Greetings alumni and friends,

In May we said goodbye to our graduating seniors and wished them all the best as they prepare for their futures. We in the College are preparing for the future as well. We recently concluded a yearlong strategic planning process. The plan, which will guide the College for the next five years, is guided by a single theme: “promoting human health, development, and quality of life in a complex, rapidly changing, diverse society.” The goal of the plan is to enable us to respond to societal changes such as increased stress, a crisis in health care, an aging population, and globalization, among others.

Our strategic plan expresses our commitment to training the next generation of leaders and scholars who are prepared to address critical needs pertaining to human health, development, and quality of life. It also reflects our research capabilities in these areas and our desire to foster interdisciplinary, collaborative research to address particular issues such as aging and women’s health.

While the issues we are tackling are particular to today’s society, our approach has remained unchanged since the establishment of the College of Human Development forty years ago. The feature article in this magazine talks about the College’s founding and shows how the original vision for the College is still expressed today through the research our faculty conduct.

We paid homage to the founding dean of the College of Human Development in September 2007 when the former Business Administration Building was named the Donald H. Ford Building. The building now houses our Departments of Communication Sciences and Disorders; Health Policy and Administration; and Recreation, Park and Tourism Management; as well as our Speech and Hearing Clinic. You can read more about the naming ceremony and the building on page 16.

The Ford Building was just the first of our recent efforts to obtain more space for our faculty and students. This summer, our Nutritional Sciences faculty will be moving into renovated space in Chandlee Laboratory (which is located along Pollock Road not far from Henderson Building). Finally, we are very excited about two extensive additions to Henderson Building in the coming years. The first addition will replace the “bridge” between the original Henderson Building and the newer south wing. It will provide a new home for biobehavioral health and several college research centers. Needless to say, I am enjoying my new bird’s eye view of the College and all the great things happening here.

As alumni and friends, you have been part of the past of the College, you are part of its present, and I hope that you’ll choose to be part of our future as well. I hope that you share my pride in all that we’re doing, and I invite you to stop by and say hello when you are on campus.

Best wishes,

Ann C. Crouter
Raymond E. and Erin Stuart Schultz Dean
College of Health and Human Development
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How forward thinking gave rise to the college-and propels today’s research

In 1963, Eric Walker, then Penn State’s president, invited a select group of faculty and staff from across the University to his home. Walker had a rather ambitious assignment for them—he wanted them to imagine what the University should look like in 1980. He asked them to consider questions such as how would the University be structured, whom would it serve, and to what societal needs would it be poised to respond.

Walker’s timing was perfect. The 1960s were a time of political and social upheaval in the U.S., and Penn State was not immune to the impact of the social change that resulted. Later in the decade, Walker himself would be a target of student discontent. But Walker knew, even in 1963, that Penn State had to prepare if it were to thrive in a changing world.
Serving on the committee—dubbed the 1980 Committee—was Dr. Donald Ford, head of the University's Division of Counseling (a forerunner to the Division of Undergraduate Studies). He and his fellow committee members engaged in what would today be called “blue-sky thinking” in order to arrive at their recommendations. “We didn’t get involved in politics,” Ford recalls, “and we didn’t do any statistical analyses. We took a visionary approach to discussing how the world would change between then and 1980 and how the University would respond.”

When the committee submitted its final report to President Walker, it contained several key recommendations. Among them were that the University should adapt to society’s needs by focusing on human problems and issues such as family life, health care, and changes in women’s roles in society. The committee recommended that the University establish a new college that would bring together multidisciplinary knowledge and focus on the promotion of positive human development.

President Walker circulated the committee’s recommendations throughout the University and found an ally in Grace Henderson, dean of the College of Home Economics. “Penn State had the most visionary dean of home economics of any place in the nation,” explains Ford. Henderson believed that home economics programs had to adapt to societal changes or be left behind. With the support of her home economics faculty, Henderson threw her support behind the proposal and recommended that the College of Home Economics serve as the cornerstone of the new college, which would be called the College of Human Development.

Meanwhile, President Walker had big plans for Ford. He was so impressed with Ford’s contributions to the 1980 Committee and to other University committees that he asked Ford to head the new college. Ford was charged with no easy task—building a college, unlike any other in the nation, from the ground up. By now, he was familiar with the visionary thinking needed to accomplish such a task.

Ford developed a college based on three main themes that would guide the college’s research and teaching.

**A Developmental Approach**

Ford’s vision was for the new college to have a developmental and preventive approach. It would focus on the “fullest positive development of people’s capabilities” as well as on preventing problems before they arose.

**A Focus on Individuals, Families, and Communities**

Ford recognized that a way to promote human development and prevent human problems was to improve the way people live. The new college’s mission would be to improve the quality of services to individuals and families, as well as to improve their communities.

**A Commitment to Collaboration and Connectedness**

Ford understood that the complexity of human problems required the expertise of people from various disciplines. He proposed that the new college be designed to bring together people from different academic backgrounds to examine problems from a variety of angles.

The College of Health and Human Development was founded on the shoulders of men and women with great vision—from Eric Walker, who knew that Penn State had to change to better respond to society’s needs; to Grace Henderson, who saw how the principles behind home economics could be incorporated into the new college; to Donald Ford, who built a first-of-its-kind college devoted to improving people’s lives.

Forty years later, faculty and staff in the College of Health and Human Development extend that vision. The three themes that Ford identified then—a developmental approach; a focus on individuals, families, and communities; and collaboration and connectedness—are the cornerstones of the research being conducted by faculty and students in today’s College. In the coming pages, you’ll see examples of the ways in which faculty—and often students—are improving people’s lives through their research discoveries.
People Are Living Longer, But Are They Living Better?

Margaret and Jo are both 85 years old. Margaret goes bowling twice a week, belongs to a book club, and regularly writes letters to her friends and family. Her neighbor Jo, however, is reclusive. She has few interests, fewer friends, and stays in bed much of the day. Why does it seem that Margaret seems to have learned the keys to happy and successful aging while Jo has not? Nilam Ram and Denis Gerstorf, both assistant professors in the Department of Human Development and Family Studies, are teaming up to uncover what leads people like Margaret and Jo to exhibit different levels of well being and overall life satisfaction. In doing so, they hope to help a population that is living longer than ever live happier than ever, too.

Ram and Gerstorf are using new ways of thinking about aging and life satisfaction to uncover why some people age more successfully than others. Most aging research, says Gerstorf, has shown that people who are late in life—say, 95 years old—are just as satisfied with their lives as 65-year-olds. This is often called the “well-being paradox” because it goes against assumptions that life satisfaction should decline along with the physical and social losses that often accompany late adulthood. Gerstorf and Ram wondered what would happen if, instead of studying aging as years from birth, they measured aging backwards—as years from death. By following German adults from age 70 until their death, Gerstorf, Ram, and their colleagues found that when measured this way, life satisfaction does decline dramatically as one nears death. They identified a “terminal phase” for adults over the age of 85 when the rate of decline in satisfaction becomes particularly strong—more than triple the decline found in the more usual age-from-birth models.

A Developmental Approach

The innovative thinking that resulted in their groundbreaking findings was first cultivated during their doctoral studies. Gerstorf worked with Paul Baltes—one of the founding faculty in the College of Human Development and a giant in the field of aging research—at the Max Planck Institute for Human Development in Berlin, Germany. Meanwhile, Ram studied at the University of Virginia with another former Penn State professor and aging research expert, John Nesselroade. When they completed their Ph.D.s, they were encouraged by their mentors to apply for positions in the HDFS department at Penn State. Ram says the department was a good place to conduct research on human development. “The orientation of the HDFS department is the same now as it has always been,” says Ram. “The developmental strength of the department is what drew me to it.”

Having shown that new ways of thinking can turn long-accepted notions about aging literally upside down, Ram and Gerstorf are continuing their research partnership. They are now working together to study the effects of a variety of factors on aging. “People are multidimensional. We have many characteristics, all of which undergo a multitude of changes as we age,” Ram says.

This multidimensionality has led them to focus on changes in five broad aspects of functioning—sensory, physical, social, cognitive, and well-being—in order to determine how some older adults maintain high levels of functioning and others do not. Studying similar datasets across multiple nations, they hope to identify differences in the ways people age and the reasons behind those differences.

“There is a segment of the population for whom the ‘positive psychology’ pertaining to aging may not be true,” says Gerstorf. If some people do experience declines in well-being late in life, Gerstorf and Ram hope to eventually uncover what factors contribute to those declines with the hope of helping people age more successfully. This could result in reduced healthcare costs, which typically escalate late in life. Their findings also could have implications for the quality of life of millions of Americans reaching retirement age and for elderly people like Margaret and Jo.
Beyond the Jungle Gym: Today’s Parks Aren’t Just for Kids

“Community parks are not just places for parents to take their kids to play,” says Andy Mowen, assistant professor of recreation, park, and tourism management. Mowen and his colleague, Associate Professor Deborah Kerstetter, are looking for ways to understand what makes parks multigenerational destinations. “Across the country, park and recreation professionals are recognizing the need to reach across generations and accommodate visitors of different ages,” Kerstetter says.

Mowen and Kerstetter have been able to study this trend close to home thanks to Playworld Systems, a Lewisburg, Pennsylvania-based manufacturer of recreation equipment. The company wanted to develop park and play features that would be used by all kinds of people from within and outside of the Lewisburg community, from children to young professionals to parents to the elderly. Working in cooperation with the Lewisburg Area Recreation Authority and the Pennsylvania Department of Conservation and Natural Resources, Playworld Systems provided both playground equipment and planning advice for a large-scale renovation of the Lewisburg Area Recreation Park.

When the new park was unveiled, Mowen and Kerstetter were just getting started. The two and their team of graduate students interviewed visitors to the multi-generational “destination park,” which includes various playground zones for children ages 2 to 12, a skate park, climbing boulders, a pool, a tennis court complex, an ice skating rink, a basketball court, and a wellness path that surrounds most park amenities. The park is arranged so that users can monitor different areas of the park at the same time—parents could, for example, monitor their children on the playgrounds or skate park while walking on the wellness path.

Mowen and Kerstetter’s goal is to find out why people visit the park, how the recreation and play features influence their use of the park, and the perceived benefits of the park to individuals, families, and the community. This kind of information will help Playworld Systems to better serve its customers, enabling them to recommend where play equipment should be placed in a park and what combinations of equipment will suit different generations of people.

Early findings suggest that the park’s design is having the intended effect of attracting people of all ages. One park user explained that the park has “…a little bit of everything. You have sports. You have a family area where you can picnic….It’s not limited to just one age group.” Mowen and Kerstetter hope to demonstrate that parks can benefit a variety of generations of people and improve people’s health and wellness. They also hope to document that parks can benefit the community. As one respondent in their study suggested, “[The park] is just wonderful for everybody....I praise the [county] commissioners that there is [such] a great park.”

