

MONTHLY REPORT OF ACCOMPLISHMENTS
College of Human Ecology
Kansas State University

March 1, 2019 - March 31, 2019

RECOGNITION

Awards and Honors

Department of Kinesiology

Baumfalk, Dryden. Graduate Student Council Travel Award, Graduate Student Council. (March 2019).

Mailey, Emily. Citation Award, Society of Behavioral Medicine. (March 2019).

Department of Apparel, Textiles, and Interior Design

Kaup, Migette. Interior Design Educators Council Fellow, Interior Design Educators Council (IDEC). (March 2019).

TEACHING

Non-Credit/Extension Instruction

School of Family Studies and Human Services

Johannes, Elaine. Workshop, Your Feelings, My Decision, Our Actions: Promoting Social Emotional Health among School-Age Youth and Their Families, Hamilton County Extension; Culture of Health grant, 75 participants. (March 2019).

Teaching Innovation and Curriculum Development

School of Family Studies and Human Services

Johannes, Elaine. Undergraduate Research. March 2019.
Partnership with Colin Gentry conducting research with Thrive! Board and participants; Oral History project

RESEARCH, SCHOLARSHIP, CREATIVE ACTIVITY AND DISCOVERY

Presentations

School of Family Studies and Human Services

Baptist, J. (2019, March). Counseling Services, Kansas State University, Treating Suicidal Ideation, Manhattan, United States.

- Stith, S. (Presenter), *Spencer, C.* (Presenter/Co-author), Tolman, R. (Presenter/Co-author), & Williams, B. (Presenter/Co-author) (2019, March). Family Advocacy Program in the United States Air Force, Positive approaches to maltreatment prevention: Positive psychology and SSTaR: Skills, Strengths, Techniques and Resources, San Antonio, TX, United States.
- Stith, S. (Presenter), Holma, J. (Presenter/Co-author), & Metelinen, J. (2019, March). International Family Therapy Association Annual Conference, Clinical Work with Couples Experiencing IPV: Finland, Great Britain, and U.S., Scotland.
- Francois, J. R. (2019, March). Kansas Division for Early Childhood, Using Neuroscience to Inform Education: Myths & Messages.
- Goff, B. S. (2019, March). VA Eastern KS Healthcare System Social Work Services Workshop, The Costs of Caring: The Ethics of Self-Care for Professionals Working with Trauma Survivors AND Understanding Trauma, Systemic Trauma, and Secondary Traumatic Stress for Professionals Working with Trauma Survivors and Their Families, VA Eastern KS Healthcare System, Topeka, United States.
- Scott, M.** (Presenter/Co-author), & Goff, B. S. (Co-author) (2019, March). Undergraduate Research Day at the Capitol, Evaluating the Efficacy of Veteran Couples Retreats on Veterans and Caregivers, Kansas State University OURCI, Topeka, KS, United States.
- Astle, S. M.*, Venum, A. V., & Monk, K. (2019, March). SciComm 2019, Relevate: A mobile-based intervention for delivering relationship education.
- McAllister, P.*, Venum, A. V., Toews, M. L., & *Morrison, K. A.* (2019, March). SciComm 2019, We wake up at 5:30 once a month to teach teens about relationship science...here are 10 things we've learned.
- Venum, A. V. (2019, March). United Associations KS Affiliate Conference, Trauma Informed People, Wichita, KS, United States.

Department of Hospitality Management

- Roberts, K. R. (Presenter/Co-author) (2019, March). FoodHandler SafeBites Webinar Series, Workforce Development in Food Safety, FoodHandler.

Department of Kinesiology

- Copp, S. W. (2019, March). Department of Biology Seminar, Novel mechanoreflex insights in peripheral artery disease, University of North Carolina Greensboro, Greensboro, NC, United States.
- Heinrich, K. M. (Co-author), *Dudgeon, L.* (Co-author), *Beattie, C.* (Co-author), & Cosgrove, S. J. (Presenter) (2019, March). 19th Annual American Academy of Health Behavior Scientific Meeting, Habit formation via the 2 Minute Revolution mHealth app addresses multiple health behaviors, American Academy of Health Behavior, Greenville, SC, United States.
- Kurtz, B.* (Presenter), Drake, N., Crawford, D. A. (Co-author), *Deblauw, J.* (Co-author), & Heinrich, K. M. (2019, March). K-State Graduate Research, Arts, & Discovery Forum, Effects of heart rate variability modulation on high intensity functional training strength outcomes, Kansas State University, Manhattan, KS, United States.

