

Department Head Notes

What a wonderful colloquium this week! With joint sponsorship from the Center for Aging and the Life Course, and the Regenstrief Center for Healthcare Engineering, the Department of Health and Kinesiology welcomed Robert L. Kane, M.D. to campus. Kane currently holds an endowed chair in Long-term Care and Aging and is the Director of the University of Minnesota's Center on Aging. Kane gave a wonderful talk on *The Chronic Care Crisis*. He has authored or edited 30 books and published more than 380 journal articles on geriatrics and health services research.

The turn out for Kane's talk was not only outstanding. It was standing room only. Besides campus faculty and students representing many disciplines, a few physicians drove up from Indianapolis to hear Kane's talk. Towards the end of his chronic care advocacy presentation, Kane briefly shared the difficulty he and his sister, Joan West, had in finding adequate long-term care for their mother. Their travails were published in their recent book *It Shouldn't Be This Way*. These experiences also provoked Kane to found a new organization: Professionals with Personal Experience in Chronic Care. The idea of PPECC is, as their website proclaims: *If professionals working within the health care system are having serious problems with getting care for themselves and their families, then the system is failing in a major way*. If a long-term care professional couldn't make the system work, Kane says, then how could the average American figure it out? Kane is working through this organization to better align the medical profession with the needs for chronic illness care. Here is the website: <http://www.ppecc.org/>

And you know what? There's another quality colloquium coming up next week. On Monday, March 24 Dr. Harold Laughlin will be giving a talk entitled: *Physical Activity Sustains Coronary Endothelial Cell Phenotype: Importance of Hemodynamic Forces During Exercise*. Laughlin is the Curators' Professor and Chairman of the Department of Biomedical Sciences in the College of Veterinary Medicine at the University of Missouri-Columbia. Professor Laughlin only gives one or two talks a year. Somehow or other his recent post-doc, now our own Dr. Sean Newcomer, persuaded Professor Laughlin to drop by Purdue for a visit. He is clearly one of the leading researchers on exercise and cardiovascular health. His talk will be at 3:30 on Monday March 24 in room 1103, Armstrong (across the street from Lambert). Please join us?

Please do the best you can in everything you do.







Vitality



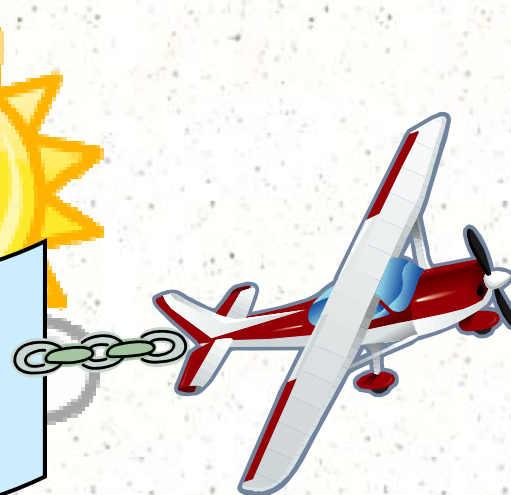
Calendar—Mar 23 - Apr 5, 2008

Sun	Mon	Tues	Wed	Thur	Fri	Sat
23 Happy Easter	24 Happy Birthday Randy Black  Dr. Laughlin Presentation	25	26 Happy Birthday George Avery 	27	28	29 Relay for Life
30 Relay for Life	31	1 April	2 Grad Faculty Meeting LAMB 108 3:30p.m	3	4	5 Spring Gala 7:00p.m. Univ. Plaza Hotel

Deadlines

March 24 – Corri gan/Hanson Grant

April 18 - Last day for final presentations and Defenses



Attention May Graduates

The last day for final presentations and defenses is **April 18**. Please be sure to notify Jill in the Grad office **at least** 2 weeks before your final presentation or defense. She will need the title of your presentation or thesis, date, time and room number. If you need to reserve the conference room contact Jill, Kim or Shellie as soon as possible. It fills up fast! Call 45700 to reserve a classroom in Lambert or another building.



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You are invited!

