

From the Chair

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Living Well
through healthy lifestyles

The cornerstone of
our philosophy

Indiana University
School of Health, Physical Education, and Recreation

I wish to extend my warmest greetings to all students, alumni, and friends of the Department of Applied Health Science. With highly qualified faculty and staff, we look forward to another successful academic year. Listed below are a few newsworthy items that will be major factors in achieving success:

- We were successful in recruiting two highly qualified faculty members, **Dr. Lloyd Kolbe** and **Dr. Mary Shaw-Perry** (brief bio on each individual contained in this issue).

- Student majors in our undergraduate programs are at an all-time high, with a total of 343 majors enrolled in fall classes. Likewise, student majors in our masters programs total 66, and we have 27 current doctoral students.

- With healthy fall enrollments, we fully expect to reach or exceed our credit hour production target.

- Our faculty are involved in numerous research and scholarly activities. In addition, several faculty/staff members hold leadership roles in national professional organizations.

- New brochures have been developed and distributed to market our professional programs.

- **Dr. Lisako Jones-McKyer** has assumed the role of Coordinator of Minority Recruitment and Retention. With this leadership role, we expect to be even more successful in diversifying our student population.

- **Ifeng Jeng** has been hired as our full-time web master. He brings a wealth of experience to this position and has been instrumental in developing and maintaining state-of-the-art web pages for our Department. Our web site address is www.indiana.edu/~aphealth/ and we would be please to have you learn more about our programs and activities through this avenue.

- **Dr. David Lohrmann** has assumed the Presidency of the American School Health Association. He is the fourth faculty member in the history of the Department of Applied Health

Science who has lead this prestigious health organization.

I hope you are healthy and please do not hesitate to contact me if I can assist you in any way. Please stay in touch.

Mohammad R. Torabi, Ph.D.

Chairperson, Department of Applied
Health Science



Internships, Internships, Internships

This issue of the AHS Pulse is dedicated to our Applied Health Science student interns. Megan Miller, pictured above, is surrounded by happy young campers during her internship at Spring Hill Camp 44⁰. Like her fellow interns, Megan has touched the lives of others and brought a smile to their faces. Please see pages 6 through 7 for more information.



New Faculty



Dr. Lloyd Kolbe

We welcome **Dr. Lloyd Kolbe** to Bloomington this fall from Atlanta, Georgia, where he served as the founding Director of the Division of Adolescent School Health in the National Center for Chronic Disease Prevention and Health Promotion of the CDC. Dr. Kolbe, speaking in Bloomington last spring, said that the health of our nation's adolescents is one of the central public health concerns of our day. We are pleased to have him join us and help us further our ability to serve the nation's youth.

Dr. Kolbe received all his degrees in Health Education, a B.S. from Towson State University, and an M.S. and Ph.D. from the University of Toledo. He has also received an Honorary Doctorate of Humane Letters from Towson. His teaching career began at Mt. Airy High School in Towson, Maryland, and has included positions at University of Toledo, University of Northern Colorado, University of Texas, and Emory University.

He has been the Director, School Health Education Project, National Center for Health Education in San Francisco; the Chief, Evaluation Section, U. S. Office of Disease Prevention and Health Promotion Office of the Assistant Secretary for Health in Washington, D.C.; the Associate Director, Center for Health Promotion Research and Development at the University of Texas Health Science Center in Houston; Chief, Office of School Health and Special Projects, Center for Health Promotion and Education, U.S. Centers for

Disease Control, and the Director of the World Health Organization Collaborating Center on Health Education and Promotion for School-Age Children and Youth.

Also, Dr. Kolbe has served as the President of the American School Health Association; Vice President for Scientific and Technical Development of the International Union for Health Promotion and Education; Visiting Professor at Beijing Medical University; and U.S. Lead for Health Education and Promotion within the U.S.-Russian Joint Commission on Economic and Technological Cooperation; and the Chairman of the World Health Organization Expert Committee on Comprehensive School Health Education and Promotion. For his work to improve child health, Dr. Kolbe has received the highest awards given by CDC's National Center for Chronic Disease Prevention and Health Promotion, by the U. S. Public Health Service, by the U.S. Department of Health and Human Services, and by the International Union for Health Promotion and Education.

