YUM!
SELLING FOOD, MAKING FOOD, STUDYING FOOD

HELLO, COLUMBUS
Discovering our city’s culinary delights

NO MORE MYSTERY MEAT
Students dive into garden-fresh goodness
A thumb can be used to measure a portion size of ______.

A handful can be used to measure a portion size of ______.

A thumb tip can be used to measure a portion size of ______.

A tennis ball can be used to measure a portion size of ______.

A palm can be used to measure a portion size of ______.

A fist can be used to measure a portion size of ______.

1. CIRCLE the appropriate way to make a child’s plate.

2. MATCH the picture of the hand used to measure the food group.

3. My child eats breakfast _____ days a week.

4. My child usually eats just one helping of each food during meals.

5. YES          NO

6. My child eats _____ servings of fruits a day.

7. My child eats _____ servings of vegetables a day.

8. My child eats _____ meals and _____ snacks a day.

9. My child eats dinner at the table with the family _____ a week.

10. My child eats fast food _____ times a week.

11. My child drinks _____ servings of 100% fruit juice a day.

12. My child drinks _____ sweetened drinks a day.

Please complete this survey. This will help your doctor learn about your child’s diet and activity patterns.

IN THIS ISSUE
FROM THE DEAN

Food, wonderful food. It’s the center of our lives. We can’t live without it.

The centrality of food to our existence is one reason that I chose community nutrition for my career. We learn to be civil at the dinner table, not only how to eat and chew our food politely, but also how to converse, interact and share. It’s core to family dynamics and togetherness. It’s why your college studies many aspects of food. These include but are not limited to:

- diet and risk of disease
- food safety education
- nutrient-gene interactions and nutrient metabolism
- preventing food insecurity
- sports nutrition
- training hospitality industry managers who understand the consumer point of view
- weight management and prevention of obesity

Nothing has convinced me so thoroughly of the importance of food to our health than an experience I had two years ago. A rash on my arms and wrists itched so much, I scratched my skin raw in my sleep. Even when I refrained from scratching, blisters formed.

Multiple doctors tried a range of medications. Nothing curtailed the advance of this affliction.

One day, I mentioned my problem to a friend. “I had the same symptoms,” she said. “Give up gluten.”

I tested the idea. Within days, the wounds began to heal. Within a month, the rash was gone, and I was itch free.

Because I spent 20 years of my career as a professor directing the nutrition center at Pennsylvania State University, I immediately began studying gluten intolerance. Then, local restaurateur and college donor Cameron Mitchell invited me to join the Society of Fellows at the Culinary Institute of America. As I toured the CIA, learning much to benefit your college, I also met the CIA’s professor of baking and pastry arts, a master of gluten-free baking. One thing I learned is that just as a variety of wheat flours exist for conventional baking, such as cake flour and bread flour, a variety of flour mixes are used in gluten-free baking. White rice flour often serves as the base. To this, different items are added. For instance, soy flour adds protein, which is good for creating bread. Tapioca starch, from the cassava root, adds structure to baked goods. It also can turn crispy during baking, which can be delightful in cookies or pancakes. (Careful, don’t let it burn.)

Now I’m working on a gluten-free cookbook, and you are invited to try my personal recipe for brownies. This issue of *Inspire* magazine tells the story of many more food journeys. Enjoy! ⚡

CHERYL ACHTERBERG

The Dean’s Brownies: An original, gluten-free recipe

½ stick unsalted butter
2 squares unsweetened chocolate
1 cup sugar
2 eggs, beaten
1/8 tsp salt
1 tsp vanilla
½ cup gluten-free flour
1 cup broken nuts (optional)


Dean Cheryl Achterberg illustrates that her brownies (with strawberries) can be the finishing touch to a menu that, although gluten-free, is still widely varied.
Find Brutus: A virtual tour of The Best Dang Campus in the Land

Brad Henry was sure he’d be a rock star by now. A talented singer, he can play with the best of them on the guitar and keyboard. At 18, he came close to signing a recording contract. Henry was sure he’d be selling out world tours. But his true gift is using technology to guide the next generation of Buckeyes.

His experiences as a nontraditional educational technology PhD student led him to create the Find Brutus app that directs students around the Columbus campus. “Ohio State can be intimidating,” he said. “I wanted to make campus accessible without having to hold a map in front of my nose.”

The Find Brutus app uses an intelligent mixed reality (IMR) framework that Henry created to fuse augmented reality and artificial intelligence. It’s as complex as it sounds but very simple to use.

Students will be led by the friendliest of 3D tour guides: our mascot Brutus Buckeye. Their virtual view of campus won’t end there. The app is interactive, so users will learn university facts and history by playing a game of scavenger hunt. The app will be available for download from the App Store in the fall.

“Just imagine how this technology can be used in the classroom, especially with young learners,” Henry said. “The possibilities are endless.”

He’s also working with the University of Memphis on an artificial intelligence literacy tutoring tool that will assess reading comprehension. It targets K-12 students to assess their current reading level and to provide targeted interventions when a student is not reading at his or her grade level.

“Not everyone is a great test taker,” Henry said. “I want to use technology to help educators assess students in ways that work best for them.”

Finding the perfect path to medicine

Anne Kunkler distinctly remembers the moment that changed her outlook on life. A parent, whom she had just met, pulled her aside. The organization Kunkler led, College Mentors for Kids, had been the answer to the mother’s prayers.

Students from across the university form the organization, providing one-on-one mentoring that introduces at-risk youth to higher education. The group does this by providing children with mentors, arranging visits to Ohio State and advising parents on how to save for college.

“The mom hugged me and thanked me for matching her son with a positive male role model,” Kunkler said. “It was an inspiring moment that I’ll never forget. It made me realize how big of an impact our program has on the lives of those we serve.”

That experience led to Kunkler’s aim to become a doctor who specifically helps underserved communities. She enrolled in the family studies specialization within the human development and family science program: a unique path to the medical field that creates a deep understanding of family relationships across the lifespan.

“I want to ensure that every person, regardless of background, race or demographic factors, is treated with the respect and dignity that they deserve,” the Cincinnati native said. She hopes to find better treatments for cancer. As a research intern at Nationwide Children’s Hospital, Kunkler is evaluating the effectiveness of delivering a gene to cancer cells that will make the cells more susceptible to targeted radiotherapy.

Kunkler graduated at spring commencement with honors research distinction after successfully defending her thesis. She will enter Ohio State’s College of Medicine this fall.

“I can’t wait to help minimize the disparities in access to health care, no matter one’s background.”

Don’t have a cow! Add dairy to your diet

The Calcium Keeps You Moo-ving campaign encourages Ohio State students to moo-ve to consume dairy.

With social media savvy, Buckeyes use the hashtag #SpotTheCow on Twitter and Instagram to follow the campaign. On Facebook, campaign manager Jamie Seger, OSU Extension Family and Consumer Sciences, and co-PIs Carolyn Gunther and Julie Kennel, both human nutrition, share fun tips, such as how to prevent milk from going bad (drink it!). Students also will find simple recipes to incorporate their daily three cups of dairy.
Take it from the top

Our college and its mission have been a priority for The Ohio State University since our humble beginnings. Sometimes, though, with support from our chief executive, we have a direct line to the top.

• Prior to becoming Ohio State’s eighth president, Novice G. Fawcett used his Master of Education degree to advocate for children as superintendent of Columbus Public (now City) Schools.

• E. Gordon Gee just couldn’t get enough of EHE: he held a faculty appointment in our higher education and student affairs program during both of his terms as president.

• Our newest member of the Buckeye family, Michael V. Drake, made the college’s Schoenbaum Family Center at Weinland Park one of his first stops after his appointment as Ohio State’s 15th president. He joined our faculty when he took office on June 30, 2014.

Scholars open doors to equal education

Education feeds the mind. Theodoto Ressa and Arianna Howard are dedicated to making sure that all students, from all backgrounds, have a seat at the academic dinner table.

The two PhD students in teaching and learning are supported in their quest by being named Holmes Scholars, a national program of the American Association of Colleges for Teacher Education (AACTE).

Howard, from Mansfield, Ohio, aims to improve the academic success and life chances of African American children living in poverty. “The common perception is that African American working class families do not value education, but that simply isn’t the case,” she said. To combat this myth, Howard’s research seeks ways to engage parents in advocating for their children.

A native of Kenya, Ressa, who has used a wheelchair since childhood, did not expect to pursue a doctorate considering the historical, economic and social marginalization faced by people with disabilities in his home country.

“I want to place more importance on the transition of those with disabilities to postsecondary life. It receives much less attention than early intervention programs,” Ressa said. After graduation, he plans to collaborate with educational theoreticians to expand education opportunities for people with disabilities.

Within EHE, AACTE Holmes Scholars receive support from the college’s Center for Inclusion, Diversity and Academic Success (IDEAS). Teaching and learning faculty and staff selected Howard and Ressa to join the national program.
A foodie kind of town

In 2013, the *Forbes Travel Guide* designated Columbus as a ‘secret foodie city.’ But those of us lucky enough to live or visit here know there’s nothing secret about our local world-class restaurants, funky and fun hangouts, independent markets and specialty food producers. The college is proud to note that fresh, innovative and mouth-watering culinary delights devised by our alumni stand out in the Columbus gourmet paradise.
Paella, with a side of hospitality
Fusing Old and New World cuisine

BY GEMMA MCLUCKIE

The aroma of tapas and paellas. Gold-lacquered tables reflect glasses of opulent wines. Oak columns gird a massive mirror. A hugely popular, lush patio invites leisurely summer gatherings.

At the center is Scott Heimlich, a restaurateur who has put his mark on Columbus.

“I’m fulfilling my life’s dream,” he said. As an Ohio State student waiting tables, Heimlich developed a love for welcoming others. He left college, gained experience in local restaurants and national chains and then completed a bachelor’s degree in hospitality management in 1999.

In 2002, he bought Barcelona Restaurant on East Whittier Street in Columbus’ legendary German Village. “I wanted a more authentic experience, one closer to true Spanish culinary traditions, while preserving the history and character of the restaurant’s 100-year-old setting,” he said.

