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LETTER FROM THE DEAN



Dean Virginia Moxley, Ph.D.

It is my pleasure to greet you as Dean of the College of Human Ecology. This is a new role for me, but I've been a K-Stater all my life. Growing up near Junction City, the University was a constant and interesting presence in my life. My father was an alumnus, one of my uncles was on the faculty and as a child I spent many delightful evenings high in the rafters of Ahearn Field House, cheering on the K-State basketball team. My early K-State memories include sliding down the wonderful spiral slide that served as the fire escape from the auditorium, feeding the squirrels in front of Anderson Hall and participating in 4-H events on campus.

As a student at K-State, I came to appreciate the intellectual opportunities the University offers. Later, as an academic administrator, it became my privilege to advance these opportunities to ensure our current generation of students is well prepared for the world that awaits them. We know graduates will enter complicated, interconnected and highly competitive professions. Our graduates bring to their respective professions a strategic understanding of the core themes that underpin the work of the College of Human Ecology — human health and well-being, human/environmental interaction, and consumer-focused marketplace solutions.

One of the particular pleasures of being Dean of the College of Human Ecology is the opportunity to interact with alumni of the College at every turn — at state and national conferences, at a recent Kansas Workforce and Education Summit, during impromptu coffee-shop conversations, and at K-State athletic and cultural events. These conversations are a continuing reminder of the significance of the disciplines represented within the College of Human Ecology.

In this issue of FOCUS, you will read about initiatives to build on our commitment to people and their needs — providing greater fairness in educational access, preserving a piece of Kansas business history, and educating communities about adolescent health. A profile of alumna Myrna Adey illustrates how strong the ties that bind us to K-State and the College really are.

Thank you so much for taking the time to read about what's happening in the College. Please keep us posted on where you are and what you're up to. And know that you are always welcome in Justin Hall. We love to talk to alumni and friends about the pursuits and accomplishments of our students and faculty.

Sincerely,

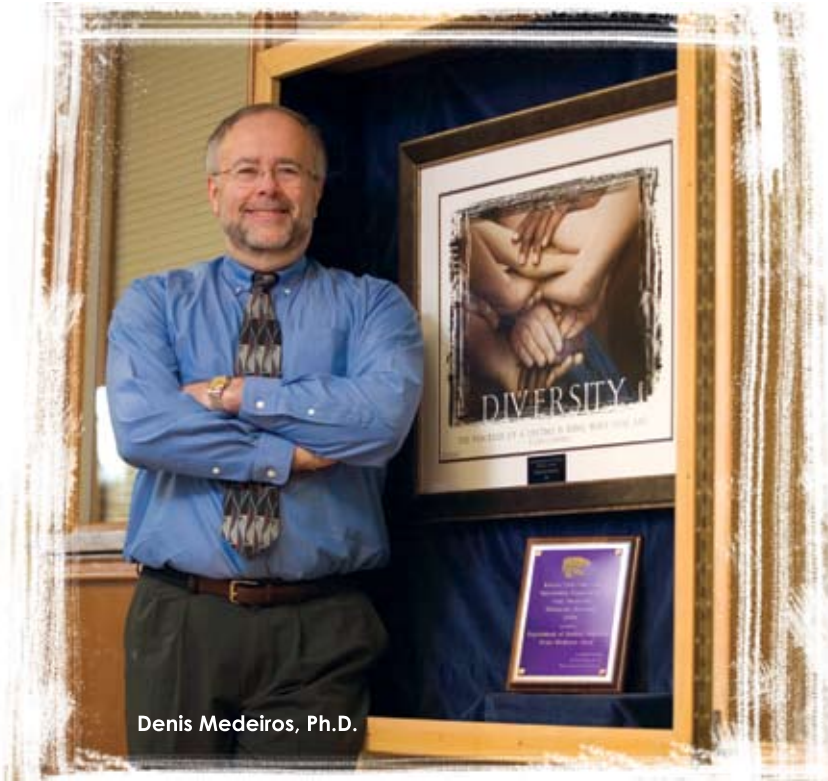
A handwritten signature in cursive script that reads "Virginia Moxley".

Virginia Moxley, Ph.D.
Dean

RECORDBREAKING SUPPORT!

This year, 151 Human Ecology students called alumni during K-State's annual Telefund, and these alumni responded with an all-time high of \$147,096 in pledges! We are grateful to our alumni for their investments in our students, faculty and facilities. You're the best!

DEPARTMENT HEAD WORKS TO IMPROVE ACCESS TO HIGHER EDUCATION



Denis Medeiros, Ph.D.

Analysis Center, nominated Medeiros for the K-State Research and Extension Diversity Award, which he received in September.

“This was a total surprise to me. Edgar didn’t say anything about it. I didn’t know I was even nominated until I got the letter from Fred Cholic (dean of the College of Agriculture and director of K-State Research and Extension) saying I’d won!” Medeiros recalled.

Medeiros is especially proud that the HN faculty and staff are addressing the need for diversity on a variety of fronts.

“I’m proud that our hiring practices have brought us a good gender balance and many talented people from all kinds of backgrounds — Asian, Latino, African-American, Indian. We are improving in attracting diverse and talented students every year. And our Extension programs target minority and poor populations across Kansas to help families live healthier lives.”

Of particular note is the Kansas Bridges to the Future program, a partnership between K-State and five Kansas community colleges to shepherd students from underrepresented groups into careers in the biomedical field after they earn their bachelor’s degrees. The program has been sponsored by the National Institutes of Health and provides full tuition for eligible students. Since 2004, 24 students have successfully transferred from community colleges to K-State through the Bridges program.

Medeiros grew up in Hartford, Conn., the son of the only Spanish-speaking police officer in town. His father’s experiences gave him an early understanding that organizations benefit by including people from a variety of backgrounds.

“Dad used to get calls when he was supposed to be off-duty, and he’d go down to the police station to translate for somebody who’d been brought in, because nobody else on the force could talk to the person,” Medeiros remembered.

Medeiros, who has always made his living by studying food and how it affects humans, noted that even when the native language disappears from one generation to the next, traditions that revolve around food persist.

