

WINTER 2021

# FOCUS

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



**KANSAS STATE**  
UNIVERSITY

College of Health and  
Human Sciences



# From The Interim Dean

Happy holidays from Justin Hall!

It has been my pleasure to serve as interim dean of the college since July — what a whirlwind! I want to thank Dean John Buckwalter for the leadership he provided the past eight years. He has officially been the provost at Boise State University since July and we send our well wishes in his new role.

Though new to this role, I am not new to the college or K-State. My family and I arrived in Manhattan in 1997 when I joined K-State as an assistant professor in the Department of Kinesiology. In 2010, I achieved the rank of full professor and was named department head in 2014. Serving as interim dean has given me new perspective of our college and has made me extremely grateful for our amazing faculty, staff and students. Our enrollment numbers continue to grow, highlighting that our programs are well known and sought out. For the 2020-2021 school year, our prospective student visits increased by 28% — during a pandemic! These numbers confirm that this college is going to continue to attract and produce top-quality individuals who share our mission: to improve the lives of others.

We continue to be innovative in our programming, updating curriculums and developing new programs that are in demand with our current and future students. Our physician assistant program has recently received an accreditation status update which you will read more about later in the magazine. We have officially completed renovations on the third floor of Justin Hall in preparation for the K-State & Wichita State Pathway to Nursing Program to begin in fall 2022. We have also launched new minors, certificates and degree options that will be available this coming spring. These are also highlighted in this edition of FOCUS.

In closing, the College of Health and Human Sciences is continuing to see success. It's important to note that success wouldn't be possible without our world-class faculty and staff. I want to commend them on their dedication to educating students and the flexibility they have shown in delivering top-notch education the past two years during these challenging times. I also want to acknowledge that much of our success can also be attributed to our alumni and college supporters. Their gifts of their time, talents and treasures enable us to continue providing the best for our students.

Thank you for your continued support of the College of Health and Human Sciences and I wish you a happy and healthy New Year!



Craig Harms  
Betty L. Tointon Interim Dean



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# Celebration of Excellence

The college welcomed back five alumni to Justin Hall for the Celebration of Excellence in October. The annual event recognizes distinguished alumni and friends and their contributions to the college, devotion to their area of specialization and the difference they make in the lives of others. "The Celebration of Excellence is a wonderful opportunity for us to recognize our alumni and friends while we also introduce our students to outstanding professionals," said Shawna Jordan, assistant dean. "The opportunity for our students to interact with the award winners allows for aspiration to future careers but also learning from the journeys of these individuals."

## Friend of the College Award



**David Brandenburg** is a 2004 graduate from the kinesiology program. After completing his bachelor's degree, Brandenburg attended the University of Kansas Medical School of Allied Health where he received his doctoral degree in physical therapy in 2007. Upon graduation, Brandenburg returned to Manhattan and began working alongside his mentors as a physical therapist at Maximum Performance. After a year of working at the facility, Brandenburg added part owner to his title. Along with serving the Manhattan community, Brandenburg is an active member of the K-State community, providing internships, shadowing and employment opportunities for K-State students; serving as a mentor in the College of Health and Human Sciences mentoring program; and serving as an alumni advisory board member for the Department of Kinesiology.

**Indian Hills Country Club** is a private, member-owned, full-service club in Mission Hills, Kansas. The club is dedicated to providing its members, their families and guests with high-quality, relevant programs, services and facilities while recognizing the club's heritage, cultivating friendships, valuing family life, and fostering a culture of courtesy all in a fiscally responsible manner. Accepting the award for the club is Robert Tibbetts, a 2010 graduate from K-State's hospitality management and horticulture programs.



## Entrepreneur Award



**Josh Umbehr** is a 2003 graduate from the nutritional sciences program. Umbehr is the owner of Atlas MD, a direct primary care medical facility. Atlas MD is Umbehr's dream practice, allowing him to shrug off the burdens and restrictions of government and insurance regulation so he can focus solely on his patients and their needs. Atlas MD has two locations in Wichita and is home to five practicing family physicians.

## Distinguished Career Achievement Award

**Jay Mancini** is a 1974 graduate of K-State, earning his master's degree in family and child development. Mancini is a distinguished researcher in the field of lifespan human development, community systems, building community capacity, military family support systems, time-use and families and psychological well-being.

Throughout his career, the focus has been on resilience and vulnerabilities of individuals, families and communities and their multiple intersections. He has received more than \$22 million in funding for his research and program development. His current research projects include examination of the social relationships of youth and adults in military families and community contexts and family well-being. Mancini has influenced students at numerous institutions including Virginia Polytechnic and State University, University of Georgia and University of Minnesota. This is Mancini's second alumni award from K-State. He received the distinguished research award from the College of Health and Human Sciences, formerly Human Ecology, in 2008.



**Mary Gregoire** received her doctoral degree in institutional management from K-State in 1985. An accomplished dietitian, professor and researcher, Gregoire has made an impact on both the hospitality management and dietetics industries. Her various career roles include executive director for the Accreditation Council for Education in Nutrition and Dietetics; director of food and nutrition services for Rush University Medical Center; department chair of clinical nutrition, Rush University; and department head for apparel, education studies and hospitality management at Iowa State University. She has published more than 200 peer-reviewed manuscripts and abstracts on foodservice management issues including sustainability and operations effectiveness. Gregoire continues to influence future employees in the hospitality and dietetics fields, serving as a consultant for educational programming and helping programs achieve accreditation. This is the second time the college has recognized Gregoire for her outstanding achievements. In 2007, she received the distinguished research award.



# Ready, Set Launch

The physician assistant program has received provisional accreditation status from the Accreditation Review Commission on Education for Physician Assistant, or ARC-PA. Having received this status, the program will welcome its first cohort of students to campus in January.

