FOCUS

Spring 2014

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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 connected 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

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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.”

Craig Harms referred to his current position as “a perfect storm” of interests. “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.

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 Erin Barcascott Peterson, Beth Bohn, Guolin Zhao and Debby Hett. To keep up with the news from the College of Human Ecology, check out he.k-state.edu.

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

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FOCUS

“Our research has potential dramatic implications on physical health.” — Craig Harms

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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 when you do that?” Buckwalter responded: “I am 5’10.”

“Please thank the little folks, they make me feel so welcome,” Dean Buckwalter told K-State President Richard Myers and Foundation President John Hall. “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.”

Buckwalter also reflected on his time in office as Dean of the College of Human Ecology.

“My first two semesters at K-State have been an exciting whirlwind,” he said. “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.

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Dean John Buckwalter

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 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 has more than $10 million in grants and contracts related to health.

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:

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
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.

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.

Conducting the research funded by the United Methodist Health Fund are David Dzewaltowski, 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.
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.

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.
News videos

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 advice on managing through a furlough, how to avoid being scammed and best ways to save
- Mary Meck Higgins, human nutrition, gave advice on aspartame and how to consume it; and
- 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 Rosenkrantz, human nutrition, shared their research on sitting at work.

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.

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.

Ride a bike to school

Dietetics students complete their community rotation with county health departments, grocery stores such as Hy-Vee and K-State Research and Extension. Hy-Vee dietitian Karen Hanson shows students Samantha Claassen, Joel Morgan and Taylor Johnston the Manhattan store.

News videos

By Lindsey Elliott, News Production Specialist, Division of Communications and Marketing
Andrew R. Kutina: A family of dentists

“If 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

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 Graduate Student Council.

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 Graduate Student Council.

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 Clarengburg 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.

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

“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.
“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.”

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.

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.

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.”

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.

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.

Center of activity

Ice Hall boosts college’s research programs and outreach

• 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.
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 Rettel-Thomas at 1-800-432-1578 or jennifer@found.ksu.edu.

Mentors matter
Will you step up to the plate?

Alumni'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 diabetics 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.”
The shades have been quilted into masses of stitches and patterns now on display throughout Justin Hall. The exhibition, organized by Terry McCants with the help of student and faculty volunteers, displayed 28 quilts and one apron, exhibited throughout Justin Hall. The exhibition, "150 Shades of Purple in Justin Hall," is dedicated to the memory of Carol Kellett, who spent years scouring the K-State archives and researching the rich history of K-State's human ecology programs.

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, appliqué and embroidery, said Marla Dan, museum curator who designed the "150 Shades of Purple" display. Needle artists are Joanna Baker, Jervis Borden, Edgar Chambers, Cathy Cholick, Donna Dawson, Janit Finney, Nancy Graves, Charlotte Helfer, Carla Hildebrand, Judy Marshall, Rachel Moreland, Carol Pacey, Judy Robb, Jean Wright and Suzie Wingo.

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 Murphy, 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, alumnus and colleague in history with the honoree; Allie Taagarten-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 Fox, 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 1999. 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 McCall 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 Education.

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,
Names in the News

December commencement: Cathy Lacy, a 1979 graduate in dietetics and institutional management, served as keynote speaker at winter graduation ceremonies 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; Kathleen Gayle Minna, early childhood education; Bryn Penny Mosbarger, family studies and human services; Kelly Vokes, family studies and human services; Kathleen Novosel, dietetics coordinated program; Monica Nelson, hospitality management; Kai Thielson, public health nutrition; and Adam Huff, kinesiology.

Faculty earn national, 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.

Parks to be commencement speaker

Diane Parks will present the commencement address at 4:15 p.m. May 17 in Bramlage Coliseum. A 1988 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 neophyly 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.

Spring events in the College of Human Ecology

Commemoration. 4:15 p.m. Bramlage Coliseum. Student speaker will be Hilary L. Esrey, interior design, from Morrowville.

Wild about FCS (Family and Consumer Sciences). Details to be announced.

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

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. Hillier 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 Dutschke, 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.

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 intern 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.

Author Lauren Kessler and Dave Roth, a musician and lobbyist for the Alzheimer’s Association, will present the free day-long workshop at the K-State Alumni Center. Hours are 9 to 11 a.m. and 1 to 3 p.m.

Apparel and Textile Juried Runway Show and Mounted Exhibit for K-State students and Family and Consumer Sciences high school students at 7 p.m. in the K-State Alumni Center. he.k-state.edu/ualidevents.

Sustainability: How You Can Make a Difference, the annual Apparel, Textiles and Interior Design student symposium, will feature keynote speaker Debra Rowe at 10 a.m. in the K-State Alumni Center. She is president of the U.S. Partnership for Education for Sustainable Development.

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