I am delighted to report that during the just-completed academic year, which has been a year of leadership transition in the College of Health and Human Development, the College has continued to enjoy remarkable success. The credit for this achievement belongs to our outstanding faculty, dedicated staff, and highly motivated students.

Although official enrollment numbers are not yet available for fall semester of 2006, we anticipate more than 4,400 undergraduate majors in the College, near an all-time record and an increase of 10 to 15 percent over 2005. These numbers confirm what we already know: namely, that our majors address important needs related to the health and well-being of individuals, families, and the communities in which they live. These needs are likely to become more acute as our population ages and as the supply of well-trained providers fails to keep up with rising demand. We are doing our part to educate the next generation of professionals in fields pertaining to health and human development. For example, our School of Nursing is now the largest producer of baccalaureate-prepared nurses in Pennsylvania.

The foundation for our innovative curricular offerings is the cutting-edge research conducted by our faculty and students. One important measure of the vitality of any program of research is the funding committed to such research by government agencies, private foundations, and industry partners. By that measure, the academic year 2005-2006 has been a rousing success. A record $55 million in highly competitive external funding was obtained by our faculty. This amounts to a 16 percent increase over the prior year, obtained via 267 separate awards – a 21.3 percent increase in the number of awards.

In this magazine we feature a number of our researchers who are addressing one of the major health issues of the 21st century, the rapidly increasing incidence of obesity and overweight among all age groups. Among other things, it will be apparent that College of Health and Human Development researchers represent many different disciplines, enabling them to address a given problem from a wide range of perspectives. I hope that you enjoy learning more about the important work they do.

Finally, I want to recognize the important role that our alumni and friends play in supporting our work. As the cost of higher education increases, an increasing number of our students rely on the generosity of others to complement support from their families. We are extremely pleased that last year we were able to award nearly $1.2 million in scholarships to students in the College of Health and Human Development – an all-time record.

The College of Health and Human Development is built upon a solid foundation. As I begin my 38th year on the faculty of the College, I look forward to the coming year, confident that we will continue our unparalleled record of achievement and that we will continue to make important contributions to improving the quality of life.

Sincerely,

Fred Vondracek
Interim Dean
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Our college is on the move. In fact, it’s difficult to convey the dynamism and pace with which knowledge is created, transferred and applied in the real world—where it impacts real people. Research is our business, and we want to introduce some of the people who are the underpinning of our research enterprise.

From distinguished professors committing the greater part of their lives to creating new knowledge and passing it on so others can benefit, to enthusiastic young scientists patiently conducting experiment after experiment, all are imbued with a driving passion. In the labs and classrooms in Henderson, Mateer, White and Moore Buildings, in Rec Hall and the Bennett Center and other research sites on campus, researchers in the College of Health and Human Development come to work each day with the shared goal of improving the health and well-being of others.

There’s little doubt that, as a nation, we’re getting heavier—along with seeing increases in obesity-related diseases and illnesses. And it’s not just adults. Parents have always wanted to give their children what they didn’t have—toys, education, opportunities. But are we also giving our children something far more sinister—overweight childhoods that can lead to a lifetime of problems? What progress are we making to promote healthy eating behaviors and combat obesity? Researchers in the College of Health and Human Development are tackling the problem from all sides, studying both children and adults in a variety of settings and identifying many of the factors that contribute to overweight and obesity.

Young girls’ eating behaviors

What do 5-year-old girls know about dieting? Plenty, it turns out. For ten years Dr. Leann Birch, Distinguished Professor of Human Development and Family Studies and director of the Center for Childhood Obesity Research, has been conducting a longitudinal study of the health and development of young girls. “At age 5, nearly half the girls in the study knew what dieting was,” says Birch. The best predictor of knowing about dieting was whether or not their mothers had reported dieting in the last few months. "The girls were observing their moms dieting. Some of them said things like, 'It's when you cook for others but don't eat.' Many of the girls sounded a lot like adults. They knew the lingo."

The girls in the study are now 15, and Birch is starting to see the impact of family influences on eating behaviors and weight. One finding is the relationship between obese women, their eating behaviors, and their daughters’ eating behaviors. "Obesity in women is often linked to a pattern of binge eating, followed by very restrictive dieting, followed by binge eating and so forth," says Birch. "We’ve found that mothers who are concerned about their daughters’ weight and restrict their daughters’ intake of junk food, for example, tend to have daughters who overeat these foods when they are available. In these cases, mothers’ attempts to prevent overweight and overeating among daughters may be contributing to development of overeating behaviors, which are starting to look a lot like the mothers.”
With funding from the National Institutes of Health, the National Dairy Council, the United States Department of Agriculture, and the Robert Wood Johnson Foundation, Birch hopes her research can contribute to the development of preventive interventions. "Almost all eating behaviors are a result of the interplay between genes and the environment, and parents provide both," says Birch. "If we want to have an impact on obesity, if we want to help kids maintain a healthy weight, we need early prevention programs for kids that involve parents."

Preschoolers snacking in front of the TV

As a graduate student at Penn State, Lori Francis worked with Leann Birch, assisting with childhood obesity studies. Now an assistant professor of biobehavioral health, Dr. Francis is conducting research of her own that aims to identify sources of childhood obesity.

With funding from the National Institutes of Health and the College of Health and Human Development, Francis assessed children’s food intake during lunch and snack times, both in front of and without a 22-minute cartoon video. Overall, children ate significantly less when they were also watching the video. However, children whose parents reported that their child 1) watched more TV than average and 2) ate more meals in front of the TV actually ate more during the “TV with lunch” experiment. In other words, children who had practice at eating while watching TV were more likely to eat more than other children.

Francis is interested in identifying family environments that promote healthy development of children. "Growing up, food was central to my family and central to my culture," she says. "Meal times were family times, social times. We know that children in the United States spend nearly twenty hours a week watching TV, and that TV watching takes away from family time."

Supersizing at school

While Birch examines how children learn about dieting from psychological and developmental perspectives, and Francis examines behavioral aspects of eating, still other researchers are looking for ways to improve children’s diets. Dr. Claudia Probart, associate professor of nutritional sciences, is interested in children’s diets in a place where they spend much of their time—at school.

School funding cuts during the 1980s eliminated many school lunch programs and ushered in a new era of commercial franchises selling pizza, burgers, fries, and other fast foods. "Schools were uncomfortable selling these kinds of foods, but they received a portion of the sales and they needed the money," says Probart.

Probart, who, along with co-researcher Elaine McDonnell, has been working with Pennsylvania school lunch programs for fourteen years with various grants from the Pennsylvania Department of Health and the Pennsylvania Department of Education, is seeing the tides of change. "In the last few years researchers have come out with data showing the increasing incidence of type 2 diabetes and obesity in children," says Probart. "Now everyone’s starting to pay attention."

At the end of 2004, federal legislation was passed requiring every school district to have a wellness policy tied to physical activity and nutrition. With a grant from the Robert Wood Johnson Foundation, Probart and colleagues are analyzing schools’ policies in terms of their objectives, implementation, and results. "Kids are saying, 'There's going to be big trouble if you take away our junk food,'" says Probart. But taking away junk food isn't necessarily the only solution. "We found that the timing of school lunches at high schools predicted the sales of a la carte foods. In schools that started serving lunch before 10:30 a.m., kids bought more snack foods throughout the day."
“Now is the time for schools to take a leadership role in the fight for child nutrition,” says Probart. “The issue is in the forefront. We see this as the beginning of a revolution.”

**Battling the “Freshman 15”**

The scope of nutrition-related research in the College makes it easy for students to conduct their own research. Kristen Jozkowski ’06 BB H, was thrilled when she finished her freshman year without gaining the “freshman 15.” The following year her confidence took a hit when she gained her “sophomore 15.” “It’s so easy to gain weight in college,” says Jozkowski. “There’s all that late-night pizza, there’s drinking, and everybody’s always snacking on something. And the cafeterias are all-you-can-eat.”

During her junior year, Jozkowski got serious about losing the weight she’d gained. Bolstered by 2004 statistics indicating that 30 percent of Penn State students were overweight and about 60 percent were trying to lose weight, Jozkowski, a Schreyer Scholar, decided to design a weight-loss program specifically for college students.

Jozkowski, with guidance from her advisor, Dr. Linda Wray, assistant professor of biobehavioral health, developed a program called "Follow Me: Students Helping Students to Better Health" which focused on developing healthy eating habits and increasing physical activity by learning and sharing information in a supportive small group setting. The program was based on standards established by the American Heart Association and the USDA’s Food Guide Pyramid. The group met once a week for ten weeks. Each week focused on a different topic, such as the challenges of eating in the dining halls on campus. “I tried to give really specific recommendations, like eating wheat bread instead of white,” says Jozkowski. “One of the most exciting things about the meetings was the support the participants gave each other.”

Jozkowski’s research gave her personal insight into the process of designing and implementing a real-world intervention. “Everything took more time than I thought it would,” she says. “I was disappointed that quite a few people dropped out before the end of the program. And at first I was disappointed that participants didn’t lose more weight. But I feel good that the people who stuck it out said they learned a lot and they’ve made lifestyle changes, such as eating more fruits and vegetables.”

**A New Era in Academic Research: Interdisciplinary and Team-Oriented**

In the last twenty years, research has become more interdisciplinary and integrative. With expertise in so many areas, Penn State has emerged as a leader in interdisciplinary research. A major driver of this trend is the National Institutes of Health (NIH), the largest funding source for College of Health and Human Development research. The NIH has begun to increase support for “translational research”—the process of translating scientific discoveries into practical applications. Aware that the process is often lengthy and inefficient, the NIH is providing funding to institutions to "captivate, advance, and nurture a cadre of well-trained multi- and inter-disciplinary investigators and research teams" that can move research from the bench to practice. By definition, translational research requires a team approach of basic and clinical scientists and researchers who can be members of academia or industry.

With its two schools, seven departments, and nine interdisciplinary research centers, the College of Health and Human Development is well placed to conduct interdisciplinary initiatives. “When you look at each school and department and then the research that is being conducted in each, you’ll see that we have a wide range of approaches to science,” says Karl Newell, associate dean for research and graduate education. “We’re becoming more integrative. We’re building small teams of people, and the people are approaching research projects from many different directions. Critical to the success of every project is selecting the right people so that you can build on each other and make progress.”
An eating plan for life

"Fed up with fad diets that ask you to give up your favorite foods? Tired of feeling ravenous when cutting back on calories? Searching for a sensible, healthy way to manage your weight?"

No, this isn’t one of those, “Lose weight while sleeping,” as-seen-on-TV gimmicks. It’s the introduction to The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories by Dr. Barbara Rolls, holder of the Guthrie Chair of Nutritional Sciences and director of the Laboratory for the Study of Human Ingestive Behavior. Over the years Rolls has done extensive research to show how and why Volumetrics works.

