

# FORGUS

COLLEGE OF HEALTH AND HUMAN SCIENCES

SUMMER 2022





# FROM THE INTERIM DEAN

Greetings from Justin Hall!

As the more relaxed days of summer begin to wind down and we near the start of the fall semester, I'd like to welcome you to a new edition of FOCUS. There have been significant changes both within the college and across the university since our last edition. As Winston Churchill stated, "There is nothing wrong with change, if it is in the right direction". As you'll see on the following pages, I am confident we are headed in the right direction as our students and faculty continue to do amazing things!

We had a wonderful spring and a very exciting summer which has caused the delay in this FOCUS issue. As you probably noticed, you are still receiving this Dean's message from myself. Though a national search was executed this past year, the search was unsuccessful for the next college dean and I therefore agreed to continue in the interim role. This fall, we will be one of three dean searches this fall, joining the Colleges of Arts & Sciences and Architecture, Planning & Design. We look forward to bringing in our next leader. I want to thank our faculty and staff in the college for a tremendous year. In my year as interim dean, we have continued to advance the college in as many ways as possible.

We were very excited to launch the Health Professions Summer Program last month, which was a three-year undertaking. The college hosted 40 high school students from six states in two, one-week sessions. Participants explored their passion for health care and were introduced to health care fields and experiences they may never have considered. The program was an outstanding success as you will see through our highlights on pages 23-25. We're already planning for next year.

I'd also like to highlight a few items in the college. We welcome Associate Dean Bronwyn Fees back to the college after participating in a one-year American Council on Education Fellowship program! The K-State & Wichita State Pathway to Nursing Program will welcome their first cohort to campus this month. They will be the first to use the new state-of-the-art facilities located on the third floor of Justin Hall. Our physician assistant program is nearing completion in reviewing applications for their second class of students while also preparing to send their first class off to their initial clinical placements. Also, our personal financial planning department has a newly renovated suite, ready to welcome their students with new study spaces and collaborative work areas.

With events back in full swing, we are looking forward to a busy fall semester. If you are ever in town, we hope you take some time to visit us in Justin Hall. We love connecting with our alumni and friends.

Thank you for your continued support of the college.

Sincerely,



Craig Harms, Interim Dean



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COVER: Participants in the Summer Health Program work in a lab that works with the Johnson Cancer Research Center. FOCUS Magazine is published twice a year by the College of Health and Human Sciences. This edition was coordinated, written and designed by communications and events coordinator, Chelsi Medved. The photography is from private collections, the Royal Purple Yearbook and the Division of Communications and Marketing Photo Services. Unauthorized use is prohibited.© 2022.



# PEOPLE-CENTERED GIVING

College of Health and Human Sciences reaches record fundraising numbers

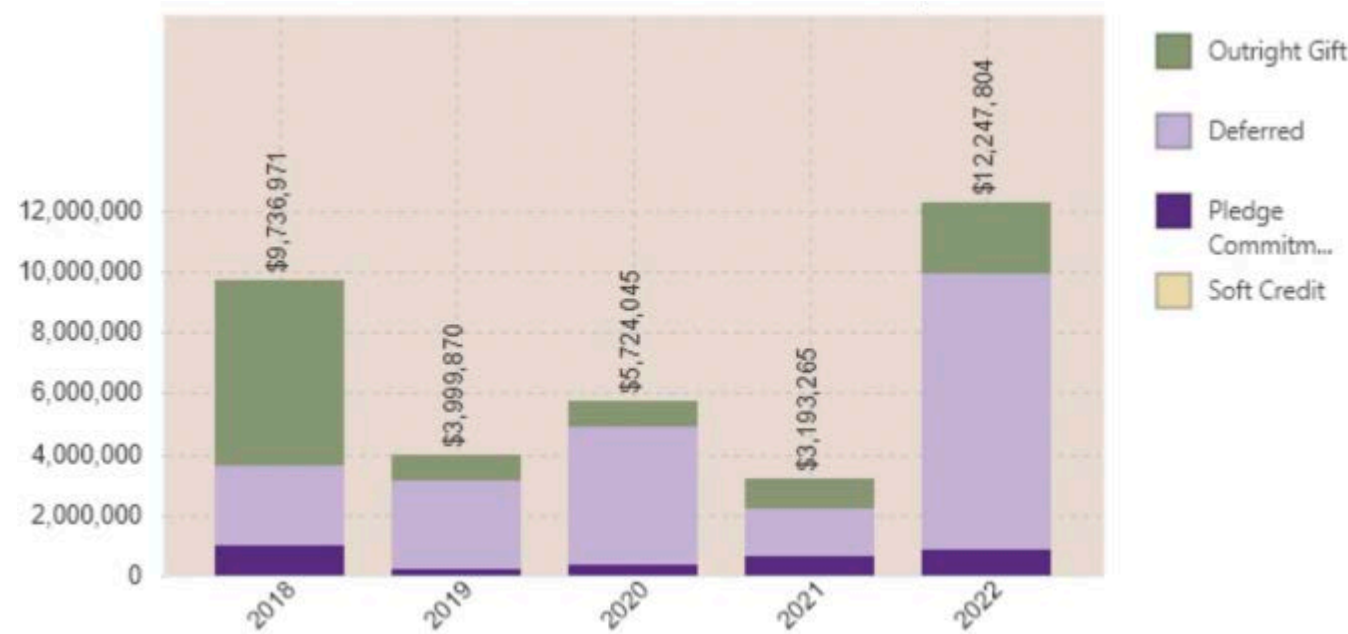
*“In a world focused on things, we focus first on people”*

