human Exercise Physiology Lab, Craig Harms and Tom Barstow conduct research on how cardiopulmonary, muscle and cardiovascular systems relate to health and disease.

One study by Harms and Sara Rosenkranz, assistant professor in human nutrition, asked how increased body fat and a sedentary lifestyle could lead to the development of exercise-induced asthma in children. Another looked at the influence of dietary antioxidants on diaphragmatic fatigue and exercise performance.

Harms is exploring how being sedentary affects lung capacity and how that translates to other health outcomes, especially in the aging population.



A child at Stone House wears a vest and cape created by Sherry Haar, ATID associate professor, and Bronwyn Fees, FSHS associate professor, to collect data on physical activity.

Prevent obesity through early childhood educators

The long-term HOP'N Home, or Healthy Opportunities for Physical Activity and Nutrition at Home, program works with child care centers to build the capacity of staff to help children and their parents with more physical activity and more nutritious food options as well as understand the impact of advertising on their food and physical activity choices. The goal is to prevent childhood obesity. Results showed that the 3- to 5-year-olds were often offered more healthy food choices and more physical activities at home.

Conducting the research funded by the United Methodist Health Fund are David Dziewaltowski, professor and kinesiology department head; Ric Rosenkranz, assistant professor in human nutrition; and Brownyn Fees, associate professor in family studies and human services and interim associate dean for academic affairs. They are partnering with Kansas Child Care Training Opportunities Inc. to train more than 160 providers and to develop new distance training methods.

It takes a community to address childhood obesity

Tanda Kidd, associate professor in human nutrition and Extension specialist, leads the effort working with a five-year \$2.5 million USDA grant. Her team includes Koushik Adhikari, associate professor in human nutrition, and Erika Lindshield, dietitian and project coordinator.

They are involving myriad community leaders in several states to identify barriers that stand between youths, healthy food choices and an active lifestyle. Once barriers are identified, they will develop strategies to encourage youths to choose a lifestyle that includes fruits and vegetables, whole grains and physical activity.

Food safety first

The Center of Excellence for Food Safety Research in Child Nutrition Programs in the Department of Hospitality Management and Dietetics opened with a \$1.6 million USDA grant in 2012. Research past and present includes these two projects:

- Employee food safety behaviors impact the safety of food served to children but there is little relationship between knowledge and practices. The center is developing a study to explore alternative strategies to change employee food safety behaviors.
- The number of children with food allergies is increasing, which necessitates developing baseline data to inform training and research needs. This study will determine practices used to meet the food allergy needs of children and the associated challenges for managing food allergies in schools.



Brian Lindshield in the lab with Alexander B. Opoku-Acheanpong, Ph.D. candidate.

How do dietary supplements reduce cancer risk

Brian Lindshield's research will determine the effects of saw palmetto supplements on prostate cancer cell growth and levels of a key enzyme that produces the potent androgen, the male sex hormone. He has found wide variations in the fatty acid and phytosterol content — believed bioactive components — in the supplements he analyzed.

Some research suggests that saw palmetto supplements decrease the formation of the most potent androgen. Lindshield, assistant professor in human nutrition, plans to look at the effect of the supplements with different fatty acid and phytosterol content to determine whether the supplement does block formation of the potent androgen.

Interior design students explore dimensions within health care environments

Fourth-year interior design students may choose research topics and capstone projects that involve health and safety in the built environment. This year two seniors are working with Migette Kaup, associate professor in the Department of Apparel, Textiles, and Interior Design, on research projects. Jordan DeTar Newbert is evaluating lighting standards for older adults with low vision. Gwen Bonnichsen is working on a health care setting for wounded soldiers who return from conflicts with traumatic brain injuries.

Other students have studied evidence-based design in health care environments, designing for age-related needs and improved quality of life, and how design supports the developmental needs for children who have special health considerations.

Seeking ways to prevent childhood obesity in girls

Ric Rosenkranz, assistant professor in human nutrition, studies how to impact the home environment to prevent childhood obesity, especially in girls. He identifies modifiable influences of healthful eating and physical activity among youths that lead to health promotion interventions designed to prevent obesity.

His studies have been set in after-school programs, Girl Scout troops, schools, summer programs and organized sports.

In the Wildcat Wellness Coaching Trial, he coaches undergraduate mentors to deliver health promotion educational experiences to youth and parents at home. Rosenkranz and his colleagues evaluate the effectiveness of this and other community-based health promotion programs for children in the Manhattan area.



Brooke Cull, graduate student in public health, places electrodes on a young participant's hand and foot to assess body composition. The machine calculates body water and body composition. Cull manages the Physical Activity and Nutrition Clinical Research Consortium at Lafene Health Center.



Athletic training interns work with dancers, pro football players and others

During their sophomore, junior and senior years, athletic training students complete clinical rotations during which they apply their knowledge and skills to properly manage health care problems associated with physical activity. Supervised by a certified athletic trainer or other health care professional, they complete rotations with K-State athletics, Council Grove and Manhattan high schools, Mathis Rehabilitation Clinic, the Warrior Transition Battalion at Fort Riley and other facilities.

Students often complete external internships with such organizations as the National Football League's preseason camps, the National Cheerleaders Association and Wide World of Sports.

The Department of Nutrition's athletic training program graduates about 25 students a year, each prepared for a career as an allied-health professional and to take the National Athletic Trainers' Association Board of Certification examination.