“Language gets lost. Food doesn’t. That’s especially good information for dietitians and other people who care about nutrition to remember. People will pass on their recipes to their kids, and dietitians and nutritionists can build on those recipes and traditions to encourage healthier eating.”

If you would like to learn more about how you could invest in opportunities for students through the Kansas Bridges to the Future program, please contact Jennifer Rettele-Thomas at jenniferr@found.ksu.edu or 800-432-1578.

Denis Medeiros, head of the Department of Human Nutrition, is an expert in trace elements and how they affect cardiac health. He still loves to cook the traditional foods he grew up eating, and he enjoys a good run around CiCo park in Manhattan. But when he talks about how everybody who wants to work and study at K-State should get a fair shake, you figure out that matters of diversity are also very close to his heart. And in 2006, Medeiros and the Department of Human Nutrition (HN) earned a lot of recognition for their efforts to promote diversity among their faculty and students.

In June, Human Nutrition was recognized by the K-State Provost’s Office with the University Outstanding Department Award for Enhancing Diversity. Along with a plaque came a \$2,500 award that the HN faculty and staff promptly reinvested in the K-State Developing Scholars program (which places minority students in research projects with faculty mentors) and a project to translate K-State Research and Extension health and nutrition materials into Spanish.

“Of all the awards I have received or been associated with in my career, this is the one that I am and will be proudest of,” Medeiros said at the time.

Of course, that was before Edgar Chambers IV, professor of human nutrition and director of the Sensory



REMEMBERING Nelly Don

*Friends increase
Museum's
holdings
designed by a
Kansas fashion
legend*

The K-State Historic Costume and Textile Museum takes great pride in having more than 15,000 historic clothing and textile items from countries and cultures around the globe. But as part of the Museum's mission, it has put special emphasis in acquiring and preserving clothing and textiles associated with Kansas history.

With this in mind, the Museum recently recognized a major gap in its collection: a lack of dresses bearing the Nelly Don label. This is ironic, considering Nelly Don was a garment industry empire of the first half of the 20th century based in Kansas City and founded by Parsons-born Ellen "Nell" Donnelly and her first husband, Paul.

Nelly Don is significant to the history of American fashion because she made pretty, affordable and practical clothing that defied earlier conventions of female domesticity. As a young housewife, Nell started her business simply because she herself didn't want to wear boring "Mother Hubbard" housedresses. She began making clothing for family, friends and neighbors, who soon encouraged her to sell them. Her lucky break came in 1916 when Peck's Dry Goods Store in Kansas City ordered 18 dozen dresses and launched her company.

Naming her label "Nelly Don" by joining pieces of her and her husband's names, Ellen assumed the name herself so that every time her name was spoken, her dresses would be promoted. And it worked. While she built her empire, she also built



Photos courtesy of
Terence Michael O'Malley

her own celebrity, creating a reputation for herself as one of the first and most successful self-made women millionaires in American business. She designed and sold more dresses in the 20th century than any single other person in the United States. By 1949, the company posted \$14 million in sales, making dresses that sold in stores across the nation for between \$4 and \$13 each. At that time, Nelly Don was the single largest dress manufacturing plant in the world, covering two Kansas City blocks.

Marla Day, curator for the Historic Costume and Textiles Museum, said that Nelly Don's attention to detail, quality and workmanship forever changed American clothing design.

In addition to the housedress, Nelly Don is also remembered for contributions to American fashion and history during World War II. During the war, she developed one-piece, Rosie the Riveter-style work coveralls for women who worked in industry and uniforms for American service women.

As a businesswoman, the way she ran her company and cared about her employees — offering benefits such as day care, tuition money, good working conditions, an on-site infirmary, a clubhouse and farm exclusively for employee activities, and a reasonably priced cafeteria — made her ahead of her time.

"She was such a pioneer in Kansas," Day said. "She deserves a special place in the collection because of her innovative marketing strategies and her progressive support for working women."

But it's the drama of her personal life that makes the Nelly Don story legendary. Her first husband, Paul, suffered from depression and often threatened to commit suicide if Nell were to become pregnant. He later became an alcoholic and the couple grew apart. While still married to Paul, Nell began an affair with married U.S. Senator James A. Reed. In September 1931, she traveled to Europe ostensibly to adopt a child. In truth, while in Europe she bore a healthy son to Reed.

Three months after returning to Kansas City, she and her chauffeur were kidnapped in front of her home. Reed came to her rescue, threatening the kidnappers that if they "harmed a hair on her head" he would track them down and ensure they'd get the death penalty. Reed then contacted

Kansas City gangster Johnny Lazia and ordered him to find Nell within 24 hours or else Reed would buy national radio time to expose Lazia's illegal operations. So, Lazia sent 25 carloads of gangsters who did find and rescue Nell.

Nell lived to be 102 years old, outliving all 12 of her brothers and sisters and dying 47 years to the day after Reed died. Her life was recently brought to the silver screen in a documentary titled "A Stitch in Time." A companion website and book are available at www.nellydon.com.

"She's absolutely fascinating," Day said. "There was a lot of interest in her when the book and movie came out, which brought her to the forefront. We knew we had to have some of these pieces in the collection."

The Friends of the K-State Costume and Textile Museum are leading an initiative to bring Nelly Don to K-State. Recently the group purchased four dresses and donated them to the Museum, a first for the group that was founded to help publicize the Museum and raise funds to improve and expand its facilities and staff. The dresses were purchased with proceeds from past fund-raising events. The Friends hope their gift will inspire others to donate Nelly Don dresses that may be packed away in cedar chests and family attics.

High on the Museum's wish list are early garments made by the Donnelly Garment Company; Handy Dandy Aprons, which sold in the millions during the Depression and kept the company afloat; and Donall, "scientifically planned," utilitarian work garments for women made during the World War II era.

Mary Don Peterson, president of the Friends and emeritus professor of Apparel, Textiles, and Interior Design, encourages anyone with an existing Nelly Don dress to contact the museum, regardless of its condition. She said there is an unfounded perception that because these dresses were worn for work around the home — and often show signs of wear — that they are unworthy of a place in a museum.

