

Vitality



NOTES

Vol 2, No. 12 | Nov. 9 2007 | Editor: Shellie Taylor

Next week we will be pleased to host a visit from Mollie Mulvanity, the Director of Accreditation Services from the Council on Education for Public Health. As you know, we will be pursuing formal accreditation for our MPH degree. Mollie will be on campus all day on Friday November 16 to provide consultation on the necessary steps we need to take to achieve accredited status. Please see Gerry Hyner for her itinerary.

You may have seen the short piece in *Inside Purdue* on the Ismail Center's new Web-based fitness coaching program. Steve McKenzie has created an interactive intervention pilot project in partnership with Purdue's WorkLife Program. He received funding support from Purdue's Human Resources Health Benefits Program to purchase computers and software to enable the Ismail Center to provide at-a-distance professional exercise and physical activity oversight. The Ismail Center is currently beginning to pilot the idea with the help of students in the Purdue Bands, and hopes to provide this form of physical activity promotion to faculty and staff beginning in the spring semester. The program includes an initial health-related fitness assessment, followed by a results interpretation session including an individualized exercise prescription. Thereafter, the participant will enter their exercise data through the Web-based Motivation software program and receive regular feedback and coaching from Ismail Center staff members. This creative approach to assisting Purdue's faculty and staff increase their levels of physical activity is promising indeed.

Congratulations to Sarah Ullrich-French in her recent Research Incentive Grant award. Sarah is proposing to study physical activity motivation across the transition to college.

An entourage of HK youth development researchers met this week with the administrators of the Lafayette School Corporation. Sarah Ullrich-French, Meghan McDonough, Bonnie Blankenship, and Holly Pierce presented their preliminary research findings on the impact of NYSP on LSC student academic success. As many of you know, we are partners with LSC in a longitudinal study of how well (or badly) our NYSP youngsters are doing in school over time. The research team is looking at a variety of markers comparing NYSP youngsters with children in the same demographics but who do not participate in NYSP. They will be collecting information on ISTEP scores, grades, graduation rates, post-secondary education, extra curricular activities, attendance, and other markers of public school progress.

Have a nice weekend. See you next week.
Please do the best you can in everything you do.







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Calendar—Nov. 11 - Nov. 24

Sun	Mon	Tues	Wed	Thur	Fri	Sat
11 Happy B-Day Bill Harper 	12	13	14 Grad Faculty Meeting LAMB 108 3:30 POS Presentations	15	16	17
18	19	20	21 No classes (Nov 21-23)	22  Thanksgiving Holiday	23 University Holiday	24

You are invited...

You are invited to a Master's thesis proposal by
Colleen Thompson
11/13/07 at 1:30 in LAMB 120

Title: *A Longitudinal Investigation of Inflammatory Biomarkers, Vitamin D, and Physical Fitness in Trained and Untrained Elderly Men and Women*

Grad Info

Fall 07
Graduation Deadlines

December 1:

Last day for students to pass the final exam.

December 7:

Last day to electronically submit a dissertation (Ph.D. Students) or deposit Thesis (Master's Students.)

Notify Jill at least 2 weeks before your proposal or final exam, preliminary or final exam date.

Attention

HK Teaching Assistants:

Please register for classes as soon as possible so that the administrative team can start working on teaching assignments.

In the

Spotlight



Titilayo A. Okoror



Title: Assistant Professor

Birthplace: Lagos, Nigeria, West Africa

Titi is from Nigeria. Although born in Lagos, she's actually from Edo State, mid-western part of Nigeria. She speaks four languages including the English language. This is not surprising since Nigeria has over 250 languages and over 1,000 dialects, such that English language is the official language of the country, and most Nigerians are bi-/multilingual. She has an older sister who lives here in the U.S. and two wonderful nieces and nephew that she loves to spend time with. Titi is currently involved in a study entitled, "What is Good Sex?" - exploring the effect of sexual satisfaction on sexual behaviors among college students. In addition, she is the data analyst in a study examining the cultural context of HIV/AIDS Stigma in South Africa.

Education:

Titi received her Ph.D. from The Pennsylvania State University, State College in Biobehavioral Health with special focus in public health.

Activities/Hobbies:

In her 'down-time' she loves to read, dance and watch movies and her favorite restaurant is Olive Garden.