Instructor Morgan Campbell guides Kayla Schwalenberg, senior in athletic training, as she works with Kristin Chase's injured foot in the School of Music, Theatre, and Dance.



Future dietitians learn in the field

Dietitians guide individuals and groups in applying basic nutrition principles to lifestyle management so they can maintain, improve or restore health. Students complete an internship of 1,200 hours of supervised experience that meets requirements of the Accreditation Council for Education in Nutrition and Dietetics. Those 1,200 hours are divided into three rotations: management, clinical and community that students complete with the university's Housing and Dining Services, health care facilities and community organizations in Kansas.

Among those completing clinical rotations this semester in the Coordinated Program in Dietetics are Ann Vosbeek at Stormont-Vail Regional Health Center in Topeka; Nicole Wampler at the Dwight D. Eisenhower VA Medical Center in Leavenworth; and Abigail Douglas at St. Luke's in Kansas City.

An estimated 25 students will earn graduate and undergraduate dietetics degrees this year in the Department of Hospitality Management and Dietetics.

Ride a bike to school

Juniors and seniors in the kinesiology class Policy, Built Environment and Physical Activity completed walking and biking audits around elementary schools in Manhattan. They analyzed the current environment and provide evidence-based recommendations to improve walking and biking to school. Last fall, the city of Manhattan began developing a Safe Routes to School plan that includes these assessments and recommendations.

Involving the students in the real-world policy planning and decision-making process was Joey Lightner, bicycle coordinator for the city of Manhattan and a graduate teaching assistant and doctoral student in kinesiology. Health outcomes included increased walking and biking to school, thus mitigating chronic disease related to obesity and inactivity in children.



News videos

By Lindsey Elliott *News Production Specialist, Division of Communications and Marketing*

Many of our faculty experts have been taking part in a new initiative aimed to increase national awareness of Kansas State University.

For K-State Video News, a video distribution service, I interview professors, researchers and extension specialists about their research, timely news topics and seasonal news topics. Then we send the video story out to more than 700 television stations across the country.

So far, stories from the College of Human Ecology have reached more than 909,000 viewers and the stories have aired in dozens of states, including New York, Ohio, Florida, Georgia, Iowa and Michigan.

Human ecology professors featured in the stories:

- **Bronwyn Fees and Anna Nippert**, both with family studies and human services, gave advice on adjusting to school, good Christmas presents for children and ways to effectively read to your children
- **Pat Pesci**, hospitality management, educated viewers on technology etiquette
- **Elizabeth Kiss**, personal financial planning, gave viewers financial advice like how to manage through a furlough, how to avoid being scammed and best ways to save
- **Mary Meck Higgins**, human nutrition, let viewers know aspartame is safe to consume
- **Kevin Sauer and Amber Howells**, both with dietetics, educated the audience on school lunches
- **Mark Haub**, human nutrition, clarified confusing food labels; and
- **Richard and Sara Rosenkranz**, human nutrition, shared their research on sitting at work.

Meet some of our student stars

Andrew R. Kutina: A family of dentists

"I always played sports. In high school I played football, basketball and baseball. Now I understand what is going on in my body when I run or play golf."

— Andrew Kutina

When Andrew R. Kutina graduates from dental school in 2018, the occasion will mark the 101st anniversary of his great-grandfather's graduation from the same school. He's the fourth generation of his family who will attend the University of Missouri-Kansas City School of Dentistry (formerly Kansas City Dental College).

Dr. Harry L. Lacy, Kutina's maternal grandfather, was in the class of 1917. His paternal grandfather, George F. Kutina, graduated in 1925; his father's father, Loren J. Kutina, graduated in 1961; and his father, Larry G. Kutina, graduated in 1988.

Kutina, who is from Great Bend, will receive a master's degree in exercise physiology from K-State in May.

He says he grew up in "a house divided," one parent a graduate of K-State, the other of KU. He chose K-State. "I felt more at home at K-State," he said, "like I wasn't just a number." He majored in life sciences but after taking one entry-level kinesiology course his sophomore year he switched majors.

"I fell in love with it," Kutina said. That and the faculty with "world-renown professors all over the place."

Jaimee Hartenstein: Receives top graduate teaching award

"I have a wonderful support system — family and faculty."

— Jaimee Hartenstein

Jaimee Hartenstein plans to finish her doctoral degree in August and return to the classroom. She has accepted a job as assistant professor of family studies at Eastern Illinois University.

When she started her college career at K-State, Hartenstein wasn't headed toward academia. She majored in human ecology and mass communications, specializing in public relations. "I realized my last semester that this was not the way I wanted to be helping people," she said. She enrolled in the master's degree program in family studies and had planned to stop there.

"But I was given the opportunity to teach," she said. "I absolutely loved the classroom and developing a course to meet the needs of students."

Her husband, Brant, encouraged her to go for a Ph.D.

For her dissertation, "Determination of Custody Arrangements Among Divorced or Separated Parents," Hartenstein is investigating how parents determine the custody arrangements of their children and the type of involvement adolescent children have in the custody arrangement decision.

This spring she received the Excellence in Graduate Teaching Award from the Midwestern Association of Graduate Schools. Earlier she was one of two graduate teaching assistants to receive the Teaching Excellence Award from K-State's Graduate Student Council.

Hartenstein teaches about 80 students in FSHS 550, The Family. She is involved in the university's Honor and Integrity Council and is a co-founder of the School of Family Studies and Human Services graduate teaching assistant support group.

One member of her support system is the Hartensteins' 15-month-old daughter Braylea.