Housed in Mary and Carl Ice Hall on K-State’s Manhattan campus, the 27-month, full-time graduate program, consists of 12 months of classroom instruction followed by 15 months of clinical training. The program follows the traditional medical model of training, providing in-depth analysis of disease processes, diagnosis and treatment, and prepares students to serve as primary health care providers who practice medicine with physician supervision.

“The faculty and staff of K-State’s physician assistant program are proud of the work that led to receiving Accreditation-Provisional status,” shared program director, Gwen Ferdinand-Jacob. “We look forward to welcoming the inaugural class in spring 2022. K-State’s PA program provides an excellent opportunity to educate students from a broad geographical area who, upon graduation, will play an essential role in improving access to healthcare.”

The program will welcome 36 students into the inaugural class. “I’m overjoyed that I get the opportunity to go back to my roots at K-State,” said Holli Woodyard, a member of the inaugural class and a graduate from the nutritional sciences program. “It’s such a privilege to return to the community that has taught and inspired me in multitude of ways. The community I grew in, now will be sending me out from a program that continues to embody the K-State way of compassion and person-centered care. I’m looking forward to be a part of the impact K-State students will make providing quality care to patients in Kansas and all over the United States as Physician Assistants.”

## Inaugural Class Physician Assistant Program

<b>Aaron Bischof</b> <i>Lubbock, TX</i>	<b>Natalee Yocum</b> <i>Quinton, OK</i>
<b>Skylar Brand*</b> <i>Wellington, KS</i>	<b>John Rio Tisoy</b> <i>Sabetha, KS</i>
<b>Hannah Brockie</b> <i>Colorado Springs, CO</i>	<b>Mandi Diederich*</b> <i>Hanover, KS</i>
<b>Octavio Garcia</b> <i>Rexburg, ID</i>	<b>Christina Guzman*</b> <i>Wichita, KS</i>
<b>Macy Harsch</b> <i>Chanute, KS</i>	<b>Sam Harwood</b> <i>Lawrence, KS</i>
<b>Mackenzie Lukes</b> <i>Austin, MN</i>	<b>Brett Jenlink</b> <i>Bel Aire, KS</i>
<b>Sarah McConnell</b> <i>Coppell, TX</i>	<b>Darya Movahed</b> <i>Olathe, KS</i>
<b>Chad Merando</b> <i>Frontenac, KS</i>	<b>Molly Ptasznik</b> <i>Wichita, KS</i>
<b>Erick Nilson*</b> <i>Salina, KS</i>	<b>Alison Clendenin</b> <i>Springfield, MO</i>
<b>Michael Prichard</b> <i>Kansas City, MO</i>	<b>Vasanti Sharma</b> <i>Plantation, FL</i>
<b>Christian Railsback</b> <i>Bozeman, MT</i>	<b>Alexa Tkachuck</b> <i>Maple Grove, MN</i>
<b>Claire Tritschler*</b> <i>Bel Aire, KS</i>	<b>Eric Viles</b> <i>Ventura, CA</i>
<b>Taylor Tustin</b> <i>Grove, KS</i>	<b>Alex Crane</b> <i>Ashland, MO</i>
<b>Jessica Upah</b> <i>Olathe, KS</i>	<b>Benjamin Dorsett*</b> <i>Osawatomie, KS</i>
<b>Jonathan Uranga</b> <i>Midland, TX</i>	<b>Grayson Bingham</b> <i>Dallas, TX</i>
<b>Greta Wehrman*</b> <i>Hunter, KS</i>	<b>Michael Loree</b> <i>Kansas City, MO</i>
<b>Holli Woodyard*</b> <i>Topeka, KS</i>	<b>Brett McDonald</b> <i>Lamar, MO</i>
<b>Autumn Wranosky*</b> <i>Shawnee, KS</i>	<b>Maria Talamantes</b> <i>Lawrence, KS</i>

\* Denotes K-State graduate

# National Attention



Left to right: Megan Klug, Britta Beasley and Ana Sanko

Megan Klug, Britta Beasley and Ana Sanko, seniors in the personal financial planning program, received second place in the national Financial Planning Competition hosted each year by the Financial Planning Association. Since 2014, K-State has been named a top-three team five times.

Each year, the challenge engages students in a holistic financial planning learning experience and expands awareness of the professional community and organizations that support the profession. The challenge is done in three phases. In phase one, students are given profiles for two hypothetical clients and prepare a comprehensive financial plan. Eight teams are then selected to move to phase two, which is an oral presentation of a case study. The final phase is the “How Do You Know?” jeopardy style challenge. With its second-place finish, the team secured a \$5,000 scholarship for the personal financial planning department.

“Megan, Britta, and Ana represent the first all-female team to compete from K-State and one of the first to compete nationally,” said Martin Seay, personal financial planning department head. “The team’s accomplishment is a strong testament to the success of females in the financial planning field. Though the number of CERTIFIED FINANCIAL PLANNER™ professionals has seen a large growth, women continue to make up only 23% of the workforce.”





# Advancement Through Research

Continuing the mission to become a top research institution in the country, the College of Health and Human Sciences faculty are advancing their fields through research. Highlighted are a few of the recent projects that have received high-level funding through national organizations.



## Improving profitability for Kansas beef producers

Junehee Kwon, professor of hospitality management, is working alongside K-State researchers in hospitality management, agricultural economics and animal sciences to develop resources that will help small and medium-sized business and consumer beef producers in Kansas maximize their profitability. The research team has received a \$500,000 grant from the U.S. Department of Agriculture. Demands for local beef have increased over the years but surged during the COVID-19 pandemic. Kwon noted that as more direct transactions occurred among producers, processors and customers of local beef, challenges surfaced due to uncertainties and lack of communication among stakeholders. A preliminary survey also showed beef producers did not fully utilize standardized farm financial management techniques to maximize profitability.