"These dresses are integral to the history of fashion in Kansas — and the nation," Peterson said. "Nelly Don is important because her company addressed the needs of women at the time. We hope to increase our holdings so that



Continued on back cover

Get 'Em When They're Young

Website helps parents, communities set young people on the path to a healthy life



Eat a lot of carbs. No, carbs are terrible for you! Eat red meat for the iron and B vitamins. No, don't, it has too much fat! Exercise so hard you "feel the burn." No, exercise at a moderate level, and you'll get results.

What's a health-conscious consumer to do?

A grant-funded website uniquely focused on the needs of Kansans is here to help. As it says on the homepage (www.knackonline.org), KNACK (Knowledge of Nutrition and Activity for Communities in Kansas) is an innovative website designed "to help parents, community advocates, and youth workers address adolescent overweight and obesity through evidence-based, reliable, useful and action-oriented resources."

The health and family experts in the College of Human Ecology recognize that the key to a long and healthy life is to develop good habits, and the younger, the better. Faculty in the Department of Human Nutrition and the School of Family Studies and Human Services have collaborated on a site that promotes good nutrition and physical activity in young people.

“Research has shown that if you can get kids to establish healthy eating and physical activity habits, they are likely to maintain those habits over a lifetime,” said Denis Medeiros, head of the Department of Human Nutrition and principal investigator on the KNACK grant. “The younger the person is when he or she adopts good habits, the more likely it is that those habits will stick.”

“In early 2005, through the efforts of former Congressman Jim Ryun and former Dean Carol Kellett, we were awarded \$248,000 in a grant from the Centers for Disease Control to set up the website,” Medeiros continued. “We set up a KNACK Council of health advisors and organizations from all over Kansas — registered dietitians, physicians, K-State researchers, health advocacy groups and state agencies. They worked closely with us to establish our goals and they continue to help us evaluate our content and how we present it.”

Although KNACK began with grant funding, its continuing impact has been ensured through recent contributions from the Sunflower Foundation and the United Methodist Health Ministry Fund.

“Our long-term goal is to stem obesity in Kansas,” Medeiros said. “We are now researching how we might work with particular communities to track how they use KNACK and whether the site helped them cut obesity in their populations. This is a pretty lofty goal, but we think that the site has that potential.”

And by the way, eat most of your carbs as fruits, veggies or whole-grains. Enjoy that steak, just trim the fat. And 30 minutes of moderate exercise, spread throughout your day, will have a lot of health benefits. According to KNACK, any physical activity “counts,” so that means gardening, biking, walking, dancing...even mowing. So dust off the push mower and get moving!

Please visit www.knackonline.org, and feel free to link to KNACK from your own website! If you have questions or comments, please e-mail them to simonson@k-state.edu.

www.knackonline.org

The information on KNACK is solid, evidence-based science. The programs and health recommendations on the site have a track record of good data to back them up. The site is organized by “who you are”: parent, adult youth leader or community advocate.

“We really worked hard to determine which groups could realistically make the biggest impact on the health of children and teens,” Lawrence Simonson, project manager, said. “Parents are an obvious choice, but there are a lot of other people in a community who influence young people. 4-H leaders, Boy and Girl Scout leaders, church youth group directors and a lot of others can all help make a difference. They can set a good example and reinforce what kids should be hearing at home about living a more healthy life.”

Community advocates are public officials who impact local decision making. For instance, city council members, parks and recreation personnel, and school board members all have the power to drive a public agenda that promotes good nutrition and physical activity.

Besides Medeiros and Simonson, the K-State KNACK team consists of Elaine Johannes, Ph.D., assistant professor and Extension specialist, School of Family Studies and Human Services; Tanda Kidd, Ph.D., R.D., L.P.N., assistant professor and Extension specialist, Department of Human Nutrition; and College webmaster Nate Dillon.





'It's been a great ride.'

Stone House legend prepares to retire after 30 years at K-State

A wail brought a smile to Lou West's face. "Sounds like Sammy is having troubles," she said. "I know them by their cries."

West, program director at Stone House Hoeflin Early Childhood Education Center and C.Q. and Georgia Chandler Institute for Child and Family Studies, has known hundreds of children in her 30 years since opening the center. But this group will be her last. She is retiring in June, swapping picture books for a passport, Magic Markers (washable) for a trowel, and Lilliputian purple chairs for an antique refinishing kit.

"In many respects, Lou is Stone House," said Bill Meredith, director of the School of Family Studies and Human Services.

Hoeflin Stone House Child Care Center, accredited by the National Academy of Early Childhood Programs, provides care for toddlers and preschoolers and training for early childhood education students. The two-story house and architect-designed playground are located on the north side of campus on North Manhattan Avenue.

"When one thinks of the number of children and parents and student teachers she has impacted in a positive way, it staggers the imagination," Meredith said. "That is her legacy. Many of the children she taught are now parents and they often want their children to have the same experience they had."

Add to that equation all the other early childhood education students who have worked under West and the number multiplies, and will continue to multiply as they teach the Lou West way.

"She has so much experience. It's been great teaching with her...they way she deals with children, her approach to their behavior, how she guides them," explained Laura Dudte, senior from Newton, as she mixed bright green puff paint for an afternoon activity.

Born and educated in Arkansas, West came to K-State in 1977 to open Stone House. When she first saw it, wild vines climbed the walls. The basement was full of copperheads. But in typical Lou West fashion, she saw the glass half full and knew she wanted to help realize K-State's vision for excellent child care.

"Anybody who would take a wonderful house like that and make it a place for children...I knew I wanted to be here," she said.

"I remember the night before we opened in August of '77, Liv Borsen and her 12-year-old son and I were putting together the cots. We are still using those cots although we've had to replace ends and some of the canvas."

Before she came east, West spent her mornings working with 3 year olds and her afternoons teaching classes at the University of Utah. She has a master's degree from the

University of Illinois. When her bosses encouraged her to go for a doctorate and do research, she realized she belonged “on the floor.” Literally.

She plops down on the rug for circle time with the preschoolers, engaging them in conversation, teaching them to be observant (“Who has on a red shirt?”) and to respect each other (“Madee is talking. You can be next.”). She urges them to think and to make decisions.