During the 1990s and even recently, many diets focused on changing the proportion of macronutrients—fats, carbohydrates, and proteins—in people’s diets. "I started noticing that people ate a consistent weight and volume of food over a day or two," says Rolls.

From initial studies of individual meals to randomized controlled clinical trials lasting up to a year, Rolls’ research, funded by the National Institute of Diabetes and Digestive and Kidney Diseases, has consistently shown that an eating plan based on increasing intake of low-calorie density foods is the key to achieving and maintaining a healthy weight. In short, when people eat foods with high water content, such as fruits, vegetables, and broth-based soups, they eat fewer calories, but they are just as satisfied as if they had eaten the same weight or volume of high-calorie density foods.

"My research is very practical," says Rolls. "I feel I have very positive messages for the public: that you can eat for your health and that you can feel satisfied while managing calories to achieve and maintain your optimal weight."

The United States is becoming a more sedentary society. The onset of the “Information Age” means that more people are working at jobs that require no more physical effort than keyboarding, and Americans are more likely to watch sports on TV or surf the Internet than to engage in outdoor activities. Researchers in the College of Health and Human Development are conducting research that aims to promote physical activity in both children and adults as part of a healthy lifestyle.

Coaches promoting social development

Today more than 20 million kids in the United States participate in organized sports programs. The health benefits of sports participation are well established. "Yet we know not all kids are benefiting from playing sports," says Dr. David Conroy, associate professor of kinesiology. Conroy and Dr. J. Douglas Coatsworth, associate professor of human development and family studies, are researching the role that coaches play in determining the quality of children’s sports experiences. “Organized sports are ideal for social learning because kids enjoy them and because kids are very focused when they’re playing sports,” says Conroy.
Most youth coaches are volunteers and most are parents. An estimated 90 percent of coaches have no training in how to coach kids in sports. Yet research has shown that certain behaviors can make a huge difference. "Coaches need to catch players doing something good and then reinforce those behaviors," says Conroy. "The emphasis should be on learning and improving, not just on winning."

Conroy and Coatsworth have developed a model to evaluate the effects of coach training on the psychosocial development of the youth they coach. "We want to figure out what makes what change to enhance youth development," says Explains Conroy. "When a coach receives training and goes to practice, what happens next? First of all, the coach has to change his or her behavior enough so that a child will notice. How does the child then perceive the coach’s messages? Does this perception then change how the child perceives himself?"

"Once we understand these relationships, then we can begin to develop and promote efficacious and efficient training programs for youth coaches," says Conroy.

**Sports drinks: hype or help?**

We’ve all seen the claims: Replenish vital electrolytes without sugar or carbs! All natural energy boost drinks give strength and energy! All natural water hydrates better than any other liquid!

Dr. W. Larry Kenney, professor of kinesiology, is as familiar with these claims as anyone. Currently, Kenney is conducting studies funded by the National Basketball Association and Gatorade to understand the relationship between hydration and sports performance. "Not much research has been done on intermittent, high-intensity sports like basketball," he says.

Kenney recently oversaw two studies of basketball performance conducted by kinesiology doctoral students Kelly Dougherty and Lindsay Baker. Dougherty’s study involved boys ages 12 to 15 who played AAU basketball, and Baker’s study involved college students who were also skilled basketball players. The younger players were dehydrated to 2 percent of their optimal hydration in the heat chamber at Noll Laboratory. (Research has shown that 2 percent hydration is common among kids who show up at sports camps.) The older players were dehydrated up to 4 percent of their optimal hydration. Participants then did typical basketball drills—once after having nothing to drink, once after drinking flavored water, and once after drinking Gatorade (there was no detectable taste difference between the flavored water and the Gatorade). Participants in both study groups performed significantly better after drinking water, and participants performed best after drinking Gatorade.

Computer-based tests of vigilance were an added study element among the college students. "The tests showed that dehydration significantly impaired ability to stay vigilant and pay attention," says Kenney. "This was the first time a relationship between dehydration and lack of vigilance had been proven."
traditionally been a hard-working culture,” says Hsueh-wen Chow, a recreation, park, and tourism management doctoral student who is completing her thesis on the relationship between physically active leisure activities and health in adults.

The purpose of Chow’s research was to find out whether adults age 50 and older who engaged in more active leisure activities were healthier than adults who did not. With funding from the Robert Wood Johnson Foundation, Chow analyzed data from a previous study of park services and adult health among adults living in five urban areas across the country. She found that adults who participated in more active forms of leisure activities, such as walking, biking, and swimming, were healthier than those who did not. Chow also found that adults were most likely to be physically active during their leisure time, as opposed to their time doing paid work or housework.

Chow, who is advised by Dr. Geoffrey Godbey, professor emeritus of recreation, park and tourism management, would like to do more research to understand and promote ways in which active leisure can benefit people’s health. “The United States is the best place for me to learn more,” she says. “Some day I hope my research will also benefit the people of Taiwan.”

Liaisons to promote health and wellness

Other researchers in the College of Health and Human Development are interested in learning whether health care providers can play a role in encouraging people to utilize recreation and park resources in their communities in order to improve their health.

Dr. Andrew Mowen, assistant professor of recreation, park and tourism management, Dr. Geoffrey Godbey, professor emeritus of recreation, park and tourism management, and two HHD alumni, Dr. Laura Payne (University of Illinois) and Dr. Elizabeth Orsenga-Smith (University of Delaware), are conducting a nationwide study of partnerships between parks and recreation agencies and health care providers such as county health departments and managed care organizations. Funded by the National Recreation Foundation, the study team will gather information via an online survey of National Recreation and Park

Dougherty, whose paper, “Fluid Balance and Basketball Performance,” was published in the September issue of *Medicine and Science in Sports and Exercise*, is enthusiastic about her research experience. Before coming to Penn State, Dougherty gained undergraduate teaching and coaching experience with kids and college students. She got hooked on research during her senior year abroad at the University of Limerick in Ireland where she volunteered at the National Coaching and Training Center which provided fitness assessment services to Ireland’s Olympic athletes. Before Dougherty graduates she will complete a second study to help identify the upper heat limits at which it is safe for kids to exercise. “Eventually I want to be a college professor and teach and do research,” she says. “I’ve finally found a career I can be passionate about.”

Although we’re becoming a more sedentary society, that doesn’t mean we’re resting more. Today’s 24-hour society often means that Americans are “on call” all the time, working long hours, answering emails while on vacation, and carrying cell phones everywhere. Our hectic lives, in which the distinction between work and family time is often blurred, can lead to more stress. This has consequences for both employers and for families. Many researchers in the College of Health and Human Development have turned their attention toward helping people balance their lives and reduce their stress.

It’s not how much time you have off, it’s what you do with it

Most working Americans get two days off every week, at least in theory. In Taiwan, the government did not approve a five-day work week until 2001. “Since then, leisure has become a big deal in Taiwan, which has
Association members and by in-depth interviews with selected healthcare providers and practitioners.

"The goal of our study is to find out what kinds of collaborations are developing, what each partner is bringing to the partnership and what they hope to gain from it, what programs they’re developing and outcomes they’re seeing, and what barriers exist to the development and success of partnerships," says Mowen. "We believe the study will provide useful data on how organizational systems are coming together to respond to the social issues of increasing obesity and inactivity."

**It’s the little things**

Everyone experiences stress. And most of the stress people experience isn’t stress associated with major life events, it’s the everyday little things that add up: hunting for a parking space, running late, arguing with your spouse or teenager.

Dr. David Almeida, associate professor of human development and family studies, is principal investigator for the National Study of Daily Experiences (NSDE), one of the studies of the ten-year National Survey of Midlife in the United States funded by the MacArthur Foundation and the National Institutes of Health. The study’s 11,000 phone interviews focused on the disappointments, frustrations, losses, and pleasures experienced by 1,500 people between the ages of 25 and 74 in 48 states on 8 consecutive nights. Almeida and his team analyzed the data to understand the health effects of everyday life stressors such as getting stuck in traffic or dealing with a deadline at work.

The good news, Almeida has discovered, is that people learn to handle everyday stress better as they age. This may be because life experiences allow people to develop coping strategies. It may also be because people tend to be more in tune with their emotions as they age. Older people may also make an effort to avoid stressful situations.

So what’s the bad news? Almeida and other researchers are discovering that these daily minor frustrations and hassles have negative health ramifications. For example, our heart rates often increase when we’re stuck in traffic. We often feel flush when we have an argument. We may get stomachaches or headaches. Such responses, especially when frequent, may have profound effects on physical and psychological health over time.

While stressors seem universal, so are daily positive experiences. In the new phase of the NSDE Almeida will be looking at how pleasant events like sharing a laugh with a friend may offset the health effects of the daily grind.

**Overlapping work and family lives**

Researchers in the College of Health and Human Development are learning about how people balance their work and family lives from a very unusual partnership. Researchers in the School of Hospitality Management, the Department of Human Development and Family Studies, and the Department of Biobehavioral Health, along with faculty from other colleges at Penn State, have teamed up to study work/family balance from a variety of perspectives.

Funded by the National Institutes of Health and the Alfred P. Sloan Foundation, the Hotel Work and Well Being research project is a three-year study led by Dr. Nan Crouter, professor of human development and director of the Social Science Research Institute and the Children, Youth, and Families Consortium, Dr. John O’Neill, assistant professor of hotel, restaurant and institutional management, and Dr. David Almeida, associate professor of human development and family studies. Other project team members include Dr. Laura Klein, associate professor of biobehavioral health, Dr.
Crouter, who has studied the intersection of work and family for twenty years, wanted to work on a project in a specific industry where work/family issues would be prevalent. “The hotel business in particular seems to have challenges providing a work/family balance because of its 24/7 nature, its high emphasis on customer service and its unpredictability,” she says. “When we first started thinking about this project, I went in wanting to learn more about the hotel industry, and John (O’Neill), a former manager and executive at Marriott, wanted to learn more about work/family issues. Everyone involved brings something to the table.”

Work and family issues have received little attention in the hospitality and tourism literature, which is why O’Neill is so excited about the research. “We know that hotel managers want to retain good employees, and we know that, in general, hotel employees really like their jobs. Yet we also know there’s lots of turnover.” To understand the problems, the project team has conducted focus groups and individual interviews with hotel executives, managers, employees, and spouses. The team has compiled its findings and has begun to present qualitative data in areas such as dominant stressors—the challenges posed by long and irregular hours, and the need to control emotions during guest contact, for example.

The long-term goals of the project are to examine the links between hotel work and life off the job, to disseminate findings to the industry and to serve as a resource to companies that want to address these issues in their policies and programs. “What we hope is that our data can help the hotel industry develop and test solutions that are good for both the organizations and their employees, as well as employees’ families,” says Crouter.

