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**DEPARTMENT OF  
APPLIED HEALTH SCIENCE**

INDIANA UNIVERSITY  
School of Health, Physical Education, and Recreation  
Bloomington

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## From the Chair...

Greetings to all students, alumni, and friends of the Department of Applied Health Science. I am pleased to let you know we have had another highly successful academic year. Our success is due to the hard work of our highly qualified faculty, staff, and students and, to a great extent, to the strong support from Dean Robert Goodman, Executive Associate Dean Jerry Wilkerson, and Associate Dean David Kocuja.

### Our Grads Succeed

Our student enrollment is higher than ever with 532 undergraduates, 91 masters students and 53 doctoral students. This issue of the *AHS Pulse* focuses on our students' careers and accomplishments. We send our graduates to hospitals, government agencies, non-profits, business, industry, and higher education. This year we had students admitted to the IU School of Dentistry, the IUPUI School of Social Work, and also to highly-ranked counseling, nursing, and graduate programs. Please read about their successes on page 8.

### HPER Updates

After two years of development and input from HPER faculty, staff and students, the proposal to transform HPER into a school of public health is now going forward through the various university levels required for approval. The proposed name for our school is the School of Public Health. All of our current degrees and majors will remain available. And the School will be adding new degrees in epidemiology, biostatistics, environment, and health administration, primarily at the graduate level. We expect the proposal to be voted on by the Board of Trustees this summer or fall.

We have also begun work on the courtyard expansion to the HPER building. It will include a new student advising center, a 178-seat auditorium, faculty offices, conference rooms, and future laboratory space.



**MPH Grads May 2010**

### AHS Highlights

One of our faculty received an Indiana University Trustees Teaching Award. Also, one new faculty member, will join our department in the fall of 2010 as an Assistant Professor of Health Administration. Our MPH program has just been awarded reaccreditation for 7 years, the highest level possible.

During 2009 our faculty made 101 research presentations, 49 pedagogical presentations; authored 54 research publications; and 19 pedagogical publications. An additional 40 research articles were accepted (in press) for publication.

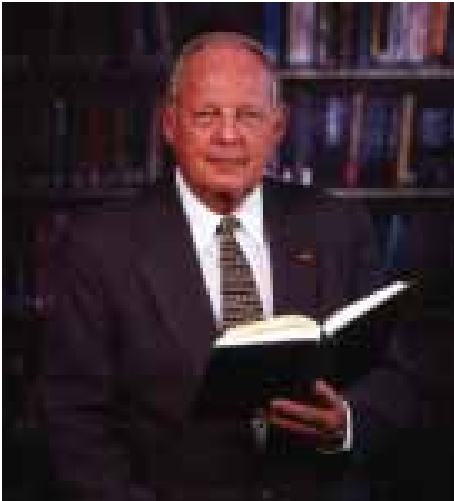
Grants totaling nearly 4.3 million dollars this year focus in the areas of tobacco and other drugs, alcohol, nutrition, HIV/AIDS, community building through healthy living, sexual health, and other areas.

It has been another great year for the Department of Applied Health Science. The above are but a few of the accomplishments during this past year. I hope you are healthy and please do not hesitate to contact me if I can assist you in any way. Please stay in touch.

Mohammad R. Torabi, Ph.D.  
Chairperson, Department of Applied Health Science



# Department News



**Dr. James W. Crowe**

## **JAMES W. CROWE**

June 27, 1934 — April 21, 2010

*by Joyce Arthur and Dr. Mohammad Torabi*

Dr. James W. Crowe, Professor Emeriti, and former Chair of the Department of Applied Health Science, passed away after a short battle with cancer on April 21, 2010. We express our heartfelt condolence to his wife, Mrs. Barbara Crowe, and his family. Dr. Crowe was a leader of our Department and a man who devoted his professional life to students, to our Department, and to Indiana University. Personally, he devoted his life to his family and grandchildren.

James Crowe was born in northern Indiana in an upstairs bedroom of a farmhouse with no electricity or water. His first paying job was at the age of seven when he used his wagon to deliver gunny sacks of corn cobs, at 5 cents per bag, to several customers that used the cobs to start fires in their pot bellied stoves. These humble beginnings taught him important family values that have been influencing factors throughout his life.

He earned his Bachelor of Science degree from Purdue University, his Master of Science degree from the University of Florida, and the Director's degree in Health and Safety and Doctor of Education degree from Indiana University. He began his teaching career in Indiana, teaching and

coaching, at the junior high and high school levels.

Dr. Crowe was recruited to Indiana University in 1966 to teach in the area of health education and to expand the area of safety education. Early efforts included the expansion of the Department's driver education certification program which eventually led to the certification of over 150 driver education teachers per year. He also added the Emergency Medical Technician certification. This program now provides the State of Indiana with over 100 EMT's per year, many of whom are pre-med majors who use the EMT experience as a stepping stone for admission to medical school.

His hands on work in teaching always kept him prepared to deal with everyday medical emergencies. A classic example occurred when he was serving in China as a Lecturer at the Beijing Institute of Physical Education. During a weekend visit to the Great Wall, he administered CPR to a Chinese gentleman who had collapsed with a heart attack. Dr. Crowe's efforts restored heart beat and breathing. Later, a Chinese newspaper proclaimed, "American Saves Life of Chinese Man."