It’s tough to maintain a top ranking in a town that prides itself on its culinary sophistication, but dishes crafted by executive chef Jacob Hough receive annual raves. The wine list has garnered national attention.

A staff of 60 serves up to 400 guests a night. Ever-changing dishes incorporate fresh, seasonal ingredients, many of them grown on the Heimlich family farm near Waldo, Ohio. The menu centers on chorizos y embutidos (sausages and cured meats), entradas (entrees), quesos (cheeses), tapas (small plates) and the house specialty, paellas that blend meats, seafood and vegetables.

Heimlich summarizes his philosophy: Use the best produce, prepare it the best way you can and enjoy.

“Spanish dining is all about sharing with family,” he said. “Barcelona is my life and everyone, both guests and staff, are part of my family.

“When you can stand here on a busy night, when everybody’s happy, I can just feel that it’s right.”

Fresh, mean and filled with greens

BY KAMILAH KING

Just one bite of the Green Meanie’s Banh Meanie sandwich and it’s impossible not to taste co-owners Janka and Keith Smith’s passion for food.

The highly visible Green Meanie food truck is a natural fit for the Worthington, Ohio, residents. Janka (’90 Human Nutrition) develops T. Marzetti sauces and dressings for national food chains while Keith is a chef excelling in pairing flavor and texture with food presentation. They burst onto the vibrant Columbus food truck scene in 2011 with a menu influenced by Asian, Native American and traditional American picnic cuisine.

“The Banh Meanie is my favorite item on our menu,” said Janka Smith. “It’s our take on the Vietnamese bánh mì sandwich.”

Taste buds kick into high gear when customers bite into its fresh toasted baguette and experience pork tenderloin marinated in spicy Chinese hoisin and Thai sriracha sauces, then paired with pickled veggies, basil, cilantro and house-made jalapeño aioli.

And, oh, the fries.

Tossed in fresh sea salt, Green Meanie potatoes are faultlessly crisped and served with a rich olive oil and scallion aioli made for dipping.

A passerby on West Broad Street tossed a fry into his mouth and said, “It might actually be the perfect meal.”

The artwork on Janka and Keith Smith’s Green Meanie food truck showcases what makes their cuisine stand out: wholesome, fresh ingredients with a taste that will knock your socks off.
FOODIE CITY

Photos at right, from top: Curious young cows gather 'round to greet visitors. Genuine, the cow, enjoys retirement. Cows even follow the Ayars into their home.

It’s got to be Genuine: Real food comes from the heart

BY JANET CICCONE

Fifteen-year-old Genuine, a gold-and-white Guernsey cow, stood regally in the straw of her large pen. She looked on calmly as the nearby pregnant cows crowded the feed trough where a second breakfast, one of six feedings a day, was being served.

“Genuine is the matriarch of our herd,” explained Bonnie Ayars (’73 Family and Consumer Sciences Education), who runs Ayars Family Farm near Mechanicsburg, Ohio, with her husband John (’65 Agriculture Education) and youngest son Lucas (’04 Dairy Science). “She was also Lucas’ 4-H project, so when we launched our specialty ice creams, we named our first, Genuine Vanilla, after her. Most of our 10 flavors are named after cows.”

For instance, cinnamon-infused Snickerdoodle ice cream was named for a cow with a spicy personality. A bit of a busybody, Snickerdoodle often demands to be milked first.

Ayars credits Lucas and John with the ice cream business. She engineered the flavorings, thanks to her extensive food background. Her years as a family and consumer sciences teacher pay off on the farm, too, especially during visits by schools, families and community organizations.

“John, Lucas and I break the tours into smaller groups,” she said. “Each of us shares a different lesson and tour area with the children.” Visitors learn food science facts while shaking cream into butter, and at the end, everyone receives a serving of ice cream. Throughout, the Ayars emphasize the dairy farmer’s role in the economy.

Ever the educator, Bonnie Ayars teaches Ohio State’s popular dairy cattle judging course. She is also one of only two women who coach a U.S. collegiate dairy judging team, and she works with all the Ohio 4-H dairy programs.

The Ayars are active and capable, and despite Bonnie Ayars’ petite frame, that’s how she likes life. But most important is their mission.

“We bring people to the farm so they connect to their food source. Or we take our story to the markets that sell our ice cream in Columbus,” Ayars said. “We all need to sit at the table, farmers and consumers, to make sure food gets to the right people at the right time. No one should go hungry.”

For the Ayars, life is organized around their cows. Bonnie Ayars appreciates Saucy, one of the Guernsey cows whose milk becomes Ayars Family Farm ice cream.

Photos at right, from top: Curious young cows gather ‘round to greet visitors. Genuine, the cow, enjoys retirement. Cows even follow the Ayars into their home.
Take a bite to feed the hungry

BY KAMILAH KING

What do Archie Griffin, *The Three Little Pigs* and American glass sculptor Dale Chihuly have in common? They all have been preserved in dessert form.

Some are blown from sugar, a few crafted into impressive pastries and sprinkled with powdered sugar, while others are formed entirely of chocolate. All made immortal.

Well, until the first bite.

The sweets are meant to be eaten after display at Cakes for a Cause, a fundraiser event that features extravagantly handcrafted treats donated by bakeries in central Ohio. The proceeds go to help those who are hungry.

Since 2010, Cakes for a Cause has funded more than 100,000 meals for the Mid-Ohio Food Bank in Franklin County. That translates to enough food to feed more than 90 people three meals a day for a year. And certainly more than enough food to withstand a blow from the big bad wolf of hunger.

The production of an event that fulfills every sweet tooth is no small feat.

Each year since 2010, creators Kasey Skobel-Conyers ('98 Sport and Leisure Studies) and friend Emilie Duncan, both of Columbus, have spent more than 400 hours planning. They research bakeries, coordinate sponsors and, of course, painstakingly taste test proposed desserts.

They also think outside the cake pan. With live and silent auctions, a “best baker” competition and an interactive raffle, Cakes for a Cause aims to make philanthropy fun. And quite tasty. ☺️

More at go.osu.edu/OnTheWeb2014
Weighty matters

Health care professionals accept challenge of childhood obesity

BY GEMMA MCLUCKIE

Food has become a toxin in too many American lives. The physical, emotional and financial cost, especially for children who are overweight or obese, is frightening. Prevention and treatment are not just a matter of cutting calories and increasing activity, the experts say. It requires coordinated efforts on the part of the child, parents, health care professionals and communities.

“You have to look at the big picture,” said Michelle Albers (’86 MS and ’87 PhD, both Human Nutrition), of St. Pete Beach, Florida, a registered dietitian and nutritionist for the Healthy Weight Clinic in the Morsani College of Medicine at the University of South Florida.

Albers and an interdisciplinary team at the clinic have found children and families must concentrate on balancing four elements: food intake, activity levels, stress and sleep. “If these are not balanced, the body wants to store fat,” she said. “We have to look at the entire organism.”

Albers said, especially since few providers are proficient in behavior modification, motivational counseling, dealing with family conflicts or parenting strategies.

A training program being developed for obesity counseling, A Pound of Cure (POC), may provide an answer even when doctors have limited staff or time.

POC materials guide doctors in evaluating obesity-related health risks, conducting patient-centered interviews and following up on patients 2 to 18 years old. Samantha Anzeljc (’13 PhD Human Nutrition) created the training modules while earning her doctorate. Anzeljc, of Decatur, Georgia, now is a quality improvement consultant with the Ohio Chapter, American Academy of Pediatrics (AAP).

As a member of the POC Learning Collaborative team, Anzeljc conducted a state-funded, two-year pilot study. It determined doctors who used POC tools became more confident about providing care, while children improved their health. Doctors measured success by whether children and families learned about nutrition and changed to more healthful behaviors.

Community initiatives

As the physical, emotional and financial cost of childhood obesity becomes more evident, there must be increased, communitywide efforts. Schools, the YMCA, after-school programs and churches can gather data, refer families and facilitate treatment, Albers said.

Screening by school nurses allows families and health care professionals to take early steps, according to Jackie Broderick-Patton, wellness initiative coordinator for Columbus City Schools.

The district has seen a sharp rise in Type 2 diabetes and prediabetes among its 51,000 K-12 students, Broderick-Patton (’04 MA Workforce Development and Education) reported during a discussion of childhood obesity issues sponsored by Ohio State Outreach and Engagement in May 2014.

One screening tool is the BMI (Body Mass Index), a formula to measure a person’s body fat. The BMI has proved controversial because athletes or muscular people may have a higher BMI. However, Broderick-Patton said, it is a valuable starting point.

In Columbus, nurses also check children’s blood pressure and ask if there is a family history of Type 2 diabetes. Letters home explain the BMI is not a diagnosis. Instead, they outline why higher numbers may indicate health risks and suggest parents discuss the results with a physician. “Parents could consider the letter the same as getting a referral for eye glasses,” she said.

In every aspect of prevention and treatment, all those fighting childhood obesity are in agreement: It will take much effort and commitment to make a positive change.

As Anzeljc said, “It’s the environment, the society we live in, a more sedentary lifestyle and 24-hour access to food.”
The golden girl discusses fueling up

BY KAMILAH KING

Managing to keep her game face despite puzzling #SochiProblems (like yellow water and unfinished hotel rooms), alumna Natalie Spooner and her Canadian women’s hockey teammates brought home gold medals from the XXII Winter Games in Sochi, Russia. As a 2012 human nutrition graduate, the Scarborough, Ontario, native understands how important it is for athletes to keep their bodies fueled for top performance. “Understanding what I need for everyday nutrition and what I should eat for game-day recovery is a big part of my nutritional choices,” Spooner said. “It’s important to know not only what I should eat but also what time to eat it for maximal recovery.”

Game Day

8:30 a.m.  Cereal, skim milk and a banana
11 a.m.  After pre-game skate: Greek yogurt, fruit and granola
3 p.m.  Pre-game meal after nap: Whole-wheat pasta, chicken breast in marinara sauce with mushrooms
4:30 p.m.  Pre-game snack: Two slices of toast with peanut butter and jelly
7 p.m.  Game-time: An ‘elevate me’ bar and Gatorade
Post-game  Cool-down snack: Recovery shake with protein powder
Post-game  Meal: Roast beef, quinoa, steamed vegetables and green salad

Don’t just train like an Olympian, eat like one!

