



DEPARTMENT HEAD NOTES

Congratulations to Professor Zelaznik (with Professors Rietdyk and Haddad in HK), and Professor Newcomer for being invited to submit full proposals for the Showalter Trust Competition. Professor Zelaznik's pre-proposal is entitled: *fMRI analysis of cerebellar function in the elderly: Predictions of postural control*. Professor Newcomer's project is entitled: *Influence of gene expression on the development and progression of Atherosclerosis*. Purdue's internal review committee selected 16 pre-proposals to be submitted as full proposals the Showalter Selection Committee.

If you missed our earlier announcement, K. Donald Shelbourne will be our Cowell Lecturer this spring. Dr. Shelbourne is an orthopedic surgeon at Methodist Sports Medicine Center in Indianapolis. He has published more than 100 journal articles and received the Hughston Award for the most outstanding article published in the *American Journal of Sport Medicine* for 1999. Dr. Shelbourne is in his 19th year as an orthopedic physician for Purdue athletics and was team physician for the Indianapolis Colts for 15 years. The Cowell Lecture and Awards Reception will be held in the West Faculty Lounge, Purdue Memorial Union on April 23 at 6:00. Please plan to join us.

February Twilight

Sara Teasdale (1884-1933)

I stood beside a hill
Smooth with new-laid snow,
A single star looked out
From the cold evening glow.



There was no other creature
That saw what I could see—
I stood and watched the evening star
As long as it watched me.



May the February stars watch and watch out for you all.



Calendar – Feb 8 - Feb 21, 2009

Sun	Mon	Tues	Wed	Thur	Fri	Sat
8 Happy Birthday Gerry Hyner 	9 Last day to cancel a course without grade, for course additions, change of level, or change of pass/no pass option	10	11 HK GRAD FACULTY MEETING 3:30 - 5:00 LAMB 108	12	13	14 Happy Valentine's Day 
15	16	17	18 <u>Colloquia</u> Ellen Gruenbaum LAMB 108 3:30	19	20 Last day to declare candidacy for degree for May 09 graduation	21

GRAD INFO

March 6

Last day for exam/degree only registrants to complete the final exam and/or deposit thesis.

April 24

Last day for students to pass the final examination. (Presentation or thesis defense)

May 1

Last day for MS and PhD students to deposit the electronic thesis and turn in required forms at their mandatory, scheduled final deposit appointment.

Attention!

FEBRUARY 11th
Presentation Report from Students

AFRICAN STUDY ABROAD
LAMB 108, 2:30 p.m.

FEBRUARY 11th

President France Cordova
and
Provost Randy Woodson
Visit the College of Liberal Arts

In the

Spotlight Spotlight



Jan Eichenauer

Title:

*Graduate Student (PhD)
Research Assistant*

Birthplace:

Wabash, IN



I am the youngest of four in my family and have eight nieces and nephews. No pets for now. Would love to have a dog, but unfortunately I'm probably not home enough to be a "responsible" pet owner.

Education/Career Experience:

BA Health & Physical Education, Purdue University (2004); MS Kinesiology, California State University, Fullerton (2008)

I graduated from Purdue with a BA in Physical and Health Education in 2004. Following graduation I taught high school health and physical education at Frankfort High School (Frankfort, IN) and later taught middle school health and physical education at Thomas Jefferson Middle School (Valparaiso, IN). During this time I also coached track and field, tennis, and basketball. In the most recent years prior to returning to Purdue I lived in Southern California where I worked on my Master's Degree in Kinesiology at California State University, Fullerton and served as a teaching assistant. During my time at CSUF I also served as Project Coordinator for a "Physical Activity and Nutrition Among Pacific Islander Youth" community-based project. My current area of study is Pedagogy.

Activities/Hobbies/Travel:

I enjoy running, swimming, biking, hiking/backpacking, camping, traveling. Pretty much anything that involves being active and outdoors.

I've visited all but 3 states (LA, AL, MS) and love traveling, especially when the destination involves mountains! My most recent travels were spent hiking last summer in Banff National Park (Alberta, Canada), Glacier NP, Grand Tetons NP, Yellowstone NP, and Yosemite NP. I have yet to travel around Europe, but that is on the "to-do-list" sometime in the future.

