

Happy Thanksgiving To You All

And a youth said, "Speak to us of Friendship."

Your friend is your needs answered.

He is your field which you sow with love and reap with thanksgiving.

And he is your board and your fireside.

For you come to him with your hunger, and you seek him for peace.

When your friend speaks his mind you fear not the "nay" in your own mind, nor do you withhold the "ay."

And when he is silent your heart ceases not to listen to his heart;

For without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unacclaimed.

When you part from your friend, you grieve not;

For that which you love most in him may be clearer in his absence, as the mountain to the climber is clearer from the plain.

And let there be no purpose in friendship save the deepening of the spirit.

For love that seeks aught but the disclosure of its own mystery is not love but a net cast forth: and only the unprofitable is caught.

And let your best be for your friend.

If he must know the ebb of your tide, let him know its flood also.

For what is your friend that you should seek him with hours to kill?

Seek him always with hours to live.

For it is his to fill your need, but not your emptiness.


And in the sweetness of friendship let there be laughter, and sharing of pleasures.

For in the dew of little things the heart finds its morning and is refresh

Kahlil Gibran (1831-1931)



Calendar – Nov 23 - Dec 6 2008

Sun	Mon	Tues	Wed	Thur	Fri	Sat
23	24	25	26 NO CLASSES	27 	28 University Holiday	29
30	1	2	3 GRAD FACULTY MEETING 3:30 LAMB 108	4	5	6

You are Invited!



Scott Butler
 PhD Dissertation Defense
 Title: "Sexuality-Related Services among College Health Centers"
 December 1, 1:30 p.m. ARMS 3109

Mark Your Calendar!

- December 5:** Last day for MPH/MS and PHD students to pass the final examination (presentation or thesis defense).
- December 12:** Last day for MPH/MS and PHD students to deposit the electronic thesis and turn in required forms at their mandatory, scheduled final deposit appointment. Make this appointment well in advance by calling 765-494-2600 or e-mailing gradinfo@purdue.edu
- December 20:** Last day of Fall session. Doctoral students must have taken preliminary examinations by this date to be eligible for December 2009 graduation. (assuming student registers for Spring 2009 and Summer 2009)



Melissa M. Markofski

Title: Doctoral Student

Hometown: Los Angeles, CA.

I grew up in La Verne, California with my parents and two younger brothers. Nothing too out of the ordinary. I went to school, played sports, and had an interest in science (all three of which seemed to point me in my current direction). Current area of study: Exercise Physiology



Education:

California State Polytechnic University, Pomona B.S. Kinesiology 2000, M.S. Kinesiology (Exercise Physiology emphasis) 2004, and now Purdue University. My first exercise physiology job was doing physical abilities testing for the California Dept of Corrections (all corrections officers have to pass a series of exercise tests). I then moved from Southern California to Seattle and found a job in a hospital as a physical therapy aide. Next up on the path was a job in an athletic club as a personal trainer and working with their senior fitness programs.

Most memorable class/job experience:

In the very first exercise physiology lab I taught (not at Purdue) a student fell off the treadmill. Every student in the exercise physiology lab had to do a treadmill VO_2 max test, and apparently I over-stressed the importance of following the lab manual directions. I was standing on the treadmill with the runner and had just taken off the headgear, when the student operating the treadmill turned the treadmill back on! I went off the back of the treadmill first (it was one of those large green Quinton treadmills) and the runner fell on top of me. I was trying really hard to not be angry at the student that was operating the treadmill, and I calmly asked her why she turned it back on when there were two people standing on it. She said she was just following the lab manual directions, which stated that when the runner peaked to turn off the treadmill and take off the headgear, then turn the treadmill back on for the runner to cool down. I then had a little chat with the class about safety and reiterated never starting the treadmill unless the person on it has said they are ready to start. On the plus side, for the rest of the term all the students made sure everyone was ready before starting the treadmill!

One of my duties as a PT aide was to clean the whirlpools when the therapists were done with them. I'll spare the details, but there was a patient who was in the whirlpool to help with his wound healing process. Sometimes large pieces of scabs and dead skin would stick to the side of the whirlpool and then I would have to wipe them up (ew). But one day I was rather pleased when a large chunk was swept down the drain. Later that evening out with friends, I was telling them how pleased I was that I didn't have to pick it out of the whirlpool, to which one of them replied, "If the highlight of your day is a chunk of skin going down the drain you need a new job." Kinda true.