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PhD defense by **Cody Sipe**,
Wednesday, March 26, 10:30a.m.
LAMB 120
Title: *"High Velocity Training and
Function in Older Adults"*

PhD defense by **Tim Wright**
Friday, March 28 at 2:00p.m.
LAMB 120.
Title: *"Barriers to Health Promotion Pro-
grams: The Participant, Non-Participant
and Administrative Perspectives."*

PhD defense by **Dan Ritchie**
Wednesday, April 2nd at 2:30p.m.
LAMB 120.
Title: *Effect of Two Doses of and Exercise Inter-
vention on Mobility and Function in Older Adults"*

In the

Spotlight Spotlight



Tobin Silver

Title: M.S. CSCS, PhD Student

Birthplace: Minneapolis, MN

Hometown: Eden Prairie, MN



Eating a Silk Worm Larvae in China

Tobin Silver's home town is in Eden Prairie, MN. He has two older brothers, Noah and Josh and one older sister, Naomi. Currently, he has a dog named Nash (named after Steve Nash the Basketball player). Tobin lives with his girlfriend, Leslie Hopson and they are expecting a baby girl named Lilly at the end of April.

Education:

Tobin received his BS from the University of Wisconsin-Eau Claire. He then moved on to the Naval Air Station base (NAS) in Keflavik, Iceland to teach U.S. soldier's children a little thing called fun. After that he made his way to Hawaii for three months to learn yoga at Yoga Oasis. His next stop was Miami, Florida where he met, "The" Chris Rhea and got his master's from Barry University with a specialty in sport biomechanics. He moved on to Texas to start the PhD program under Dr. Kwon at Texas Woman's University ("Guys go there too", Tobin states). In Texas, he met Leslie and Joong Hyun Ryu (smartest kid Tobin ever met). While in Texas, he realized that Purdue was a much better fit for him and he managed to weasel his way in, and that is where he is currently. To make ends meet, between all of that he has picked up personal training jobs here and there. He is currently studying biomechanics under Dr. Shirley Rietdyk.

Most Memorable Class/Job Experience:

"This happens almost every day.....yeah, my voice still cracks!", Tobin exclaims. "Washing dishes and frying chips at Chi Chi's and being a Life Coach. I don't think I did a very good job at either since I got fired from washing dishes and my life coaching job abruptly ended when my protégé got kicked out of school for doing drugs and failing every class."

Activities/Hobbies/Travel:

Tobin enjoys Yoga, snowboarding, and Leapers basketball, He is involved in organizations such as HKGSO, ACSM, NSCA, and ISBS.

His favorite restaurant is Kokoro in Lafayette, however, his all time favorite is Billy's Pub in North Miami, Florida.

The most unique place that Tobin has been is China but his favorite place is the Big Island, Hawaii.

Other interesting facts:

Tobin has been lucky enough to present research in China, Canada, Brazil and hopes to get money to present in Korea this year.



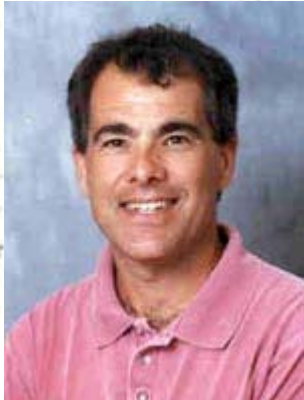
Leslie, Tobin and Nash



Vitality



Congratulations!



Howard Zelaznik was elected to the position of Vice Chair of the University Senate. Howie will serve in the Vice Chair role next year and then assume the Chair position in the following year. This is a wonderful accomplishment for Howie and indirectly for our entire department.

Congratulations Howie!



Prof. George Avery and Nursing Grad Student K. Manicke had the following article published in the *Hoosier Times* which is the monthly magazine of the Indiana-Pressler Chapter of the Healthcare Financial Management Association in February 2008.

Emergency Medical Services: *The Disparity Between Rural and Urban Agencies*. *Hoosier Times*; Pages 29-30.

Another article published:

Prof. George Avery: *Pay for Performance Advances in the Understanding How Provider Incentives Produce Quality Health Care*. *Hoosier Times* (non-peer-reviewed monthly publication of the Indiana-Pressler Chapter of the Healthcare Financial Management Association), February 2008, 10-11.





