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One of the largest organs in our body is receiving increased attention lately. The obesity epidemic in this country is leading to a medical condition called hepatic steatosis (fatty liver), the earliest and most prevalent stage of non-alcoholic fatty liver disease (NAFLD). Dr. Michael Pagliassotti in the Department of Food Science and Human Nutrition is the recipient of a new $1.1 million National Institutes of Health (NIH) grant to study why some individuals with steatosis develop progressive liver injury.

Pagliassotti, the Lillian Fountain Smith Endowed Chair in Nutrition, is a gifted researcher who has spent his career investigating how impairments in liver function contribute to and result from type 2 diabetes and obesity. He is quick to credit his success to the outstanding researchers in his lab, Yuren Wei and Dong Wang. “Nobody knows why or how a fatty liver becomes damaged in some people. Typically, the belief was that a second factor, in addition to fatty liver, must be present such as exposure to environmental toxins. Our hypothesis is that a higher concentration of saturated fat in the liver may be enough to cause inflammation, liver damage, and reduced liver function,” says Pagliassotti.

By obtaining liver tissue from obese patients undergoing elective surgery, Pagliassotti has been able to analyze cells and determine that those with a higher concentration of saturated fat have more liver damage. With his new grant, he hopes to determine how saturated fats in the liver lead to increased liver cell injury.

“The prevalence of NAFLD may be as high as 75% in obese adults, 50% in obese children, and 20% in the general population. Up to a third of these individuals will likely experience progressive liver injury. Recent studies suggest that NAFLD may be the most common cause of chronic liver injury in American adults, as well as a leading cause of cirrhosis. Understanding the events that lead to liver injury in NAFLD and the reasons for progression from a fatty liver to liver injury are critical to our understanding of the consequences of obesity and type 2 diabetes,” he explains.

Pagliassotti has spent the last 11 years of his career investigating how simple sugars, in particular fructose, affect the liver and the ability of the liver to regulate the blood glucose level. “Fructose is a unique nutrient because it is primarily metabolized by the liver. One potential consequence of consumption of large amounts of fructose is the development of a fatty liver,” he says. Also funded by NIH, Pagliassotti’s fructose research grant was recently extended for another four years.

“My hope is to better understand what causes liver damage so that appropriate therapies can be developed to treat or prevent this condition, which in turn will lead to healthier livers and healthier lives!”

Pagliassotti, a California native, is married to Tracy Horton, who holds a Ph.D. in Nutrition, and joint appointments in the Department of FSHN at CSU and Pediatrics at the University of Colorado Health Sciences Center. They enjoy trail running, cross country skiing, all types of music, as well as travel to Horton’s native England and around the world. Mountain biking in Spain will be the couple’s next adventure.

Liver cells on the top are from a healthy liver, while those on the bottom are from the liver of a person with end-stage liver disease resulting from non-alcoholic fatty liver disease. At this stage, dead and damaged cells are replaced by scar tissue dramatically changing the structure and function of the liver.
Dunbar is director of Colorado State’s Institute for the Built Environment (IBE), whose mission is to foster stewardship and sustainability of the built environment. The institute was established in 1994, thanks to former Dean Nancy Hartley’s vision to encourage collaborations among like disciplines. Through the IBE, faculty and students in construction management, interior design, and related disciplines work together to advance green-building projects and education.

In a comfortable, softly lit office, construction management Professor Brian Dunbar says consumers are largely driving the movement to create healthier, more sustainable built environments. Five years ago, about 2 percent of commercial and institutional buildings in the U.S. were built green; today, closer to 10 percent are green. “For an industry that’s traditionally been slow to change, that’s incredible,” notes Dunbar.

“The IBE is a resource to the Colorado building industry,” explains Dunbar. “When an owner or project team has a goal of making a green building, they often turn to us. It’s a great marriage between the research interests of our graduate students and actual projects they can work on.” Students in the Sustainable Building graduate program emphasis in the construction management department learn how to integrate health-, energy-, and environmental issues into buildings.

In 2002, Poudre School District hired the IBE as its green building consultant for the new Fossil Ridge High School. The institute recommended materials and methods for design and construction and guided the Leadership in Energy and Environmental Design (LEED) certification process — the national standard for green building.

IBE students and professors collaborated with RB+B Architects and the district’s Green Team to design a school that would use affordable, sustainable materials, slash energy costs, and create a healthier learning environment.

In 2004, Fossil Ridge became Colorado’s first high school, and the nation’s third, to achieve LEED certification. During its first year, the school’s energy costs were 60 percent lower than those at the last high school the district built 10 years ago.

Fossil Ridge’s green features include exclusive use of non- or low-toxic paints and adhesives; sophisticated ventilation and operable windows that promote optimal air circulation; and a judicious balance of daylighting and energy-efficient electric lighting.

“Healthy air and materials and exceptional lighting create an environment that allows people to be healthy, fully present, and able to perform to their highest abilities,” says Dunbar. Indeed, studies have shown that patients in green hospitals heal more quickly, and employees in green offices are consistently more productive. Furthermore, students learning in daylit classrooms perform significantly better on tests and enjoy improved health and physical development.

“A major goal of sustainability is to think about future generations,” says Dunbar. “With this in mind, the institute seeks to make an impact through teaching and contributing to healthier natural and built environments.”