Recreation, Park and Tourism Management faculty worked with Playworld Systems on a large-scale renovation of the Lewisburg Area Recreation Park.
Risky Business: Solutions for Collegiate Alcohol Abuse

College student drinking is not a new phenomenon, but the consequences are more troubling than ever. A 2005 study found that each year, nearly 600,000 college students are unintentionally injured under the influence of alcohol, and more than 97,000 students are the victims of alcohol-related sexual assault or date rape. Other consequences of excessive drinking include academic difficulties, vandalism, drunk driving, and unsafe sex.

Dr. Robert Turrisi, professor of biobehavioral health, has devoted much of his career to developing ways to reduce alcohol abuse among college students and the negative consequences that often result. Turrisi’s work takes on several forms: (1) discovering why students drink, (2) developing ‘interventions’ aimed at reducing alcohol abuse, and (3) conducting effectiveness trials to determine which interventions are the most effective with which populations.

The complexity of studying student drinking necessitates a team approach to Turrisi’s research. “College student drinking is impacted by so many factors—biological, social, behavioral—that we need to approach it in a way that takes these multiple factors into account,” he explains. Turrisi works with many colleagues within the College—including Dr. Patricia Koch and Dr. John Graham in the Department of Biobehavioral Health and Dr. Mark Greenberg, Dr. Kimberly Mallett, and Rachel Bachrach in the College’s Prevention Research Center—to conduct as many as eight simultaneous studies on student drinking.

Turrisi also collaborates with colleagues at other universities, which has two advantages: first, these colleagues often have a particular viewpoint or area of expertise that informs the study; and second, the universities at which his colleagues are located also serve as sites for testing interventions. At the University of Washington, for example, Turrisi and Mary Larimer, professor of psychiatry and behavioral sciences, are examining various roles that parents and peers can play in reducing alcohol abuse among high school athletes who are transitioning to college—a group that tends to be at high risk for alcohol abuse.

Another study Turrisi and Anne Ray, a doctoral student in biobehavioral health, conducted with colleagues at the University of Colorado demonstrated the importance of parental involvement in reducing alcohol abuse. The study found that when parents communicate with their kids about drinking before they leave for college, their kids tend to drink less than kids whose parents do not communicate with them. Turrisi is now developing materials to help parents talk to their kids about alcohol use and abuse. “We are testing various ways of presenting messages to parents,” explains Turrisi. “For example, some parents receive a message that says ‘here are the benefits of communicating with your kids’ while others receive a message that says ‘here are the consequences of not communicating with your kids.’”

Parents aren’t the only way of reducing alcohol abuse; Turrisi is also reaching out directly to college students to help them reduce risky behaviors associated with excessive alcohol consumption. One such study examines how students view the consequences of their drinking. Mallett, Bachrach, and Turrisi ask students questions like how much they think they can drink before certain consequences would occur.

“Our study has dispelled myths about students’ perceptions of the negative consequences of their drinking,” says Turrisi. For example, “blacking out” (where one is conscious but doesn’t remember his or her actions later on) is sometimes a consequence of having too much to drink. But, Turrisi says, “Students often don’t view blacking out as a negative consequence. This is what we call ‘enigmatic behavior,” because consequences that we would perceive as negative are often perceived as neutral or even positive by students who abuse alcohol.” These findings are tremendously helpful for university administrators and others who are challenged with developing student-directed messages about the risks of alcohol abuse.

Turrisi hopes that his findings will help reduce alcohol abuse among college students. Just like the team approach to his research, the goal is for universities, parents, and students to partner together in their commitment to reducing the negative consequences of excessive drinking.

Think Outside the Crib: Parents Influence Infants’ Sleep Behaviors

If you’re a new parent, you’re probably worried about whether your baby is getting enough sleep or when she’ll start sleeping through the night. Dr. Douglas Teti, professor of human development and family studies, wants you to rest easy.

Teti studies “sleep regulation” in infants—the ability of infants to put themselves back to sleep after waking at night. In children, problems with sleep regulation have been linked to behavioral problems. Teti wondered if there was such a link in infants and if so, why.

Take, for example, the practice of “co-sleeping”—infants sleeping in bed with their parents. Teti notes that in other countries, co-sleeping is a common and accepted practice. In the U.S., however, parents often perceive co-sleeping as problematic—a result of infants’
A Focus on Individuals, Families and Communities

Battling Boredom: Helping Kids Use Leisure Time Wisely

“I’m bored.”

Adults often hear children or teenagers complain of boredom. What many people don’t realize, however, is that boredom has real consequences—a greater risk of substance abuse and delinquent or risky behaviors, for example. Linda Caldwell, professor of recreation, park and tourism management, has developed strategies for reducing boredom by helping adolescents to develop interests and use their leisure time in positive ways.

“Using leisure time wisely doesn’t come naturally to many adolescents,” says Caldwell. This is especially important when one considers that this is a time of intense personal growth due to the way brains develop during adolescence. In early adolescence the emotion centers of the brain are excited; at the same time, the part of the brain that controls planning and decision making is not yet fully developed, which can sometimes lead to risky behaviors. Also during this time, synapses in the brain are rapidly creating links that affect learning and behavior. Links that are not being used drop away through a process called “pruning,” while links that are used become even stronger. Because of this, scientists often refer to adolescence as a time of great “plasticity”—a developmental window when the brain is particularly adaptable and adept at learning new concepts.

Caldwell has applied this notion of plasticity to her research on adolescents’ use of leisure time. “Teaching and reinforcing healthy behaviors can be particularly effective at this time,” she says.

In addition, because the emotion centers of adolescents’ brains are excited, it can be a good time to help adolescents develop new interests and learn ways to enjoy activities and get them

According to Teti, babies are more likely to develop self-regulated sleep if parents don’t react negatively when their babies wake up at night. ‘The stress that some parents feel when their babies don’t sleep well simply adds fuel to the fire,” he says. Teti thinks that pediatricians can help calm upset parents by telling them it’s okay if their babies don’t sleep through the night. “Everyone wakes up at night,” he says, “the difference is that some babies are able to put themselves back to sleep and others need help.”

Teti plans to begin another, two-year study of infants that will include additional measures of both infant sleep behaviors and parents’ reactions to those behaviors. He hopes that this study will shed even more light on the factors that determine parents’ reactions to their children’s sleep habits, such as depression, parents’ sleep quality, and feedback from one’s spouse. This will, Teti hopes, help parents to better understand how their own behaviors can affect their infants and to keep their expectations in check with regard to their infants’ sleep patterns. Says Teti: “Parents need to know that sleeping through the night is not a developmental achievement that must occur within the first six months of life.”

The inability to sleep on their own. At the same time, he says, research has established a link in the U.S. between co-sleeping and later behavioral problems, whereas there is no such link in other countries. This made Teti wonder whether behavioral problems are related to parents’ perceptions of their infants’ ability to sleep well rather than the infants’ actual sleep patterns.

To solve this puzzle, Teti and colleagues in the College of Health and Human Development, Penn State’s Department of Psychology, and UC-Davis are conducting a study of sleep regulation in babies 1 to 24 months old. The research team found that behavioral problems could not be traced to the number of times infants woke up at night; however, there was a relationship between parents’ reactions to their infants’ sleep patterns and future behavioral problems. This led them to conclude that babies’ sleep habits play less of a role in their behavior than their parents’ responses to those sleep habits. In other words, explains Teti, “If parents are able to tolerate night waking [in their infants], their infants’ development is different than if the parents perceive night waking as a huge problem.”

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“Research has shown, for example, that kids who perceive that their parents are overly controlling are more likely to develop risky behaviors, but kids who perceive their parents as being supportive and interested in what they do tend to develop more positive behaviors”

“hard wired.” Learning to develop personal interests is also a good way to teach and reinforce planning and decision making skills.

With funding from the National Institute on Drug Abuse (NIDA), Caldwell has developed a leisure education curriculum called “TimeWise: Taking Charge of Leisure Time” that is being used by middle schools in parts of rural Pennsylvania, Harrisburg city schools, and York county schools, as well as in Germany. Caldwell calls the curriculum a “positive youth development program” whose goal is to promote wise use of leisure time in order to improve adolescents’ health and well being and prevent risky behaviors.

By using the program, kids learn how to fight boredom by following a series of “teaching steps” that include conducting a self-awareness assessment, developing interests that they enjoy, and planning activities. Caldwell stresses that her program encourages youth to pursue both structured and unstructured activities. “There has been a recent push for adolescents to engage in more structured activities, but they also need time to be who they are—to explore and be self-expressive,” she explains.

The idea of positive use of leisure time is a universal one, so Caldwell has taken her act on the road. She and colleague Dr. Edward Smith of the Penn State Prevention Research Center have developed another NIDA-funded curriculum, called HealthWise South Africa, which she describes as “TimeWise on steroids.” The program, which is being implemented in a township outside of Cape Town, incorporates the teaching steps from TimeWise but also focuses on reducing sexual risk behaviors, HIV/AIDS, and substance abuse. Caldwell works with colleagues in South Africa who train teachers to implement the program in their classrooms. The program also involves the community in helping to develop opportunities for kids to engage in leisure activities.

According to Caldwell, HealthWise South Africa is already showing signs of being a success. “It’s been very participatory,” she says. “School principals and teachers have helped shape the curriculum.” In addition, she says, people like the program’s focus on positive rather than negative messages.

Other countries have expressed interest in using the curriculum. Caldwell feels that the program can be implemented by anyone, anywhere because of its flexibility. “It can help both over-structured and under-resourced kids,” she says. The program can also take different forms depending on the level of parental involvement and interest. “Parents can play a big role in their kids’ use of leisure time,” explains Caldwell. Research has shown, for example, that kids who perceive that their parents are overly controlling are more likely to develop risky behaviors, but kids who perceive their parents as being supportive and interested in what they do tend to develop more positive behaviors.

Caldwell has received national recognition for her work—last fall she received the prestigious Theodore and Franklin Roosevelt Award, which is given by the National Recreation and Park Association (NRPA) to the top leisure researcher in the nation and last summer, with Ed Smith, she received the Society for Prevention Research International Collaborative Prevention Research Award. She plans to continue her efforts by expanding the program to other countries, as well as developing a TimeWise after-school program in the Harrisburg area that gives kids the opportunity to try new activities and interests. One thing’s for sure: she won’t be bored.

Taking It to the Streets: Involving Communities for Better Health Care

If you’ve ever been diagnosed with a chronic condition, had to stay in the hospital, or taken a sick child to the emergency room, you may have been left feeling a little ill trying to learn the ins and outs of our complex healthcare system. As presidential hopefuls and members of Congress develop proposals to “fix” healthcare through federal mandates, Dennis Scanlon, associate professor of health policy and administration, is taking healthcare reform directly to people’s communities. “If the assumption is that health care can do better,” says Scanlon, “then can we let communities decide how to do better, rather than mandating it at the state and federal levels?”