These words, the motto of the College of Health and Human Sciences (HHS), are brought to life each day through the contributions of alumni, donors and friends of the college. Through their generosity, and the efforts of HHS educators, new opportunities are created for students, which in turn prepares them to live out this mission for others.

### A record-breaking year

Fiscal year 2022 is a record-breaking fundraising year for HHS. This year has more than tripled fiscal year 2021’s total with \$10.5 million in donations to date.

“Our supporters know how important philanthropy is in creating positive change and elevating our college to provide the best education and opportunities possible,” said Jeff Haug, director of development for the College of Health and Human Sciences at the Kansas State University Foundation.



### Fiscal Year Gift Production Activity by Gift Type

Gift Type	2018	2019	2020	2021	2022
Deferred	\$2,597,230	\$2,888,333	\$4,504,500	\$1,514,250	\$8,353,225
Outright Gift	\$6,125,561	\$905,067	\$862,097	\$1,017,963	\$2,177,081
Pledge Commitment	\$972,181	\$221,470	\$357,448	\$661,052	\$515,000
Total	\$9,721,971	\$4,014,870	\$5,724,045	\$3,193,265	\$11,045,306



### The results

This increased level of support has a direct impact for students, faculty and specific programs.

Philanthropy has enabled K-State to:

- Retain top faculty and staff members
- Increase scholarship support, especially in light of rising tuition
- Advance programmatic initiatives, including immersive student experiences
- Implement strategic planning and action to prioritize the College of Health and Human Science’s greatest needs

### Gifts that keep giving

With a decline in state funding, private philanthropy is a driving force in the growth of the college. With a large number of endowed funds, which continue in perpetuity, HHS will continue to receive donor support that will impact students year after year.

“This support helps creates new opportunities, reduces the burden on our students, elevates our programs to national recognition, and allows us to focus on our most important mission: People,” Haug said.

While fiscal year 2022 has brought unmatched success, there are still many opportunities to contribute to the college’s success.

“Even with this record-breaking year, there are still vital needs for our college, departments, programs, faculty/ staff, and students that are being unmet,” said Haug. “Philanthropic gifts are needed to continue elevating programs, supporting students, and helping us to retain top teaching talent.”

### A word of thanks

“This record-setting year is a testament to the extraordinary efforts of our development team as well as the continued commitment and generosity of our alumni, donors and friends of the college,” said Craig Harms, Betty L. Tointon interim dean. “Our supporters recognize the challenges faculty and students face, and their contributions have made positive impacts in the College of Health and Human Sciences. We are so grateful to all who have made this possible.”

Haug said he’s honored to work with donors who are passionate about creating meaningful change.

“Thank you so much for your continued passion and commitment to the college,” he said. “Because of individuals like you, we are able to provide exceptional education and experiences that are positively changing the world.”



# Spring 2022 Outstanding Seniors

**Leadership Award** | This award is given to an individual who has exhibited excellence in leadership. Students will be recognized for their contributions to the campus, college, program, and professional organizations.

**Madalyn Soehner**  
*Communication Sciences and Disorders*

**Abbie Kummer**  
*Human Development and Family Science*

**Lasondra Aurand**  
*Human Development and Family Science*

**Mikayla Adkins**  
*Interior Design*

**Sydney Stricker**  
*Fashion Studies*

**Tamara Brinkley**  
*Fashion Studies*

**Megan Klug**  
*Personal Financial Planning*

**Sydnee Caton**  
*Hospitality Management*

**Kayla Jost**  
*Hospitality Management*

**Brooke Raymond**  
*Nutrition and Health*

**Emily Armbrust**  
*Nutritional Sciences*

**Andrea Anderson**  
*Gerontology*

**Jenna Mourn**  
*Kinesiology*

**Mikayla Quinn**  
*Integrative Physiology*

**Engagement Award** | This award is given to a graduating senior who has made exemplary contributions that impact the well-being of the community or individuals in the community.

**Josie Broxterman**  
*Communication Sciences and Disorders*

**Madison Jensen**  
*Human Development and Family Science*

**Luke Hannan**  
*Personal Financial Planning*

**Siera Shirley**  
*Hospitality Management*

**Katy Grove**  
*Athletic Training and Rehabilitation Sciences*

**Baleigh Fry**  
*Athletic Training and Rehabilitation Sciences*

**Madison Morris**  
*Dietetics*

**Morgan Kropp**  
*Dietetics*

**Alexandra Troike**  
*Dietetics*

**Lizz Daniels**  
*Dietetics*

**Devon Hendry**  
*Nutritional Sciences*

**Morgan Johnson**  
*Nutritional Sciences*

**Chloe Vincent**  
*Gerontology*

**Kendra Ives**  
*Kinesiology*

**Ellie Hahn**  
*Integrative Physiology*

**Research/Creativity Award** | This award is given to a graduating senior whose research or creative activity has made a significant contribution to their field of study.