Her words and her actions reveal strong convictions about how to guide children before they start to school. She listens. She reacts to them as individuals.

“They are people,” she said. “They are short but they are people.”

She expects them to follow the rules. When the lights dim, it is time to be quiet and move to the next activity. Whispering is allowed. Shirking duties isn’t. After snack, you put your empty milk glass on the tray. After playtime, you tidy the area with your name on it. At circle time, you sit on your name, written on masking tape and stuck on the carpet.

And she expects them to respect their teachers and each other.

“I want them to know that caring about others is important. Did you see the way Kyle was helping Sam? They take care of each other,” West said. She blotted her eyes with a Kleenex.

“There is nothing wrong with knocking over your pile of blocks. But there is something wrong with knocking over somebody else’s,” she added.

Her advice to parents: strive toward consistency, have faith in yourself as a parent, give your child a reason for what you are asking him or her to do. If you can’t verbalize it, maybe you shouldn’t be asking.

The Stone House family is Lou’s extended family. The Stone House children are her children.

“By the time I wanted children, I knew too much,” she laughed. “I have the best of all worlds. I can be with my children all day, then send them home where their parents can put them to bed and send them through college.”

If you’d like to send West a retirement card, address it to her attention and send to the School of Family Studies and Human Services, 303 Justin Hall, Kansas State University, Manhattan, KS 66506.

Learn about ways you can support Stone House and the ECE program by contacting Jennifer Rettele-Thomas at jenniferr@found.ksu.edu or 800-432-1578.

“I want them to know that caring about others is important. Did you see the way Kyle was helping Sam? They take care of each other.”



Dean Moxley Takes the Helm

New opportunities, challenges ahead for K-State alumna



“Some people plan their lives, and others let it evolve. I’m definitely one of the latter. Maybe it’s because I grew up on a farm and everything was contingent on everything else. You learn to capitalize on the opportunities in front of you. Did I intend to be dean? No. Did I intend to have an interesting career? Absolutely.”

Dean Virginia Moxley's ability to recognize a good opportunity when it presents itself has always served her well. And now she sees almost limitless opportunities for the College of Human Ecology, its faculty, staff, students and alumni.

Moxley came to K-State as a freshman from a farm near Junction City, graduating in 1968 with a B.S. in clothing and textiles research. The Putnam scholar, Chimes junior honorary member and Mortar Board senior honorary member also served for three years as a residence hall advisor in Goodnow Hall, a job that caused her to change direction and earn an M.S. in family counseling in 1969. She married her husband Tom toward the end of her master's work, and was shortly presented with an offer she couldn't pass up.

"It was the Vietnam-War era, and Tom's military obligation took him to Fort Sill, Oklahoma," Moxley recalled. "However, he was shortly headed to Korea so I was considering employment opportunities worldwide. En route to an interview in Kansas, I stopped at K-State, and the dean (Doretta Hoffman) hired me to work in the Dean's Office. I was in that position for a year, and then I worked as an instructor and researcher in what was then the Department of Family and Child Development for a couple of years."

In 1973, in search of a faculty position at Emporia State University, Moxley was offered a position as head of the Department of Home Economics. She was 26 years old and only had a master's degree. Following an administrative reorganization, she became the head of Emporia State's Division of Sociology, Family Science and Anthropology.

During Moxley's years in Emporia, her husband took over the family ranch, her two daughters were born, and she

Moxley's goals for the College are based on assessing the opportunities in the world today and ensuring that faculty and students are positioned to benefit from those opportunities.

"Everything we do is about student success, faculty achievement and creating the best possible learning community. We have made tremendous progress, as reflected in our extraordinary increases in student enrollment, grant funding and donor support. But in order to continue to carry out our mission of teaching, research and outreach, we must upgrade our facilities to keep up with today's teaching and research demands. We also must do more to internationalize programs in the College so our students and faculty can function well in today's global economy."

The K-State College of Human Ecology has grown to become one of the largest human sciences programs in the country. Total research funding in the form of grants and corporate contracts has increased 266% since 1996.

"Justin Hall was built to serve 1,000 students," Moxley noted. "We now have 1,900 undergraduates and over 300 graduate students. Our College enrollment is up 61 percent since 1996. This growth in enrollment, combined with the growth of outside funding for research and outreach projects, means that we've outgrown our facilities."

Moxley's other focus, internationalization of programs, will mean offering students experiences abroad, which will prepare them to work and live as global citizens. Faculty, as well, must have connections around the world to facilitate their research and teaching endeavors.

"We're doing a lot of things right now that build on what we've done in the past," Moxley said. "For instance, we're capitalizing on our participation in Great Plains IDEA

"Everything we do is about student success, faculty achievement and creating the best possible learning community."

earned a Ph.D. in education from K-State, all while teaching courses and running a department. She stayed at Emporia State until 1985, when, eager to return to her alma mater, she returned to K-State as an associate dean.

Over the next 20 years, Moxley's position evolved and she took on new challenges, including student leadership, the honors program, summer school, distance education, academic affairs and research. She served as interim department head in two departments, and co-developed and taught Human Needs, a University general education course. And in 1994, she was one of the founding members and leaders of the Great Plains Interactive Distance Education Alliance (Great Plains IDEA), a consortium of 11 human sciences colleges in 11 states that delivers distance education graduate degree programs. The model that Moxley and her colleagues developed is now a national model for higher education strategic alliances.

to partner with other universities that already have strong ties in other countries. We will expand our study tour and study abroad opportunities and keep them affordable so as many students as possible can participate."

Moxley noted that the College will continue to enlist both public and private funding sources, including more scholarship funding, and will fully utilize all the services K-State offer for students who wish to study abroad.

"Our students who study abroad pay the same tuition they pay at K-State. However, they don't travel under a visa that allows them to work in another country. Therefore, they rely more heavily on outside funding to pay for basic living expenses."

Moxley is confident that with the ongoing and outstanding commitment from alumni, friends, faculty and students, the College will continue to fulfill its motto: In a world focused on things, we focus first on people.



