SCHOOL AWARDS BANQUET APRIL 25TH

Health Sciences will celebrate its successes on Friday, April 25th with the Annual Awards Banquet in the East Faculty Lounge of the Purdue Memorial Union. Everyone, all graduate students, undergraduate students, faculty, counselors, clerical staff, and guests are cordially invited.

Congratulations to our honorees, who will be recognized for their many contributions to academic achievement, service, research, and teaching in the School. The HSCI award winners, the Freshman Scholars, the Health Sciences Ambassadors, and all Distinguished Students in the School will be honored.

Our secretaries, Marilyn Barefoot, Diana Davis, Tracey Zimmerman, and Karen Walker, will be recognized for their outstanding service to the School.

A delicious meal of pecan crusted breast of chicken, rice, salad, fresh vegetable and roll is planned. If you would prefer a vegetarian plate, or have any other dietary restrictions, please specify when making your reservations.

Banquet reservations are required and can be made with Karen Walker in the Health Sciences Office of Student Services (CIVL 1163) or by phone at (494-8102). The cost of the dinner is $18. For the Distinguished Students (Dean’s List or Semester Honors), the cost is only $12. All dinners must be paid for by April 16. (Checks are to be made payable to the Purdue Research Foundation.)

The Banquet begins promptly at 6:30 p.m.

CONGRATULATIONS TO OUR 2002-2003 HEALTH SCIENCES AWARD WINNERS

DISTINGUISHED HEALTH SCIENCES STUDENT AWARD
Andy Kersten and Kyle Siewert

DISTINGUISHED MEDICAL TECHNOLOGY STUDENT AWARD
(Presented to a Clinical Student)
Tina Anslinger, Good Samaritan Hospital-Vincennes, IN

BARBARA YOUNG AWARD
(Presented in Medical Technology)
Vera Chao

JEFF KIZER AWARD
(Presented in an Environmental Health Area)
Nicole Barber and Heather Wright

SERVICE AWARD
Eric Frevert and Jose Vidal

WAYNE V. KESSLER GRADUATE STUDENT AWARD
Tae Kyu Lee

ELI LILLY SCHOLARSHIPS
Robert Wittorf (Health Physics)
Lisa Wagoner (Industrial Hygiene)

Visit the HSCI Website at: www.healthsciences.purdue.edu
From the Head...
Dr. George Sandison

American, British and other coalition military forces are currently in Iraq, just outside of Baghdad. I wish them all a safe and speedy return to home soil. My thoughts are also with the people of Iraq, and I hope for them this conflict will resolve without undue hardship and ultimately results in a better way of life.

Spring is upon us bringing new life and energy to the earth and our work. There are only six short weeks left of this semester so most will be settling in to a period of intense study prior to final examinations. Our School’s student body is performing exceptionally well with almost 10% maintaining a 4.00 GPA last semester! Congratulations to those students! Such achievement bodes well for their career success because a trajectory of exemplary performance is set early. We also have 62 of our student body graduating this May, many of whom are joining professional and graduate programs. My very best wishes to you all.

It is my pleasure to welcome Dr. Wei Zheng as a new faculty member and Associate Professor. He is an expert in neurotoxicology and you can read more about this outstanding scientist and tennis player later in THE UPDATE. Joining Dr. Zheng as a post-doctoral Research Associate is Dr. Jane Li. We are very happy to have them as new Boilermakers. I’d also like to wish Dr. Zimbrick much success with the new challenges he will face as Department Head, Environmental and Radiological Health Sciences, Colorado State University. The departure of Dr. Zimbrick and the impending retirement of Dr. Robert Landolt provides new faculty position opportunities and the School has begun the recruitment process for a radiobiologist and imaging scientist.

The faculty has made recent major revisions to the undergraduate curriculum and is now turning attention to the graduate curriculum. Efforts are underway to establish a 4+1 M.S. in Radiological Health and a similar development in Occupational Health, within the School. Discussion is also being held with the School of Nuclear Engineering to develop an inter-School 4+1 M.S. in Radiological Health and Nuclear Engineering as an option for undergraduate students on the Radiological Health honors track and undergraduate Nuclear Engineering students.