Sara Gasser: 'ID program was my perfect fit'

"I would love to move away from Kansas City to a larger city to give myself the chance to become more independent and to continue discovering who I am."

— Sara Gasser

"Since day one at K-State in the interior design program, I knew I had found my perfect fit," said Sara Gasser, senior.

"I had a very hard time deciding on a college major when I was a senior in high school. I decided to major in interior design because it allows me to use creative problem-solving, technical skills, and my artistic ability to design spaces that enrich the lives of its users," she said.

Gasser was recently named one of five finalists in NEXT, a design competition for students throughout the United States and Canada. Gasser presented her project to design professionals during an all-expense paid trip to Grand Rapids, Mich., this winter. The competition, sponsored by Steelcase Inc., required students to exhibit a clear understanding of an interconnected workplace, creativity of design and innovation.

She is interviewing for design jobs in the St. Louis and Chicago areas.

Angela Glean: Kinesiology studied in Ecuador

"I love people."

— Angela Glean

Angela Glean, senior in kinesiology, studied for a semester at the Universidad San Francisco de Quito in Ecuador on a Benjamin A. Gilman International Scholarship. Staying with a host family, she became immersed in Ecuadorian culture and the Spanish language.

"I have the Spanish culture in me a little bit," she said. From the Philippines, she is the daughter of Susan and Joseph Petree, Overland Park. She can read and understand Tagalog (the Philippine national language), is fluent in English and "proficient" in Spanish, her minor.

Glean has planned the next few years of her life: graduate school at K-State (she's already applied for a teaching assistantship in kinesiology), return to Ecuador ("I have my eye on a Fulbright in fall of 2015") and then research and teaching.

"I've become passionate about scholarship," she said. "I believe I can contribute to society more by becoming educated and sharing that education."

Her vision has changed since high school. "I thought I would get an associate degree and that's it, even though I always loved school," she said. But after Johnson County Community College, she enrolled at K-State and got her first taste of research. "I enjoy research and the scientific method," she said.

The senior is doing undergraduate research in the Clarenburg Research Laboratory under the direction of Tim Musch and David Poole. Her current research project is focusing on how nitrite supplementation may be used as a therapeutic intervention in the treatment of individuals with chronic heart failure.

Glean is active in the Kinesiology Student Association, Mortar Board and several other campus organizations. She served in the U.S. Army Signal Corps for a year.

She is also a university transfer ambassador, working with transfer students to make their transition and first year at K-State successful.



Andrew Vogliardo: Sirens will be music to his ears

"Maybe I'll start a singing group in Kansas City and call it Cop-Appella."

— Andrew Vogliardo

Andrew Vogliardo is a beat boxer.

"My main job is to lay down the tempo to keep them together," he said about the vocal percussion sounds he makes as a member of K-State's prestigious a cappella group, In-A-Chord.

After he takes his last class — and leaves the group that has been a big part of his life since fall 2010 — this summer, Vogliardo enters the Police Academy and joins the Leawood (Kan.) police department.

His interest in police work goes back as far as his interest in music. In high school he managed a movie theater and became friends with the off-duty officers who worked as security guards there. "I did ride-alongs for fun," he said. "I became more and more excited and passionate about it."

At K-State he switched his major to family studies and human services after he took a course with Kelly Welch. When it came internship time, he told David Thompson about his interest in law enforcement. Thompson, assistant professor in FSHS, facilitated a short internship with the campus police. Thompson made the contact and worked out a job description with them in line with Vogliardo's learning goals and objectives.

"I think a broad understanding of people and why they do what they do is fantastic preparation for law enforcement officers who will be connecting with the public every day," Vogliardo said.

Vogliardo became the first K-State Police Department intern and the first FSHS student to intern with police.

After singing in choir in middle and high school, and playing tuba in the high school band, he joined the K-State men's choir. He's a tenor.

In-A-Chord was looking for a vocal percussionist and, although he knew little about the art, Vogliardo auditioned. "I was bad but the other guy was worse," he said.

He had to learn beat boxing. "I watched 'The Voice' and a lot of YouTube," he said.

And he listened. "Nothing is ever written for me in our arrangements," he said. He listens to the music then creates his own track.

Listen to In-A-Chord sing "Somebody" at kstatechoirs.colin-a-chord.html. Hear the cymbals? The drums? The beat keeper? That's Vogliardo.

Will a percussion man be happy as a policeman? Sure, said the senior.



Samantha Claassen: Nutrition-savvy physician in the making

"Understanding nutrition will help me be a better physician."

— Samantha Claassen

Samantha Claassen, senior in nutritional sciences and dietetics, plans to be a family physician in rural Kansas. She grew up on a farm near Whitewater, population 713.

During her junior year, Claassen was accepted into the Kansas Scholars in Rural Health program at the University of Kansas Medical School. It identifies and encourages undergraduates from rural Kansas who are interested in being physicians in rural areas. Students are assured admission to the school when they complete program requirements.

"I enjoy the nutritional aspects of medicine," she said. "Understanding nutrition will help me be a better physician."

The senior has always enjoyed science, especially anatomy and physiology.

She works with Ric Rosenkranz, assistant professor in human nutrition, conducting research with the Wildcat Wellness Coaching Trial, a project evaluating the effectiveness of two community-based health promotion programs for children in the Manhattan area.

She has served as a Human Ecology ambassador and is a member of several honor societies. Still, she finds time to attend football and basketball games. In high school she ran cross-country.