Ever since Francis Galton, cousin of Charles Darwin, coined the phrase “nature vs. nurture,” people have tried to determine whether behaviors and diseases are caused by one or the other. Today, however, researchers are trying to identify and understand both the genetic and environmental elements of health in order to understand their interaction. Researchers in the Department of Biobehavioral Health are at the forefront of research that aims to improve people’s health and well-being from a perspective that integrates biological, behavioral and environmental standpoints.

Smoking out the causes of addiction

“People always want to know, is there a gene for addiction? The answer is no, not just one gene,” says Dr. David Vandenbergh, associate professor of biobehavioral health. “There are probably many genes.”

Vandenbergh is trying to identify the genes relevant to nicotine addiction. “Basically, I’m trying to understand how the brain works,” he says. “Addiction is kind of like a window into the brain. One person is addicted, another is not. What are the molecular differences in their brains?”

Like most chronic diseases, addiction involves the interaction between genes and the environment. But it is very difficult to separate the biological and social causes of smoking behavior in humans. “Animal models allow us to reduce the number of variables and confounding factors,” says Vandenbergh. “With animal studies, we’ve identified genes we believe are involved in addiction, but a lot more research needs to be done in order for findings to be applicable to treatment. For example, there may be five genes that are found to be associated with addiction. What if someone has the “addictive” form of four of the five genes? Will that person have a greater propensity to become addicted than someone with the “addictive” form of only one of the five genes? In addition, how does the environment interact differently in these two people?”

Also affiliated with the Center for Developmental Genetics and the Neuroscience Institute of the Huck Institute of the Life Sciences, Vandenbergh is a strong believer in integrationist research. “While there are sometimes funding issues, interdisciplinary research allows for creativity,” he says.
**Connecting obesity and multiple sclerosis**

Andrew Ward, a senior Schreyer Scholar majoring in biobehavioral health, was inspired by the research of Dr. Vandenbergh, his adviser. Ward, too, was interested in utilizing animal studies to examine disease therapies. With Vandenbergh’s help, Ward applied for and received a $2,500 Undergraduate Summer Discovery Grant and a $500 award from the John T. and Paige S. Smith Endowment for Undergraduate Research in the College of Health and Human Development. These awards enabled Ward to do cutting edge research during the summer at Peptimmune, a company that develops specific peptide therapies for treating autoimmune and metabolic diseases. In the company’s state-of-the-art biotechnology laboratory in Cambridge, Massachusetts, Ward conducted a pilot study to see whether there is a correlation between obesity and multiple sclerosis (MS). On the human level, there were only case studies about overweight individuals with MS. There were also a few animal studies, but all had been done using mice genetically engineered to be obese. “I used a high-fat diet to cause obesity in mice because I wanted to get a little closer to the human experience,” says Ward.

In his experiment, Ward induced the animal form of MS in eighty mice, then fed forty a high-fat diet and forty a normal diet. Throughout the experiment, Ward measured body weight and cholesterol and leptin hormone levels. He also observed disease pathology that resulted from various study variables, such as grooming behaviors. Ward is now analyzing the results for his senior honors thesis.

“Starting out with an idea and actually being able to test that idea in a biotech laboratory was an incredible experience,” says Ward. “The scientists and technicians at Peptimmune were always available for advice. The great thing is, they’re really interested in the results to use toward understanding the disease mechanism of action.”

Vandenbergh has only praise for Ward. “Drew recognized an opportunity to work with the scientists at Peptimmune at a higher level than he had done in earlier summers, and he then made it happen by coordinating things here at Penn State.”

We all rely upon health care throughout our lives. You might see a physical therapist for a knee injury or a doctor for a sore throat. You might send your child to an audiologist for a hearing test or take her to the emergency room when she breaks a bone. Or perhaps you are the caregiver for an elderly parent or relative. Researchers in the College of Health and Human Development are studying how people receive care and treatment and how our patchwork “system” of health care can be improved.

**Documenting unequal access and quality**

Inequities in health care quality in the United States are well documented. But little is known about strategies to improve the quality of care for ethnic minority populations. In a project called New Connections, funded by the Robert Wood Johnson Foundation, Dr. Rhonda Belue, assistant professor of health policy and administration, is analyzing data from the National Center for Health Statistics to understand and describe the quality of health care received by ethnic minorities.

Belue is focusing on health care for minority non-elderly adults and children in both hospital and ambulatory care settings. “I’m attempting to answer many questions,” says Belue. “In what types of facilities do racial/ethnic minorities receive care and treatment? What health resources are provided by these facilities? Where are these facilities located in relation to patients’ homes and transportation systems? What are patients’ perceptions of the quality of care they are receiving? Do perceptions of quality differ among ethnic groups?”

“My ultimate goal is to be able to inform and improve study design and treatment in disenfranchised populations,” says Belue. “A first step in this direction is to gain a better understanding of the quality of care that these populations are receiving.” Then comes the hard part, according to Belue. “Given the lack of resources, how do you create effective interventions for diabetes, hypertension, and other chronic illnesses that disproportionately affect these communities?” Belue hopes that her research will help to lessen inequities in the provision of care for minority populations.
**Improving the healthcare system**

The United States spends more on healthcare per capita than any other country in the world, according to data from the World Health Organization. But do we have a healthier population? A more effective healthcare system? No and no. "Our healthcare system is ailing," says Dr. Dennis Scanlon, associate professor of health policy and administration. "Healthcare costs are going through the roof, yet payment systems don’t reward good outcomes, many people are uninsured, there’s unequal access to quality care, and providers are unhappy."

Scanlon recently received funding from the Robert Wood Johnson Foundation to conduct an evaluation of a national initiative to improve the quality of healthcare in local and regional communities. Called **Aligning Forces for Quality: The Regional Market Project**, the program will examine healthcare markets throughout the U.S. and identify ways to engage all the "players" in those markets—consumers, providers, health plans and employers—in quality improvement efforts. "We’re talking about groups with competing interests, like doctors and insurers," says Scanlon. "Can communities make this happen, and how?"

Scanlon will begin with initiatives in Memphis, Minneapolis, Detroit, and Seattle. "I’ll be looking at what approaches communities are taking and then analyzing the impact on healthcare outcomes in the areas of chronic diseases such as diabetes, asthma, and heart failure. I want to be able to identify what changes work best to improve the system."

Scanlon has experience analyzing the impact of healthcare partnerships and initiatives. Based on evidence that safer hospitals were less expensive, aircraft manufacturer Boeing experimented with giving employees monetary incentives to use the safer hospitals and splitting their cost savings with these hospitals. Says Scanlon, "This sounded logical, but it didn’t work. One of the biggest problems was, patients don’t check themselves into hospitals—doctors do. But we learned from this."

“The system must change,” he continues. “The U.S. population is aging. Science will continue to advance technology and treatment. How will we pay for healthcare? What will we pay for? These are policy issues that need to be addressed now.”

**Understanding prisoners’ health**

Dr. Susan Loeb, assistant professor of nursing, has always been interested in the health status and healthcare of older adults, particularly of those who live independently in the community. After beginning a tenure-track position in the College in 2004, Loeb says, "I wanted to create my own niche." Loeb soon became interested in older adults living in another type of community—prison. From her days working in rural hospitals that cared for a lot of prisoners, Loeb knew that this was a population that had health issues, yet one that had been studied very little. This led to her decision to research the health status, self-efficacy beliefs, and health-promoting behaviors of older male prison inmates.

Loeb enlisted the help of Dr. Darrell Steffensmeier, professor of sociology and crime, law, and justice at Penn State and a nationally-known scholar in the area of crime and the legal system. "He was extremely helpful to me," explains Loeb. "Because he is a senior researcher, he was able to share insights gained from a long history of research in the criminal justice system; in addition, he has a network that enabled us to gain access to prisons." Prisoners’ health was a new field of research for Steffensmeier, too. "It was a win-win situation," says Loeb.

With a seed grant from the College of Health and Human Development, Loeb and Steffensmeier surveyed fifty-one older male prisoners at a minimum security prison. Their comparison group was a sample of men in the local community who were, on average, fifteen years older than the prisoner sample. Loeb and Steffensmeier found that the prisoners they surveyed tended to have multiple chronic illnesses and to be sicker earlier in their lives. "Their health status was similar to that of our comparison sample, even though..."
they were much younger,” said Loeb. However, she found that the prisoners were very interested in their own health and in managing their health.

Loeb and Steffensmeier have submitted a grant proposal to the National Institute of Aging (NIA) to expand their study to include multiple prison sites, a more representative sample of prisoners, and a focus group component. In the future, Loeb hopes to develop intervention programs to enable prisoners to manage chronic diseases.

Understanding auditory processing disorders

“By third grade, kids are no longer learning to read, they’re reading to learn,” says Dr. Elise Uhring, director of the Speech and Hearing Clinic. “This is the time when kids with auditory processing disorder really start having problems in school.” Not surprisingly, auditory processing disorder (APD) is most often diagnosed in third graders, predominantly boys.

For the last few years Uhring and Dr. Carol Miller, associate professor of communication sciences and disorders, have done research to try to understand APD. Auditory processing is what happens when your brain recognizes and interprets the sounds around you. People with APD have trouble processing or interpreting the sounds. No one is sure what causes APD. Diagnosis is also complex since APD can lead to problems in other areas such as attention, behavior, and reading. Available treatments have not been widely studied.

In a study funded by the Children, Youth, and Families Consortium, Miller and Uhring, along with other colleagues, evaluated the effectiveness of two commercial software programs and another more conventional speech and language intervention on the language and communication skills of seven children who had been diagnosed with APD. “We found that some auditory processing measures did improve, but these improvements didn’t actually improve language skills,” says Miller.

These results led to more questions and a larger study funded by the National Institute for Deafness and Other Communication Disorders. “What is the relationship between auditory processing disorders and language development? Can we find effective ways to change people’s learning or communication environments? Can we teach them skills to compensate for their difficulties? Can we remediate the auditory processing deficit itself?” asks Miller.

“Our ultimate goal is to improve the services we provide,” says Miller. “Our hope is that in ten or twenty years we’ll be able to diagnose APD sooner, even during infancy, and be able to offer better interventions that can really hone in on the issues this disorder causes.” An environmental change that could make a huge difference is acoustically better classrooms, beginning in kindergarten. “A better signal would make it so much easier to pay attention and learn,” says Uhring.

You need only to open a newspaper or magazine or listen to a news broadcast to be reminded of the many health problems that we, as a society and as individuals, are confronting today. We in the College of Health and Human Development hope that these glimpses into some of our research convey our excitement and commitment to be a driving force in understanding and promoting health and well-being in our homes, schools, workplaces, and other areas of living.

We are proud that Penn State was the first university in the country to create a college with a combined emphasis on human health, development, and well-being. As we face the graying of America, the obesity epidemic, the increase in sedentary lifestyles, and other health and lifestyle issues, our focus is on finding ways to maintain good health and on prevention. Our focus is on you, your families, and your friends.

