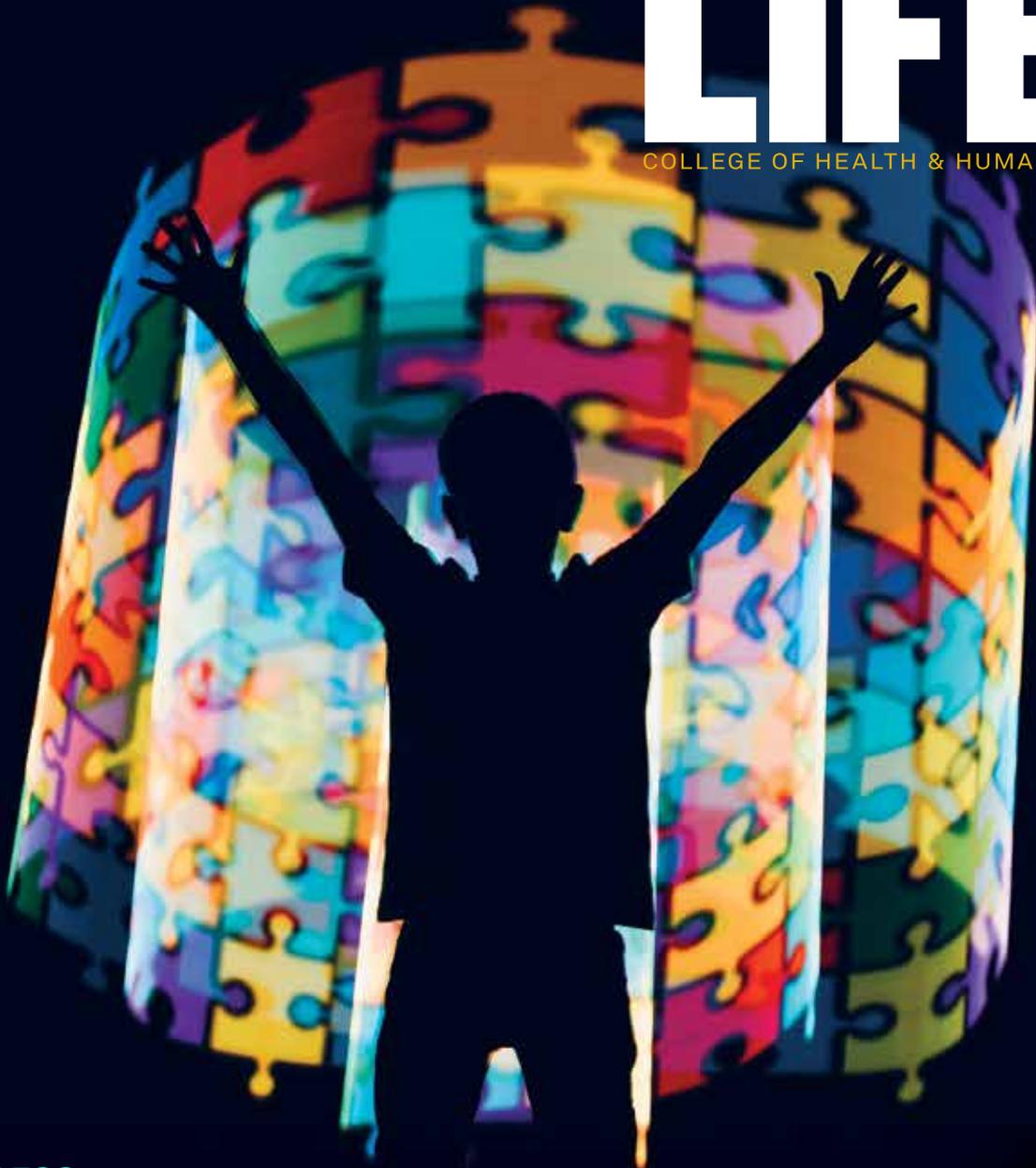


# LIFE 360

COLLEGE OF HEALTH & HUMAN SCIENCES



## BOUNDLESS COLLABORATION

Purdue Autism Cluster  
brings diverse research  
pieces together



# LIFE 360

COLLEGE OF HEALTH & HUMAN SCIENCES FALL 2016



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## 26 ON THE COVER RESEARCH PIECE BY PIECE

The Purdue Autism Cluster is forming research collaborations unheard of a generation ago. (Photo by Charles Jischke)

Left and Inside Back Cover: The Purdue Black Tie Dinner is an annual event put on by Purdue's Hospitality and Tourism Management Society, a student organization. The event is planned and executed entirely by student volunteers. Through synchronized service, gourmet cooking and other industry arts, HTM students create an unforgettable event. This year's dinner, in the Purdue Memorial Union on April 2, raised \$16,310 to support professional development opportunities, speakers and equipment for students, and a donation to the Greater Lafayette Area Food Finders. (Photos provided by Beth Wilson Photography)

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# FIRST IMPRESSIONS

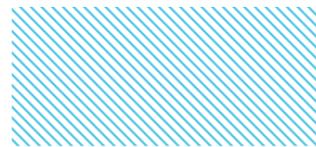


Photo by Charles Jischke

**T**his issue of *Life 360* features a number of truly wonderful things taking place in the College of Health and Human Sciences. We continue to grow in size and scope, all the while keeping our focus on our mission to make lives better.

Throughout the past year, the Department of Nutrition Science celebrated its 110th anniversary with a series of events, including a gala dinner attended by more than 300 people. Turn

to page 22 to learn of the department's origin in the School of Science and the outstanding men and women who worked to establish the now internationally recognized department.

The Department of Health and Kinesiology also celebrated a monumental anniversary — 100 years! What began as a program for men's intercollegiate and intramural athletics, including the teaching of sports skills and the training of future coaches, has grown into a program committed to health promotion, disease prevention and kinesiology (the study of the mechanics of body movements). Turn to page 24 for more history.

Our third celebration focused on the Department of Human Development and Family Studies, where the Ben and Maxine

Miller Child Development Laboratory School celebrated a significant anniversary. Originally known as the Purdue University Nursery School, the program, established in 1926, was the first university-based nursery school in Indiana. Ninety years later, the lab school remains a leader in the field of early childhood education and childhood development research. Read more about the school on page 25.

I am also excited to share with you our story on the Purdue Autism Cluster (page 26). This HHS-led initiative brings together researchers from multiple disciplines throughout campus to advance research, assessment and treatment of individuals with autism spectrum disorders; our effort spans basic biological and genetic to behavioral and applied approaches.

In our last issue, we shared our goals for *Ever True: The Campaign for Purdue University*. On the next page, we give you an update on the progress we've made toward our \$77 million goal. In this issue you'll meet individuals who generously support HHS through endowed scholarships and professorships, as well as students and faculty who are the current beneficiaries of their generosity.

It is a privilege and an honor for me to serve as dean of the College of Health and Human Sciences. Each day brings new challenges and opportunities, and together we are making lives better!

Hail Purdue!

Christine Ladisch  
Dean



## 2012-19 CAMPAIGN INITIATIVES

The *Ever True: The Campaign for Purdue University* accelerated past the halfway mark for both the university and the college in the last fiscal year. Purdue's fundraising exceeded \$1.2 billion in gifts and pledges against the campaign goal of \$2.019 billion. With similar success, the college surpassed \$47 million toward its \$77 million goal.

HHS highlights in the last year include \$1.5 million in unrestricted gifts; additional student support of \$3 million, including new scholarships and study abroad funding; and \$1.7 million in faculty support. Many responded during Purdue Day of Giving on April 27, 2016; a record 393 individuals contributed \$329,700. HHS placed seventh among the 50 participating units, earning a bonus of \$5,000. Through the generosity of many alumni and friends, these important resources will assist many students and advance HHS in its research and academic mission.

Two new initiatives have been added to our campaign. The School of Nursing received approval to double the number of nursing graduates. To address this high-demand field, we will need to increase support for scholarships, professorships and facility expansion. Additionally, classroom and laboratory renovations are targeted for Lambert Fieldhouse, home to

Health and Kinesiology. Updated spaces will provide the opportunity for gifts of all sizes, as well as named spaces.

As we move beyond the midpoint in the campaign, the college has achieved 62 percent of the campaign goal. We share here a list of projects and additional funding to be raised in support of students and faculty in HHS:

Student support (scholarships, study abroad)	\$7.5M
Facilities (MRI, Professional Sales Laboratory, Lambert)	\$2.5M
Programs (healthy aging, autism, health and wellness)	\$8.8M
Faculty (professorships, headships, deanship)	\$9.0M
Unrestricted (college, departments, schools)	\$2.0M

As we enter year five of the seven-year campaign, let's keep the momentum going as we in the College of Health and Human Sciences strive to make lives better! To learn more about making a gift, please contact me at 765-494-7987 or [jdschumaker@prf.org](mailto:jdschumaker@prf.org).

Judith D. Schumaker  
Director of Advancement

To learn more, visit [www.purdue.edu/EverTrue](http://www.purdue.edu/EverTrue) or connect with #PurdueEverTrue on social media.

# 360° REVIEW

## CONSUMER SCIENCE

CSR welcomed new faculty members Jason Clark, Andrea DeMaria and Jiong Sun. Clark is an associate professor and his research focuses on factors that guide how people cognitively process persuasive messages and other social communications. DeMaria (PSY '06) is an assistant professor and holds a joint appointment with the public health graduate program. Her work encompasses an interdisciplinary approach to understanding women's sexual and reproductive health behaviors and issues, which informs community-based public health interventions. Sun is an assistant professor and is an expert in retail supply chain and innovation management using quantitative modeling.

## HEALTH AND KINESIOLOGY

HK welcomed new faculty members Scott Lawrance, Chad Carroll and Cassandra Ledman. Lawrance is a clinical associate professor and holds state licenses in both athletic training and physical therapy. He has served professionally as president of the Indiana Athletic Trainers' Association and currently serves as president of the Great Lakes Athletic Trainers' Association. His research interests include studying lower limb asymmetries and the link to injury risk. Carroll is an assistant professor. His research focuses on the development of effective treatments for tendon pain and injury, and the mechanisms regulating tendon adaptations to exercise. He previously worked in physiology at Arizona College of Osteopathic Medicine. Ledman is a clinical assistant professor and is an exercise physiologist. She previously worked at Lutheran Hospital, The Cleveland Clinic and IU Health Ball Memorial Hospital.

## HEALTH SCIENCES

Jason Cannon, associate professor of toxicology, and his research team recently launched a project to investigate how a group of chemicals formed during barbecue grilling called "PHIP" cause Parkinson's disease. Given that these chemicals also are mutagens and probable carcinogens, Cannon has teamed up with other researchers at the University of



Photo by Rebecca Wilcox

Minnesota and Lawrence Livermore National Laboratory to explore the overlaps between carcinogenesis and neurodegeneration. In June, the National Institutes of Health awarded \$1.68 million to support the project.

The U.S. Nuclear Regulatory Commission awarded a \$194,400 two-year training grant to a joint health physics training program between Purdue's School of Health Sciences and the School of Nuclear Engineering. The program, which began in 1942, has been successfully training both undergraduate and graduate students in radiation safety and management, nuclear security and proliferation, and environmental control. Many graduates of the program have taken prominent leadership roles in industry, government and academia. The program is currently led by Jason Harris, associate professor of radiological health science.

## HHS EXTENSION

More than 550 Indiana child care providers participated in HHS Extension's I am Moving, I am Learning (IMIL) program in 2015. The program helps child care providers ensure that children meet guidelines for daily physical activity, understand the link between physical activity and mental acuity, bridge cultural gaps to get kids moving, promote outdoor activity when possible, and teach kids the basic building blocks of nutrition. Because most of Indiana's children under age 6 have parents who work, secondary child care providers — whether



it's family, friends or a facility — exert great influence on a child's daily nutrition and physical activity. Indiana's obesity rate among children ages

2-4 is slightly above the U.S. average, and IMIL aims to reduce childhood obesity by offering community-based lessons to child care providers and caregivers.