To learn more, visit www.ibe.colostate.edu
Osage orange trees are often planted as fences because of their extraordinary ability to resist bacteria. Soon, they may be the essential ingredient in another kind of barrier – fabrics that protect people from germs.

Aware that many synthetic antimicrobials in use today are toxic and have become ineffective against resistant bacteria, design and merchandising assistant professor Ajoy Sarkar began researching plant-based agents as a better alternative. The osage orange tree looked like a plausible candidate. The virtually indestructible tree is valued for its strength, long life, and resistance to pests and fungus.

Sarkar is now working with osage orange extract to impart both color and antimicrobial properties on cotton and wool fabrics. “We selected E. coli, a gram-negative bacterium, because of its resistance to common antimicrobial agents, and S. aureus, a gram-positive bacterium, because it is most responsible for cross-infections in hospitals,” Sarkar explains.

Holding up a photo of two Petri dishes, each containing a swatch of fabric dyed yellow with osage orange dye, Sarkar says, “We deposited E. coli cultures in one dish and S. aureus cultures in the other. After 24 hours, we found there were no bacteria touching the fabric or growing underneath it.” Indeed, the photo shows the offending microorganisms growing in solution outside the fabric’s perimeter.

Sarkar has applied for a USDA grant to conduct further research into plant-based antimicrobials, including those made from oregano, thyme, and other plants known to have disease-fighting properties. The research is also a part of a multi-state USDA project dealing with textile materials and technologies benefiting health and national security.

Sarkar has one other research priority as well – concentrating on plants that are of benefit to U.S. farmers. “The market for antimicrobial chemicals is huge and growing,” he says. “By 2009, it’s anticipated to be $900 million.”

Floating on a computer screen behind Sarkar is a photo of his three-year-old son, Neil. Ajoy and his wife, Suparna, natives of India, did their graduate work together at the University of Georgia – he in textile science, and she in toxicology – before moving to Colorado in 2000.

Previously, Sarkar had done extensive research on natural dyes that impart UV resistance to fabrics. “After 9/11, interest in developing protective fabrics just skyrocketed,” he says. “It seemed logical to expand and integrate my research in UV protective clothing to biological and chemical protective clothing as well.”

“Ajoy Sarkar, an assistant professor of design and merchandising, is developing natural dyes from osage orange trees, pomegranates, and basil as antimicrobial agents to be used on hospital scrubs, lab coats, bed coverings, gowns, and other textiles used in medical environments.”
New CAHS Associate Dean for Research Brian Cobb is fascinated with this question. His newest focus, called the Campbell Collaboration, will allow teachers, policy makers, and practitioners in the fields of education, crime and justice, and social welfare to answer everyday questions about how to best carry out their jobs.

Cobb, an internationally known researcher in the areas of program evaluation and meta-analysis, is contributing his considerable talents to a project devoted to synthesizing and analyzing research studies to identify best practices. Meta-analysis is a technique whereby several research studies can be analyzed to determine the best outcome for a particular group. Cobb describes the technique as, “Add them all up and divide by the number of studies to get an average.” The Campbell Collaboration — www.campbellcollaboration.org — is modeled after a similar project in the area of healthcare (the Cochrane Collaboration, www.cochrane.org).

Cobb was nominated by an international steering committee of the Campbell Collaboration to co-chair the Education Coordinating Group.

Although Cobb has been the recipient of many grants throughout his lengthy career, including a $1.8 million grant from the U.S. Department of Education for a meta-analysis project of research on students with disabilities transitioning out of high school into adult life, his involvement with C2 has been strictly volunteer.

Cobb’s love for the project clearly shows through as he describes his experiences. He has the opportunity to work with policy makers and researchers from all over the world and contribute to a project that has the potential to impact thousands.

Cobb, who is married to former Dean Nancy Hartley, has a blended family of three sons, a daughter and four grandchildren. He was hired as Associate Dean for Research by new Dean April Mason after a long career as a top notch researcher in the School of Education and ten years as co-director of the Research and Development Center for the Advancement of Student Learning, a collaborative research center with the Poudre School District.

What if you wanted to know? You can bet that Brian Cobb will continue to work on behalf of all of us to provide the answers.

**Burning Questions**

What if you wanted to know?
Three outstanding faculty members in the award winning Marriage and Family Therapy (MFT) Program in the Department of Human Development and Family Studies have dedicated themselves to answering important questions concerning families. For example, what strategies do successful working parents employ to balance family and work? How should we treat students with drug and alcohol problems for the best possible outcome? How do we make children aware of their gender and racial biases?

Toni Zimmerman, Shelley Haddock, and Jenn Matheson are the terrific trio of researchers who also train the next generation of marriage and family therapists in a master’s program that has achieved a formidable national reputation. In 1999, the program was designated as the top training program by the American Association for Marriage and Family Therapy (AAMFT) and recently, the program was re-accredited for six years by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE), the accrediting body of the AAMFT, with no stipulations and tremendous positive feedback.