Elite athletes use nutrition to ensure medal-winning performance

You can’t help but admire athletes when they take the field on game day. Want to emulate their speed, strength and athletic prowess? Try eating like them.

Small-frame female sprinter  HIGH CALORIE, HIGH PROTEIN
During her pre-season training, this athlete was focused on maintaining her weight while gaining strength and speed.
Breakfast: Cereal with skim milk, a banana and lunchmeat Snack #1: An apple with peanut butter or pretzels Lunch: Turkey sandwich, skim milk, carrots and celery Snack #2: Granola bar Recovery Meal after Practice: Chocolate milk Dinner: Thai chicken pasta with vegetables

Tall, medium-frame male decathlete  HIGH CALORIE, HIGH CARBOHYDRATE
This athlete was focused on maintaining his energy levels during all of the events in his meet.
Breakfast: Two eggs, banana, oatmeal and orange juice Snack: Peanut butter bagel with whole milk and dried fruit Recovery Meal after Practice: Chocolate milk and a banana Lunch #1: Turkey sandwich, banana and string cheese Lunch #2: BBQ chicken breast sandwich, broccoli and whole milk Snack #1: PB&J sandwich and two servings of grapes Snack #2: Power bar Dinner: Two sirloin hamburgers with cheese, spinach, whole milk and a baked potato

Tall, slim male volleyball player  HIGH CALORIE, HIGH PROTEIN
This athlete was focused on gaining lean mass and struggled with keeping weight on due to an extremely high metabolism.
Breakfast: Peanut butter bagel with whole milk and dried fruit Recovery Meal after Practice: Chocolate milk and a banana Lunch #1: Turkey sandwich, banana and string cheese Lunch #2: BBQ chicken breast sandwich, broccoli and whole milk Snack #1: PB&J sandwich and two servings of grapes Snack #2: Power bar Dinner: Two sirloin hamburgers with cheese, spinach, whole milk and a baked potato
No food fights, just healthful dining

BY JANET CICCONE

Six high school boys lean over raised beds in a hoop house, planting sweet onion starts. As a blustery March wind whips the plastic walls of the structure, they debate an unexpected subject—the flavor of a vegetable they all like—raw kohlrabi.

“It sort of tastes like cauliflower,” one said.

“No, it’s more like an ‘apple-pear,’” said another young man. “It has a ‘fruitiness’ to it.”

A fourth summed it up. “It’s more like if an onion met up with an ‘apple-pear.’”

Their enthusiasm for the uncommon vegetable shows that their science teacher, alumnus Jim Reding at Granville High School, east of Columbus, is guiding them well. Seven boys, along with seven girls, are enrolled in Reding’s environmental studies course. They design and plant the school’s annual vegetable gardens, maintaining and harvesting the crops throughout the school year.

“My goals in teaching our five environmental sciences courses are to show my students where their food comes from, teach them sustainable farming practices and encourage them to eat fresh foods they’ve never tried before,” said Reding (’88 Fisheries and Wildlife Management, ’90 Biological Sciences Education).

At least half of the 827 students at Granville High sign up for one or more of Reding’s courses. In all of them, students work in the school’s sustainable garden, greenhouse and hoop house.

“The garden and the food it produces are a direct connection between many ecological issues and their impact on humankind and society,” Reding explained. “Students do not need to ‘infer’ relationships. They can touch, taste and observe them on a daily basis.”

Satisfying food sustains students

Surrounded by farms, the 3,500 residents of the historic village of Granville relish their community tradition of buying local foods and eating fresh, nutritious meals. The Granville Board of Education decided to model this tradition by starting the Fresh Foods program in 2009. The school garden started four years before that.

The young women and men in Reding’s courses carry the crops they raise straight to the school cafeteria after harvest. There, executive chef Greg Enslen adds the produce such as juicy tomatoes and crisp lettuce to recipes and the salad bar, sometimes the same day. He is part of the trend of culinary experts joining schools to freshen up meals.

Enslen’s goal is to spend 25 percent, or even a bit more, of his budget on food from a 75-mile or less radius around Granville. Each day, students devour the in-season harvest from the school garden, plus fresh ingredients from local farms and small companies. The school food supplier also focuses on buying fresh and local produce.

According to superintendent Jeff Brown (’99 MA Elementary Education, ’10 Superintendent’s Licensure), nearly half of Granville Village Schools’ 2,480 students choose to eat the school lunch, an excellent number. “Nutritious meals are part of our whole-child approach to a world-class education,” he said. “If kids are healthy and eating right, they can learn and be active in the school opportunities that we provide.”

Brown has reason to be proud. Every year, food service directors come to see his district’s operation, wanting to replicate what they do. As Enslen said when asked if the school is active in Ohio’s Farm to School program, “We are a farm to school program.”

Moving food from field to cafeteria

Schools nationwide are packing a more healthful punch into their students’ food choices, in part due to mandates in the Healthy, Hunger-Free Kids Act of 2010. Ohio’s Farm to School (F2S) program, run by the college’s outreach arm, OSU Exten-
Not out to lunch

Keeping kids healthy and ready to learn

BY JANET CICCONE

The 13-year-old slumped over the open book on his desk. Around him, the other seventh-graders in the 10:35 a.m. class at Buckeye Middle School attacked their math assignments.

Teacher Mary Beth Zavodnik (’13 MEd Math Education) guessed what the lethargy meant. “Jason, are you okay?” she asked.

The boy’s forehead crinkled in a pained expression. “I don’t know. I just can’t focus.”

“How much water have you had to drink today?”

“None,” he admitted.

With his teacher’s encouragement, Jason took a walk to the drinking fountain. He returned looking more lively and dived into his classwork.

Zavodnik was applying what she learned last year during the college’s Urban Teaching Seminar. Now a teacher for Columbus City Schools, she gleaned from physician Robert Murray, a frequent collaborator with the college’s human nutrition program, what she can do as a teacher to help students establish healthful lifelong eating patterns.

“I see nutritional issues in my students daily,” Zavodnik said. “They often complain of headaches, stomachaches or other problems depending on the time of day. A lot of these health concerns stem from not eating breakfast, passing on lunch or simply not drinking enough water.

“If I had a dollar for every time I asked students how much water they’ve had that day, learned it was little or none, then told them to get a drink of water, I would be rich.”

What teachers can do

Murray, a professor of human nutrition, spoke to Zavodnik’s class while she was teaching a health lab. She asked the students to tell her what they had had to drink that day. None of them had had any water. Murray then explained the importance of water and how it helps with digestion.

“Water is essential for good health,” he said. “It helps with digestion and eliminates toxins from the body.”

During a working lunch, math teacher Mary Beth Zavodnik accomplishes multiple goals at Buckeye Middle School, Columbus City Schools. Her seventh-graders, who choose to join her, get extra attention as they practice finding the volume of right prisms using block manipulatives. They also enjoy their meal together, which includes seeing Zavodnik relish the fresh greens and colorful veggies in her salad.

More at go.osu.edu/OnTheWeb2014
enrolled in the college's Project ASPIRE. Based on his 25 years in pediatric gastroenterology, nutrition, obesity and weight management, he offered many strategies for teachers to help students meet the national goals for improved child nutrition.

“They can encourage children to eat from the five food groups, as outlined in the dietary guidelines,” Murray said. “It also helps to talk about the way Americans eat—for instance, how powerful spinach is and why we should eat it instead of potato chips.”

Zavodnik practices what Murray preaches.

“I invite my students to my classroom most days during lunch for extra help,” said the Cleveland native. “The seventh-grade team calls it a ‘working lunch.’ I encourage them to pick up their food in the cafeteria first and eat with me. It’s a huge part of my lunchtime routine.”

Although lunch is supposed to be a teacher’s break, Zavodnik and Buckeye Middle School take pride in their efforts to keep students fed and hydrated. “My students all know I have the same salad every day for lunch and always are asking what else I usually eat. I have noticed that since our conversation started, more students are willing to eat lunch, even if it’s just a banana and a jug of chocolate milk.”

Nurturing strong, resilient brains

Murray explained to the ASPIRE class that scientists used to think only two factors impacted health and learning: genetics and the environment. Today, we know that daily life factors—specifically diet, activity and creative play—also have an important role in shaping a child’s developing brain. Teachers can influence these factors.

“Research shows that the more we can offer children opportunities for healthy nutrition, physical activity, creative self-expression and free play, the stronger their brain power,” he said. “We cultivate executive brain function this way—the ability to plan, make decisions and control unhealthy impulses.”

No food fights, continued from p.12

sion Family and Consumer Sciences (FCS), advises schools about how to procure and prepare locally produced foods.

Carol Smathers, the program’s coordinator, and her team support the growing interest in Ohio. “We’re excited about fostering connections between school food service personnel and farmers,” she said. “The goal is better nutrition for students, because ultimately, healthier students are better learners.”

The program also has the potential to strengthen area economies, Smathers explained. The USDA’s F2S census shows that school districts spent an estimated $34.7 million on local products during the 2011–2012 school year. Ohio districts accounted for 11 percent, or $3.8 million, of the total.

Healthy farming = healthier eating = healthiest lives

Every day, Reding carries out the Farm to School teaching philosophy. He engages students in hands-on instruction about how food choices affect their health, environment and community.

“I’ve learned that if a kid picks a vegetable, it becomes special. They’ll eat it,” Reding said. He has 12 students signed up for his summer course. They will maintain and manage the garden while running an onsite farmer’s market. They also invite younger children to experience the garden and the food it produces.

“So our rule here is, ’Kids eat free,’” Reding said. “That means they can walk through the garden and eat anything they want. If they don’t like it, they can spit it out. There’s no risk to trying new foods.”

McKenzie Wright, a senior, took Reding’s course because she believes humanity needs to rethink ways of operating. “We’re destroying our planet, and it wasn’t even ours to begin with,” she said. “Mr. Reding is a brilliant teacher, and I think he will touch many lives. He’s already touched mine. I want to help the planet in any way I can.”

Lunch, continued from p.13

55 million U.S. children attend school daily.