## HOSPITALITY AND TOURISM MANAGEMENT

Starting in spring 2017, HTM will be offering an online Master of Science in Hospitality and Tourism Management. The development of an online master's degree option will provide ongoing career development for mid-career hospitality managers who would find it difficult to undertake a residential program. The program is designed to provide working hospitality professionals with skills and knowledge to compete at the highest level of the industry. Students will learn advanced management and leadership skills including human resources, operations management, marketing and hospitality finance. Critical thinking and problem-solving techniques will be used to address real-world problems. The program has a strong focus on quantitative analysis to enable students to use data to meet the challenges of business. The coursework combines cutting-edge online technologies to ensure students have the most effective learning experience while managing the demands of their careers.



Professors Richard Ghiselli and Joseph Ismail in the School of Hospitality and Tourism Management have created a wage impact calculator for limited-service restaurants (LSR), also known as "fast-food restaurants" and "quick-service restaurants." The free online tool provides LSR owners a quick reference to calculate the percentage price change needed to maintain profit levels in relation to increasing the minimum wage. The

calculator provides a starting point to evaluate their options, and performs calculations based on the assumption that the only input cost or operational changes are to the minimum wage. The calculator prompts managers to enter their ZIP code and some current operational costs. It then identifies the minimum wage in that area and provides analysis based on increased employee wages. Calculator users can enter wage increases in any increment for operational comparisons. The calculator is accessible on the School of Hospitality and Tourism Management's website at [www.purdue.edu/hhs/htm/](http://www.purdue.edu/hhs/htm/).

## HUMAN DEVELOPMENT AND FAMILY STUDIES

A new evidence-based early childhood curriculum for children from birth to age 5 years will be available in spring 2018 to the military's large worldwide system of child development programs and interested civilian early childhood programs. Douglas Powell, Distinguished Professor of Human Development and Family Studies, is leading the development of the curriculum for the Department of Defense Child Development Program. The new curriculum is based on best practices in promoting children's school readiness in all domains of early development. Early childhood experts at Purdue and other research institutions and Purdue's Military Family Research Institute are contributing to the effort. The five-year grant project is supported through the federal DoD-USDA Partnership for Military Families.

## NURSING

The Gerontological Society of America selected Kathleen Abrahamson, an associate professor of nursing, as a 2016 Fellow for her innovative research with elders in long-term care. Abrahamson focuses on person-centered care and has published more than 60 journal articles, peer-reviewed conference proceedings, chapters and policy reports. She currently has a contract with the state of Indiana to improve quality for long-term care facilities. The first project under the contract is addressing concerns related to polypharmacy, the use of multiple medications in a patient's treatment.

The American Academy of Nursing inducted Karen Foli, associate professor of nursing, as a 2016 Fellow. Foli's research focuses on nursing care of nontraditional families, including support during transitions and challenges faced in community settings. She is co-author of "The Post-Adoption Blues: Overcoming the Unforeseen Challenges of Adoption" and "Nursing Care of Adoption and Kinship Families: A Clinical Guide for Advanced Practice Nurses." Fellows are selected based on evidence of significant contributions to nursing and health care.

Beginning in the fall of 2017, the inaugural cohort of PhD in Nursing students will begin their plans of study to become nurse scientists. They will embark on a three-year journey to learn how to influence innovation in health care through transdisciplinary collaborations and intense mentoring. Graduates will be prepared to work with and lead transdisciplinary teams to transform health care through scientific discovery and the translation of research findings. Their innovation in health care delivery systems and care will focus on discovering new knowledge and improving caregiver and patient experiences.

Jane Kirkpatrick, head of the School of Nursing, and Karen Foli, PhD program director, note that nurse researchers are in high demand for both industry, to address the challenges faced by our health care system, and academia, where multiple retirements of senior faculty are predicted over the next 10 years. Approved by the Indiana Commission for Higher Education in March 2016, this on-site program is accepting applications. For information about this program, please contact Foli at [kfoli@purdue.edu](mailto:kfoli@purdue.edu).

## NUTRITION SCIENCE

The newly renovated 10,000-square-foot Nutrition and Exercise Clinical Research facility was dedicated on May 6. The center has capacity to deliver 25,000 controlled meals per year, assess diets, measure bone and body composition and perform clinical services. It houses a state-of-the-art exercise facility to support research on the role of diet and exercise in health and chronic disease prevention. The Purdue Clinical Research Center housed in this facility is part of the Indiana Clinical and Translational



Photo by Mark Simons

Sciences Institute funded by the National Institutes of Health.

Alumni and friends of the department returned on May 6 to celebrate the 110th anniversary of the Department of Nutrition Science (see "A Recipe for Success on p. 22). The day culminated with a grand gala that celebrated achievements of the department, recognized 110 "diamonds of the department" and honored generous gifts from across the decades. During the gala, Patsy Mellott (NUTR '69) was recognized for her planned gift, which includes a named professorship supporting nutrition and fitness and support for the Department of Nutrition Science's Women's Global Health Institute initiative (see "Having by Giving" on p. 32).

The National Institutes of Health awarded \$8.8 million to fund a Purdue-led study of dietary recommendations and the impact of curbing sodium intake on blood pressure in adolescents. Connie Weaver, distinguished professor and head of the Department of Nutrition Science, leads the study. The five-year grant will evaluate the effects of young teenagers consuming the DASH diet, which stands for Dietary Approaches to Stop Hypertension diet. The DASH diet is focused on consumption of fruits and vegetables, whole grains, low-fat dairy, nuts, poultry and fish, while reducing unhealthy fats, red meats, including pork, and added sugars. DASH diets are rich in calcium, magnesium and potassium as well as other nutrients. More than 500 girls and boys, ages 11-15, with elevated blood pressure will be recruited for the study and will participate in two 25-day Camp DASH summer camps from 2017 to 2020. Similar to Weaver's Camp Calcium studies, which over the past 25 years determined calcium levels for adolescents to maximize bone growth, campers will live in a residence hall and eat specific foods while spending their time participating in educational and fitness activities.

## PSYCHOLOGICAL SCIENCES

Professors Margo Monteith and Deborah Rupp were among faculty selected by the Office of the Provost to lead research projects as part of the Diversity Transformation Award program. DTA seeks to enhance campus diversity by increasing the enrollment and success of students from underrepresented populations and increasing the number of underrepresented minorities among faculty. The goal of the program is to leverage research talent on campus to create a nationally recognized center of activity in studying factors affecting inclusiveness and success of underrepresented students and faculty.

The year 2017 will mark the 80th anniversary of the Industrial-Organizational Psychology program. The Purdue I-O program, which focuses on the scientific study of human behavior in the workplace, was one of the first in the world. Under the leadership of early I-O pioneers including Ernest McCormick and Joseph Tiffin, the program continues to be one of the world's preeminent programs. An 80th Anniversary Endowment Campaign will be launched to help fuel continued success in the years ahead.

## PUBLIC HEALTH

The Public Health Graduate Program (PHGP) continues to grow. The program experienced a 30 percent increase in new student enrollment for fall 2016. In addition, Dr. Andrea DeMaria (PSY '06), assistant professor of consumer science and public health, joined the faculty in August 2016. She is the first new faculty hire since the launch of the program in July 2014.

PHGP will host the Indiana Public Health Association statewide annual meeting in April 2017.

## SPEECH, LANGUAGE, AND HEARING SCIENCES

SLHS welcomed new faculty members Hari Bharadwaj, Mark Sayles and Ray Munguia. Bharadwaj and Sayles are assistant professors and also hold appointments in the Weldon School



Photo provided

of Biomedical Engineering. Munguia, M.D., is a clinical assistant professor and assumed dual roles in SLHS and the Indiana University School of Medicine-West Lafayette. The new faculty cement the department's reputation as a top program in hearing sciences. Few institutions in the world compare with Purdue's combination of pioneering research, leadership in clinical education and excellent clinical services.

Assistant Professor Georgia Malandraki and Clinical Instructor Jaime Bauer Malandraki have developed new facilities for understanding swallowing disorders with the only video fluoroscopy C-Arm dedicated exclusively to research and teaching in a communication sciences department. This is among many developments in medical speech-language pathology and interprofessional development made possible by the new Lyles-Porter Hall.

Extending a long unblemished record, 100 percent of SLHS Master of Science in Speech-Language Pathology and Doctor of Audiology students passed the national PRAXIS exam, establishing clinical competence on first attempt.

FOR THE LATEST HHS NEWS, VISIT [WWW.PURDUE.EDU/HHS](http://WWW.PURDUE.EDU/HHS).

# GOING GLOBAL

By Hannah Harper

With an ever-increasing need to understand global diversity to meet human needs, study abroad in the College of Health and Human Sciences continues to provide students with opportunities to develop a broader worldview. The College of Health and Human Sciences offers over 30 study abroad programs each year in Asia, Central America, South America, Australia and Europe. Students can expand their studies in sports medicine, public health, hospitality and tourism management, health care, business, and youth and child development, as well as other disciplines. Through programs ranging from a spring break experience to a semester program, Purdue students are using their time abroad to make an impact on a global scale and have a little fun in the process.



Photos provided

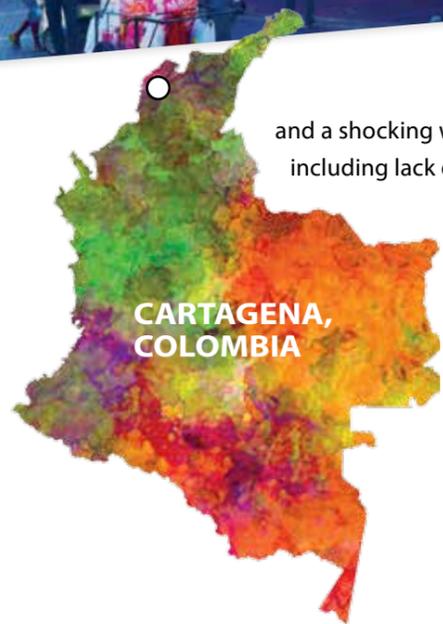
## PICTURESQUE ARCHITECTURE AND PUBLIC HEALTH ADVOCACY CARTAGENA, COLOMBIA

Alexandra Lin Zhang's study abroad took her to the vibrant and diverse city of Cartagena, Colombia. During her time abroad, Zhang, a senior in public health, studied Colombia's nursing and public health strategies and the country's public health concerns. Among the colorful edifices of historical buildings and busy streets filled with vendors, she learned that exotic and beautiful landscapes can mask extreme poverty.

"The biggest impact on me was when we went to La Boquilla, which is a fishing village in Cartagena," she says. "There, I saw such poverty and a shocking way of life. The village was not only poverty-stricken but had huge public health issues including lack of sanitation, diseases and lack of sexual education. Yet all the kids we visited at a local elementary school had big smiles on their faces when they saw us."

After graduation, Zhang hopes to travel to villages like La Boquilla to raise public health awareness through education and health resources.

“I want to make policies and laws about health education that will give everyone an equal chance in gaining the healthiest life they can achieve,” she says.



CARTAGENA, COLOMBIA



CAHUITA, COSTA RICA



Photos provided



## RESOURCE NEEDS IN THE RAINFOREST CAHUITA, COSTA RICA

During her study abroad experience, Emily Layman did more than just zip line through the rainforest. A 2016 graduate who double majored in speech, language, and hearing sciences and developmental and family science, Layman took advantage of an opportunity to study Costa Rican health care, agriculture and midwifery.

"I learned that we take a lot for granted in our country," she says. "Standards of care, patient care and the availability of resources are all things that are expected in our country."

While visiting a primary school, Layman realized how scarce resources for children with developmental and learning disabilities really are in Costa Rica.