“The College of Health and Human Development can make a huge difference. We have the people, we have the resources. This is our time.”

—Karl Newell, associate dean, College of Health and Human Development
Dr. Anthony R. D’Augelli, professor of human development, has been appointed associate dean for undergraduate programs and outreach in the College of Health and Human Development, effective September 1. D’Augelli was previously professor-in-charge of undergraduate studies in the Department of Human Development and Family Studies.

A faculty member at Penn State since 1972, D’Augelli is nationally and internationally known for his pioneering research on sexual minority youth. He is widely respected for his work in the areas of self-identification and disclosure of sexual identity, the impact of sexual identity disclosure on families, and the victimization of sexual minority youth. He has published extensively in these areas, having authored more than seventy articles and chapters and co-edited several volumes pertaining to lesbian, gay and bisexual populations. His research has been funded by the National Institute of Mental Health (NIMH). He is a clinical-community psychologist whose earlier research concerned interventions to prevent mental health problems, particularly in rural communities.

Throughout his career, D’Augelli has maintained a deep commitment to his students. For fifteen years, he taught HDFS 250, “Sexual Identity over the Lifespan,” an introductory course on how sexual identity changes over life and how it is affected by family and community contexts. Prior to being named professor-in-charge of the undergraduate studies, D’Augelli taught HDFS 503, “Human Development Intervention,” a required course for HDFS graduate students which concerns the development and evaluation of community-based programs designed to prevent mental health problems and promote positive development in individuals and families. He also co-developed, and for many years taught, HDFS 411, the HDFS basic helping skills course. Throughout his career, D’Augelli has advised hundreds of students and provides both undergraduate and graduate students with opportunities to assist with his research. "Working with Dr. D’Augelli as my faculty mentor for my program has been an invaluable experience," said Jonathon Rendina, a junior Schreyer Scholar in Penn State’s Bachelor of Philosophy program whom D’Augelli advises. "He is always willing to make time for those who need his assistance, especially his graduate and undergraduate students."

D’Augelli is an elected Fellow of the Society for Community Research and Action of the American Psychology Association (APA). He is also a Fellow of APA’s Society for the Psychological Study of Lesbian, Gay, and Bisexual Issues, which has twice honored him with its Distinguished Scientific Contribution Award. He is the recipient of the 2005 Evan G. and Helen G. Pattishall Outstanding Research Achievement Award of the College of Health and Human Development.

"Tony has a long-standing commitment to students and embraces the ideals of the ‘student-centered’ university,” said Fred Vondracek, interim dean of the College. "Tony’s years of experience in the College as a scholar and educator make him well-suited for this leadership role."

D’Augelli replaces Dr. Fred Vondracek, who is serving as interim dean of the College of Health and Human Development.
Christine Buzinde, Assistant Professor  
Recreation, Park and Tourism Management

Christine Buzinde received her Ph.D. in Recreation, Sport and Tourism from the University of Illinois at Urbana-Champaign earlier this year. She is interested in the socio-political impacts of tourism representation. Some of her projects have included examining the representation of subaltern groups within tourism promotion, the use of tourism as a political tool by marginalized groups, and the representation of contested national heritage tourism, e.g., plantation tourism.

Buzinde, who speaks four languages, received her master’s degree from the University of Waterloo in Ontario, Canada and her bachelor’s degree from Thompson Rivers University in British Columbia, Canada, both in the area of tourism management.

Steriani Elavsky, Assistant Professor  
Kinesiology

Steriani Elavsky received her Ph.D. in Exercise Psychology from the University of Illinois in May of 2006. During her time at Illinois, Elavsky worked as a research assistant on studies of physical activity effects on cognitive and psychological function in older adults and individuals with Multiple Sclerosis.

Elavsky’s research interests are in the area of physical activity, psychological function, and aging. Her work examines the relationship between physical activity behavior and mental health and quality of life outcomes primarily in middle-aged and older adults. Her recent work has focused on psychological outcomes of physical activity during menopause.

Elizabeth Farmer, Associate Professor  
Health Policy and Administration

Elizabeth M.Z. “Betsy” Farmer came to Penn State from Duke University Medical Center, where she served as associate professor of psychiatry and behavioral sciences. Much of Farmer’s research focuses on mental health services for children and adolescents and the relationship between service patterns and mental health outcomes. She currently serves as principal investigator on a grant from the National Institute of Mental Health (NIMH) to study the effectiveness of therapeutic foster care for youths with serious emotional disturbance.

Farmer received her Ph.D. from Duke University and her bachelor’s and master’s degrees from The College of William and Mary, all in sociology.

Jennifer Graham, Assistant Professor  
Biobehavioral Health

Jennifer Graham was hired to the faculty at Penn State after serving since 2004 as a postdoctoral fellow at the Institute for Behavioral Medicine Research at The Ohio State University. Graham, who received her Ph.D. in Social and Health Psychology from Stony Brook University in New York, studies the impact of stress and coping on health. She is particularly interested in factors that affect chronic pain and utilizes both social psychological theory and psychoneuroimmunology in her research. Her specific projects have included the impact of anger expression and meaning-making in chronic pain patients, and the associations between pain, emotional responses, and inflammation.
Welcome Our New Faculty

Elina Mainela-Arnold, Assistant Professor
Communication Sciences and Disorders

Elina Mainela-Arnold received her Ph.D. in Communicative Disorders from the University of Wisconsin-Madison in 2005. She has spent the past year at the University of Iowa’s Child Language Research Center as a postdoctoral research scholar. Before arriving in the United States, she worked as a speech language pathologist in her native country, Finland.

Mainela-Arnold’s research investigates cognitive mechanisms involved in language acquisition, the way in which these mechanisms interact with environmental input, and how this interaction might help explain individual differences in language ability. She has especially focused on explaining what underlies low language abilities in children with Specific Language Impairment (SLI).

Nilam Ram, Assistant Professor
Human Development and Family Studies

After completing his undergraduate degree in economics from Columbia University in 1992, Nilam Ram worked as a currency trader in New York City. He then completed a master’s degree in kinesiology at the University of Colorado, followed by a Ph.D. in psychology from the University of Virginia earlier this year.

Ram’s research focuses on how short-term changes in learning and information processing develop over the lifespan. He has recently studied cyclic patterns in the day-to-day progression of emotions and how cognitive performance changes over time.

Amit Sharma, Assistant Professor
Hospitality Management

Amit Sharma joined the faculty at Penn State this fall after serving for four years as an assistant professor in the Department of Apparel, Educational Studies, and Hospitality Management at Iowa State University. Sharma has taught courses in the areas of financial management, cost control, strategic management, and tourism development.

Sharma, who received his Ph.D. from Virginia Polytechnic Institute and State University, has research interests in the areas of financial management in the hospitality and tourism industries and economic development through these activities. He has recently studied the economic impact of hotels and restaurants in Tanzania.

Linda Hatfield, Assistant Professor
Nursing and Health Evaluation Sciences

Linda Hatfield received her Ph.D. in nursing from Penn State earlier this year. While pursuing her doctorate, Hatfield was employed as a nursing research specialist at the Penn State Children’s Hospital at Penn State Milton S. Hershey Medical Center. Prior to that, she was employed as a neonatal clinical nurse specialist at the Reading Hospital and Medical Center.

Hatfield’s research interests are in the area of pain management interventions for neonates, infants, and young children. She received the 2006 Young Investigator Award from the American Pain Society.
Two alumni of the College of Health and Human Development – Cedric X. Bryant ’84g PH ED, ’89g PHYS (IDF) and Mary E. Good ’85 IFS – have been named Alumni Fellows by the Penn State Alumni Association.

The Alumni Fellow Award is the most prestigious award given by the Penn State Alumni Association. Since its creation in 1973, the award has been given to select alumni who, as leaders in their professional fields, are nominated by an academic college and accept an invitation from the University President to return to campus to share their expertise with students, faculty and administrators.

Bryant is chief science officer for the American Council on Exercise, a nonprofit organization that certifies fitness professionals around the world and promotes the benefits of physical activity.

Bryant is a much sought-after expert in the health and fitness industry. He has published more than 200 articles or columns, authored or co-authored 21 books, and has given nearly 150 professional presentations on exercise, health and fitness. He frequently is quoted in such media outlets as USA Today, Shape Magazine, Health Magazine, the Wall Street Journal, the Washington Post, the New York Times, Time magazine, and CNN Headline News. Prior to his current position, Dr. Bryant served in several positions of increasing responsibility at StairMaster Health & Fitness Products, Inc. He previously served on the faculties of Arizona State University, Penn State and the United States Military Academy.

Good is senior vice president of Blackboard, Inc., which provides educational technology services for primary and secondary schools, colleges and universities, government and corporations.

Good oversees the full complement of human resources programs at Blackboard including recruiting, talent development, compensation and benefits, employee relations, and organizational development and change management. Prior to joining Blackboard, Good spent twelve years at American Management Systems (AMS), holding positions of increasing responsibility in human resources. After beginning her career in the entry-level position of "HR Generalist," she advanced to vice president of human resources, overseeing all human resources functions for the firm’s 9,500 employees in the United States, Europe, Australia and Canada. Her success at AMS is evidenced by the company’s selection for Fortune magazine’s “100 Best Companies to Work For” in 1998 and 2000-2001, and for Working Mother magazine’s “100 Best Companies” from 1994 through 1997.

Good received her M.B.A. from Syracuse University.
Effie Bennett-Powe, a pioneer in the field of early childhood education and an advocate for quality early childhood teacher preparation, has been selected to receive the 2006 Alumni Recognition Award from the Health and Human Development Alumni Society.

The daughter of sharecroppers, Bennett-Powe attended Langston University in Oklahoma and subsequently taught in Oklahoma and then at a Bureau of Indian Affairs school in North Dakota. After receiving her master’s degree in Individual and Family Studies from Penn State, Bennett-Powe was hired as a faculty member at SUNY-Cobleskill, where she remained for thirty-four years until her retirement in 1998.

Bennett-Powe taught numerous early childhood education courses during her career. When the federal Head Start program began, she was one of the first teachers to participate in training programs and helped the university design a new laboratory school facility and to expand its preschool program. Throughout her career, Bennett-Powe devoted her energies to helping students, families and teachers understand the effects of bias on children. She served on Governor George Pataki’s New York State Division for Women Advisory Council and has served as a volunteer consultant for a Native American school in Arizona and an orphanage in Haiti.

In 1998, SUNY’s Board of Trustees named Bennett-Powe a Distinguished Service Professor. The Child Development Center at SUNY-Cobleskill was renamed the Effie Bennett-Powe Child Development Center in her honor.

Kelly Bricker’s commitment to sustainable recreation and ecotourism has improved the lives of people who depend upon tourism for their livelihoods. She has been described as “the leading expert nationally and internationally in the areas of ecotourism and sustainability.”