Brad Price: Taking the baking prize

"I've been working in restaurants since I was 15 and I always wanted to be in the hospitality program. I knew K-State had a great one."

— Brad Price

Ask Brad Price about bread and he will mention rich dough, flavor profiles, texture combinations. But he probably won't mention that he won the student prize in the artisan category of the International Baking Industry Exposition.

For judges he baked Raisin and Harvest Pear Focaccia. The California Raisin Marketing Board sponsored the national competition.

Price graduates this year with a degree in hospitality management, the program that enticed him to K-State.

Mary Molt, assistant professor in hospitality management and dietetics and associate director of Housing and Dining Services, suggested Price enter the baking competition when he interned at Derby Dining Center. He knew he wanted to make focaccia and experimented with several flavor combinations before choosing pear and ricotta cheese to accompany the requisite raisins.

Price plans to move to Baltimore and pursue a career in baking.



Ruddy Yanez: New FSHS grad will help new immigrants

"Family is very important. I want to help these kids get an education and keep their culture, too."

— Ruddy Yanez

In her job at the Boys and Girls Club of Manhattan, Ruddy Yanez puts her degree in family studies and human services to work as she helps Hispanic families in the area.

In Spanish, she gives parents and families information about club activities, and she works with the local school district's Migrant Education Program, offering information about community services.

Yanez's family moved from central Mexico to western Kansas where she was born. Her parents pushed her to do well in school and then to become the first college student in the family. She chose K-State because she wanted to stay close to her family and because a relative urged her to check out the campus. She did and fell in love with it.

She switched from pre-psychology after she took a FSHS course. "This is where I wanted to be," she told herself.

The December graduate plans a future in graduate school then in working with Latino families, especially youths and families new to the United States.



“All the good folks in Justin have been very neighborly and it has been wonderful to get to know our colleagues better.”

— Gayle Doll



Center on Aging’s new home

“We feel energized,” said Gayle Doll, director, about the Center on Aging’s new home in Justin Hall.

In one corner, a staff member works on her laptop at a treadmill desk. On the sofa by the chalkboard wall, several students compare notes before class. In the conference room, others have a quiet planning meeting.

“We were pretty intentional about developing areas in the office to support different types of activities and collaboration,” Doll said.

In 1975 the Kansas Board of Regents approved the K-State Center on Aging. Richard L.D. Morse, who later became nationally known as the father of truth-in-savings legislation, was appointed as director. In 2000 the Galichia Institute for Gerontology and Family Studies merged into the Center on Aging.

The center has been housed in Waters, Fairchild and Leasure halls. In February it moved to Justin Hall.

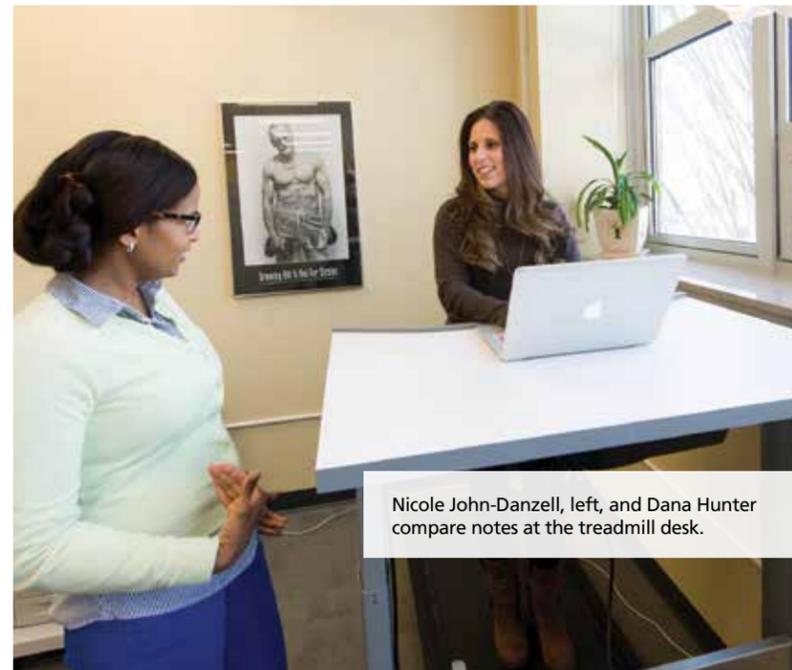
“It’s so much fun to be here,” Doll said. “All the good folks in Justin have been very neighborly and it has been wonderful to get to know our colleagues better.”

“We knew we wanted to be a place that students would enjoy visiting, so we made sure we had room for them to just ‘hang’ with us — and they have. Seldom a day goes by that we don’t have a dozen or more people milling around the office.”

The lights hanging in the windows (above) are the most popular feature of the new suite, Doll said. They were suggested by Steve Shields, an alumnus of the long-term care program who purchased the painting displayed in the reception area.

Some of the other art was purchased with funds from Joyce Jenkins, friend of the center.

“We’ve had great fun selecting the art and find that it does a really good job of setting a tone of professionalism and yet playfulness that seems to make a great working environment,” the director said, adding a special thanks to support from John Buckwalter, dean, and Rita Newell, assistant to the dean for fiscal management.



Nicole John-Danzell, left, and Dana Hunter compare notes at the treadmill desk.



Part of Tom Barstow’s research identifies physical characteristic necessary for an astronaut to perform lunar tasks.

Center of activity

Ice Hall boosts college’s research programs and outreach

Mary and Carl Ice Hall buzzes with activity.