Here at Indiana University, Dr. Crowe taught courses ranging from 30 to 350 students. His commitment and devotion to teaching at Indiana University spanned over three decades. As a master teacher he received the University Amoco Outstanding Teaching Award. He later served on and chaired the University Teaching Awards Committee for a five year period. Students considered Dr. Crowe a "born educator." Alumni often referred to him as a mentor, and the one who always told them the right things in an honest and sincere, yet sensitive manner. Dr. Crowe said of his students, "They keep me stimulated and keep me excited about my work at the university and life in general." He taught more than a dozen different graduate courses and nearly as many undergraduate courses. He even taught classes off campus one night per week for 21 years, driving to Gary, Ft. Wayne, Evansville, and Jeffersonville and returning to teach the following day. And this was before interstate highways!

The capstone of his professional career

was his appointment as Chairperson of the Department of Applied Health Science in the School of Health, Physical Education, and Recreation. He served as Chairperson from July 1, 1992 through June 30, 1999. Dr. Crowe brought national recognition to our Department. Under his leadership the Department of Applied Health Science developed new courses that appealed to the university community, and the Department's doctoral program has been ranked number one in the nation.

Dr. Crowe's research resulted in international presentations in China, Thailand, Japan, Egypt, Greece, and Iran, presentations which have often focused on health issues for youth. One of the focal points of his research was reducing the incidence of smoking among young people. The anti-smoking kits he developed in the 1970s included lungs that were cancerous or decimated from emphysema and hearts that showed scar tissue from heart attacks. Teachers around the state were so enthusiastic to borrow the kits that they were often booked a year in advance.

In addition to his service contributions to the Department, School, and University, he served the profession with distinction. His efforts have been recognized with the C.P. Yost Distinguished Service Award and the Distinguished Scholar Award, both from the School and Community Safety Society of America where he served for a number of years, including a term as President, and an extended term on the Board of Directors.

Jim married his elementary and high school classmate, Barbara Jones, and they have two children, Michael and Monica and five grandchildren, Lesley and Ryan Crowe, and Jacob, Jordan, and Jeremy Black. His family and his academic family in the Department of Applied Health Science will miss his kindness, the twinkle in his eye and his passion for a life of service.

Anyone who wishes to make a contribution to the James W. Crowe Scholarship Fund in memory of Dr. Crowe may do so in care of the James W. Crowe Scholarship Fund, IU Foundation. We believe that Professor Crowe personifies the immortal words of Edward Everett Hale when he said, I am only one but still, I am one.

# Department News



Dr. Crowe may do so in care of the James W. Crowe Scholarship Fund, IU Foundation. We believe that Professor Crowe personifies the immortal words of Edward Everett Hale when he said,

I am only one  
but still, I am one.  
I cannot do everything  
but I can do something  
and because I can't do everything,  
I will not refuse to do  
the something I can do.

## Please take a moment....

*This is a great time of year to update your info with us. That's the best way to keep getting newsletters and to hear about the developments in HPER.*

*For current students....please update your contact information in OneStart and update your resume and profile in [hpercareers.com](http://hpercareers.com).*

*For alumni...please update your contact information and your employer information in the IU Alumni Association Directory. And if you are in [hpercareers.com](http://hpercareers.com), update that too.*

*HPER is on Facebook ([HperBton](https://www.facebook.com/HperBton)) and Twitter ([IUHPER](https://twitter.com/IUHPER)), if you want to join. And we have an account on LinkedIn ([Indiana University School of Health Physical Education and Recreation](https://www.linkedin.com/company/indiana-university-school-of-health-physical-education-and-recreation)).*

*And finally, let us know of your news. If you wish to have it included in the next newsletter, send us an email at [hcastrat@indiana.edu](mailto:hcastrat@indiana.edu).*



**Harriet Castrataro**

## HPER Advisor Recognized for Outstanding Service and Achievement

*By: Martina Samm*

Harriet Castrataro, academic advisor and co-director of Career Services for the Department of Applied Health Science in the School of Health, Physical Education and Recreation is the recipient of the 2010 Terri Nation Outstanding Academic Advisor Award.

Beginning in 2006, the Bloomington Advisors' Council (BAC) created the award to honor the memory of long-time advisor and BAC member Terri Nation. BAC members are nominated based on their outstanding achievements in the field of academic advising at the Bloomington campus.

For the past 15 years, Castrataro has advised and provided career services for AHS students. She serves on career task forces at both the school and university levels. She is a past member of the BAC Steering Council as a HPER School representative and has served as the Treasurer of BAC.

Harriet truly loves her work. She said, "I want everyone to be able to learn and grow in this fabulous place." She added, "I believe in and love higher education. It is liberating, illuminating, life changing." Harriet was quick to acknowledge the support she receives from AHS and HPER colleagues. She stated, "My Department is most supportive of academic advising and individual student success.

I am part of a team that is here for the students. My 'team' keeps me upbeat."

Cindy Moore is an advisor for the HPER Department of Kinesiology and past BAC President. She nominated Harriet for the award because "she exemplifies the qualities of an outstanding advisor." Moore added, "She listens well to the students yet has a sense to know what they need to do to succeed and what she needs to do to guide them through their academic program."