Bricker is a senior research scientist with Devine, Tarbell and Associates in Sacramento, CA. In her role as the company’s first PhD devoted to recreation and land use issues, she conducts research related to social and environmental impacts of recreation at public recreation facilities in the United States. Her focus is on improving the quality of life of those who reside near these facilities and on the environmental impact of recreation and tourism generated by the facilities.

Bricker’s influence and impact extend internationally. In 1998 she co-founded Rivers Fiji, an ecotourism enterprise that offers whitewater rafting, kayaking and sea kayaking programs in the Fijian Highlands. In addition, she has conducted tourism workshops for the Fiji National Training Council, helped to create ecotourism guidelines for the Fiji’s Ministry of Tourism, and conducted ecotourism workshops and conferences on the islands.

In 2005, Bricker and her husband, Nathan, founded the Wilderness Institute for Leadership Development (WILD), a nonprofit educational program aimed at providing off-campus, experientially-based courses, with a particular focus in nature-based tourism, outdoor leadership, and natural resource management.
Erin Foley ’96 HPA

“Proactive.” “Passionate.” “Leader.” “High-energy.” All of these words have been used to describe Erin Foley, recipient of the 2006 Emerging Professional – Undergraduate Degree Award. While a first-year student majoring in Health Policy and Administration at Penn State, Foley was diagnosed with Autoimmune Polyglandular Syndrome – Type 2, a combination of insulin-dependent diabetes, hypothyroidism and Addison’s disease (hypoadrenalism).

Though her daily life had drastically changed, Foley remained undeterred and completed her bachelor’s degree in 1996. Several years after her graduation, while an associate with Foley Proctor Yoskowitz (healthcare executive and physician search consultants), Erin volunteered to serve on the Board of the National Adrenal Diseases Foundation (NADF) and was shortly named president. She soon left her consulting position to run NADF, a nonprofit organization that provides support and educational resources to individuals afflicted with Addison’s disease and other adrenal diseases. While running NADF, Foley also completed a Master of Public Health degree from Columbia University’s Mailman School of Public Health in 2002.

Soon following the birth of her son in 2004, Erin left NADF to take some time off for her family and her health. Foley recently returned to her career in 2006 as an account executive for The Hobart Group, a pharmaceutical marketing agency that specializes in strategic planning for managed care markets. Her plans for the future of her career are hopeful and include authoring a book on living with chronic conditions. Erin, her husband David, and their son Tommy (two years old) live in Bernardsville, NJ.

Kristen Houser ’93 HDFS

Kristen Houser ’93 HDFS, owner of Moxie Resources, LLC, was honored with the Penn State Alumni Association’s Alumni Achievement Award on April 7, 2006.

Houser, a 1993 graduate of Penn State with a bachelor’s degree in human development and family studies, is one of eleven young alumni university-wide who were selected to receive the award for outstanding professional accomplishment by an alumnus or alumna under the age of 35. During her visit to campus to receive the award, Kristen spoke to several human development and family studies classes about her career path and her work to end sexual violence.

Through her company, Houser provides public speaking, training and consulting on issues related to sexual violence, prostitution and domestic violence. Houser currently is working with the Iowa Coalition Against Sexual Assault, is a member of the advisory board to the Violence Against Women Network’s Sexual Violence Applied Research Forum, and co-chairs the Dignity Cooperative, a group working to end prostitution in Omaha.

Houser served as the 2004 president of the board of directors of the National Alliance to End Sexual Violence, of which she was a member since 2002. She participated in the re-drafting of the Violence Against Women Act of 2005 as a member of the National Task Force to End Sexual and Domestic Violence, and was co-chair of the Rural Issues Committee. In addition to her degree from Penn State, Houser received a master’s degree in public administration from the University of Nebraska-Omaha.
The Affiliate Program Groups are an important feature of our efforts to engage alumni and provide a direct link to the current majors in the College. Each of these groups works closely with their affiliated academic unit to mentor students, to nominate outstanding alumni for awards, to communicate with graduates about the faculty, staff, and students in their academic unit, and to sponsor social and networking activities for alumni. We urge you to consider getting involved with your affiliate program group in any—or all—of these activities. Please read on to learn more about past activities and discover some of the many ways in which you can become involved in the future.

Biobehavioral Health Affiliate Program Group
Andrew A. Strasser '95, '02g, President
strasse3@mail.med.upenn.edu

Congratulations to all recent college graduates and particularly to those who have completed degrees in Biobehavioral Health. The Biobehavioral Health Affiliate Program Group is a means for you to remain connected to campus and to fellow alumni. It is also an avenue for giving back to the department by serving as a mentor. Mentors will be paired with an upper-level undergraduate student with similar career interests. Please contact us by completing the "Get Involved" form on our Web site (see below) if you are interested in participating.

We want to keep in touch and up-to-date on your professional and life happenings. As an alumnus/alumna, you are automatically a member of the BBH APG. There are no membership fees and if we have your contact information we can provide you with details on events in your area, news from campus, and alumni accomplishments. If you have not heard from us, please go online to: www.hhdev.psu.edu/alumni/apg/bbh or contact the HHD Office of Alumni Relations at (814) 865-3831.

The APG routinely plans events that allow alumni to socialize and network. Please join us at an event in the future!

Communication Sciences and Disorders Affiliate Program Group
Suzanne Mellott '99, '01g, President
sbmellott@yahoo.com

The board of directors of the Communication Sciences and Disorders APG has been working to make this a great year for our alumni and students. Many of our mentors and protégés took advantage of the Mentoring Program Kickoff Dinner in February to discuss hot topics in the profession and to catch up with CSD faculty. We are proud that so many of our CSD alumni continue to participate as mentors.

Recently, you received a letter and interest/involvement card from the APG. If you haven’t yet done so, please take a moment to complete the card. Your participation in events and your support of CSD students will continue to strengthen and add value to the APG. We encourage you to tell us how you would like to get involved. If it is more convenient, go to our Web site (csd.hhdev.psu.edu/) and click on "Get Involved" to complete the interest card.

Look for us at ASHA 2006, as well as several regional conferences in your area. Did you know that you can represent Penn State and our APG as a conference representative? This is just one of many simple ways in which you can become an active alum!

Health Policy and Administration Affiliate Program Group
Douglas Callenberger '95 HPA, President
dcallenberger@cvty.com

It’s been an active year for the HPA-APG in preparation for a terrific fall. This spring, Alyson Rosenfeld '03 organized a networking event in Philadelphia where HPA alums connected. Plans are to continue these HPA networking events in various cities where concentrations of alumni are located with Pittsburgh, Pennsylvania and Wilmington, Delaware next on the drawing board.

Under the leadership of Tom Harlow ’79, the HPA-APG has initiated the next step in mentoring. In addition to the successful undergraduate program with thirty students and mentors matched, the Mentoring Committee has embarked on the establishment of a mentoring program for our M.H.A. students. The strong response has confirmed the APG’s efforts to build meaningful relationships between current students and alumni.
The Department of Health Policy and Administration and the HPA-APG are proud to recognize Eugene Woods ’87 HPA, ’91g BUS who was named the Outstanding Minority Health Executive by the American College of Healthcare Executives. Eugene is president and CEO of St. Joseph Healthcare of Lexington, Kentucky. We’re proud to have Eugene as a fellow HPA alum!

As the HPA-APG continues to build its activities and events, we continue to look for individuals to serve as board members and committee members. If you are willing to spend a few hours in support of your alma mater, please contact APG President Doug Callenberger ’95 at dcallenberger@cvty.com. Or, if you know of HPA alumni success stories that the HPA-APG should be aware of, contact Calvin Colbert at cjcolbert@worldnet.att.net. We want to celebrate and honor our fellow HPA alumni who make us proud!

Be sure to stay involved with the APG by visiting www.hhdev.psu.edu/hpa/alumni/hpa_apg.html and providing your latest information and news.

Human Development and Family Studies Affiliate Program Group
Craig Jackman ’81 IFS, President
craig.jackman@bdk.com

This past spring, the APG sponsored another of its highly successful career panel discussions for students. If you are interested in participating as a panelist in the future, please contact Craig at the email address above.

The APG is in the process of electing new board members. Watch your mailboxes for an election ballot. The APG continues to support the College of Health and Human Development Mentoring Program and is pleased to report that more than thirty alumni are currently mentoring students. For more information about the Mentoring Program, please visit www.hhdev.psu.edu/alumni/mentor.

Kinesiology Affiliate Program Group
Sheri Parker ’91, President
sheriblair@psualum.com

It has been an exciting and busy year for the Kinesiology APG. In just a short time, we have established two hallmark traditions.

At the American College of Sports Medicine meeting in Denver, Colorado in May, members of the APG co-sponsored an alumni reunion for alumni, students and faculty. Many business cards were exchanged, memories were shared and a good time was had by all! Photos and information on some of our recent events can be found on our Web site: www.hhdev.psu.edu/alumni/apg/kines/events.html.

During the annual Alumni Career Panel/Roundtable, Kinesiology alumni return to discuss their career experiences with the students and then break into small groups for further discussion. It is an excellent opportunity to network with fellow alumni and to give back to the students. We are looking forward to our next panel, which is tentatively scheduled for Monday, November 13, 2006. If you are interested in participating, please contact Mark Rullo at markrullo@comcast.net.

We are continuing to grow and welcome all newcomers. No matter what your current career (physical education, exercise science, athletic training, physical therapy, kinesiology) or your degree (B.S., M.S., Ph.D.), we are interested in what you are doing and how we can tap into your expertise or interests. Please take the opportunity to fill out our “Get Involved” form at www.hhdev.psu.edu/alumni/apg/kines/getinvolved.html or contact Sheri Parker directly at the email address above.

Nursing Affiliate Program Group
Kathy Fletcher ’71, President
krf8d@virginia.edu

Your Nursing APG, in close collaboration with the School of Nursing under the leadership of Dr. Milone-Nuzzo, has had another busy and successful year.

Our most notable events pertain to our strong relationship with our soon-to-be nursing colleagues. Each fall we work with the School of Nursing and the SNAP organization to sponsor a Career Building Workshop for senior nursing students. This event covers important topics such as making a first impression, interviewing tips and opportunities for giving back to the School of Nursing. We also have begun offering a spring semester career day for junior nursing students in Hershey. We are pleased to announce that the APG has been selected to receive the “Student Interaction Award” from the Penn State
Alumni Association. We will accept the award at the Alumni Association’s Volunteer Awards ceremony this fall.

Socially, we offer many opportunities for alumni to network with each other as well as meet students and faculty. Our annual events include our Homecoming Parade Party, Lady Lions Basketball Outing and Blue/White Game Pig Roast. All of our social events are open to all nursing alumni and their families and we hope to see you at one of our events!