**Emma Tull**  
*Communication Sciences and Disorders*

**Jordan Priddy**  
*Personal Financial Planning*

**Hannah Richardson**  
*Interior Design*

**Josh Spradlin**  
*Kinesiology*

**Aidan Lewis**  
*Integrative Physiology*

## HEALTH PROFESSIONS EXPO

This spring, the college brought a new event to campus specifically for pre-health students.

The Health Professions Expo brought professional schools and programs to the K-State Alumni Center to meet with students who have declared a pre-health focus and those who may be interested in learning more about a future career in health care.

The full day browsing-fair allowed students the opportunity to visit with admission representatives from more than 30 different programs.

"This is an event that provides students the opportunity to interact directly with the professional schools they may be considering," said Adam Dieker, health professions advisor. "In times where it may be hard for students to travel to these schools for a visit, this is the next best thing."

Represented areas included athletic training, audiology, chiropractic, clinical laboratory science, couple and family therapy, dentistry, dietetics, health information management, medical laboratory science, medicine, nursing, occupational therapy, optometry, pharmacy, physical therapy, physician assistant, public health, respiratory care, speech-language pathology, and veterinary medicine.

Along with K-State programs, schools such as The University of Kansas Medical Center, Missouri State University, Creighton University, Rockhurst University, Northeastern State University, University of Missouri-Kansas City and many more were on campus.

Though weather prevented a large number of students from participating in the inaugural event, those who did felt the event was something needed on campus.

"From the day I decided I wanted to go into the health career field, specifically physical therapy, I was told how competitive it would be," shared Kylie Brock, junior in kinesiology. "At first, I was worried I would not be

competitive enough, but K-State has sponsored several networking events including the Health Professions Expo where I not only got to learn more about physical therapy, but I also got to meet professionals and admissions representative from schools around the midwest. I learned that by putting myself out there I can make connections and increase the opportunities available to me that give me confidence for the future!"

The expo will be hosted again in February 2023.



Pre-health students visit with the K-State PA program staff.



# TOP DESIGNS



2022 Interior design graduate Sydney Tucker’s work has landed her on the list of Metropolis Magazine’s Future100. The Future100 list is comprised of students from 45 colleges and universities that have produced some of the best work in North America’s graduate and undergraduate architecture and design programs. These 100 students have not only proposed beautiful, well-designed spaces and buildings of all types but also pushed the discourse forward with an emphasis on community, inclusivity and sustainability.

A native of Caney, Tucker attributes her design qualities to her education in interior design and art history. Arriving at K-State, she enrolled to earn a degree in art but knew she liked the more technical side of design. “What could be better than creating artwork you can walk through and experience?” she said. “I decided to apply my artistic knowledge to the world of design after hearing about our wonderful interior design program and I haven’t looked back since.”

Tucker was nominated for the Future100 by associate professor Michael Dudek. “Sydney’s creative problem-solving skills position her well in the present, but her real strength is that she always pondering what might lie ahead of us and how that may impact design solutions today,” said Dudek. “As a designer, this awareness and

ability to balance between the now and future is critical for creating design solutions that not only work today but are sustainable over time. Sydney is comfortable taking risks in her design solutions because she understands that this is where the best solutions often lie.”

Tucker attributes her design style to her passion for user experience and her amazing interior design professors. “I am most passionate about user experience, and how to create beautiful, conceptual spaces,” she shared. “I am constantly seeking design solutions by using my degree in art history and analyzing how I can creatively implement unique ideas into environments.”

Tucker will completed her interior design and art history degrees this spring. After creating cohesion between her art history degree and her interior design degree, Tucker is taking her unique set of skills one step further and will work towards a master’s degree in architecture.

After completing her master’s degree, she will seek out an architecture firm that is committed to conceptual and innovative design, sustainable practices and research opportunities. She is looking forward to joining a firm where she can be passionate about her designs and making them especially personalized for the users.





# STUDENT RESEARCH SHOWCASE



Lindsay Howard, graduate student in gerontology, presents her research to judges.

The college hosted our annual Research, Scholarly and Creative Activity and Design Forum April 13 and 14 in Justin Hall. 29 undergraduate and graduate students from around the college presented either their current research or a proposed research idea they are interested in pursuing.

Internal and external judges were on hand and listened to each presenter's 3-minute presentation on their research. Monetary awards were given to the top-three presenters each day in the categories of top research poster, top creative poster and top display poster.

Winners from the April 13 day were Ramona Weber, doctoral student in kinesiology, took home top research poster; McKenzie Tuttle, master's student in gerontology, won for top creative poster and Celeste Graciano, junior in fashion studies, was awarded first in top display poster.