Travel

Titi's favorite places to travel are the Stellenbosch Wineries, Table Mountain and Monkey Valley Resort in South Africa. She really loves to go back to the resort and watch the waves of the ocean as they roll in.



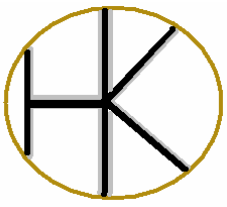
Enjoying the Winery in South Africa



After the performance

Other Interesting Facts

Titi used to act on stage for her program activity while in the English and Literature Department, Obafemi Awolowo University, Ile-Ife, Nigeria. She still loves to act, and was very excited about performing a monologue she wrote on the book, *The King Must Dance Naked* by Fred Agbeyegebe, as part of "Taste of the Touch of Africa" an African variety show she organized showcasing fashion show, recitals and dances. The program was in collaboration with the Late'Nite PSU which was developed to provide students with alternatives to clubbing and drinking on weekends.



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Attention!!



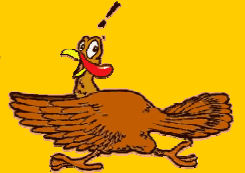
Fall Harvest Food Drive

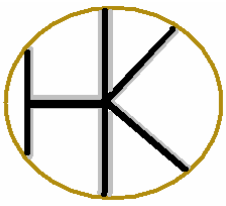
The HK club is participating in the Fall Harvest Food Drive. We are asking everyone in the department to help us donate food for this event. A labeled box is located in the HK main office for donations to be placed. Donations will be collected until 3:00 p.m. on Thursday, November 15th. Thank you

HK Club Annual Turkey Trot

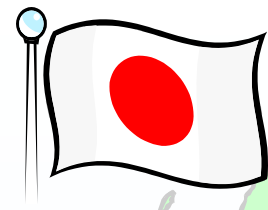


The HK Club had its annual Turkey Trot 5k Walk/Run this past Saturday. We had a record number of participants this year. We raised over \$700 for both the club and Camp ASCA. Camp ASCA is a camp for children with disabilities that is located in Alabama to which we donate Turkey Trot money to yearly.





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Melissa Markofski attended the International Society of Exercise and Immunology conference in Sendai, Japan. During her stay, she was able to visit with her friend who is Purdue Alumni Liz Welsch. Liz completed her MS in Fall 2005 and currently lives and works in Japan.

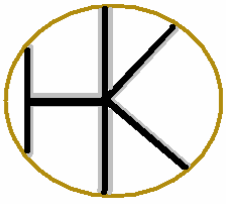


Hello, My name is Roscoe. I am Cute, Cuddly and in need of a new home. I am a special kitty who needs tender, loving care.



Melissa Markofski has a cat named Roscoe who she has had for 4 years. Melissa has allergies and needs to find a good home for him. Roscoe likes to be around people but Melissa is rarely at home. Roscoe is about 9 years old and very healthy (he just had a check-up and vaccines in Sept 07). He has special food he eats (low protein, high carb). He is declawed and neutered. He gets along with other cats, but he does have anxiety issues so he would benefit to have someone who could spend more time with him and/or was with other cats. He uses Chondroitin glucosamine which is sprinkled on his food to help with his bladder infections (he used to get them frequently but hasn't since starting the chondroitin glucosamine). He is really friendly and loves to be around people.

Please contact Melissa at mmarkofs@purdue.edu. Thank you!



Vitality



Mark your calendar

November 14, 2 pm

Mary Ann Sloan (Director, Purdue Health Care Technical Assistance Program) will meet with the Public Health faculty at 2pm

November 16, 10 am. Indianapolis

Dr. Avery will present results from the "2007 Indiana EMS Workforce and Training Survey" as testimony for the Indiana Emergency Medical Services Commission

Also, please note that call for abstracts have been issued for

a) **the Keeneland Public Health Services Research Conference** (April 9-11, 2007, Lexington, KY). Papers are requested dealing with the analysis of the organization, financing, and delivery of public health services in various communities, and examining the effect that these services have on population health status. Information is available at:

<http://www.keenelandconference.org/>.

b) **the AcademyHealth 2008 Annual Research Meeting** (June 8-10, 2008, Washington, D.C.) The ARM features 22 themes, including Public Health & Preparedness and Obesity Prevention & Treatment. The [Call for Abstracts](#) opens November 1, 2007. Information at: <http://www.academyhealth.org/arm/index.htm>.

c) **the AcademyHealth 2008 Public Health Services Research Interest Group meeting** (June 7, 2008, Washington DC). Details at

<http://www.academyhealth.org/interestgroups/phsr/2008.htm>.