To address these challenges, the project team will partner with small and medium-sized beef producers in Kansas to develop and assess financial management, cost control, benchmarking and marketing resources for producers. Consumer-focused resources will also be developed to help improve communication between producers, processors, and customers. These resources will help eliminate misunderstandings during the business-to-consumer transaction and include information about beef yield and quality, purchasing considerations

and a decision-making tool to determine beef cut orders with the processor.

“Once developed, these free resources will be made available to all Kansas beef producers who wish to establish or improve their direct-to-consumer sales,” Kwon said. “In the end, we hope to help producers better manage and benchmark their data, effectively communicate with their consumers about the quality local beef and strengthen the Kansas economy by enhancing the business-to-consumer network.”

## Investigating old age and heart failures impact on respiratory muscle function

Brad J. Behnke, associate dean of research and graduate studies and professor of kinesiology, and David C. Poole, university distinguished professor of kinesiology and anatomy and physiology, were recently awarded a three-year, \$456,000 grant from the National Institute of Aging.



are two major comorbidities for COVID-19 patients who often undergo mechanical ventilation, as a life saving measure, to restore blood oxygenation.

Research has demonstrated that, when a patient is placed on a ventilator, there is rapid dysfunction of the respiratory muscles, making it difficult to ‘wean’ them off the ventilator. Weaning failure ultimately results

The grant will support a project set to investigate how old age and heart failure impact respiratory muscle function. The project is related to COVID-19 outcomes as old age and heart failure

in death. As part of this award, Behnke and Poole will employ two novel therapeutic strategies, conceived in their laboratories, to protect respiratory muscles in this all-too prevalent diseased condition: heart failure. Timothy I. Musch, university distinguished professor of kinesiology and anatomy and physiology and Carl Ade, associate professor of kinesiology, are co-investigators on the award.

## Improving relationships for Kansas youth

Three researchers in the Department of Applied Human Sciences have been awarded a grant from the Administration for Children and Families to implement and evaluate an online version on their program, Relationship Goals, or #RG. Professors Amber Vennum and Michelle Toews, along with assistant professor Kristen Anders, will lead the program that is used to promote successful transitions to adulthood by empowering youth to make healthy decisions; set goals to promote sexual health and reduce risky



An #RG facilitator leads students through an activity.



behaviors; and develop the communication, conflict resolution and copings skills needed to thrive.

The online program, to be called #RG-Beyond Just Talking, will include 15 asynchronous lessons supported by bi-weekly synchronous peer empowerment groups. Lessons cover topics such as self-awareness, recognizing health and unhealthy relationship characteristics, relationship expectations and values, communication skills, conflict resolution strategies, stress management, decision-making, goals setting, sexual health and safety, and trauma and its effects on forming and maintaining healthy relationships.

“Youth who participated in an earlier version of our program improved their communication and conflict resolution skills, were better able to identify healthy and unhealthy relationship characteristics and reported that ‘#RG helped me understand that I need to think everything I do over and make sure that what I’m doing is the right thing to do and how to be more responsible,’” shared Toews. “Due to COVID-19, we are unable to deliver our program in schools as we have previously. Therefore,

we are modifying our program so it can be delivered online in order to reach as many Kansas youth as possible.”

The grant will supply the research team with \$321,100 a year for up to three years.

**Continuing to educate and improve food safety in child nutrition programs**

The U.S. Department of Agriculture Food and Nutrition Service has renewed \$1.284 million in funding for the Center for Food Safety in Child Nutrition Programs in the College of Health and Human Sciences at Kansas State University.

The center maintains substantial research and resource capacity to address food safety issues critical to child nutrition programs. The center collaborates with USDA and the Institute of Child Nutrition to prioritize food safety advances in school meals and child/adult care programs, and to convey scientific findings to program operators, scientists, policy makers and educators. “The importance of preparing and serving safe food to our nation’s children must be a priority of all those involved in the food chain,” said Kevin R. Roberts, co-director of the center and professor in hospitality management.

K-State and the center’s resident units conduct diverse food safety research spanning the food chain. The faculty in the Department of Food, Nutrition, Dietetics, and Health and the Department of Hospitality Management collaborate to provide food safety training to child nutrition directors and employees, foodservice managers and employees, extension agents and health inspectors.



**Advancing environmental sustainability education in hospitality and retail management programs**

A team of K-State and University of South Carolina researchers has received a \$300,000 grant from the U.S. Department of Agriculture to develop sustainability education resources for higher education faculty in hospitality and retail management, HRM, programs.

Junehee Kwon, professor of hospitality management, leads the multidisciplinary team. Co-project directors are Melody LeHew, professor of fashion studies at K-State, and Robin DiPietro, professor of hospitality management, and Jeffrey Campbell, associate professor of retail management, both at the University of South Carolina. Hospitality and retail industries are consumer-facing sectors of the agricultural supply chain.

These industries have a profound negative impact on the environment by large amounts of energy and water usage and waste production.

To address these challenges, HRM baccalaureate programs must prepare their graduates to advocate sustainable business practices. This project aims to expand environmental sustainability knowledge of HRM educators, augmenting HRM educators’ capabilities for improving students’ exposure to sustainable management of energy, water, and waste. “Students need to understand the tradeoffs when making business decisions”, LeHew emphasized. “We plan to develop sustainability education modules and supporting materials that can be easily incorporated into common HRM courses.”



Center for Food Safety in Child Nutrition Programs staff. Top row: Co-directors Kevin Sauer (left) and Kevin Roberts (right). Front row: Kerri Cole (left), coordinator and Paola Paez (right), research associate professor.



# Inspired to Pay it Forward

**Dr. Elbie Loeb and his wife, Ada Ramos, RN, created the first fund for the physician assistant program, inspired by the investment of K-State professors**

**Written by Ariana Brancato**

Dr. Elbie Loeb was not sure what he wanted to do for a career, but the one thing he did know: He wanted to help people.