April 14 saw multiple ties for award categories. Stephen Hammond, doctoral student in kinesiology was awarded first place in the research poster category. Andrew Horn and Kiana Schulze, both doctoral students in kinesiology, shared the top prize for creative poster. Mikayla Adkins and Hannah Richardson, seniors in interior design, shared first place in the top display poster category.

"The motto of our college is 'In a world focused on things, we focus first on people,' said Brad Behnke, associate dean of research. "This motto resonates loudly with our undergraduate and graduate students and was on display at our research, scholarly and creative idea, and discovery forum. Student involvement in research is one of the most transformational experiences we can offer, and our college is proud of the faculty, staff and students involved in such endeavors."

## Research

**Shelby Astle**, *applied family science*  
**Caroline Gimarc**, *couple and family therapy*  
**Nadeeshani Ratnayaka**, *fashion studies*  
**Alissa Towsley**, *nutrition, dietetics and sensory sciences*  
**Andrew Horn**, *kinesiology*  
**Derek Sensenig**, *personal financial planning*

## Teaching

**Priyanka Patel**, *applied family science*  
**Emily Brueseke**, *communication sciences and disorders*  
**Ben Jones**, *couple and family therapy*  
**Lindsay Howard**, *gerontology*  
**Zaw Wai Htoo**, *food, nutrition, dietetics and health*  
**Ramona Weber**, *kinesiology*

## Overall Outstanding Graduate Student

**Renee' Wilkins-Clark**, *Department of Applied Human Sciences*  
**Juhwan Lim**, *Department of Hospitality Management*  
**Nadeeshani Ratnayaka**, *Department of Interior Design and Fashion Studies*  
**Anna Biggins**, *Department of Food, Nutrition, Dietetics and Health*  
**Alec Butenas**, *Department of Kinesiology*  
**Jacqueline Koski**, *Department of Personal Financial Planning*  
**Kelly McVicker**, *Center on Aging*

## Engagement/Outreach

**Adelaide Klutse**, *applied family science*  
**Brooke Ackley**, *communication sciences and disorders*  
**Lambra Holloway**, *gerontology*  
**McKenzie Tuttle**, *gerontology*  
**Kelly McVicker**, *gerontology*  
**Audrey Opoku-Acheampong**,  
*food, nutrition, dietetics and health*  
**Javier Martinez**, *kinesiology*  
**Heath Carelock**, *personal financial planning*

## Leadership

**Lati Yeargin**, *applied family science*  
**Lauren Herbster**, *communication sciences and disorder*  
**Summer Vail**, *couple and family therapy*  
**Adam Ojeda**, *fashion studies*  
**Aspen Streetman**, *kinesiology*  
**Jacqueline Koski**, *personal financial planning*

# 2022 Outstanding Graduate Students



# RISING PROFESSIONALS

The college recognized 12 accomplished alumni with the College of Health and Human Sciences Rising Professional Award on March 24.

The Rising Professional Award is given to honor significant contributions made by a graduate in the early stages of his or her career. Recipients have demonstrated significant professional accomplishments in the areas of design, business, human behavior, teacher education or health sciences. During their return to campus, award winners met with current students to share their stories and provide insight into today's professional world.



**Kristen Buchman**  
Advisor, Castlepoint Wealth Advisors, Oklahoma City, Oklahoma. Buchman received her bachelor's degree in personal financial planning in 2016.



**Grace Burghart**  
Account Manager, Wellsky, Overland Park, Kansas. Burghart received her bachelor's degree in business management with a secondary major in gerontology in 2015.



**Cole Foster**  
Partner and Wealth Advisor, Generations Wealth Design, Topeka, Kansas. Foster received his bachelor's degree in personal financial planning in 2016.



**Sydney Hall**  
Interior Designer, AECOM, Kansas City, Missouri. Hall received her bachelor's degree in interior design in 2013.



**Joseph Lightner**  
Assistant Professor and Program Director- Public Health, University of Missouri-Kansas City, San Juan, Puerto Rico. Lightner is a three-time K-State graduate, receiving his bachelor's degree in biology in 2011, a Master of Public Health degree in 2013 and a Ph.D. in kinesiology in 2016.



**Marc Lindstrom**  
General Manager, Gordon Ramsay Steak, North Kansas City, Missouri. Lindstrom earned his bachelor's degree in hotel and restaurant management in 2014.



**Alyssa Mix**  
Associate Designer, DLR Group, Chicago, Illinois. Mix earned her bachelor's degree in interior design in 2013.



**Tiffany Oppelt**  
Owner/Operator, Therapie, Manhattan, Kansas. Oppelt earned her bachelor's degree in hotel and restaurant management in 2010.



**Tonya Ricklefs**  
Assistant Professor and Department Chair- Social Work, Washburn University, Topeka, Kansas. Ricklefs earned her Ph.D. in family studies and human services in 2015.



**Brenna Shields**  
Market Operator Owner and Owner, delivery.com and B's Sweet Treats, Newton, Iowa. Shields earned her bachelor's degree in hospitality management in 2018.