Development is a priority for the School and so we have recruited a part-time Development Officer to help coordinate and administrate efforts in this arena. Her name is Marcia Schaller and in her “other life,” she works in the Lafayette area as a Real Estate agent. Marcia will join the School at the end of this month and we shall hear much from her in the future, I’m sure.

Thank you for your continued support of the School and good luck with examinations.

Hail Purdue!
Registration for Summer and Fall ’03

If you have not already registered for your Summer or Fall ’03 classes – the time is now. To help you, here is a step-by-step check list to make your registration hassle-free.

The biggest step is to check your program of study (major) guide. Keeping your program requirements in mind, spend some time thinking about classes you would like to take. Make an appointment on your academic advisor’s calendar. Keep your appointment or cancel ahead.

Check on SSINFO (Student Services INFO On-line) to make sure your addresses are correct. Instructions for using SSINFO are available at Room 45 Hovde Hall.

If you are uncertain about your current major and would like to do some career exploration, visit the Health Sciences Career Resource Center in CIVL 1163E.

Pay your fees before the date printed on your invoice. Return your fee invoice even if the amount due is “0,” or your registration will automatically be canceled. There is no guarantee that you will get back into the same classes. You may be able to make arrangements with the Bursar’s Office to defer your fees if you cannot make the payment deadline.

If you try to enroll in a class that is full, you will be placed on an “oversubscribed” or waiting list. As enrolled students drop the course or if more space is added to the course, you will move up on the oversubscribed list. If space becomes available before the second week of classes, the course will be added to your schedule. It is your responsibility to check your schedule for changes if you are on a waiting list. One way to do this is on SSINFO.

Graduate Student News

❖Congratulations to Zinnat Begum and her husband Enamul on the arrival of their new baby boy, Zareef Mahdi Amyeen. Both mom and baby are doing great.

❖Zhichang (Lewis) Shi has been selected by the Radiation Research Society (RRS) Awards Committee to be a recipient of the 2003 RRS Scholars-in-Training (SIT) Travel Award to enable him to present a paper at the 12th International Congress of Radiation Research (ICRR) to be held in Brisbane, Australia, August 17-22, 2003.

The School of Health Sciences wishes to congratulate Lewis on the receipt of this award and bid him a fond farewell as he will be leaving Purdue with Dr. Zimbrick this summer to complete his Ph.D. research at Colorado State University.

Appraise

❖Professor Gary Carlson is a National Associate of the National Academies. He was just elected to “Who’s Who” Among America’s Teachers. He is also Secretary-elect of the Society of Toxicology.

❖Professor John Zimbrick is the winner of the School’s Robert R. Landolt Excellence in Teaching Award.

❖Professor Robert Stewart was recently awarded a grant (subcontract) from Pacific Northwest National Laboratory entitled “Molecular Energetics of Clustered Damage sites.” January 2003 - December 2003, the subcontract is associated with a larger DOE Office of Science project of the same name. M. Dupuis is the Principal Investigator.

❖Dr. Vladimir Semenenko, a recent graduate from the Radiological Health Sciences program at Colorado State University, will be joining the School of Health Sciences April 1, as a post-doctoral researcher in Dr. Stewart’s group. Dr. Semenenko will be a key contributor on the Department of Energy (DOE) project: “Kinetic Modeling of Damage Repair, Genome Instability, and Neoplastic Transformation.” for which Dr. Stewart is the Principal Investigator.

In Professor James McGlothlin’s group, Lisa Wagoner’s team of undergraduate HSCI students received first place for her poster. Fan Xu received first place for best graduate student poster. Also, his freshman scholars, Jason Bevier and Jennifer Abegglen are part of a HSCI team that was recognized for the University’s Focus Award (along with Scott Kempf).

❖Professor Wei Zheng was selected for the Johnson and Johnson Focused Giving Award.

❖Robert Walup, Head Counselor in the Office of Student Services, has been elected to the PACADA Steering Committee.
Farewell to Dr. John Zimbrick

From the Editor

The “UPDATE” extends its heartiest congratulations to Dr. John Zimbrick on his new appointment as Professor and Head of the Department of Environmental and Radiological Health Sciences at Colorado State University. Way to go, Dr. Zimbrick!