Half of the 21 million children eligible for free school breakfast don’t get it.

73% of teachers say they teach students who regularly come to school hungry because there isn’t enough food at home.

17.5 percent average increase in standardized math scores seen by students who regularly start the day with a healthful breakfast.

Sources: Centers for Disease Control and No Kid Hungry

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The program also has the potential to strengthen area economies, Smathers explained. The USDA’s F2S census shows that school districts spent an estimated $34.7 million on local products during the 2011–2012 school year. Ohio districts accounted for 11 percent, or $3.8 million, of the total.

Healthy farming = healthier eating = healthiest lives

Every day, Reding carries out the Farm to School teaching philosophy. He engages students in hands-on instruction about how food choices affect their health, environment and community.

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Lunch, continued from p.13

enrolled in the college’s Project ASPIRE. Based on his 25 years in pediatric gastroenterology, nutrition, obesity and weight management, he offered many strategies for teachers to help students meet the national goals for improved child nutrition.

“They can encourage children to eat from the five food groups, as outlined in the dietary guidelines,” Murray said. “It also helps to talk about the way Americans eat—for instance, how powerful spinach is and why we should eat it instead of potato chips.”

Zavodnik practices what Murray preaches.

“I invite my students to my classroom most days during lunch for extra help,” said the Cleveland native. “The seventh-grade team calls it a ‘working lunch.’ I encourage them to pick up their food in the cafeteria first and eat with me. It’s a huge part of my lunchtime routine.”

Although lunch is supposed to be a teacher’s break, Zavodnik and Buckeye Middle School take pride in their efforts to keep students fed and hydrated. “My students all know I have the same salad every day for lunch and always are asking what else I usually eat. I have noticed that since our conversation started, more students are willing to eat lunch, even if it’s just a banana and a jug of chocolate milk.”

Nurturing strong, resilient brains

Murray explained to the ASPIRE class that scientists used to think only two factors impacted health and learning: genetics and the environment. Today, we know that daily life factors—specifically diet, activity and creative play—also have an important role in shaping a child’s developing brain. Teachers can influence these factors.

“Research shows that the more we can offer children opportunities for healthy nutrition, physical activity, creative self-expression and free play, the stronger their brain power,” he said. “We cultivate executive brain function this way—the ability to plan, make decisions and control unhealthy impulses.”

No food fights, continued from p.12

sion Family and Consumer Sciences (FCS), advises schools about how to procure and prepare locally produced foods.

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“Research shows that the more we can offer children opportunities for healthy nutrition, physical activity, creative self-expression and free play, the stronger their brain power,” he said. “We cultivate executive brain function this way—the ability to plan, make decisions and control unhealthy impulses.”
Murray added one more critical piece to the puzzle—nurturing. Studies show that an adult’s nurturing de-stresses the child, helps him or her bounce back and cope. Best of all, parents are not the only ones who can do this.

“In schools, the nurturers can be teachers and principals, the school nurse, the janitor, the crossing guard and the lunch lady,” he said. “You can encourage kids to eat a quality meal. They benefit from being with their friends, and you can spend 10 to 15 minutes nurturing them. A pat on the back, saying ‘I’m glad you’re here today,’ a willingness to listen—these are the things that can wrap a kid in armor and protect them from stress.

“Many people in the schools don’t realize the power of their nurturing. Scientists think it may be a unique way to overcome health and educational disparities.”

Zavodnik is one of those people offering powerful support to students. “I truly believe being role models ourselves as teachers and eating lunch with students are the best ways to be a positive influence,” she said.

**Robert Murray’s advice for supporting school success**

1. Encourage every student to take time to eat a high-quality breakfast.
2. Work with principals and school leaders to ensure that kids entitled to a free breakfast have time to eat it.
3. Make other teachers and school leaders aware of the science behind healthful nutrition and learning.
4. Give students 10-minute breaks after intensive learning so brains can process the information.
5. Make the break active, if possible, and age appropriate.
6. Get involved in after-school programs with food components or in summer meal programs.
7. Pay close attention to kids. If they’re at risk, give them extra attention.
8. Let other people in school know the importance of nurturing and the role that they play.

Julia Child and her colleagues took 10 years to consolidate their 524 recipes into the famous *Mastering the Art of French Cooking* and sell it to an American publisher.

So imagine reviewing and verifying the ingredients for hundreds of recipes in just six months.

Gina Casagrande Forster (’09 MS Human Nutrition) took on the leadership of this assignment when she signed up as assistant director of nutrition with Ohio State’s Student Life Dining Services in August 2013.

“My team and I reviewed every recipe created by our chefs and sold daily at our campus locations. We updated the nutrition information on Net Nutrition, the Dining Services website,” she said. From soup to nuts, Forster guided the identification of every ingredient. She even called the manufacturer if a label left it unclear what exactly was in that barbecue sauce.

“If students are following a particular diet or have certain food allergies, they need to know what they can eat,” she said. “Food is a major part of people’s lives. They want to feel safe and enjoy it.”

What’s new in eating on campus? Dining Services has come a long way over the years. “If you haven’t been back, I encourage you to visit your former dining hall or any of the dining locations,” Forster emphasized. “Anyone can purchase a meal. Come see all the new options and how we’ve responded to the trends.”

**Ohio State Dining Services**

- **25 locations on the Columbus campus**
- Serves 27,000 to 30,000 meals per day
- Increased fresh fruit and vegetable sales by 40 percent over the last three years
- Sells two salads for every burger purchased in the Ohio Union Market
- Sells more fruits and vegetables than chips and French fries combined
With innovative hospitality, autism spectrum is no barrier to fun

BY GEMMA MCLUCKIE

A family night out can be fraught with disappointment for people on the autism spectrum. Unfavorable food. Loud chatter and bright lights. Tense parents and siblings. Uncertain servers.

An excursion can be so upsetting, “families don’t ever attempt it again,” said Shawn Henry, executive director of OCALI, a clearinghouse for autism information and training.

The consumer sciences program is partnering with OCALI to teach hospitality management students how to make such occasions more comfortable. The effort, believed to be the first of its kind, may allow families to enjoy outings nationwide.

“Building togetherness through family fun is precious,” said Cheryl Achterberg, dean of the College of Education and Human Ecology. “The college is expanding what hospitality entails.”

A donation from Sandy Slomin (‘71 Education), of Delray Beach, Florida, made an independent study course possible. The “final exam” was a dinner in cooperation with Cameron Mitchell Restaurants.

Lecturers Anne Turpin, hospitality industry expert, and Melissa Johnson, director of Cameron Mitchell Premier Events, led six students during spring semester in understanding how to ensure experiences are pleasant.

Two focus groups with parents shaped the evening out, held April 21 in Mitchell’s Ivory Room at Miranova Place in Columbus. About 120 guests were treated to Disney tunes, activities to do while waiting to be served, kid-friendly chicken nuggets and mac ‘n’ cheese, and a quiet room in which to regain equilibrium.

“Our goal was to make the evening fun and comfortable,” said Samantha Bottoms, of Chesapeake, Va., a senior majoring in hospitality management.

Cameron Mitchell Premier Events servers and caterers were prepped to be flexible. They swiftly altered the menu when necessary and boxed up dinners if a family needed to finish at home.

“Parents were feeling a little apprehensive when they came into the Ivory Room, then they relaxed. We wrapped hospitality around these families. It was a joy,” Johnson said.

Cameron Mitchell Restaurants and its sister company, Rusty Bucket Restaurant and Tavern, are the first in the nation to offer accommodations, such as gluten-free choices and seating in quieter sections, building sweet memories for all families.
Engaging students: Active and dramatic teaching

Recite “Jack and Jill.” Now expand the rhyme to teach why people need water and help one another. How? By allowing preschoolers to interact, move, think and feel. Games and dramatic performances are a teaching tool for students of any age, writes Brian Edmiston, professor of drama in education. His new textbook’s strategic and tactical techniques engage even disaffected students by going beyond test preparation.

The poisoned apple

Finding symbolism in children’s literature

BY GEMMA MCLUCKIE

We all know the story.

The family is starving, so the abusive stepmother abandons her stepchildren in the woods. The youngsters hope a trail of breadcrumbs will lead them home, but birds eat the bread. Hopelessly lost, the children are lured by a witch into her gingerbread house. Instead of giving them sweets, she prepares to eat them. In turn, the witch’s own greed allows the siblings to throw her into an oven.

Not exactly a happy lesson in overcoming adversity, according to Anna Shakarian, a first-year doctoral student in literature for children and young adults. Instead, she said, the Hansel and Gretel fairy tale links food and eating to parental abandonment, the struggle to survive, the lure of food and how surrendering to temptation can lead to ruin.

Shakarian herself journeyed to Ohio State via an oven. (Admittedly, she also came through a classroom.)

She owned Pretty Pastry, a home bakery specializing in cupcakes, while she taught elementary and middle school for nine years. She earned a master’s degree and principal’s certificate along the way.

“I love books. I love food. When I decided to get my PhD, I thought about how to bring both of my interests together,” she said. The answer: Examine the symbolism of food in children’s picture books.

“Food has deeper undertones,” she said. Her goal is to find those meanings.

“I am studying what food brings with it. The more I look at these books, the more I see symbolism,” she said. Plentitude, famine, riches, poverty, harmony, conflict, friendship, enmity, diversity, community—all are to be found.

“Literature shows that food is in all aspects of our lives,” she said. Anyone hungry? ☺️

A love of cupcakes and fairy tales inspires Anna Shakarian to research the symbolism of food in children’s books.

She spooned honey on the cover [of her book] and tasted the sweetness, and said to herself, “The honey is sweet, and so is the knowledge, but knowledge is like the bee who made the honey, it has to be chased through the pages of a book.”

Thank you, Mr. Falker, Patricia Polacco

More at go.osu.edu/OnTheWeb2014
A career in coffee:
Emphasis on tasting and teaching

In 1991, good coffee was hard to find. Greg Ubert decided to search the world for the best. The result was Crimson Cup Coffee, a Columbus company dedicated to roasting coffee from sustainable sources. More than 350 independent coffee houses, grocers, colleges and universities, restaurants and food service operations across 28 states offer his specialty products.