**Derek Tharp**  
Assistant Professor of Finance, University of Southern Maine, Portland, Maine. Tharp received his doctoral degree in personal financial planning in 2017.



**Lauren Koepp Tines**  
Senior Interior Designer and R&D Coordinator, StudioSIX5, Austin, Texas. Tines earned her bachelor's degree in interior design in 2013.

Full biographies on each of our award winners can be found on our [college website](#).



# ADVANCING THEIR FIELD

Research continues to be a main focus in the college as our experts continue to advance their fields of study. In fiscal year 2022, 38 researchers secured approximately \$7.66 million in funding from outside sources. We spoke with two researchers who recently received substantial awards for their research to understand their current studies.

**Steven Copp**  
associate professor, kinesiology

**What is your research looking at?**

At the broadest level possible, we study blood pressure control in cardiovascular disease. To be a bit more specific, patients with many forms of cardiovascular disease develop altered blood pressure control during exercise and/or when they participate in strenuous activities of daily life such as walking the dog, carrying groceries, etc. The altered blood pressure control commonly manifests as exaggerated increases in blood pressure during such moments of physical exertion. This increases the risk of cardiovascular disease patients suffering from an abnormal heart rhythm, stroke, or heart attack. We want to understand how disease-induced cellular changes within the nervous system contribute to alterations in blood pressure control. We are specifically interested in two common forms of cardiovascular disease, heart failure and peripheral artery disease.

**Why are you looking at this research?**

Cardiovascular disease is highly prevalent and has consistently been one of the top killers in our country for many years. An irony of exercise science is that

regular performance of exercise is the single best thing someone can do to improve overall health and quality of life, yet for people with cardiovascular disease, cardiac-related risk is acutely elevated during exercise. If we are able to identify mechanisms of the cardiovascular disease related alterations in blood pressure control, we can contribute to development of effective treatments.



Steven Copp works with doctoral student, Alec Butenas in his lab.

**How much was your grant for and for how long?**

I am currently funded by two National Institutes of Health R01 grants. One grant has been funded since 2018 and focuses on heart failure. It is a 4 year, \$1.2 million grant. The other grant just started recently (2022) and focuses on peripheral artery disease. It is a 4 year \$2.1 million grant.

**How are you executing the research?**

We use rat models of heart failure (HF) and peripheral artery disease (PAD). We produce the HF and PAD

conditions in the rats by performing surgeries in which we disrupt blood flow to the heart (to produce HF) or a hindlimb (to produce PAD). The results of these surgeries is that the rats develop models of HF and PAD that reflect the specific aspects of the corresponding human disease conditions that we want to study. We then perform experiments to investigate cellular changes within the nervous system.

**Michelle Toews**  
professor, applied human sciences

**What is your research looking at?**

We (assistant professor Kristin Anders and associate professor Amber Vennum) are implementing an online version of #RelationshipGoals-Beyond Just Talking (#RG-BJT), a comprehensive, skills-based program, to youth 13-19 years old in Kansas. #RG-BJT was designed using a trauma-informed, strength-based approach to help youth make healthy relationship decisions and avoid unhealthy risk behaviors. The program focuses on improving parent-youth communication about sexual behavior and romantic relationships

via activities for youth to complete with their families, integrates skill-building into the program (e.g., negotiation and refusal skills, healthy relationship and interpersonal skills), incorporates goal setting, uses strategies that are relevant and engaging for all youth, is inclusive, and connects youth to resources in their community. We will be evaluating the program to see if it is effective in increasing teens’ knowledge of healthy relationships; improving their health-promoting attitudes, values, and behaviors; improving their decision-making, goal setting, and self-regulation skills; increasing their communication and conflict resolution skills; and improving their mental health.

**Why are you looking at this research?**

Teens are unprepared for and struggling to develop healthy romantic relationships because they have not received guidance about relationships from their parents or schools (Weissbourd et al., 2017). Due to the lack of knowledge around healthy relationships, teen dating violence (TDV), which consists of physical, emotional, and sexual abuse or stalking (CDC, 2017), is common. In fact, 70% of teens reported experiencing



TDV in their relationships (Taylor et al., 2017). This is a serious issue given that TDV has been associated with negative mental health outcomes (e.g., Foshee et al., 2013), riskier sexual behaviors (e.g., Silverman et al., 2001), increased substance use (Parker & Bradshaw, 2015), lower academic performance, increased rates of school dropout, and increased antisocial behaviors (e.g., Banyard & Cross, 2008). Moreover, research has shown that helping youth build healthy relationship skills is important because these foundational relationships are associated with healthier romantic relationships in later adolescence and adulthood (Lansford et al., 2014; Overbeek et al., 2007; Raudino et al., 2013).

**How much was your grant for and for how long?**

\$321,100/year for up to three years

**How are you executing the research?**

In order to reach a greater number of youth, particularly those in rural areas, our program is delivered entirely online via LearnWorlds. It includes 15 asynchronous, interactive lessons, supported by bi-weekly synchronous peer empowerment groups facilitated by trained graduate students. Participants apply the material to their own experiences through interactive slides embedded in the lessons that prompt them to answer self-reflection questions through a variety of question types (e.g., drag and drop, multiple choice, short answer) and application activities that follow each lesson. We also have a parent portal that provides lesson summaries and guides for parents to use when discussing content with their teens. We will be evaluating our program via a pre/post survey.