My favorite restaurant is P.F. Chang's – their lettuce wraps are the best!

Interesting Fact:

I am currently training for a half marathon this spring and my first half ironman this summer.





Vitality

National Wear Red Day February 6, 2009

Approximately every minute, someone will die from a coronary event, and every forty seconds someone will suffer a stroke (1). In the United States, heart disease is the leading cause of death for both men and women. Fortunately for men, the mortality rate from heart disease has decreased by 17% over the past 25 years. For women however, the rate has only decreased by 2.5% (2).

Today, February 6, is National Wear Red Day. It is a day for women to stand up and fight the stereotypes that say heart disease is a man's disease or a disease that only affects "older" women. Every year over 400,000 will women suffer a heart attack in the United States and 83,000 of those women will be under the age of 65 (3). In 2005, heart disease killed 8 times more women than breast cancer, an illness that women often cite as their greatest health concern (4).

Women have made great strides in their awareness of heart disease. In 1997, only 30% of women recognized heart disease as their leading cause of death. That increased to 55% in 2005, but a lot work still needs to be done to educate women about the dangers of heart disease. While most women can correctly identify what a healthy blood pressure measurement is (<120/80 mmHg), the percent of women who know the recommended levels for HDL (>50 mg/dL) and LDL (<100 mg/dL) cholesterol are not as encouraging, 37% and 20% respectively (5).

Sixty-five percent of women now recognize that their gender is more likely to present with atypical symptoms of a heart attack such as unexplained fatigue, shortness of breath, or low back or jaw pain. Unfortunately, many women do not associate typical indicators such as chest pain, tightness, or pressure and pain that radiates to the neck, shoulder, or one or both arms with a cardiac event. It is important that women recognize all symptoms of a heart attack because chest pain is the most common symptom reported by both men and women (6).

In addition to wearing red today, there are many concrete ways to take a stand against heart disease. Women should know their numbers – blood pressure, cholesterol, fasting blood glucose, and waist circumference – and know the goals they need to reach in order to be within the optimal range. Engaging in healthy behaviors such as exercising five days a week for a minimum of 30 minutes each day, eating a diet rich in fruits, vegetables, and whole grains, and limiting sodium intake can also help reduce a woman's risk. Wearing red on February 6 is one way for women to take a stand against heart disease, but it will take more than a fashion statement for Go Red for Women to reach their goal of decreasing heart disease in women by 25% by 2010. Women so often take care of those around them; it is time for us to also begin to take care of ourselves, starting with our heart.

For more information please visit:

The Go Red for Women movement at <http://goredforwomen.org>

The Heart Truth campaign at www.nhlbi.nih.gov/health/hearttruth/

1. American Heart Association. Heart disease and stroke statistics, 2008 update-at-a-glance. Available at http://www.americanheart.org/downloadable/heart/1200078608862HS_Stats%202008.final.pdf
2. American Heart Association. Heart disease and stroke statistics, 2003 update. Available at <http://www.americanheart.org/downloadable/heart/10590179711482003HDSStatsBookREV7-03.pdf>
3. Women's Heart Foundation. Women and Heart Disease Facts. Available at http://www.womensheart.org/PDFs/FactSheet_WHD.pdf
4. National Heart, Lung, and Blood Institute. Leading causes of death for American women (2005). Available at http://www.nhlbi.nih.gov/health/hearttruth/press/infograph_dressgraph.pdf
5. Mosca, L., et al. (2006). National study of women's awareness, preventive action, and barriers to cardiovascular health. *Circulation*. 113; 525-534.
6. Patel, H., et al. (2004). Symptoms in acute coronary syndrome: Does sex make a difference? *American Heart Journal*. 148; 27-33.

Spring 2009 Colloquium Series

LAMB 108, 3:30 P.M.



Wednesday, February 18

Dr. Ellen Gruenbaum
Department Head and Professor
Anthropology

*Harmful Traditions?
The International Pubic Health Movement
Against Female Genital Cutting.*



Wednesday, March 25

Dr. Megan McDonough
Assistant Professor
Sport and Exercise Psychology

*The Development of Social Support on Breast
Cancer Survivor Dragon Boat Teams.*



Battered, Bruised, Yet Still Undefeated!