- Kristy Archuleta and Sonya Britt conduct research and train students at the Financial Therapy Clinic.
- Tom Barstow measures cardiovascular and pulmonary functions for his NASA research project.
- Charlie Griffin leads Programs for Workplace Solutions.

- Minyoung Suh operates a 3-D body scanner to focus on performance and comfort of functional apparel.
- The Institute for Academic Alliances instigates higher education collaborative distance learning initiatives.
- The Sensory Analysis Center completes its move this month.

These programs in the College of Human Ecology relocated into the college’s latest addition last fall after a lawn full of faculty, staff, dignitaries and family helped dedicate Mary and Carl Ice Hall. Willie the Wildcat added his congratulations and signaled the unveiling of the stone sign displaying the building’s new name.

The Ices were instrumental in funding the purchase of the 20,000-square-foot Research Park facility for the college.

“It is our goal to provide students with the best educators and facilities we can,” said John Buckwalter, dean. “Facilities like Mary and Carl Ice Hall broaden our outreach and research capabilities and allow us to involve more graduate and undergraduate students.”



Shanna Jager and Charlie Griffin prepare 1,500 kits with age-appropriate toys and books to further children’s development of social and reading skills. Programs for Workplace Solution partnered with the Kansas Department for Children and Families, Kansas Head Start and Kansas Early Head Start in a statewide initiative to increase father engagement and promote fathering skills in families with children ages 0-5.



Mentors matter

Will you step up to the plate?

This fall the College of Human Ecology will begin a mentoring program for upper-level undergraduates and graduate students to help bridge the gap between academics and career.

Who will be mentors?

We are seeking professionals, alumni and friends.

What will be required of mentors?

Mentors will offer their time and resources to students, listening, coaching and sharing valuable skills, knowledge and insights into the professional world. We are asking that the pair meet — via technology or in person — at least twice a month until the mentee graduates. The result of a successful mentor/mentee relationship is in developing a new professional: confident and ready to jump into the work world.

What will mentors do?

Mentors are valuable resources. They may help students develop resumes, or make the transition from school to career. They may counsel on professional trends, time management, professional development opportunities and professional organization membership. They could advise on networking and other career-related topics.

How can mentors and students sign up?

Applications for students are available online at he.k-state.edu/documents/mentee-application.pdf. Students may apply until May 9. Mentor applications will be available year-round.

How will be mentorships work?

Mentors and mentees will be matched according to career interests and goals. Since mentors will likely be scattered across the United States, “meetings” may take place on Skype, via email or through other technology outlets.

A handbook has been developed to guide mentors and mentees.

How can I learn more?

For more information, contact Andrea Feldkamp, academic and student services coordinator, at afeld@k-state.edu or call 785-532-5500.

The college plans to grow the mentoring program to meet student needs. To contribute, contact Jennifer Rettele-Thomas at 1-800-432-1578 or jenniferr@found.ksu.edu.

Alumnus talks about mentoring



Mary Frances Nettles provided seed money for the mentoring program.

“I have had so many mentors ... most from K-State ... at various points in my career. It just seemed that mentoring was always part of the culture associated with K-State and the College of Human Ecology,” she said.

“I am excited to be part of formalizing a mentoring program for students.”

Nettles received the college’s 2012 Distinguished Research Alumni Award. She earned her doctorate in food service and hospitality management and a master’s degree in institution management from K-State.

Nettles is director of the Applied Research Division of the National Food Service Management Institute at the University of Southern Mississippi in Hattiesburg.

The obvious advantage of having a mentor, Nettles said, is getting advice.

“But many times the most important advantage is being a sounding board, just listening to experiences, thoughts, challenges. Maybe offering suggestions but many times just understanding where you are currently at in your career.”

Being a mentor means that you are willing to push a little when you see your mentee is not giving his or her best or has more to give, Nettles said.

“Deb Canter has been a mentor of mine. When I received my Ph.D. and entered a new stage of my professional career in higher education, Deb has been there every step as a mentor. She has always made time to listen and assist me in whatever the issue.

“I have found this mentoring ‘gene’ in many other K-State grads/friends — Cheryl Johnson at the Kansas Department of Education, Nora Nyland at Brigham Young University, Mary Gregoire at Rush University Med Center in Chicago and many others. Alleen Vaden was a mentor.

“K-State grads are always ready to share, listen and help — especially other K-Staters!”



Karen Halderson with student Cynthia Aries-Dowling.

Encouraging success

Alumna’s scholarship helps minority students in dietetics

Dietitian Karen Halderson worked with Navajos in the Southwest, Alaska natives in Sitka and Anchorage, and the Wasco, Warm Springs and Paiute tribes in Oregon.

A certified diabetes educator and K-State graduate in dietetics, she spent her career helping people manage their diets for better health. After 20 years with the U.S. Public Health Service, she retired to New Mexico and kept on serving the underserved.

“I liked working directly with different kinds of people,” she said about her work as Extension diabetes coordinator. She recently retired for the second time.

Halderson has endowed a scholarship for a minority student majoring in dietetics. “I am a dietitian and I think we need more dietitians, especially more minority dietitians,” she said.

Often older Hispanics and Native Americans, for example, are more comfortable talking with someone who looks like them, especially if that person speaks the same language, Halderson said. The New Mexico population is 40 percent Hispanic and 10 to 15 percent Native American, she said. Yet 80 to 90 percent of dietitians are Caucasian.