Fashion studies student leaders who oversaw the 2022 Showcase of Excellence fashion show and event.



Hospitality management celebrated 25 years of their Travel & Dining Auction. This is a yearly event run by students in the department.

# RECRUITING THE FUTURE

Though higher education enrollment has decreased nationwide for a number of years, K-State continues to find innovative ways to attract the next generation of Wildcats. Here are a few ways the university is working to provide a world-class education to students.

- While our undergraduate admitted numbers have stayed consistent with the previous year, we have seen an increase in the number of students who are taking the next steps to enroll by registering for New Student Orientation. Students connect with their academic advisors over zoom to enroll in their courses for the fall semester. Students are invited to campus a couple days before the start of the semester for in-person New Student Orientation programming. During this time, they'll get to connect with their academic programs, meet other students and faculty.
- Both the college and university recruiters have been connecting with students in Kansas, Missouri, Nebraska, and Colorado who are involved in their high school HOSA and FCCLA organizations. HOSA is a student organization that promotes career opportunities in the health care industry. FCCLA is a career and technical student organization for students interested in pursuing careers that support families. These give students the opportunity to develop leadership and problem-solving skills, while also learning about different professional paths.
- As a University, we are looking for opportunities to increase enrollment through both in-state and out-of-state markets. One goal is to strengthen our partnership with all community colleges in Kansas as well as neighboring states. A new initiative is beginning with the Nebraska Community College network to create 2+2 articulations that allow for clear transferability of coursework and degree completion. We have a similar agreement with the Kansas community colleges and look forward to welcoming students from Nebraska into our degree programs.

The other big focus has been around affordability for all students. This continues to be an emphasis with all students but especially our students from underrepresented areas. We are excited to announce two new initiatives for students.

- The first initiative is a new Wildcat Non-resident Award that is merit based for all undergraduate out-of-state and international students. With this award, students have the opportunity to qualify for in-state tuition or receive an award to offset the non-resident tuition costs. This award begins with any student starting summer of 2023 at the University.
- The second initiative is the Kansas State Land Grant Promise for the Manhattan campus students. This is set up for specific counties within Kansas and will serve many of our underrepresented students. There will be more details shared from the University soon around this specific initiative.
- Enrollment and degree completion continue to be priority focuses as we listen to our students and the communities who employ our graduates. The College of Health and Human Sciences strives to be innovative as we prepare graduates for the future workforce within Kansas and beyond.





# IN THE NEWS

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## Barbara Anderson named president of IDEC Foundation



Barbara Anderson, professor and head of the Department of Interior Design and Fashion Studies, has been elected president of the Interior Design Educators Foundation, Inc. The foundation supports interior design education, research and professional

development for interior design educators in the United States and Canada. Anderson has served on the IDEC Foundation board of directors since 2015 and has held the offices of treasurer and vice president.

The IDEC Foundation has supported interior design education for thirty years. The foundation supports faculty research, special efforts of the Journal of Interior Design, professional development workshops, conference speakers, conference attendance for graduate students and other initiatives.

"Serving interior design education through the IDEC Foundation is a way to ensure excellence in the future of design education by supporting educators and design students," said Anderson.

Anderson has served as department head since 2010. The department is home to Kansas's only 4-year accredited programs in interior design and fashion studies. Both programs impact human wellbeing and environmental, economic, and social sustainability through teaching, research, and service.

The IDEC Foundation is a not-for-profit 501(c)(3) organization whose primary goal is to support the objectives of the Interior Design Educators Council and to advance the profession by supporting educational, research, and creative opportunities for educators and students.

## Kinesiology program receives praise for Exercise is Medicine initiative



Exercise is Medicine-On Campus, EIM-OC, is a program calling upon universities and colleges to engage in the promotion of physical activity as a vital sign of health and to create a culture of health and well-being within the campus community. The kinesiology department, in collaboration with the EIM-OC committee, has participated in this initiative for the past five years.

In recognition of their efforts to create a culture of wellness on campus, the department was recognized by Exercise is Medicine® with silver level designation for 2021, which will be officially recognized on June 1 as part of the 2022 Exercise is Medicine World Congress, held in conjunction with the American College of Sports Medicine's annual meeting. K-State was one of 156 campuses around the world to be recognized this year.

Exercise is Medicine-On Campus launched its recognition program in 2014 to honor campuses for their efforts to create a culture of wellness. Schools earn gold, silver or bronze status based on their activities. Silver-level campuses engage students, faculty and staff in education initiatives and make movement part of the daily campus culture while promoting and generating awareness of the health benefits of physical activity.

## Linda Yarrow receives presidential award for excellence in undergraduate teaching

Linda Yarrow, instructor in food, nutrition, dietetics and health, has been selected as the 2022 recipient of the Presidential Award for Excellence in Undergraduate Teaching.