This is an exciting opportunity for a dynamic and innovative scientist like Dr. Zimbrick to form a new community of scholars around the areas of Epidemiology, Toxicology, Exposure and Risk Assessment, Environmental Hygiene and Radiation Safety, Cancer Biology and Radiation Oncology, and Veterinary Diagnostic Imaging. This can be a hugely important new department. It already has two internationally recognized programs in place; Radiological Health Sciences and Cancer Research (RHSCR) and the Center for Environmental Toxicology and Technology (CET-T). The Department is also home to the NIOSH High Plains Intermountain Center for Agricultural Health and Safety, and the Animal Population Health Institute (APHII).

The key roles for Dr. Zimbrick will be jobs in which he already excels: academic and scientific leadership, management, mentorship of faculty and students, and departmental growth. Dr. Zimbrick says “his biggest challenge will be merging the cultures of two previously separate departments, Environmental Health Sciences and Radiological Health Sciences.” Once these challenges are overcome, he sees the opportunity for his new department becoming a leader in the United States.

Dr. Zimbrick feels that his research program, which focuses on DNA damage produced by various kinds of radiation, will fare well in this new environment. He plans to use the latest DNA microchip technology to study the relationships between DNA damage and the patterns of gene activity that are affected by radiation exposure. Current microchip technology allows many thousands of genes to be placed on the chip and their activities monitored through the use of special chip “readers” and software. Another new research area in which Dr. Zimbrick would like to involve his new department is the study of combined effects of chemicals and radiation exposure, i.e. “What are the health effects of “real-life” exposures?” Very little work has been done in this area so far because of its complexity; however, Dr. Zimbrick feels that his new department is ideally positioned to become a leader in it.

We asked Dr. Zimbrick what he particularly enjoyed at Purdue, and here is his reply:

1. Teaching in the undergraduate program and working with the Freshman Scholars Program. He said that “the best and brightest students benefit from working with professors.”

2. Working with the Undergraduate Curriculum Committee on changes in all the curricula, to make them more compatible with the way students learn.

3. Interacting with the faculty and graduate students in the Schools of Health Sciences and Pharmacy, and the Cancer Center.

4. Hosting his radio show “Jazz Cornucopia” on WBAA, AM 920.

If you love music, and especially jazz, don't miss Dr. Zimbrick’s show on Saturday nights from 7-9 p.m. He features new recordings and interviews with musical artists, so that the listening public can hear the latest recordings. He agrees with musicologists who say, “Jazz is America's greatest contribution to the world of music.”

It will be hard to say “good-bye” to Dr. Zimbrick on June 1. We in OSS will miss his warm greetings each day. For his many great contributions to our School, the University, and the world of jazz, we offer our “thank-yous.” We wish him and his wife, Anita, much success and happiness in their new home at Colorado State University.
### HSCI Fall 2002

#### Distinguished Students

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<td>Kevin Dix</td>
<td>Tiffany Kyler</td>
<td>Troy Roberson</td>
<td>*Perfect 4.00 GPA</td>
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An Interview with the School’s New Toxicology Professor

Dr. Wei Zheng

From the Editor

Health Sciences announces, with the greatest pleasure, the addition of Dr. Wei Zheng to the faculty. Formerly a tenured professor at Columbia University’s School of Public Health and College of Physicians and Surgeons, Dr. Zheng is a toxicologist dedicated to the study of metal and environmental neurotoxicities. Dr. Zheng has many honors, grants, papers, reviews, abstracts, and mentorships on his curriculum vita. He brings to Purdue more than one million dollars in research funding.

Most recently, he was appointed to a 4-year term on the very prestigious National Institute of Environmental Health Sciences/National Institute of Health Review Committee. In his letter of appointment, the Committee administrator wrote, “Your membership and participation will be a great benefit to the peer review system (which reads and recommends proposals for funding), and the whole environmental health sciences scientific community.” His appointment will also benefit our School of Health Sciences because it demonstrates recognition, and because it will be helpful for our professors who submit training grants or collaborative projects, to be known by the Committee.