Following a year off school, Elbie found himself in a science lab with Dr. Marjorie Davis. She took notice of his work ethic and asked him if he had considered pursuing medicine. She then introduced him to Dr. Herschel Thomas Gier, who provided mentorship and direction as a pre-medicine advisor and embryology professor. Discovering his passion, Elbie worked as both an anatomy and embryology lab teacher during his time at K-State before attending the University of Kansas School of Medicine.

After graduating from medical school, Elbie spent 11 years in Hays, Kansas, practicing medicine. He then moved to Kansas City, and while working in a hospital, met his wife Ada Ramos. Elbie and Ada have six children, five of whom followed in the Wildcat tradition. Elbie worked for 21 years as a physician in Kansas City, spending six seasons with the Kansas City Royals as a team physician. Elbie says that watching the progression of the Royals from a losing team to being a World Series champion team was an incredible experience.

Elbie left the Royals due to a condition that worsened his eyesight, causing him to go blind. Although he stopped practicing medicine, Elbie says the value of listening is worth everything. When family members describe symptoms, he can frequently find a diagnosis by just listening. In Elbie's 33 years practicing medicine, he especially noticed the value of mid-level providers, such as physician assistants and nurse practitioners. The need for these providers was most reflected in his time in western Kansas. With physicians being much more dispersed, the support of physician assistants and nurse practitioners ensured needed care for patients. To the first class of PA program students, Elbie's advice would be to observe everything and be diligent, because even the most basic science learned in the classroom can be applied to patients.

Elbie and Ada have established the first fund to support the PA program. While Elbie attended K-State, he worked 60 hours a week as both a lab teacher and in ambulance services in Junction City, Kansas. In

creating this fund for the PA program, Elbie's hope is that students can focus on academics, not having to spend as much time working to pay their tuition. "I feel extremely privileged to be in this position, in order to give back to Kansas State, because it was instrumental of Professor Davis to see, approach and encourage me," said Elbie. "I never would have made it without that. It is very gratifying to be in this position to give back now."

In thanks to Elbie and Ada for their support to the PA program, Craig Harms, Betty L. Tointon interim dean and professor in the College of Health and Human Sciences, said "We are profoundly grateful to Dr. Elbie Loeb and Mrs. Ada Ramos for their extraordinary commitment to our new physician assistant program. They share in our excitement for this program's potential to address systemic health care challenges in our communities. Through their generosity, this PA program and our future health care professionals will benefit for many years to come."

## One gift, multiple goals achieved.

Elbie and Ada are helping their own family AND the K-State family by creating a charitable remainder trust through their Last Will and Testament. The benefits to Elbie, Ada and their family are:

Avoiding the requirement that all of the funds in the IRA must be withdrawn by their children within 10 years of the IRA owner's death

Converting the IRA into lifetime income for their children

- Reducing the possibility that their children will be forced into a higher tax bracket
- Growing the assets in the charitable remainder trust over an extended period of time versus only 10 years
- Potentially reducing estate taxes
- Creating a fund to support the new PA program

**Elbie and Ada win. Their children win. And K-State wins.**

To learn how you too can benefit from a charitable remainder trust, please contact the Gift Planning Team by [email](#) or by phone at 785-775-2099. To support the College of Health and Human Sciences, contact Jeff Haug by [email](#) or phone at 785-775-2061.



Dr. Elbie Loeb and his wife, Ada Ramos



# The Internet Search

**How did an assistant professor from in Nigeria end up at K-State? Well, it all started with an internet search.**

Born and raised in the western side of Nigeria, David Akinbo is the youngest of five boys and grew up in Lagos State, on the southwest side of Nigeria. Growing up, Akinbo admired his eldest brother, Prof. Fredrick Olusegun Akinbo and his uncle, Prof. Olutayo Ifedayo Ajayi. Both men are medical laboratory scientists and David admired their ability to travel the world conducting and presenting research. “I knew young that if I wanted to be anything, I wanted to be like them and make the same impacts they both had,” he said.

After high school, Akinbo attended the medical laboratory sciences program in the College of Health Sciences at Ladoke Akintola University of Technology in Nigeria. Following the conferment of his professional associateship degree in hematology and blood transfusion science, Akinbo completed his mandatory one year professional internship training and his one year of service for the government before returning to school in 2013 to work on a master’s degree.

Upon completion of his master’s degree, Akinbo became an instructor at his home university, teaching in their medical laboratory science program. Though he had secured this position, a doctoral degree was integral to build a teaching career.

In 2016, he began a Ph.D. program and continued to focus on blood transfusion science, studying diseases such as sickle cell disease. By 2018, he had completed his coursework and was set to graduate. However, Akinbo could not graduate due to unforeseen circumstances including paucity of funds. After waiting more than a year, Akinbo began to explore ideas on how he could proceed with his career. “I did not see a reason to keep holding on to earning my Ph.D.,” explained Akinbo. “I had finished all the coursework but was left in limbo. There was no going forward or backwards at that point.

It was a terrible period and a terrible place to be, knowing I had done everything I needed to do to graduate.”

Feeling discouraged in his studies in his home country, Akinbo decided to do a quick internet search of research opportunities in cancer studies, an area he had previous experience in. “In Nigeria, we have limitations when it comes to schooling and research. We don’t have grants and sponsorships. When I went searching for research opportunities, I wanted foreign exposure. I wanted to make my life matter. I wanted my years of studying to be meaningful,” he said.