Crawford, D. A. (Co-author), Heinrich, K. M. (Presenter/Co-author), **Johns, B. R.** (Co-author), *Frye, J.* (Co-author), & *Gilmore, K. E.O.* (Co-author) (2019, March). American Academy of Health Behavior Annual Meeting, Affective responses during high intensity functional training compared to high-intensity interval training and moderate continuous training, American Academy of Health Behavior, Greenville, SC, United States.

Mailey, E. L. (2019, March). Society of Behavioral Medicine annual meeting, Enhancing health communication: Do media messages influence exercise motivation and behavior?, Washington, DC, United States.

Mershon, C. (2019, March). Active, Able, and Adaptive Climate and Diversity Conference, Applying photovoice methods to enhance physical activity among students with disabilities, Texas A&M, College Station, TX, United States.

Pettay, R. F. (2019, March). NACADA Region 7 Conference, Practical Applications of Motivational Interviewing in Advising, NACADA, San Antonio, TX.

Department of Apparel, Textiles, and Interior Design

Kaup, M. L. (Presenter) (2019, March). Interior Design Educators Council (IDEC), Changing the Game: Preparing students for an EBD future. IDEC, Charlotte, NC, United States.

Kaup, M. L. (Presenter), Roehl, A. (Presenter), Fisher, E. (Presenter), Miller, B. (Presenter), Temple, J. (Presenter), & Swearingen, S. A. (Presenter) (2019, March). Interior Design Educators Council (IDEC), Developing competent professionals in today's digital world. IDEC, Charlotte, NC, United States.

Publications

School of Family Studies and Human Services

Anders, K., & Olmstead, S. B. (2019). A qualitative examination of the sexual possible selves and strategies of first-semester college students: How sexual possible selves are developed during the transition to college. *Archives of Sexual Behavior*.

Ruhlmann, L. M., Gallus, K. L., Beck, A. R., Goff, B. S., & Durtschi, J. A. (2019). A pilot study exploring PTSD symptom clusters as mediators between trauma exposure and attachment behaviors in. *Journal of Couple & Relationship Therapy*. 18(1), 65-84. <https://doi.org/10.1080/15332691.2017.1399848>

Department of Kinesiology

Alexander, A. M., Didier, K. D., Hammer, S. M., Dzewaltowski, A. C., Kriss, K. N., Lovoy, G. M., Hammer, J. L., Smith, J. R., Ade, C. J., Broxterman, R. M., & Barstow, T. J. (2019). Exercise tolerance through severe and extreme intensity domains. *Physiological reports*, 7(5), e14014.

Baumfalk, D., Opoku Acheampong, A., Caldwell, J. T., Ade, C. J., Copp, S. W., Musch, T. I., & Behnke, B. J. (2019). Effects of prostate cancer and exercise training on left ventricular function and cardiac and skeletal muscle mass. *Journal of applied physiology (Bethesda, Md.: 1985)*, 126(3), 668-680.

White, D., Crawford, D. A., Drake, N. B., *Deblauw, J.*, Carper, M. J., & Heinrich, K. M. (2019). *Are changes in physical work capacity related to changes in associated physiologic measures?* (6th ed., vol. 11, pp. 73).

Sartor, J., Deblauw, J., Hollerbach, B. S., & Heinrich, K. M. (2019). *Comparing strength outcomes between 8-week HIFT and traditional weight training courses* (6th ed., vol. 11, pp. 66).

- Beattie, C., Dudgeon, L. J., Cosgrove, S., & Heinrich, K. M.** (2019). *Effects of a brief lifestyle intervention for office workers* (6th ed., vol. 11, pp. 8).
- Ramirez, M., Stein, J. A., & Heinrich, K. M.** (2019). *Effects of caffeine on high-intensity functional training performance* (6th ed., vol. 11, pp. 84).
- Stein, J. A., Ramirez, M., & Heinrich, K. M.** (2019). *Effects of caffeine on high-intensity functional training performance in high- vs. low-caffeine users* (6th ed., vol. 11, pp. 69).
- DeLaTorre, B., Deblauw, J., Hollerbach, B. S., Cosgrove, S., & Heinrich, K. M.** (2019). *Examination of preference and tolerance for exercise intensity on fitness outcomes* (6th ed., vol. 11, pp. 23).
- Kurtz, B., Hollerbach, B. S., Deblauw, J., Stein, J. A., & Heinrich, K. M.** (2019). *High intensity functional training and traditional weight training class adherence not related to fitness outcomes* (6th ed., vol. 11, pp. 43).
- Andrews, V., Heinrich, K. M., Crawford, D. A., Larson, T., & Conserva, M.** (2019). *Quality of life in adults participating in an adaptive high intensity functional training intervention* (6th ed., vol. 11, pp. 5).
- DeBlauw, J. A., Crawford, D. A., Drake, N. B., Carper, M. J., & Heinrich, K. M.** (2019). *Quantifying training loads during high intensity functional training: session-RPE method* (6th ed., vol. 11, pp. 23).
- Box, A. G., Feito, Y., Heinrich, K. M., & Petruzzello, S. J.** (2019). High intensity functional training (HIFT) and competitions: how motives differ by length of participation. *PLoS One*, *14*(3), e0213812.
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0213812>
- Bock, J. M., Kruse, N. T., Donnelly, C., Hirai, D., Craig, J. C., Colburn, T. D., Musch, T. I., Poole, D. C., Rosenberry, R., Tian, F., Liu, H., Nelson, M. D., Pikhova, B., Willis, W. T., Zuo, L., Zhou, T., Riveros-Rivera, A., Cristancho, E., & Gunga, H. C.** (2019). Commentaries on Viewpoint: Managing the power grid: How myoglobin can regulate Po₂ and energy distribution in skeletal muscle. *Journal of applied physiology (Bethesda, Md.: 1985)*, *126*(3), 791-794.