Dr. Zheng explained one of his interesting case studies, a first in New Zealand, to illustrate the breadth of his expertise in metal neurotoxicity and illness. In this case, Dr. Zheng was the consultant for a doctor and his patient, in a law suit. The patient was polishing aluminum vehicle parts for over 60 hours a week for four years in a (confined) inadequately ventilated workshop. The polishing mops regularly caught fire about twice a day and he was forced to breathe in the smoke. He was also exposed to the fumes from eleven welders in the same workshop. His skin was deeply impregnated with aluminum particulates despite showering twice a day. He was forced to cease work “due to chronic shortness of breath, cough, fatigue, severe mental confusion and depression.”

The legal counsel for the company involved said that the illness was not necessarily due to aluminum. But from his extensive work, Dr. Zheng knew that the aluminum-induced neurotoxic symptoms were a match with those of the patient. And further, the primary targeted area in aluminum toxicity is the brain (via the olfactory pathway), and specifically the hippocampus, the center of memory function. Dr. Zheng was delighted to receive an email from the doctor saying, “We won!” The man’s occupational illness from aluminum has been accepted by the court, and he will get weekly compensation and his medical costs paid.

Dr. Zheng is settling happily into his new “scientific home.” His research interest is the environmental causes of neurodegenerative diseases, such as Parkinson’s Disease and Alzheimer’s Disease. He is very busy establishing his research group, writing grants, and writing two books, due soon. He anticipates his research group will grow to six people by the summer. He just returned from the Society of Toxicology meeting in Salt Lake City, where he chaired two sessions, and taught a very well-attended session on how to grow brain cells. We asked Dr. Zheng what he liked most about Purdue. He said that “the life-style is much easier in the midwest, and the quality of living is much better than in New York City. People are nicer here without the stresses of the city.”

Dr. Zheng’s wife, Wendy, and two children, Danielle, 17, and Andrew, 8, plan to join him in the Fall. Meanwhile, Dr. Zheng plays a serious game of tennis, and is discovering our art and musical offerings.

Dr. Wei Zheng with his Post-doctoral Research Associate, Dr. Jane Li.

Welcome Dr. Zheng!
**NEW Curricula and Minors for Health Sciences**

Two majors have new names and new content: Radiological Health Science (formerly Health Physics) and Occupational Health Science (formerly Industrial Hygiene).

The Radiological Health Science Major has three tracks: Radiological Health Science (Honors) which eventually will become a 4+1 program leading to a Master’s Degree; Radiological Health Science (Health Physics), which keeps the reactor health physics and environmental health physics emphasis; and Radiological Health Science (Pre-medicine Concentration), which will be an excellent route into medical school for students interested in Radiology.

The Occupational Health Science Major also has three tracks: Occupational Health Science (Honors), leading to a 4+1 Master’s Degree; Occupational Health Science (Industrial Hygiene); and Occupational Health Science (Pre-medicine Concentration), for pre-medical students interested in Environmental, Occupational, or Public Health.

The School of Health Sciences has also added two Minors, in Radiological Health Science and Occupational Health Science. Both minors require 14 credits (approximately 4 courses). An old Minor, entitled “Occupational and Radiological Health Sciences” has been discontinued. For specific information on the courses in the new minors, please see your advisor. This information should also be available on the Health Sciences web site soon.

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**Students Accepted to Professional Programs 2002-2003**

(to date)

**Chiropractic Medicine**
Jared Himsel, Palmer College of Chiropractic
Annette Degliumerto

**Physical Therapy Programs**
Mary Bugajski, University of Indianapolis

**Occupational Therapy Program**
Carrie Price, IUPUI

**Dentistry**
Misty Cunningham, Indiana University
David Reed, Indiana University
Cory Zent, Indiana University
Tim Greist, Indiana University
Deepak Devarajan

**Medical School**
Elizabeth Carroll, Indiana University
Jason Garcia, Indiana University
Melanie Gatewood, Indiana University
Andy Kersten, Indiana University
Kyle Siewert, Indiana University

**Podiatric Medicine**
Carolyn Neuhoff, Scholl College

**Veterinary Medicine**
Emily Schattel, Purdue University

**Nuclear Medicine Technology**
Jenny Boswell, IUPUI

**School of Optometry**
Rebecca Schmitt, Indiana University

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**HSCI Update**

Editor....Linda L. Lipschutz
Managing Editor.... Karen Walker
Purdue Student Branch of the Health Physics Society (PSBHPS)
From Jason Harris, President

The PSBHPS is a student branch of the Health Physics Society (HPS). The HPS is a scientific and professional organization whose members specialize in occupational and environmental radiation safety. The PSBHPS plans activities and events for students particularly interested in the field of health physics. Students in fields such as medical physics, industrial hygiene, and nuclear engineering are also encouraged to participate.