“In my future career, I will be working closely with this population,” she says. “I want to ensure that children receive all of the help they deserve. I saw firsthand how important early intervention and detection are for the future well-being of children.”





## CASTLES AND CULTURE

EDINBURGH, SCOTLAND

For her study abroad experience, Lydia Pottschmidt, a junior in public health, crossed the pond to England, Scotland and Ireland. When she wasn't exploring Scottish castles on the North Sea, she studied the contemporary public health issues that face countries outside the United States.

"From this experience, I will use the skills learned in my future career of health care administration to better our system in the United States," she says.

Learning about different cultures helped give Pottschmidt a different perspective on those living in countries outside the United States. Her study of current health systems in Ireland and the United Kingdom gave her a greater appreciation for global diversity.



Photo by Kayla Bacon

“It is important for Health and Human Sciences students and all students to study abroad because it is a one-of-a-kind experience that teaches you lessons that cannot be learned in the classroom,” she says. “Culture creates diversity, and diversity creates a successful world with people from different backgrounds.”

Zhang, Layman and Pottschmidt were the top winners of the 2016 HHS Study Abroad Photo Contest. The contest is held annually in the spring. 🌈



## GENEROUS CONTRIBUTIONS

TO THE COLLEGE OF HEALTH AND HUMAN SCIENCES MAKE STUDY ABROAD A POSSIBILITY FOR MANY STUDENTS WHO OTHERWISE WOULD NOT BE ABLE TO TAKE ADVANTAGE OF THESE OPPORTUNITIES FOR CULTURAL GROWTH.

### John and Emma Tse Fund for Global Scholars

A gift from John and Emma Tse established the John and Emma Tse Fund for Global Scholars to financially assist HHS undergraduate students with the cost of studying abroad. Scholarships range between \$700 and \$1,800 and recipients are known as Tse Scholars. More than 100 Tse scholarships have been awarded since 2009.

Tse, who served as a faculty member at Purdue for 31 years and is now a professor emeritus of management, hopes the Tse Fund for Global Scholars will benefit students in a number of ways.

"Firsthand experience of living in a foreign country, learning their history and culture, and establishing personal and business contacts can lead to a better understanding of our world and more peaceful relations between nations," he says.

### Fred and Dorine Santogrossi Study Abroad Scholarship in Psychology

The late David Santogrossi endowed the Fred and Dorine Santogrossi Study Abroad Scholarship in Psychology in memory of his parents. Santogrossi, an avid traveler, was a professor of psychological sciences and served as associate dean in Purdue's College of Liberal Arts for several years.

Chris Agnew, head of the Department of Psychological Sciences, remembers Santogrossi leading numerous study abroad trips, including trips to England and Italy.

"David was an exceptional educator who was convinced of the benefits of study abroad experiences for students," Agnew says. "True to his beliefs and consistent with his generous spirit, he established a scholarship to honor his parents who did so much to encourage his own intellectual development."

### Charles V. and Audrey Palm Riker Fund for HDFS

The Charles V. and Audrey Palm Riker Fund for Human Development and Family Studies was established by Audrey P. Riker in recognition of her husband Charles V. Riker, an HDFS professor at Purdue from 1959 to 1983. This scholarship assists students who participate in study abroad programs that focus on economically disadvantaged children. Scholarships are awarded to students in the Department of Human Development and Family Studies and the School of Nursing.

Professor Doran French, head of HDFS, recognizes the impact these scholarships can have on students.

"The Riker endowment has enabled students in Human Development and Family Studies and the School of Nursing to engage in potentially life-changing study abroad experiences in countries as diverse as China, Turkey, Costa Rica and Zimbabwe," he says. "HDFS is very grateful for this gift that will benefit students in perpetuity."

To learn more about HHS study abroad, visit <http://www.purdue.edu/hhs/studyabroad>.

# EMPOWERED

By Amy Raley

The true value of an endowed scholarship is incalculable. To assign worth, one would need to quantify inspiration and the power gained from encouragement as well as dollars spent.

Microsoft co-founder and philanthropist Bill Gates said “As we look ahead into the next century, leaders will be those who empower others.”

Many HHS alumni and friends are exactly the sort of leaders Bill Gates described. We glimpse a few of them here, along with some of the students they have empowered.

## Connie and Brian Birk Nursing Scholarship — Passionate Support

After 25 years as a nurse in gynecologic oncology, Connie Birk understands well that the best nurses have great passion for their work. That understanding fuels her own motivation to support nursing students through the Connie and Brian Birk Nursing Scholarship.

“All of the students who have been awarded our scholarship have had a clear definition of what they’re trying to accomplish,” she says. “Some are looking for advanced degrees, or they want to be nurse anesthetists or nurse practitioners. They all have a vision, and that vision drives their passion.”

Birk places high value on that passion: “Not all students are A students, but if they’re motivated to work hard, they

can often outwork people for whom the grades come easily. Our scholarship is for students at a B or above. There are a lot of great B students who work very hard.”

After graduating this past May, Birk scholarship recipient Elizabeth Hroma has been working in Chicago as a registered nurse in the neurology/neurosurgery unit at the University of Chicago Medical Center. She says she will never lose her appreciation for the Birk scholarship.

“We had to travel to clinicals at different hospitals and patient care sites throughout the state, sometimes as far away as Indianapolis,” Hroma recalls. “Because I was driving almost 200 miles some weeks, I was frequently filling up my car with gas.”



**“My scholarship not only helped me afford a world-class education as an out-of-state student, but it helped me cover other essential costs that were integral to my nursing education.”**

**ELIZABETH HROMA (NUR '16)**  
*Connie and Brian Birk Nursing Scholarship recipient*

Hroma says she plans to continue her nursing education and may go on for her doctoral degree one day.

**“As we look ahead into the next century, leaders will be those who empower others.”**

**BILL GATES**  
*Microsoft co-founder and philanthropist*

## Paul L. Ziemer Scholarship — Honoring a Mentor

Highly accomplished, grateful and modest, alumnus Jou-Guang Hwang of Taiwan decided to honor the achievements of his professor, mentor and friend when he donated funds to establish the Paul L. Ziemer Scholarship.

Ziemer, former head of the School of Health Sciences, oversaw Hwang as Hwang worked toward his doctorate in health physics in 1986. Since then, the two have stayed in touch, and Ziemer served for a time on the board of directors for Hwang’s company, ATL International (Advanced Technologies and Laboratories International Inc.).

Ziemer, who was appointed by President George W. Bush as chairman of the U.S. Advisory Board on Radiation and Worker Health, had served earlier as assistant secretary of energy for environment, safety, and health for President George H.W. Bush. As head of the School of

Health Sciences, Ziemer led teaching and research programs in industrial hygiene and occupational health, health physics, environmental health and medical technology.



**“My career goal is to be a rural primary care physician to help with the ever-growing doctor shortage here in the U.S. This scholarship was incredibly helpful.”**

**ERIN KAY (HSCI '18)**  
*Paul L. Ziemer Scholarship recipient*

The Ziemer scholarship is given each year to a freshman who demonstrates superior scholastic achievement as well as an interest in research within the School of Health Sciences. Students with a GPA of 3.0 or better are considered. Priority is given to students who are children of employees of Hwang’s company, and who enhance the racial, ethnic and/or gender diversity in the school.

Ziemer says the honor allows him and his wife, Marilyn, the enjoyment and reward of interacting with ambitious and gifted students.

“We are both very enthusiastic about this, and so pleased with the quality of the students who have received the scholarships through the years,” Ziemer says. “They are award-winning folks regardless of the scholarship. They are a great credit to Purdue University.”

A recent Ziemer scholarship recipient, Erin Kay, plans to graduate in May 2018.

### Carol Lockwood Lay Scholarship — Paying it Forward

Carol Lockwood Lay speaks very matter-of-factly about something that hardly seems matter-of-fact.

"I turned over my IRA to Purdue years ago, and we've contributed to it since," she says. "College costs have skyrocketed compared to the '50s when I went. I was very fortunate that my parents had the wherewithal to send me to any school I wanted to attend."

Lay, whose generosity established the Carol Lockwood Lay Scholarship in 2007, graduated with a bachelor's degree in home economics in 1958. She says her father told her that the entire cost of sending her to Purdue from out of state totaled just under \$10,000.

"I just thought that this is something we can do — Paul and I," she says of the scholarship she and her husband agreed to support. "We've also set aside a good amount for our church and for the law school Paul attended."

The stories of two recipients of the Carol Lockwood Lay Scholarship, Jamie Eller and Marissa Wuethrich, speak volumes about the scholarship's benefits.

For Eller, who graduated with a bachelor's degree in psychological sciences in May 2016, the scholarship meant attending the biennial conference of the International Association of Relationship Research in Toronto, Canada.



**"I was able to disseminate my own research, learn about the work being done by renowned experts in the field, and make valuable connections that will benefit my career in the future."**

**JAMIE ELLER (PSY '16)**  
*Carol Lockwood Lay Scholarship recipient*

Eller's future holds the pursuit of a doctoral degree. Her goal is to become a professor of social psychology at a top research institution.

Marissa Wuethrich will graduate in May 2017 with a bachelor's degree in nursing. After her sophomore year at Purdue, she got married and interrupted her studies for a calling.

"We took a year off of school to do mission work in Haiti and Puerto Rico," Wuethrich says. "When we returned, we moved to a small town close to my husband's job, and I began commuting 90 minutes to Purdue each day. That meant a majority of my budget being spent on fuel."



**"The scholarship allowed me to continue my education without having to stress about finances."**

**MARISSA WUETHRICH (NUR '17)**  
*Carol Lockwood Lay Scholarship recipient*

Following some work experience in the area of adult health, Wuethrich plans to attend graduate school to become a nurse practitioner.

### Jane Welsh Andrews Scholarship — Paving the Way

Referred to in 2012 by the *New York Times* as the "grande dame of supermarket dietitians," Jane Welsh Andrews has blazed a trail in her profession. She now is helping students who are eager to take a similar journey with the Jane Welsh Andrews Scholarship.

The scholarship, established in 2013, is for high-ability incoming freshmen pursuing studies in nutrition science. Andrews says she's delighted to be able to help deserving students.

"I'm so impressed overall with the caliber of people going into this profession," she says. "But the cost of getting an education is wild, and the debt students take on is wild, too. I'm so glad to help."

Andrews' late father didn't finish his Purdue degree after World War II diverted him, so the scholarship honors him as well.

"I followed in his footsteps and attended Purdue, which taught me to be a leader and to use food and nutrition science to better people's lives," she says.

Scholarship recipient Megan Erikson is grateful that the Andrews scholarship helped her thank her parents for their dedication and support.



**"Saying that college is expensive is an understatement. My parents graciously decided to help me pay for college so that I didn't have to juggle finances alongside academics. I could not be more grateful. Putting my scholarship toward tuition is my way of paying them back."**

**MEGAN ERIKSON (NUTR '19)**  
*Jane Welsh Andrews Scholarship recipient*

And bettering lives is exactly what Erikson says she intends to do with her 2019 bachelor's degree in dietetics: "I hope to work in a pediatric hospital helping children to establish healthy eating habits in order to have a happy and long life." 🌟



# HAPPINESS DOWN TO A SCIENCE

PURDUE RESEARCHERS PURSUE THE SECRET TO WELL-BEING THROUGH PSYCHOLOGY, CONSUMERISM AND HUMAN CONNECTION

*By William Meiners*

**T**homas Jefferson and the Founding Fathers thought enough of the subject matter to declare its pursuit a fundamental right in the Declaration of Independence. Although the right to chase anything is no guarantee you'll someday catch it. And though happiness may be the elusive quest for most any human negotiating life, this idea of how "to be," or maybe how to better be, could forever mark the collective path of humanity.

Photo by Charles Jischke

Researchers within Purdue's College of Health and Human Sciences often are concerned about finding a better way through daily lives — by way of psychology, health and wellness, financial fitness and more. Some are focused on the direct links between our lives and the possibilities of happiness. Others are investigating matters more tangentially connected to what many would consider strategies for better living.