With 23 years in the business, Ubert explained his company’s core values, as the aroma of ground and brewing coffee percolated through the Crimson Cup Coffee House in the Columbus suburb of Clintonville. He made it clear that he and his team are as intent about supporting the growers who produce the coffee as they are about selling the product.

“We deal mostly with small farmers in countries all over the world, from Brazil to Central America to Bali, Sumatra and Ethiopia,” said the Worthington, Ohio, native. “Everything we do is meant to contribute to their communities and ensure environmental sustainability.”

Giving back comes so naturally to Ubert, he joined the college’s Hospitality Management Advisory Board. He especially enjoys supporting the annual Big Dish fundraiser, which benefits the hospitality management program, including providing student scholarships.

“I believe it’s important to invest in students, to further their education,” he said. “We’ve even started taking Ohio State students to an impoverished farming community in Honduras, to learn how they can help create change. We want to help students have an impact here and around the globe.”

Crane family considers research the best policy

Three generations of the Crane family want to see that policy supports the use of research-based teaching strategies to benefit all young children. To work toward this goal, they dedicated the Crane Center for Early Childhood Research and Policy (CCEC) on December 3, 2013. With offices in Arps Hall and at the college’s Schoenbaum Family Center at Weinland Park, the new center is led by Distinguished Professor of Teaching and Learning Laura Justice.
Mitchell Scholars serve up fantastic food, focus on promising futures

“Yes is the answer. What is the question?” Every employee at Cameron Mitchell’s restaurants knows the founder’s philosophy, especially the three hospitality management scholars who benefited from a Cameron Mitchell Scholarship this year.

Take Alexandra Carsonie, for example. The part-time catering sales assistant at Cameron Mitchell Premier Events said the company has such a wide range of what can be done, the answer is never no. “Our catering is all about fulfilling the vision of the client. Some consider us family, we’re so much a part of their event.” The senior from Columbus considers the chance to enter the catering business a dream come true.

As a hostess at the downtown Martini Modern Italian bistro, Melissa “Missy” Myers thrives on meeting people. Between work and school, Myers, a Toledo native, serves as vice president of the Hospitality Management Association student chapter. She helps broaden the student experience by planning networking events with local industry professionals and more.

Derek Bush, who graduated in December, is now a full-time dining room manager at the Grandview Cap City Fine Diner and Bar. A certified chef, his degree program allowed him to focus on learning the broad spectrum of food and beverage management. “I love this company,” he said.

Mitchell considers his scholarship gift to support hospitality management students a natural outgrowth of his success in the industry. “I remember the financial stress of being a student,” he said. “It was hard to make ends meet. I want to help the folks coming up behind me, to ease their burden.”

Moore taps first Weiler scholars in urban education

Cametreus “CJ” Clardy remembers the summer of 2007 vividly. At least one murder took place daily for seven straight days in his Youngstown, Ohio, neighborhood.

Determined to escape the violence, as well as help others do the same, he arrived at his high school early each day. He stayed long after the final bell. Ohio State rewarded his efforts by making him a Young Scholar.

Now a junior with a 3.1 GPA, Clardy expects to graduate in May 2015 with a BS in special education. He appreciates being selected for a Robert and Missy Weiler Scholarship, which offers each scholar extra teaching and research experiences with Associate Provost James L. Moore III, Distinguished Professor of Urban Education and professor of counselor education.

“I want to show students from backgrounds like mine that obtaining knowledge and pursuing a college degree are realistic goals for them,” Clardy said.

Timothy Jones said he was the underdog in his youth—always the shortest, never the most athletic. Yet he wanted to play basketball.

The summer before his junior year of high school, he rose at 7 a.m. daily and did drills at a nearby park. He made junior varsity. The next summer, he ran cross country so he was in shape before basketball conditioning began. He outperformed everyone else and made varsity.

Just weeks away from college, Jones despaired of finding enough funding. He said God moved in his life when he was chosen to be a Weiler Scholar. As a freshman studying language arts and English education, he maintains a 4.0 GPA, putting him well on his way to his goal of emulating his principal and teachers at Columbus City Schools.

“Without my teachers who cared, and a dedicated principal who saw the best in me, I do not know if I would have graduated. I want to be that person for a kid.”
YOUR GENEROSITY  The many ways to give

PLEDGE You can plan a personal giving program that is convenient and tax wise. Flexible payments can permit a more significant gift than would otherwise be possible.

Colleen A. Lora
Star House
Support Fund

“When we learned about Star House and its mission as a safe harbor for the nearly 1,500 homeless youth living on the streets of Columbus, we felt compelled to help in some meaningful way. Our gift furthers the outreach of Star House’s dedicated staff members as they meet the fundamental human needs of this deserving yet often invisible population.”

COLLEEN AND NEIL CLARK
COLUMBUS, OHIO

Schoenbaum Family Center at Weinland Park Program Fund
Hospitality Management
Big Dish Fund

“My brother, Gary, and I decided to make in-kind gifts from our company, Premier Produce One, to the college’s Schoenbaum Family Center. We get great pleasure in knowing that the children there eat our fresh produce daily. We also support hospitality management students through the college’s Big Dish fundraiser. It is our privilege and honor to give back to this great university, including the college, Student Life and Athletics.”

ERV PAVLOFSKY ’87 RECREATION EDUCATION
DAYTON, OHIO
Estate gift planning can be arranged through various gift instruments, such as a bequest in a will or a beneficiary designation of a retirement account or a life insurance policy. The purpose of the gift can be designated.

Joan E. Gritzmacher Student Service Center
Flo Tooke Student Computer Lab

“Professor Emerita Joan E. Gritzmacher was a two-time recipient of Ohio State’s Alumni Award for Distinguished Teaching. She had an illustrious career in family and consumer sciences education and was appreciated by students and colleagues. I wanted both to honor her legacy and celebrate my experience at Ohio State while supporting future generations.”

Flo Tooke ('88 PhD Family and Consumer Sciences Education)
Columbus, Ohio

ANNUAL GIVING Yearly gifts of all sizes provide important support to enhance the college's excellence.

Ohio State Fund for the College of Education and Human Ecology

“I am so grateful for the opportunities I had to learn from many wonderful teachers at Ohio State, who taught me not only pedagogy, but also the educational values I carried forth in my career. Teachers may not be rich monetarily, but giving back is something we all can do.”

Sherry Goubeaux
('71, '75 MA, BOTH EDUCATION)
Former Secretary and Member, Board of Governors, Education and Human Ecology Alumni Society
Hilliard, Ohio

Recipient of
T.L. Jones Scholarship

Amy Wiginton taught family and consumer sciences in a low-income public school before entering the counselor education program. After graduating in spring 2014 with a master's and 4.0 GPA, she is eager to empower students so they can succeed in the face of challenges. As a future school counselor, she values her two years of internship experience in K–12 settings, where she helped foster students’ academic, career and social development.

Advisor: Associate Professor Colette Dollarhide, counselor education

Recipient of
Joseph J. and Nina Mae Mattus Scholarship

Alison Roudebush, a junior in exercise science education, has a passion for learning about the body and the effects of exercise. Volunteering with disabled children in adapted sports inspired her to become a physical therapist. She says her degree program, which has included research experience and shadowing physical therapists, has unlocked for her the world of health knowledge.

Mentor: Graduate Teaching Associate Jessica Dicke, kinesiology

More at go.osu.edu/OnTheWeb2014
Murder most bloody

If you think The Hunger Games series is too violent for young readers, try re-reading classic children’s books from the past.

From Snow White to Tarzan of the Apes to the Harry Potter series, literature for children and teens has always been awash in violence and murder, according to Michelle Ann Abate, associate professor of literature for children and young adults.

“There has been a lot of hand-wringing recently about the final installments of the Harry Potter books and The Hunger Games novels because of their violence,” she said. “But that level of violence is nothing new for children’s books. We tend to forget the detailed and sometimes graphic violence found in some classics.” Her research to identify such literature turned up a surprisingly long list and formed the basis of her book, Bloody Murder.

In fact, Abate said parents shouldn’t want their children’s books to be sanitized of all violence.

“Children live in the real world, and they will be exposed to difficulties and adult issues like racism, sexism and violence. You can’t shield them,” she said.

“We don’t want to go too far in the violence we present to children in books, but there should be some middle ground.”

JEFF GRABMEIER, RESEARCH AND INNOVATION COMMUNICATIONS

Fight back against hip fractures

Higher levels of omega-3 fatty acids in the blood may reduce the risk for hip fractures in postmenopausal women, suggests research by Tonya Orchard, assistant professor of human nutrition.

As first author of the study, Orchard worked with physician and senior study author Rebecca Jackson, professor of endocrinology, diabetes and metabolism, to analyze red blood cell samples from women with and without a history of having a broken hip. The study showed that higher levels of omega-3 fatty acids in those blood cells were associated with a lower likelihood of having fractured a hip.

In addition to omega-3s, the researchers looked at omega-6 fatty acids, which are generally plentiful in a Western diet. The study also showed that as the ratio of omega-6 fatty acids to omega-3s increased, so did the risk for hip fracture.

“Though it’s premature to make a nutrition recommendation based on this work, I do think this study adds a little more strength to current recommendations to include more omega-3s in the diet in the form of fish, and suggests that plant sources of omega-3 may be just as important,” Orchard said.

EMILY CALDWELL, RESEARCH AND INNOVATION COMMUNICATIONS
more alcohol. This could be because the under-age attendees were the designated drivers.

Given that the women’s party-related drinking and typical drinking behaviors were similar, and that nearly half reported drinking more than once a week, bachelorette parties could be an entry point for prevention efforts. Public service campaigns could promote protective behaviors, such as avoiding drinking games. 

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**Who do you think you are?**

What do you consider when asked to check a box classifying your race? How do you see yourself? Your ancestry? How other people see you?

College administrators routinely ask students about their ethnic backgrounds on forms. They use it for many purposes, from documenting admissions to generating electronic invitations to student organization activities.

Marc Johnston, assistant professor of higher education and student affairs, knew that the format and context of the race question could change how students respond. His study of 637 college students reinforced this knowledge; 22 percent changed their race or ethnicity based on how the question was worded on three forms. So he and his colleagues asked the students what underlying meanings of race they consider when answering such questions.