EXTENSION, ENGAGEMENT, OUTREACH, AND SERVICE

Non-Directed Service - Institution-Based

Center on Aging

Doll, Gayle. PA program search committee, Physicians' assistant.

School of Family Studies and Human Services

Goff, Briana. FDA Grant Reviewer, ORSP.

Johannes, Elaine. Chair of HDFS Unit, School of Family Studies and Human Services.

Johannes, Elaine. Guest Presenter for FSHS 979.

Johannes, Elaine. Guest Presenter for HDFS 102, HDFS.

Venum, Amber. College of Human Ecology Evening of Impact.

Non-Directed Service - Profession-Based

Center on Aging

Syme, Maggie. Attendee, Meeting, American Psychological Association - Practice Advocacy Summit, Washington, DC. Elected.

School of Family Studies and Human Services

Heckman, Stuart. Reviewer/Referee, Financial Planning Review.

Heckman, Stuart. Reviewer/Referee, Journal of Consumer Affairs.

Heckman, Stuart. External Grant Review Panel Member, Social Security Administration.

Heckman, Stuart. Reviewer/Referee, Children and Youth Services Review.

Heckman, Stuart. Reviewer/Referee, Family Relations.

MacDonald, Maurice. Visiting Professor, Faculty of Human Ecology University Putra Malaysia, Serdang. Appointed.

Department of Kinesiology

Heinrich, Katie. Grant Reviewer, National Institutes of Health, Fellowships: Risk, Prevention and Health Behavior, Washington, DC.

Musch, Timothy. Committee Member, American Physiological Society, Rockville, MD. Appointed.

Department of Food, Nutrition, Dietetics and Health

Rosenkranz, Richard. Associate Editor, International Journal of Behavioral Nutritional and Physical Activity. Appointed.

Rosenkranz, Richard. External Grant Review Panel Member, National Institutes of Health. Appointed.

Non-Directed Service - Public-Based Outreach

School of Family Studies and Human Services

Goff, Briana. Committee Member, USD 320 Kansas Teacher of the Year Selection Committee, Wamego, KS.

Goff, Briana. Judge, KSCFL- Forensics National Qualifier, Wamego, KS.

Venum, Amber. Guest Speaker, Bridging the Gaps Seminar, Hamilton County, KS.

Media Appearances and Interviews

Center on Aging

Syme, Maggie. "SNF's should step into residents shoes when creating sexual-intimacy policies.," McKnights LTC News. (2019 March).

School of Family Studies and Human Services

Ferraro, Anthony. "Research finds social support helps students overcome "task overload"," University of Arkansas News. (2019 March).

Goff, Briana. "Understanding the Journey of Down Syndrome," Kansas City Down Syndrome Guild Connections Newsletter. (2019 March).

Johannes, Elaine. "Bullying Task Force to begin work in April in Kansas," KMUS - Wichita. (2019 March).

McCoy, Megan. "How can Financial Therapy aid in your financial practice?," Financial Therapy Association. (2019 March).

McCoy, Megan. "Worried that your debt makes you totally undateable? Here's what you need to know," HelloGiggles. (2019 March).

McCoy, Megan. "Your money problem might actually be a clinical disorder," HelloGiggles. (2019 March).

Department of Food, Nutrition, Dietetics and Health

Procter, Sandra. "National Nutrition Month -- Sodium," WGLR -- Wisconsin. (2019 March).