We continue to receive exceptional nursing alumni nominations for our Shirley Novosel award and 2007 will be the first year for our new Student Service Award, which will be given to a graduating student for exceptional service. In addition, we will be presenting all of our graduating nurses a pair of engraved bandage scissors to commemorate their accomplishment.

Visit our Web site, www.hhdev.psu.edu/alumni/apg/nurs, for information about upcoming events and activities. We welcome your involvement and input and are very grateful for donations, which allow us to be an active and engaged alumni group which serves both the School of Nursing and our alumni.

Nutrition and Dietetics Affiliate Program Group
Paula Klosterman Leuenberger ’76, President leuenberg@aol.com

Is it a bookmarked favorite? Hanging on the refrigerator door? Lipsticked on your mirror? Even memorized? Of course, I am referring to the Web site of the Nutrition and Dietetics Alumni Society (NDAS), www.hhdev.psu.edu/alumni/apg/ndas, whose contents provide concrete evidence of our efforts to serve students, faculty, and alumni.

Now that you are hopefully curious enough to investigate the site, scan the Home page to review our mission, then click away to News and Events, the heart of it all. Take time there to read the NDAS Year in Review, posted inside the Department’s summer newsletter. You will see activities that rounded out the academic year, including recognition of our award recipients: Jen Regester ’06 (Outstanding Senior in Nutrition), Gregory Miller ’82g, ’86g (Outstanding Nutrition Alumni Award), and graduate students Amy Griel and Regan Bailey (travel awards).

With the new academic year underway, the NDAS year begins as well. Did you attend the College of Health and Human Development Alumni Tailgate or the Penn State get-together at the Food and Nutrition Conference and Exposition in Hawaii? NDAS recently expressed thanks to Dr. Helen Wright upon her retirement. Dr. Wright mentored many graduate students in addition to teaching most undergraduates during her outstanding tenure. Plans for future socials and mentoring opportunities (undergraduate 2/3/07; graduate 3/31/07) are in the works too; visit the site periodically for photo and event updates.

Before you sign off, cruise Awards, as we are always looking for candidates. Similarly, we will soon fill Board of Director openings; nominee suggestions are welcome. We would also love to hear from you, so just click on Tell Us Your News, and lastly, we consider the Job Listings/Opportunities pages a premier benefit of NDAS membership. And remember, all nutritional sciences alumni are automatically members.

As always, we thank you and hope to see you!

Penn State Hotel and Restaurant Society
David Scypinski ’77, President david.scypinski@starwoodhotels.com

The Penn State Hotel and Restaurant Society (PSHRS) continues to flourish and grow in its activities and interactions with alumni, faculty and students. "Alumni in the Classroom ’06" was immensely successful with alumni speaking in each of the respective classes taught over the two-day period… it doesn't get any better than that! It is activities such as this that carry us forward as we work jointly with the School and the College in creating and delivering new and exciting programs for our students – the future of the hospitality industry. Speaking of the future, I want to address an issue which is critical to the future of the Society and is an issue around which I am focusing my presidency – dues-paying membership in PSHRS.

This correspondence was written shortly after the conclusion of the PSHRS 2006 membership drive. I regret to report that PSHRS showed zero growth in membership with less than two percent of our alumni having paid the $50 to become a dues-paying member of the Society. We are now in the throes of analyzing the results of our online membership survey in an effort to get a better sense of what you, our alumni, want from PSHRS that might entice you to become a dues-paying member.
PSHRS is widely recognized throughout the university community as being one of the best alumni groups because of our many activities and our service to the School of Hospitality Management. However, our membership numbers do not reflect the strength and importance of our involvement. So as we begin our membership drive for 2007, please become a dues-paying member of PSHRS so we can continue to create new programs and events that bring together alumni, students and faculty of the School. Activities planned for the months ahead include:

• Alumni Awards Reception
   Saturday, November 11, 2006, 6:30 – 8:30 p.m.
   The Waldorf-Astoria Hotel, 301 Park Avenue, New York, NY
• PSHRS Hospitality Executive of the Year Award Reception and Dinner
   Sunday, November 12, 2006, 5:30 – 10:00 p.m.
   Sheraton New York Hotel and Towers, 811 Seventh Avenue, New York, NY
• Regional Alumni Events
   Please continue your monitor your email for information about these events or visit www.PSHRS.org.

I look forward to hearing your thoughts and ideas on how the Society can continue to flourish, grow, and become a part of the life of every alumnus and alumna of the School.

Professional Golf Management Affiliate Program Group
Kevin Hamluk ’97, President
khamluk@stonewallgolfclub.com

We hope you’ll join us for the Fourth Annual Alumni and Friends Tournament and Banquet in January 2007. Our 2006 Tournament and Banquet was held on January 26, 2006 at the Tuscanwilla Country Club in Orlando, Florida. Michael Gardner ’96 is the general manager of the club and graciously hosts us each year. The event creates an opportunity for undergraduate students to spend a day interacting with alumni. The event also allows the alumni to renew old friendships and share the trials and tribulations of their respective properties.

Joe Hughes ’99 received the second PSU/PGM Alumni “Pride of Lions” Award. The award, created by the APG, recognizes an outstanding PGM alumnus/alumna who has demonstrated professional excellence in the golf industry over the past year.

The Sixth Annual Alumni Panel discussion and dinner event is scheduled for December 6, 2006. If you would like to be a part of the panel, please contact Kevin Hamluk at the email address above.

Recreation, Park and Tourism Management Affiliate Program Group
Dan Sharapan ’95, President
dsharapan@warwick-township.org

The APG is a great way to reconnect with the Department of Recreation, Park and Tourism Management, its students, alumni, and faculty. Our members take great pride in uniting alumni within the major through mentoring students, recognizing outstanding alumni, communicating news, and hosting social and professional events.

All of our graduates are members of the APG automatically and free of charge. The APG proudly participates in the College’s Mentoring Program each year. In the past, we have assisted the college in recruiting ten alumni mentors in the recreation, park and tourism field who are paired with current RPTM students. In March 2007, the RPTM APG will host its own Mentoring Brunch at the Nittany Lion Inn.

Our awards chairperson is hard at work identifying nominees for our newly-created “Outstanding Alumni Award.” Recipients must have graduated with an undergraduate degree from the program, must be actively working in the field and must demonstrate a commitment to the profession.

At Your Leisure, the department’s periodic online publication, describes the recent accomplishments of RPTM alumni, students, staff and faculty. To add your name to our mailing list or if you have an alumni update you’d like to share, please e-mail Natalie Novak at nun1@psu.edu. We have also updated the APG’s Web site at www.hhdev.psu.edu/alumni/apg/rptm.

The RPTM APG hosts various social and professional events, such as our annual Leadership/Mentoring Weekend, alumni socials at professional conferences and tailgates for football games. We recently sponsored a reception at the National Recreation and Park Association Meeting and encourage you to mark your calendars for the RPTM Mentoring Brunch and Third Annual RPTM Recognition Banquet on Saturday, March 31, 2007.
Dear Alumni & Friends,

All of us should take pride in looking back at what has been accomplished in the last year – and look forward to the bright future that lies ahead for Health and Human Development. Along with our friends and fellow volunteers on the HHD Development Council, we are honored to serve our College by helping to identify private funds that will help pave the way for the ambitious and important agenda that will be undertaken during the next several years.

Our Council salutes and thanks all those who have invested time, talent and financial resources to bring us to such achievement as we enjoy today. We have been especially fortunate over the last 5 1/2 years to have served under the leadership of Dean Raymond T. Coward. Ray is the inaugural holder of the first endowed Dean’s Chair in the history of Penn State.

Ray’s tenure as the Raymond E. and Erin Stuart Schultz Dean concluded on December 31, 2005. He secured his legacy by guiding a College he called the “perfect model” with its bright and energetic students, its brilliant faculty and its engaged alumni and friends. Ray and his wife, Andrea, now reside in Logan, Utah, where Ray was appointed Executive Vice President and Provost of Utah State University.

All of us look forward to the next successful chapter in our College’s history. Thanks to your continuing and thoughtful support, this will be written by the next generation of HHD students.

Sincerely,
Jane Mason Tewksbury ’54   Tom Tewksbury ’54g

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Gerald I. Susman, Ph.D.
What follows is a list of gifts made to the College of Health and Human Development between July 1, 2005 and June 30, 2006. During that time, alumni and friends contributed more than $5 million to the College.

The individuals, corporations, and foundations listed on the following pages have helped the College maintain its reputation for outstanding education, significant research, and notable public service. Please note that pledges are not represented and giving to other units is not included on this list. Also, we regret that space limitations make it impossible for us to list gifts under $100; however, we wish to express publicly our appreciation for all gifts that we received during the past year. Every gift is a welcome and needed demonstration of involvement and interest.

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Starwood Hotels & Resorts Worldwide, Inc.
Sugar Foods Corporation
Sullivision, Inc.
Super Bakery, Inc.
SySCO Food Services of Central PA, LLC
Tavern Restaurant
Telcordia Technologies, Inc.
Waterford Hotel Group, Inc.
Williams Companies, Inc.

Associations
Asahikawa Medical College
American Heart Association
American Psychological Association
American Speech-Language-Hearing Association
Centre County Family and Consumer Sciences
Clemson University
Council of Hotel & Restaurant Trainers
Distinguished Order of Zerocrats
East Tennessee State University
Freedom From Fear
Gatorade Sports Science Institute
Healthcare Executives’ Forum
International Food Information Council
International Food Policy Research Institute
International Life Sciences Institute
Kappa Omicron Nu
Les Clefs d’Or USA, Ltd.
Lycoming-Clinton Counties Commission for Community Action
Minnesota Center for Philanthropy
National Recreation and Park Association, Inc.
ONEgeneration Daycare
Penn State Hotel and Restaurant Society
Society for Nutrition Education
St. Pauls United Methodist Church
Tuscarora Intermediate Unit 11
United Soybean Board
United Way of Centre County
United Way of New York City
University of Adelaide
University of Iowa
University of Michigan
University of Texas, MD Anderson Cancer Center
YMCA of York
Foundations and Trusts

Abbott Laboratories Fund
Alcoa Foundation
Alfred P. Sloan Foundation
American College of Sports Medicine Foundation
Anheuser Busch Foundation
Annie E. Casey Foundation
Atlantic Philanthropies
BP Foundation, Inc.
California Healthcare Foundation
Citizens Bank Foundation
Cleveland Indians Charities
Commonwealth Fund
Community Foundation for Greater Buffalo
Dominion Peoples
Ecolab Foundation
ExxonMobil Foundation
Florida Power & Light Group Foundation, Inc.
FMC Foundation
Fortsinsky Charitable Foundation, Inc.
Foundation for Enhancing Communities
GE Fund
Global Impact
H. J. Heinz Company Foundation
Herman G. and Suzanne G. Fisher Foundation
Huck Charitable Foundation, Inc.
J. Willard and Alice S. Marriott Foundation
John A. Hartford Foundation
John and Doris Sapia Trust
Living Trust of Clair Hess
Lockheed Martin Scholarship Foundation
Louis E. Silvi Foundation
MacKinnon Family Charitable Foundation
Marchione Foundation
Marvin Ashner Foundation
Merck Partnership for Giving
Merrill Lynch & Co. Foundation, Inc.
Minnesota Center for Philanthropy
New York Community Trust
Northwestern Mutual Foundation
Olin Corporation Charitable Trust
Pennsylvania Higher Education Foundation
Pfizer Foundation, Inc.
PricewaterhouseCoopers Foundation
Procter & Gamble Fund
Professional Golfers’ Association Foundation
Prudential Foundation
Robert Wood Johnson Foundation
Sallie Mae Fund
Sara Lee Foundation
SBC Foundation
Starwood Foundation, Inc.
Teleflex Foundation, Inc.
Tenet Healthcare Foundation
Textron Charitable Trust
Triangle Community Foundation, Inc.