Happiness is a subjective construct, something in the mind of the individual beholder. As such, there are no definitive answers about how any of us can achieve it. The following five HHS researchers, however, weigh in with expert opinions — based on scientific evidence — on causes and effects for happiness, as well as ways to measure it.

### Smile Psychology

Louis Tay, assistant professor of psychological sciences, is teaching The Science of Happiness this semester. A course, he says, that seeks to provide a psychological account of happiness — its definition, theories, determinants and outcomes. He's hoping his students not only familiarize themselves with the scientific aspects of the subject, but also engage in validated practices — such as gratitude, prosocial giving, and active listening — that lead to happier outcomes in their own lives.

Tay began his academic pursuit of happiness in graduate school when he had the chance to conduct data analysis for Ed Diener, a professor at the University of Illinois renowned for his research on the subject. "When I chose to go into psychology, I wanted to help individuals and society," Tay says. "One path is through clinical psychology. After visiting a mental health facility, however, I realized it was not my strong suit, in spite of its importance. As such, I had to find another path to help others."

Diener's research goals resonated with Tay's desire to help others. "We all seek happiness in our lives, but the question is 'How do we achieve happiness?'" Tay says. "I want to help people by providing empirical answers to this important question."

As for other takeaways from The Science of Happiness, Tay hopes his students will learn that happiness is an evaluative as well as emotional state, which is measurable. Additionally, it is changeable, and not merely something we're born with.

Not surprisingly, Tay says there are many cause-and-effect determinants for happiness, including choices, mindsets and habits. Social relationships are huge factors in determining personal happiness. And research shows that increased happiness can pay dividends in success, longevity, health, creativity and even

with greater profitability for companies. It's no wonder that more governments and organizations are interested in tracking happiness in order to make better public policy decisions.

Tay's own research has helped zero in on some universal truths. "In a worldwide study, I have found that human happiness is universally contingent on the fulfillment of physical and psychological needs such as food, shelter, safety, social relationships, sense of respect and autonomy," he says.

But how does one find happiness? If it were simply a matter of flipping on a happy switch, many would simply turn that on and embrace the emotion like a favorite song. Though genuine happiness should have staying power beyond three minutes.



**LOUIS TAY**  
Assistant professor of psychological sciences

Photo by Charles Jischke

Maybe the answer, in part, can be found in consumerism. Do we truly find joy in what we wear, eat and drive? Richard Feinberg, a consumer psychologist and professor of consumer science, has explored that academic angle since arriving at Purdue in 1980. "My research is about why and how consumers buy things and the role that products and purchasing play in our lives," he says. "In general, it's all about happiness."

The message vehicle connecting people with products may have changed, but the practice is older than the Old West. "It truly goes back to the Declaration of Independence, which says we have the right to life, liberty and the pursuit of happiness," Feinberg says. "Consumers pursue their happiness by buying stuff."



**RICHARD FEINBERG**  
Consumer psychologist and professor of consumer science

Photo by Charles Jischke

People have all sorts of products that make them happy, says Feinberg, who admits to a personal brand preference in mayonnaise (Hellmann's) that creates some low level of happiness in his own life. Still, the onslaught of messages can be counterproductive from a sales standpoint. "A lot of consumers deal with it really easily, because we don't pay attention to most of it," Feinberg says.

### Societal Conditions

With the rising interest in using happiness as one metric of societal progress, psychologists are increasingly interested in understanding the societal conditions that lead to happiness. In his research, Tay often uses large data sets, some of which, he says, comprise more than a million individuals from around the globe and represent 95 percent of the world's adult population. He's often looking at how a type of society affects the individual's capacity for happiness.

"Even after accounting for income levels, societies and communities that have greater equality, democracy, less environmental pollution, and lower corruption have higher levels of happiness," Tay says.

Though democratic societies might logically point to more enjoyment per capita, Tay says there are controversies about whether national income increases happiness: "I have found, across over 150 nations, that there is a small but robust association with life satisfaction over years, which is an evaluative component of happiness but less so with feelings of happiness. Part of it is how income is spent. To the extent that national income is put to use in fulfilling the basic needs of citizens, happiness levels rise over time."

Societal conditions also can add to — or reduce — one's level of happiness beyond personal conditions. Based on scientific findings, Tay says, "Individuals who have the same income level in richer nations have higher levels of life evaluations compared with individuals with the same income levels living in poorer nations. However, their levels of negative feelings, like stress, are also higher."

### Workplace Blues

For many, that broader sense of well-being is put front and center in the workplace. Howard Adler, C.B. Smith Professor of Hotel Management, has been preparing Purdue students for the business that caters to happiness since 1982 — after spending about 15 years in the hospitality profession himself. Although his research is focused more on employees than consumers, those contentment factors come into play.

“LEARNING TO WORK AS A TEAM IS REALLY THE MOST CRITICAL ASPECT. THAT, IN TURN, CREATES A CULTURE OF HAPPINESS.”

HOWARD ADLER  
C.B. Smith Professor of  
Hotel Management

“Research shows that the No. 1 reason employees leave a company doesn’t have to do with the company,” Adler says. “Nor does it have anything to do with the employees. It has to do with how they are treated by an immediate supervisor. These employees are going to be spending more hours per day with an immediate supervisor than they will with a spouse, child or whomever.”

Through two internships, hospitality and tourism management students gain practical experience from on-the-job psychological training. “They need to learn how to

deal with people who are younger, who are older, or may come from very different ethnic backgrounds,” Adler says. “If you’re a 23-year-old female supervising housekeepers, and those ladies are older than your mother, you have to be able to relate to them. Otherwise, you’re not going to gain their respect.”

Most college graduate hotel managers have never cleaned 16 rooms in one day. Yet they have to somehow connect with their housekeeping staff. “You don’t operate a hotel or restaurant by yourself. You operate it through your employees,” Adler says. “Learning to work as a team is really the most critical aspect. That, in turn, creates a culture of happiness.”

That culture may not be reflected by a hotel full of whistling bellhops and front desk people. But simply creating a hospitable workplace (no matter the business) is not a bad place to start. “To me, happiness relates to how individuals feel about the quality of relationships that they have at home, at work and in their communities,” Adler says. “Since work plays such an important role, if you’re happy or feel satisfied, it’s going to translate into related aspects of your life.”

### Blissful Additives

Most Purdue researchers — aside from Tay — attempting to stare directly into the gleeful abyss of bliss, and Feinberg — looking at the pleasant byproducts from purchased products — do not try to measure happiness. In fact, they’re usually investigating something on its opposite end. Still, by understanding what makes something unhealthy, researchers could make inferences for positive opposites. At least anecdotally.

Zoe Taylor, assistant professor of human development and family studies, arrived at Purdue in 2013 with a broad focus on risk and resilience processes in children and families. Working across campus with researchers who are focused on Latino families and children of migrant workers, Taylor explores important issues in the areas of child and family health and well-being. Her methods include both interviews and biomarkers, which measure physiological stress such as cortisol levels through saliva samples.

“When we talk about well-being, we usually think of someone who’s not depressed,” Taylor says. “But not being depressed doesn’t necessarily equate to happiness.”

The idea of resiliency, or the ability of children and families to thrive despite experiencing challenges and adversity, could provide insight into how to more effectively intervene to foster well-being and better mental health in vulnerable populations. Taylor also has examined the concept of optimism, another component of resilience, as a sort of buffer against bad things that happen to people.

“WHEN WE TALK ABOUT WELL-BEING, WE USUALLY THINK OF SOMEONE WHO’S NOT DEPRESSED,” TAYLOR SAYS. “BUT NOT BEING DEPRESSED DOESN’T NECESSARILY EQUATE TO HAPPINESS.”

ZOE TAYLOR  
Assistant professor of human development and family studies

Strong relationships also can increase happiness. “One thing almost everyone seeks is social support,” Taylor says. “If you feel cared for and feel connected, that’s one of the most powerful aspects that is found to relate to health and well-being.”

For many who are not finding a happy home within a family circle, outside activities could provide a positive outlet. Runners, swimmers, bikers and cross-trainers may be doing more than trying to slim down. Looking good and feeling good could make for happier dispositions among the physically fit.

Steve Amireault, assistant professor of health and kinesiology, is particularly interested in what keeps people on that exercise path. Entering his second year on campus, Amireault will recruit up to 200 “older adults,” or those over 60, to track both activity levels and personal perceptions about their exercise programs.

Almost anyone who has hopped on and off a treadmill in hopes of shedding 10 pounds can testify to how quickly the good work can be undone with just a little time off. “Most benefits you acquire are reversible,” Amireault says. “And not just for physical benefits, but for mental well-being, too. That’s why I’m focusing on a maintenance program.”

Through a 12-week period, Amireault is using objective measures, including recorded workouts of treadmill running and resistance measurements for weight training, and records from fitness devices that track activity outside of fitness centers. He’s also asking participants to complete detailed surveys every three weeks. The measurable exercise and the personal reflections can provide Amireault insight into what it takes to maintain a fitness program over time. Perhaps more importantly, he’ll gain a greater understanding about the perceptions of what it’s like to get back into the gym after a full week of inactivity.

Though results may vary in individual households, the exercise quotient could add points to the happiness scale. “Much of this study is related to the effects on levels of depressive symptoms,”

Amireault says. “If you’re experiencing less of these symptoms, you’re likely happier.”

Of course there’s no easy answer in any of this happiness business. So whether happiness is found on a dirt road in the middle of an endorphin-pumping run, or somewhere surrounded by loved ones, or within the perfect job, or behind the wheel of a large automobile, the happy ones may well indeed sleep like kings and queens. And they’re free to boost that contentment with whatever sandwich condiment they like best. 🍷

“MOST BENEFITS YOU ACQUIRE ARE REVERSIBLE,” AMIREAULT SAYS. “AND NOT JUST FOR PHYSICAL BENEFITS, BUT FOR MENTAL WELL-BEING, TOO. THAT’S WHY I’M FOCUSING ON A MAINTENANCE PROGRAM.”

STEVE AMIREAULT  
Assistant professor of  
health and kinesiology



## HAPPINESS HIGH FIVE

Carl Jung, the noted Swiss psychiatrist and psychotherapist, in a 1960 interview with Gordon Young offered the five following basic factors for happiness:

1. Good physical and mental health.
2. Good personal and intimate relationships, such as those of marriage, the family and friendships.
3. The faculty for perceiving beauty in art and nature.
4. Reasonable standards of living and satisfactory work.
5. A philosophical or religious point of view capable of coping successfully with the vicissitudes of life.



## A RECIPE FOR SUCCESS

It takes a lot of time, effort and determination to craft an award-winning recipe.

The Department of Nutrition Science has been perfecting its recipe for an award-winning department for 110 years, and the main ingredients include talented faculty, staff and students, cutting-edge research and an impressive industry partnership, all of which were celebrated at its 110th anniversary celebration on May 6, 2016.

“It was an opportunity to reflect on more than a century of accomplishments and changes, and to plan for the future,” says Connie Weaver, distinguished professor and head of the Department of Nutrition Science. “I knew it would be special, but it exceeded my expectations. While celebrating the accomplishments of current faculty and alumni, the event also paid tribute to the Purdue nutrition pioneers who made the department’s success possible.”

The Department of Nutrition Science has a long history of educating and encouraging both men and women in science. In 1905, the School of Science established the Department of Household Economics, which offered a dietetics and nutrition course. Often it

Above: Students in a foods classroom during summer school 1913. (Photo courtesy of Karnes Archives and special collections)

was called the “Women’s College,” and Purdue President Winthrop Stone’s reasoning behind the creation of the department was to give “women opportunities comparable in scientific and technical value with those enjoyed by men.”

In 1926, Purdue established the School of Home Economics, which included the newly formed Department of Foods and Nutrition. Harold Hawes, the department’s first male graduate, earned his degree in dietetics in 1942.