Finally, the following grant program has been announced - open to grad students and junior faculty:

Mini Grant Announcement: The University of Kentucky, College of Public Health is hosting Round III "Assuring the Future of Public Health Systems Research (PHSR)". Young investigators including junior faculty and dissertation candidates are encouraged to submit proposals for an award of \$10,000 to conduct research using PHSR datasets from NLM's Health Services Research Resources (HSRR).

For Application and Instructions go to <http://www.ukcph.org/Research/tabid/91/Default.aspx>
Proposals must be submitted no later than *January 15, 2008*.

Contact: Rick Ingram, M.Ed.

Email: rcingr2@email.uky.edu

Phone: (859) 218-2020



Vitality



Purdue Men's & Women's Home Basketball Game schedule, 07-08

Towing from G lot (behind Lambert) begins at 5:00 on
weekday game nights

WATCH FOR THE BRIGHT PINK SIGNS!!!

- November**
- 11/8
 - 11/12
 - 11/15
 - 11/17
 - 11/20
 - 11/24

- December**
- 12/1
 - 12/2
 - 12/5
 - 12/8
 - 12/17
 - 12/19
 - 12/28
 - 12/29

- January**
- 1/5
 - 1/6
 - 1/10
 - 1/12
 - 1/14
 - 1/19
 - 1/20
 - 1/26
 - 1/27
 - 1/30
 - 1/31

- February**
- 2/5
 - 2/7
 - 2/12
 - 2/14
 - 2/24
 - 2/27

- March**
- 3/1

GO BOILERS!!!





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**See Display case for samples
in the Lobby of Lambert**

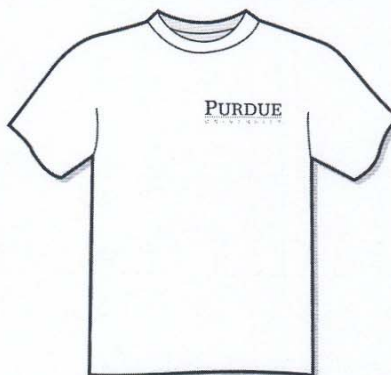


Health and Kinesiology Department Clothing Line Order Form 2007-2008

Tee Shirt and Sweatshirt Back



Tee Shirt and Sweatshirt Front



Hoodie Back



Hoodie Front



All shirts are a deep asphalt gray (not heathered) with white ink.

Pricing:

All items can be ordered in a size XXL for an additional \$1.

Tee Shirts size S-XL \$10

Sweatshirts size S-XL \$18

Hooded Sweatshirts size S-XL \$20

Payment is due with your order!

Item Name/Type	Size	Quantity	Sub-Total

*To order more items, please use back of form

Grand Total _____

Your Name: _____

Phone: _____

E-mail: _____

Please remit all order forms and payments to Colleen Thompson in by Friday **November 16th**
For more information contact Colleen at cmt@purdue.edu, or in the Ex. Phys. offices.

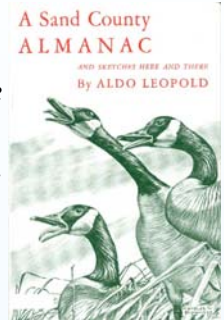


Vitality



Chains of dependency . . .

It's November. "The wind that makes music in November corn is in a hurry. The stalks hum, the loose husks whisk skyward in half-playful swirls, and the wind hurries on." So wrote the American pioneering conservationist Aldo Leopold. In his award-winning *A Sand County Almanac* (1949), Leopold not only vividly described the month of November (and the eleven others) as viewed from his renovated chicken coop farm/home in Sauk County, Wisconsin, but he gave this country its first vision of a land ethic.



Leopold (1887-1948) is considered to be the father of land preservation movements, including conservation, wildlife management, and ecology. He was the first American scientist/philosopher to argue for substituting conservation rights and wrongs for simple ecological expediencies. Since ethical principles in general involve placing limits on individual (or industrial and corporate) behavior in the name of societal interdependence, Leopold saw no good reason to exclude an ethics of interdependency for our relationship with the land, and to what flows, roams or grows on it: water, animals, and plants and trees.