Unilever United States Foundation, Inc.
UPS Foundation, Inc.
Vanguard Charitable Endowment Program
Vanguard Group Foundation
Verizon Foundation
W. K. Kellogg Foundation
Wachovia Foundation
William A. & Joan L. Schreyer Foundation
World Cancer Research Fund International

Endowed Funds

Academic Achievement Scholarship
Martha A. Adams Endowment for the Undergraduate Advising Center
Martha A. Adams Endowment for the Kinesiology Undergraduate Advising Center
Alumni Board Honors Scholarships
Alumni Board Life Promise Scholarship
Alumni Society Excellence in Teaching Award
Marvin Ashner Scholarship
Athletic Training Education Endowment
Janet Atwood Honors Scholarship
Ruth W. Ayres-Givens Scholarship
Christopher W. Barnes Honors Scholarship
Herbert A. & Jean V. Barron International Scholars Fund
Richard A. & Elinor Vinson Benefield Endowment
Bennett Endowment for Children and Adolescents
Bennett Playground Endowment Fund
Edna P. Bennett Chair in Prevention Research
Edward and Inga Book Professional Development Endowment
Auggie Boyd Golf Scholarship
Joseph R. Cardenuto Memorial Award
Center for Travel & Tourism Research Resource Room Endowment
Edith Pitt Chace Award
Communication Disorders Award
Walter J. Conti Professorship
Donald and Virginia M. Cook Scholarship
Donald M. & Virginia Miller Cook Teaching Endowment
Anita & Fred Coombs Scholarship
Fred M. Coombs Scholarship
Sara H. Cree Endowment for Teaching Excellence
Kevin & Pamela Nicholson Dadey Memorial Scholarship
Dante’s Restaurants Inc. Scholarship
Darden Hospitality Student Leadership Initiative
Darden Restaurants Scholarship
Dr. Joseph Davis Fund
Margaret C. Decker Scholarship

Frances DiGeso Women’s Leadership Award
Elouise Eberly Professorship
Dr. Jerry Elliott Recreation and Parks Student Enhancement Fund
Emerging Faculty Development Endowment
Maria Schjerbech Evans Trustee Matching Scholarship
Faculty and Staff Enhancement Endowment
Karl R. & Diane Wendle Fink Endowment
Carol Clark Ford Staff Achievement Awards
Nancy S. Gamble & Glenn W. Gamble Scholarship
General Federation of Women’s Clubs Pennsylvania Scholarship
Graduate Student Research Endowment
Grimes-Nicholson Technology Award
Laurie M. Gunter Fund
Guthrie Honors Scholarship
Helen Guthrie Chair
Marie Haidt Scholarship
Dorothy V. Harris Lecture Series
Franco Harris Scholarship
Grace M. Henderson Scholarship
Hershey Company Endowment
Ann A. Hertzler Faculty Development Endowment
Edward R. & Helen Skade Hintz Graduate Educational Enhancement Fellowships
Edward R. and Helen Skade Hintz Trustee Scholarship
Helen Skade Hintz Biobehavioral Health Scholarship
Genevieve P. Ho Award
Francis Hoffman Award for Excellence in Writing
Hospitality Management International Travel Endowment
Hoss’s Steak & Sea House Scholarship
Dorothy Foehr Huck Chair
J. Lloyd and Dorothy Foehr Huck Trustee Scholarship
Alfred F. Hull Memorial Fund
Human Development and Family Studies and Biobehavioral Health Doctoral Student Professional Development Endowment
Joe Humphreys Student Angling Fund
Edith M., Marion E. & Ralph E. Johnson Memorial Award
Allan G. Kelley Memorial Scholarship
Kinesiology Scholarship
Drs. Albert & Lorraine Kligman Graduate Fellowship Endowment
Mark A. & Kathryn Snyder Klins parenthood Scholarship
Sol Kramer Lecture Series
Mary E. Layden Endowed Scholarship
Lucy Kemmerer & Eugene W. Lederer Memorial Scholarship
Woot-Tsuen Wu Leung Scholarship
David W. Ling Faculty Excellence Endowment
Ira M. Lubert Award
Herberta M. Lundegegren Graduate Scholarship in Leisure Studies
Nancy Bortz Machlan Prize
Mary Anna Mangino Community Service Endowment
Marriott Professorship in Lodging Operations
Dr. and Mrs. Wayne E. Mason Honors Scholarship
M.C. “Matty” and A. Laura Mateer Faculty Development Fund
Valare Nork Matlavage Memorial Scholarship
Margaret A. and Stanley P. Mayers Memorial Scholarship
Stanley P. Mayers Health Policy and Administration Excellence Endowment
Virginia L. Mayers Memorial Scholarship
Joseph and Maura McCann Optimum Hotel Brokerage Hospitality Management Trustee Scholarship
Miles Family Scholarship
Miles Family Scholarship in Honor of Edward & Mary Macko
Sayers J. “Bud” Miller, Jr. Memorial Award
Mills Family Scholarship
Jonathan & Judy Mills Trustee Scholarship
Mincemoyer Egan Endowed Scholarship
William & Kathy Misunas Faculty Excellence Endowment
Mary Burket Morrow Scholarship
Dr. Thomas M. Nardozzo Community Service Endowment Fund
Noll Laboratory Endowment
Noll Physiological Research Center Endowment
Marie Underhill Noll Chair in Human Performance
Marie Underhill Noll Endowment
Robert T. Oliver Memorial Scholarship
Sara C. Parks Endowment for Student Leadership Development
Sara C. Parks Scholarship
Evans G. and Helen G. Pattishall Outstanding Research Achievement Award
Evans G. and Helen G. Pattishall Research Endowment
Maryann Peins Graduate Scholarship
Maryann Peins Memorial Scholarship
Penn State Hotel & Restaurant Society Endowment
Petersen Society Honors Scholarship
Ruth L. Pike Lecture Series
Ruth Pike Scholarship in Basic Nutrition Science
Priem Family Honors Scholarship
Doris M. Quarles Enhancement Fund in the School of Nursing
Rumpelstielzchen Student Endowment
Pauline Schmitt Russell Distinguished Research Career Award
Ernest F. & Kay Frantz Salzino “Discovery” Scholarship
Evelyn R. Saubel Faculty Award
Raymond E. & Erin S. Schultz Dean’s Chair
Raymond E. and Erin Stuart Schultz Endowment
Raymond E. Schultz Faculty Development Endowment
Barbara M. Shannon Honors Scholarship
Jean Phillips Shibley Memorial Health Education Scholarship
Jean Phillips Shibley Professorship
Stephen B. & Wendy Morris Siegel Advising Center Endowment
Louis E. & Patricia Harvey Silvi Scholarship
Joseph & Concepcion Skellchock Family Scholarship
Isabel B. Smith Home Economics Honors Scholarship
William and Constance Snyder Scholarship
Fran Soistman Trustee Scholarship
Fran & Holly Soistman Faculty Development Endowment
Sara H. and Thomas F. Songer II Nursing Endowment
Ellen M. Stuart Memorial Award
Student and Faculty Enhancement Endowment
Student Enhancement and Mentoring Fund
Student Professional Development Endowment
Edward A. Sulkowski Athletic Training Scholarship
Mary Boyle Weaver & Rebecca Boyle Sutherland Scholarship Fund
Suzann Andrews Tedesco Award
Tewksbury Endowment for Teaching Excellence
Ruth S. Tewksbury Honors Scholarship
Thomas W. & Jane Mason Tewksbury Diversity Honors Scholarship
Thomas W. & Jane Mason Tewksbury Honors Scholarship
Thomas W. & Jane Mason Tewksbury Trustee Scholarship
Latif B. and Martha Thomas Scholarship
Trustee Scholarship Fund
Jean Stewart Vallance Lectures in Nursing Innovation Endowment
Lillian VanDyke Scholarship
Jimmy Warfield Memorial Athletic Training Scholarship
George and Dorothy Washko Scholarship
Karen Louise Weber Scholarship
Delpha Wiesendanger Memorial Scholarship
Janet A. Williamson Graduate Award
Francis A. and Ruth Coates Wodock Scholarship
Gregory H. Wolf Professorship of Health Policy & Administration
Joachim Wohlwill Endowment in Individual & Family Studies

How to Make A Gift

The type of gift you wish to make - cash, securities, property, works of art - will determine the techniques and the special tax and financial benefits available to you.

An outright gift of cash or other assets will generate an immediate income tax charitable deduction. Penn State can put this kind of gift to work quickly in support of the programs of your choice. If you have assets that you would like to give but depend on for income, then you may prefer to make a deferred gift. Several deferred gift plans allow you to make your commitment while providing income for yourself or others.

Endowments blend a donor’s vision with the College’s needs and objectives and typically bear the name of the donor or donor’s loved one.

Maggie Crispell, director of development for the College of Health and Human Development, will work closely and confidentially with you and your financial advisers to ensure your gift achieves your individual goals and expresses your personal vision. You can contact Maggie by calling (814) 865-1064, by emailing mac1@psu.edu, or by writing to 201 Henderson Building, University Park, PA 16802.
Make A Difference
Mentor A Student

The Mentoring Program of the College of Health and Human Development connects current students with alumni with similar professional interests. Now in its sixth year of existence, the program has already touched the lives of nearly 500 students and involved more than 300 alumni.

The Mentoring Program is open to all alumni of the College of Health and Human Development. To participate in this program, both the mentors and the protégés must be able to attend an orientation dinner and workshop, where they will have the opportunity to meet each other in person and to set goals for their participation in the program.

If you want to share your time and talents with an undergraduate student in the College of Health and Human Development, please visit www.hhdev.psu.edu/alumni/mentor/become.html or contact Diane Collins, mentoring program coordinator, at dvc1@psu.edu or (814) 865-3831.