Significant department research began in the 1940s with the study of requirements for and sources of ascorbic acid, the development of a “Master Mix” for baking, interdisciplinary research on meat and eggs, and a partnership with the animal science and poultry departments.

The scope of research expanded in the 1950s when Helen Clark, an associate professor, researched the protein and amino acid requirements of humans, leading to increased knowledge of these nutrients in an era of world food problems. Professor Avanelle Kirksey’s work in maternal, infant and child health spanned three decades and addressed vitamin B6 needs during pregnancy and childhood.

The 1990s ushered in a new focus on calcium research with Weaver’s Camp Calcium. The camp was funded by the

National Institutes of Health, and the calcium metabolism results obtained from the study helped establish new Recommended Dietary Allowances (RDA) in 1997.

In 1991, Weaver became head of the Department of Foods and Nutrition. The department was renamed the Department of Nutrition Science in 2010 and joined the newly formed College of Health and Human Sciences.

Following in the footsteps of nutrition research pioneers like professors Clark and Kirksey, the department continues to participate in groundbreaking research that addresses national and global health issues.

“We’re arguably the No. 1 nutrition science-type department in the country,” Weaver says.

“Not just the faculty and discovery, but our graduate training program is just superb. I think what is unusual at an undergraduate level is that our students have all these opportunities to participate in research and get work experience and support themselves. They also get hired because they have this rich experience of getting to run a clinical trial or working in the basic laboratory, and not so many places have that opportunity.”

Weaver credits the talent of Nutrition Science faculty, staff and students for the success the department continues to experience.

“They win large external grants to pursue projects that put us at the cutting edge of discovery,” she says.

“A number of key activities across campus are led by or co-led by our faculty. It makes our department more well-known and considered a partner for the main efforts across campus, and we’re known nationally and internationally because of that.”

Ongoing studies include an exploration of the link between the Mediterranean Diet and cardiometabolic health, and training researchers to analyze big data using a combination of biology and statistics. Weaver, who is collaborating with other faculty members, recently received an \$8.8 million grant to conduct a summer-long camp to study diet patterns and sodium levels in adolescents to reduce hypertension and the risk of cardiovascular disease.

The new Nutrition and Exercise Clinical Research Center, located in Stone Hall, was dedicated during the department’s anniversary activities.

The center will contribute to a variety of research endeavors through controlled meals, diet assessment, bone and body composition measurement, clinical services and a state-of-the-art exercise facility. The research relates to the role of diet and exercise in health and chronic disease prevention.

Weaver is excited about the research projects planned for the facility.

“For example, Heather Leidy, who is the center’s director, has a grant to study the importance of breakfast on health and the influence of the protein content of breakfast,” Weaver says. “Her preliminary data suggests protein doses divided between each meal are more beneficial, so if you have more protein at breakfast than is typical in America, it’s healthier. She’s going to do a big study to evaluate that more carefully.”

Despite rapid advances in technology and changes in societal health and nutrition concerns, the Department of Nutrition Science still has one guiding philosophy, “Nutrition Science: The Science of Nutrition, the Art of Helping Others.”

“Everything we do is very science-oriented and evidence-based, but we’re in a field where the end goal is to promote human health,” Weaver says. “I hope we continue to do that and do it bigger and better.”

— Hannah Harper

For additional photos from 110th Anniversary Celebration: [store.brianpowell.info/NutritionScience](http://store.brianpowell.info/NutritionScience)

From left, Jill Wanchisn, Lauren Link (NUTR’11) Purdue sports dietitian, and Rachel Clark (NUTR’98) continuing lecturer and Purdue sports dietitian. (Photo by Brian Powell)





# DROP AND GIVE ME 100

THE DEPARTMENT OF HEALTH AND KINESIOLOGY CELEBRATES ITS CENTENNIAL

What began more than a century ago as an initiative to increase the physical well-being of Purdue students has turned into an academic department focused on improving lives through healthy lifestyles.

The storied history of the Department of Health and Kinesiology began in 1916 with the creation of a department of physical education. The program provided for men's intercollegiate and intramural athletics, including the teaching of sports skills and the training of future coaches. In 1923, a similar department was created for women with a primary focus on hygiene.

The departments merged in 1976 — and the academic strength and reputation of the combined department has been growing ever since.

"We have long had a unique program here at Purdue, one that really began academically with movement science," says Tim Gavin, professor and department head of health and kinesiology. "We were then the first university in the nation to shift the focus to the science side of human movement with such disciplines as biomechanics."

The pioneering program was the first in the country to receive accreditation for a formal curriculum in athletic training and created the county's first degree in movement and sport sciences.

Larry Leverenz, clinical professor and director of athletic training

Above: Women's gym floor exercise circa 1950. (Photo provided)

education, says the department has evolved from a physical activity focus to a comprehensive department that deals with health-related issues and practical solutions to help the American population.

Research ranges from identifying social risks for youth obesity to addressing pregnancy-specific issues to understanding how activity affects the human body at the cellular level.

"Our faculty members have different interests, but we collaborate well to feed off each other's energies," Leverenz says. "We are consistently asking how we can apply what we learn in research to real-world situations."

Each semester, the department has 25-35 undergraduate students formally engaged in research. The opportunities range from novel therapeutics for improving balance in patients with neurological disorders to entrepreneur-based activities such as students creating their own businesses.

Gavin says, "We do very well at engaging our undergrads in research areas across campus. They have opportunities you would struggle to find at comparable research institutions."

Many departments have come and gone over the years, but adaptability has allowed Purdue to remain at the forefront of the field, says Darlene Sedlock, associate professor. "Our adaptability allows us to be creative in order to stay ahead in our research and academic programs."

— Chris Adam



# A LEGACY OF IMPACT

LAB SCHOOL MARKS MILESTONE IN MISSION FOCUSED ON CHILD DEVELOPMENT

Teaching nutrition and good eating habits to adults can be a challenge. Now, imagine trying to teach those concepts to a group of preschoolers — a tough crowd who may or may not yet be able to identify different fruits and vegetables by name.

That's the type of challenge taken on every day by faculty, staff and student teachers at Purdue's Ben and Maxine Miller Child Development Laboratory School. The lab school has seven classrooms, housed in Bill and Sally Hanley Hall and Fowler Memorial House.

The lab school — which is marking its 90th anniversary — began in 1926 with 16 children. The original mission for the school was to provide practice for senior students taking a course in child care and management. Although the teachers and researchers no longer walk around wearing white lab coats and carrying clipboards, the mission has not changed much in the 90 years since the school began.

"Unlike a traditional day care, we serve as a university lab school with a much broader mission," says Doran French, who is head of the Department of Human Development and Family Studies and who oversees the school. "We still educate young children, but we also serve as a resource on campus to educate our students and help them develop their interests and understanding of the educational development of kids."

Above: A playground used by the nursery school circa 1930. (Photo provided)

The school also reaches well beyond the borders of campus — taking lessons learned in the Purdue classrooms to preschool educators across the state through seminars and workshops.

"Part of the mission for a land-grant university like Purdue is to share our knowledge with the state to improve lives," French says. "We help achieve that mission through our Extension efforts."

The Purdue school has an international reputation for developing cutting-edge curriculum for preschool-age children. Groups from China and other countries visit the lab school to observe firsthand the curriculum development. The school also partners with the U.S. Department of Defense — which has one of the largest day care systems in the world — for research on curriculum development to take back to military bases around the globe.

"We are constantly using real-time tests within our classrooms to determine the approaches that work and those that don't for the young children we work with," says Elizabeth Schlesinger-Devlin, director of the lab school. "It is incredibly rewarding to be a part of such a dynamic school that is making a worldwide impact."

As the lab school looks toward the future, administrators and teachers must carefully balance the growing need to incorporate technology into the educational process.

"We have long led the way in innovative classroom technology, but we must not downplay the impact of face-to-face instruction and feedback for the young students and their parents," Schlesinger-Devlin says.

— Chris Adam



# RESEARCH PIECE BY PIECE

PIONEERING AUTISM CLUSTER BREAKS BARRIERS

By Amy Raley

**Y**ou remember it well. Before each college semester, you registered for several courses in different disciplines. You learned each discipline separately, by design.

This has long been true for research, too. Today, however, the College of Health and Human Sciences through the multidisciplinary Purdue Autism Cluster is breaking old barriers and forming collaborations unheard of a generation ago. The research cluster is a group of diverse Purdue thinkers who deliberately cross academic boundaries to help people with autism spectrum disorder (ASD) and their families.

The logic behind the cluster is that diverse experts who work together will ask broader and better questions, design superior research projects and uncover more robust answers than can single-discipline teams.

And the need felt by those in the field to be better and do more about autism is underscored by findings that there are more children with ASD than previously thought. The most recent government numbers say that one in every 45 children ages 3-17 has ASD. That number, which comes from a survey of United States parents, is much higher than its most recent counterpart from the Centers for Disease Control and Prevention. The CDC reported in 2014 that one in 68 children has ASD, but also conceded that the number was too low because it came from medical and school records that didn't count children who weren't receiving treatment.

Photo by Charles Jischke



Photo by Mark Simons

### Purposely Upending Research

As chair of the Purdue Autism Cluster, Lisa Goffman keeps a bird's-eye view of Purdue's ASD research picture. She continually searches for novel research collaborations and fosters new disciplinary alliances, which enable

discoveries for ASD diagnostics and treatment, but also generate hypotheses that may have gone uninvestigated otherwise.

"My role has been facilitating interactivity from very basic to very applied researchers across Purdue," says Goffman, professor of speech, language, and hearing sciences. "We have mouse models of stereotypic behavior and of perceptual deficit, all the way through human intervention studies."

In her own research, Goffman studies the coincidence of language and motor deficits in children with an eye toward development-enhancing treatments.

### One Sandbox for All

Cluster projects involve researchers from special education programs and the departments of Biological Sciences and Comparative Pathobiology. Also collaborating are faculty in Human Development and Family Studies; Psychological Sciences; Speech, Language, and Hearing Sciences; Educational Studies; and Electrical and Computer Engineering.

### One Researcher At A Time

We introduce here a few of the Purdue Autism Cluster's ambitious members and colleagues:



Photo by Steven Yang

### ELIZABETH AKEY Autism Assessor

Purdue graduate students look to Elizabeth Akey, clinical assistant professor of psychological sciences, to show them how. She leads them on their clinical journey toward assessing and working with children with ASD.

As a colleague of the cluster and clinical supervisor for two of the clinics in the Purdue Psychology Treatment and Research Clinics, Akey trains graduate students to assess children and adults when autism or another disorder is suspected, and to use research-proven strategies to help affected families cope and thrive.

Akey says she hopes that increased awareness of autism will lead to greater understanding about the very broad range of behaviors and challenges on the spectrum.

"There are people with an ASD disorder who show what we think of as the classic form — withdrawn, aloof and unable to communicate," Akey says. "There are also people who go up to everybody they meet and get two inches from their noses and ask, 'Could I be your best friend? Would you be my dad? Could I go home with you?'"

Akey says parents often don't realize that some things their child does could indicate autism. She says that whenever parents wonder if they have a child on the spectrum — or their child has persistent worrisome behaviors — they should ask their pediatrician, the teacher or a Purdue specialist, and keep asking until they get the help their child needs.

"Parents must trust their sense of what could be or should be, and ask," she says. "When they do, they should know that 'You are showing you care for your child.' At times during an assessment, parents will feel like they're betraying their child. They say, 'Oh yeah, he does that.' I believe that asking questions is a good and powerful thing, even if it feels awful during the process."

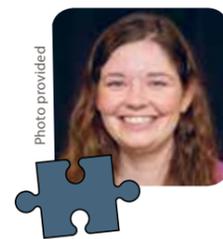


Photo provided

### LAURA CLAXTON Measuring the Motion-Mind Meld

If a toddler isn't moving in an expected way for her age, her brain might have its own variety of immobility, too — and one inability might cause or contribute to the other. Laura Claxton,

associate professor of health and kinesiology, studies whether such relationships could help diagnose ASD and lead to novel development-enhancing therapies.