For the spring, the PSBHPS was very active. Besides monthly meetings, we participated in a field trip to the Indiana University School of Medicine in March. There we got to see the health and medical programs as well as some of the diagnostic imaging and therapeutic facilities. We had also planned to go on a field trip to the D.C. Cook Nuclear Power Plant in Michigan. But, because of the outbreak of war and heightened security at nuclear power plants, this had to be delayed until the fall. A social at Dr. Zimbick’s took place in March, and a film night has been planned for April. The PSBHPS has continued to grow and in the future we plan to coordinate more activities and events with other student organizations.

Elections will also be held in late April for the offices of President, Vice-President, Treasurer, and Secretary. Nathan Bradley has already agreed to take the office of President for the 2003-2004 school year. We will also be in search of a new faculty advisor as Dr. Zimbick will be leaving for Colorado State University in the summer. On behalf of all the members of the PSBHPS we would like to say thanks to Dr. Zimbick for everything and good luck at CSU! If you have any interest in our organization, please contact Jason Harris for more information (jtharris@purdue.edu). We are always looking for new members. Hope to see you soon!

Lambda Tau
From Amy Benzing, Co-President

Lambda Tau has had a busy Spring Semester. In January, we had our first meeting of the new year. We discussed possible speakers and activities for our upcoming meetings. It was also our callout for new membership for students who may have transferred or changed their major at semester. In February, we made Valentines for the Indiana Veteran’s Home. At that same meeting, we held elections for our 2003-2004 officers. Congratulations to: Renee Richmond, President; Marissa Fusco, Vice-President; Abbi Garringer, Secretary/Treasurer; and Emily Scott, Historian.

With the new officers preparing to take over, we would like to say good-bye to our current officers who are heading off to clinicals. Amy Benzing and Jayne Kinney will be at Clarian/Methodist Hospital, and Jillian Herring will be at Ball Memorial Hospital. Good luck to all of them and all the other LT’ers who start clinicals this summer.

We are finishing up the semester with our last official meeting which was at the beginning of March. We had Karen “Casey” Fanwick come speak to us about Hematology and Blood Banking. March 25-27, we had a Bake Sale outside the Health Sciences Student Services office and on April 8th, we will be having a bowling party in the Union from 8-10 p.m. This is our last club get-together for the year before Induction. Induction this year will be on Sunday, April 13th from 12:00-2:00 p.m. in the Anniversary Drawing Room of the Union. We will be inducting new members, new officers, and enjoying a delicious pasta buffet.

Thanks for a great year Lambda Tau!

Club News

Health Sciences Student Council (HSSC)
From Lynn Nieman, President

The HSSC has been very active this semester. One service we provided was coordinating study groups for the common classes Health Sciences students take; these study groups allow students to network with their peers and help each other through the rigorous classes of the School of Health Sciences curriculum.

The social committee provided Valentine’s Day snacks and free valentines for all; they also sold donuts in the office of student services during registration. The publicity committee has been actively advertising all of the good services and plans of study that our school offers as well as all of our student organizations. We recently formed a committee, which will help to coordinate volunteer opportunities for students in our school; this program is in the developing stages and is called SHOTS or Students Helping Others Through Service.

Look for upcoming activities planned by the newly elected officers.
PIHSA News

PIHSA officers are putting on the finishing touches to their application for the AIHA’s annual Best Student Local Section of the Year Award contest. The stakes are a plaque and $1000 to the winner from among approximately 30 university sections. In addition to a number of interesting speakers and social activities held this year, PIHSA has also decided to participate in the local community’s Adopt-a-Spot program starting this Spring, with a year-long commitment to clean and care for a plot of ground in the Greater Lafayette area. PIHSA is now the proud parent of a plot of land at 3rd Street in Lafayette near the Union Street bridge (in front of the Pub, if you want to check it out once the flowers start to bloom!).