Based on the results, Johnston suggests administrators choose from the following to align the race question more closely with decision making:

- What is your racial background? (to determine racial ancestry or heritage)
- How do you racially identify? (to find racial identity)
- Which racial category(ies) would best describe you from the options provided?
- How do others usually describe your race?
- What do you think constitutes race and where do you fit?

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**Making short work of short-answer essays**

Education faces a major challenge in how best to assess student learning. In science especially, educators are moving away from presenting facts to be memorized. Instead, students are asked to participate in “doing science,” for example, by evaluating scientific arguments and explanations and communicating their knowledge to others.

In light of this challenge, a study by doctoral student Elizabeth Beggrow (’12 MA) and alumnus Minsu Ha (’13 PhD), both science education, is the first to compare computer-scored scientific essays to the educational “gold standard” of clinical oral interviews. Conducted with three faculty colleagues, the study showed that computer-graded, short-answer essays are better than multiple-choice tests for evaluating students’ debate and communication skills.

An “Editor’s Choice” in the Nov. 29, 2013, edition of the journal Science, the study tested the knowledge of 104 undergraduate students exposed to varying amounts of biological evolution content. Three types of assessment were used:

- An oral interview scored by two researchers
- A written, open-response assessment scored by both a human and a computer
- A multiple-choice test scored by a computer

The results of the computer-scored essays had stronger correspondence to the oral interview results than did the multiple-choice tests. The computer scoring was also comparable to human scoring.
Ohio State honors Suspitsyna and Daniel for excellence

Faculty Tatianna Suspitsyna and Phillip T.K. Daniel were recognized for moving the university from excellence to eminence in teaching and service.

Suspitsyna, associate professor of higher education and student affairs, received the 2014 Alumni Award for Distinguished Teaching for her outstanding work in and out of the classroom.

Daniel, the William Ray and Marie Adamson Flesher Professor of Educational Administration, was honored with the 2014 President and Provost’s Award for Distinguished Faculty Service.

Watch for Suspitsyna, Daniel and the other 2014 faculty award recipients as they are recognized at halftime during the Reunion-Homecoming game on Oct. 18 as Ohio State takes on Rutgers.

Tatianna Suspitsyna and T.K. Daniel received their honors during surprise presentations by Interim President Joseph A. Alutto. “She poses some of the most thought-provoking questions designed to flip a student’s perspective and shift paradigms in the classroom,” a nominator said of Suspitsyna. “T.K. proved to be a wise counselor while always advocating for the significant role of the faculty within the university,” said President Emeritus E. Gordon Gee in a letter of support for Daniel.

EHE’s newest Fulbright Scholar

Leslie C. Moore, associate professor of teaching and learning, was selected for a 2014–2015 Fulbright U.S. Scholar Grant to the Netherlands. Working with Mariette de Haan, Universiteit Utrecht, she will conduct research on a parenting program for Moroccan immigrants that was developed by a Dutch Moroccan community organization. She will focus on how parents support their children’s school success and language and literacy development. Moore will learn additional ways to support scholarly success among the children in the program. Moore and de Haan also will revise and teach a course on education, youth and international aid.

A winning team

Physical Education Teacher Education within the Department of Human Sciences is the first program to receive the prestigious Physical Education Teacher Education Honor Award from the Society of Health and Physical Educators (SHAPE) America. Faculty include (l-r) Jacqueline Goodway, Weidong Li, David Porretta, Harry Lehwald, Susan Sutherland, Philip Ward and Samuel Hodge. Several faculty members also won individual awards from national organizations.

Nature inspires award-winning artistry

During a drive from Columbus to Minster, Ohio, Danielle Poling gazed with pleasure at the farms and fields along the open country roads. Inspired, the program manager for the Dialogic Teaching Project blended the bright oranges and yellows she’d seen into her painting, “Wide Open.” Andraea Douglass, senior vice president for talent, culture and human resources, named Poling’s painting a winner at the 22nd Annual Ohio State Staff Arts and Crafts Exhibit.
Pay it forward

A ride to end cancer

Chris Zirkle, associate professor of workforce development and education, and Susan Robb Jones, professor of higher education and student affairs, both have personal connections to the Pelotonia bike tour that raises funds for groundbreaking cancer research.

“I ride for two of my students,” Zirkle said. “They have shared their cancer stories with me, and I can do something that will perhaps someday keep these stories from being told.”

Jones rides for her sister-in-law Karen, who lost her fight with leukemia in 2012. “Being in the presence of her courage, resilience, faith and inimitable strength influenced my own resolve to do what I can in this fight,” she said.

To date, Zirkle and Jones have raised more than $5,000 and ridden more than 275 miles to fight cancer.

Run like the wind:
Girls building health and confidence

Emily Martini helps young girls develop self-esteem through Girls on the Run of Franklin County. A program manager for the Faculty and Staff Fitness Program, she coaches a team of 17 third- to fifth-grade girls at Clinton Elementary School. She says the fun, experience-based curriculum inspires the girls to be joyful, healthy and confident.

Martini coached the girls through their celebratory “Be Your Own Super Hero” 5K in November 2013. She and the girls also hosted a hot cocoa and bake sale for Pets without Parents.
MAKING US PROUD
2014 EHE Alumni Society honors outstanding achievement

Colleagues, students, athletes, even entire communities have been changed for the better by the 2014 EHE Hall of Fame class and Alumni Award recipients. Sometimes they made personal connections through teaching or service. Sometimes their research guided national policy, or their administrative skills created environments fertile for innovation. We honor all of them for their long-lasting influence on our society.

HALL OF FAME

Robin Douthitt of Madison, Wisconsin '77 Family Resource Management

She is a woman who improves the quality of human life. As dean of the School of Home Economics, University of Wisconsin-Madison, from 2002–11, she created rich academic environments for students and faculty that promoted collegiality and scholarly inspiration. During her career, her research influenced international consumer economics. Her early interests included the cost of raising children, which led to other aspects of household finances. She later led exploration of consumer reaction to bovine growth hormone in milk. That research has been cited 182 times and is the basis for current research and debate about genomics. Her advocacy aided families in other ways. She fulfilled needs, such as mentoring untenured women faculty and establishing housing for undergraduate single parents and their children.

Walter R. Thompson of Stockbridge, Georgia '83 PhD Exercise Physiology

As a Georgia State University professor, he has sought to improve health behavior in 24 countries through his research on wellness coaching. He also studies integrating sport and physical activity for people with disabilities and co-edited The Paralympic Athlete. His academic record includes 125 articles, 14 other books and more than $20 million in project funding. He is a fellow in four prestigious professional organizations. In recognition of his impact, the Georgia Board of Regents named him a Regents Professor of Kinesiology and Health in 2009. He is beloved for turning a personal concern for at-risk children into After-School All-Stars Atlanta, which aids 3,000 middle school children daily. He serves as executive director for the award-winning effort, which has generated almost $13 million in grants and contributions.

ALUMNI AWARDS

AWARD OF DISTINCTION

Laurie Stenberg Nichols of Brookings, South Dakota '88 PhD Family and Consumer Sciences Education

As provost, she is credited with revitalizing South Dakota State University, employing initiatives that have been replicated throughout the Great Plains and United States. She led a rapid rise in student retention and a faculty strategic initiative to enhance academic quality. Distance education delivers a matriculation program to Native American learners. A coalition of land-grant institutions has been expanded to offer master's and doctorate degrees in several disciplines.

Rick D. Niece of Hot Springs Village, Arkansas '68 English and Speech Education

His collaborative leadership resulted in national recognition of the University of the Ozarks. As its president, he moved the university into the top tier of U.S. News & World Report rankings, including No. 1 Best Value in the South for four years. He sustained the college's commitment to students by tripling its endowment and completing $35 million in construction without incurring debt. He showed his personal commitment to students every day.
Gwendolyn Sneed O’Neal of Greensboro, North Carolina ’77 PhD Textiles and Clothing

At a time when women of color faced resistance, she built a brilliant academic career while advancing consumer apparel and retail studies. She was the first to realize that African Americans’ view of beauty influences their clothing preferences. As department chair at the University of North Carolina at Greensboro, her leadership resulted in high research productivity, outstanding rankings and many national scholarship winners.

CAREER ACHIEVEMENT

Joseph L. Davis of Columbus, Ohio ’49 cum laude, ’55 MA Education, ’67 PhD Educational Administration

He has left his mark on Ohio and the U.S. His strength and composure as superintendent during court-ordered desegregation of Columbus Public (now City) Schools led students, parents and teachers to a peaceful implementation. He directed the first successful operating levy campaign in 13 years and instituted middle schools in the district. Across the country, administrators have gained knowledge of pressing educational issues at the college’s National Academy for Superintendents, which he founded.

C. Suzanne Mencer of Littleton, Colorado ’68 Education

She keeps Americans safe. At the FBI, she investigated foreign counterintelligence and counterterrorism. At the Department of Homeland Security following 9-11, she delivered leadership, support and resources as the entire nation prepared for emergencies. With the public-private Colorado Emergency Preparedness Partnership, she helps prevent, respond to and recover from disasters. Its safety net will catch and cradle victims, whether harmed by natural events or human interference.

Posthumous honor

Jack T. Ryan of Columbus, Ohio ’41 Education

He was the Columbus Dispatch Coach of the 20th Century—inducted into Ohio’s football, basketball and baseball halls of fame. But first and foremost, he identified himself as a teacher. “He was magic,” players and students said. For 52 years, in Western Civilization classes or on the playing fields of St. Charles Borromeo Preparatory School and Bishop Hartley High School, young men and women learned from his passion and compassion.

NEW LEADER

Ye ‘Angel’ Wang of Springfield, Missouri ’00 MA, ’05 PhD, both Integrated Teaching and Learning

At Missouri State University, she has demonstrated drive, dedication and acumen to improve evidence-based literacy education of deaf and hard-of-hearing pre-K–12 students. Her research has been widely read and well received. Since 2008, she has coauthored three books (one of which was cited 106 times) and 19 articles and presented more than two dozen papers. Her five research projects included an exploration of phonics-based early reading curricula.