“We have many national and international applications annually for eight spots,” says Zimmerman, who is the program director. Students are required to have 500 hours of face-to-face clinical treatment experience by the time they graduate. Most of the clinical experience students gain is through The Center for Family and Couple Therapy, housed in the Gifford Building on campus. They are also required to do an internship in a clinical setting, as well as a master’s thesis. “One of our goals,” continues Zimmerman, “is to train researcher-practitioners. It’s important that future clinicians understand how research is conducted and keep up with advances in treatment in their daily practice. The integration of research and practice is critical.” The Center offers services for couples, families, and individuals including counseling for issues such as marital communication, family violence, divorce, child rearing, stress, and depression.

Haddock stresses that the success of the program is also related to the emphasis on diversity awareness. “Race, gender, age, sexual orientation, socio-economic background, religion, and other factors are all things that therapists need to be sensitive to, and that awareness and integration into therapy make it more successful.” Haddock and Zimmerman are well known nationally for their research on gender roles, completing analyses on the portrayal of gender and families in popular culture such as parenting magazines, self-help books, and Disney movies. Zimmerman is also the past editor of the Journal in Feminist Family Therapy and all three are current members of the editorial board.

Matheson, the newest member of the MFT faculty and the Center director, specializes in substance abuse treatment with adolescents and families, family play therapy, and strength-based approaches. “Issues clients bring to our clinic range from school difficulties and stress management, to more serious cases of family violence and substance abuse. One of the important things our students learn is when to make a referral to another professional or agency for any problems outside the range of the therapist’s expertise. Therapists learn that it’s important to work within a larger system of care as a team to best serve their clients.”

All three faculty members are clearly dedicated to their students and clients, constantly assessing the MFT program and making enhancements based on cutting-edge research in the field.

“Empowering families and individuals to strengthen their relationships is what we’re all about.”

Shelley Haddock, Jenn Matheson, and Toni Zimmerman
Young Emma appears to be a typical, well-behaved child. But when it’s time to have her hair washed, Emma screams and resists. Eventually, her mother lifts the cringing girl to the counter and washes her hair in the sink.

As we watch the video, Dr. Patti Davies, an associate professor in the Department of Occupational Therapy and director of Colorado State’s Human Development Laboratory, says, “At first, it looks as if Emma just has a behavior problem. But when you see the pattern, you realize her behavior is set off by a particular stimulus.” For Emma, it’s tactile sensations that elicit fear and anxiety.

In her 15 years as an occupational therapist, Davies worked with many children who were hypersensitive to touch, sound, movement, and other sensory information – behaviors that are broadly classified as Sensory Processing Disorder (SPD). “Currently, there’s no universally accepted diagnosis for this problem,” says Davies. Determined to learn more about it, she returned to school and got her Ph.D. in neuroscience.

Today, Davies and her partner, Bill Gavin, a research scientist in the OT department, are studying children’s brainwaves using electroencephalography (EEG) to see how typically developing children and children with SPD process sensory information differently.

Davies and Gavin make presentations to community groups to enlist volunteers. “One of the valuable things about our lab is that kids see it as a learning experience,” says Davies. “They’re very interested in seeing their brainwaves and learning how their brain works.”

Davies spends time informing and connecting with children and their parents before applying a sensor-studded cap to the child’s head. She then views an EEG monitor to see how the child’s brainwaves react to programmed presentations of sensory information, such as regular intervals of clicking sounds, while the child watches a video.

In a study funded by the Wallace Research Foundation, Davies and Gavin found that children with SPD demonstrated less ability to suppress repetitive auditory sensory information than did typically developing children. These results, note the researchers, provide empirical evidence that children with SPD display brain-processing mechanisms that are different from those of typically developing children.

As their studies progress, Davies and Gavin will investigate if sensory integration therapy actually changes the way the brain processes sensory information. “With sensory integration, a therapist works with a child in a safe environment, exposing her to sensory input so she can learn to adapt and respond appropriately, and can function in everyday activities,” explains Davies.

For more information, visit brainwaves.colostate.edu

“A better understanding of how the brain works in children with SPD will lead to more effective interventions being developed by OTs to help children such as Emma.”
Heart & Soul

It would be difficult to find anyone more passionate about Native American health issues than Roe Bubar. Bubar, a Native American from northern New England, is a faculty member in the School of Social Work and the Center for Applied Studies in American Ethnicity and an expert on child sexual abuse in Indian country. Bubar holds a J.D. degree from the University of Colorado where she studied federal Indian law.

Educating others about the issues facing indigenous peoples is Bubar’s life’s work. “I strive to contextualize current problems in light of colonization, federal Indian policies including forced boarding school policies, and historical trauma. Sexual assault and sexual abuse is connected to how tribal communities have been impacted by these historical issues. Lack of adequate funding in particular within health care, preventive health services, and lack of public health campaigns contribute to Native Americans being at the bottom of almost every social indicator,”

“Invisibility of Native issues is an overarching problem,” says Bubar, who feels that addressing through education the lack of awareness among non-Natives about the problems facing Native Americans is urgent. Native Americans have been

“Only when there is widespread knowledge of the issues, can we affect change.”

referred to as “the invisible minority” because of small numbers, stereotyping, and relative isolation of rural tribal communities. Bubar cites two reports by the U.S. Commission on Civil Rights which outline the failures of the federal government to live up to their trust responsibility to provide health care, education, and protect tribal resources and sovereignty: Broken Promises: Evaluating the Native American Health Care System (2004) and A Quiet Crisis: Federal Funding and Unmet Needs in Indian Country (2003).