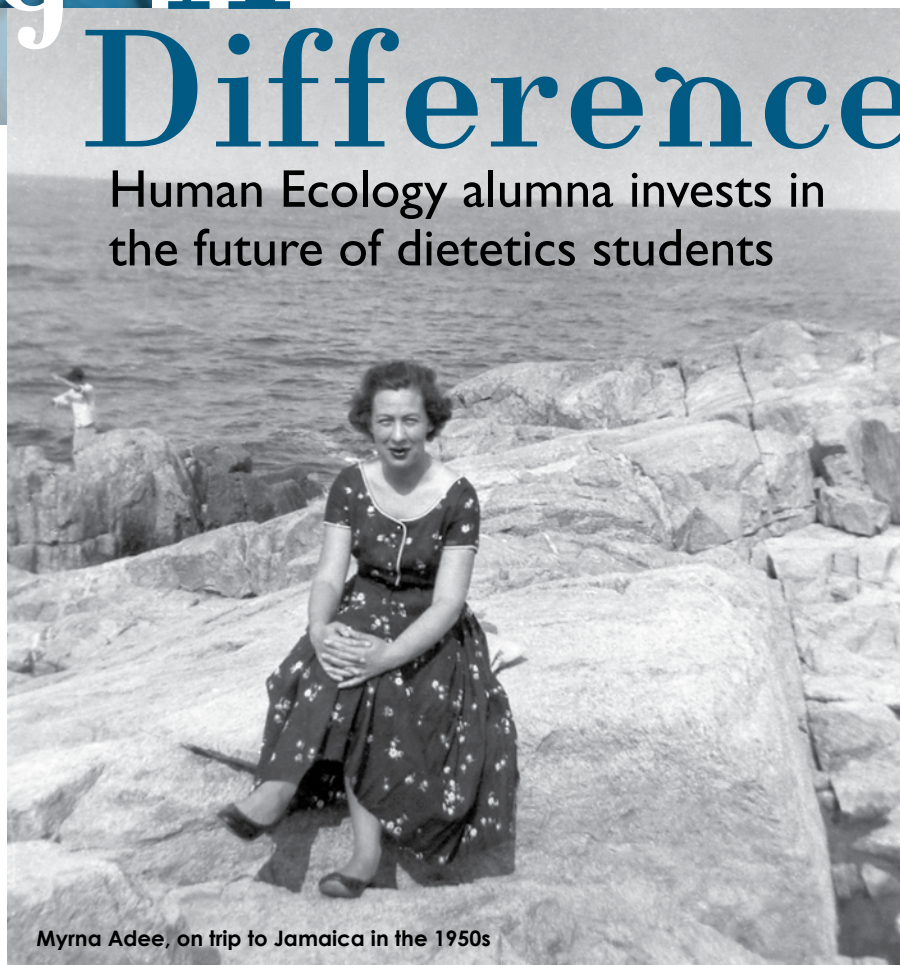
Janet Angell (on left) with Myrna Adee

It's fairly easy to imagine what an evening with Myrna Adee might have been like, back when she was at the height of her career in college foodservice management. In the Michigan home of the 1948 K-State graduate in dietetics and institutional management, you would have been surrounded by hundreds of cookbooks. Hummels would have been prominently displayed, and you could have admired her needlepoint creations. Classical music would have played in the background, and the delicious food, beautifully presented, would have really impressed you. And no doubt the conversation would have soon turned to Adee's career and her love of her profession.

Even many years after she retired from the University of Michigan Housing Unit, Adee's dedication to college students led her to endow a \$1 million scholarship for K-State dietetics majors who plan a career in college foodservice management. Although her health was failing, she was committed to ensuring that hundreds of students would be encouraged to travel the same professional path she did.

Making A Difference

Human Ecology alumna invests in the future of dietetics students



Myrna Adee, on trip to Jamaica in the 1950s

The reasons she endowed a scholarship weren't too complicated. She just liked college students, and Adee, who died in August 2006, wanted dietetics majors to seriously consider college foodservice.

"She really liked being around the college kids. She said they kept her young," her sister, Janet Angell, B.S. '51 human ecology and mass communications, recalled.

Ironically, Adee's mother had tried long and hard to persuade Adee against a career in dietetics and institution management.

"Do you realize how hard you're going to have to work, for how much pay you're going to make"? Adee's sister, Janet Angell, smilingly recalled their mother asking Adee. "Mother really tried to talk her out of it. Myrna grew up cooking, of course, but why exactly she went into dietetics, I have no idea."

Adee's father, a veterinarian who graduated from K-State in the same class as legendary Manhattan veterinarian E.J.

Adee's work was important to her, but she was far from a one-note woman.

"She was an extremely creative person. There wasn't a craft she hadn't tried. She especially loved needlepoint. But she was a 'starter' — she'd start a new project and then put it down and go on to something else," Angell said with a laugh, pointing out a beautiful pair of cushions that were Adee's handiwork.

"And recipes...my gosh, if she had a piece of paper, there was a recipe on it. She watched Food Network religiously. And every meal she made was 'dressed' and just presented beautifully."

Adee traveled extensively her whole life. She once took a cooking class in China, and loved to spend long weekends with a friend in New York, shopping and taking in the Broadway shows. After Adee retired to Manhattan to be near her family, she and Angell attended several Elderhostels and ventured to Spain, Alaska, Hawaii and the Panama Canal,

"This wonderful gift from our alumna, Myrna Adee, will literally change the lives of many of our students, and have a lasting impact on our department."

Frick, died when she, her sister and their brother Lowell were very young. However, it remained "very important to Mother that we all go to college," Angell said; all three went on to graduate from K-State.

After high school, Adee worked for a few years to save enough money to go to K-State. In 1943, she tabulated data briefly for the Bureau of Agricultural Economics in Topeka, and then went to work for the Atchison, Topeka and Santa Fe Railroad, where she clerked for two years. She spent one year at Washburn University in Topeka, and then transferred to K-State, where "she used to talk about going to basketball games in Nichols and sitting in the rafters," Angell recalled.