Each award includes a \$5,000 honorarium sponsored by the university president's office and Curtin Property Company, a real estate development firm with offices in Manhattan and Kansas City.

"Honoring excellence among Kansas State University's faculty and leaders has been a proud tradition of The Curtin Property Company for more than 25 years and we are pleased to continue this unique partnership with the university," said Chris Curtin, company president. "The Curtin Property Company, its numerous K-State graduates and its Manhattan associates at Georgetown Apartment Homes and Westchester Park Apartments congratulate the 2022 Presidential Awards of Excellence winners."

Whether teaching in the classroom, online or on an education abroad experience, Yarrow is known for taking the time and giving the extra effort to help her students succeed. She brings in case studies from her work as a registered dietitian so that students can apply their knowledge and skills to real patients. She provides out-of-class sessions on challenging subjects. When the pandemic hit, Yarrow created clinical sessions that current K-State dietetics interns could attend via Zoom to count toward their clinical rotations. As director of the university's Guatemala Education Abroad program, she leads students on a six-week trip working with partner organizations in the country to support health care, nutrition and public health initiatives.

"I love interacting with students and learning from them," Yarrow said. "I especially love when they see the connection with what they are learning and how they will use it in both their professional and personal lives. It's exciting to see students grow in their knowledge and their confidence to use it."

Yarrow has been recognized for her teaching at all levels, receiving the U.S. Department of Agriculture's regional Excellence in College and University Teaching Award, the Commerce Bank and W.T. Kemper Foundation Outstanding Undergraduate Teaching Award from K-State and the Myers-Alford Teaching Award from the College of Health and Human Sciences, among many honors. Yarrow consistently earns high marks on teaching evaluations and shares her strategies for effective teaching through presentations on campus, online and across the nation.

"I believe it's very important to provide multiple opportunities for students to connect with the content to enhance their ability to learn, recall and use later," Yarrow said. "To do that, I'm always updating examples to find connections with their generation. I tell stories, I play music and we play games. And I continually update case studies to reflect current medical care. Finally, I work on maintaining a high level of personal enthusiasm so that students will see how interesting and important the content is."

## Interior design students win top prize in national competition



K-State interior design students claimed top prize through the 2022 IDEC student design competition. The competition was open to undergraduate and graduate programs in the U.S. and Canada. Each year,

the Interior Design Educators Council, IDEC, hosts the design competition, giving student teams 21 days to complete a research and design project.

Juniors Mimi Anderson, Eden Prairie, MN; Holly Frakes, Topeka; and Savannah Hinck, Topeka, placed first in North America with their project [Loom](#).



This year’s competition topic was [Un]contained: designing inside the box for forwarding-looking life. This project challenged students to reimagine the retail experience as part of a new live/work model. Configuring three shipping containers students provided a design solution for live/work environment dedicated to creating and selling handcrafted textiles in both the physical and online marketplaces. The project employed indigenous textile as a conduit to understand and celebrate the diversity of our communities by addressing a sustainable live/work space for the artist to live, create, design and work.

Two K-State teams placed in the judging for the IDEC Midwest region, which includes thirteen U.S. states and two Canadian Territories. Loom won first place in the IDEC Midwest region. Seniors Rachel Aranda, Emporia; Anna Hudson, Overland Park; and Sydney Tucker, Havana, received third place in the Midwest region for their project Strata.

“This project was a good learning opportunity for our students, especially post pandemic,” said Hyungchan Kim, professor and faculty advisor. “It brought forth the awareness of new features of the work/live environment and students gained understanding of cultural diversity to reflect their design solutions by learning about the indigenous textiles of Navajo weaving and the Navajo community. The project also emphasized environmental responsibilities by having the students create sustainable design ideas for collecting water resources, heating and cooling needs, and using local resources to reduce transportation costs and pollution.”



Annual college awards presented to faculty and staff

Five faculty members along with one staff member were recipients of annual awards presented by the college.



Kari Morgan, associate teaching professor in integrative human sciences, was awarded the Dawley-Scholar Award for Faculty Excellence. The Dawley-Scholar Award recognizes and rewards outstanding achievement in the area of student development resulting in the personal, professional, educational growing of one or more undergraduate and/or graduate students. “I would say that Dr. Morgan was the most supportive faculty member that I encountered at K-State,” shared a student nominator. “Her best quality in the student - faculty relationship is understanding. On multiple occasions, I saw her consistently support her students through adversity and celebrate their successes.”

The Faculty Research Excellence Award recognizes superior accomplishment in research, scholarly and creative activities and discovery (RSCAD). Research assistant professor of couple and family therapy, Chelsea Spencer, was the recipient of this award for her work ‘Mental Health Resilience Program Evaluation and Enhancement’. The Mental Health Resilience Program Evaluation and Enhancement project is a 5-year contract with the United States Air Force (USAF) to conduct applied research focused on program evaluation and enhancement related to domestic violence in the USAF. This project focuses primarily on domestic violence (including intimate partner violence and child abuse) prevention and intervention efforts. This project includes multiple, ongoing projects focused on providing trainings to USAF personnel, testing current secondary prevention programs to prevent intimate partner violence and child maltreatment, examining the effectiveness of domestic violence intervention programming utilized in the USAF, and conducting literature reviews and meta-analyses to disseminate among USAF Family Advocacy staff for



education purposes.