Aldo Leopold (1928)

Leopold was born in Burlington, Iowa, a stone's throw from the banks of the Mississippi River. His instinctive outdoor nature habits as a child prowling the bottomlands and backwaters of the river eventually led him to study forestry at Yale. After taking his masters degree there in 1909, he joined the United States Forest Service. Within three years he became the supervisor of the million acre Carson National Forest in New Mexico. In time he was reassigned to game and fish, and wrote the first official handbook used to establish the legal authority of forest rangers and game wardens to enforce game and land protection laws.



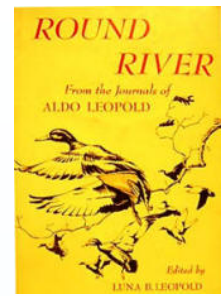
A seer, Leopold was well ahead of his time. In 1924 he urged the Forest Service to set aside wilderness areas immune to development. They acted on his recommendation, and the Gila region of New Mexico was declared a wilderness area 40 years before the Wilderness Act was established. For the next nine years he was the associate director of the U.S. Forest Products Laboratory in Madison. In 1933 the University of Wisconsin created a faculty position for him in game management, where he remained as a teacher, scholar, and writer until his death. He died from a heart attack while fighting a grass fire on his Wisconsin neighbor's farm property.

Besides his prolific essay writing, he authored over 300 scientific research and policy papers. He is in the National Wildlife Federation's Conservation Hall of Fame, and was awarded the John Burroughs Medal in 1978 for his life's work and for *A Sand County Almanac*—a book he did not live to see published and has since sold over 2,000,000 copies around the world.

Con't...



Vitality



Chains of dependency . . .



Ruminating as he did in the *Almanac* and other essays during the 1930s and 1940s, Leopold already saw that America and Americans were regarding land as a useful commodity and not as an indispensable cultural component of the communities to which we belong. “Our bigger-and-better society,” he wrote, “is now like a hypochondriac, so obsessed with its own economic health as to have lost the capacity to remain healthy.” Intellectually, all Leopold was doing was extending the idea of community to include the land. Is this not the home of the brave and the land of the free, he asked? If so, why are we willing to send our soils down the rivers? Why do we restrict the function of our water to turn turbines and carry sewage? Why do we exterminate entire communities of plants without a second thought, much less a first? Why do we systematically extirpate large and beautiful species of animals? His answer to these questions had to do as much with attitude as actions (or inaction). Put another way, it is our day-to-day attitude toward the land itself that nullifies the natural chain of dependency between *Homo sapiens* and the land.

For whatever reason, Leopold explained, we grew accustomed to our land use as conqueror, not as custodian. This is not new news today, of course. Efforts have been underway for decades—both in the scientific community and in public conservation policy—to create a more congenial relationship between the land and ourselves. But there are nonetheless today grave concerns about the environmental condition of the entire planet; and the saddest discovery of all is that at least in our part of the world, had we listened to Aldo Leopold three quarters of a century ago, we might not be in the predicament we now find ourselves in. (It took Leopold eight years to find a publisher for his *Almanac*.) After all, he said, it isn’t evolution that brought us to this point; we brought us to this point. “A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise.”



Leopold writes



Land is organic; it lives. Leopold’s sustained arguments for creating community-wide ecological conscience recognized the imperative of a chain of dependence between us and the land. Like human health, land health is the capacity for self-renewal. And the ethics of conservation is the way we can learn to understand and preserve this capacity. “The opportunity to see geese is more important than television,” Leopold wrote, “and the chance to find a pasque-flower is a right as inalienable as free speech.”

Con’t...



Vitality



Chains of dependency . . .



And so the November winds blow. “The flock emerges from the low clouds, a tattered banner of birds, dipping and rising, blown up and blown down, blown together and blown apart, but advancing, the wind wrestling lovingly with each winnowing wing. When the flock is a blur in the far sky I hear the last honk, sounding taps for summer.” Let us hope that in the end we are not the

age found to be responsible for blowing taps on Leopold’s dream of realizing the sweetest ecological harmony, that of a vibrant, vital, and living land ethic.