Her recent work has looked at the different factors that affect how infants and toddlers control their posture.

"Postural control is really important for development," Claxton says. "If it's good, it allows infants to sit and stand and walk, which allows them to learn about their environment. Research already has shown that the onset of walking and language development are linked."

Claxton says her research has indicated that young infants have better control over their posture than ever thought possible. Infants she has studied who had just learned to stand were far more stable when they were given a toy to hold or a TV image to focus on. This happened despite expectations that their muscles weren't mature enough to sustain stable standing for the periods of time observed.

"So there has to be more about balance control than just physiological factors," she says. "I'm really interested in exploring what those are."

Claxton asks whether an infant with a goal to achieve — such as focusing on a toy or looking at an image — could hit physical milestones earlier than if the baby had no such goals. And when applying this to special populations, such as infants who may have autism, she asks whether goal-oriented therapy could help prevent them from falling as far behind in their development.

"It would be interesting to see if this could be used as an easy therapy to help them create their stability — especially if it helps overcome muscle delays or other delays," she says. "Sitting, standing and walking are all really important for a host of other developmental milestones, so maybe this could help."



Photo by Mark Simons

### BRANDON KEEHN Brain Mapper

Brandon Keehn, assistant professor of speech, language, and hearing sciences and psychological sciences, is working to explain the areas of strength as opposed to weakness associated with ASD.

Understanding these strengths, he says, may provide insight into how people with ASD perceive the world.

"Instead of looking at areas where children with ASD have some sort of deficit, we also look at domains in which children with ASD excel relative to their typically developing peers, with the idea that these areas of strength may be more easily traced back to their origin in the brain," Keehn says.

He is currently collaborating with Ulrike Dydak, associate professor of health sciences, in this work. They will study the brains of children with ASD with a new magnetic resonance imaging (MRI) machine acquired with a \$2 million grant from the National Institutes of Health.

In an earlier article in *Life 360*, Keehn was dubbed the "autism cartographer" because of his brain-mapping work with infants and children with ASD (see *Life 360* Fall 2015 "Mapping the Spectrum").

He also is crossing discipline boundaries in current work with Alexander Chubykin, assistant professor of biological sciences. Their project on eye-tracking technology in mice is aimed at understanding learning and attention differences in ASD (see "Gifted" Research sidebar).



# FIVE TIPS FOR PARENTS OF ASD CHILDREN (THAT APPLY TO ALL KIDS)

- 1. Watch for good behavior and reward it.**  
Think about what you want your child to learn and praise examples of it.
- 2. Make your praise immediate, specific and clear.** Name the precise thing your child is doing right.
- 3. Reduce attention to problem behaviors (unless the behavior is dangerous).**  
Rather than correct the child, focus on your own activity and invite your child to join in.
- 4. Figure out what your child's behavior is communicating.** Instead of trying to stop, reason with, or punish, consider the reason the child is acting out. When things calm down, make a plan together to help things go better the next time.
- 5. Meet your child where she or he is.**  
Remember that ASD is brain-based. Your child is probably doing the best she or he can most of the time. Set up situations so that your child can learn.

Source: Elizabeth Akey, clinical assistant professor of psychological sciences

Photo by Mark Simons



### EMILY TYSON STUDEBAKER Taking In The Big Picture

Repeating an often-cited quote, Emily Studebaker says, "One of the most important messages may be that, 'If you've met one person with autism, you've met one person with autism.'" The saying speaks

to the myriad ways ASD can look, and the many varied behaviors there are among people on the spectrum.

Studebaker is well-versed in this variability in her role as a clinical assistant professor of speech language pathology who treats children with ASD and teaches future professionals.

"Every person with autism has a unique set of strengths and challenges," she says. "I have met people with amazing abilities as well as significant challenges. Focus on abilities and continue to build from there."

As an expert on ASD and pediatric speech and language disorders, she finds ways for children on the spectrum to communicate effectively. Strategies include sign language and high-tech speech-generating devices for those with significant difficulties. Studebaker leads the Adult Pragmatic Language Group, which focuses on those who are more verbal. This gives adults with

social-communication challenges a place to discuss their experiences and practice everyday social skills.

"I think it's easy for someone to get this stereotype notion of what ASD is or what it looks like, and we know it can be very different for everyone," she says. "What is true for everyone is true for those on the autism spectrum. We're all individuals, so it's important to get to know each individual."

Photo by Mark Simons



### BRIDGETTE TONNSEN Passion For Prediction

You hear it a lot: "Early diagnosis is key." And it is as true for ASD as it is for many other physical and mental health issues. But early diagnosis is an enormous challenge with ASD.

Bridgette Tonnsen, assistant professor of psychological sciences, joined the cluster in 2015 to continue her work examining early indicators of autism and other anomalies, such as attention problems and anxiety.

Because research shows that brain plasticity is greatest in the first three years of life, the younger that infants can be diagnosed and treated, the better the odds that interventions will successfully

change brain development with positive, long-term results.

"There is substantial evidence showing optimized behaviors in children who are diagnosed early and receive interventions early," Tonnsen says.

To that end, Tonnsen studies potential ASD predictors in infants, such as how they respond to new situations and how their attention patterns vary. Tonnsen's studies have shown that infants who have trouble shifting their attention from one thing to another have higher rates of autism later in life.

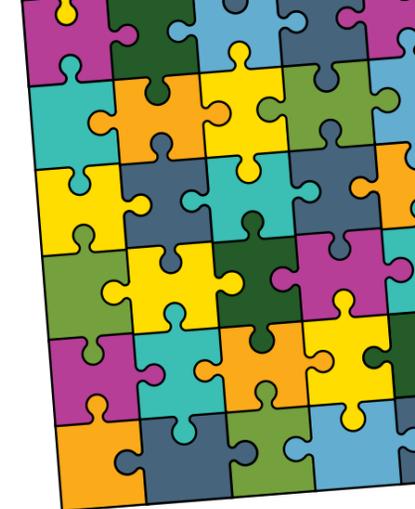
"It's not a one-to-one predictor; it's just one factor," she says. "The outcome that everybody hopes for is that we'll have either a task or a series of tasks that have really strong predictive value. What's exciting to me is the potential to establish early, strong markers of risk so that children and families can be supported through early intervention."

Tonnsen says the cluster's interdisciplinary nature adds to her enthusiasm.

"To address this problem, people can't operate in isolation," she says. "We have to collaborate, share ideas and learn from each other. Purdue is providing an excellent model for how autism research needs to be done."

### All of the Pieces

Additional members of the Purdue Autism Cluster include: Edward (Ed) Bartlett, associate professor of biological sciences and biomedical engineering; John (Jay) Burgess, associate professor of nutrition science; Alexander Chubykin, assistant professor of biological sciences; Ulrike Dydak, associate professor of health sciences; Rebecca McNally Keehn, adjunct assistant professor of speech, language, and hearing sciences; Marguerite O'Haire, assistant professor of human-animal interaction; Mandy Rispoli, associate professor of educational studies; Amy (A.J.) Schwichtenberg, assistant professor of human development and family studies; Amanda Seidl, professor of speech, language, and hearing sciences; and Oliver Wendt, assistant professor of educational studies and speech, language, and hearing sciences. 🌈



## 'GIFTED' RESEARCH CLUSTER PROJECTS DRAW FOUNDATION DOLLARS

The Autism Cluster's difference-making research has garnered philanthropic support from the Gadowski Foundation. This private Pennsylvania organization was inspired to fund the cluster's interdisciplinary work on the following projects:

**POOR SLEEP AND ACTING OUT. CAUSE AND EFFECT?**  
Sleep problems are common in children with ASD, and poor sleep is tied to unwanted behaviors and hindered learning. This study will look at the roles of sleep in early behavioral treatment.

**USING MICE TO UNDERSTAND LEARNING AND ATTENTION ISSUES**  
Why do people with ASD have attention and perception anomalies? Fragile X is a genetic condition that shares many characteristics with ASD. This study will create eye-tracking technology to measure percep-

tion and attention in mice with Fragile X and apply the same technology to humans to help explain attention and perception differences in Fragile X and ASD.

**DO CERTAIN PET ANIMALS HELP?**  
Research shows that having an animal nearby can improve social behaviors in children with ASD, but it's not known how or why. This study will look into how different animals help with social and language abilities in nonverbal children with ASD. A main goal is to create technology that allows such children to identify which therapy animal they want most.

**REMOVING MONITORING WIRES**  
Researchers often attach wires to children with ASD to measure their bodies' reactions to stress, learning and social interaction. This project aims to show how advanced video processing can eliminate the bothersome and often stress-inducing wires taped to children's faces, fingers or chests.

A second phase of the project will examine the effect of animals on children with ASD. It is believed that animals reduce stress in children with ASD. This phase will use video to record if children are less stressed around animals. The long-term goal is to collect data needed for a larger video-based study to look at the therapeutic value of animals.

# HAVING BY

“YOU MAKE A LIVING  
BY WHAT YOU GET.  
YOU MAKE A LIFE  
BY WHAT YOU GIVE.”

— WINSTON CHURCHILL

People who think like Winston Churchill are Purdue’s lifeblood and a primary reason that the College of Health and Human Sciences is vital and growing.

These people, a few of whom we feature here, share their time and resources to support professorships that strengthen discovery in all HHS fields as they enrich student learning.



Giving

## The gift of a gift

Katherine “Kay” Birck had no idea that a Purdue professorship had been named for her. Her husband, Michael Birck (ECE ’60), known for his generosity and service to Purdue, endowed the nursing professorship as a fitting tribute to his wife’s career.

“It was given to me by my husband as a surprise,” she recalls.

A nurse who retired in 2007 after 30 years serving in a five-doctor obstetrics and gynecology practice, Birck says she was thrilled with the thoughtful gift. She has made a point of staying on top of the ongoing innovations in Purdue’s nursing program through the years.

“I have been so impressed with the advances I’ve seen at Purdue in nursing education,” says Birck, who graduated in 1960 from St. Anthony School of Nursing in Terre Haute, Indiana. “When we were in school, we had to practice procedures on each other. I remember my arms were black and blue from top to bottom.

“Today, the manikins they use have improved so much. They breathe, talk, make sounds and do things they never did even a few years ago — even deliver babies.”

Greg Arling, the Katherine Birck Chair of Nursing, is a highly recognized researcher in health care quality assessment, evaluation and policy analysis — particularly involving long-term care settings that serve the elderly. **HE SAYS THE BIRCK ENDOWMENT HAS MEANT GAINS FOR BOTH STUDENT LEARNING AND HIGH-IMPACT RESEARCH.**

“Studies supported through the endowment have shed light on implementing quality improvement, avoiding inappropriate hospitalizations, promoting choice in care settings and understanding health experiences of older people and families,” he says. “Much of this research has been in partnership with policymakers and care providers who have put into practice the lessons we have learned.”



Greg Arling  
Katherine Birck Chair of  
Nursing (photo provided)

## A life changer

Bill Byham (PSY ’62) attributes his early success to serendipity.

“I was involved in the use of a new assessment-center method at JC Penney, and when I wrote an article about it for the *Harvard Business Review*, all of a sudden I was famous. Companies called to say, ‘We need your help.’”

The assessment-center method put job candidates into actual on-the-job scenarios while experts watched and assessed their behavior.

Today, as co-founder and executive chairman of Development Dimensions International (DDI), Byham is gratified by the impact the company has had. He wants to make the same difference in the lives of graduate students, while also promoting his chosen field — industrial and organizational psychology. He is doing that with the William C. Byham Chair in Industrial-Organizational Psychology.