Play ball:

Professor pitches science of baseball to students

The science of baseball can throw fans a curveball, says a Purdue University expert.

"What we think we see when watching baseball is not always what is really happening," says Howard N. Zelaznik, professor of health and kinesiology who is teaching "The Science of Baseball" this spring. "For example, it's pretty clear that batters don't see the ball hit the bat. Players are told to watch the ball hit the bat because it helps keep their head down and they maintain proper body mechanics.

"If they didn't try to keep their 'eye on the ball,' then most likely they would turn their head too soon. But, watching a fastball is just like watching a car at the Indy 500. When the car is right next to you, your eyes can't track it.

Zelaznik, an expert in human motor control, is teaching 39 movement and sport science majors the science of hitting and ball flight, even the illusion that the fastball rises. The class also focuses on understanding the mind of the hitter based on cognitive and sports psychology.

"One thing that surprised most students is what happens when an outfielder catches a baseball," Zelaznik says. "For example, many fans assume when a player catches a ball, that the fielder is computing the flight of the ball. Instead the player is really moving to control his perception of the ball."

Zelaznik, the director of Purdue's Motor Behavior and Control Laboratory, says there are a variety of videos about the science of baseball, as well as a Web site from NASA: <http://www.grc.nasa.gov/WWW/K-12/baseball/index.html>

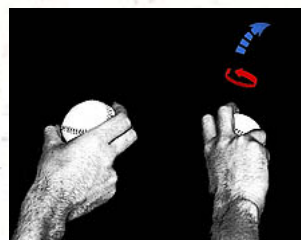
-Amy Patterson Neubert/PU News Service



FASTBALL



CURVEBALL



SCREWBALL



SLIDER



Vitality



Relay For Life

The HK department's Athletic Training Student Association will be participating in the Purdue Relay For Life® in Lambert Fieldhouse on March 29-30, 2008. Each year this event brings together entire communities to take part in the fight against cancer. It's a time and place where people come to celebrate those who have survived cancer, remember those we've lost, and fight back against a disease that touches too many lives.

It's not just an opportunity to celebrate, remember, and fight back. Your involvement will help the American Cancer Society work toward a mission of eliminating cancer as major health issue and will support much-needed services in your community. Thanks in part to the donations from Relay For Life and other events, the Society is saving lives, helping those touched by cancer, and empowering people to fight this disease all over the world.

Please "Boiler Up" and support the Purdue Athletic Training Student Association as they help the American Cancer Society in this battle against cancer. You can learn more or make a donation through either the personal Relay for Life page of Alice Wilcoxson, a faculty sponsor of the ATSA who is participating in the event, or through the ATSA Relay for Life team page.

http://main.acevents.org/site/TR/RelayForLife/RelayForLifeGreatLakesDivision?px=5111712&pg=personal&fr_id=5274&cs_tafId=97619



Indiana Public Health Association Annual meeting

COMMUNICATING FOR CHANGE
Indiana Public Health Association

IPHA SPRING CONFERENCE

Come for these featured sessions:

May 12, 2008
*Jay Bernhardt (CDC), PhD, MPH
-Skills for social marketing

May 13, 2008
*The Truth Campaign
-Effective social media

Location: PURDUE UNIVERSITY.

Reserve your space now

Register at <http://www.inpha.org/>



Six HK graduate students present research at 2008 Sigma Xi Poster Competition

Six rising researchers presented their respective work at the 2008 Sigma Xi Graduate Student Poster Competition. Along with graduate students from other campus-wide disciplines, Lambert's finest were judged by a panel of four Purdue faculty, representing the behavioral sciences, including Lambert's own Dr. Meghan McDonough.