Diabetes is a growing problem in many of these communities.

Cynthia Aries-Dowling received the Halderson Scholarship for two years. Because of her mother’s illness, she has been interested in how diet can benefit health and quality of life since high school.

The senior was born in Lima, Peru. Her family relocated permanently to Miami when she was 14. She earned her associate degree in biology from Miami Dade College and transferred to K-State when her husband was stationed at Fort Riley.

Halderson advises students to get involved in different activities. The scholarship winner heeded. She is active in Kappa Omicron Nu, Engineers without Borders, and League of United Latin American Citizens. She is president of Sensible Nutrition and Body Image Choices — or SNAC — and is a multicultural ambassador.

“Ms. Halderson is a wonderful person, easy to talk to and someone I look up to. I am very honored for her help, and to have a mentor like her,” Aries-Dowling said. The two met last year.

The dietitian is proud to be part of training the next generation of dietitians.

“I got an excellent education at K-State,” Halderson said. “Any place I worked, especially if I talked to dietitians, they knew that K-State is a good place.”

In short: A quick look at what's going on in the college

150 Shades of Purple in Justin Hall



The shades have been quilted into masses of stitches and patterns now on display throughout Justin Hall. The exhibition, presented by the Historic Costume and Textile Museum, was displayed until March 28. Fourteen quilts and one apron, exhibited in 11 cases, exemplify an array of quilting techniques: machine, hand, pieced, applique and embroidery, said Marla Day, museum curator who designed the "150 Shades of Purple" display. Needle artists are Joanna Baker, Jennie Burden, Edgar Chambers, Cathy Cholic, Donna Dawson, Janet Finney, Nancy Graves, Charlotte Herr, Callie Hilderbrand, Judy Marshall, Rachel Moreland, Carol Pacey, Judi Robb, Jean Wright and Suzie Wong.

For sale: A bite of K-State history

Copies of *Teatime to Tailgates: 150 Years at the K-State Table* are still available for \$24.95 in 119 Justin Hall, on the College of Human Ecology website, bit.ly/170G1Fm, and at several locations in Manhattan. The 256-page book tells about the K-State food heritage from pioneers to tailgaters. It includes more than 100 recipes. Written by Jane P. Marshall and illustrated with photographs from the university archives, current university photographers and the Riley County Historical Society, the book is a project of the college and profits go into the Virginia Moxley Excellence Fund to support undergraduate international studies and research.



We believe...

The College of Human Ecology's participation in the 2013 All-University Campaign reached an all-time high this year with 89 percent of the college's employees contributing to the campaign. As a whole, 42 percent of K-State faculty and staff participated this year. Among the eight colleges, Human Ecology ranked second, only 1 percentage point behind Business Administration.

Shugart Lecture series celebrates 40 years

Cynthia Kiser Murphey, president and chief operating officer of New York-New York Hotel & Casino in Las Vegas, presented the 40th annual Shugart Lecture on March 10. New York-New York is a 2,024-room resort pairing "the singular style of New York City with the unique energy of the Las Vegas Strip." Her goal is to develop and reinforce the property's spirit where guests are a part of creating memories and sharing stories, she said. The lecture series was established in 1975 to honor the late Grace M. Shugart, former department head of hospitality management and dietetics and co-author of *Food for Fifty* and *Food Service in Institutions*.

Carol Kellett History Wall

Carol Kellett has spent years scouring documents, searching the K-State archives

and collecting artifacts that tell the story of the field of human ecology in general and the College of Human Ecology specifically. She has published one book on the college history, *Legacy of Leadership*, and is working on the expanded version.

Now some of that history has turned visual in Justin Hall.

The Carol Kellett Heritage Gallery, dedicated in October, grew from a gift from the former dean. It includes interactive media and a display cases that will feature rotating exhibits.

"I have always been so proud that K-State is a leading institution in the field of human ecology and that we have such a strong commitment to excellence and innovation," she said. "I wanted other people, in addition to our faculty and staff, to know we were one of the first programs in the country. It was called domestic science then.

"Plus I wanted a special place that would highlight the college's research," she added.

Speaking at the dedication ceremony were Barbara Anderson, head of apparel, textiles, and interior design; Sharon Nickols, alumna and colleague in history with the honoree; Allie Teagarten-Monk who worked with the professor as an undergraduate research assistant; and Dean John Buckwalter.



Kellett, who received a B.S. from K-State and M.Ed and Ph.D. degrees from the University of Missouri, served as dean from 1998-2006. She is a professor in the School of Family Studies and Human Services.

Diversity lecture links food and culture in Costa Rica

Paola Paez, professor of nutrition at the University of Costa Rica, discussed Costa Rican culture, cuisine, nutrition and food safety in her presentation in Justin Hall on Feb. 26. Her lecture, "Food and Culture: A Taste of Costa Rica," was sponsored by the college and the Department of Hospitality Management and Dietetics.

Restorative justice for her daughter's killers

Linda Biehl talked about her belief in justice through peace and reconciliation — called restorative justice — and not retribution in February. The conviction grew from her daughter's actions and her death. Amy Biehl, a 26-year-old Stanford graduate who was awarded a Fulbright Scholarship to study the role of women and gender rights during South Africa's transition from the apartheid regime to democracy, was killed in an act of political violence in South Africa in 1993. Linda Biehl has turned the horror and loss into a mission. Her lecture at K-State, titled "Personal Reflections on Nelson Mandela's Legacy," was organized by Terry McCants with the conflict resolution program in the School of Family Studies and Human Services. It was part of the Vernon Larson International Lecture Series sponsored by Friends of International Programs.