Activities/Hobbies/Travel:

I really like being outside, especially if I can be running around in various activities. The cold doesn't stop me from going out. Since I moved here, the only time I skipped my outside run was during the February 2007 blizzard, and that was because of the snow drifts.

I had an especially good time in Japan. It was a place that I had always wanted to travel to and it was great! My favorite restaurant depends on what I am in the mood for. I like meals that I can't quite get the same flavors if I made it myself.

Interesting fact:

I have run six marathons, all since Purdue.





Vitality

FYI

ATTENTION:

Need something fun and inexpensive to do on Friday and Saturday nights during the winter? What better to do than enjoy Indiana's finest product - high school basketball! The Fountain Central Mustangs, coached by graduate student Jeff Schoenle, have 20 regular season games around the greater Lafayette area. Come check out the action during another exciting season of Mustang basketball! Please contact Jeff at Jeff-Schoenle@gmail.com or jschoenl@purdue.edu for game dates, times, and locations.



Available Position

WANTED!

A position is currently available for a part-time fitness supervisor to oversee exercise at a Lafayette area community center in conjunction with the A. H. Ismail Center. The position involves independent oversight and supervision of an exercise room serving primarily older adults on Monday, Wednesday and Friday mornings from 9 to 11 AM. The ideal candidate will have experience in supervising exercise, especially with older adults.

Current CPR certification is required. The position may be filled by 1 person or 2 people who share coverage on particular mornings. Interested individuals should call or e-mail Steve McKenzie, Interim Administrator at the Ismail Center at (765) 496-6887 or smckenzi@purdue.edu.



Vitality

Welcome!

Introducing...



Ann Templeman will begin her duties on December 1st as our new HK Business Office Account Clerk. Please be sure to stop by the HK business office and introduce yourself.



I was born here in Lafayette, Indiana and raised in Darlington which is about 25 miles southeast of Lafayette. Going on a blind date on the spur of the moment with a guy named Dudley when I was 18 changed my life. Dudley and I just celebrated our 33rd wedding anniversary. After living in Roachdale, Crawfordsville, Darlington and Mace we have been in Garfield for the last 20 years. Garfield is located between Crawfordsville and Darlington and if you blink you miss it. Along the way we had three children, Lisa who is married to Andy and has Alex 7, Henry 5, and Charlotte 2 ½ and they live outside of Crawfordsville. Alex, Henry and Charlotte are the lights of my life and keep me young. Our middle child Kevin and his wife Jeannine live in Carmel, Indiana and our youngest son Jared and his wife Megan live in Pittsboro, Indiana.

I graduated from North Montgomery High School and took a few computer courses at Ivy Tech. I spent most of my career working in the banking industry. When the small town bank that I worked for was acquired by a larger bank, my position was eliminated. I could not see myself as a teller for the rest of my career and that is how I ended up at Purdue University. I have been with Purdue since the fall of 2002 in Sponsored Program Services (SPS). After about three years here at Purdue I decided to look into taking a few classes and have been a student in the Statewide Technology program since 2005. At the end of this semester I will receive my Associates Degree in Organizational Leadership and Supervision, I am then pushing on to obtain my Bachelors Degree.



Dudley and I love to go camping and boating with our large family. We have also started to take short weekend trips in my new red Mustang convertible that I have wanted since I was a teenager. Our favorite place to go is the West Baden Springs Hotel that has been renovated to its former glory of the 1920's and 1930's. There is nothing better than sitting out on the veranda enjoying a drink and the peacefulness. It is like taking a step back in time when lives were lived at a slower pace. Dudley and I took our first trip outside of the United States this past March.



We enjoyed a cruise that took us to Jamaica, Grand Cayman, Mexico and the Bahamas. I also enjoy reading and shopping with my daughter at any store or mall.





Vitality



Great Job!
😊

Physical Activity Presentation for Students and Faculty:

A summary of the 2008 Physical Activity Guidelines for Americans
Wednesday, December 10, 2008 (3:00pm in Armstrong Hall, Rm 3109)

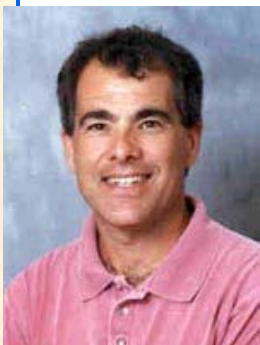
Presented by Lauren Milius, Heather Whitcomb, Kosuke Tamura, & Dr. Philip J. Troped

This summer the U.S. Department of Health and Human Services released its first-ever Physical Activity Guidelines for Americans. During this presentation we will summarize methods used to develop the new guidelines, provide an overview of the evidence on the relationships between physical activity and health outcomes across the lifespan, and review the new recommendations.