Bubar’s career background includes starting a Children’s Advocacy Center to serve Native Americans in Albuquerque where she was also one of the founders of the New Mexico Chapter of the American Professional Society on the Abuse of Children. Children’s Advocacy Centers (CACs) are the premier approach to multidisciplinary investigations and intervention in child sexual abuse cases.

While there are over 600 CACs in different stages of development around the country, only about ten or so exist in Indian country according to Bubar – a result of poverty and lack of funding for Tribal Government services. Her extensive resume includes being one of the founding members of the Native American Children’s Alliance, also a chapter of the National Children’s Alliance, of which Bubar is a past president. Their mission is to support the growth and development of CACs in Indian country.

Bubar holds two clinics annually for four days each in which she trains law enforcement professionals, social workers, criminal investigators, and therapists from throughout Indian country how to interview children and conduct child abuse investigations. She brings in children from the community and conducts live clinics. For example, professionals learn how to talk to a three year old.

Bubar’s present research includes a project on methamphetamine use and child abuse in Indian country which was funded by the Tribal Law and Policy Institute. Her latest book, entitled Social Life and Issues (Chelsea House Publishers, 2005) co-authored with Irene Vernon, is part of a series for youth entitled Contemporary Native American Issues, and examines health, HIV/AIDS, and violence against women.

Bubar is married to Ronald Hall, whom she met in law school, where he also studied federal Indian law. Hall represented Indian nations as general counsel prior to coming to CSU. From the Three Affiliated Tribes in North Dakota, Hall directs the Tribal Technical Assistance Program located at CSU, which assists Tribal Governments in assessing their current and future transportation needs. Bubar and Hall have two sons ages 18 and 15.
Exploring Health & Exercise Science
Research in the 21st Century

One of the most dramatic changes in the college since its inception 20 years ago has unquestionably taken place in the Department of Health and Exercise Science. The efforts of two department heads, Dr. Cecelia Martin (1990-1996) and Dr. Richard Gay Israel (1996-present), to raise the profile of the department have reaped rewards that were unimaginable just a few years ago. The two leaders are both products of our nation’s southern region – Israel hails from rural Georgia, and Martin from Fort Worth, Texas, where she was born and raised and spent the early part of her career.

Martin was an early leader in the field of physical education, being asked to take over the position of Director of Health and Physical Education in Fort Worth Independent School District, which included 133 schools (K-12). She was barely 30 in the mid-sixties when she implemented an elementary physical education program in the elementary schools, phasing in a certified physical education teacher at each school and implementing a new, appropriate physical education curriculum. Prior to this, it was often classroom teachers who taught physical education classes.

Martin came to Greeley in 1972 to work on her doctorate in educational administration and took a position at Colorado State University in 1974 in the Department of Physical Education. She fell in love with Colorado and continues to make Greeley her home. Her early memories include the separation of women and men in departmental offices and physical education major classes – the women being primarily housed in the South College Gym and Ammons Hall. She remembers when the women’s basketball team played their intermountain region games in South College Gym and 25 people were considered a crowd. She remains an ardent fan today of the Colorado State University women’s athletic program – even volunteering in the ticket office on occasion.

As department head, Martin took over a program that was already transitioning – having changed its name to Exercise and Sport Science in 1987 and at that time adding a sports medicine track for medical pre-professionals and enhancing the visibility of the health promotion track rising out of the fitness boom of the ‘70s and ‘80s. Looking back, Martin says that her main goals as a department head were to unite the departmental faculty in achieving excellence in teaching, advising, and research; encouraging faculty to become more involved in collaborating with faculty in other disciplines; and to provide an environment within the department that encouraged faculty to assume ownership of the mission of the department and to strive to accomplish that mission.

Martin’s accomplishments include several renovations to Moby in the early 1990s – specifically, the addition of an elevator, the conversion of a classroom into a computer lab and the addition of new computers, the renovation of a wrestling room into a classroom and a limited physiology lab, and a large storage room converted into an advising center/professional library for students.

Continuing and enhancing community connections were important to her, through the Adult Fitness Program and other outreach efforts, which carry on to this day. She had an open door policy and did everything she could to ensure student success. She devoted many hours of service to the College and University as a member of numerous committees – really a “go to” person when things needed to be done. During Martin’s professional career, she also served in leadership roles in state and regional professional organizations. “In order to accomplish anything, you have to earn respect,” says Martin. Israel would certainly echo that sentiment.

Israel came to CSU from East Carolina University, where he had established a formidable research and outreach program in heart disease prevention with the goal of doing the same thing here. His vision was to bring the department in line with the mission of a research university, which began with establishing the infrastructure needed to conduct high quality research and recruit outstanding faculty members. Through a combination of private and university funds, the Human Performance Clinical/Research Laboratory (HPCRL) was completed in 2000 - also the year in which the name of the department was changed to Health and Exercise Science to reflect the new health related research emphasis of the department and degree programs.

This evolution from emphasis on sports and physical education to health, wellness, and disease prevention, mirrors changes that have taken place in society. “Physical activity is the key to preventing chronic diseases which are major world health problems,” says Israel. “Our discipline is interdisciplinary, combining aspects of biology, chemistry, biochemistry, physiology, epidemiology, nutrition, medicine, and engineering to help us understand the...
In Their Own Words...