In a letter supporting her nomination, Mohammad R. Torabi, Ph.D., Chairperson of AHS, described Harriet as a "first rate professional... an extraordinary academic advisor."

Outside of the work environment, Harriet's other interests involve music and cooking. She performs as a flutist with the Bloomington Community Band and is a member of the University Gourmet Club. She enjoys writing and has been the editor of the AHS Pulse Newsletter for 10 years. She also enjoys photography, especially taking pictures of her grandchildren, Megan, age 9, and Nicolo, age 6 months, which she proudly displays on her office bulletin board.

Congratulations, Harriet! Although public recognition was never the reason, the expertise, along with dedication and genuine caring, you have exhibited throughout your advising career has assisted so many students to reach their academic goals. You have been rightfully recognized. It is well deserved and appropriate.





Where Our MPH Students Intern ... aids project of central iowa area 10 agency on aging ball memorial hospital bloomington hospital, community health clarian hospital, office of community engagement columbus regional hospital, healthy communities communities against substance abuse, california el centro comunal latino csx railroad department of health and human services, office of women's health, d.c. health promotion board, nutrition division, singapore healthworks foundation, boston indiana university office of communications kumasi south hospital, ghana milestones clinical and health resources stonebelt archeny county ymca, indiana monroe county community school corporation muscular dystrophy association, indiana new leaf, new life, bloomington positive health program, university of california, san francisco robert crown center for health education, illinois virginia cooperative extension volunteers in medicine, monroe county wic, bloomington hospital

## Master of Public Health Degree Receives Top Reaccreditation Status

By JoAnne Bunnage and Catherine Sherwood-Laughlin

The 2009-10 academic year was eventful for students, faculty, and staff in the Master of Public Health (MPH) program. The academic year began with a site visit by an accreditation team from the Council on Education for Public Health (CEPH). We are pleased to report that our MPH degree program has just been reaccredited for 7 years, which is the longest reaccreditation term possible.

The year culminated May 8th with 19 students graduating. In between, students concentrated on their academic courses, completed internships, and attended professional conferences. Faculty and staff added intensive work to help HPER transition to a school of public health to their busy teaching, research, and service responsibilities. True to the mission of the MPH program, everyone concentrated on the preparation of professionals needed to respond to public health needs across a broad and diverse range of communities, health issues, and settings.

Our MPH alumni are now embarking on careers or additional training related to the planning, teaching, evaluating, regulating, and researching of the health and wellness needs of the public. The following are updates from several 2010 graduates of the Master of Public Health Program.

**Adrienne Garcia** is currently working at Girls, Inc. in Bloomington. She is concentrating on the development of education programs that support the future success of girls and young women. Adrienne plans to take the CPH exam in August and to further her education with doctoral stud-

ies in either counseling or public health.

**Hannah Laughlin** is the new community health educator for obesity intervention and prevention with the Bloomington Hospital's Community Health department. She will be the program coordinator for a pediatric weight management program. In addition, she will be working to develop a strategic plan for addressing obesity in the Monroe County community through preschool, school, and community programming.

Continuing research in the areas of nutrition (food management) and physical activity among disadvantaged populations will be the focus of **Darleesa Gates'** studies as she begins a doctoral program in AHS this fall.

**Doris Elgin** will be moving to San Francisco this summer to pursue a doctoral degree in nursing at the University of California San Francisco starting in September.

Also calling San Francisco home, **Lindsay Halperin** is currently working as a project manager for the Positive Health Program's Medical Informatics Group at the University of California, San Francisco. She is part of a NIH grant to study the benefits of SMS technology for HIV medication adherence.

**Iliana Kiorkas** is now an intern for the Helen Rodriguez-Trias Women's Health Leadership Program with the National Women's Health Network in Washington, D.C. After the internship ends in July 2010, she will begin a Health Communications Internship Program at the NIH National Cancer Institute working with the Office of Partnerships and Dissemination Initiatives.

**Dan Canfield** did his internship at Healthy Communities with Columbus Regional Hospital in Columbus, Indiana. He is now working under the Communities Putting Prevention to Work Grant in Columbus as the Community Initiatives Lead to support and strengthen the surrounding partnerships while focusing on sustainability.

**Tyler Nolting** is bound for a Ph.D. in Health Behavior at IUB this fall. Tyler hopes to focus his research on childhood obesity and health and wellness across the lifespan.

**Yunnie Teh** has found a job as a Hospital Management Executive with the Singapore General Hospital, the largest and oldest hospital in Singapore. Her job will include facilitation of projects, and coordination of management activities and hospital operations.

In late August a new cohort of graduate students arrives on campus to begin the two-year course of study leading to the MPH degree. We are eager to welcome this diverse and talented group of individuals to the IU-Bloomington campus, and we are confident they will continue the tradition of being competent and caring public health professionals upon graduating from our MPH program.