Charmayne Hughes, Nicole Rheame, and Breanna Studenka represented Dr. Howie Zelaznik's Motor Control and Learning laboratory. Hughes, who investigates the constraints of bi-manual grasping and placing of objects, was a hit with her research and impressed the judges with her sultry southern (hemisphere) accent. Rheame, who will be earning a masters degree this spring, prepared a poster outlining the relationship between timing and tapping in long term time series'. Studenka, who studies synchronization in event and emergent-type tasks, said "We study so much more than tapping and circle drawing in our lab ... these are just convenient windows into the entire process of human movement timing. It's exciting stuff! Wanna be in my study ... anyone? "

Travis Dorsch, who graduated in December 2007 with a masters degree in Sport and Exercise Psychology after working for two years under Dr. Alan Smith, studies the process of parent sport socialization. "The ways parents report changing in response to their children's experiences in youth sport are simply amazing," said Dorsch, who recently presented his thesis research at the Midwest Sport and Exercise Psychology Symposium. "It's really an untapped area of research that I am truly excited about. Let's be honest, to get Alan Lyle Smith on board with a qualitative approach takes a quality (see Pirsig) research idea!"

Steven Howell, working with Dr. Dave Klenosky, Lambert's connoisseur of all things sport management, studies the influences on fan loyalty in intercollegiate athletics. "Working with Dave has been not only a test of will, but a life-long dream come true," said Howell. "I'm hoping to continue this line of research and open up a whole new way of looking critically at the fans of college sports across the country ... especially those ladies who love the Leapers!"

As Lambert's resident sexologist, Stephanie Saur has also been busy ... researching that is. Her poster, titled *What is Good Sex? – Socio-Cultural Constructions of Sexual Satisfaction among College Students*, drew many eyes over the course of the evening. "The word sex gets their attention," Saur noted, "but, to keep it, you have to show them that your research is legitimate." Working under advisor Titi Okoror, Saur, a native of Stuttgart, Germany, has many research aims pertaining to understanding sexual relationships and satisfaction among college students.



From left to right: HK grad Students, (front) Charmayne Hughes, Nicole Rheame, Stephanie Saur, (back) Travis Dorsch, Steve Howell, Bree Studenka.



University of the Wilderness



The tallest redwood has grown to 260 feet. The average age of these magnificent old-growth redwoods is between 600 and 800 years; the oldest is dated at 1200 years. These trees stand in Muir Woods, a tidy 550 acres located about 40 miles north of San Francisco, California. Muir Woods was declared this nation's 10th national monument by President Teddy Roosevelt in 1908. This is the 100th anniversary of that significant forest preservation decision.

The year long celebration of Muir Woods was kicked off on January 9, 2008 with its listing in the National Register of Historic Places by the National Park Service. Part of the ceremony included the environmental storyteller Garth Gilchrist dressing up as John Muir, and delivering one of Muir's passionate pitches for common sense with regard to preserving our forests: "Through all the wonderful, eventful centuries God has cared for these trees, saved them from drought, disease, avalanches, and a thousand straining, leveling tempests and floods; but he cannot save them from fools—only Uncle Sam can do that."



John Muir

But Muir's passion for preservation began 41 years before Roosevelt created the Muir Woods monument. Those early days would create in him steely eyes for Nature's glories. But, as most of us learn, life is difficult to read. For John Muir (1838-1914), reading anything then could well have been impossible after a fateful day in March of 1867. Working in Indianapolis, Indiana as an industrial engineer in a wagon factory, he was attempting to file a machine component. The file slipped. It pierced one eye. The other eye soon went dark too.



Science Hall, Univ. of Wisconsin Madison Campus

Muir was born in Dunbar, Scotland. His family immigrated to the United States in 1849, settling in Portage, Wisconsin. In spite of not having much schooling—besides, that is, what education he picked up while working on the family farm—he did find his way to the University of Wisconsin, Madison. What got him there was following his knack and reputation for inventing things. One of his more creative contraptions was what he called an "early rising machine." It was an alarm clock with an attitude; at the desired wake-up hour it tipped up his bed and tumbled him to the floor.

But it wouldn't be either finishing college or tending machines that became Muir's destiny. Denied sight, he said that if he ever regained his vision, he'd follow his dream of enrolling in the University of the Wilderness. Almost on cue, his eyesight began to return. He reiterated that life was too short and too unpredictable to waste precious time working in a wagon factory. And he considered it a miracle that he was given a second chance to use his eyes. There was a new-world in the making and he decided right then and there to devote his life to studying its unfolding.