“As I was searching opportunities, I come across Dr. Brian Lindshield and saw he was researching with the Johnson Cancer Research Center,” he said. He sent a brief profile and CV and soon got a message from Lindshield. Laughing, Akinbo recounted Lindshield reaching out and setting up a meeting with him via Zoom. “This was my first experience with Zoom,” he said. “After meeting with him and connecting, I knew I wanted to work with him. There are situations where you meet someone and finding yourself connecting right away. This was one of those situations. Even as other offers came along, I never thought twice about this opportunity.”

As he and Lindshield visited, he was informed that Lindshield’s research on cancer was no more and his focus had shifted to iron deficiency and fortification of foods and grains. Akinbo said he had to take time to think if he wanted to join in on this, which would take him away from his original focus studying cancer. Ironically, before his visit with Lindshield, Akinbo had been working on a paper focused on hepcidin, a negative hormone regulator that interacts with iron entry into the plasma. “With the overlap of hepcidin and this new interest of iron deficiency, I decided this is nice and a good fit. One of the down sides and frequent complications of chronic disorders, like sickle cell disease and cancer, is anemia and iron-deficiency anemia. Knowing this and seeing the overlap, this realigned my research goal from studying



Akinbo and his wife, Jane, at home with their daughter.

cancer to iron deficiency. For me, this was a win-win.”

With his expertise in hematology and blood transfusion sciences, he picked a research focus that marries Lindshield’s work and his expertise. His current project here looks at iron deficiency anemia and explores fortifying some staple foods with micronutrients to mitigate iron deficiencies in at-risk populations. “Without iron, there is no attachment of oxygen to the red blood cells,” he explained. “This is where our paths align; this is basically hematology.”

Akinbo made the journey to the U.S. in the spring of 2021, leaving behind his home country and his wife of three years, Jane Ifunanya Akinbo. He did not leave behind his home university however, as he began teaching courses online. He laughed as he shared that transitioning from a professor back to a student has not

been easy. “I was used to being on campus until 11 p.m. but that was as a professor. Now I am doing it as a student, working on homework, projects and writing papers.”

Akinbo stays extremely busy with his schoolwork, serving as a graduate assistant for Dr. Mark Haub, conducting research with Dr. Brian Lindshield, teaching online for his home university and his personal life (his wife was able to join him here in July. Though his time is scarce, he remains humble and grateful for the opportunities he has been presented.

“I want to share how grateful people like me are that there are grants and scholarship opportunities for people to come here and gain proficiency in our fields,” he said.





Akinbo in his research lab where he is studying iron deficiencies and fortifying foods with micronutrients.

“Words fail me to convey my gratitude. All of my schooling back home was paid for by personal and family funds. We don’t have access to scholarships and grants despite our academic excellence. I appreciate all that has been done to allow me to further my knowledge and education. I thank all the sponsors and benefactors for all they do to help those like me achieve our dreams.”

Akinbo is on track to complete his master’s degree in nutrition, dietetics and sensory sciences in 2022.

This will be the second master’s degree on his CV and it will be listed right above his coveted Ph.D., which he was finally able to complete this year. Following graduation, he hopes to stay in the U.S. to gain more research experience before returning home to Nigeria.

“My university back home just built a teaching hospital,” he shared. “My hope is to take the knowledge from here back home to help improve the university’s teaching hospital and become more renowned

**“I appreciate all that has been done to allow me to further my knowledge and education. I thank all the sponsors and benefactors for all they do to help those like me achieve our dreams.”**

# Fall 2021 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.

**Zachory Allred**  
*Hospitality Management*

**Mary Bajich**  
*Kinesiology*

**Jacob Casey**  
*Hospitality Management*

**Katherine Dwyer**  
*Dietetics*

**Max Huebner**  
*Personal Financial Planning*

**Fatima Jaghoori**  
*Gerontology*

**Gigi Oste**  
*Fashion Studies*

**Anika Roy**  
*Gerontology*

**Tiana Sothers**  
*Human Development and Family Science*

**Annie Tinker**  
*Nutrition and Health*

**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.

**Allison Arredondo**  
*Communication Sciences and Disorders*

**Audrey Boeken**  
*Dietetics*

**Caitlin Kimball**  
*Dietetics*

**Alex Miller**  
*Personal Financial Planning*

**Kaylee Simon**  
*Kinesiology*

**Jenna Znamenak**  
*Fashion Studies*

**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.

**Lanae Goetz**  
*Communication Sciences and Disorders*



# Rising Professionals Celebration

After 19 months of waiting, we were finally able to welcome our 2020 Rising Professional award winners back to campus at the end of October. Nine of the 17 award winners were back in Justin Hall to receive their award and meet with current students, highlighting their career success and providing advice and guidance for those following a similar career journey.

The event not only allowed us to recognize some of our successful alumni, but also allowed our hospitality management students to put their education in event planning and food and beverage management to work. Under the direction of instructor Ashley McCowan, nine students in the senior event seminar course were responsible for the planning, coordination and execution of the event including furniture rental, decor purchases and menu planning with students in the catering class overseen by instructor Ericka Bauer. Working on the Rising Professionals Event gave me valuable hands-on experience that helped to develop my critical thinking

and problem-solving skills, as I look forward to a career in the events industry," said Siera Shirley, senior in hospitality management. "I was able to experience working with a client, a budget, a caterer on menu development and beverage selection, volunteers, and with a team to set up, decorate, service, and execute an event."

The award winners and guests of the evening shared nothing but positive comments on the evening. "I was grateful to be recognized among other brilliant rising professionals in the field of health and human sciences," said award winner Clara Valadares Kientz. "A huge bonus was that I could show off (to my guest) the current students in the hospitality management program who did an excellent job of preparing the meal and executing the event. Overall, it was an incredible night and I'm proud to be an alumna of the College of Health and Human Sciences."



Nine seniors in the hospitality management program were responsible for planning and executing the Rising Professionals event. The students were able to plan and execute the event under instructor Ashley McCowan as part of their senior seminar course.