# Department News



**Front Row:** Marcie Grimard (L), Jaclyn Blunk, Emily Haller, Jenna Seger, Julie Clark, Alicia Jennings  
**Back Row:** Amy Witt (L), Sara Zebrowski, Brittany Kruse, Jennifer Strapon, Melissa Hacker, Heather Bailin, Mary Molenda, Erin Deitrich, Chelsey Seger

## Dietetics at IUB

*By Vicky Getty, Director of Dietetics at IUB*

Dietetics is all about people—the profession concerns applying the science and art of food and nutrition to people and their health. As an accredited program, however, the IU Didactic Program in Dietetics generates plenty of numbers to track and report outcomes. Here are some recent numbers that indicate the state of dietetics at IU-Bloomington in 2010.

A consistently strong major within the Department of Applied Health Science, the Dietetics major supplied the student speaker at the HPER spring graduation luncheon in the person of Chelsey Seger. Along with her twin sister Jenna and another Dietetics student, Rachel Fohne, Chelsey graduated with a 4.0 GPA, leading the cohort of the dietetics class of 2010, which finished with an average GPA of 3.3. Seven dietetics majors finished their undergraduate careers with a GPA of 3.8 or better. Of the 39 students in the class of 2010, most plan to remain in dietetics, but six students will use their dietetics degree to pursue a career in nursing, and one will pursue becoming a physician's assistant.

Strong grades are one aspect of success-

fully obtaining a dietetic internship (DI) placement, which is essential in order for a student to enter the profession as a Registered Dietitian (RD). Competition for DI slots is fierce as the current situation nationally is one of high demand and moderate supply. For the April 2010 computer matching, the IU dietetics match rate of 73% compares favorably to the 47% national matching rate. Of those students who received a match, 50% were placed at either their first or second choice internship.

Our alums must take the national RD exam upon completing their internships. Our 5-year first time pass rate on the exam is 81%, which is above both the 80% mandated standard and the 78% average for programs of our type.

Finally, let's get back to people. We wish our 2010 graduates well as they join the growing ranks of dietetics alums who enjoy satisfying careers improving the health of America.



**Gleaning project for Hoosier Hills Food Bank; Vicky Getty (L), Tonya Maschino, Julie Backscheider**



**N321 students prepare a meal at Forest Dining Hall; front row: Emily Levy (L), Rachel Schaeffer, Becca Fritz; back row: Sheeda Golian (L), Steven Lalevich, Sara Stockman, Katie O'Neal**

# Faculty and Staff News



**Jon Agly**, Ph.D. (Candidate) M.P.H. was hired in Jan. 2010 as a research associate for the Indiana Prevention Resource Center. John's areas of specialty include: evaluation and research methods, ATOD primary prevention, and health philosophy.

**Mary Ellen Kolbe** retired in May from the Indiana Prevention Resource Center. Mary Ellen has been with the IPRC since November '06 and has served as our Special Projects Coordinator working with income accounts, accounts receivable, administrative services and many other responsibilities that keep our office running smoothly. She will be missed!



**Dr. David Lohrmann**

**Dr. David Lohrmann** received the American Association for Health Education's Scholar Award on March 19, 2010. This is AAHE's highest award. It is presented to an AAHE member who has had a scholarly record for a number of years as evidenced by publications and presentations related to health promotion/education. This award is given one year with the expectation that the recipient present a formal paper on health education during the next annual conference.

**Dr. Lesa Lorenzen-Huber's** article entitled, "Synergy and Sensibility: A Course on Entrepreneurship in Gerotechnologies" with co-authors **Patricia Allen** and **Carol Kennedy-Armbruster** will be published this summer in the *Journal of Gerontology & Geriatrics Education*

**Dr. Catherine Sherwood-Laughlin** was awarded an Active Learning Grant from SOTL to develop and revise the new

course, "Teaching Human Sexuality". Also, Dr. Sherwood along with **Dr. Lisa Angermeier**, and **Denise Seabert** (IU Alums) gave a presentation at the National Public Health Week Conference in Indianapolis about their HIV/AIDS and sexuality education teacher training program with the Indiana State Department of Health.

The industrial hygiene laboratory under the direction of **Dr. Kevin Slates** is pleased to announce that it has received a \$50,000 grant from SKC a manufacturer and supplier of occupational and environmental health technical equipment. This grant will be used to enhance the lab's capacity to conduct industrial hygiene related teaching and research related projects. The technical equipment will be used to conduct indoor air quality investigations, and sample for asbestos, lead, mold, bio aerosols, noise, toxic substances and other hazardous materials in the workplace, community and environment. Dr. Slates would like to thank **Nannette Gibson** at SKC Inc. for her assistance in securing the grant and **Dr. Torabi** for his support of the safety unit. Industrial hygiene is defined as the art and science of the recognition, evaluation and control of physical, chemical and biological hazards. The safety science major offers the following industrial hygiene related courses; S201 Introduction to Industrial Hygiene, S410 Advanced Industrial Hygiene and S411 Industrial Hygiene Sampling and Analysis Laboratory. For additional information about the undergraduate safety science or graduate safety management program contact Dr. Kevin Slates at [kslates@indiana.edu](mailto:kslates@indiana.edu).

**Dr. Susan Madison Smith** has been featured in "Cambridge Publishing's Top 101 Industry Experts," for showing dedication, leadership, and excellence in all aspects of educational health and safety. Dr. Smith was cited for a number of accomplishments including her work in creating a 10 point checklist for emergency preparedness which is widely used; her work in the UAE on the surveillance system used to record fatalities; and her graduate students who have gone on to become leaders in the safety profession.