We gathered together six new faculty members to talk about the Department of Health and Exercise Science and their research, Brian Tracy, Karyn Hamilton, Chris Bell, Frank Dinenno, Raoul Reiser, and Tracy Nelson. Following are excerpts:

On the interdisciplinary nature of their research:

Hamilton: We have a common theme. Most of us concentrate on healthy aging. We look at different aspects of health that will promote those later years as being healthy, productive ones.

Nelson: We all look at chronic disease.

Tracy: Each of us studies an aspect of aging, from a different angle. Different systems, different phenomena are addressed. Tracy (Nelson) is studying cardiovascular health and risk, from an epidemiology standpoint. My area of interest is the neuromuscular systems, control of muscles, Chris studies obesity and regulation of metabolism, and Frank the way the blood vessels are regulated.

Dinenno: What Brian said is key because it demonstrates our common interests related to aging, health, and disease risk, and that these common interests span several different physiological systems depending on the investigator.

Nelson: We get to help create a whole new Ph.D. program – that’s pretty exciting. It’s going...
to be as interdisciplinary as we all are – all of us will contribute to that – it will be everything from epidemiology to molecular genetics.

**Tracy:** One thing that is valuable about a group like this is that you can put six smart people together, all apparently doing different things, and eventually people are going to put their minds together and combine expertise and address some problem that they couldn’t have addressed individually. For example, Raoul and I are collaborating on a grant we got for a pilot project to combine our expertise controlling ankle muscles and posture. That’s what’s exciting about a group like this – making connections.

**Reiser:** We can get a lot more out of one project, by putting more effort into it and potentially learning twice as much. There’s lots of synergy.

**Dinenno:** Synergy. That was good Raoul. (laughter)

**Hamilton:** All joking aside, it is hard to find a group of faculty who get along this well.

**On the Applied Human Sciences mission of helping people:**

**Tracy:** Everyone in the room would be able to tie their research back to a public health problem. For example in my case, people get older and weaker and less able to control their muscles. So if you can figure out why that’s occurring and what to do about it, hopefully we’ll be able to improve lives.

**Hamilton:** My research focus is cardiovascular disease. No matter how much money the government puts into education and disease prevention, it’s still a bigger public health problem than it was ten years ago. We continue to get heart disease, so I look at interventions that make the probability of your surviving greater and having a successful life in spite of the disease or after a heart attack.

**Reiser:** Frank’s the one who should be talking the most, he’s not teaching this semester.

**Dinenno:** I agree with everything that’s being said. (laughter)

**On the future:**

**Hamilton:** Besides Nobel prizes? (laughter)

**Dinenno:** More research faculty will continue to increase the rigor of the program.

**Reiser:** We have to keep up with the changing field that we’re preparing students to go into. There’s more and more information that they have to know and more and more things that we have to hold them accountable for, so the rigor is going up.

**Reiser:** I often use examples of the topics I study in my lab as examples in my classes. And also try to give undergraduates opportunities to get involved in research and help them make decisions about whether they want to go into a research career.

**Bell:** If you have faculty involved in research, then they have to do their best to stay abreast of all the current information and that translates to teaching.

**Tracy:** Usually it’s the case that if someone is really good at research and on the cutting edge, they try and spend the time necessary to make sure that students are getting the best information. Also, there are all sorts of examples of how I can use my research program to increase the quality of the content of the class. Students can observe something in my lab that is directly related to what we’re talking about in class.

**Nelson:** Most of the newspaper articles on health are about epidemiological studies. So I’ll have students read a newspaper article and then go back to the original source and report how well the positives and negatives of the study were translated to the general public.

**On Dr. Israel:**

**Tracy:** Clearly a big contribution has been the physical structure of this department and what he’s been able to do to accomplish that.

**Reiser:** He’s been a real catalyst. He sold the university on his vision that he’s been working on since day one. And they came on board with what was needed to make us a successful department.

**Hamilton:** He fights the battles and allows us to focus on research. There are no barriers or constraints to do what we need to do. He’s better at what he does than anyone I’ve ever met.
Winnie Willcox, entrepreneur, merchandising executive, and 1973 Textiles and Clothing graduate, served as the first Executive in Residence in the Department of Design and Merchandising this year. The new program brings industry leaders like Willcox to campus to share their knowledge and experience with students and faculty. Willcox encouraged students to reframe the traditional approach and “follow their own path.” Looking back at her time as a CSU student and at the choices she made, she realizes a last minute decision to change her course of study changed the course of her life.

“I first arrived at the Colorado State University campus in the early ’70s, as a transfer student who wanted to attend CSU in the worst way,” she explains. “I was planning on a career in business or law, but after taking some time off to think about what I really wanted to do, I decided I wanted to pursue a career in retail and study textiles and clothing. My goal was to work for Dayton Hudson after I earned a bachelor’s degree.” And that’s exactly what she did.

After graduating from CSU, Winnie Willcox pioneered several innovative and successful retail marketing campaigns during her 15 years as a merchandising executive with the $33 billion Target Corporation, formerly known as Dayton Hudson. She globally marketed branded and private-label products in ten merchandising categories and is currently the founder, partner, and board member of Liknon Inc., a unique consulting firm for emerging businesses.