Kosuke Tamura (Health Promotion doctoral student) presented a paper entitled 'Hospital Competition and Uncompensated Care' at the 2nd World Conference of the Spatial Econometrics Association, November 17-19, 2008 in New York City. Kosuke is a senior author along with Dr. Susan Chen from the Department of Agricultural Economics. Secondary authors are Dr. Raymond Florax from Agricultural Economics and Dr. George Avery. The audience for this conference includes academic health policy researchers and public health administrators, as well as spatial econometricians from all over the world.

Heather Whitcomb (Health Promotion doctoral student) has been awarded a scholarship from the Alfred P. Sloan Foundation American Indian Graduate Program. The scholarship is designed to provide supplemental support for American Indian students in science, technology, engineering, and mathematics. Heather's research interests are in the area of promoting physical activity and the role of the built environment in facilitating or inhibiting daily physical activity.

Heather Whitcomb, Kosuke Tamura (Health Promotion doctoral students) and Lauren Milius (Health Promotion undergraduate) presented a poster entitled 'Exploratory Study of Environmental Effects on Physical Activity and Overweight in Older Women: Research Update' at Purdue University's GIS Day 2008 on November 19, 2008 in the Purdue Memorial Union. The poster was a research update of a current two-year study funded by the National Cancer Institute that is led by our own Dr. Philip J. Troped along with his colleagues at the Harvard School of Public Health and Massachusetts Institute of Technology.



Howard Zelaznik recently published a chapter in the book entitled "The Psychology of Time", edited by Simon Grondin, Professor of Psychology, University of Laval.

The chapter, co-authored with Rebecca Spencer (Department of Psychology, University of Massachusetts) and Richard Ivry (Department of Psychology, University of California at Berkeley), summarizes 10 years of work examining whether timing processes can be considered to be the responsibility of a general purpose timing mechanism or a collection of specific processes that make each timing task unique.

Zelaznik, H. N., Spencer, R. M. C., & Ivry, R. B. (2008). Behavioral analysis of human movement timing. In S. Grondin (Ed.), *Psychology of time* (pp. 233-260). Bingley, United Kingdom: Emerald Publishing Group.



“It’s a Thing I Need to Do”

Nora Watson is twenty-eight and she is being interviewed. She is an editor for a company publishing health care literature. Prior to this she was employed as a staff writer for a corporation publishing national magazines. In her present job she got the early reputation as a rate-buster; a rate-buster is a worker who throws herself into her work, comes in early and stays late, volunteers for additional responsibilities, does everything to her utmost, and strives to do what she does as right as right can be. Her transparent touchstone is quality.

It wasn’t long before Nora realized she was very much out of line. She was being shunned by her fellow editors. Most puzzling was that she recognized most all of those co-workers who surrounded her were just as capable as she was. Yet they were giving far less than what was in them; for them, it appeared that time wasting on the job had become something of an art. Nora soon realized, in her own words, “Okay, the road to ruin is doing a good job.” Her co-workers had already learned this useful lesson: producing was pointless. What she also discovered was the ultimate irony that if she slowed down, and if she rationed her time, everyone in the company began respecting her contributions:

I have my own office. I have a secretary. If I want a book case, I get a book case. If I want a file, I get a file. If I want to stay home, I stay home. If I want to go shopping, I go shopping. This is the first comfortable job I’ve ever had in my life and it is absolutely despicable.

Nora could understand pacing yourself in some lines of work. She had been a server when she was younger and if you don’t pace yourself in that job you can quickly get a bad back. But to self-impose brakes on a more creative career and still get somewhere **because** of the braking is spirit-breaking. “Here, of all places, where I had expected to put the energy and enthusiasm and the gifts that I may have to work—it isn’t happening.” To be highly regarded for not being challenged is demeaning and humiliating, Nora explains, because the token labor she does she would not do of her own free will. “I know I’m vegetating and being paid to do exactly that.” At the end of the day she walks out of her building with no satisfactions, no legitimacy. She feels dis-used.

Nora reminds her interviewer again that she knows full well she isn’t working alongside buffoons. They, like me, she says, “have been sold on a dum dum idea of human nature. It’s frightening. I’ve made the best compromise available. If I were economically free, I would go back to school. It galls me that in our culture we have to pay for the privilege of learning.”