Through grants from the Robert Wood Johnson Foundation (RWJF) and the Center for Health Care Strategies (CHCS), Scanlon is studying ways to improve “chronic care”—treatment for condi-
tions such as diabetes and asthma—by bringing together various “stakeholders” in communities across the country. These stakeholders include insurers, physicians, hospitals, patients, consumer advocates, and employers who, with the help of “coaches” and other resources provided by the RWJF and CHCS, collaborate to develop solutions to communities’ most pressing healthcare concerns, including problems of costs, poor quality, and limited access to health care services.

The topics of their discussions focus on several key issues. The first is what Scanlon calls the “transparency” of the healthcare system. “Simple things like understanding choices and treatment options and their respective costs, as well as the quality of care provided by hospitals, doctors, nurses, and other healthcare providers, are often a mystery to people,” he says.

Second, the stakeholders are discussing payment issues and their impact on healthcare delivery. Right now, explains Scanlon, healthcare reimbursement does not encourage continuity of care or innovation, and many people believe that the incentives in the reimbursement system are to blame for the shortage of primary care physicians in communities. “A focus on primary care could result in better preventive care, better management of chronic conditions like diabetes and heart disease, and a focus on healthy lifestyles through better diet and exercise,” he says.

The use of information technology is the third topic of discussion among the stakeholders. “Health care is still largely operating in a paper-based world,” explains Scanlon. “People don’t understand why they can stick their bank card into an ATM machine anywhere across the world and withdraw cash or obtain their account balance, but they can’t get access to vital information about their own medical record, or information about the costs and benefits of drugs and treatments.”

Why are these stakeholders motivated to collaborate when they are used to competing with each other? Scanlon thinks that the collaboration stems from a sense of community accountability: “they want to do what’s best for the community,” he says. In other cases, an influential person or a large community organization encourages all of the “players” to come together to solve problems.

“The communities that we’re studying are finding ways to make health care more consumer- and patient-friendly,” says Scanlon.

It’s too soon to tell whether the solutions that communities have developed will work in the long term. “It’s not a slam dunk,” he says, “but there’s reason to be hopeful.” Scanlon hopes that by learning what works in certain communities, other communities will be able to solve their own healthcare issues. At the least, it may take some of the mystery out of that lab work.

After the Bell: Promoting Positive Development through After School Programs

Kids spend nearly a third of the day—and more than half of their waking hours—at school. So it’s no surprise that schools exert a strong influence not only on children’s academic development, but also on their social and behavioral development. The proliferation and growing popularity of after-school programs means that many kids spend even more time interacting with teachers and classmates in school environments. Several years ago, Emilie Phillips Smith, associate professor of human development and family studies and interim director of the Center for Human Development and Family Research in Diverse Contexts, saw an opportunity for researching these programs. “After-school programs are a newer phenomenon,” says Smith. “This provides us with an opportunity to study a relatively new context of children’s development.”

Smith was particularly interested in studying two aspects of development—the development of “positive social norms,” or the degree to which children will tolerate antisocial behavior among their peers; and “collective efficacy,” or what Smith calls the “nosy neighbor” phenomenon, where children communicate expectations of behavior to their peers.

Smith designed a study that utilizes a forty-year-old curriculum that helps elementary school children develop these social tools. In 2006, Smith and two Penn State colleagues—Daniel Perkins, professor of agricultural and extension education; and Wayne Osgood, professor of crime, law, and justice and sociology—along with undergraduate and graduate students in human development and family studies, launched phase one of the study in the Harrisburg and Gettysburg areas. They decided to conduct their study—dubbed the LEGACY (Learning, Educating, Guiding a
A Commitment to Collaboration and Connectedness

Business or Pleasure? Helping Employees Balance Work and Family Life

Hotel employees are in the business of reducing their guests’ stress. But often, little attention is paid to employees’ own well-being. A team of researchers led by John O’Neill, associate professor of hospitality management; David Almeida, professor of human development; and Nan Crouter, dean of the College of Health and Human Development; is aiming to change that.

Through grants from the Alfred P. Sloan Foundation and the National Institutes of Health, a multidisciplinary team of researchers from the College’s Department of Biobehavioral Health, Department of Human Development and Family Studies, and School of Hospitality Management, as well as Penn State’s Department of Psychology, are examining how hotel employees balance their personal lives with their careers.

The hotel industry was ripe for study, explains O’Neill, because of the 24-hour nature of the industry, the long hours that employees often log, and the fast pace. The demands of working in the industry often lead to employee turnover and increased healthcare costs as employees struggle to deal with job-related stress and “spillover” stress at home.

The Penn State team, coordinated by Project Director Amy Snead ’03 HRIM, interviewed the general managers of fifty hotels across the country and followed up with phone interviews with almost 600 managers in those hotels. They found that the characteristics of general managers influence employees’ well-being and their ability to balance work and family. They found, for example, that managers whose GMs had children were more likely to be happy, content in their jobs, and committed to the organization, regardless of whether the managers themselves had children. They also found that employees whose spouses currently or previously worked in the industry had better spousal relationships than employees whose spouses never worked in the industry.

Meanwhile, Almeida has been overseeing a series of “daily diary studies” on hotel managers and their spouses and hotel hourly workers and their children, to get an in-depth picture of hotel work. In coordination with these studies, Laura Klein, associate professor of biobehavioral health, has led an effort to study saliva samples of the employees for “biomarkers”—hormones that indicate stress levels. Hotel employees and family members collect saliva samples four times a day over a four-day period and send the samples to Klein, who tests them for cortisol, a biomarker that indicates stress. Klein and her colleagues received an additional grant from Johnson & Johnson to expand the saliva assays to DHEA-S, another stress-related hormone. The biomarker data, combined with employees’ own accounts of their stress levels, are helping the team to develop an overall picture of employee stress.

O’Neill thinks the results of the team’s research can benefit not only hotel employees, but also the hotels themselves. “We are trying to demonstrate to hotel companies that they can have a strategic advantage in the industry by helping their employees achieve better work-life balance,” says O’Neill. “Hotels with happy employees are more likely to be happy, content in their jobs, and committed to the organization.”
employees have the potential for lower employee turnover, lower healthcare costs, and increased employee commitment to the organization."

O’Neill and his team have developed a set of “action ideas” that they hope to test in a sampling of hotels with the goal of improving both employee well-being and hotels’ bottom lines. These include “spousal enculturation,” where hotels orient employees’ spouses to the hotel so they can have a better understanding of what their spouses do at work, and “flexibility as compensation,” where hotels reward employees with more flexible hours.

O’Neill thinks the advantage of being able to tackle the problem of work-life balance from so many angles lends credibility to the study. “The College of Health and Human Development's broad approach to health and wellness has allowed us to examine the problem of work-life balance from all sides,” he explains. “We hope to gain unprecedented insights into the many factors—biological, psychological, and behavioral—that influence people’s ability to achieve work-life balance and lower their stress.” Insights that, he hopes, will make hotel employees as happy as their guests.

A multidisciplinary team of researchers are examining how hotel employees balance their personal lives with their careers.

Eat Your Veggies: Making Healthy Foods More Appealing to Kids

Leann Birch wants kids to eat their vegetables. As director of the Center for Childhood Obesity Research (CCOR), Birch is tasked with finding ways to reduce childhood obesity. Much of her research has focused on finding out how kids develop preferences for certain foods and how their eating behaviors develop and change over time. So when she wanted to find a way to get kids to eat more fruits and vegetables, she needed to look no further than the Center for Food Innovation (CFI) and its director, Pete Bordi, for help.

Bordi and Birch are working with the McCormick Science Institute to develop flavored products that can be sprinkled on fruits and vegetables to make them more appealing to children. Bordi’s Center for Food Innovation will start by conducting “sensory studies,” where kids sample the products and give him feedback on their taste, texture, and appearance. Because Bordi can change only one ingredient at a time in order to determine the combination of ingredients that yields the most pleasing food, the studies can take up to a year to conduct. Once the product is developed, Birch and CCOR will conduct studies to determine whether use of the products, when sprinkled on fruits and veggies, will actually increase kids’ intake of them.

“Children (and adults) eat what they like, and many children don’t eat their vegetables because they just don’t like them,” explains Birch. “We need to find ways to help children learn to like healthy foods such as vegetables, and we are delighted to be working with the McCormick Foundation to investigate the impact of a promising new approach for increasing children’s liking and intake of vegetables.”

Bordi and CFI are no stranger to these types of studies. Bordi and Sibylle Kranz, assistant professor of nutritional sciences, are working with Andrea Wight, an undergraduate student in the Schreyer Honors College, to develop high-fiber products that are both healthy and tasty. For example, Bordi and CFI helped Eat’n Park become one of the first restaurant chains in the nation to cook with trans fat-free oils. Bordi recently worked with former football player and College of Health and Human Development alumnus Franco Harris and his company, Super Bakery, Inc., to develop a drink that helps the body recover after exercise. “Companies want to work with CFI,” says Bordi, “because we can bring two or three different departments within the College of Health and Human Development together to work on a project. The many ways in which the College approaches health is a tremendous asset to CFI and to these companies.”
Looking Forward

Forty years ago, visionary thinking laid the groundwork for today’s College of Health and Human Development. The vision of administrators and faculty has allowed the College to respond to many of society’s most pressing demands and issues and to improve the quality of life of individuals, families, and their communities.

Donald Ford’s vision of the College as one that would examine all aspects of human development; focus on individuals, families, and communities; and emphasize collaboration and connectedness has endured. Today, faculty examine human development across the lifespan, finding ways to improve the quality of people’s lives and maximize human potential. They study how families, schools, community organizations, and employers influence individual well-being. They explore complex problems by conducting research that spans academic disciplines and relies upon fresh thinking and cutting-edge ideas.

Nan Crouter, dean of the College, is continuing to rely upon visionary thinking to advance the College. As part of this year’s strategic planning process, she is identifying ‘strategic themes’ around which faculty can cluster. The purpose of these themes is to encourage faculty from a variety of academic units in the College to collaborate with one another and to further develop areas of expertise that address key societal issues.

Explains Crouter: “Health care quality is just one of the themes on which we, as a college, can make a real contribution to research, policy, and practice. This theme can bring together faculty from biobehavioral health, health policy and administration, nursing, and other units to explore this complex issue from a variety of perspectives.”

These themes will also benefit students in the College. Both undergraduate and graduate students will have the opportunity to expand their knowledge and gain valuable research experience in these areas. Further, says Associate Dean for Research and Graduate Education Neil Sharkey, “If the College is recognized as a leader in the areas we’ve identified, it will enhance our ability to attract the ‘best and brightest’ students and to compete for top faculty.”