Willcox is also president and founder of her latest business venture, Wine Innovations. She spends much of her time in product development and her most recent creation is a wine preservation kit called “Reserve.” The kit extends the life of bottled wine by up to five days after it has been opened and has seen much success in fine restaurants and hotels and is now being sold at Williams-Sonoma and Marshall Field’s stores throughout the country.

Looking back at her time as a CSU student and at the choices she made, she realizes a last minute decision to change her course of study changed the course of her life.

Willcox has 30 years of entrepreneurship and retail and merchandising business experience. She credits her former professor, the late Sally (Sims) Haxton, for providing strong mentorship and a well-managed and well-conceived internship program.

Willcox believes that offering students competitive internship opportunities will provide more career opportunities once they graduate. She hopes to offer her expertise in this area to enhance the current internship program and looks forward to a long-term collaborative relationship with the Department of Design and Merchandising.

The Signature of Success...
Mary Littrell (pictured, left) received the 2005 Kansas State University College of Human Ecology Distinguished Research Award.

April C. Mason was the recipient of the Purdue School of Agriculture Distinguished Agricultural Alumni Award.

Health and Exercise Science debuted the new FunLIFE camp as a part of the summer Youth Sport Camps. The new camp focuses on promoting a healthy lifestyle among children.

Carole Makela (pictured, left) was selected to receive the American Association of Family & Consumer Sciences 2006 Distinguished Service Award.

Brad Sheafor was honored with the Council on Social Work Education 2006 Significant Lifetime Achievement Award in Social Work Education.

Alicia Cook was recognized with the National Association of State Land Grant Universities and Colleges Michael P. Malone Award for her extensive work internationalizing the CSU campus.

Ken Tremblay in the Department of Design and Merchandising, the Colorado manager of Healthy Indoor Air for America’s Homes, was named as one of the six recipients of the 2005 Jeanne M. Priester Award.

The Curfman Gallery in the Lory Student Center recently celebrated 20 years since being rededicated in honor of Jack Curfman. Included in the tribute to Curfman was an exhibit of his personal collection entitled “Gifts of My Past: The Eclectic Collection of Jack Curfman.”

Health and Exercise Science celebrated the 25th anniversary of the Homecoming Race and honored its founder, Sheri Linnell.

CAHS has a new look! View the new College website design at www.cahs.colostate.edu.
Loren Cordain in Health and Exercise Science followed up his release of The Paleo Diet with The Paleo Diet for Athletes, a new book offering a series of dietary strategies to help athletes maximize performance, normalize body weight, and reduce risk of heart disease, cancer, and osteoporosis.

Health and Exercise Science student Erin Popovich was named the 2005 Individual Sportswoman of the Year by the Women’s Sports Foundation, and also received an ESPY award from ESPN. At the 2004 Paralympic Games in Athens, Greece, Popovich won a gold medal in every event that she competed in for Team USA and set five new American records.

An exhibit in the Curfman Gallery featured kimonos from the collection of Bill and Mary Lou Maxson, who donated 300 traditional Japanese kimonos to the Historic Costume & Textiles Collection in the Department of Design and Merchandising. A portion of these kimonos, along with those on loan from the private collection of Gary and Carol Ann Hixon, formed the heart of the exhibition, as selected by Professor Diane Sparks, the exhibit’s curator.

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**Retirees**

Design and Merchandising and Dean’s Office
Antigone Kotsiopulos (1979 – 2006)

Food Science and Human Nutrition

Human Development and Family Studies

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Visit http://www.gpidea.org/ for more information
Dr. Antigone Kotsiopulos, a long time leader in the College of Applied Human Sciences, will retire in the summer of 2006.

As a faculty member for 28 years, a decade-long head of the Department of Design and Merchandising, and the Associate Dean for Academic Programs in the College of Applied Human Sciences for the last five years, Antigone Kotsiopulos has demonstrated extraordinary leadership and vision. Under her guidance, the department’s programs garnered national attention with a program of excellence in the field of merchandising, state-of-the-art design technology, and outstanding creative projects.

Department achievements while Kotsiopulos was head include the $3.2 million software donation by Lectra Inc., which was the largest corporate donation to CSU at the time. The Department earned the Outstanding Award for Diversity for a multicultural infusion project that involved training to heighten appreciation for various cultures. New programs were launched to provide experiential learning for students, to recognize young design talent in Colorado, to welcome freshmen to campus, and to keep alumni informed. Kotsiopulos is quick to give credit to faculty and staff for their contributions as a whole.

Kotsiopulos grew up working in family businesses in Nebraska and partially funded her education by working in industry. She took two leaves without pay while at CSU to stay current with industry practices. The growth and development of students with an emphasis on experiential real world learning has always been a focus of her career. She was responsible for developing new merchandising courses, helped develop the first computer labs in the college, and directed the department internship program until a part-time coordinator was hired. She authored *Merchandising Mathematics*, a text with the first software of its type to be used for classroom instruction in the field. Kotsiopulos also partnered with industry to bring software into labs and retailers were frequent speakers and evaluators in her classroom.

She also had a passion for working with small businesses and provided workshops at the major markets around the U.S. She is well known nationally from her extensive involvement in the International Textile and Apparel Association including serving as president and fellow, as well as for her involvement in the formation of the Great Plains IDEA distance education consortium. Kotsiopulos has been recognized with numerous awards for her service.