Dr. Kolbe's service internationally is also indicated by the countries in which he has addressed adolescent or school health programs: Austria, Canada, China, England, Finland, France, Germany, Indonesia, Ireland, Israel, Japan, Kenya, Mexico, Russia, Spain, Switzerland, Taiwan, South Africa, and Uganda.

Joining Dr. Kolbe in Bloomington is his wife Mary Ellen. Both grew up near the ocean, she in Tampa and he on the Eastern Shore, in Maryland. They have a home on Chincoteague Island, about four miles off the coast of Virginia, where they sometimes retreat to be washed anew by the sun, and the sand, and the sea.

When asked why he chose IU, Dr. Kolbe said, "During my tenure at the Centers for Disease Control, I hired sev-

eral staff who had completed graduate degree programs in AHS. Each of these IU graduates went on to become public health leaders at CDC and across the nation. I feel privileged to have an opportunity to work with students, staff, and faculty within the School of HPER and the Department of Applied Health Science at IU. I hope to learn from and with them." We are pleased and honored to have Dr. Kolbe join our faculty, and we look forward to sharing with him the delights of our woodland campus and the mighty Jordan River.



Dr. Mary Shaw-Perry

Dr. Mary Shaw-Perry arrived in Bloomington in August with a bright warm Texas smile. She brings to our Department a wealth of experience in teaching, research and administration. We are very pleased to have her join our department and provide her considerable expertise to the citizens of Indiana.

Dr. Perry earned her B.S. in Biological Science from University of South California, her M. Ed. in Secondary Science Education from the University of Maryland, and her Ph. D. in Health Studies from Texas Woman's University. Her research/dissertation study, compared strategies for promoting breast cancer screening practices among African American women. It has contributed significantly to culturally sensitive interventions for health promotion in minority communities. She has spent 4 years as an assistant principal and instructional specialist at the elementary level, 11 years teaching biology, physical science and



Faculty News

health in secondary schools, and 7 years teaching and managing grants in higher education.

In addition she has more than 14 years of community service/consultant experience in Austin, Fort Worth, Dallas and Houston. Many of Dr. Perry's leadership roles have involved partnerships between the school and the community. She has worked in adopt-a-school programs, parent community education programs, teacher staff development programs, and community health programs.

At Texas Woman's University Dr. Perry's funded research initiatives included needs assessment for HIV service providers, a community-based program evaluation related to breast health care, and diabetes screening/education. Her primary interests are minority health/women's health issues, health disparities and the culture of poverty, and breast cancer: survivorship and quality of life issues.

Dr. Perry's family includes her husband Leonard, and her daughter Mary, who has just begun her freshman year at University of Connecticut on a volleyball scholarship. Dr. Perry has already attended a few IU volleyball games this fall. Her other interests include gardening and travel.

When asked what made her decide to come to IUB, Dr. Perry says, "One of my doctoral students convinced me to take a look at her Alma Mater. She couldn't stop talking about IU. After checking out the HPER program, I was convinced that it would be a good fit for my interests and that I had something to contribute to an already excellent program." We are certainly grateful for that doctoral student, and we are very pleased to have Dr. Shaw-Perry in our Department.



Dr. Millicent Fleming-Moran was elected as a Board member "at-large" for the Indiana Public Health Association for the next 3 years.

Dr. Alyce Fly is on sabbatical this fall semester working on a nutrition and physical activity intervention in the public schools, funded by the Indiana Department of Health, assisted by a number of our current students, graduate student, **Kaman Lo, Angela Leone**, and undergraduate students **Amy Siegal, Elia Figueora, Alex Kohler, Abby Moberly, Cara Johnston**. She is also working with the Indiana Department of Education to evaluate USDA-funded Pilot Fruit and Vegetable Project in 25 Indiana schools, assisted by graduate student **Krishna Thiagarajah**.