A Taste of Costa Rica

Allan Ortiz, a Costa Rican chef and culinary educator, demonstrated how to prepare Hearts of Palm Ceviche with Avocado and Pineapple, Coconut Rice and Beans with Curry Fish, and other specialties from the Central American country at the 10th annual Culinary Enhancement Workshop in February. In the afternoon, Danny O'Neill, president and owner of The Roasterie in Kansas City,



presented the Primer on Coffee workshop to students, professionals and alumni. The workshop is an annual project of the Department of Hospitality Management and Dietetics for students, professionals and alumni. It is sponsored by K-State Housing and Dining Services and the McCune Foundation.

Family Consumer Sciences students wanted

More than 100 high school FCS students and teachers came to campus last October for the first Wild about FCS professional development and student recruitment day. The second Wild for FCS day will be Oct. 3. Human Ecology students working on the event were, below standing from left: Meg Marquardt; Kelsey Fisher; Ashely Lock; Willie the Wildcat, who came to greet potential students; Bailey Blair; Alexis Lundy; and FCSE professor Sally Yahnke. Front row, from left: Stacie Glessner and Brook Witty.



Alumni fellow '14: Ken Fox of the University of Bristol



Ken Fox, professor emeritus of exercise and health sciences at the University of Bristol, visited campus in April as the College of Human Ecology's alumni fellow for 2014.

Fox, who has a master's degree from Kansas State University, has dedicated his career to research, teaching and policy development in physical activity and health. His interests have included fitness education, obesity, mental health and activity in later life.

"Dr. Fox is a distinguished scientist who has had a significant role in shaping public policy in the United Kingdom as it relates to public health and physical activity," said John Buckwalter, dean. "We are grateful that he agreed to travel from England to share his expertise with our faculty and students."

He has been adviser for several U.K. government projects and was the senior scientific editor of the chief medical officer's first report on physical activity and public health. He has produced more than 300 academic papers.

Three faculty members received the college's top awards



Craig Harms, professor in kinesiology, was tapped for the Myers-Alford Outstanding Teaching Award. He will become head of the Department of Kinesiology on July 1.

He has a national and international reputation for his research in the field of cardiopulmonary exercise physiology and, among faculty and his students, is known as an outstanding teacher. He has "contagious enthusiasm for experimental investigation and the training of students," one student said.



Kim Y. Hiller Connell, assistant professor in apparel, textiles, and interior design, received the Faculty Research Excellence Award. Her work involves investigating and

understanding the scientific processes driving the environmental issues in the apparel textiles industry. Her research and leadership in sustainability is at the forefront in helping an entire industry change its practices to reduce negative environmental and social consequences.



Jared Durtschi, assistant professor in marriage and family therapy, received the Dawley-Scholer Award for Faculty Excellence in Student Development. "I love...challenging

and supporting our students, and helping to lift them to places they never dreamed possible," he says about teaching graduate students. He teaches advance statistics, clinical theory, clinical supervision and advanced research methods in marriage and family therapy.

Parks to be commencement speaker

Diane Parks will present the commencement address at 4:15 p.m. May 17 in Bramlage Coliseum. A 1974 K-State graduate in fashion merchandising, Parks received the college's executive leadership award in 2012.

The native Kansan and strong advocate for developing women as leaders, Parks, vice president of sales for the nephrology business unit of Amgen, a multinational biopharmaceutical company, has been an executive for large pharmaceutical and biotech companies for more than 30 years. She lives in Colorado.

Musch earns Zoetis Animal Health Award for Research

Tim Musch has received the Zoetis Animal Health Award for Research Excellence, the highest honor for research presented by College of Veterinary Medicine. He is a professor of anatomy and physiology in the veterinary college and a professor of kinesiology and interim associate dean for research and scholarship in the College of Human Ecology. His fields of research include chronic, or congestive, heart failure and how this disease affects skeletal muscle blood flow, oxygen delivery and function.

The K-State Marching Band played a rousing serenade at the College of Human Ecology hospitality tent last year.



Names in the News

December commencement: **Cathy Lacy**, a 1979 graduate in dietetics and institutional management, served as keynote speaker at winter graduation ceremonies on Dec. 14. An active leader in a number of community and educational institutions, she is currently on the board of trustees of the KSU Foundation... Student commencement speaker was **Rutherford Sanford**, hotel and restaurant management... Outstanding graduating seniors in December were: **Reagan Hart**, apparel marketing; **Kathryn Gayle Minnix**, early childhood education; **Bryn Penny Mosbarger**, family studies and human services; **Kelli Voelker**, family studies and human services; **Kathleen Novosel**, dietetics coordinated program; **Monica Nelson**, hospitality management; **Kari Thiessen**, public health nutrition; and **Adam Huff**, kinesiology.