**"Having this hands-on experience for a K-State oriented event was such an amazing opportunity. It helped each student, including me, gain valuable knowledge that will help us after graduation."**  
~ Alex Owen, senior, hospitality management



Under the supervision of instructor Ericka Bauer, second from left, five students were responsible for back of house operations, including menu crafting, meal preparation and service.



2021 Rising Professional award winners. From left to right: Top row: Lacey Boven, Clara Valadares Kientz. Middle row: Clark Holdsworth, Sara Bono, Teagan Hamblin. Front row: Brian Bollinger, Monica Ebert, Amy Geurich, Klaire Brumbaugh. Not pictured: Ryan Baldwin, Brooke Cull, Staci Gann, Janet Holden, Corey Miller, Uyen Phan, Heath Rath and Kelby Stehl.







July 10-15, 2022  
Manhattan, Kansas

As Kansas and the nation approach a critical need for more health care professionals, the College of Health and Human Sciences has announced a new summer health professions program. This weeklong program is designed for incoming high school juniors and seniors who are interested in a career helping others through the health care industry.

As part of the program, students will:

#### Meet

- Other high school students interested in a health care career.
- K-State alumni currently enrolled in professional school or working in the area as health care professionals.
- K-State faculty with expertise in areas of human health.
- Current K-State students pursuing a career as a health care professional.
- K-State health professions advisors.

#### Explore

- A variety of professions that focus on human health including areas such as health care providers, food safety experts, public health professionals, illness and disease researchers and more.
- How professions focused on health care work together to provide a holistic approach to their patients and clients.
- Professional school applications and how to become a competitive applicant.

#### Experience

- Living on campus in the residence halls.
- Hands-on activities that explore the different areas of health care.
- All that K-State has to offer!

At the conclusion of the program, participants will have an understanding of many different health care professions; gain insight into the highlights and challenges of pursuing their chosen profession; and be provided the tools to be a successful pre-health student at K-State.

“Our goal with the Health Professions Summer Program is to expose students to a wide range of clinical and non-clinical health professions,” said Craig Harms, interim dean. “This program helps rising high school students determine if they want to pursue health-related careers and shapes students’ interest and understanding of medicine, health-related disciplines and other STEM fields. This program will not only expose students to various health professions, but will emphasize how these professions complement and interact with each other.”

Interested high school students can [email the college](#) to get information on the program and join an interest list. Registration will be available in March.

# Stepping Into A Leadership Role

The college welcomed three faculty members to their leadership team this fall, filling two interim department head positions and the interim associate dean of academic affairs position. Katie Heinrich was named head for the Department of Kinesiology and Mindy Markham will lead the Department of Applied Human Sciences. Sara Rosenkranz is serving as the associate dean of academic affairs while Bronwyn Fees completes a fellowship program that runs through May 2022.

“Mindy Markham and Katie Heinrich each bring a wealth of experience, energy and ideas to their new administrative roles and we look forward to their leadership in the college,” said Craig Harms, interim dean of the college.



Heinrich, professor of exercise behavioral science, joined the kinesiology department in 2010 as an assistant professor. An accomplished educator and researcher, Heinrich received a college Excellence in Research Award in 2018 and was recognized as Outstanding Graduate Faculty in 2019.

She is the director of the Functional Intensity Training Laboratory (FIT Lab), providing mentoring in applied exercise behavior and obesity research. Heinrich is recognized nationally and internationally for her research on high intensity functional training (HIFT), exercise and chronic disease, and the built environment. Her research aims are to study the effects of HIFT on fitness, health and psychosocial outcomes delivered in a group-based context. She focuses on populations across the lifespan including youth, active-duty military, healthy adults, overweight/obese adults, and cancer survivors. She is a well-known researcher and participant in the exercise science field, being named Fellow for both the

American College of Sports Medicine and the American Academy of Health Behavior (AAHB), and she is the current AAHB president. Dr. Heinrich’s work has been funded by the National Institutes of Health (NIH), Robert Wood Johnson Foundation/Active Living Research (ALR), the Sunflower Foundation, and the State of Hawaii Department of Health, for over \$3.4 million and she has co-authored over 80 peer-reviewed publications.

Markham is an associate professor in the Department of Applied Human Sciences and has served as associate department head for academic affairs in the department since 2018. She joined K-State in 2008 as the coordinator for the undergraduate Family Studies and Human Services program on the K-State Salina campus. In 2016, she moved to the Manhattan campus as an associate professor to join the Department of Applied Human Sciences where she was appointed as graduate program coordinator for the applied family science program.



Her primary research interest is post-divorce relationships, principally co-parenting relationships between former partners. Additional research interests include gender issues within families, particularly mothering within the context of divorce or separation. Markham currently serves on the editorial boards for Family Relations and the Journal of Social and Personal Relationships. In 2020 she was selected as an EAB Rising Higher Education Leaders Fellow, and served as president of the K-State Faculty Senate during the 2020-2021 academic year.





Rosenkranz is an associate professor in food, nutrition, dietetics and health, and has been a faculty member at K-State since 2012.

“We are very fortunate to have Dr. Rosenkranz as our interim associate dean of academic affairs,” Harms said. “Her background, experience, and dedication to our college make Sara an outstanding selection to our administrative team.”

Over the course of her academic career, Rosenkranz has worked collaboratively with all departments in the college. She currently serves as the integrative studies coordinator for the college and has previously had roles on the college’s faculty advisory committee and the 2025 strategic action planning committee.

She has also provided service to the university. She has served on the Institutional IRB committee since 2014 and served on faculty senate where she was elected to a second term and as the faculty affairs co-chair. During her time on faculty senate, Rosenkranz was an active contributing member of the ad hoc committee on social justice and equity over the past academic year, where she put her passion for learning about current pressing issues for students and faculty to work helping create and edit a new syllabus statement on mutual respect and inclusion.