“I would highly recommend the Mentoring Program to any professional who has a commitment to their chosen field. It is so rewarding to interact with students.”
—Jennifer Hesketh, ’87, ’90g CMDIS

“I would absolutely recommend the Mentoring Program to others. I have had the opportunity to get to know some great people, develop professional contacts, and cultivate a mentoring relationship that I hope will be lifelong. The Mentoring Program is a great way for professionals in traditional and nontraditional positions to share their experience, and provide students with exposure to career options “outside of the box.”
—Patricia Lavelle-Zecca ’89, ’93g NUTR

Home Economics Alumni Reunion and 100-Year Celebration
April 27-28, 2007

You are invited to return to Penn State as we commemorate the founding of the Department of Home Economics 100 years ago! The two-day event will include:

—Opportunities to reconnect with other Home Economics alumni and former Home Economics faculty

—A special dinner and luncheon to honor the Home Economics roots of the College of Health and Human Development

—An exhibit of Home Economics photographs and memorabilia in the Special Collections Library at Paterno Library

—Presentations by College of Health and Human Development faculty

Home Economics alumni will receive further information about the reunion by mail.
Reconnecting with Penn State and in particular with The College of Health and Human Development is one of the most rewarding experiences of my life. My husband, Ernie, and I met at Penn State and returned to visit often through the eighties and nineties. Like many of you, we enjoyed football weekends, bowl trips, Arts Festival and other social gatherings.

We were re-engaged with the College and University via the Grand Destiny Campaign. At that time our interest in participating in a broader range of HHD activities was heightened. We had reached a point in our lives where we could act on the desire to give back to the College and the University in a variety of ways. Similar to many alumni, we are most appreciative for our Penn State education, the basis for success it gave us and the doors it helped open. We, in turn, hope to help others achieve their goals.

Six years ago, when asked to become a member of the HHD Alumni Society Board of Directors, I was honored and anxious to participate. I am proud and pleased to tell you what a great group of alumni you have serving on the Board and the Affiliate Program Groups (APGs). These alumni represent all of the current College programs and a span of five decades. They work hard and give generously of their time, talent, and resources to help move the Alumni Society and the College forward to achieve strategic goals and position us for future success.

The Board, together with alumni like you, has supported a program welcoming HHD first-year students to campus. We have initiated and grown an award-winning, College-wide Mentoring Program which is a recognized success within the University community. We participate in the classroom, attend undergraduate and graduate student organization meetings and host student roundtable discussions when we return to campus.

New Board initiatives include programs to assist the College in recruiting the best high school students; a leadership cultivation program for the APGs; and the development of the HHD Alumni Society Distinguished Speakers Series. We plan to offer our first lecture in that series in the fall of 2007. And that is just some of what the Board and your fellow alumni are making happen!

As the new president of the HHD Alumni Society Board I am privileged to work with a great executive committee: Mark Mintzer ’86 PH ED, Eileen Soisson ’93 R P M and Ginny Remmey ’93 HD FS. I hope to tell you more about these talented and generous people in our next publication.

In the meantime, I encourage you to get and stay connected with our College. We have a unique blend of disciplines and talents. Together we can forge a better future for the College and its students, while enjoying the camaraderie of our fellow alumni.

Sincerely,

Kay Salvino ’69 I F S
President, HHD Alumni Society
The 70s

Anne Kauffman Nolon ’72 HPA
was named 2006 Distinguished Visitor at the George Washington University Geiger Gibson Health Policy Program. She is president and CEO at Hudson River HealthCare, Inc. in Peekskill, New York. The visitorship is awarded to an individual who has exhibited extraordinary and sustained leadership in community health policy and health policy advocacy on behalf of medically underserved communities and populations.

Colonel (Ret) Catherine McMahon Hundley ’73 NURS
was named a Fellow with the American Association of Occupational Health Nurses (AAOHN) at the May 2006 AAOHN Symposium and Expo in Albuquerque, New Mexico. The award is the highest peer recognition in the occupational and environmental nursing profession. Colonel Hundley retired from the Virginia Army National Guard after 32 years of service. She is currently president of ProCare, Inc. providing consulting services in occupational safety and health to Fortune 500 companies. She and her husband reside in Richmond, Virginia.

Al Lopus ’74 M E R
has been appointed to the Board of Directors of Virginia Mason Medical Center in Seattle, Washington. He also serves as the chairman of its Board of Governors. In 2003, he co-founded the Best Workplaces Institute and conducts research on employee satisfaction and workplace effectiveness.

Cindy Baldinger Roth ’76 S P A
is a speech pathologist in solo private practice in New Jersey. Her primary specialty is myofunctional therapy to correct tongue thrusting. She has been married for twenty-five years and has three children.

John Worobey ’77g, ’90g HD FS,
professor of nutritional sciences at Rutgers University, received the 2006 award for Sustained Academic and Professional Excellence from Rutgers’ Cook College/New Jersey Agricultural Experiment Station. He has been serving as the acting chair of the Department of Nutritional Sciences since January 2005. His new book, Nutrition & Behavior: A Multidisciplinary Approach (CABI, 2006) links his HD FS training to his recent work in nutrition.

The 80s

Desia Maso Joseph ’82g CSP D
has been named chair of the math department for Gilmour Academy Lower School in Gates Mills, Ohio. She had previously served as math coordinator.

Jane Diane Smith ’83 I F S
received tenure and was promoted to associate professor in the Department of Special Education and Child Development at the University of North Carolina at Charlotte.

Lori Jennings-Harris ’85 H P A
was appointed director of the Department of Aging for St. Mary’s County in Maryland. She serves on the boards of the Community Action Partnership of Cambria County, Inc. and Family Services System Reform and is a member of the Cambria County Master Plan, Pennsylvania Association of Area Agencies on Aging and Pennsylvania Council on Aging.

Lesley Retallick Lee ’88 EXSCI
is a project scientist for Johnson Space Center’s EVA Physiology, Systems & Performance Project investigating human performance issues related to extra-vehicular activities in the partial gravity environments of the Moon and Mars. She has worked for NASA contractor Wyle Laboratories since 1994 and can be reached at nittany88@houston.rr.com.

Chris Fasick ’89 H P A
is the director of employee relations and corporate recruiting for Sheetz Inc. in Altoona, Pennsylvania.

Kathy O’Connell Vohs ’78 NURS
is a clinical manager for Hospice and Palliative Care of Cape Cod in Hyannis, Massachusetts. Prior to returning to hospice nursing, she had been the nurse leader for Harwich Public Schools and the nurse for Harwich Elementary School. While working for the school district, she gained valuable skills in writing and administering the Essential School Health Services Grant. While she envies those who are working towards their M.S or Ph.D. degrees, she is working on her “PKT” – putting kids through college. Two of her five children have completed their degrees.

Class Notes
**The 90s**

Keith Benson ’91g ’01g H P A, associate professor of health care management at Winthrop University in Rock Hill, South Carolina, has been named the director of leadership studies overseeing a new program offering for students called the Distinction in Leadership. Benson will work with a Leadership Studies Advisory Board made up of faculty, student life professionals and alumni or community leaders. Benson has served in leadership positions with volunteer groups in his community and brings international experience to the job after having lived in Japan for three years.

Wendy Forrest Edgar ’92 NURS and her husband Ken have a daughter, Leah Olivia, born on April 21, 2006. They also have a son named Sam. Edgar is currently working as a nurse practitioner in the emergency department at Jefferson Regional Medical Center in Pittsburgh, Pennsylvania. She can be reached at wlf106@adelphia.net.

Cady Heilig Kyle ’94 H P A is the benefits coordinator in the Office of Human Resources at Juniata College in Huntingdon, Pennsylvania. She assists College employees and retirees with health care claims issues and provides detailed health plan information. She also leads activities of the wellness committee and is developing a formal Wellness Program for the College. She is pursuing a graduate degree from Saint Francis University in Human Resources.

Pamela J. Sheets ’95 R P M is the director of parks and recreation for Shenandoah County, Virginia. She is also in her second year of a three-year term as a board member of the Metro Washington Chapter of the Penn State Alumni Association, serving as the group’s treasurer and newsletter editor.

Stephanie R. Forsyth Mosher ’96 HL ED and Michael E. Mosher ’96 HL ED have a daughter, Ashley Nicole, born October 2, 2005. They live in Franklin, Massachusetts.


Joseph M. Pulaski ’98 H P A is a CT technologist with Mount Nittany Medical Center in State College, Pennsylvania.

**Ryan Chrissis ’99 HR&IM** is the director of VIP services at LAuberge du Lac Hotel and Casino, the flagship casino for Pinnacle Entertainment (PNK). He lives in Lake Charles, Louisiana.

Scott Turkelson ’99 H P A is a manager with GlaxoSmithKline in King of Prussia, Pennsylvania. He has been promoted four times since he began working there in June 2000. He received his M.B.A. from Drexel University in marketing and international business in December 2005.

**The 00s**

Anne (Borys) Bodenstine ’02 KINES graduated from physical therapy school in May 2005. On June 10, 2006 she married Tom Bodenstine ’04 BIOTC. She is a pediatric physical therapist at Children’s Hospital of Alabama in Birmingham.

Brianna Robuccio ’03 H P A is a research coordinator for the University of Massachusetts Medical School’s Center for Health Policy and Research. She works in the long-term care unit which specializes in those populations who depend on state agencies for long-term health care.

Brandi Row ’03g KINES accepted a tenure track assistant professor position at Western Washington University in Bellingham, Washington. She had previously been a postdoctoral research fellow at Toronto Rehabilitation Institute in Toronto, Canada.

Douglas C. Schreck ’05 R P M is the assistant golf professional at Baltusrol Golf Club in Springfield, New Jersey. The club has been in existence since 1895.

Jen Regester ’06 NUTR began her dietetic internship at Johns Hopkins Bayview Medical Center in Baltimore, Maryland in August 2006.

**In Memoriam**

Melissa C. Blake ’00 NURS died March 20, 2006 of leukemia. She graduated with honors and was a recipient of the Spirit of Nursing Award.
October

21
Homecoming

23-24
2006 Teen Pregnancy Prevention Conference
"Building Bridges: Working With Diverse Groups"
University Park

November

12
Hospitality Executive of the Year (sponsored by the Penn State Hotel & Restaurant Society)
Sheraton New York Hotel and Towers
New York City

December

15
Fall Semester Classes End

22
Fall Commencement
Bryce Jordan Center
University Park

January

16
Spring Semester Begins

February

3
Mentoring Kickoff Dinner and Workshop (Biobehavioral Health, Health Policy and Administration, Human Development and Family Studies, Kinesiology, Nutritional Sciences)
Nittany Lion Inn, University Park

March

31
Mentoring Kickoff Dinner and Workshop (Recreation, Park and Tourism Management)
Nittany Lion Inn, University Park