Make a difference for our college

BY DONNA GARRISON BALL ’77 EDUCATION, PRESIDENT, EHE ALUMNI SOCIETY

I had the opportunity to take a break from retirement this past winter to serve as the interim principal at Westfall Middle School in Williamsport, Ohio. One day, I asked teachers to wear their college jerseys/shirts as part of a spirit day. I was excited to find enough Buckeyes to create a double O-H-I-O!

These energetic young educators are extremely proud of their Buckeye heritage. All were eager to share their “But for Ohio State” stories with me.

Engaging alumni, including recent graduates, is a focus of the EHE Alumni Society. We want you to be a part of the Ohio State family and encourage you to join us at an alumni event, volunteer at a function and check out information on our website (ehe.osu.edu).

Donna Ball (right) and her Buckeye faculty at Westfall Middle School.

Did you know that a $75 donation makes you a sustaining member of the Ohio State Alumni Association, and that your donation can make an impact on our college? Look for ways you can support EHE students (go.osu.edu/HelpEHE) or simply give back directly to the college’s fund for EHE.

I challenge you to find a way to make a difference for our college!
1950s
Kaye Bache-Snyder, ’57 of Longmont, Colo., has won a second Founder’s Award from the National Federation of State Poetry Societies. She was honored for “International Harvester,” her poem about migrant workers.

Warren Foster, ’49, ’56 MA of Marion, Ohio, placed first in his age division in 800-meter and 400-meter freestyle races at the 2013 Pan-American Masters Championship. The Marion YMCA recently honored his dedication as its first aquatics director.

Tom Talbott, ’59 of Lady Lake, Fla., has been inducted into the National Wrestling Hall of Fame, Ohio Chapter. He earned the 2013 Lifetime Service to Wrestling Award by leading Uniontown Lake High School to 285 wins while head coach, 1961–2002.

1960s
Shirley Anderson Furry, ’61 of Sanibel, Fla., retired after 25 years as executive director of the Hartford (Conn.) Symphony Orchestra. She is newly married, the district president of the Hartford (Conn.) Symphony Orchestra.

Alan Perris, ’66 of Beverly Hills, Calif., retired as chief operating officer of the Academy of Television Arts and Sciences and the Academy Foundation.

1970s
Ronald Fetzer, ’78 PhD of Germantown, Ohio, has twice received the Adjunct Teacher of the Year Award from Miami University–Middletown. He was acknowledged for his 50 years of teaching part time.

Raymond P. Heath, ’73 PhD of Ambler, Pa., received the 2014 Scott Goodnight Award for Outstanding Performance as a Dean, the highest accolade from NASPA–Student Affairs Administrators in Higher Education. He is vice president for student life at Marywood University.

1980s
Charles Carothers, ’81 PhD of Wadsworth, Ill., is a higher education consultant since retiring after serving four decades in financial aid for Midwest institutions.

Michaeline Chance-Reay, ’84 PhD of Manhattan, Kans., was designated as a Kansas Department for Aging and Disability Service “Silver-Haired Legislator” for making senior citizens a priority. She is professor emerita of curriculum and instruction and women’s studies at Kansas State University.

Tom Rounds, ’81 of Parma Heights, Ohio, is now a Race to the Top assessment literacy specialist for the Ohio Department of Education. He recently retired as a teacher from Brunswick City Schools after 32 years.

1990s
Michael Finke, ’96 MS, ’98 PhD of Ransom Canyon, Texas, coauthored a Journal of Financial Planning article that received the 2013 Montgomery-Warschauer Award from the Financial Planning Association. He is a professor and director of retirement planning and living in the Department of Personal Financial Planning at Texas Tech University.

2000s
Reem Alfrayan, ’01, ’02 MA of Riyadh, Saudi Arabia, a doctoral candidate in educational leadership and organization, University of California, Santa Barbara, was a student ambassador to the 2013 U.S.-Saudi Business Opportunity Forum in Los Angeles.

Amy Baker, ’07 of Columbus, is assistant vice president for state relations in the Office of Government Affairs at Ohio State.

Minjeong Kim, ’99 MS, ’04 PhD of Corvallis, Ore., is associate dean of the School of Design and Human Environment in the College of Business at Oregon State University, where she researches consumer psychology and technology applications in retailing.
Ideas, service, advocating: Alumni serve Ohio State and society

The college’s graduates change the world every day. The Ohio State Alumni Association recognized the efforts of three alumni in 2013.

The Alumni Medalist, the association’s highest honoree, is Ed Rensi, ’90 of Downers Grove, Ill. He rose from grill cook at a Columbus McDonald’s to president and CEO of McDonald’s USA in only 18 years. Along the way, he helped found the Ronald McDonald House. He has touched the lives of countless individuals while always looking for ways to effect positive change on a larger scale.

Carol W. Kennedy Jones, ’79 PhD of Powell, Ohio, received the Mershon Award. She provided extraordinary service to the university as a student, alumna, professor of nursing and advocate. Nursing alumni remember her kindness and warmth. She is equally regarded by others within and outside the university who benefited from her spirit, leadership and dedication.

Sandy Slomin, ’71 of Delray Beach, Fla., received the Duncan Citizenship Award. She embraces opportunities to champion access and education, as in creating the Slomin Family Center for Autism and Related Disabilities in Florida. She also supports Ohio State’s Critical Difference for Women program and the college’s Schoenbaum Family Center at Weinland Park.

The ultimate Buckeye fans

Democrat Sherrod Brown, ’79 MA of Cleveland, the senior U.S. Senator for Ohio, took office in 2007.

Republican Jim Jordan, ’91 MA of Urbana, has represented Ohio’s 4th Congressional District since 2007.

434 AND COUNTING: John Crawford, ’66 of Columbus, is truly a loyal fan. He has attended every home Buckeye football game since 1943, when he was 12 years old—that’s a lot of afternoons in Ohio Stadium.

LOYALTY TO WOMEN’S BASKETBALL: Donna Ball, ’77 of Columbus, second from left, caught Buckeye fever in the 1980s. And ever since has been an unconditional supporter of women’s basketball. In recognition, she is the 2014 Barbie Tootle Award recipient. Presenting the award was Archie Griffin, left, Jeri Price of Women’s Varsity “O” and Barbie Tootle.

Serving our state in Washington

The Columbus Dispatch

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Not a retiring rose

A hobby becomes a passion

Memories of her mother’s rose garden prompted Ann Bush Gibson to find her own green thumb.

Early attempts were disappointing. “When my husband, Joe, and I first married, we dabbled in growing roses,” Gibson said. “I thought you just went out and bought one. It didn’t work.”

Her dormant passion for the genus Rosa truly bloomed only after Gibson (67 Home Economics) retired 10 years ago as an elementary school principal.

She and Joe fell in love with the E.M. Mills Memorial Rose Garden in Syracuse, New York, near their home in Manius. Eventually, they used what they learned to plant 400 mini hybrid teas, floribunda and other species in their own suburban garden.

As their blooms won ribbons in local and state shows, the couple studied what characteristics judges seek. Finally, they decided to become accredited American Rose Society (ARS) judges themselves.

“We had no idea of the complexity,” Gibson said. Just preparing for designation as an ARS apprentice judge was a five-year commitment. The next stage involved an additional three years of training with accredited judges. In 2012, they achieved their goal.

“After you go through the process, you look at roses a whole new way,” she said.

Gibson, who directs the New York district for ARS, emphasizes that roses are not just for experts. Changes have made the showy flowers much easier for amateur gardeners. They can glean information and advice from sources such as the ARS website and local rose society members.

“People have a phobia about growing roses, but now there are many varieties that you don’t have to spray all the time, fertilizer all the time, water all the time. If you grow perennials, you can grow roses.”

GEMMA MCLUCKIE
Heard it through the grapevine

Retirement turns into a vintage adventure

The fifth-generation owner of his family farm near Oberlin, Ohio, Jack Baumann wanted to prevent the land from being overrun with “ticky-tacky” housing. A friend’s lifetime desire has helped keep developers at bay.

As a young adult, Baumann left to get his degree in social studies education at Ohio State, where he was a member of Chi Phi fraternity. After graduating (and getting married) in 1962, he and his wife Fran—an elementary school teacher he had met in Columbus—came home to Oberlin. They enjoyed satisfying years in their classrooms and both were elected to city council.

After retiring, they were traveling the world. Then, in 2006, David Benzing, a retired biology professor, came to the Baumanns with an audacious plan: preserve 23 acres by converting them into a winery.

After planting vines, digging a pond and building an energy-efficient building, they opened Vermilion Valley Vineyards in 2009.

Agriculture and chemistry were up to Benzing, who had dreamed of producing premium wine. Jack and Fran managed the business. The team now includes Joe Fowler, the youngest vintner in Ohio.

They grow 11 varieties of European grapes, buy native American cultivars and use berries and fruits to make old-time wines. Jack even came up with a very unusual persimmon wine. “We have to get to the persimmons before the raccoons do,” he said with a laugh.

Conditions can be very challenging. The 2014 polar vortex may cut the harvest as much as 80 percent. “We’ll only produce 1,000 gallons—if we’re lucky,” Jack said.

During these tough times the vineyard’s bucolic setting is invaluable. The partners offer weddings, wine tastings, meals of locally grown foods, pick-your-own harvests, field excursions, even stargazing.

It’s a use of the land that Jack’s father, Harold (’29 Agriculture), and other ancestors may not have envisioned. But they would surely approve. ☀️ GM

Engaging Buckeyes

Using student talent to end poverty

From Springfield to Columbus is a 45-minute drive. From a Section 8 house to an Ohio State dorm room was the trip of a lifetime for Patricia “Patty” F.R. Cunningham.

A chance visit to the Columbus campus immediately convinced her to enroll. In 2002, she earned a BA in women’s studies, followed in 2005 and 2011 by an MA in cultural foundations and a PhD in higher education and student affairs, both from EHE.

“Ohio State is the space where I grew up, a place that allows me to do the work I love. Now I help other people find their own place in the world,” said Cunningham.

Cunningham follows her mother’s philosophy: Don’t let someone suffer like you suffered.