Christian Larson, instructor in kinesiology, was awarded the Myers-Alford Teaching Award. This award is presented to a faculty member who has demonstrated outstanding ability not only in teaching undergraduate and/or graduate students, but also in providing valuable information to colleagues, peers and other practitioners in the field. . “Christian Larson is the reason that students join and stay in the kinesiology program,” shared an alumni nominator. “He calls you by name, always has a smile on his face and is enthusiastic by nature. He is truly a student-centered instructor who has a passion for teaching.”



Anthony Ferraro, associate professor in applied human sciences, was recognized for his mentoring with the Hulsing Mentoring Award. This award recognizes a faculty member for exceptional mentoring of undergraduate and graduate students. Ferraro says he mentors students so he can gain new perspectives, challenge existing ideologies and grow as a professional. “In his classes, he found ways to make the subject of research interesting to students who had no interest,” shared a student nominator.

Trenton Colburn, instructor in kinesiology, received the Exploratory-Development Research Grant for his project “The Effect of Growth Differentiation Factor 15 on Arterial Function in Monocrotaline-induced Pulmonary Hypertension”. This award is intended to provide funds for early/ conceptual stages of a research project. It is expected that successful projects would go on to further development under other extramural funding mechanisms. Colburn will use the grant to investigate the presence of GDF15-mediated increase in vasoconstriction and loss of vasorelaxation in aorta and femoral arteries of MCT-PH rats compared to health Sprague-Dawley controls, providing preliminary data for larger extramural grant applications investigating the potential for TAK1 inhibition to restore aorta and femoral artery function.



The outstanding staff award recognizes and rewards outstanding achievement and performance of a staff member in the college. Accountant Stephanie Fox claimed this year’s award. “Stephanie is an invaluable asset to the college, providing accounting services to two of our departments and the Center for Child Development,” said one nominator. “She is relied upon heavily for her input and knowledge of budgets, forecasting payrolls, income from various restricted fee accounts, tuition revenue and more. She is quick to lend a helping hand and we would not be functioning well without her.”



Join the

**PROFESSIONAL MENTORING PROGRAM!**

Provide feedback, guidance and expertise to HHS sophomores, juniors, seniors and graduate students in areas of career-readiness; professional presence; career and volunteer opportunities, professional networking and career resources.

Mentoring pairs meet at least once per month in person, by phone or video conference for one year with the option to extend the relationship. Apply to be a mentor at [wildcatlink.ksu.edu](http://wildcatlink.ksu.edu) and click 'Join Our Community'.

Questions on the mentoring program? Contact Dana Parker, career development coordinator, [dlaparker@k-state.edu](mailto:dlaparker@k-state.edu).





The college hosted the inaugural Health Professions Summer Program over two weeks in July. Each week welcomed 20 high school juniors and seniors from six states who came to campus with a desire to becoming health care professionals.

As part of the program, students came to Meet, Explore and Experience all that K-State had to offer. Students experienced life as a K-State student, residing in the residence halls and dining in the dining facilities. They attended a multitude of sessions relating to health care, hosted by faculty and staff experts from across campus. They also took part in some fun K-State traditions including Call Hall ice cream, the Pizza Shuttle drop and a late-night snack from the Varsity Truck.

As a co-director, I was blown away with the 40 students who attended this program,” said Chelsi Medved, communications and events coordinator for the college. “They were so engaged and asked amazing questions. The best moments for me happened when a student felt a real connection to an area of study at K-State. You could almost see the light bulb turn on for them as they each found the session that really spoke to them.”

Each day, students were introduced to majors, programs and topic areas on campus that they may not have known about or considered health care, including areas like cancer research and drama therapy. They also got

to explore well-known areas of health including sports medicine, athletic training, speech-language pathology, and nursing. Through all of the sessions, students were able to reinforce their current professional goals or begin to explore other ways they could impact the health care industry.

“This program was a very good experience to really get a feel for K-State”, shared one attendee. “It started to feel like home and I enjoyed getting to see all parts of campus. The professions side of it was also a great experience and really helped me see sides of health that I’ve never even thought about before.”

When asked about their overall feeling of their week on campus, one participant shared “I hate to say it like this, but it was just so fun!! I made so many new friends and it has me so excited for college, and I feel like I’ll know what’s going on when I get up there!”

Highlights of the program can be found on the next pages. Full photo albums of each week can be found on the college’s Facebook page.

Special shoutout to our program coordinators for all they did for all they did to help make this program a success! 2022 Coordinators: Easton Attwood, senior, kinesiology and integrative physiology; Katie Bailey, senior, athletic training and rehabilitation sciences; and Bridget Lindberg, sophomore, nutrition and health.