Finding solutions to some of society’s toughest problems requires the kind of vision that has been the hallmark of the College of Health and Human Development. Many of the key issues in this year’s presidential election, for example, are being tackled by researchers in the College—health care, poverty, and children’s and women’s issues, to name a few.

“We are indebted to both the visionary leaders of the past and to our world-class faculty of today, who have the ability to look to the future and anticipate the problems that society needs them to solve,” says Crouter. “In turn, we are well equipped to prepare the next generation of thinkers and problem-solvers who will be able to address issues that haven’t yet emerged in our national consciousness.”

This past September, the College celebrated the naming of the Donald H. Ford Building in recognition of Ford’s visionary leadership. During the ceremony, Ford urged faculty to continue to look forward. “It is important for creatively successful organizations like yours to periodically lift their eyes above their current activities and to search the horizons for important new possibilities,” Ford said. The College is doing just that, readying itself for another forty years of success.
Academic Unit Updates

Biobehavioral Health

Elizabeth Beverly, a graduate student in Biobehavioral Health, received an Alumni Association Dissertation Award. She was recognized at the Graduate School Alumni Society’s spring social and recognition dinner on Saturday, March 29, 2008.

Dr. Elizabeth Susman, Jean Phillips Shibley Professor of Biobehavioral Health, received the John P. Hill Memorial Award at the Society for Research on Adolescence (SRA) recent meeting. The Hill Award recognizes an individual whose overall program of work has had a significant impact on the understanding of development and behavior during the second decade of the life span.

Debra Miller ’96g has been named director of nutrition, global research and development at The Hershey Center for Health and Nutrition. In this position, Debra will direct the center’s clinical nutrition program, work with the Product Development and Marketing organizations on health and wellness issues, and serve as a nutrition expert to senior management. She will also represent Hershey in a number of nutrition-related organizations and trade groups and will work closely with Corporate Communications to communicate key nutrition-related information.

Communication Sciences and Disorders

The Department of Communication Sciences and Disorders celebrates its 75th anniversary at Penn State this year, making it the third oldest such program in the United States. It continues its mission of excellence in research, teaching, and outreach to the University and surrounding communities.

Dr. Janice C. Light, Distinguished Professor of Communication Sciences and Disorders, is the recipient of the University’s Faculty Scholar Medal for Outstanding Achievement in Social and Behavioral Sciences. Established in 1980, the award recognizes scholarly or creative excellence represented by a single contribution or a series of contributions around a coherent theme.

The Inaugural Speaker’s Series in Communication Sciences and Disorders was a huge success. Krista Wilkinson, associate professor, Emerson College, kicked off the series with a talk titled “An Interdisciplinary Approach to AAC Research and Practice with Children with Intellectual Disabilities: Applications of Behavioral and Cognitive Science.” It was well attended by faculty, students, and staff.

Dr. Ingrid M. Blood, professor of Communication Sciences and Disorders, is the new chair of the Faculty Senate. The Senate is the representative body for more than 5,000+ faculty at University Park as well as campuses across the commonwealth.

Health Policy and Administration

The Department of Health Policy and Administration and the Center for Health Care and Policy Research (CHCPR) have settled in to their new facilities in the newly-named Donald H. Ford Building (formerly the Business Administration Building). HPA and CHCPR occupy refurbished suites on the fifth and sixth floors.

Master of Health Administration students Ashley Kaper, Nathan Elliott, and Lauren Lubus represented Penn State in early February at the National Case Competition at the University of Alabama at Birmingham. Students from twenty-one universities offered their solutions to the national “throughput” problem as part of the competition. Their efforts placed the team members among the top ten schools.

In recognition of academic excellence, leadership, and contributions to student activities, Shane Flickinger, an HPA junior, was honored this spring as a recipient of Penn State’s Student Leadership Award. Flickinger, who maintains a 3.93 grade-point average, is involved in the HPA/ACHE Club, where he serves as the junior representative and 2008 THON co-chair; Lion Ambassadors; and the Penn State Glee Club. Penn State offers the award through support from USA Today. The award honors and recognizes undergraduate students who have superior academic records or show promise of outstanding academic success.

Dr. Jami DelliFraine, assistant professor and Dr. Kathryn Danisky, associate professor recently presented a comprehensive analysis of telemedicine clinical studies at the British Royal Society of Medicine Telehealth and E-Health meeting in London. Their presentation highlighted how telemedicine is used today and its benefits to health care.

Governor Edward G. Rendell recently appointed Lisa Davis, director of the Pennsylvania Office of Rural Health (PORH), to be a member of the Pennsylvania Commission for Women. As director, Davis is responsible for developing and sustaining linkages with state and national partners and seeking ways to enhance the health status of rural Pennsylvanians through education, outreach, advocacy and applied research.

HPA faculty recently revamped and approved the department’s Ph.D. curriculum in an effort to provide relevant coursework that is on the cutting edge of services research. The new curriculum, which includes tracks in economics and health policy, management of health care organizations, and population health and demography, is being submitted for approval to The Graduate School. As part of the planned changes, the department submitted a $1.5 million training grant proposal to the National Institutes of Health for financial support of the doctoral program. Additionally, the Ph.D. Committee is reporting record success in its recruiting efforts over the past year.

Nearly fifty HPA alumni, students, and faculty members had a chance to mix and mingle this spring at the American College of Healthcare Executive’s Annual Congress in Chicago. This year, twenty-seven students (fifteen undergraduate and twelve MHA) attended Congress, which represented one of the largest student groups at the event.
Human Development and Family Studies

Dr. Michael J. Rovine, professor of human development and family studies, is the recipient of the 2008 Graduate Faculty Teaching Award. The award, established in 1992 by The Graduate School, is presented to faculty members in recognition of outstanding teaching performance and advising of graduate students.

Dr. J. Douglas Coatsworth, associate professor of human development and family studies and professor-in-charge of the undergraduate program, has been named this year’s recipient of the President’s Award for Engagement with Students. The award is given to a faculty member who goes beyond his or her responsibilities to engage and encourage students in learning, demonstrating deep caring and involvement with students’ learning.

Anne E. Pezalla and Tara Stoppa, both Ph.D. candidates in the Department of Human Development and Family Studies, received the 2008 Harold F. Martin Graduate Assistant Outstanding Teaching Award. The award is jointly sponsored by The Graduate School—through the Harold F. Martin Graduate Assistant Outstanding Teaching Award endowment—and the Office of the Vice President and Dean for Undergraduate Education. Nominees for the award, which recognizes outstanding teaching performance, must have served as graduate assistants for at least two semesters within the past two years.

The Bennett Family Center and the Child Development Laboratory, both on Penn State’s University Park campus, are among the first early childhood programs to earn accreditation from the National Association for the Education of Young Children (NAEYC) — the nation’s leading organization of early childhood professionals. Both facilities are part of Human Development and Family Studies (HDFS) Children’s Programs.

Three HDFS professors will retire this year: Dr. Robert L. Burgess, Dr. Sherry Willis, and Dr. K. Warner Schaie.

HDFS welcomed four new professors this past fall, Dr. Lisa Gatzke-Kopp, Dr. Hobart (Bo) Cleveland, Dr. Daphne Hernandez, and Dr. Denis Gerstorf.

Dr. Susan M. McHale, professor of human development and family studies, accepted the position of director of the Social Science Research Institute (SSRI) and the Children Youth, and Families Consortium (CYFC) effective July 1, 2007.

In the summer of 2006 the HDFS department implemented its new baccalaureate requirements. The major’s four former options were folded into two new options: Life Span Human Services (LSHS) and Life Span Developmental Science (LSDS). After much review and consultation with human service agencies, the department believed that these new options reflected the current world of human services and research better than the old options. The new curriculum also provides students more flexibility in selecting their HDFS and supporting courses. View the requirements and courses on the department’s Web site, www.hhdev.psu.edu/hdfs/.

Kinesiology

Dr. Karl M. Newell, professor of kinesiology and the Marie Underhill Noll Chair in Human Performance, has been appointed head of the Department of Kinesiology effective September 28, 2007. Newell had served as interim head of the department since July 1. He previously served as head of the department from 1993 to 2001 before being appointed associate dean for research and graduate education in the College of Health and Human Development, a position he held for six years.

Dr. John H. Challis, associate professor of kinesiology, was selected as recipient of the 2007 HHD Alumni Society Excellence in Teaching Award. The award was established in honor of “truly memorable educators whose inspiration is never forgotten” and recognizes excellence in teaching and contributions to the art of teaching.

Dr. Robert Eckhardt, professor of developmental genetics and evolutionary morphology, was recipient of the 2007 Evan G. and Helen G. Pattishall Outstanding Research Achievement Award from the College of Health and Human Development. This award was established to affirm the important role that research plays in the success and vitality of our College and honors a faculty member who has advanced the frontiers of knowledge in their field.

Dr. Lauren Kramer, program director of the athletic training option, was awarded the 2007 Evelyn R. Saubel Faculty Award in the College of Health and Human Development. This award is given to a faculty member committed to human service, who is an accessible advisor in both academics and career decisions, and who demonstrates a caring, professional style that symbolizes College values.

Dr. Larry Kenney, professor of physiology and kinesiology, has been awarded the 2008 American College of Sports Medicine Citation Award. This award was presented at the 2008 Annual Meeting in late May.

Dr. Neil Sharkey, professor of kinesiology, orthopaedics and rehabilitation, was appointed associate dean for research and graduate education in the Penn State College of Health and Human Development, effective August 1, 2007.

School of Nursing

The School competed successfully for a Hartford Center of Geriatric Nursing Excellence. Dr. Ann Kolanowski serves as project director of the Center.

The School achieved NLNAC accreditation for all programs for the maximum number of years (eight years).

Construction has begun on a state-of-the-art simulation facility to replace the existing nursing lab.

Penn State Erie, the Behrend College has become the tenth campus to offer a nursing program. The campus offers an associate degree program in nursing.

The School has received approval from the Pennsylvania State Board of Nursing to open an Adult Nurse Practitioner specialty.

Nine faculty – Dee O’Hara, Janet Knott, Melissa Miner, Suzanne Kuhn, Sharon Lacue, Dee Dee McCreary, Sherry Goertz, Dr. Mahassen Mansour and Dr. Raymonde Brown – became certified as nurse educators by the National League for Nursing.

Dr. Donna Fick, associate professor of nursing, received the Fran and Holly Soistman Award from the College of Health and Human Development for her work on delirium superimposed on dementia and polypharmacy in the elderly.

Dr. Susan Loeb, assistant professor of nursing, received the Springer Publishing Company Award in Geriatric/Gerontological Nursing for a Distinguished Single Work of Research in Applied Geriatric Nursing.
Recreation, Park and Tourism Management

Dr. Linda Caldwell, professor of recreation, park and tourism management, was awarded the 2007 National Recreation and Park Association Franklin D. and Theodore Roosevelt Excellence in Recreation and Park Research Award. Dr. Caldwell also was a recipient of the 2007 George Jones, Jr. and Velma Rife Jones Lectureship at the University of Utah College of Health Sciences. She and Edward Smith received the 2007 Society for Prevention Research International Collaborative Prevention Science Award.