Dr. Fly traveled to University of Minnesota with 4 of our students (grads: **Ka-man Lo, Angela Leone, Yeon Bai**, and undergrad: **Amy Siegal**) for training on the Nutrition Data System software for conducting 24 hour recalls using the multiple pass approach. Dr. Fly is also chair-elect for the Society for Nutrition Education, Division of Higher Education.

Dr. E. Lisako Jones-McKyer was named Director of Minority Recruitment and Retention for the Department of Applied Health Science in October. While the title is newly bestowed, it makes official the work she has been doing for years on behalf of the department and the university in their efforts to diversify the student body.

Dr. Jones-McKyer, and her colleague IU Visiting Scholar **Dr. Mika Omori** of Kyoto University of Education were awarded 3 years of funding by Japan Society for the Promotion of Science for their study on *Cultural and environmental factors contributing to the formation of adolescent health-endangering behaviors*. The project goals are to identify and compare common and disparate cultural and environmental factors associated with adolescent

health risk behaviors, including tobacco (smoking) and alcohol use. Targeted populations include school-age youth in Japan and in the United States. Data collection in the U.S. will take place next spring. Dr. Jo-Mc will travel to Japan next fall for the Japanese data-collection phase.

Dr. Jones-McKyer and colleagues at the Indiana Prevention Resource Center published results from the 13th annual Alcohol, Tobacco and Other Drug Use (ATOD) Survey in August. This survey, funded in part by the Indiana Division of Mental Health and Addiction, included the largest sample size ever for 2003. The staff, including several graduate students from the department, processed surveys from 151,398 youth representing 450 schools statewide. Staff members included: **Mi Kyung Jun, Matthew Lee Smith, Swati Raychowdhury, Robin Milhausen, Susan Samuel, Murali Tangirala, Ravi Ayachitam, Thipaphone Panyanouvong, Krishna Thiagarajah, Cindy Flynn** and **Jonathan Agle**. The results are viewable at the IPRC website (<http://www.drugs.indiana.edu>).

Dr. Jones-McKyer conducted Data Interpretation Workshops across the state in October for school health educators and administrators. The workshops (held at IU Kokomo and IU Bloomington) were designed to help school staff understand and interpret the local reports they received from their participation in the ATOD Survey. The findings are used as needs assessment tools, as well as to help schools secure funding for drug prevention programs. Co-facilitators were doctoral students **Mi Kyung Jun** and **Swati Raychowdhury**, and MPH Intern **Murali (Krishna) Tangirala**, and IPRC staff **Susan Samuel**.





Faculty News

PRC News

The Association of American Colleges and Universities announced today the appointment of **Dr. Lloyd J. Kolbe** as a senior fellow. Dr. Kolbe will work in AAC&U's Program for Health and Higher Education (PHHE) assisting staff members as they mobilize higher education leadership to take action to meet the global challenge of HIV disease.

"Process Evaluation—Relationship to Program Planning and Management." (July 2003).

Dr. Lohrmann is also working with the Association for Supervision and Curriculum Development on a Robert Wood Johnson Foundation sponsored project to develop a "Healthy School Report Card."

Dr. Catherine Sherwood-Puzzello, Dr. Michael Reece, and Tania Basta, MPH, presented the paper: "Improving the health of the Amish and the elderly: Documenting the outcomes of a community-academic partnership in rural America" at the 131st annual APHA meeting (November 15-19, 2003) in San Francisco. They have also presented at Indiana Public Health Association and the Rural Health Association annual conferences in 2003.

Dr. Nathan Shier's son **Chris** is getting his masters degree at the University of Bradford in West Yorkshire, United Kingdom. Chris recently passed the Foreign Service written exam in January. His son **Tim** is graduating from Purdue with a B.S. in Natural Resources.