The Purdue men's basketball team and the Lambert Leapers had something in common Tuesday night. Neither team played at full strength. The only difference was the Leapers won. (Editors note: The undergraduate institution of the author made it impossible to not take this job. However, it is dually noted that the "hippie" school from down south is 0-8 in Big Ten play as of press time.) Despite one player serving a self-imposed suspension and a wife's birthdays interfering with court time, the Leapers came together for a solid 44-19 victory over Aero Assault.

"The key to the game was our defense and ball movement," stated captain J.D. DeFreese. The Leapers carved up the defense of the aeronautical engineers' from across Stadium Street via a powerful high-low scoring punch from DeFreese and center Michael "Big Smooth" Hemphill and timely outside shooting. Said Hemphill, "I like to pattern my game after the Tar Heel greats, Sam Perkins, James Worthy, Julius Peppers, Tyler Hansborough, some guy named Jordan, et al. Speaking of Peppers, I think my game could translate to the football field as well. Tomorrow is signing day and my letter is on Coach Hope's desk." (Editors note: As of Validity press time Hemphill has not received any response from Purdue football.)

The engineers kept it close by using their knowledge of statics and dynamics to get some easy buckets in the paint and by using the theory of quantum mechanics to knock off Leaper Jakai Lu's glasses (Not to be outdone, he proceeded to play without them). However, standout defensive play by John Schumm (recent ag-bio engineering transfer to the Leapers) and Tobin "The Glove" Silver held Aero Assault to less than 10 second half points. Said Silver, "It was a total team effort, we just take it take it one week at a time, as Travis Dorsch, says, a little task orientation goes a long way, so I left my ego at the door as well as my kinematic marker and my ridiculous good looks!" Thus it was on a cold Tuesday night at the Purdue CoRec. Though, they may dominate us in the classroom, NSF funding, and in the commas in their bank account when they go on to work for NASA, on this night the Leapers dominated both on the court and in their sportsmanship rating.

- J.D. DeFreese
- Travis Dorsch



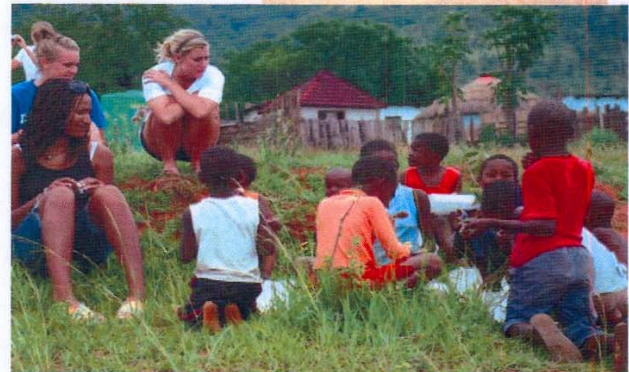
Vitality



YOU ARE INVITED!!!

HK GOES TO SOUTH AFRICA & SWAZILAND

See South Africa & Swaziland through the eyes of the students that participated in the first HK Service Learning and Study Aboard program. Learn how to participate in the next program!



DATE: WED, February 11, 2009
TIME: 2:30PM-3:30PM
VENUE: Lambert 108
Contact: Dr. Titilayo A. Okoror
tokoror@purdue.edu





THE GATE OF JANUS

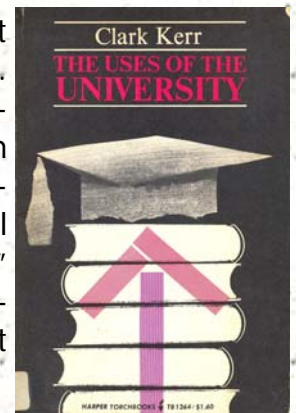
The basic reality, for the university, is the widespread recognition that new knowledge is the most important factor in economic and social growth. We are just now perceiving that the university's invisible product, knowledge, may be the most powerful single element in our culture, affecting the rise and fall of professions and even of social classes, of regions and even of nations.