After she graduated in 1948, Adee completed an internship at Oklahoma State University, and then moved to the University of Indiana, in Bloomington, working as a dietitian for a men's residence hall. Adee kept meticulous records throughout her career of her salaries and job descriptions as she moved up the ladder. This first professional position in Indiana paid \$2,506 a year when she began and \$3,591 by the time she left in 1953 for new challenges in Michigan.

Adee was committed to college foodservice and thrived in the university environment. In the University of Michigan system, she rose through the ranks in 10 different positions, from dietitian to University of Michigan Food Service manager—Housing Division by 1987, when she retired. During a stint at the Michigan League, a facility often used to host visiting dignitaries, Adee once had the privilege of meeting Eleanor Roosevelt during a campus visit by the former First Lady.

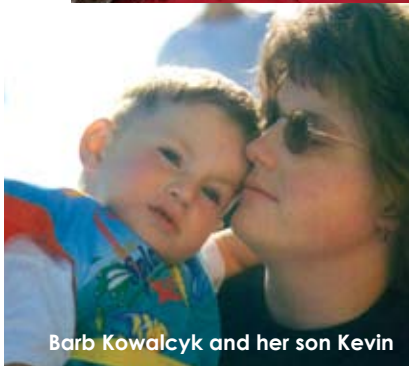
among other destinations. Adee's last long trip was to Nova Scotia and Prince Edward Island, Canada, about 3 years ago.

"She was a real planner. She'd work out all the details of our trips, and I'd just tell her to let me know when we were going and how much I owed her! Even in the last few years, she tried to never let her health keep her from doing what she wanted to do," Angell said.

Adee edited a few cookbooks and owned hundreds. She was an active member of her church in Manhattan. Her sister is proud to now have Adee's beautiful collection of Hummel and Lladro figurines. But Adee's most durable legacy may well turn out to be her scholarship and the boost it will lend to future college foodservice professionals. Because, after all, "she really liked the college kids."

"This wonderful gift from our alumna, Myrna Adee, will literally change the lives of many of our students, and have a lasting impact on our department," said Deborah Canter, head of the Department of Hotel, Restaurant, Institution Management and Dietetics. "Myrna's contributions to college and university foodservice are evidence of her professional expertise and the esteem in which she was held by those who knew her. Myrna Adee's legacy will live on in the lives of the students who will be touched by her incredible generosity."

If you are interested in investing in scholarships for College of Human Ecology students, please contact Jennifer Rettele-Thomas at jenniferr@found.ksu.edu or 800-432-1578.



Barb Kowalczyk and her son Kevin

33rd Grace M. Shugart LECTURE

The Department of Hotel, Restaurant, Institution Management and Dietetics (HRIMD) is pleased to announce the 33rd Grace M. Shugart Lecture, "The Emotional and Economic Burden of Foodborne Illness," delivered by Barbara Kowalczyk. Kowalczyk is the director of food safety for the Center for Foodborne Illness Research and Prevention (CFI). The lecture, open to the public, is scheduled for 1:30 p.m., April 19, 2007, in Forum Hall at the K-State Union.

Kowalczyk, of Loveland, Ohio, became involved in the crusade against foodborne illness following the loss of her 2½-year-old son, Kevin, to *E. coli* in 2001. A committed advocate for food safety, Kowalczyk's work has included giving testimony before the United States Department of Agriculture, the National Advisory Committee on Meat and Poultry Inspection, and the National Academy of Sciences.

The congressional bill KEVIN's Law is named in honor of Kowalczyk's son.

"Barbara Kowalczyk is known as a dynamic and moving speaker on the issue of food safety," said Deborah Canter, head of the Department of Hotel, Restaurant, Institution Management and Dietetics. "The story of the loss of her son to *E. coli* is riveting, heart-rending and a call to action for ensuring a safe food supply in this country."

With a background in the pharmaceutical industry and an M.S. in biostatistics, Kowalczyk began a Ph.D. program at The Ohio State University in January 2007. Her long-term goal is to create a private foundation committed to food safety research.

The Shugart Lecture is part of a month-long focus at K-State on food safety education during April. HRIMD recently received a \$5,000 grant from Rutgers University for a campaign entitled, "A Food Safety Social Marketing Campaign for Young Adults at Kansas State University." The program will spread messages of food safety by sponsoring activities and events at K-State throughout April, with Kowalczyk's speech serving as a major feature of the campaign.

"President Wefald has set a goal for K-State to be the leading institution in the world for food safety research," Canter said. "Because HRIMD educates the future managers and leaders in foodservice for restaurants, healthcare facilities, long-term care facilities, schools and other institutions, we are excited about this opportunity to showcase the important role we play in food safety education and research on this campus."

Launched in 1975, the Grace M. Shugart Lecture Series allows K-State students and faculty to hear from recognized leaders in foodservice/hospitality management and dietetics. The series honors former HRIMD department head Grace M. Shugart, original author of "Food for Fifty," former president of the American Dietetic Association (ADA), and recipient of the ADA's highest honor, the Copher Award.

For more information about the upcoming Shugart Lecture, please contact Dr. Canter at canter@ksu.edu or 785-532-5507.

April 19,
'07
1:30 P.M.

Culinary Enhancement Workshop

March 1 and 2,

'07

For the third year in a row, the Department of Hotel, Restaurant, Institution Management and Dietetics invites students as well as foodservice professionals and alumni to attend its popular Culinary Enhancement Workshop. This year's event is titled "Flavors of the Mediterranean" and will be led by Chef Taji Marie on March 1 and 2. The workshop will give attendees the opportunity to learn from — and feast with — a top chef.

Marie is an expert in her field, with experience as a chef, culinary instructor, caterer and food writer. With an energetic and inventive approach, Marie combines Latin, Mediterranean, Asian and Caribbean flavors. But her enthusiasm isn't confined to her own kitchen. Marie enjoys sharing her passion for these unique blends, having taught classes across Los Angeles and contributed articles and recipes to *Cooking Light* and *Wine Country Living* magazines. She has also worked on cooking demonstrations and book signings with well-known chefs such as Donna Hay, Anne Willan and Rachael Ray. Marie was recently hired as the executive chef for Latham and Watkins international law firm.