Dr. Deborah Kerstetter, associate professor of recreation, park and tourism management, was the winner of the Rosemary Schraer Mentoring Award for 2007-08. The award is presented by Penn State’s Commission for Women.

Dr. Christine Buzinde, assistant professor of recreation, park and tourism management, was an invited presenter and session chair at the 28th Congress of the International Union of Game Biologists in Uppsala, Sweden, in August 2007.

Dr. Alan Graefe, associate professor of recreation, park and tourism management, completed a one-semester sabbatical leave during the fall 2007 semester, spending six weeks in Oregon, two weeks in Korea at Hanyang University, and the remaining time attending conferences.

Retired RPTM professor Dr. Monty Christiansen was honored with the American Society for Testing and Materials (ASTM) International William F. Hulse Memorial Award for outstanding contributions to the establishment of voluntary full-consensus standards to enhance safety of sport.

Enrollment for the RPTM undergraduate major was officially 474 for fall semester 2007 (this number does not include twenty-nine students who identify RPTM as their second major), representing the highest enrollment in the past six years.

The department is hosting two visiting scholars: Huimei Liu, a Fulbright scholar, and Zuozhi Li, both from China.

RPTM majors William Ben Duncan, Charles Gruber, Penny Horner, Robert Pearsall, Mira Deen Shiffrin, and Brad Snyder were among twenty-three Penn State students who spent the summer in Australia as part of an American Universities International Programs study abroad opportunity. Also, three students took part in RPTM’s Council on International Educational Exchange summer abroad program in Palma de Mallorca, Spain.

The PGM Student Society sponsored the “Penn State PGM Rock-a-THON” on December 7, 2007, to raise funds for THON. The event raised $1,200 and will be profiled in PGA Magazine.

The July 2007 issue of PGA Magazine touted the Professional Golf Management program’s April 2007 “Golfapalooza” event, at which PGM students provided a day of golf instruction and activities for 130 area middle-schoolers.

The PGM students successfully completed their national assessment testing, PGA Checkpoint, on March 27-31, with 100 percent of seniors successfully completing PGA Checkpoint Level 3 – the first time this has occurred at any university.

Nutritional Sciences

Dr. Gordon L. Jensen, professor and head of the department, was appointed to the Food and Nutrition Board of the Institute of Medicine for a 2007-2010 term.

Dr. Penny Kris-Etherton, distinguished professor of nutritional sciences, is the 2007 recipient of the Marjorie Hulsizer Copher Award. This award recognizes significant and ongoing contributions to both the ADA and the field of nutrition. Dr. Kris-Etherton was honored September 29, 2007, at the ADA's food and Nutrition Conference and Exposition in Philadelphia.

Dr. John Beard, professor of nutritional sciences, received the 2007 Pauline Schmitt Russell Distinguished Research Career Award from the College of Health and Human Development. He was recognized for his contributions on the nutritional impact of iron on the brain and cognitive function. Dr. Beard also was honored as the recipient of The Kellogg Award in International Nutrition during the Nutrition Awards Program at the Experimental Biology 2008 Annual Meeting in April.

Dr. Barbara Rolls, Helen A. Guthrie Chair in Nutrition, was honored as the recipient of The Centrum Center for Nutrition Science Award. Dr. Rolls received the award, given for recent investigative contributions of contemporary significance to the understanding of human nutrition, during the Nutrition Awards Program at the Experimental Biology 2008 Annual Meeting in April.

School of Hospitality Management

The 3rd International Conference on Services Management was hosted by the School at the Penn Stater Conference Center Hotel in University Park in early May. The theme was “Service Quality” and attendees from across the globe participated in the forum that shared the latest findings of hospitality research and presented opportunities for new initiatives and partnerships for continued study of service quality in the services industry.

The School of Hospitality Management has received a three-year, $60,000 gift from the Darden Foundation that will support various student professional development needs. “This gift from the Darden Foundation will enable us to support many of the initiatives that help our students grow both personally and professionally,” said Dr. Bert Van Hoof, Director of the School.

Dr. Arun Upneja received the John Wiley & Sons Lifet ime Research Achievement Award from the International Council of Hotel Restaurant International Education (CHRIE).

Angelo Blacey was selected as co-recipient of Pennsylvania Travel and Lodging Association’s 2008 Student of the Year. Blacey received the Student of the Year Award at a reception in Harrisburg.

Five HRIM undergraduate students won national scholarship competitions: Mimi Ra, Sara Quinteros Fernandez, and Stephen Rowe, were awarded scholarships through the National Society of Minorities in Hospitality. Ashley Akright won the International Association of Conference Centers Industry Award. Pamela Salva won the Marriot Hispanic Fund Scholarship and was selected to attend the Hispanic Young Professionals 14th Annual Scholarship Awards Gala in Washington, DC.

Fourteen undergraduate students kicked off the inaugural Cooking with Kids program in January. The six-week program pairs SHM students, freshmen to seniors, with sixth graders from Centre County to teach cooking techniques…and some of the finer points of dining etiquette.

The Hospitality Executive of the Year Dinner in November was especially exciting this year as Tom Giannopoulos, 2008 recipient of the award announced a $500,000 donation to the School of Hospitality Management and the College of Health and Human Development for scholarships and development opportunities.
On September 14, 2007, the College honored one of its founding fathers when the former Business Administration Building was named the Donald H. Ford Building. As the first dean of the College of Human Development, Ford served from 1967 to 1977, during which time he developed the new college—the first of its kind in the nation—from the ground up.

The pouring rain did little to dampen the enthusiasm of the faculty, staff, administrators, alumni, and friends who attended the ceremony. In fact, Collins Airhihenbuwa, professor and head of the Department of Biobehavioral Health, remarked that in his home nation of Nigeria, rain during such a ceremonious occasion is viewed as auspicious.

The ceremony was a time for celebrating Ford’s role in shaping the College. “Don was a key figure in creating the modern era of health and human development not only at Penn State, but nationally,” said Penn State President Graham Spanier. “Under his leadership, he helped establish the most successful college of its kind in the United States and one of the great colleges in the history of Penn State.”

Ford recognized his wife, Carol Clark Ford, for the role she played in helping to recruit faculty to the new college. He passed on to current faculty the advice that his wife shared with him in 1967 when he became dean: “Build a college that has a heart as well as a mind.” He also encouraged faculty to take advantage of the opportunity to explore new opportunities and look toward the future. “Seize this opportunity,” he said. “Think about what socially important, cutting-edge efforts you might pursue next.”

The Ford Building houses the Departments of Communication Sciences and Disorders; Health Policy and Administration; and Recreation, Park and Tourism Management; in addition to the Speech and Hearing Clinic. Nan Crouter, dean of the College, commented that the new space allows for departments “to configure themselves in ways that facilitate new partnerships and research opportunities.”

Crouter reminded the audience that the Ford Building will long serve as a reminder of the College’s history and Ford’s critical role in shaping that history. “Tomorrow’s students will casually say to one another, ‘I’ll meet you outside Ford,’” she remarked. “What could be a more fitting acknowledgement of Don’s many contributions than to have his name added to the geography of the campus he loves so much?”

University Names Building in Honor of Founding Dean
President’s Message

Here in Happy Valley, I enjoy watching the academic year go by with the changing seasons. Fall, with its wide-eyed freshman and football and homecoming activities gave way to winter, with the excitement of activities like THON and the campus’s beautiful snowy landscape. So much to enjoy and be proud of!

The current academic year in the College of Health and Human Development is even more exciting than usual because we are experiencing the beginning of an important new era: that of our new dean, Nan Crouter.

The HHD Alumni Board Executive Committee was pleased to have Dean Crouter join us in our strategic planning session shortly after she took office in June 2007. Her input was invaluable and our mutual comfort level very pleasant.

Dr. Crouter clearly appreciates the important role of the active, engaged, committed alumni of the College of Health and Human Development. She helped us formulate great ideas for our next strategic plan (2008–2011) that will continue, and build on, our traditions of alumni working with faculty and students to enhance the HHD experience while taking an active role in the University community.

As the College and the Board go forward it is indeed very reassuring to know that Dr. Crouter and her very special blend of warmth and professionalism are in place to direct and work with us. We all share a similar commitment to HHD and Penn State and want future students to experience the same opportunities that enhance our lives.

Common goals, dedicated efforts, and the strong leadership of Dr. Crouter will help us as a College and its Alumni Board grow and achieve excellence. As future seasons grace Happy Valley I think we will remember this time as a bright new beginning that will lead to even greater success.

Kay Salvino ’69 IFS
President, HHD Alumni Society

2008 College of Health and Human Development Mentoring Program Underway

The 2008 Health and Human Development Alumni Mentoring Program is off to a great start. Kickoff events were held in February, March, and April and provided the opportunity for alumni mentors and student protégés from all nine academic units to meet and set goals for their mentoring relationship.

Dean Nan Crouter said, “The mentoring program has been so successful that it received an award from the Penn State Alumni Association in 2005 and has been used as a model by at least four other colleges that have established similar programs here at University Park.”

Both Dean Crouter and V. Diane Collins, alumni mentoring program coordinator, express their appreciation to the alumni who are willing to give back to the college by sharing their experiences and expertise with students, and to the students who are taking the opportunity to enhance their classroom learning with out-of-class experiences.

Brian McKee ’89 H PA was matched last year with then student Dan Schreck. On his Mentor Goal Setting and Action Plan, McKee stated, “I’ve learned that the students who are engaged in the mentoring program seem to be extremely motivated and sophisticated beyond where I was when I was in their shoes. They are an impressive group and reflect very well upon the program.”

Recruitment for the next “class” of mentors and protégés will begin in September 2008. If you wish to be contacted or would like information about the mentoring program, please contact V. Diane Collins at 814-865-3831 or dvc1@psu.edu.

The following dates for the 2009 mentoring events at The Nittany Lion Inn have been established:

Friday, February 6, 2009 (Dinner)
Biobehavioral Health
Human Development and Family Studies
Communication Sciences and Disorders

Saturday, February 7, 2009 (Lunch)
Nursing
Kinesiology
Nutritional Sciences

Saturday, February 7, 2009 (Dinner)
Hospitality Management
Health Policy and Administration

Saturday, March 28, 2009 (Brunch)
Recreation, Park and Tourism Management
Karen B. Peetz ’77 IFS, senior executive vice president of The Bank of New York Mellon in New York City, received the 2007 Alumni Fellow Award, the highest honor bestowed upon alumni by the Penn State Board of Trustees.

Peetz serves as the division head in charge of the Bank’s Global Corporate Trust Services business, overseeing a staff of more than 3,500 in 54 offices in the United States and in 19 countries throughout the world. Her division serves 30,000 clients representing $10 trillion in total debt outstanding.