Her current research focuses on lifestyle influences on cardiometabolic health outcomes, dietary quality, and interactions between diet and exercise. She has funding from industry partners as well as the USDA and the National Institutes of Health. In addition to her research portfolio, Rosenkranz is the Co-PI on the Bridges to the Baccalaureate grant from the National Institutes of Health, serving underrepresented students in biomedical sciences. Rosenkranz also has a long history working with both undergraduate and graduate students. She has received two mentoring awards for her work

including the College of Human Ecology Hulsing Mentoring Award in 2018 and the Dawley-Scholar Award for Faculty Excellence in Student Development 2017 and was named the outstanding graduate faculty award winner for the college in 2018.



# In The News

## Five faculty members and one staff member receive annual college awards



Emily Mailey, associate professor of kinesiology, 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. She believes student success is maximized when students see the value in what they’re doing, decide for themselves that the time they’re devoting is worthwhile and feel empowered to take control of their education.

The Faculty Research Excellence Award recognizes superior accomplishment in research, scholarly and creative activities and discovery (RSCAD). Associate professor of hospitality management, Jichul Jang, was the recipient of this award for his work ‘Employees well-being in the hospitality industry’. The project looked at bringing mindfulness to the workplace to help hospitality employees cope with daily stress on the job and increase engagement at work.



The outstanding staff award recognizes and rewards outstanding achievement and performance of a staff member in the college. Accountant Kathy Schaefer claimed this year’s award. “Kathy has done an extraordinary job as an accountant in the college, managing accounts for two departments and one center. She consistently goes above and beyond the call of duty,” said one nominator. “She is truly an asset to the college.”



Megan McCoy, professor of practice in personal financial planning, 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. McCoy teaches both undergraduate and graduate students in the personal financial planning program and also teaches one of the college’s integrative studies courses, putting her as one of the first instructors Health and Human Sciences’ students experience. “Megan has proven herself to be a dynamic instructor,” said a nominator. “Her unique engagement style has led to strong student outcomes, the creation of robust communities in her undergraduate courses and multiple research publications for her graduate students.”

Two faculty members from the Department of Applied Human Sciences took home the Exploratory-Development Research Grant for their project “Coparenting through a Pandemic: An Examination of Divorced Coparents’ Use of Communication Technologies.” 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.



Mindy Markham, associate professor, and Anthony Ferraro, assistant professor, are using this project to examine the mechanisms of communication, including the use of Information Communication Technologies (ICTs), between divorcing parents of minor children that can alleviate chronic strains associated with systemic disruption occurring as a function of the COVID-19 pandemic.



Poole and Musch name top researchers in their field

Earning the title of top researcher is no easy feat. Having two professors in the college named in the top .1% of researchers is unheard of — until now.

Tim Musch, university distinguished professor, has been listed in the top .089% of scholars who are published authors on microcirculation and David C. Poole has been listed in the top 0.0024% of scholars writing about muscles, specifically how oxygen is transported from the lungs to be used by mitochondria to power muscles.



Musch is a faculty member in the departments of kinesiology as well as anatomy and physiology. He is the co-director of the College of Veterinary Medicine’s Cardiorespiratory Exercise Physiology Research Laboratory. His research interests include the mechanisms associated with exercise performance in health and disease focusing on chronic heart failure.

He came to Kansas State University in 1993. He has received more than \$4.8 million in research funding from a variety of national organizations, including the National Institutes of Health and the American Heart Association. He has published over 230 peer-reviewed journals and book chapters and his work has been cited nearly 11,000 times. He is a fellow of the American College of Sports Medicine and the American Physiological Society. He also is a member of the American Heart Association and has served on the Scientific Advisory Council for the American Federation for Aging Research.

Poole’s use of innovative models, including humans, racehorses, dogs, elephants and rodents at rest and during exercise, has helped him identified key sites of muscle metabolic control in health and disease. These observations have driven a paradigm shift in the understanding of how muscle capillaries function and advanced novel therapeutics for heart failure.



He has authored nearly 400 research publications, reviews and three books. He has won top college awards for research and teaching in the Colleges of Health and Human Sciences and Veterinary Medicine. He was honored by the British first lady, Cherie Booth Blair, in 2000 and the Danish National Academy of Sciences in 2010. He was the 2018 Edward F. Adolph Distinguished Lecturer from the Environmental and Exercise Physiology section of the American Physiological Society. Poole is a fellow of the American College of Sports Medicine past president for the Central States ACSM and was elected Chair for the EEP section of the American Physiological Society. He has been awarded more than \$5 million as principal investigator and \$22 million as co-investigator in research grants from the National Institutes of Health, the National Science Foundation and the American Heart Association.

Both researchers were named world-renowned experts by ExpertScape.com which provides a free, online resource that objectively ranks people and institutions by their expertise in biomedical topics.



Students in the athletic training master’s program work with Fort Riley medics discussing how each of their respective fields can work together to provide great health care to clients.

New programs added to curriculum

In an effort to provide students with the programs they need to be successful in their future careers, the college has announced the addition of new minors, certificates and degree programs available beginning in spring 2022.

Undergraduate minors and certificates:

The **well-being minor** examines the scholarship on well-being from an integrated and systemic approach within the human sciences and provides evidence-based strategies for enhancing well-being within career pathways as well as implications for one’s own well-being. This 15-credit hour program includes three hours of required courses and 12 hours of elective credits in the areas of community, social, financial and physical well-being. This minor is available on-campus and online.

The **pre-couple and family therapy minor** is an interdisciplinary minor which provides a foundation in couple and family therapy theory and foundational helping skills designed to prepare students for graduate education in couple and family therapy. There are three required courses with two elective course options for the 15-credit hour program.