Choosing Marie as this year's special guest was an easy choice.

"She came highly recommended from last year's chef (Jet Tila)," said Missy Schrader, HRIMD instructor and registered dietitian for Housing and Dining Services. "It was just a natural fit that we have her do the workshop this year."

The Thursday, March 1 workshop — beginning at 10 a.m. in the Derby Dining Center's Gold Room — is designated for foodservice professionals and alumni. Registration fees from this session will help sponsor students who wish to attend the Friday, March 2 workshop at 10:30 a.m. in the Gold Room. Dietitians can earn licensure-approved continuing education credit for attending the event.

The workshop will focus on Mediterranean cuisine, including an overview of the culture and history of Mediterranean fare; sessions on the flavors of Spain, Morocco and Greece; a Mediterranean lunch; and an optional session where participants can try cooking Mediterranean food with Marie's help.

"The last two years, we focused on Asian cuisine," Schrader said. "This year we chose to highlight Mediterranean food."

According to Schrader, the workshop promises a fascinating peek into the world of Mediterranean cuisine.

"We're focusing on a different part of the world than the last two years and giving students a new experience."

To register or learn more about the workshop, please contact Missy Schrader at schrader@ksu.edu or 785-532-6438.



Chef Taji Marie

The Legacy of Excellence Honorary Society was established in 2001 to recognize all who contribute \$100 or more annually to the College with membership in annual gift clubs. Donors renew their membership each year by making an investment at one of the five levels: Directors (\$2,500+), Leaders (\$1,000 to \$2,499), Partners (\$500 to \$999), Colleagues (\$250 to \$499) and Associates (\$100 to \$249). This list includes gifts of \$100 or more for the fiscal year July 1, 2005, to June 30, 2006. All private gifts to the K-State

College of Human Ecology ensure that the legacy of outstanding accomplishment and leadership will continue.

All benefactors are honored during the Legacy of Excellence Celebration event held each fall. This year's event was celebrated Nov. 3, 2006. During the celebration, the Alumni Board presented its annual alumni awards. Those recipients are highlighted on the following pages.

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Public Advocacy Award
Joan Medlen
'87 B.S. Dietetics

Joan Medlen, RD, has spent much of her personal and professional life acting as a parent-expert for families of children with Down syndrome. Her life and career changed forever in 1989, when her second child was born and diagnosed with Down syndrome. Mrs. Medlen has spent the last 11 years working to educate people with intellectual and developmental disabilities and their families.

Published four years ago, Mrs. Medlen's book, *The Down Syndrome Nutrition Handbook*, focuses on the health and wellness of individuals with Down syndrome. Mrs. Medlen is also the founding editor and publisher of *Disability Solutions*, a free quarterly publication about Down syndrome and developmental disabilities, which reaches over 10,000 readers nationwide.

Mrs. Medlen is the clinical advisor for health literacy for the Special Olympics Healthy Athlete Health Promotion Program. In addition, she is currently the newsletter editor for the Dietetics in Developmental and Psychiatric Disorders Practice Group.

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**Distinguished
Service Award
Mary P. Clarke Barkley
'73 Ph.D. Foods
and Nutrition**

Mary P. Clarke Barkley, Ph.D., has dedicated her career to providing nutrition education for individuals of all ages. Dr. Barkley is professor emeritus of human nutrition at Kansas State University, having served for 26 years as a state specialist in nutrition education for K-State's Cooperative Extension Service. She has authored, taught and offered leadership on many nutrition subjects, including weight control and maintenance, diabetes, cancer and cardiovascular disease.

Dr. Barkley organized the national Extension Elderly Nutrition Education Group and the first annual Kansas Nutrition Council Conference. She has held numerous professional offices, including acting as president of the Kansas Dietetic Association and the Kansas Nutrition Council.

Before joining the faculty at K-State, Dr. Barkley worked in several hospitals as a clinical, administrative and teaching dietitian. She is still active in dietetics, serving as secretary of the Fort Worth (Texas) Dietetic Association and formerly as interim department head of Human Nutrition.

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**Entrepreneur Award
Marlyn Levendofsky Conrow
'73 B.S. Family and Child
Development**

With a bachelor's degree in family and child development from Kansas State University, Marlyn Conrow has utilized her educational background to provide high-quality early education and child care for 33 years. Mrs. Conrow now owns Bent Tree Child Development Center, one of the top-ranked early education programs in Dallas, Texas.

Mrs. Conrow opened Bent Tree in 1991, with only one part-time assistant. By 1994, Bent Tree had acquired such a reputation for excellence that rapid growth prompted a move to a new building, and in 1998, Mrs. Conrow completed the final phase of the 20,000-square-foot facility. Bent Tree now employs 35 staff and serves 250 students in 22 classrooms. Stimulating and age-appropriate multi-sensory experiences such as the fine arts, music, outdoor play and technology are the foundation of the curriculum. Bent Tree also helped pilot a new, integrated pre-academic curriculum for young children.



**Distinguished
Research Award**
Patricia A. Kendall
'69 B.S. General Human
Ecology, '73 M.S. Foods
and Nutrition

Focusing on food science and nutrition, Patricia A. Kendall, Ph.D., has built an impressive career in academia over the last three decades. Dr. Kendall earned a bachelor's degree in home economics education and a master's degree in foods and nutrition from Kansas State University, and a doctorate in nutrition from Colorado State University.

Currently a professor and food and nutrition Extension specialist at CSU, Dr. Kendall has published 96 manuscripts in over 20 different refereed journals, and she has also helped procure millions of dollars in federal grants in the last three years alone. Dr. Kendall is a past president of the Society for Nutrition Education.

Dr. Kendall has won a number of awards from CSU over the span of her career, including the 2006 Scholarly Excellence Award for the College of Applied Human Sciences, the 2003 CSU Alumni Award for Distinguished Service to Cooperative Extension and the 2001 Hope Award for Community Service.

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Young Professional Award
Vance Lahey
'02 B.S. Family Studies
and Human Services,
Emphasis in Personal
Financial Planning

Arriving at Kansas State University with a desire to help people, Vance Lahey found his calling in the School of Family Studies and Human Services, choosing an emphasis in personal financial planning. He graduated with honors in May 2002 after helping the K-State personal financial planning team win third place in the national American Express Collegiate Financial Planning Competition.