Peetz began her career at JP Morgan Chase (formerly Chemical Bank), where she held several management positions in sales and business management, including an assignment in London. In 1998 she joined The Bank of New York to run domestic U.S. Corporate Trust and subsequently ran its Global Payments Services Group. Just five years later she was named head of Global Corporate Trust, and was promoted to her current position in 2006.

Peetz received a Master of Science degree in Applied Behavioral Science from Johns Hopkins University. She is a member of the Board of Trustees of the Brooklyn Academy of Music and a co-chair of Women United in Philanthropy for the United Way of New York City. Karen also chairs the Women’s Initiatives Network (WIN) for the Bank.

Peetz is a past president of the College of Health and Human Development Alumni Society Board of Directors and, in that capacity, also served on the Penn State Alumni Association’s Alumni Council. She is a life member of the Penn State Alumni Association and is a member of the HHD Development Council.

Wallace Triplett III ’49 PH ED was a recipient of the University’s 2007 Distinguished Alumni Award – the highest honor bestowed upon Penn State alumni by the Penn State Board of Trustees.

Enrolling at Penn State in 1945, Triplett became the first African American player on the Penn State varsity football team. During Triplett’s time at Penn State, he and the team encountered—and overcame—numerous obstacles. In 1946, Penn State cancelled a game with the University of Miami because Miami refused to play the game unless its two African American players (Triplett and Dennie Hoggard) were excluded from playing. A year later, when Penn State played in the Cotton Bowl, the team was not permitted to stay at its “whites-only” hotel because of Triplett and Hoggard, and instead stayed at a local Naval base. Triplett, by then the team’s star running back, became the first African American to play in the Cotton Bowl.

Triplett’s success continued after his graduation from Penn State. He was only the third African American player drafted by the National Football League (NFL) and was the first African American drafted by the NFL to play in an NFL game. He was a running back and return specialist for the Detroit Lions from 1949 to 1950 and holds the team’s single-game record in kickoff return yardage with 294 against the Los Angeles Rams in 1950. Following that season, Triplett was drafted into military service for the Korean War. When he returned, the Lions traded him to the Cardinals, and he retired from professional football in 1953. For being the first African American to be drafted by and play for an NFL team, Triplett’s picture hangs in the Pro Football Hall of Fame in Canton, Ohio. In 2003, the Detroit Lions named him an “alumni honorary captain” for one of their games.

Triplett attended Penn State at a time when many of society’s institutions were segregated. Because of Triplett’s courage, and the support and commitment of his teammates, coaches, and University administrators, Penn State demonstrated to the nation that “separate but equal” policies need not be tolerated. Years before Brown v. Board of Education, Penn State’s actions forced other institutions to examine their policies and contributed to the national dialogue about civil rights.

Triplett was honored during several ceremonies at Penn State in June 2007. At a College-hosted luncheon, Dean Nan Crouter remarked, “We are proud not only of your accomplishments on the football field, but also of the way in which you helped to start a national conversation about one of society’s greatest ills. Because of your courage, Penn State was able to stand up to injustice and demonstrate to the nation that civil rights mattered and segregation would not be tolerated.”
Smith Receives Alumni Recognition Award

Scott Smith '90g NUTR, senior nutritionist and manager for nutritional biochemistry at NASA, received the Alumni Recognition Award this past fall. The award is presented to an alumnus/alumna of the College who has demonstrated professional excellence and exemplary voluntary community involvement in a health and human development field.

Smith oversees the nutritional status and nutrient requirements of astronauts before, during, and after space travel. At NASA, he has championed the importance of studying and understanding the unique nutritional challenges of space flight.

He has been described as "the top person in the world on understanding the interactions of diet and microgravity effects." His primary area of focus is on understanding how the body metabolizes calcium during space flight to prevent bone loss. His findings have far-reaching applications in and outside the space program.

Smith has led efforts to develop a "nutritional assessment protocol" administered to all International Space Station astronauts before and after space flight, a protocol that has been adopted in studying nutritional deficiencies of elderly populations. He also developed a preservative for urine that enhances its usefulness in nutritional assessment studies of astronauts. This patented preservative has practical applications for remote research and rural medicine where labs are distant.

Smith is committed to sharing his knowledge to benefit of others; he developed and implemented an "adopt-a-classroom" initiative, targeted to elementary school students, discussing space flight and the science behind it. Smith holds adjunct faculty positions at the University of Texas Medical Branch, the University of Houston, and Texas Woman's University, and developed a course at the University of Houston addressing issues pertaining to nutrition and space flight.

Two Alumni Receive Emerging Professional Awards

Emerging Professional awards recognize graduates of the past ten years—one undergraduate degree recipient and one graduate degree recipient—who have demonstrated professional excellence and/or exemplary voluntary community involvement in the health and human development professions.

Christopher Minson '97g EX SCI, associate professor in the Department of Human Physiology at the University of Oregon, received the Emerging Professional—Graduate Degree Award.

Minson is a leading researcher in cardiovascular physiology. He has made numerous important contributions in the areas of vascular biology, temperature regulation, and women's health during his brief career and has received New Investigator Awards from the American Physiological Society's Environmental and Exercise Physiology Section and the American College of Sports Medicine.

Praised by colleagues for the creativity and innovation of his work, Minson has excelled at developing unique and mutually-beneficial partnerships. For example, he successfully bridged the gap between basic science and clinical research by fostering relationships between the University of Oregon and the Oregon Heart and Vascular Institute, drawing upon the expertise of clinicians and basic scientists. He is also working with scientists at Pacific Northwest National Laboratories to conduct research that integrates human physiology and proteomics.

Minson is a respected educator and mentor credited with being the driving force behind unprecedented undergraduate and graduate student enrollment in his department. He is one of the most popular teachers in the department (attracting more students than can be accommodated) and consistently receives high scores from student course evaluations. He has developed new graduate-level courses, one in environmental physiology and one in cardiovascular function, as well as an upper-division class on integrative endocrine physiology. He mentors numerous doctoral students, many of whom have received national research awards and have gone on to successful research careers at top research institutions.

Joseph Hughes '99 R P M, general manager and head golf professional at the Penn State Golf Courses, received the Emerging Professional—Undergraduate Degree Award.

In his current role, Hughes oversees all daily operations and food and beverage operations at the golf courses, which host approximately 60,000 customers each year. He also teaches individual and group golf lessons. Since he joined the golf courses, golf course revenue has increased by 12 percent and golf course rounds by 14 percent; golf tournament operations and custom fitting sales have also increased significantly under his watch. Prior to coming to Penn State, he was PGA assistant golf professional and merchandiser at Shannopin Country Club in Pittsburgh, Pennsylvania.

Hughes is also known for his service to his community. He has hosted numerous fund-raising golf tournaments at the Penn State Golf Courses for organizations such as the Second Mile, Youth Service Bureau, Mount Nittany Medical Center, and Coaches vs. Cancer. He has been recognized as a “Gold Medal Friend” of Special Olympics for his work in implementing a golf training program for its athletes.

Hughes also gives back to Penn State by spending time with undergraduates in the professional golf management program. He frequently speaks to classes and assists students in two Recreation, Park and Tourism Management (RPTM) classes in developing leadership activities and other events as part of their classwork. He also works with the program on its PGA Player Development Program, which helps students prepare for tournament play as professional golfers. He received the 2005 “Pride of the Lions” award from the Professional Golf Management Affiliate Program Group for his work with students.
Affiliate Program Group Reports

Biobehavioral Health Affiliate Program Group
Katie Kivlighan ’06g BBH, President kkivligh@jhsph.edu

The Biobehavioral Health Affiliate Program Group (BBH APG) wishes to reintroduce itself to BBH alumni, faculty, and students. The main role of the group is to provide BBH alumni with an opportunity to connect with the department, current students, and each other. The APG attempts to achieve these goals through four main areas of focus: mentoring, awards, communications, and social activities. Planned activities for the coming year include an Alumni Career Day for undergraduate students. Alumni will share their career paths with current students in an effort to help them answer the question: “What careers can be pursued with a degree in BBH?” A newsletter and updated Web site to facilitate communications with alumni are also in the works.

Membership in the group is automatic for all alumni upon graduation. Current APG board members include Katie Kivlighan (President), Andrew Strasser (Past President), Claire Kang (Vice President), Beth Mattern, Helen Kamens, Elizabeth Donaldson, Michelle Gandhi, Kimberly Henry, Jeffrey Marguin, and Christine Karshin. Suggestions are always welcome. Feel free to contact us at bbh.apg@gmail.com with any comments or if you would like to volunteer your time and talent.

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

The Communication Sciences and Disorders Affiliate Program Group (CSD APG) is a means for alumni to stay connected with the CSD department. We focus on four areas: Mentoring, Awards, Communications, and Social and professional activities (MACS). These four areas guide our activities and initiatives throughout the year.

Mentoring

Our second “Alumni in the Classroom” event was held from October 22-26, 2007. The students and professors warmly welcomed us for guest lectures related to work settings and experiences. Alumni were invited to speak at a National Student Speech-Language-Hearing Association (NSSLHA) meeting to share unique perspectives on our profession. Attorney Sarah Dragotta ’76 spoke about the application of her speech pathology background to her current educational law practice. The feedback from the students was very positive and appreciative.

Awards

Each year, the APG nominates CSD alumni for at least one of the several College of Health and Human Development awards. We encourage you to nominate individuals who are worthy of recognition for their distinctive contributions to the field. Visit the awards Web site for more information: www.hhdev.psu.edu/alumni/awards.

Communications

The APG launched an email series that is sent to CSD students. Hot topics include graduate school decision making and SLP/A work settings. We continually search for new topics and authors. Email topics have included the decision to stay at Penn State for graduate school, a day in the life of a rehab SLP, and the abstract of an alumna’s research. Do you have a topic you’d like to contribute?

Social/Professional

Many alumni joined us for the Penn State Alumni Reception co-sponsored with the CSD department at the PSHA Convention last March. New connections were made and old friendships rekindled.

We hope you’ll take advantage of opportunities to get involved in the APG this year. Come back to Penn State and search for the CSD APG brick on the Alumni Walk at the Hintz Family Alumni Center. Tour the newly-renovated Speech and Hearing Clinic in the Donald H. Ford Building. Speak to a class during our 2008 Alumni in the Classroom days. We realize that not everyone can participate in person and welcome monetary contributions as well. Remember to visit our Web site, www.hhdev.psu.edu/alumni/apg/csd to stay informed and in touch.