Kotsiopulos and husband Jerry Culp, a staff member in Design and Merchandising, have been regular donors to two endowments in the College bearing the Kotsiopulos name. The Kotsiopulos Memorial Scholarship was established in 1997 by her father in memory of her mother and is awarded to students who are helping people in their community. Friends, family, and colleagues established the Kotsiopulos Education Enhancement Fund in 2000, which supports outreach and experiential learning activities in the Department of Design and Merchandising. Dean April Mason says, “The College of Applied Human Sciences is indebted to Dr. Kotsiopulos for her years of service and dedication. We’re grateful for her leadership in Design and Merchandising and I personally will miss the wealth of experience and knowledge she has brought to the Dean’s Office.”

Alumni and colleagues can continue to communicate with Kotsiopulos using her CSU e-mail address Antigone.Kotsiopulos@colostate.edu. If you would like to make a gift in honor of Kotsiopulos’ retirement, or to another fund, please fill out the enclosed gift form, or go to www.cahs.colostate.edu/Giving/ to make an online gift.

“Retirement isn’t quite the right word as I’m just entering another phase of life. I’ve thoroughly enjoyed my academic career and plan to stay engaged with contract work and a few more editions of my textbook and software. I just want a bit more balance in my life and am fortunate to be able to take this step.”
As a student studying Human Development and Family Studies, Mary (DiBrito) Francis, ‘01, knew she wanted to help people but didn’t know exactly how. She credits former professors Dr. Janet Fritz and Art Bavoso for piquing her interest in development and fundraising. After earning her bachelor’s degree, Francis pursued a career in non-profit and has served organizations such as the United Way, American Red Cross, and most recently as Campaign Manager for The Leukemia & Lymphoma Society.

Francis joined our team in April 2005 as Assistant Director of Development and has been working on scholarship development and raising funds for programs and facilities. She and her husband Kevin, who is also a CSU graduate, are both very happy to be back in Fort Collins. Francis says she is honored, challenged, and excited to be raising money for her alma mater. You can reach her at (970) 491-2167 or Mary.Francis@colostate.edu.

In 2006, the Department of Construction Management will celebrate its 60th anniversary, and the Ram Built Gala will celebrate this historic milestone. The Gala, scheduled for May 6, 2006 at the Hyatt Regency at the Colorado Convention Center in Denver, will feature cocktails, a live auction, dinner, awards program, entertainment, and dancing. “My goal is to have 600 people join the celebration,” says Department Head Larry Grosse. Gala proceeds will support construction management’s James Parnell Student Professional Development Fund, which enables students to hone their skills by developing solutions to actual construction scenarios presented at regional and national competitions.

For additional information about the Ram Built Gala/60th Anniversary, please contact Sue Wagner-Renner at (970) 491-7959 or wagner@cahs.colostate.edu. If you would like to make a gift to the James Parnell Student Professional Development Fund or to another fund, please fill out the gift form provided, or go to www.cahs.colostate.edu/Giving/ to make an online gift.

Helping Our Students Help Others

Internships and practicum experiences in Applied Human Sciences degree programs require many hours of service that are often unpaid. Human sciences interns frequently contribute 40+ hours per week to the community through the experiential portion of their academic program, making it difficult to also hold a paid job. The AmeriCorps service scholarship program at CSU provides education awards to students who are doing unpaid community service at nonprofit agencies, whether as a volunteer, intern, or student teacher. This federal program is designed to mitigate the financial burden that comes with dedicating hours of service at no or low pay to organizations that would have difficulty surviving without that assistance. At the same time, the AmeriCorps program encourages participants to reflect on the personal and academic lessons gleaned from their experiences, and allows them to concentrate more on their service experience and not so much on how they’ll support themselves during it.

The testimonials from students about their work are powerful. “I helped a burn patient touch her shoulder for the first time after an accident. She was elated and tearful at the progress she has made and the pain that comes with it.” “I couldn’t have done it without you.” These were the words from a man who had a stroke and was finally able to return home independently.” “I befriended a man who seemed to be falling through the cracks in the system. We worked together to read the city map, navigate the bus system, and acquire money for the bus in order to make it to a far away, well paying temporary job.” “I counseled a patient who had type II diabetes. Although she had had diabetes for several years, she stated that no one ever explained to her the importance of diet in controlling the disease.” Future dieticians, social workers, teachers, counselors, and many others are benefiting from the program.

The College was a major player in bringing the AmeriCorps program to Colorado State, and students in the College received $222,784 in awards last year. The CSU AmeriCorps program was approved to administer 300 scholarships, with 173 of those education awards going to CAHS students – that’s 77,850 hours of service! In order to participate in the federal AmeriCorps program, all academic colleges that benefit from the scholarships pay a fee to the regional grant manager. If you would like to make a donation to help support the $6,000 fee for the program, please contact Mary Francis, at Mary.Francis@colostate.edu.
Outstanding Teacher

David Greene, Occupational Therapy

Greene is known as a passionate innovator of instructional materials, particularly his animated visual depictions of movement, which he developed for his biomechanics courses and his kinesiology textbook. One student comments, “Dr. Greene inspires students to achieve their fullest potential, both as scholars and health care professionals.”