Faculty earn national, international honors: **Sherry Haar's** design, "Sunflower Saddened," earned a spot in the juried exhibition at the annual meeting of the International Textile and Apparel Association

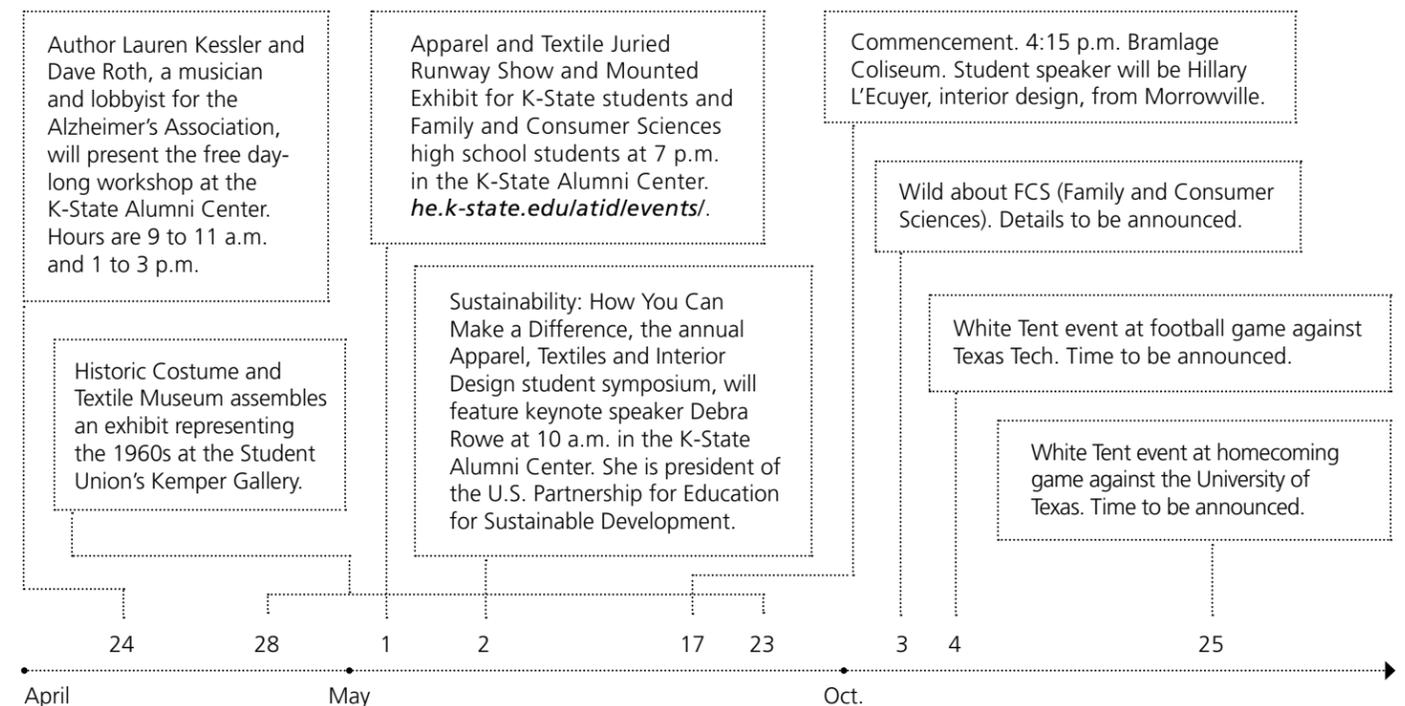
in New Orleans this winter. Students exhibiting their work were **E. Monfort-Nelson**, **H. Sigvaldson** and **L. Sun**... **Mary Molt**, assistant professor of hospitality management and dietetics and associate director of Housing and Dining Services at K-State, received the prestigious 2013 Medallion Award from the Academy of Nutrition and Dietetics... **Deb Canter**, professor in hospitality management and dietetics, and **Mary Meck Higgins**, associate professor in human nutrition and Extension specialist, have been named fellows of the Academy of Nutrition and Dietetics.

Alumni make the news: **Elaine Turner** has been named dean of the University of Florida College of Agriculture and Life Sciences. She got her bachelor's degree from K-State in dietetics... **Dora Rivas**, executive director of Dallas Independent School District Food and Child Nutrition Services who received a M.S. degree in restaurant and institutional management at K-State, received the first Innovative Anti-Hunger Work Award presented by the Food Research and Action Center for her

operation's efforts to expand breakfast-in-the-classroom service. She is a former recipient of the College of Human Ecology's Executive Leadership Alumni Award... **Karla Hughes**, who earned master's and bachelor's degrees in nutrition and food science in the College of Human Ecology, has been named executive vice president and provost of the University of Louisiana System. She served on the college alumni advisory board for four years... **Mary Gregoire** has been named director of the Accreditation Commission for Education in Nutrition and Dietetics. She earned a Ph.D. in foodservice and hospitality management from K-State and received the College of Human Ecology Distinguished Research Award in 2007.

College honors: **Terrie R. McCants**, program director for certificates in conflict resolution and co-coordinator for the conflict analysis and trauma studies minor, and **Nancy T. O'Conner**, clinical of the Family Center in the marriage and family therapy program, received the Dean Barbara S. Stowe Endowed Faculty Development Award for 2013. Their project is Elder Decisions: Adult Family Conflict Resolution.

Spring events in the College of Human Ecology



Learn more about these and other events in the College of Human Ecology on our website he.k-state.edu

K-State notice of nondiscrimination

Kansas State University is committed to nondiscrimination on the basis of race, color, ethnic or national origin, sex, sexual orientation, gender identity, religion, age, ancestry, disability, military status, veteran status, or other non-merit reasons, in admissions, educational programs or activities and employment, including employment of disabled veterans and veterans of the Vietnam Era, as required by applicable laws and regulations. Responsibility for coordination of compliance efforts and receipt of inquiries concerning Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans With Disabilities Act of 1990, has been delegated to the Director of Affirmative Action, Kansas State University, 214 Anderson Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