Health Policy and Administration Affiliate Program Group
Alyson Rosenfeld ’03 HPA, President alyson_jill@yahoo.com

The Health Policy and Administration Affiliate Program Group (HPA APG) is proud to announce that we successfully organized our First Annual “Professionals in the Classroom” event in October 2007. Ten HPA alumni gave presentations in 300- and 400-level HPA classes and were then invited to a reception during a HPA Club meeting. HPA students felt this program was beneficial as they are actively in the internship and job search process and were able to learn about various career path options. The alumni who volunteered their time enjoyed the opportunity to give back to our department and were thrilled to see the wonderful changes being made throughout the Penn State campus. We plan on continuing this program and invite alumni to participate. Alumni who are interested in participating in thefall Professionals in the Classroom event should contact Alyson Rosenfeld, APG president, at alyson_jill@yahoo.com.

Visit www.hhdev.psu.edu/hpa/alumni/hpa_apg.html for more information and to find other ways to give back to the HPA department. You can also share your news and accomplishments, or indicate your interest in participating in our programs and activities.

Human Development and Family Studies Affiliate Program Group

The APG is currently inactive, but plans to resume programming soon. Alumni interested in getting involved in the APG should contact Abby Diehl, director of alumni relations, at abbyd@psu.edu.

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

The Kinesiology Affiliate Program Group (KINES APG) is proud to announce the first ever Kinesiology APG Outstanding Senior in Kinesiology Award. The award will be given to a graduating senior majoring in any Kinesiology option who is scheduled to graduate in May, August or December of any given calendar year. The criteria include demonstration of exemplary leadership in the College of Health and Human Development and/or the University and having shown exemplary service to the community through the promotion of healthy living, fitness, and wellness. For more information on the criteria for the award please visit our Web site, www.hhdev.psu.edu/alumni/apg/kines.

Do you want to connect with old friends and col-
leagues? The Kinesiology APG and the Department of Kinesiology co-sponsor social gatherings at various local and national meetings. Plans are underway for a gathering of alumni, faculty, and students at ACSM's National Meeting, which will take place in Indianapolis from May 28 to 31.

While you are enjoying the signs of spring, please fast forward in your mind to those wonderful fall days at “dear old state.” If you want to relive those memories, consider volunteering for our annual Alumni Roundtable event, which is held every November. Each semester, Kinesiology undergraduate students gather to ask questions and learn of the trials and tribulations of a Kinesiology degree and life after Penn State. More importantly, conversations center on how to leverage a Penn State education and experience into a professional career.

If you have suggestions for an event or want more information on upcoming or past events, please visit our Web site: www.hhdev.psu.edu/alumni/apg/kines/events.html.

We are continuing to grow and welcome all members! The diversity of career fields represented by Kinesiology alumni are an asset but also a challenge. No matter what your current career (physical education, exercise science, athletic training, physical therapy, kinesiology, or outside of the field) 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 interest. Please take the opportunity to fill out our online “Get Involved” form at www.hhdev.psu.edu/alumni/apg/kines/getinvolved.html.

**Nursing Alumni Society**

Kathleen Fletcher ’71 NURS, President
krf8d@virginia.edu

As president of the Nursing Affiliate Program Group (APG), I am most appreciative to have the opportunity to work closely with the other nine APG presidents in the college and the twenty-three appointed College of Health and Human Development board members during our biannual board meeting. Nursing is well represented on the board – in addition to myself, there are three nursing alumni who have appointments on this board (Jessica Kridler ’04, Karen Macauley ’87, and Jennifer Sprankle ’92). The Nursing APG has an excellent working relationship with Dr. Paula Milone-Nuzzo, the director of the School of Nursing; she joins us on our monthly conference calls, during which we generate ideas about continued collaborations between the school of nursing and nursing alumni and how to engage current students and alumni from the ten Penn State campuses that have Nursing programs.

The Nursing APG board has remained actively engaged in representing the 8,500 nursing alumni. We have continued to use the MACS framework (Mentoring, Awards, Communications, and Social/Professional Activities) to guide our work, which is accomplished through these monthly conference calls, ongoing committee work, and the occasional opportunity to get together face to face. The fall career workshop is at University Park for senior nursing students and we recently just had a very successful spring career workshop, which targeted junior nursing students in Hershey, on March 25, 2008. The theme was practice, professionalism, and pearls of wisdom, and the event was well attended by both students and alumni. It was here that we presented the Shirley Novosel nursing alumni awards to Nancy Pike and Linda Siminerio and the students heard sage advice from these amazing women. We are developing plans to provide mentorship to graduate nursing students.

Communicating with alumni remains both a high priority and a challenge. We want to assure that we are using the appropriate vehicles for communications and so we are developing a survey to ask alumni what vehicles work best for them.

Finally, we continue to enjoy the many social or professional gatherings. Alumni interact with students at Homecoming and Commencement and the board is actively exploring ideas for professional and scholarly ways to engage alumni as well. The first Nursing Research Institute sponsored by the School of Nursing is being held in September in State College and alumni are invited and encouraged to attend. Visit the Institute’s Web site at www.outreach.psu.edu/programs/nursing-science/ for more information.

**Nutrition and Dietetics Affiliate Program Group**

Amy Mackey ’97g NUTRIN, President
mackey.NDAS@gmail.com

Did you know that just by graduating from the Penn State Department of Nutritional Sciences, you are automatically a member of the Nutrition and Dietetics Alumni Society (NDAS)? We welcome all alumni to participate in our affiliate program group. Please take a few minutes to visit our Web site (www.hhdev.psu.edu/alumni/apg/ndas) to see what we have been up to. You will find that NDAS is committed to building and maintaining relationships among students, faculty, and alumni.

NDAS enjoyed a busy 2007 and is in the midst of a busy 2008. We welcomed four new board members, Chris Lewis Taylor, Barbara Winters, Jo- creeen Stocker, and Domingo Pinero. We recognized some of the best from Nutritional Sciences including Samantha Moro (John E. Smith Outstanding Senior in Nutrition), Ida LaQuatra (Outstanding Nutrition Alumni Award), and Jodi Stotts (graduate student travel award). Similarly, the College of Health and Human Development presented the Alumni Recognition Award to our own Scott Smith ’90g, senior nutritionist and manager for nutritional biochemistry at NASA. During his visit to campus, Dr. Smith generously spent time in the classroom, inspiring students to become astronauts or scientists who help nourish them. We hope NDAS members continue this example of sharing their experiences with students in the classroom and at mentoring events. Do you have some good career advice or guidance for students? If so, please send us an email.

NDAS sponsored professional meeting receptions in Washington, Philadelphia, and San Diego; photos from these receptions are posted on our Web site. On March 29, we hosted our annual mentoring luncheon, where we presented Dr. Sara Parks with an honorary membership in NDAS. The luncheon also included remarks from Dr. Domingo Pinero ’98g, clinical assistant professor at New York University; and Dr. Gordon Jensen, professor and head of the Penn State Department of Nutritional Sciences.

We would also love to hear from you! Visit our Web site and click on Tell Us Your News to complete the online submission form. As always, we thank you and hope to see you!

**Penn State Hotel & Restaurant Society**

Debbie Ulrich ’77 FS HA, President
Ulrich.Debbie@centralpa.sysco.com

Penn State Hotel and Restaurant Society held its Winter Board Meeting at the Nittany Lion Inn in February. Over fifty alumni attended the meeting and planned for the future. One of the highlights of the meeting was the announcement of a refreshed PSHRS Web site that will provide new benefits to members such as career boards, an alumni directory, and online dues payment.

The board meeting was held in conjunction with the College of Health and Human Development’s Alumni Mentoring program dinner and work-
PSHRS is extremely pleased to announce it has completed and fully funded an endowment named “The Penn State Hotel & Restaurant Society Endowment for Pre-Professional Leadership and Hospitality Industry Experiences.” The initial principal of this fund, $250,000, will serve the needs of current and future students for generations to come. The purpose of the endowment is to enrich the College of Health and Human Development by providing monies to support individual student pre-professional leadership and hospitality industry experiences by facilitating their participation in key industry events and activities.

PSHRS and the School of Hospitality Management are holding a number of alumni mixers in cities around the country. Events have already been held in Harrisburg, Philadelphia, Washington, DC, and New York, NY, and will be held soon in Chicago, Pittsburgh, and Atlanta. In the fall we head to Orlando and beyond! The turnouts so far have been great and PSHRS gives sincere thanks to all alumni who have attended—especially those who sponsored an event. PSHRS is always looking for venues to showcase the quality managers that have graduated from the school.

Activities planned for the coming months include: The Benefield Bash (July, University Park), Alumni in the Classroom (October, University Park), Alumni Awards Reception (October, University Park), PSHRS Hospitality Executive of the Year Award Reception and Dinner (New York, NY). Contact Angelita Johnson, event coordinator at akb13@psu.edu or 814-865-1854 or Paul Howard, director of hospitality industry relations at paulhoward@psu.edu or 814-865-6728 for information on these events.

Professional Golf Management Affiliate Program Group
Brad Alexander ’00 R P M, President
brad.alexander@lgca.com

The PGM Student Society hosted the 7th Annual Alumni Panel Discussion on December 5, 2007. We would like to thank the following alumni for participating and sharing their experiences and advice on topics including trends in the industry, internships, interviewing skills, networking, and life after college.

Daniel Benzenberg ’06 R P M, Director of Instruction – GolfTec
Keith Bless ’99 R P M, PGA Golf Professional – Dick’s Sporting Goods
Adam Boland ’01 R P M, Account Representative – Fairway & Greene, Ltd./Zero Restriction Outerwear
Jon Boland ’99 R P M, Account Representative – Fairway & Greene, Ltd./Zero Restriction Outerwear
Joe Hughes ’99 R P M, General Manager – Penn State Golf Courses
Mark Lammi ’99 R P M, MP, Director of Golf – Reynolds Plantation
Hans Larson ’97 R P M, Head Golf Professional – Westmoreland Country Club
Jason Marciniec ’04 R P M, Assistant Golf Professional – Oakmont Country Club
Jon Schoenfeld ’05 R P M, Head Golf Professional – Ford’s Colony Country Club
Nolan Sather ’02 R P M, Director of Instruction – Motion Golf
Kevin West ’99 R P M, Director of Golf – Kings Creek Country Club

The APG hosted a reception at the PGA Merchandise Show and Convention on Friday, January 18. More than forty-five alumni and sixty-five students attended the reception.

In addition to the reception, PGM alumni gathered at the annual PGA Show and Convention, January 17-19, 2008. More than ninety PGM alumni stopped by the Penn State booth to say “hello.” The PGA Show and Convention brings together more than 45,000 golf industry leaders, retailing experts, top educators, and golf organizations annually to discuss industry trends and attend educational programs designed to improve their business, careers and growth of the game.

Christopher Cain ’99 received the 2007 PGM Alumni “Pride of Lions” Award. The award, created by the APG, recognizes an outstanding PGM alumnus or alumna who has demonstrated professional excellence in the golf industry.