Outstanding Advisor

Tim Davies, School of Education

Davies has established a detailed approach to advising and mentoring doctoral students that has proven highly supportive of their development and success. One student calls him “one of the most compassionate, empathetic individuals I ever encountered. He listens exceptionally well, and always responds enthusiastically.”

Scholarly Excellence

Pat Kendall, Food Science and Human Nutrition

Kendall directs a large federally funded research program focused on the development of nutrition education interventions targeted at chronic disease prevention, as well as the development of consumer food safety programs. She is an internationally recognized scholar, helping to procure millions in federal grants and with a prolific publishing record.

Outstanding Senior

Erin Dixon Northup, Health and Exercise Science

Northup is an honors student with a 3.85 GPA, a dedicated volunteer, and a winner of two prestigious scholarships. One community member states, “She is extremely knowledgeable in her field of health promotion and genuinely interested in empowering people to live a healthier lifestyle.”

Superior Service

Robert Gotshall, Health and Exercise Science

Gotshall has provided exemplary service at all levels, but has drawn particular accolades for his work in outcomes assessment. “His participation in multi-institutional cooperative assessment efforts strengthens CSU’s reputation as a leader in the quality management area,” says a University administrator.

Outstanding Advisor – Tenure-Track Faculty

Debbie Fidler, Human Development and Family Studies

Fidler’s research outcomes, widely published and disseminated, support a relatively new approach to the assessment of and intervention with children who have genetically-based syndromes of mental retardation, focusing on describing their unique behavioral characteristics. She has been honored with two national research awards for her work.
Teaching Excellence – Tenure-Track Faculty
Laurie Carlson, School of Education
Carlson is a superb teacher who has been a leading innovator incorporating technology and experiential learning into her classes. The electronic portfolio she developed for master’s students in school counseling has been lauded for its impact on the program. “Dr. Carlson is a phenomenal instructor,” observes one student.

University and Alumni Association Awards 2005-2006

Alumni Association Albert C. Yates Student Leadership Award
Erin Dixon Northup, ‘05, Health and Exercise Science

Alumni Association Charles A. Lory Public Service Award

Alumni Association College of Applied Human Sciences Honor Alumnus
Allen E. “Gene” Vaughan, ‘70, ‘72, Health and Exercise Science

Classified Personnel Council Outstanding Achievement Award
Shirley Hodson, Dean’s Office

Distinguished Administrative Professional Award
James Lyall, Dean’s Office

Jack E. Cermak Advising Award
Mary Harris, Food Science and Human Nutrition

Oliver P. Pennock Distinguished Service Award
Alicia Skinner Cook, Human Development and Family Studies

Applied Human Sciences Friend of the College
Gary Luckasen, M.D.
Luckasen, President of Heart Center of the Rockies, has been an active supporter of Health and Exercise Science for 30+ years. His support includes building the census of the Adult Fitness Program through patient referrals, a major contribution to the Human Performance and Clinical Research Laboratory campaign, homecoming race sponsorships, and a commitment to provide on-going medical coverage for the Heart Disease Prevention Program and faculty research.

Applied Human Sciences Friend of the College
Bill Haid, Director of Enrollment Services
Haid is known as a quiet, proactive problem solver on campus, always willing to assist the College, and has been especially helpful with distance education programs. He is committed to student centered solutions, responding promptly and positively to College issues. He has shown outstanding leadership in implementing a new integrative computer database for the university.
My second year as dean has been even more exciting and challenging than the first! I ponder how that is even possible – but it is! Strategic planning for the University and our College has been a large part of our agenda this last year. We are in the process of determining the future direction of research endeavors, student learning, and community outreach. This year’s newsletter focuses on critical research being conducted in our College. Our outstanding faculty are probing for answers to questions which are fundamental to human well-being in areas as diverse as textile science, obesity prevention, environmental sustainability, and family relationships.

Not only is conducting research important for improving the quality of our lives globally, it is central to the economic well-being of our community. Last year, the College of Applied Human Sciences brought in over $5,000,000 in research funding – which has far reaching implications for the state of Colorado. Students too benefit from the increased knowledge of researchers who are on the cutting edge in their fields. Scholarly excellence is a worthy goal for a Land Grant university such as ours, and it is critical as we strive to excel globally and here at home.

Highlighted in this newsletter is the evolution of one of our departments, Health and Exercise Science. The research and outreach mission in the department has mirrored the development of society over the last fifteen years as health promotion professionals and researchers strive to address problems such as an increase in obesity and associated health problems. Faculty and staff in the department are committed to promoting healthful lifestyles, while taking an interdisciplinary approach to conducting research on disease etiology and prevention – an approach from which we all stand to benefit.

As I reflect on the past year and a half, I am struck by the number of changes that have taken place at Colorado State and within the College. We are constantly changing and reorganizing to better serve our students, faculty and staff, and alumni. These transformations challenge us and bring us new opportunities to think and to plan new ways of doing things. We welcome your input at any time. We are especially excited about the upcoming 20th anniversary of the College and I invite you to participate.

I would like to thank all of those who have made my first two years here what I consider successful. The gains and successes of our College have been the result of the hard work and incredible commitment of so many. We have quite a team. It is a fulfilling charge to serve as dean, and I encourage you to get involved in this great team! Contact me at April.Mason@colostate.edu.

Sincerely,

April Mason