Dr. Mohammad Torabi received the Eta Sigma Gamma Honor Award on October 17. This award was bestowed at the Eta Sigma Gamma National Health Education Honorary Annual Conference held in El Paso, Texas in conjunction with the American School Health Association National Conference. The Honor Award is the highest award given by Eta Sigma Gamma National Health Education Honorary and is presented to a person who has made an outstanding contribution in the Health Sciences.

The Indiana Prevention Resource Center has a new hire and a staff transfer.

Our new hire is **Merrill Hatlen** as the Grants Assistance Specialist, and has been in Bloomington for 18 years in a variety of positions. His most recent position was serving as a consultant for the Monroe County CAPE (Community Alliance for Education), assisting with the development of five Family Resource Centers. He is a past co-chair of the Monroe County Community Prevention Coalition and was well aware of the valuable services of the IPRC. He looks forward to working with communities throughout Indiana to secure funding for ATOD prevention initiatives. Merrill is originally from California, and has an undergraduate degree in Social Sciences/Anthropology from UC Santa Barbara and a Master's degree in Counseling Psychology from Loyola-Marymount University.

We've filled the Coordinator for External Affairs position with **JoBeth A. McCarthy-Jean**. She is a June 2003 graduate of the Department of Applied Health Science, earning her Master of Public Health degree. Since August of 2002, she has served as a Research Associate and Operations Coordinator for the Tobacco Retailer Inspection Program (TRIP) which is also housed here at the IPRC. She looks forward to serving the promotion as well as the prevention needs of the IPRC.



Dr. David Lohrmann, third from left.

Dr. David Lohrmann was inaugurated as President of the American School Health Association at the conclusion of the National Conference in El Paso, TX in October, 2003. Please join in expressing congratulations and best wishes as he will be leading this major health organization.

Congratulations!

Dr. David Lohrmann is coauthor of an article entitled "Condom availability programs in Massachusetts High Schools: Relationships with condom use and sexual behavior" published in the June 2003 edition of the *American Journal of Public Health*. He has provided two presentations on evaluation at sessions of the American Cancer Society School Health Urban Institute:

"Evaluating School Health Programs". (March 2003).



Student News

Doctoral Degrees

Trent E. Applegate completed his HSD degree on April 23, 2003 after completing a dissertation entitled "Promoting College Health Learning Using the Coordinated School Health Program Model as a Guide." Trent is currently teaching First Aid in our Department with a typical class numbering about 280 students.

Sara L. Cole completed her Ph. D. on August 6, 2003 writing on "Multicultural Attitude of Pre-Professional Health Education Students". Sara accepted a teaching position at Illinois State University.

Lisako Jones-McKyer completed her Ph. D. on May 27, 2003. Her dissertation topic was "Relationships Among Developmental Assets, Age and Smoking Behaviors Among Youth." Dr. Jones-McKyer is currently teaching Research and Evaluation Methods in Health and Safety and serving as Coordinator of Minority Recruitment and Retention for our Department.

Barbara A. Mercer successfully defended her dissertation "Personal Significance of Participation in a Psychoeducational Program for Victims of Sexual Abuse: the Meaning of Participation in the Clothesline Project." to complete her HSD on May 14, 2003.

Student Honors and Presentations

Editor's Note: Many of our students win honors and give presentations. The following list is not comprehensive. It includes only those students who have come to the attention of the editor.

Tania Basta (BS '98 MPH '03) presented a study on the health care and educational needs of the Amish and elderly from rural Indiana at APHA. Tania is currently working on her PhD at the University of Georgia.

Erin Koers (BS in Public Health With High Distinction '03) and **Christine Tisone** (MPH '03) presented a poster session on their study in the Dominican Republic at APHA. Christine will be the Resident Director of the CIC Summer Program in the Dominican Republic this year.