Holding that chair today is Deborah Rupp, professor in the Department of Psychological Sciences. A global authority in her field, Rupp conducts research on organizational justice,

behavioral ethics, corporate social responsibility, and humanitarian work psychology, as well as issues surrounding behavioral assessment, technology, bias, and the law. She has worked with myriad organizations around the world, and her research has been cited in U.S. Supreme Court proceedings.

**“MY ENDOWED CHAIR MEANS THE WORLD TO ME,” RUPP SAYS.**

“Bill Byham is a pioneer of behavioral assessment, which is a central topic of research for me. Not only am I seeking to build on the shoulder of giants, I get to do so with one of their names attached to mine. It’s a true honor. The connection means a great deal to my students as well; they feel they are part of an important legacy.”



Deborah Rupp  
William C. Byham Chair in  
Industrial-Organizational  
Psychology (photo provided)

## Lasting impact

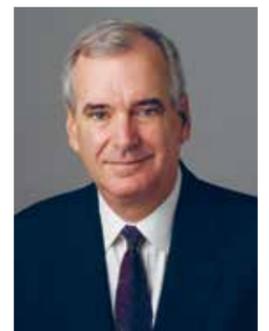
Anyone who knew the late James Dora Sr. (MGMT ’58) early in his career likely would have predicted he would collect an honorary doctorate one day. In 2006, he did just that, returning to Purdue to receive an honorary doctorate in hospitality and tourism management.

Just four years after he earned his bachelor’s degree at Purdue, Dora and his brother, Robert, opened the Holiday Inn in Terre Haute, Indiana, in 1962. It would be the first of many. Dora helped develop and operate many properties under the InterContinental Hotels Group, Hilton and Marriott brands, which now are part of General Hotels Corp. His properties have consistently won top awards for design and service excellence. One of them, the Crown Plaza at Union Station, Indianapolis, has received many awards. His son, James Dora Jr. (HTM ’86) continues his father’s legacy as president and CEO of General Hotels.

A pillar of Purdue, the elder Dora funded the first endowed professorship in HTM, the C.B. Smith Professorship of Hotel Management, named after one of his mentors. Dora also contributed to the construction of Marriott Hall, and the large demonstration classroom is named after him and his wife.

Howard Adler has held the C.B. Smith professorship since 2008.

**“HOLDING A PROFESSORSHIP IS ONE OF THE HIGHEST HONORS A PROFESSOR CAN RECEIVE,” ADLER SAYS.** “It has allowed me to kick my professional career into overdrive through my research with multiple graduate students at the same time. Being able to fund research and have my students and me attend conferences to present our findings would simply not be possible without the support of this professorship. My impact on the industry and on future educators is a direct result of this position.”



Howard Adler  
C.B. Smith Professor of  
Hotel Management  
(photo provided)

## Passion at a pivotal point

As baby boomers' ages and needs for health care increase proportionally, so will the need for expertise in gerontology. Enter William Hanley (Industrial Economics '60) and Sally Berner Hanley (HDFS '61), whose generosity has created the position of the William and Sally Berner Hanley Professor of Gerontology at a critical time.

Sally Berner Hanley says the gift was, in part, a natural outgrowth of affection that she and her husband felt for their grandparents. Sally's grandparents lived with her family for the last 10 years of their lives.

"They were in wheelchairs and lived with my mother and dad, my twin sister and me," Sally says. "My sister and brothers and I all learned a great deal from them, and the variety of activity in our house probably added to their zest for living. And Bill's maternal grandparents gave him many fond memories of farm life.

"Bill and I are passionate about helping people of all ages. Endowing a professorship in gerontology at Purdue seemed to be a very rewarding gift to Purdue. It makes us very proud!"



Elliot Friedman  
William and Sally Berner  
Hanley Associate Professor  
of Gerontology (photo  
provided)

Elliot Friedman, currently the William and Sally Berner Hanley Associate Professor of Gerontology, says the endowment means more students doing much-needed research.

**"IT PROVIDES ESSENTIAL RESOURCES THAT I CAN USE TO INCREASE UNDERGRADUATE AND GRAD STUDENT INVOLVEMENT IN GERONTOLOGY RESEARCH," FRIEDMAN SAYS.**

"It also elevates the profile of gerontology research at Purdue nationally at a time

when the aging of our population is presenting diverse challenges and opportunities for researchers and clinicians trained in gerontology."

Additional endowed, named professorships within the College of Health and Human Sciences include the Ben and Maxine Miller Professorship in Child Education (currently open); and the James V. Bradley Chair of Psychological Sciences, held by Jeffrey D. Karpicke.

— Amy Raley



Photo provided

## A PLAN AND A PURPOSE

The Department of Nutrition Science now has its first named professorship, thanks to a gift from longtime Purdue supporter and alumna Patsy Mellott.

Mellott's "giving back plan," as she calls it, started 25 years ago when she and her 1969 classmates of the former School of Home Economics provided funding to create a sensory lab for the foods department. The department is now known as the Department of Nutrition Science and resides in the College of Health and Human Sciences. Since then, she has continued giving to Purdue through her endowed scholarships and teaching innovation award.

Now, through her estate, she is creating the first named nutrition professorship, a gift allowing the department to attract and retain top researchers to the university.

"Designating how my estate gift is to be used to benefit Purdue and students of the future meant finding an appropriate way to connect my education, my food industry career and my personal health interest with an opportunity to make a difference," Mellott says. "I also identified that a professorship would mean impacting classrooms of students who could then continue to make a difference in their communities."

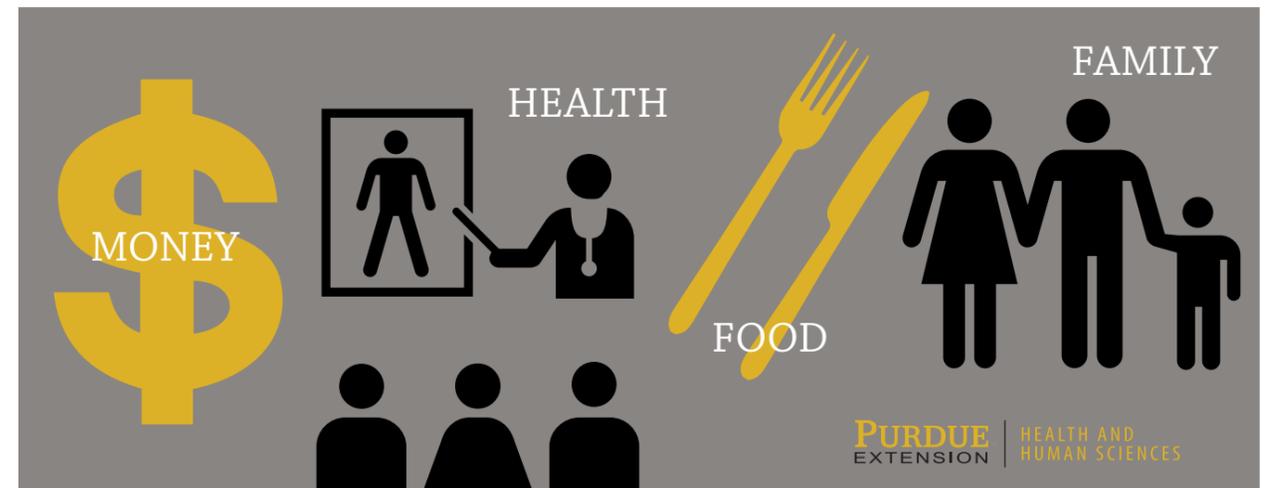
She also is creating an endowment that will provide internships for students through the university's Women's Global Health Institute.

"For me, it is about leaving a lasting legacy, especially in areas where I feel a connection, have a passion and can make a difference that's uniquely linked to my core values," Mellott says.

Mellott enjoyed a successful 36-year marketing career in the food industry, holding a wide array of positions with Campbell Soup Company in Camden, New Jersey, and Kraft Foods in Chicago.

The name of the professorship has not yet been decided.

— Chris Adam



## Extension Leads the Charge for COMMUNITY HEALTH

Physical health. Mental health. Financial health. Chances are, one or more of these has been on your mind lately. Our health affects all aspects of life — work, play, retirement and relationships. Healthy communities provide the environment we need to support personal health.

Purdue University's College of Health and Human Sciences has played a significant role in the success of community health through Purdue Extension. Purdue Extension has a network of educators throughout Indiana who focus on food, family, money and health. When it comes to community health, HHS Extension educators lead the effort to address localized health issues through community health coalitions.

A health coalition is a group of stakeholders working toward common health outcomes in a community. Health coalitions have sprung up in nearly 60 Indiana counties, and the HHS Extension educators in each county focus on establishing programs and policies that build healthy communities.

In many counties, especially primarily rural counties, health coalitions may be a significant source for health education and information. These coalitions, however, don't just provide pamphlets and brochures to those seeking to improve their health. Coalitions are working with local governments and business leaders to make the healthy choice the easy choice.

HHS Extension collaborates with Community Health Partnerships of the Indiana Clinical Translational Sciences Institute to link public health professionals, university researchers and community partners. Additional statewide partners include Indiana Healthy Weight Initiative, Indiana Public Health Association, Indiana Minority Health, Indiana State Department of Health and the Indiana Chamber of Commerce. In 2015, HHS Extension connected 176 local agencies and partners to implement effective solutions at the community level.

Wellness programs that have been established through the work of HHS Extension and health coalitions include Safe Routes to School (encouraging children to walk to school), workplace wellness recommendations, nutrition education classes and the creation of community walking trails. Coalitions received over \$1.6 million in donations and grants from state agencies, not-for-profits and private corporations in 2015. As they continue to spread awareness of health issues and programs designed to address those issues, Purdue HHS Extension and community health coalitions are creating a healthier Indiana.

— Angela Abbott and Hannah Harper



# SUMMER C.A.M.P.

Future medical professionals explore Purdue HHS

When Allison Winchester traveled to Purdue University from Puerto Rico for a new summer camp, she already knew she wanted to work in health care. What she didn't know was how the experience would solidify her decision.

Winchester was among the 27 high school students who came to Purdue in July for CAMP, Clinical Applications for future Medical Professionals. The new camp, offered by the College of Health and Human Sciences in partnership with the Indiana University School of Medicine-West Lafayette, targets high school seniors and juniors interested in health care-related majors and careers.

"I would highly recommend the camp to any student interested in the medical or health sciences fields," Winchester says. "You gain hands-on experiences so you can actually know that these are the careers for you."

Students participated in more than a dozen hands-on learning activities with more than 20 faculty members. Winchester says projects such as heart dissections and medical simulations were her favorites during the camp.

Christine Ladisch, dean of the College of Health and Human Sciences, says, "Health care is one of the fastest-growing industries in the United States, and students are able to explore majors and health care opportunities they may not be aware of."

The camp also introduced high school students to a variety of undergraduate majors that can prepare students for medical or professional school. The HHS units health sciences, health and kinesiology, psychological sciences, nursing, nutrition science, and speech, language, and hearing sciences all participated to highlight how various health care professions work together.

"I have been doing research online about different health care careers," says Leroy Medrano, a high school senior from Boswell, Indiana, who attended the camp. "You can only learn so much on the computer, so this was an eye-opening experience. It was mind-blowing."

Ladisch and administrators from the IU School of Medicine say programs such as the camp are a direct outcome of the many

synergies provided by the new Lyles-Porter Hall. IU has had medical students on Purdue's campus since 1968 and the Indiana University School of Medicine-West Lafayette, now located in Lyles-Porter Hall, is a regional campus of the IU School of Medicine. The building, which was dedicated in 2014, provides additional space to grow the partnership between Purdue and IU.

"CAMP is the latest new partnership that develops a culture of cooperation in promoting the patient-centered combination of excellent clinical skills and compassionate interpersonal care that we all hope to find in our future health care providers," says Dr. Regina K. Kreisler, associate dean of the IU School of Medicine and director of the IU School of Medicine-West Lafayette.