**Dr. Mohammad Torabi** received the Biennial Plaque of Recognition and Appreciation for his service to the International

Council on Health, Physical Education, Recreation – Sport and Dance (ICHPER-SD) in Doha, Qatar in May, 2010. He also received a Certificate of Achievement at the Conference. His keynote presentation entitled, "Physical Activity as a Panacea for Disease Prevention and Health," will be published in the Proceedings of the 52nd ICHPER-SD Anniversary World Congress (paper co-authored with A. Luegers). Dr. Torabi has continued to publish his authored and co-authored research and scholarly activities in referred journals in the field. He continues to serve as the Editor of The Health Education Monograph Series as well as serve on the Editorial Board of the American Association for Health Education.

## Indiana Prevention Resource Center News

**Dr. Barbara Seitz de Martinez**, Deputy Director, reports that "the Indiana Prevention Resource Center has created a tool that provides access to a wide variety of resources available through the Internet to assist returning veterans, their families, their communities, and all who provide services for the veteran, his or her family and children." For more information see <http://newsinfo.iu.edu/news/page/normal/14220.html>

Here are some articles published by faculty and staff at the Indiana Prevention Resource Center...

Gassman, R. A., Agly, J., Johnston, J. D., Middlestadt, S. E., Van Puymbroeck, M., & YoussefAgha, A. (In Press). Catalyzing trans-disciplinary studies in public health: A college health survey and data platform. *Health Promotion Practice*,

Agly, J., Gassman, R.A., Jun, M.K. (2010). Sleep, stress, and smoking among college students. *Eta Sigma Gamma Health Education Monograph Series: Special Issue on Tobacco: The Most Preventable Cause of Death*, 27(1), 18-25.

YoussefAgha, A., Gassman, R. A., Jones, A. D., & Jun, M. K. (2010). Trends in alternative forms of tobacco intake among high school students. *Eta Sigma Gamma Health Education Monograph Series: Special Issue on Tobacco: The Most Preventable Cause of Death*, 27(1), 40-46.





Nowicke, C. E. (2010). Sports, tobacco, and athletes: Should coaches worry about the gateway tobacco effect? *Eta Sigma Gamma Health Education Monograph Series: Special Issue on Tobacco: The Most Preventable Cause of Death*, 27(1), 26-32.

Gassman, R.A., Nowicke, C., & Jun, M.K. (2010). Adolescent methamphetamine use: Characteristics that predict involvement with the police. *Journal of Alcohol and Drug Education*, 54(1), 76-92.

Torabi, M.R., Jun, M.K., Nowicke, C., Seitz de Martinez, B., & Gassman, R. (2010). Tobacco, the Common Enemy and a Gateway Drug: Policy Implications. *American Journal of Health Education*, 41(1), 4-13.

Agley, J., Samuel, S., & Nowicke, C. E. (2009). Methamphetamine and club drug use among Indiana students in grades 6-12. *The Journal of Korean Society for School Health Education*, 10(2), 55-68.



A big thank you/ muchas gracias from the children of Constanza for your kind donations and generosity. Although Constanza is located in the warm Caribbean Island of the Hispaniola, temperatures get very low and cold during the winter months, particularly in the mornings. Children are very happy to have a set of gloves and a hat to wear during their long walks to school. Thanks to **Cherie Blair** and **Elizabeth Perez**, MPH students, who organized the Applied Health Science drive.

## Center for Sexual Health Promotion

In October 2010, researchers from the Center for Sexual Health Promotion will release a special issue of the *Journal of Sexual Medicine* that provides the first papers from the National Survey of Sexual Health and Behavior (NSSHB). This study, conducted in 2009 by researchers from the Center, is only the second ever comprehensive nationally representative study of sexual behaviors and sexual health in the United States. A total of 5,865 individuals ranging in age from 14 to 94 years participated in the study.

In addition to nine scientific papers authored by Center faculty, the special issue will include guest commentaries about the importance of this study from leading public health authorities such as Dr. M. Joycelyn Elders, former Surgeon General of the United States and Dr. Kevin Fenton, Director of the Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention of the US Centers for Disease Control and Prevention.

## AHS Student Achievements

The following are the HPER or IU awards or accomplishments listed alphabetically by award name:

*Archie M. and Eleanor Williamson Koon Scholarship:* **Jenna Voiral** (Nutrition Science)

*Carter Littell Memorial Scholarship:* **Ritika Bhawal** (PhD)

*Donald Ludwig Scholarship:* **Wasantha Jayawardene** (MS in Health Promotion), **Omar Martinez** (MPH)

*HPER Student Advisory Council Members from AHS for 2009-2010:* **Joe Blanchard** and **Jon Dauterman** (both Human Development and Family Studies) and **Augusta Hasse** (Dietetics)

*J.K. Rash Scholarship:* **Natalie DeWitt** (PhD)

*Jean Weinberg Wolf Scholarship for Dietetics:* **Brittany Uphus**

*McNair Scholarship:* **Ariana Zarate** (Public Health)