Clark Kerr

Although one might think that these words have come from the marketing arm of any modern university, they actually come from the foreword of Clark Kerr's classic book, *The Uses of the University*; and the words are nearly fifty years old. Kerr's short treatise on the history and future of higher education was based on his three-day Godkin Lectures, given at Harvard University in April of 1963. Clark Kerr (1911-2003) was the central figure in designing the California educational Master Plan of 1960. At that time he was President of the University of California system, after having served as Chancellor of the Berkeley campus between 1952 and 1958. The Master Plan was based on a tracking model that steered the top eighth of California high school seniors into the California university system, the top third into the California state colleges, and the remainder into the junior college system. (Fair warning: In this pecking order, we were a product of the California state college system; the reader should take this fact into account before deciding whether or not to give any more time to reading this short essay.)

In his Godkin Lectures, Kerr coined the word "multiversity" to describe what the university had become, its basic organizing idea, by the mid-20th Century. Kerr traces the longer history of the idea of a university back to Cardinal Newman's notion of the academic cloister, and then more recently on to Abraham Flexner's early 20th Century description of the university being a research organism, "a graduate school of arts and sciences, the solidly professional schools (mainly, in America, medicine and law) and certain research institutes." Kerr claimed that by the 1950s the university had become something quite different from a community of teachers and students (Newman), and different too from an organism with a central and unified spirit and aim (Flexner).



The modern multiversity by the 1950s and 1960s was becoming defined by its inconsistency, Kerr argued. Its inconsistency is a product of the collisions of the often internal competing communities, the visibility of which ebb and flow over time: "the community of the undergraduate and the community of the graduate; the community of the humanist, the community of the social scientist, and the community of the scientist; the communities of the professional schools; the community of all the nonacademic personnel; the community of the administrators."

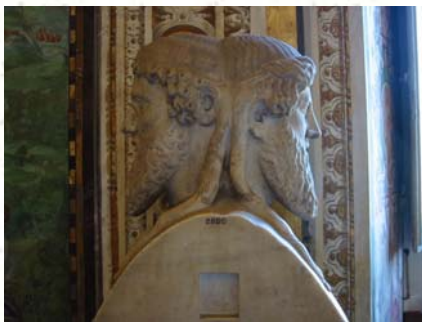
Con't...



THE GATE OF JANUS

Furthermore, Kerr says, the multiversity's edges are quite fuzzy, for it is also stretched to respond to alumni, retirees, donors, businesses, farmers, legislators, federal regulators, private and public funding agencies, and various and sundry organizations and special interest groups. It is well-nigh impossible to balance the multiversity edifice, Kerr believed. The multiversity "is so many things to so many people that it must, of necessity, be partially at war with itself."

By the time of his lectures/writing, Kerr thought the multiversity had become rather more like a mechanism than a community or an organism, "a series of processes producing a series of results—a mechanism held together by administrative rules and powered by money." Since the 1950s and 1960s, it isn't too fanciful to see the modern university looking more like a commercial corporation than anything else, symbolized at the very least by the popular use of management lingo within the university walls: our CEOs, CFOs, and the occasional UFO.



The modern university is by now probably better understood as the accumulation of its history, at one and the same time a community, an organism, a mechanism, and a corporation. But whatever we have come to look like, Kerr was forward looking enough in his foreword to notice that whatever it is we produce—whether invisible or visible—we are in a potential position to affect the "rise and fall of professions and even of social classes, of regions, even of nations." How modern universities not only fit but help define our national purpose will at the same time help us control the direction of our own development, and whether forward or backward.

In other words, we need to remember that the university's gate of Janus opens in two directions. You will recall the myth of the Roman god of gates and doors, Janus. In representations of him, he has two faces looking in opposite directions; he was the god of both beginnings and endings. According to legend he was given the gift of being able to see both the past and the future. A most important god to the Romans—some scholars say the highest of the Roman gods—Janus symbolized transitions, movement, change, progressions, and vision. January, the eleventh Roman month, is named after him.

"The intellect," Kerr writes, "and the university as its most happy home, can have great potential roles to play in the reconciliation of the war between the future and the past." But to do so means that we must become fully conscious of this power and the responsibilities that come with exercising it. As Kerr explains, the university "has no bard to sing its praises; no prophet to proclaim its vision; no guardian to protect its sanctity. . . . But it also has its reality rooted in the logic of history. It is an imperative rather than a reasoned choice among elegant alternatives." In the end, what we do in responding to this imperative will determine what the world will do with us.