The following alumni were guest speakers in classes on-campus:

November 7 – Jason Waters ’00 R P M, PGM Head Professional, Hop Meadow Country Club, Simsbury, CT
November 13 & 14 – Dan Benzenberg ’06 R P M, PGM and Tom Howard ’00 PGM Teaching Professionals with GolfTEC
February 14 – TJ Bradley ’07 R P M, PGM Assistant Professional, Wee Burn Country Club, Darien, CT

In only their third year involved with THON, the PGM Student Society raised over $7,000 for the Four Diamonds Fund at Hershey Medical Center. Mark Chianese and John Ebmeyer represented the program as dancers for the forty-six hours. Thank you to all the alumni who donated to THON. We are very proud of the student society’s effort and we look forward to many more years of being associated with THON and its activities.

Recreation, Park and Tourism Management Affiliate Program Group
Angela Andiorio ’03 R P M, President
ala158@psualum.com

The Recreation, Park and Tourism Management APG continues to buzz with activity. The APG board holds monthly conference calls and also includes a faculty liaison and the RPTM Student Society president in order to keep the lines of communication open among alumni, students, and faculty.

The APG has made great strides in terms of honoring outstanding RPTM alumni. This year we created our very own award: the “Deborah Kerstetter Outstanding Alumni Award.” Information about this award can be found at www.hhdev.psu.edu/alumni/apg/rptm/awards.html. The award is presented by the RPTM APG annually at our Recognition Banquet.

The APG played a role in alumni receptions at the 2006 and 2007 NRPA conferences in Seattle and Indianapolis. This was a great opportunity to keep connected with alumni, students, and faculty in the field and have fun at a social event!

The APG recently participated in the RPTM department’s “Super Weekend,” which brought together alumni, faculty, and students for several events. We hosted a “Speed Networking” event that connected alumni “experts” in the field with current RPTM students. Other events during the weekend included the Mentoring Brunch, Recognition Banquet, and our APG General Board Meeting. The weekend was a great success.

The APG and department are committed to keeping in touch with alumni. The APG now works with the department to produce an annual newsletter. Another way to stay connected is through our Web site, www.hhdev.psu.edu/alumni/apg/rptm. We would love to hear from you, so please view our Web site, look out for the newsletter, and drop us a line anytime to let us know what you have been doing!

If you would like to get in touch with me or become more involved, send an email to ala158@psualum.com.
Dear Friends,

It's great fun to thank so many special friends and alumni who have generously shared their financial resources with the College of Health and Human Development.

In the following pages are the names of contributors who demonstrate that philanthropy is a leadership activity at every level. Making a gift to support the timeless missions of our College is a perfect example of making a difference as well as assisting efforts that will improve the quality of human life!

This Honor Roll recognizes those who have provided specific levels of giving during the 2006-07 fiscal year. Gifts of service, time, and talent from our alumni and friends are unique examples of their respect and enthusiasm for HHD. We are grateful to each donor who has made a financial gift at any level and invested in our College.

The University’s new fundraising effort, For the Future: The Campaign for Penn State Students, is but one example of limitless opportunities where you may choose to get involved—or stay involved. You will find our College very ready to welcome your interests and always appreciative of your support.

Happily, many people have already experienced the personal joy and satisfaction of knowing that they have helped to move HHD forward, that they have truly made a difference in someone’s life, have supported a student, a faculty member, or a life-changing program. I hope you continue to enjoy this feeling and be proud of all that you have helped to accomplish.

Your financial support has assisted HHD in bringing new ideas to countless individuals around the world via our College’s mission of teaching, research and service. With your help and participation, these areas will continue to be developed and expanded.

The creative ways each of you have expressed your love and loyalty for our College and the University are greatly appreciated.

For the glory,

Helen Hintz ’60 H EC
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Mary Boyle Weaver and Rebecca Boyle Sutherland Scholarship Fund
Suzann Andrews Tedesco Award
Ruth Stevens Tewksbury Honors Scholarship
Thomas W. and Jane Mason Tewksbury Endowment for Teaching Excellence
Thomas W. and Jane Mason Tewksbury Diversity Honors Scholarships
Thomas W. and Jane Mason Tewksbury Honors Scholarships
Thomas W. and 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 E. Wiesendanger Memorial Scholarship
Janet A. Williamson Graduate Award
Francis A. and Ruth C. Wodock Scholarship
Gregory H. Wolf Professorship of Health Policy and Administration
Joachim Wohlwill Endowment in Individual and Family Studies
Ken and Mary Young Trustee Scholarship
Irina and Harold Zipser Graduate Fellowship

Honor Roll of Donors

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70’s
Wendy Schiff ’73, ’77g NUTR has authored Nutrition for Healthy Living, a college-level introductory nutrition textbook (McGraw-Hill).

Mary Ellen (Berley) Roy ’79 NURS has been the nursing program coordinator and assistant dean at Delaware County Community College in Media (Pennsylvania) since January 2005. Mary Ellen received her master’s degree in nursing education from Villanova University in 1988 and has spent her career since then focusing on continuing education for nurses and other healthcare professionals. She can be reached at nutshell@earthlink.net.

80’s
Col. Kelly Ambrosi Wolgast ’85 NURS will assume command at Evans Army Community Hospital, located in Fort Carson, Colorado, during the summer of 2007. Col. Wolgast recently returned from a tour in Afghanistan as part of Operation Enduring Freedom, where she served as the deputy commander for nursing with the 14th Combat Support Hospital in Bagram. Col. Wolgast can be reached at kelly.wolgast@us.army.mil.

Thomas H. Dennison ’87g CSP D is professor of practice at the Maxwell School of Citizenship and Public Affairs at Syracuse University where he is also advisor to the Program in Health Services Management and Policy at the Maxwell School. He serves as chair of the Commission for a Healthy Central New York, a consortium of eight counties sponsored by Upstate Medical University and Syracuse University that undertakes regional public health initiatives.

Laura Metcalf Jelinek ’87 H PA and her husband Jim welcomed their daughter, Jaine Angelene, to the family on February 7, 2007. Laura is an associate executive director for American Association of Oral and Maxillofacial Surgeons in Chicago, Illinois.

90’s
Todd Schonherz ’91 H PA has been appointed senior vice president and chief information officer of US Oncology, Inc. headquartered in Houston, Texas. US Oncology is the nation’s largest healthcare services network dedicated exclusively to cancer treatment and research. US Oncology is affiliated with over 1000 physicians practicing in approximately 460 locations, including 90 outpatient cancer centers in 32 states. He currently resides in Spring, Texas with his wife Stephanie and 2-year old twins Matthew and Lauren.

Jean Marie Lucas ’92 NURS is currently director of emergency and care services at Lakewood Ranch Medical Center in Florida. Jean, her husband and two children recently relocated to Florida from Baltimore, where she was an emergency department nurse at Johns Hopkins Hospital for ten years. Jean received her MSN, MBA and postgraduate acute/critical care nurse practitioner certification from the Johns Hopkins School of Nursing and has been accepted into the doctoral nursing program at the University of South Florida. She can be reached at jmlucas@mac.com.

Carol Ann Bashore ’98 NURS has worked at the Reading (Pennsylvania) Hospital and Medical Center for the past 37 years. In January 2006, she was named staff educator for ambulatory practices for the hospital. “If I had not obtained my BSN, I never would have been considered for the position,” she says. Carol can be reached at cbashore@readinghospital.org.

William Danchanko ’99 NURS completed his masters of science in nursing from the University of Pennsylvania in 2006 and successfully attained board certification as both an Adult Nurse Practitioner through the American Nurses Credentialing Center and as an Advanced Oncology Certified Nurse Practitioner through the Oncology Nursing Society. He currently works at the Naval Medical Center in San Diego, California. He and his wife Tammy Sue welcomed the arrival of Gabriel Archer Danchanko on February 14, 2008.

Tiffany Boldin ’04 MHA completed a two-year post graduate fellowship at The University of Pittsburgh Medical Center and is now a senior administrative manager for the Division of Gastroenterology, Hepatology, and Hematology in the Johns Hopkins School of Medicine in Baltimore, Maryland.

Lori Lees Droschak ’04 NURS has been accepted into the Excela Health School of Anesthesia. She can be reached at LeesL@upmc.edu.

Jessica Kneiss ’05 KINES received her Doctor of Chiropractic degree from Life Chiropractic College West in December and was named 2007 Student of the Year by the college’s alumni association. She was selected in recognition of her achievement and service to the college located in Hayward, California.


James E. Dormer ’06 H PA is the hospital operations coordinator for Universal Hospital Services at the Milton Hershey Medical Center in Hershey, Pennsylvania.

Jacob Nyman ’07 H PA is a consultant/business analyst, public sector, for CGI Federal in Fairfax, Virginia. He works on a project called Provider Enrollment Chain and Ownership System (PECOS) and can be reached at jacob.nyman@cgifederal.com

SEND US YOUR NEWS

Please let us know about your major life events: a wedding, birth, promotion, anniversary, retirement or award.
Send news to:

Diane Collins
201 Henderson Building
University Park, PA 16802
dvc1@psu.edu

Elizabeth (Liz) Smurkowski ’02 NUTR received the Recognized Young Dietitian of the Year Award from the Vermont Dietetics Association. She is working as a nutrition and diabetes educator at Mt. Ascutney Hospital and Health Center in Windsor, Vermont.

Aleaha Bentz ’03 NURS is currently working in the intensive care unit at the University of Pennsylvania Hospital. Aleaha can be reached at aleaha12@hotmail.com.
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<th>June</th>
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<th>September</th>
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<tr>
<td>2-4</td>
<td>Summer Institute in Longitudinal Methods</td>
<td>11-13 Nursing Research Institute: New Frontiers in Nursing Science: Harnessing Vulnerability</td>
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<td>5-8</td>
<td>Traditional Reunion Weekend</td>
<td>25 Distinguished Alumni Speaker Series – HHD Alumni Society</td>
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<td>University Park</td>
<td>Bennett-Pierce Living Center, Henderson Building, University Park</td>
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<td>July</td>
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<td>October</td>
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<td>9-13</td>
<td>Central Pennsylvania Festival of the Arts</td>
<td>3-5 Parents and Families Weekend – Ice Cream Social</td>
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<td>11-13</td>
<td>Benefield Bash – Penn State Hotel &amp; Restaurant Society, University Park</td>
<td>Bennett-Pierce Living Center, 110 Henderson Building</td>
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<td>14-18</td>
<td>Cook Like a Chef (Youth Program)</td>
<td>10-11 Alumni Society Board Meeting</td>
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<td>21-25</td>
<td>American Chef Road Trip (Youth Program)</td>
<td>17-19 Homecoming – “Inspired by Tradition...”</td>
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<tr>
<th>August</th>
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<tr>
<td>16</td>
<td>Summer Commencement</td>
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<td>Bryce Jordan Center, University Park</td>
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<td>25</td>
<td>Fall Semester Classes Begin</td>
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