Coco LaMantia (Public Health) is a new member of the Blue Key National Honor Society.

Tiffani Sinn-Trulock (HDFS) received an Honors College Internship Grant for her summer internship at Family Services Association in Bloomington.

Stefan Turner (Public Health) was the top performer of 435 students in Biology L111 Spring 2003.

Robin Milhausen (Ph. D. student) has received the Outstanding Student Research Award from the Society for the Scientific Study of Sexuality. The selection was based on a blind peer review of over 25 student papers presented at the annual meeting.

Recent Internships

Each year 60-70 students serve others by participating in internships in Bloomington, in their home towns and indeed around the world. Most of our interns work in non-profit agencies and do not receive a salary. All of our interns write journals reflecting on what they are learning and receive guidance from their site supervisors and their faculty supervisors. They work at hospitals, camps, crisis centers, non-profits, businesses and government agencies providing invaluable services and at the same time fulfilling a requirement for their degree. AHS interns carry the mission of our Department in a very tangible way to the people of Indiana, the nation and the world.

Dietetics

Note: Unless otherwise noted, these are year long post-Baccalaureate placements.

Whitney Bevins: IU School of Medicine

Cassie Dauenhauer: IU School of Medicine

Kristina Greene: Stephen F. Austin State University Nacogdoches, TX

Harmony Heflin: International Nutrition in Peru (summer internship)

Ann Kincaid: University of Houston

Jen Mayer; Emory Hospitals Atlanta, GA

Katie Martello: National Assoc. of College and Univ. Food Services (summer)

Angie Micinski: IU School of Medicine

Jen Moore: McNeese State University Lake Charles, LA

Olivia Price: University Hospitals of Cleveland

Nicole Waldron: Medical College of Virginia

Human Development/ Family Studies

Cindy Adlow: Samuel Field YM-YWHA, NY

Rachel Barnhill: Kids Kingdom Preschool and Day Care

Heather Bartlett: WonderLab, Bloomington

Molly Bernard: MiddleWay House, Bloomington

Jenny Bleau: American Cancer Society, Bloomington

Adam Bowling: Planned Parenthood, Bloomington

Monica Burks: Head Start, Bloomington

Abby Cairns: Bradford Woods

Holly Carson: Christole, Bloomington

Tim Connolly: Chicago Children's Advocacy Center

Dickey, Margaret: Dr. Linda

Monroe, Psychologist, Mishawaka





Student News

Leslie Donovan: Catholic Youth Organization Camp Rancho Framasa
Megan Ewing: YMCA Camp Carson
Lorna Fischer: Boys and Girls Club of Noblesville
Kathryn Foust: Healthy Families, Bloomington
Brett Golub: Jewish Family and Children's Services, Boston
Jessica Kinney: Bloomington Developmental Learning Center, Bloomington
Kara Kmiec: Care Center of Hartsfield Village, Munster
Melissa Lower: Girls Incorporated of Monroe County
Sarah Lubbers: Tri Kap, Jasper, IN
Jill McCallister: Georgetown University, Department of Psychology
Molly Meinbresse: Global Service Corps, Tanzania Africa
Sarah Milestone: Parkview Hospital, Fort Wayne
Megan Miller: Spring Hill Campus, Ewart, MI
Brooke Pittenger: Health Care Alternative Systems, Chicago
Jennifer Radjeski: Crisis Pregnancy Center, Bloomington
Molly Rosendall: WonderLab, Bloomington
Melissa Russell: MiddleWay House, Bloomington
Tiffany Sinn: Family Services Association, Bloomington
Beth Sliwa: Options for Better Living, Bloomington
Kate Snodgrass: The Caring Place, Valparaiso
Mandy Strayer: SCAN, Fort Wayne
Robin Thomson: Cross Cultural Solutions, Thailand
Suzanne Wade: TLC, Indy
Briana Weisinger: Silver Hill Hospital, CT
Darcy Willis: Bloomington Developmental Learning Center, Bloomington
Brooke Woodward: Head Start, Bloomington
Amanda Wright: Fidelity National Title, CA