*Margaret Seberger Scholarship:* **Yi-Chun Lin, Yibin Liu** (both PhD)

*Opal G. Conrad Nutrition Scholarship:* **Katelyn Collom** (Dietetics), **Sabrina**

**Dada** (Nutrition Science), **Rachel Fohne** (Dietetics), **Melissa Hacker** (Dietetics), **Augusta Hasse** (Nutrition Science), **Amanda Marcus** (Nutrition Science), **Daniel Pierce** (Nutrition Science), **Abigail Snyder** (Dietetics), **Jenna Voirol** (Nutrition Science), **Rachel Warsco** (Nutrition Science), **Danielle Wilson** (Nutrition Science)

*Pantaleoni Scholarship:* **Ryan Clayton** (MS in Safety Management), **Elijah Murrell** (Safety Science), **Kirby Piatek** (Safety Science)

*Ron Hall Scholarship:* **Tracie Greer** (MS in Safety Management)

*Ruth Mary Griswold Scholarship:* **Julie Bakscheider** (Dietetics), **Nicoletta Codutti** (Dietetics), **Emily Dauenhauer** (Nutrition Science), **Jackie Detamore** (Human Development and Family Studies), **Kimberly Dickman** (Dietetics), **Caitlin Oestreich** (Human Development and Family Studies), **Chelsea Shibe** (Human Development and Family Studies), **Lauren Stemle** (Nutrition Science), **Lauren Useem** (Nutrition Science)

*W.W. Patty Scholarship:* **Sabrina Dada** (Nutrition Science)



## AHS Graduates Follow Many Paths

Each year we ask our graduating students to let us know where they are heading next. You will be pleased and delighted to know about their career paths as they prepare to become health leaders for the next generation. The following sample is indicative of our AHS grads as they leave IU.

**Nursing...** **Stacey Catlett**, Public Health, is admitted to the University of Illinois Chicago graduate program in nursing. She will spend 1 ½ years in clinical training and then 1 ½ year in the Advanced Community Health Nursing masters program. If you are interested in UIC, contact Stacy at [stacey.j.catlett@gmail.com](mailto:stacey.j.catlett@gmail.com).

**Dentistry...** **Kayla Dawson**, Nutrition Science, will be going to the IU School of Dentistry to become an oral surgeon. **Faye Stokes**, BS in Nutrition Science, is also attending the IU School of Dentistry.

**Law...** **Brian White**, Safety Science, is currently interning at IU's Department of Environmental Health and Safety. He'll be moving to Cleveland, OH in August to pursue his J.D. from Cleveland-Marshall College of Law.

**Grad School...** **Shellie Strange**, Dietetics, will be earning her MS in Family and Consumer Science at Eastern Illinois University, where she will also do her Dietetic Internship.

**Erica Sadowski**, Safety Science, will be starting the MS in Safety Management in our department in the fall. **Rachel Pearlman** was accepted in the Genetic Counseling masters program at the University of Pittsburgh. **Jessica Zurwell** is starting the MPH program at Oregon State this fall and has \$10k scholarship for next year. **Natalie Raketich**, Nutrition Science, has been accepted in our MPH program.

**Social Work...** **Sara Elliott** and **Christine Mitchell**, Human Development and Family Studies, will be getting their MSW at the IU School of Social Work.

**Jobs...** **Kristin Smith**, Human Development and Family Studies, will be working full-time as a direct care staff member at the Youth Services Bureau of Monroe County. **Shamim Ali**, Health Promotion MS, will stay at IU and work for HPER in research.

**Mousse Kante**, Safety Management, is working for the Marion County Health Department.

**Service...** **Katelyn Walbridge**, Human Development and Family Studies, has been accepted as a 2010 Teach For America (TFA) corps member in Charlotte, NC and will be teaching high school sciences. During her time in Charlotte, TFA has a program with a local university where she plans to receive her masters in teaching. After her two years with TFA, she plans to get her masters in Social Work and has been accepted at New York University's Masters in Social Work program.

**Internships...** **Lauren Kamplain**, Human Development and Family Studies, is interning this summer at Youth for Christ in Bloomington. **Nichole Shockney**, Safety Management MS, will be interning at General Electric in Fort Wayne. **Stacy Manolas**, graduating in 2011 in Public Health, is doing an internship in childhood obesity for the National Institute of Health.

**Dietetics Internships...** **Lauren Asbridge** will be doing her Internship at the University of Wisconsin - Green Bay; **Jaclyn Blunk** will be doing her Internship at IUPUI; **Stacy Clausing** will be doing her Internship at Ohio State; **Molly Cleary** will be doing her Internship at Massachusetts General; **Rachel Fohne** has been admitted to the Dietetics Internship and Masters program at IUPUI; **Marcie Grimard** will be doing her Internship at Massachusetts General; **Melissa Hacker** will be doing her Internship at Tufts University; **Emily Haller** will be doing her Internship at the University of Michigan Hospitals and Health Centers; **Erin Hevel** will be doing her Internship at Ball State; **Anna Sander King** will be doing her Internship at IUPUI; **Brittany Kruse** will be doing her Internship at the University of Northern CO; **Melanie Leitner** will be doing her Internship at Stony Brook; **Britney Merchant** will be doing her Internship at Ball State; **Danica Misz**, will be doing her Internship at IUPUI; **Christina Musgrave** will be doing her Internship at the University of Houston; **Katie O'Neal** will be doing her Internship at Ball State; **Stephanie Polei**, will be doing her Internship at Ball State; **Liz Prebish**, will be doing her Internship at College of Saint Elizabeth; **Chelsey Seger** will be doing her

Internship at Loyola University in Chicago; **Jenna Seger** will be doing her Internship at Christ Hospital; **Lauren Sherrard** will be doing her Internship at Sarasota Memorial Hospital; **Shellie Strange** will be doing her Internship at Eastern Illinois University; **Jennifer Strapon** will be doing her Internship at Indiana State University CP; **Lesli Spencer** will be doing her Internship at St. Louis University.