Last month five students competed in the American Industrial Hygiene Association Chicago Local Section’s Annual Student Night research poster competition. Matt Raef and Lisa Wagoner finished first and Kyle Acker finished second in the undergraduate division. Fan Xu finished first in the graduate division. Hernando Perez also had an excellent graduate poster.

PIHSA is rounding out its active 2002-03 year with a field trip to an Alcoa subsidiary in Crawfordsville, March 26th, to view a production facility that makes millions of 2-liter plastic bottle cap assemblies a year and to find out about the occupational health and safety issues of such an operation.

Elections for next year’s officers will be held at the closing formal meeting on April 9th. If you are interested in getting more actively involved in PIHSA to keep the group as active next year as it was this year, consider running for President, Vice President, Secretary or Treasurer – not only does it “look good on the resume”, but it is a worthwhile activity. The meeting will be held in CIVL Room 2117 at 5:30 pm, with a technical speaker, TBA, to follow elections.

The final activity will be the annual close-of-the-year PIHSA picnic, to be held on Saturday, May 3rd, 4:30-6:30 pm, at Dr. Z’s home. A sign-up list will be posted on his office door.

2003 AIHce News Report

The 2003 American Industrial Hygiene Conference and Exposition (AIHce) will be held this May 12-15 in Dallas. It is an absolutely awesome experience for learning about the profession of Industrial Hygiene and related areas. This year some of the big topics to be emphasized are mold and biochemical terrorism issues. It is an overwhelming four-day whirlwind of hundreds of technical papers and poster presentations, interesting Round Table discussions, keynote speakers such as the Head of OSHA, and the woman in Texas who sued her home owner’s insurance and was awarded a multi-million dollar lawsuit for a mold case, as well as many others. In addition, there are hundreds of vendors in the Exposition demonstrating all types of IH-related wares and services. It is not only an excellent learning experience but also an equally excellent networking opportunity, for jobs, for future contacts, etc.

The Purdue IH program will once again be sponsoring a booth in the Exposition, as well as an Alumni Reception followed by the 21st Annual Purdue Alumni, Students and Friends Dinner when students, faculty and alumni get together for food, fun and good old IH camaraderie.

Be sure you’re included in all the fun and excitement of the AIHce this May in Dallas! Student members of PIHSA can apply for partial funding from donations received from the Indiana and Chicago AIHA Local Sections to support their travel to the Conference. For more information, see Dr. Z.

Summer Internships in Industrial Hygiene

One of the most important ways to learn about your major field of study is to get some type of work experience. A good way to do this is with a summer internship. Not only does this give you a chance to gain valuable practical experience, apply what you have learned in class, not to mention, earn some cash, but it also “looks good on the resume.” There are a number of good positions still available and more keep coming in.

If you’d like more information, see Dr. Z, and keep your eyes and ears open for job announcements, and do some of your own job searching. Also, if you are an OHS (IH), RSH (HP) or EHS major, it’s not too late to submit your resume to PIHSA’s online resume book (for internships OR full time positions).
Club News Beat (continued)

Physician Assistant Club
From Kristin Jones, President

The Pre-PAC (Physician Assistant Club) has had one meeting this semester and we briefly met to discuss what we would be planning for this semester’s meetings.

Since this club is so new here at Purdue, we are very new to all of the information given to us. At our last meeting here in second semester, we introduced our officers and told the incoming freshman about our new club.

Our officers listed are: Kristine Jones, President; Melissa Wojcik, Vice President; Rachel Peterson, Secretary/Treasurer; Cynthia Bachle and Stephanie Pike, Public Relations. Also, EMT information will be available if you contact home hospital in Lafayette.

Anyone seeking any information on becoming a Physician Assistant should contact: Kristine at joneske@purdue.edu.

Occupational Therapy / Physical Therapy Club (OT/PT)
From Courtney Snell, President

The OT/PT Club is quickly winding down the Spring Semester with only a couple of meetings left. On April 9th Richard Hobbs from Southern Indiana is coming to speak about their OT program. And on April 23rd we are putting together a student panel. We also made Valentine’s Day cards with George Davis Residents and then distributed them to Home Hospital patients.