Con't...



Vitality

University of the Wilderness



Muir's sketch of Sierra, Nevada
White Oak foothills



Pres. Roosevelt and John Muir

Muir boldly announced to his friends and family that he was going for a walk to see what he could see. On September 1, 1867 he set out on what he called a botanical and geological excursion from Indianapolis to . . . the Gulf of Mexico! This one thousand mile "walk" was the beginning of Muir's ambling nature travels for just short of the next fifty years. Those travels—mostly in California—combined with his extraordinary writing career were the human beginnings of the wilderness preservationist movement in modern America. The Sierra Club was founded by John Muir in 1892. Muir was its President until he died in 1914. Over time his walking paths would cross with those of Ralph Waldo Emerson, John Torrey, Clinton Hart Merriam, Joseph LeConte, Louis Agassiz, and President Theodore Roosevelt.

Muir, as he wrote only a couple of days before taking the first steps on his long trek to Florida, said he was "doomed to be carried of the spirit into the wilderness, I suppose." He went on: "I wish I could be more moderate in my desires, but I cannot, and so there is no rest." Had not Muir contracted a severe case of malaria in Florida, he would have pressed on with a foolhardy plan to tackle the tropical jungles of South America. Ironically, malaria probably saved his life.

Beyond choosing to be voluntarily homeless, Muir hadn't given much thought to his route to Florida. "My plan was to push on in a general southward direction by the wildest, leafiest, and least trodden way I could, promising the greatest extent of virgin forest." The steady record of his travels was published posthumously in 1916. In it we have one of the most original walking journals ever written.

His route turned out to be from Indianapolis to Louisville, Kentucky, and then on to Tennessee, North Carolina, Georgia, Florida, to the Gulf Coast, and even a short schooner trip to Cuba. His chapters describe his walks through Kentucky's forests and caves, crossing the Cumberland Mountains, on through the river country of Georgia, to spending many nights in the Bonaventure Graveyard in Savannah, Georgia, into the Florida swamps and forests, and on to Cedar Keys. Muir made it to Florida by late October. One thousand miles in seven to eight weeks. His walk averaged 18-20 miles per day.

Muir traveled light. When a ruffian on horseback tried to rob him, all the thief could find in Muir's bag was "a comb, brush, towel, soap, a change of underclothing, a copy of Burn's poems, Milton's *Paradise Lost*, and a small *New Testament*." What was aplenty for Muir's body and spirit was of no apparent value to the robber. He rode off in a huff of dust and left Muir be.

On reading Muir's journal, one is struck far more with the generosity of post-Civil War Southerners—black and white, rich and poor—than with rude inhospitalities to strangers. All through the South, Muir was given food, shelter, good conversation, and plenty of advice.



John Muir with walking Stick

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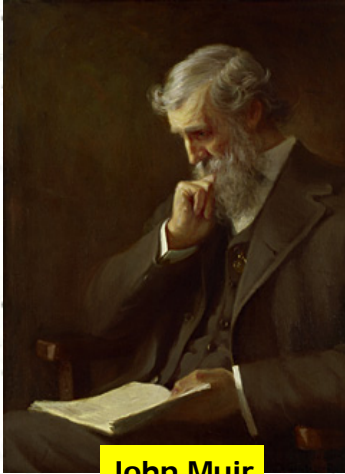


Vitality



University of the Wilderness

John Muir's sketch of Muir Lake



John Muir

Sure, there were the occasional threats from wild animals, dangerous river crossings, poisonous snakes, thorny plants, and sometimes nasty weather. But, on the human side of things, he was treated by the Southerners as a guest, not as a mere visitor. Even, and especially, Nature rooted him on. "I shouldered my little bag and plant press and strode away among the old Kentucky oaks. Rejoicing in splendid visions of pines and palms and tropic flowers in glorious array, not, however, without a few cold shadows of loneliness, although the great oaks seemed to spread their arms in welcome."