## Students: Join an AHS Club This Fall

Here are the 2010-2011 officers of our AHS student clubs. Join in the fall and get leadership experience in health.

**American Society of Safety Engineers** (for Safety students and anyone else interested)

President-**Shawn Shivers** ([sdshiver@indiana.edu](mailto:sdshiver@indiana.edu))

Vice President-**Devin Kenny**

Secretary-**Devon Chapman**

Treasurer-**Jeffrey Demmand**

**Dietetics Club** (For Dietetics and Nutrition Science students and anyone else interested)

President-**Mary Nelson** ([nelsonme@indiana.edu](mailto:nelsonme@indiana.edu))

Vice President-**Allison Shaw**

Secretary-**Augusta Hasse**

Treasurer-**Jacquelyn Schultz**

Health Fair Coordinator-**Sophie Lauer**

Fundraising Coordinator-**Shaina Ohm**

Volunteer Coordinator-**Ellen Spitz**

Apparel Coordinator-**Stefan Khensouri**

Webmaster-**Jessica Ratts**

(IDA Representative- **Brittany Uphus**)

**Eta Sigma Gamma** (Health honorary for any of our AHS majors)

President-**Katherine Darden**

Vice President-**Cassie Barnhart**

Treasurer/Historian-**Julie Bollinger**

Secretary-**Steph Barath**





Omar Martinez

## From Havana to Bloomington: One Student's Experience of Living the American Dream

By Alyssa Goldman, IU Office of Communications and Brian Dodge

IU graduate student Omar Martinez is a shining example of the American dream. He came to the U.S. eight years ago with his grandmother and mother as a political refugee from Cuba. When Martinez first arrived, he did not speak a word of English, but he soon climbed to the top of his class in high school and received a full-ride to the University of Florida where he received a bachelor's in political science and sociology and a minor and certificate in Latin American studies. Now at IU, he is one of the first students to pursue a joint Doctor of Jurisprudence and Master of Public Health degree, and he recently won an award from the prestigious Hudson and Holland Scholars Program, which will cover his tuition and provide a graduate stipend.

Martinez currently works with Dr. Brian Dodge, assistant research scientist in Applied Health Science and associate director of the Center for Sexual Health Promotion, as research coordinator for a National Institutes of Health study about sexual health among bisexual men. The duo began working together five years ago on a statewide study of sexuality education in Florida while Dodge was a faculty member at the University of Florida. After his return to

Indiana University in 2007, Dodge worked hard to recruit Martinez to come to IU as a student, and the two have been working together ever since.

As a graduate assistant for the Hudson and Holland Scholars Program, Martinez will be working with minority students at IU and will help connect them to University resources. After Martinez graduates in 2012, he hopes to make a major impact on health care services. However, Martinez is already making a difference particularly, in the Latino community. "Seeing the needs of people that speak my language who do not have the access and do not have the opportunities makes me think, 'Wow I do have the access and I do have the opportunities,'" Martinez said. "I need to solve those issues." He is a counselor and HIV and sexually transmitted infections tester at the Damien Center in Indianapolis. He is the only bilingual person at the center who does outreach work. Before Martinez, those who came in and only spoke Spanish were unable to be properly served. Although Martinez works in Indianapolis, he is not leaving Bloomington behind on his quest to spread sexual health resources and information. He is collaborating with Lil-

lian Casillas, the director of La Casa – IU's Latino Cultural Center, on a project that will provide weekly HIV and STI testing at the El Centro Comunal Latino office located in the Monroe County Public Library.

Martinez's ambitiousness and hard work have already taken him far, but the knowledge he gains from his dual degree in public health and law will bring forth much future success. "I think when he gets out there he will have unlimited opportunities," Dodge said. "I don't know where he is going to end up. I can see him doing it all."



## My Fulbright Studies in New Zealand

By Amanda Wood, BS Nutrition Science '09

I woke up on the morning of January 29th in a panic. Had I packed everything? Would I make it to my flight on time? And was I really about to move halfway across the world? I had read the travel books, googled Auckland until I could form a mental map, and emailed countless Fulbright scholars who had also studied in New Zealand. But nothing could have fully prepared me for the adventure I was about to begin.

My adventure had actually begun much earlier, when Harriet Castrataro first informed me about the Fulbright scholarship for graduating seniors. The award provides grantees with the opportunity to travel nearly anywhere in the world to study and research whatever topic inspires them. Over a yearlong application process, I built a proposal in hopes that it would be worthy of sending me to New Zealand.