Please check our bulletin board by the Office of Student Services for exact times and locations of upcoming meetings.

New members are always welcome. Hope to see you soon.

Congratulations!

To Diana Davis, School of Health Sciences Head Secretary, for 40 years of service to Purdue!

Final Exam Schedule

The Final Exam Schedule is now on-line through SSINFO at www.purdue.edu/ssinfo.

For your information…Students scheduled for more than two examinations in one calendar day are entitled to reschedule any examination in excess of two. Similarly, students faced with a direct exam conflict are entitled to reschedule either examination. It is the responsibility of the student to make the necessary arrangements before the last week of regularly scheduled classes. Course instructors shall not penalize a student who chooses to reschedule an examination under these options.

Source: Purdue University, University Regulations 2002-2003.

From The Memorial Sloan-Kettering Cancer Center

Medical Technologists Wanted

At MSKCC, you will collaborate with a team of professionals and accelerate your career development in a dynamic and knowledge-driven environment dedicated to cancer research, education, treatment and prevention. Working in a state-of-the-art automated medical laboratory, you will expand your clinical experience and knowledge while working with new and advanced areas of diagnostic testing. We have opportunities in the following areas: Clinical Chemistry, Blood Bank, Hematology and Microbiology.

Candidates must have a Bachelor's degree in Medical or Biological Technology, Clinical Laboratory Science, Biology, or Chemistry, along with familiarity with manual and automated routine procedures.

We offer an excellent salary and comprehensive benefits, including 100% tuition reimbursement. Forward your resume and salary requirements to Margaret Valente, MSKCC, 633 Third Avenue, 5th Floor, New York, NY 10017. fax: 646-227-3027 e-mail valentem@mskcc.org
To Your Health!

Why Lift Weights?

Weight training helps keep you and your bones strong. Another bonus: The extra muscle you build helps burn more calories— even when you doing absolutely nothing.

Muscle Facts:

**”** Muscle is like a car engine. It burns gas or calories and provides the power to get you from one place to another. The bigger the “muscle engine,” the more fuel you burn. In other words, the larger the muscle mass, the more calories your body burns at work and at rest.

**”** It’s possible to increase your metabolic rate by at least 7% after six months of intense weight training. This means that if you’re eating 2,000 calories a day to maintain your weight, you’d burn an additional 140 calories each day. At this rate, you’d have lost over seven pounds of fat in six months.

**”** Every added pound of lean muscle burns an additional 30 to 50 calories each day.

**”** Exercise can add three to six pounds of muscle in six months of weight training.

Sources: University of Maryland research; Strong Women Stay Slim, by Miriam Nelson and Sarah Wernick.

Elusive Exercise

Beginning an exercise program is a lot like quitting smoking. Most people will tell you they’ve done it many times. It is difficult to make a lifestyle change but here are some tips for making exercise a permanent part of your life.

☑ Get a partner. Couples who exercise together have been shown to stick with it longer than individual exercisers.

☑ Make it a part of your routine. Before work, after work, or on your lunch break, make sure to schedule it in.

☑ You can benefit from brief bouts of exercise; they do not need to be continuous. Three 10-minute periods of exercise are equivalent to one 30-minute period of exercise.

☑ Have a contingency plan. If you normally work out before work and wake up late one day then have a backup time that you can rely on.

☑ Make it fun. Explore different exercise options such a group classes, personal training and outdoor adventures until you find what you like.

☑ A wide variety of exercises “count” including yard work, tennis, soccer, walking, running, bicycling and swimming.

☑ Give it time. Most people drop out early because they don’t see immediate results. The majority of benefits from exercise come after 3 to 6 months.


Lost?

A man drove down a winding country road until he came to a small town. He stopped at the General Store and asked an old man sitting there, “Can you help me? I am completely lost.”

The old man hobbled over to his car. “Well,” he said, “Do you know where you are?” “Yes, I saw the name on the sign as I drove into town.”

Well,” said the old man, “Do you know where you’re going?” He named the town he was trying to find. “Oh, you ain’t lost,” said the old man. “You just need someone to give you directions.”

Source: Adapted from Success for Dummies, by Zig Ziglar
Congratulations to our 2003 May Graduates

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<th>Kyle Acker</th>
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It’s Spring!