Con’t...



“It’s a Thing I Need to Do”

Did we say that Nora Watson was born in 1942? Or that this interview was published in 1972? Or that the book in which the interview appeared was called *Working: People Talk About What They Do All Day and How They Feel About What They Do*? Or that the interviewer had by then published three previous works, *Giants of Jazz* (1957), *Division Street: America* (1966), and *Hard Times: An Oral History of the Great Depression* ((1970)? Or that the popular oral historian would go on to publish twelve books altogether, winning a Pulitzer Prize in 1985 for *The Good War: An Oral History of World War II*.



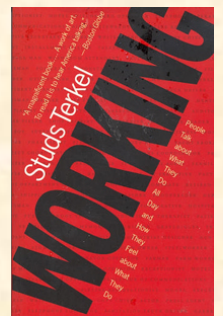
Louis "Studs" Terkel

This remarkably gifted student of people, the listener to Nora Watson and to hundreds and hundreds of other everyday Americans over the years, was, of course, Louis "Studs" Terkel. Studs recently passed away (he would probably have said he just wandered off) on October 31, 2008 at the age of 96 (b. 1912). Chicago mourns.

If it can be said that we can meet writers of books by reading their books, then we can say that we met Studs Terkel in 1972 by reading *Working*. Others met

Terkel through his famous tough guy raspy voice on his radio programs—some 9,000 of them—a stalwart with WFMT in Chicago for over 45 years. Still others met him in the early 1950s on his own television show, *Stud's Place*. And he met all the others who met him personally in pubs, parks, subways, eateries, pubs, factories, hotel lobbies, ball parks, and pubs.

Some reviewers of *Working* called the book maudlin, sentimental, even simplistic, number one best seller though it was. But to us, his chats with common folks across America were uncommon. He avoided intellectuals, preferring instead to converse with people of all sorts who never really got heard and whose stories needed the telling. He wanted to celebrate what he called their "inchoate thought," the thinking of the farmer, miner, receptionist, hooker, press agent, mechanic, sanitation worker, photographer, plant manager, cab driver, trucker, sales man and woman, bank teller, barber, homemaker, athlete, retiree, musician, bill collector, priest.



Recently rereading our tattered and taped up copy of *Working* brought to mind what must have decades ago touched us. It was its plain spoken honesty.

This book, being about work, is, by its vary nature, about violence—to the spirit as well as to the body. It is about ulcers and accidents, about shouting matches as well as fistfights, about nervous breakdowns as well as kicking the dog around It is , above all (or beneath all) about daily humiliations. . . . Perhaps it is this specter that most haunts working men and women: the planned obsolescence of people that is of a piece with the planned obsolescence of the things they make. Or sell. It is perhaps this fear of no longer being needed in a world of needless things that most clearly spells out unnaturalness, the surreality of much that is called work today.



“It’s a Thing I Need to Do”



STUDS TERKEL

But Terkel recognized the talk of violence and breakdowns and depression was also a revelation of what was missing in so many working lives, for his book was hopeful too. That was what we found to be uncommon. Frustrated, tired workers working still, but on the look out for something unspecified, ineffable: call it a sense of self. This book, he said, “is about a search, too, for daily meaning as well as daily bread, for recognition as well as cash, for astonishment rather than torpor. . . . Perhaps immortality, too, is part of the quest. To be remembered was the wish, spoken and unspoken, of the heroes and heroines of this book.”

Terkel’s riveting conversations have stuck with us for nearly forty years. It is beyond us to know whether or not the nature of jobs and the spirits of workers have changed for the better over time. But we can’t disagree with Nora Watson’s claim that most of us then and now do not start out looking for jobs: “I think most of us are looking for a calling, not a job. Jobs are not big enough for people. It’s not just the assembly line worker whose job is too small for his spirit, you know?” If the daily job erases name and face, hearing a call can restore both.

That was obvious when Terkel talked with jazz tenor saxophonist Bud Freeman towards the end of *Working*. Freeman got to talking about how hard the work of improvisation is, the working out of all the possibilities of a theme, and the on-going promise of finding ways to get better. Something or someone is calling you, you follow, name and face reappear and become stamped with the impression of character compelled by the improvisational demands of living. Freeman recalled the words of tenor sax man Ben Webster who played with Duke Ellington: “I’m going to play this damned saxophone until they put it on top of me.” Like Webster, after forty-seven years of blowing the horn, says Freeman, its become dearer to me. “It’s a thing I need to do.”



Bud Freeman