With the options of a Fulbright grant being nearly endless, I stayed true to my nutrition science background and began to research adolescent obesity across the globe. I found that New Zealand had a rather high rate of childhood and adolescent obesity, with nearly one third of all New Zealand children ages 5-14 classified as overweight or obese. It was even more interesting to find that certain populations of children, such as those from Pacific Island descent, were more greatly affected, with 60% classified as overweight or obese. Since this closely parallels patterns seen in the US that show certain ethnic groups have a much higher prevalence of obesity than others,

I proposed to research the similarities and differences between the United State's and New Zealand's obesity epidemics.

However, when I arrived at the University of Auckland, an exciting opportunity was presented to me. The New Zealand Youth'07 Survey is a national questionnaire covering all aspects of health and well being, and it was given to over 9,000 secondary school children (age 13-17). From these questions, my wonderful advisor Dr. Jennifer Utter and I created a project that would look at factors associated with body weight satisfaction.

This concept has been extensively studied in the US, and to a lesser degree in several other countries, but is a relatively untouched area of research in New Zealand. Preliminary research shows that approximately 50% of New Zealand boys and girls are satisfied with their body weight. While it may not seem important to look at the characteristics of these kids, it becomes extremely necessary when creating programs to help those with low body satisfaction.

I have also been busy exploring the wonderful country. From whale watching to horse trekking, tramping (walking in the bush) to climbing volcanoes, New Zealand offers beauty and adventures. Sometimes it is hard to do my work when the sun is shining and the beach is just minutes away. But whether I'm in the classroom or outdoors, I am thankful Fulbright allowed me to come here, and it is an experience I will never forget.

## Career Advice From Alumni

Each semester AHS alums return to campus to give our current students career and grad school advice. On March 24, four alums met with our H494 Research and Evaluation Methods class and shared some of their insights. If you would like to be on an alumni panel, just contact Harriet Castrataro at [hcastrat@indiana.edu](mailto:hcastrat@indiana.edu).



**Annette Cote, Family Case Manager for the Dept. of Child Services; BS '05 in HDFS, MS in Family Consumer Science from Ball State '07**

"I like my job because it is flexible. I might be in court one moment and on a home visit the next." Annette has 20-25 children assigned to her at any given time. She can be reached at [ancote@gmail.com](mailto:ancote@gmail.com).



**Larisa Niles-Carne, Bloomington Educator for Planned Parenthood of Indiana; BS in Public Health '04**

"I always knew that I wanted to work at Planned Parenthood...I start my day by catching up on the local events in the newspaper and on the web so that I can find out if there are any new developments that I need to know about. I also do a lot of work in conjunction with the schools in our area." If you are interested in volunteering for Planned Parenthood, Larisa can be reached at [larisa.niles-carnes@ppin.org](mailto:larisa.niles-carnes@ppin.org).

# Student & Alumni News



**Dawn Smith, ACSM, CHES Health Education for Web-MD; BS in Exercise Science '06, MPH '08**

“At WebMD we do health coaching by phone for employees of companies like Tyco, Disney, LLBean. I talk to 12-15 people a day. We work in teams at WebMD, and we do research and analyze data for the people we talk to and the companies that are our clients.” Dawn’s email is [dsmith@webmd.net](mailto:dsmith@webmd.net).



**Kisha Braswell**

## **AHS Alum Provides Program Development and Newborn Screening Follow-Up for Sickle Cell Disease in Indiana**

Kisha Braswell received her BS in Applied Health Science in Public Health in 1994. While she was here, her cousin, also an IU student, was battling sickle cell disease. Kisha says, “He could never get people to understand his sickle cell. I was always trying to explain to teachers why he was absent and why he looked normal but claimed he had a disease,” and he passed away before he could complete his degree.

Since that time Kisha, has worked at the Martin Center, Inc. as a disease health educator and care coordinator; in North Carolina in school testing; at the Marion County Health Department (MCHD) with progressively more responsible positions, and she has completed her MPH at IUPUI. When her MCHD position’s grant seemed to be ending, she thought about moving to another state to stay in the sickle cell field.

Fortunately, in July 2009 the Indiana Hemophilia and Thrombosis Center acquired that grant. They were looking for an MPH professional to provide program development and newborn screening follow-up

for children with sickle cell disease for the whole state of Indiana. “This was the fit for me,” Kisha says, “I love what I do, making a difference in the lives of children and families affected by sickle cell disease.”

Other advice Kisha has for AHS students and alums: “It doesn’t matter where you come from, ‘cause you can get anywhere.” She is a very successful public health professional who lives her passion for children and families. Kisha says, “In public health you might not make a lot of money, but it is the satisfaction of knowing you have changed a person’s life that is PRICELESS!”



**Ueline Newman Health Educator for WebMD; BS in Fitness Specialist '05, MS in Clinical Exercise Physiology '07**

“This economy is tough and stress is really hitting the nation right now. There are smaller concentrations of people doing more work so stress is affecting people’s health in the workplace and we see this at WebMD.

You might have to take a job that is not your perfect job. Don’t be afraid to do that!” Ueline can be reached at [unewman@webmd.net](mailto:unewman@webmd.net).