“We are using the human capital at Ohio State to move the needle on poverty,” she said of the Social Change program she directs for the Office of Student Life.

She taps the talents of Buckeye Civic Engagement Connection volunteers for initiatives in five high-need Columbus neighborhoods. The program will grow to 1,500 volunteers in 19 neighborhoods by 2017.

Today, 500 students are committed to 22 projects in schools, libraries, recreation centers and settlement houses. They fill gaps: Giving 3-year-olds their first taste of fresh grapes; ensuring 6-year-olds will read fluently by third grade; arranging talent shows so 96-year-old Miss Cleo can belt out “Kansas City”; organizing donations at a food pantry.

In another initiative, Buckeye REACH, 100 students discuss books, critique films and exchange letters with youth, women and men at five Ohio correctional facilities.

Cunningham is especially excited about a new partnership to establish a Children’s Defense Fund freedom school at the Circleville youth facility. Only the Minnesota, California and Texas correctional systems have CDF freedom schools. Ohio State students will be hired to lead the Circleville enrichment programs, particularly in reading.

“This is an answer to an unspoken prayer,” Cunningham said. “Education is the number one way to reduce recidivism.”

Her life story prepared her to fight poverty. “I know it academically. I know it firsthand. Ohio State changed my life, and it’s my joy to give back.” ☀️ GM
Donald R. ‘Don’ Bateman
Don Bateman, ’65 PhD of Granville, Ohio, died Dec. 12, 2013. The professor emeritus of education helped develop the field of transformational grammar by exploring the relation of formal grammar to composition, including the impact of grammar knowledge on writing skills. The Bateman-Zidonis AUX Rule generates every possible form for any verb in the English language. He retired in 1985 after 30 years in the language, literature and reading education program.

Velma E. Vizedom Everhart
Velma E. Vizedom Everhart, ’38, ’54 MA of Columbus, died Sept. 4, 2013. The professor emerita of human ecology and member of the College of Education and Human Ecology Hall of Fame brought depth of knowledge, commitment and joy to teaching, professional leadership and mentoring. After retiring in 1978 from the housing and home furnishings program, she endowed a scholarship fund. Ohio State’s Alumni Association recognized her service to the university with its Ralph Davenport Mershon Award.

Seymour ‘Sy’ Kleinman
Sy Kleinman, ’60 PhD of Columbus, died Dec. 21, 2013. The professor emeritus of education had been a faculty member for more than 40 years. The leading authority on somatic studies and theoretical conceptions of the body, he focused on the philosophical analysis of movement, dance, Eastern movement forms and the bodily dimensions of being human. He advocated reforms in physical education, stressing movement skills as opposed to competition. After retirement, he was active in peace studies.

Penelope ‘Penny’ Griffing
Penny Griffing, ’74 PhD of Columbus, died Nov. 10, 2013. A passionate proponent of the Reggio Emilia philosophy of early childhood education, she was one of the first to include its curriculum in course work. She even traveled to Italy to study it firsthand. After retirement, she was a trustee of the Child Development Council of Franklin County and a delegate for People to People, traveling to South Africa, Russia and Cuba. She retired in 1990 as professor emerita.

Charles L. ‘Charlie’ Mand
Charlie Mand, ’55 PhD of Dublin, Ohio, died Jan. 26, 2014. The professor emeritus of physical education oversaw innovative changes as director of the School of Health, Physical Education and Recreation in the 1980s. For 20 years, he directed the Devereux Foundation summer program for adolescents. He co-founded the Adventure Education Center and co-authored Physical Education: Teaching and Curriculum Strategies for Grades 5–12. He taught thousands of children the joy of exploring nature.

John Mount
John Mount, longtime college supporter, died Feb. 20, 2014. He was a staunch advocate for students, including those enrolled in our programs, first as an Ohio State administrator. Later, he mentored doctoral students in the higher education and student affairs program who received the Ruth Weimer Mount Fellowship. He was also a generous donor, helping to create the university-wide Ruth Weimer Mount Leadership Scholars program. He was a welcome guest at numerous EHE events.

Class Notes, continued from p.28

Adam Burden, ’07 MA of Charlotte, NC, is associate director of student activities for student organizations at the University of North Carolina in Charlotte.

Kenny Fasching-Varner, ’09 PhD of Baton Rouge, La., edited Student Teaching: A Journey in Narratives. He is the Shirley B. Barton Endowed Assistant Professor at Louisiana State University.

H. Richard Milner IV, ’00 MA, ’01 PhD of Pittsburgh, Pa., has been appointed the Helen Faison Endowed Chair of Urban Education and professor of education at the University of Pittsburgh, where he directs the Center for Urban Education. Cited in Education Week’s Edu-Scholar Public Presence Rankings the last two years, he is co-editor of the Handbook of Urban Education.

Robert Mitchell, ’13 PhD of Westerville, Ohio, was the only American invited by the Teaching English Language and Literature Society of Iran (TELLSI) to present at its international conference in Mashhad.

2010s
EHE’s IMPACT Touching lives in Ohio, the U.S. and worldwide

2014 BuckeyeThon: The Dance Marathon
Ohio State students raising money for Nationwide Children’s Hospital to kick cancer
$767,228 raised through leadership from 3 EHE students

Community service and service learning
EHE students gave their time at schools, nonprofit agencies and other venues
418,037 hours

Weinland Park Reading Collaborative
Teenagers reading with kindergarteners
9,000 minutes in 2 years

Healthier lives through nutrition education
Educators with OSU Extension Family and Consumer Sciences teach SNAP-Ed (Supplemental Nutrition Assistance Education Program) to low-income Ohioans
60,000 Ohio youth and adults took part in SNAP-Ed last year

Join EHE on social media
We share our news in less than 140 characters
Our posts have reached more than 400,000 people on Twitter

What you told us about Inspire magazine
You read it, articles increased your knowledge about EHE and you took action
87,000 copies mailed to alumni and friends

YOUR COMMUNITY
More at go.osu.edu/OnTheWeb2014
A foodie kind of town
EHE alumni create gourmet options in a culinary mecca

No more mystery meat
Students eat better at school and on campus

Your generosity
Donors’ gifts support college students in need, meaningful programs, critical research

Your college’s research
Learn more about studies on education, health and society

Your news
Read about alumni awardees, in memoriam and class notes

Off the menu
Resources for families with autism and more about food in literature

We’re social!
Like us: Facebook.com/OSUEHE
Follow us: Twitter.com/OSUEHE
Instagram.com/OSUEHE
Pinterest.com/OSUEHE

EHE e-news
Sign up for the monthly EHE In Touch e-newsletter
2015 Education and Human Ecology
ALUMNI AWARDS AND HALL OF FAME INDUCTION

Call for Nominations

I
n every graduating class, dis-
tinguished alumni are contrib-
uting to the world around them.
Bring recognition to your class-
mates, yourself or former faculty
or administrators of your college.

Categories

**Hall of Fame:** EHE alumni, former faculty and
former administrators from an education or
human ecology program are eligible. Induc-
tion is the highest honor the college bestows.
Nominees must have made significant con-
tributions to education and human ecology
as models for all others in their fields. They
have distinguished themselves nationally or
internationally, making positive contributions
to society and bringing extraordinary credit to
The Ohio State University.

**Alumni Award of Distinction:** Presented
to alumni who have made a difference in the
lives of others through outstanding profes-
sional, personal or community contributions
in their field.

**Alumni Career Achievement Award:** Hon-
ors EHE alumni who have proven records
of career accomplishments and have made
outstanding contributions to their professions.

**Alumni Meritorious Service Award:** Present-
ed to alumni for dedicated service to the Col-
lege of Education and Human Ecology and/
or The Ohio State University. Nominees must
have supported the college/university by:
making considerable commitment in terms
of time, effort or service; assisting through
creative, innovative input; and/or making
significant financial contributions.

**Alumni New Leader Award:** Granted to EHE
alumni, age 36 or younger at time of nomina-
tion, for significant professional accomplish-
ments or service to the college.

Nomination process

The EHE Alumni Society is accepting nomina-
tions for the Hall of Fame or Alumni Awards
until Friday, Dec. 12, 2014. The preliminary
nomination form is available online at
go.osu.edu/EHE2015. After you complete the form,
we will send you a complete application
packet, which must be returned with letters
of support, vitae and other documentation
by Dec. 12.

Not connected to the Internet? Contact
Sean Thompson at thompson.1355@osu.edu
or 614-688-5392.

EHE Three-Point Schott

Swift moves in the classroom, on the ice, on the court

More than 100 EHE students achieved scholar-athlete status during spring semester 2014. Their
grades rival their performances in the ice rink, on the basketball court and in 35 more sports.
Come cheer them on this coming year when we feature not one, not two, but three athletic
teams. Gather with your fellow alumni before each event for food and fun.
Our Three-Point Schott, named for the Schottenstein Center, features:
- Men’s Ice Hockey
- Men’s Basketball
- Women’s Basketball

Stay up to speed with event dates and ticket information on Facebook.com/OSUEHE and
Twitter.com/OSUEHE, or by checking Alumni News and Events (ehe.osu.edu) and reading the
EHE In Touch monthly alumni and friends e-newsletter. (Subscribe to In Touch by emailing your
name and graduation year to ehecommunications@osu.edu).
Homecoming—Reunion Weekend
Friday–Sunday, Oct. 17–19, 2014
Celebrating the Classes of 1964, 1989, 2004 and 2009

FRIDAY
Homecoming Parade and Pep Rally
SATURDAY
EHE Alumni Tailgate
12:30–3 p.m (game time 3:30 p.m.)

Tailgate and game: $120 for adults, $110 for children 3–12, $85 for children under 3
Tailgate only: $35 for adults, $25 for children 3–12, children under 3 are free

Includes the best tailgate food on campus.
Cheer on the Bucks as they take on the Scarlet Knights of Rutgers.
Tailgate and football ticket reservation deadline: Sept. 1, 2014
Visit go.osu.edu/EHEreunion14 for complete details, including game ticket availability and eligibility.

Questions?
Sean Thompson at thompson.1355@osu.edu or 614-688-5392.
No Internet? Request an information packet from Nancy Swearengin at swearengin.1@osu.edu or 614-292-2743.