In his words, a few observations:

(in Kentucky, just starting out) *The sun was gilding the hill-tops when I was awakened by the alarm notes of birds whose dwelling in a hazel thicket I had disturbed. They flitted excitedly close to my head, as if scolding or asking angry questions, while several beautiful plants, strangers to me, were looking me full in the face. The first botanical discovery in bed!*

(leaving Philadelphia, Tennessee) *Walked through many a leafy valley, shady Prove, and cool brooklet. Reached Madisonville, a brisk village. Came in full view of Unaka Mountains, a magnificent sight. Stayed overnight with a pleasant young farmer.*

(following the Hiwassee River) *All the larger streams of uncultivated countries are mysteriously charming and beautiful, whether flowing in mountains or through swamps and plains. Their channels are interestingly sculptured, far more so than the grandest architectural works of man. The finest of the forests are usually found along their banks, and in the multitude of falls and rapids the wilderness finds a voice. Such a river is the Hiwassee, with its surface broken to a thousand sparkling gems, and its forest walls vine-draped and flowery as Eden. And how fine the songs it sings!*

(in Murphy, North Carolina) *In the afternoon, from the summit of a commanding ridge, I obtained a magnificent view of blue, softly curved mountain scenery. Among the trees I saw *Illex* (holly) for the first time. Mr. Beale informed me that the paleness of most of the women in his neighborhood, and the mountains in general hereabouts, was caused chiefly by smoking and by what is called "dipping." I had never even heard of dipping. The term simply describes the application of snuff to the gum by means of a small swab.*

(in Georgia now) *Today I met a magnificent grass, ten or twelve feet in stature, with a superb panicle of glossy purple flowers (pampas grass). Its leaves, too, are of princely mould and dimensions. Its home is in sunny meadows and along the wet borders of slow streams and swamps. It seems to be fully aware of its high rank, and waves with the grace and solemn majesty of a mountain pine. I wish I could place one of these regal plants among the grass settlements of our Western prairies. Surely every panicle would wave and bow in joyous allegiance and acknowledge their king.*

Con't...



Vitality



Sketch of John Muir's Cabin
Yosemite, CA

University of the Wilderness



(camping in the Bonaventure cemetery) *In Georgia many graves are covered with a common shingle roof, supported on four posts as the corner of a well, as if rain and sunshine were not regarded as blessings. Perhaps, in this hot and insalubrious climate, moisture and sun-heat are considered necessary evils to which they do not wish to expose their dead.*

(finally arriving in Florida) *I threw down my press and little bag beneath a thicket, where there was a dry spot on some broken heaps of grass and roots, something like a deserted muskrat house, and applied myself to eat my bread breakfast. Everything in earth and sky had an impression of strangeness, not a mark of friendly recognition, not a breath, not a spirit whisper of sympathy came from anything about me. . . . While thus engaged, I was startled from these gatherings of melancholy by a rustling sound in the rushes behind me. Had my mind been in health, and my body not starved, I should only have turned calmly to the noise. But in this half-starved, unfriended condition I could have no healthy thought, and I at once believed that the sound came from an alligator. I fancied I could feel the stroke of his long notched tail and could see his big jaws and rows of teeth, closing with a springy snap on me, as I had seen in pictures. Well, I don't know the exact measure of my fright either in time or pain, but when I did come to a knowledge of the truth, my man-eating alligator became a tall white crane, hand-some as a minister from spirit land—only that. I was ashamed and tried to excuse myself on account of Bonaventure anxiety and hunger.*

Thus began the remarkable life of a young man who became known for his indefatigable efforts to slap the collective leaders of this young country upside the head with the life-giving connections between preserving Nature's spirit and cultivating our own. A brief biographical sketch published by the Ecology Hall of Fame summed up Muir's impact on wilderness preservation with this anecdote:



John Muir in his scribble den

Perhaps the greatest tribute ever given to Muir took place in a private conversation between two great contemporary mountaineers. Galen Rowell once asked Reinhold Messner why the greatest mountains and valleys of the Alps are so highly developed, why they have hotels, funicular railways, and veritable cities washing up against sites that, in America are maintained relatively unencumbered by development. Messner explained the difference in three words. He said, "You had Muir."

*When we try to pick out anything by itself,
we find it hitched to everything in the universe.*

-John Muir



Vitality

John Muir's 1000 Mile Journey