Supplies for students were provided by the North Central Indiana Area Health Education Center. More information can be found at [www.purdue.edu/hhs/CAMP](http://www.purdue.edu/hhs/CAMP) and questions about CAMP can be directed to [gipsonj@purdue.edu](mailto:gipsonj@purdue.edu).

— Chris Adam



High school students Allison Winchester (photo at top left) and Leroy Medrano (above) work with a medical simulation manikin or "sim man" during an activity at the Clinical Applications for Medical Professionals camp. (Photos by Rebecca Wilcox)

# GENERATIONS

IN EACH ISSUE OF LIFE 360 WE PUBLICIZE THE PROFESSIONAL ACHIEVEMENTS OF HHS ALUMNI. PLEASE SHARE YOUR NEWS WITH US AT [WWW.PURDUE.EDU/HHSUPDATE](http://WWW.PURDUE.EDU/HHSUPDATE).

## 1950s

**JOAN ROBERTSON MCFADDEN, HE '56, MS CSR '57**, Seymour, IN, received the 2016 Distinguished Service Award from the American Association of Family and Consumer Sciences. She also was recognized for co-editing the book *Leaders in Family and Consumer Sciences*.

**LOUISE WATKINS, HE '55**, Carlsbad, CA, published a novel in May titled *The Outreach Committee, Because Marriage Can Be Murder* under her pen name, C.L. Woodhams. The book is a suspense novel about spousal abuse.

## 1960s

**LEROY KEYES, HK '69**, West Lafayette, IN, received a 2015 Sagamore Sankofa Award. He played eight years in the National Football League and retired from his post at the John Purdue Club in 2011.

**RALPH TAYLOR, HK '69**, Indianapolis, IN, received a 2015 Sagamore Sankofa Award. He works as a consultant and color analyst for Purdue Sports Properties.

## 1970s

**KAY WOODWARD, PSY '72, MS PSY '73, PHD PSY '78**, received the 2015 Freida and Winifred Parker Pioneering Purdue Women Award from the Sagamore Sankofa Awards Committee. She is the director of the J.W. Woodward Funeral Home in Spartanburg, SC.

**EDGAR CLODFELTER, PSY '76**, Adamant, VT, has gained Vermont Master Property Appraiser designation, the highest designation available in the state.

**KATHRYN JORDAN, HK '78**, Indianapolis, IN, received the Freida & Winifred Parker Pioneering Purdue Women Award from the Sagamore Sankofa Awards Committee. She guides athletes and entertainers as the head of KJordan Consulting LLC.

## 1980s

**DOUG BINZEL, HTM '80**, is the director of regional sales for the Wasserstrom Co. in Columbus, OH.

**TODD E. BUTLER, HTM '85**, is the president of Butler Insurance Inc. in Fishers, IN, and is in his fourth year as an independent agent.

**HARI SINGH, HTM '87**, is the owner of Indiana Restaurant in Jaipur, India.

**ELLEN CARNEY DELONG, HTM '89**, Indianapolis, IN, is celebrating 16 years at Ernst & Young LLP and is working as the assistant director of tax technology services.

**AMY HINES, CSR '89**, Smithfield, VA, is the executive producer and co-writer of "Why Me?," an anti-dog fighting music video using humans depicting dogs.



## HHS GIVEN ARTHUR G. HANSEN RECOGNITION AWARD

The Purdue University Retirees Association and the Office of the President awarded the College of Health and Human Sciences the 2016 Arthur G. Hansen Recognition Award, with special recognition to the HHS Office of Student Services. The award recognizes the efforts of a university unit that cultivates and maintains meaningful relationships with its retirees. Mary Alice Nebold (HE '59, BS CSR '68), a Purdue retiree and former assistant dean for undergraduate student services, nominated HHS for the award, citing continuing connections that foster meaningful interactions with the current HHS staff and students as well as former colleagues and students. The college's routine communication with retirees includes invitations to faculty, staff, student and alumni recognition receptions, luncheons and dinners, and programs and lectures. The award includes \$2,500, a trophy and the addition of the name of the recipient on a permanent plaque in the Purdue Memorial Union. It is funded by TIAA and was presented at the Purdue retirement recognition luncheon on June 30. The recipients also were recognized at the annual fall Purdue University Retirees Association Kickoff Luncheon on Sept. 12.

From left, Purdue Provost Debasish Dutta, HHS Director of Student Services Shane Hawkins-Wilding and HHS Dean Christine Ladisch.

# GENERATIONS

## 1990s

**DINA HJI-AUGOUSTIS, HTM '90**, is a fine-wine sales representative at RDNC, formerly National Wine & Spirits, in Indianapolis, IN.

**KELLY ANN PAYTON, HTM '90**, is the manager of outpatient rehab at Boulder Community Health in Boulder, CO.

**KARL D. GORDON, HTM '91**, is a senior finance manager at Suntrust Bank in Richmond, VA.

**LAURA NEMTUDA, HTM '99**, works as a night auditor at Fairfield Inn and Suites in Lafayette, IN.

**LAURA SNIADACKI, NUTR '99**, Indianapolis, is the owner of A.G. Maas Co. the oldest janitorial supply company in Indianapolis, IN.

## 2000s

**CARY COUNTRYMAN, HTM '01**, is professor and department chair of Business Management at Brigham Young University-Hawaii.

**MISSY WRIGHT, PSY '03**, Alameda, CA, achieved Certified Consultant status from the Association for Applied Sport Psychology in 2015. She is an assistant professor in the kinesiology department at California State University, East Bay and works as a sport psychology consultant.

**ADAM FETSCH, HTM '05**, is the creator of Rewind Candles in Charleston, SC, where he transforms more than 40,000 wine bottles each month into wine-scented candles. His candles are sold in stores in all 50 states, Canada, Australia and South Korea.

**HILLARY GRAMM, CSR '05**, League City, TX, was recently chosen as one of the *Houston Business Journal's* 40 Under 40. She works as the resource development director at Communities in Schools-Bay Area.

**BIANCA PRYOR, CSR '06**, Chicago, is vice president at BrainJuicer, a market research firm with headquarters in London, England, and 12 offices throughout the world.

**ASHLEY GREGORY, HTM '07**, is the director of sales at Visit Lafayette-West Lafayette in Lafayette, IN.

**MALLORI WALKER, NUR '08, MS NUR '15**, is a registered nurse in the pediatrics department at IU Health Arnett, Lafayette, IN.

**SAM PORTER, HTM '09**, is director of operations for Levy Restaurants at StubHub Center in Carson, CA.

## 2010s

**RACHEL KIPPENBROCK, HTM '10**, is in her second year of the Vanderbilt University Executive MBA program and is working as an associate director of revenue management operations at Starwood Hotels & Resorts in Atlanta, GA.

**LAURA MESKER, HTM '10**, is working for Welborn Baptist Foundation as the senior health and nutrition program coordinator in Evansville, IN.

**CALVIN W. CARIE, HTM '11**, works for Short's Travel Management, NCAA as a meeting and event planner in Indianapolis.

**CAITLIN GOODING, HTM '13**, is a front office manager for Starwood Hotels at the Sheraton Grand in Chicago. She received the Stellar Performer award in January 2014 and February 2016.

**MELISSA MILLER, HTM '13**, is working for General Hotels Corp. as a revenue manager assistant in Indianapolis.

**KEELEY GILBERT STINGEL, HDFS '13**, Salem, IN, has been named to the board of directors for the Indiana Youth Institute. She is South Central Indiana community liaison for the Indiana Office of Community and Rural Affairs (OCRA).

**KARLY HIQUET, PSY '14**, Columbus, IN, was named a 2015 Woodrow Wilson Indiana Teaching Fellow, one of 10 Purdue grads among this year's 49 honorees. Each fellow receives \$30,000 to complete a special master's degree program in exchange for a three-year commitment to teach in Indiana districts in need.

**ARIANNA BATISTATOS, HTM '15**, works for Hyatt Regency Maui as the assistant front office manager in Lahaina, HI.

**RACHEL BLANKENSHIP, HTM '15**, is sports marketing and recreation manager at Visit Lafayette-West Lafayette in Lafayette, IN.

**CHELSEA GATHERS, HTM '15**, is assistant director of environmental services at Aramark in Alamogordo, NM.

Though their conferred degrees may have come from departments named differently at the time, the alumni listed in Generations are matched with the academic units by the current names.

- CSR CONSUMER SCIENCE
- HK HEALTH AND KINESIOLOGY
- HSCI HEALTH SCIENCES
- HE HOME ECONOMICS
- HTM HOSPITALITY AND TOURISM MANAGEMENT
- HDFS HUMAN DEVELOPMENT AND FAMILY STUDIES
- NUR NURSING
- NUTR NUTRITION SCIENCE
- PSY PSYCHOLOGICAL SCIENCES
- SLHS SPEECH, LANGUAGE, AND HEARING SCIENCES

## WHY JOIN PURDUE ALUMNI?



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## Angela Barron McBride

ONE OF FOUR 2016 PURDUE DISTINGUISHED WOMEN SCHOLARS

Angela Barron McBride, PSY '78, Lafayette, IN, was one of four Purdue alumnae honored as 2016 Purdue Distinguished Women Scholars in recognition of leadership and outstanding contributions to their fields. McBride, who was the first graduate of Purdue to receive a doctorate in developmental psychology, chairs the Indiana University Health Board committee on quality and patient safety. She is a member of the Institute of Medicine and a fellow of the American Psychological Association's Division 35 (women's health) and Division 38 (health psychology), and she received the latter's Outstanding Contributions to Nursing and Health Psychology Award in 1995. McBride served as the fourth dean of the Indiana University School of Nursing from 1991 to 2003. The Office of the Provost and the Susan Bulkeley Butler Center for Leadership Excellence honored the recipients at a reception in March.



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# LIFELINES



Make a profound impact at Purdue University by partnering with the College of Health and Human Sciences. Please consider supporting our 2016-17 funding initiatives.

## STUDENT SUPPORT

Support for undergraduate students includes scholarships, a lifeline for HHS students who require financial assistance in order to attend Purdue. It also includes the Global Learning Fund, which provides cultural immersion opportunities so that more HHS students can study, intern or travel abroad. Graduate student support, one of HHS's greatest needs, can provide not only basic funding but also opportunities to work alongside researchers and professors in the classroom to help shape the students professionally.

## FACULTY

Endowed and distinguished professorships are the hallmark of a world-class university. HHS's goal is to establish named professorships across the college in order to recruit and retain the most talented faculty. An endowed named deanship for HHS will provide the dean supplemental funding to address priority areas such as learning, discovery and engagement; distinguish the college and the dean as preeminent at Purdue and among peers; and expand the college's research enterprise by leveraging external funding.

## PROGRAMS

Emerging programs offer the opportunity to address healthy aging, public health, chronic disease detection and prevention, health and wellness, and critical health issues for children, such as autism.

## FACILITIES

Initiatives for facilities include the Purdue Professional Selling Laboratory, which connects companies with students and infrastructure support of the college's first magnetic resonance imaging (MRI) research equipment, which will advance research being done across the college. Opportunities to fund renovations in Lambert Field House, home to the Department of Health and Kinesiology, are also available.

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For more information about how you can support the College of Health and Human Sciences, please contact the HHS Office of Advancement at 765-494-7890 or 800-535-7303 or [hhsalums@purdue.edu](mailto:hhsalums@purdue.edu).



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- Liping Cai, Associate Dean for Diversity and International Programs
- Dorothy Teegarden, Associate Dean for Research and Graduate Programs

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- Wei Zheng, Health Sciences

**Comments?** Contact Denise Buhrmester, Director of Communications, [dmbuhrmester@purdue.edu](mailto:dmbuhrmester@purdue.edu), 765-496-3663.

**Moving?** Send change-of-address notices to Development and Alumni Information Services, Purdue University, 403 W. Wood St., West Lafayette, IN 47907.

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