The **philanthropy certificate** helps students gain a foundation in the principles and practice of philanthropy. Many graduates end up in careers with non-profit organizations that depend on philanthropy. The 15-credit hour program will help those interested in a career that deals with philanthropy gain insight and valuable career skills to prepare them for their future careers.

Undergraduate degree options:

The **integrative human sciences bachelor’s degree** offers a dynamic approach to studying the well-being of individuals, families and communities in a global environment. Along with the core curriculum, students are able to select four concentration areas that are of interest to them and would prepare them for their desired career. This unique degree allows students to craft their coursework to fit their needs. This degree will replace the general human ecology degree that has been previously offered.

Concurrent degree options:

The Department of Kinesiology is now offering a **concurrent degree program with a bachelor’s degree in integrative physiology and a master’s degree in kinesiology**. A concurrent program allows nine credit hours to be applied to both the students’ undergraduate and graduate degree, saving the student both time and money.

Graduate certificate:

The **advanced financial planning certificate** is designed to provide practitioners with a CERTIFIED FINANCIAL PLANNER® designation more advanced financial planning knowledge and technical skills. Four, three-credit courses are required for the certificate. This certificate is available on campus and online.



Dean Harms visits with students during our Welcome Back Bash in September.



Seay named to national CFP® Board of Directors



The Board of Directors of Certified Financial Planner Board of Standards, Inc., or CFP® Board, announced four new elected members, including K-State associate professor Martin Seay.

A certified financial planner, Seay serves as head of the personal financial planning department. Along with department oversight, Seay teaches at both the undergraduate and graduate levels. His research focuses on borrowing decisions, how psychological characteristics shape financial behavior and how consumers seek and use financial advice. His work has been published in the Journal of Behavioral Finance, Journal of Financial Counseling and Planning, Financial Services Review, Journal of Consumer Affairs, Journal of Financial Services Professionals, Journal of Financial Planning, and Journal of Financial Therapy among others.

Seay has just completed his appointment as president of the Financial Planning Association, the largest membership organization for CFP® professionals in the country and includes many others who support the financial planning process. The Board of Directors is the policymaking and oversight body of CFP Board and acts on behalf of the public, CFP® professionals and other stakeholders.” The new members bring decades of financial planning leadership and experience across a variety of financial services firms and higher education to the Board,” said CFP Board chair-elect, Kamila Elliott. “Their skills and insights will help propel CFP Board as we advance our mission to benefit the public by granting CFP® certification and upholding it as the recognized standard of excellence for competent and ethical personal financial planning.”

Nutrition educator receives USDA award recognizing teaching in food and agricultural sciences



Linda Yarrow, instructor in the Department of Food, Nutrition, Dietetics and Health, has been named one of the regional award winners for the 2021 Excellence in College and University Teaching Awards for Food and Agricultural Sciences. The annual award, presented by the Association of Public and Land-grant Universities, recognizes faculty at the national and regional levels and celebrates the use of innovative teaching methods and service to students.

This award has been awarded to 17 K-State faculty members over the years, but this is the first time the faculty member has been a member of the College of Health and Human Sciences. “The College of Health and Human Sciences is the academic home of several faculty members who teach, do research, or Extension work related to understanding and improving the nutrition and well-being of others,” said Tanda Kidd, food, nutrition, dietetics and health department head. Dr. Yarrow is very deserving of this award. She incorporates case studies from her work as a clinical registered dietitian to allow students to apply the knowledge and skills they are learning in her class to real-life settings to help them understand better how to improve the health of others from a nutrition perspective.”

For 18 years, Dr. Yarrow has taught medical nutrition therapy to an interdisciplinary set of pre-health students. Being concurrently active in clinical practice creates a rich learning environment allowing her to provide real-life patient scenarios as students complete numerous case studies as well as gain experience with electronic health records.

Learning is further enhanced through music, videos, guest speakers, extra practice sessions, and games.

Dr. Yarrow has received numerous awards: Commerce Bank Outstanding Undergraduate Teaching Award, Myers-Alford Teaching Award, Excellence in Online Teaching, Mortar Board Outstanding Faculty, and SIDLIT Innovation in Teaching. As the director of her departments’ Guatemala Education Abroad program, Yarrow values the importance of international experiences where students gain cultural experiences and become globally competent which enhances personal growth and career opportunities.

Grant renewed for Center for Child Development and Kansas Institute for Early Childhood Education and Research

The Kansas Institute for Early Childhood Education and Research, KIECER, and the Center for Child Development, CCD, have been awarded a renewal for the Child Care Access Means Parents in School grant from the U.S. Department of Education which will provide \$679,000 over four years.

The grant funds subsidies for childcare costs at the Center for Child Development for student-parents attending K-State and supports activities that focus on parent engagement. “I am excited that the CCD will continue to receive this funding,” said Jennifer Francois, director of the KIECER. “This grant is extremely important to student-parents attending K-State. The grant provides childcare subsidies to student-parents who meet eligibility criteria. This helps off-set the cost of their child’s tuition at the CCD which allows student-parents to have a place their child can go during the day when they are in class. Receiving this funding helps reduce student-parents’ anxiety about what may happen to their child during the day while they are at school. It allows them to focus on their classes so they can be successful in their studies and eventually graduate.”

Along with the childcare subsidies, the grant will allow the CCD to offer monthly ‘lunch and learns’ for parents. Parents will be able to decide on topics that are most relevant to their needs. “Along with the activities for

parents, the grant will help the CCD hire a part-time professional development and outreach coordinator and an as-needed mental health consultant,” said Francois. “The development and outreach coordinator will be able to support family engagement and programming for the CCD and the mental health consultant can help the CCD identify training and education for teachers and staff specific to relationships, trauma informed care and children’s behavior.”



Misti Johnson-Olthoff, instructor, and early childhood education students observe young children at play during class.





College of Health and  
Human Sciences

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