Following his graduation, Mr. Lahey accepted a position with American Express Financial Advisors as a comprehensive financial planner. He established a practice in Overland Park, Kan., and within the first six months earned the Mercury Award from American Express for his leadership abilities and professional accomplishments.

In April 2005, Mr. Lahey moved into a manager position in Franklin, Tenn. In October of that year, American Express Financial Advisors became an independent company called Ameriprise Financial. Having acquired his Certified Financial Planner™ designation in March 2006, Mr. Lahey is continuing his practice in personal financial planning as an independent franchisee of Ameriprise Financial.



Friend of the College Award K-State Dining Services

For 80 years, Kansas State University Dining Services has provided award-winning, nutritious meals for campus residents while playing a crucial role in the training of dietetics and hotel/restaurant management students in the College of Human Ecology.

Early dietitians at K-State, such as Bessie Brooks West (for whom West Hall is named) and later Grace Shugart, administered both the residence hall foodservice operations and the academic Department of Institutional Management. Eventually, the rapidly growing academic and operations administration functions were divided, with Mrs. Shugart continuing as academic department head and Jean Riggs serving as director of Residence Hall Food Service and associate professor of Institutional Management.

Under current director John Pence and his professional staff, K-State Dining Services maintains its role of support to the College of Human Ecology by teaching Food Production Management, a capstone course in HRIMD. This link between academics and operations is unique in the country, contributing to K-State's outstanding reputation as a leader in dietetics and hotel/restaurant management education.

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Roger and Jan Winter
Mary Wirth
Don and Treva Wiruth
Martin and Lorice Woner
Maureen Woods
Xiaodong Xu and Lewen Shen
Michael and Linda Yehle
Susan Yoakum
Carol Young
Jan Young
Paul Young and Elnora Huyck
Audrea Youngers
Leonard and Deanna Zeitlow
Carol Ann Zimmerman

The Founders to the Legacy of Excellence Society

The Founders to the Legacy of Excellence Society Lifetime membership as a Founder to the Legacy of Excellence Society is given to those who have made a gift of \$100,000 or more to the College. Their investment will play a vital role in the future success and advancement of our College (as of July 2006):

David and Rita Beggs
Gene Bicknell
Franklin and Elizabeth Burke
C .Q. and Georgia Chandler, III
Jody Galichia
Kathy Galichia
Bruce and Jeane Johnson
LeRoy McAninch
Phillip* and Jean Myers
Perry and Virginia Peine
Ruth and Jack Rice*
Bob and Betty Tointon
*Deceased



Human Ecology
Partner Award
Petros Levis
'98 Ph.D. Food Science,
Emphasis in Sensory
Analysis

Petros Levis, Ph.D., has turned his specialty knowledge of food science and sensory analysis into a flourishing career in the food industry. Dr. Levis is a senior technology manager at General Mills in Minneapolis, Minn. As part of the Product Guidance and Insights Department, he is leading the business and plant support unit efforts.

Dr. Levis began his sensory analysis career at Kansas State University at the Sensory Analysis Center. The Sensory Analysis Center carried out research projects totaling over \$300,000 for the Pillsbury Company in the first four years of Dr. Levis' employment. Dr. Levis now makes an annual visit to K-State to conduct class lectures and meet with students to discuss industrial opportunities and challenges.

After Pillsbury merged with General Mills, Dr. Levis began an internship with General Mills for K-State sensory analysis students. This is an invaluable opportunity for students to have industrial experience in one of the premier food companies in the world.

Continued from pg 5

our museum can promote the importance of this successful, female, Kansas designer.”

If you are interested in donating Nelly Don garments to the Museum, please send photographs and descriptions to the Department of Apparel, Textiles, and Interior Design, Attn: Marla Day, 225 Justin Hall, Kansas State University, Manhattan, Kansas, 66506. Questions or inquiries can be made to Day at (785) 532-6993 or mday@ksu.edu.



If you wish to support the Friends of the Costume and Textile Museum with a tax-deductible gift that may be used for the purchase of additional Nelly Don garments or for other Museum enhancements, please contact Jennifer Rettele-Thomas, director of development for the College of Human Ecology at jenniferr@found.ksu.edu or 800-432-1578.

Produced by New Boston Creative Group
www.newbostoncreative.com

Contributing writer: Jane Marshall

Photos by Dan Donnert and John LaBarge

Spring 2007 Events

April 13

11th Annual Travel & Dining Auction by Hospitality Management Society & Club Manager's Association of America, K-State Alumni Center. For tickets, contact Pat Pesci at patpesci@ksu.edu or (785) 532-2210, or Kevin Roberts at kevrob@ksu.edu or (785) 532-2399.

April 14

All-University Open House, 9:00 a.m. – 3:00 p.m.

April 25-27

50th Alumni Reunions. For more information, contact Jennifer Rettele-Thomas at jenniferr@found.ksu.edu or 800-432-1578.

April 26-29

HRIMD 342 Theme Dinners, Gold Room, Derby Dining Center. For more information, contact Judy Jensen at jdj@ksu.edu or (785) 532-2204.

May 11

Graduation Honors & Student Awards Ceremony, 4:00 p.m., Hoffman Lounge, Justin Hall.

May 12

College of Human Ecology Commencement, 4:15 p.m., Bramlage Coliseum.

See pages 14 and 15 for additional events.

Check out our website!

www.humec.k-state.edu



College of Human Ecology
119 Justin Hall
Manhattan, KS 66506-1401

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Notice of Nondiscrimination

Kansas State University is committed to nondiscrimination on the basis of race, sex, national origin, disability, religion, age, sexual orientation, or other nonmerit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era), as required by applicable laws and regulations. Responsibility for coordination of compliance efforts and receipt of inquiries concerning Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans With Disabilities Act of 1990, has been delegated to Clyde Howard, Director of Affirmative Action, Kansas State University, 214 Anderson Hall, Manhattan, KS 66506-0124, 785-532-6220