Occupational Safety

James Bayne: TIS Group, Bloomington
Jami Bennett: Silgan Plastics, Bloomington
Jonathon Fillippo: Bloomington Fire Department
Lucas Finley: Indiana Railroad Company
Erika Jacobs: Robison-Prezioso Inc., California
Zachary Lichlyter: Environmental Health and Safety, IU Bloomington
Daniel Perez: Elite Staffing, Chicago

Public Health Education (BS and MPH)

Kara Anderson: University of Michigan, Health MFit, Ann Arbor, MI
John Barnes: Ruth Lily Center for Health Education, Indianapolis
Jessica Cordette: Indiana Institute on Disability and Community, Bloomington
Greta Giesler: Home Depot, Atlanta, GA
Annie Golding: Health and Wellness Education, IU Health Center, Bloomington
Debby Herbenick: Kinsey Institute, IU and IU Medical Center, Indianapolis
Amanda Hewitt: Indiana State Department of Health, Office of Women's Health
Tara Huotari: Community Health Education, Bloomington Hospital
Christina Jagielski: Olcott Center for Cancer Education, Bloomington
Ifeng Jeng: Applied Health Science, Bloomington
Jennifer Kelley: Indiana Prevention Resource Center, IU
Forest King: Indiana Coalition Against Domestic Violence
Stephanie Lofton: American Heart Association, Indianapolis

Jamie Marley: Bloomington Hospital
Cara McCowan: Health and Wellness Education, IU Health Center, Bloomington
Melody Slashinski: Girls, Inc. Indianapolis
Amy Starzynski: Health Works, South Bend, IN
Muralikrishna Tangirala: Indiana Prevention Center, Bloomington
Amanda Tanner: Planned Parenthood, Indianapolis
Amanda Zapfe: Crisis Pregnancy Center, Bloomington

New HPER Career Website Lists Jobs and Internships

In June of 2003 HPER Career Services began posting HPER-related jobs and internships on a brand new website. Over 425 organizations are currently listed. Developed by Thomas Fowler, the website makes jobs and internships a click away. It is available to all HPER students and any interested alumni at www.hper.indiana.edu under "Careers". (For alumni passcode contact HarrietCastrataro, hcastrat@indiana.edu.)

One can search by one's field of interest at the undergraduate or graduate level and then by location. Most jobs listed are entry level positions or positions that require under 5 years of experience. We hear about these jobs from our faculty, from employers who know the value of our programs and from our alumni.

If you are a current HPER student, be sure to check it out. And if you are an alum with a job or internship opportunity, please let us know. You can send the information to Harriet Castrataro (Fax: 812-855-3936). This is an excellent way to support the School of HPER and to hire dynamic young professionals from your alma mater.



Student News

AHS Student Teaches at National Youth Sports Program

“All right, everyone put the straw in your mouth and plug your nose,” I told the group of twenty 9 and 10-year olds. “Now breathe in and out slowly. How does that feel?” An eager kid answered, “It’s hard to breathe.” Another kid added in, “It kind of makes me feel dizzy.” I then explained to the group that this demonstration was to simulate the difficulty breathing that smokers feel on an every day basis. Next I had the kids stand up and run in place with the straws in their mouth while they continued to plug their nose. “This is how smokers feel when they exercise,” I told the group. The kids were shocked. “I don’t like how this makes my lungs feel,” one kid exclaimed.

This is one of the many health activities that took place at the National Youth Sports Program (NYSP) that was held at Indiana University for the first time this summer. This program was offered without charge to approximately 150 kids in Monroe County, ages 9-16, who were on the free or reduced lunch program at their school. The participants, divided into 8 groups, followed a block schedule and participated in activities such as tennis, lacrosse, track and field, swimming, judo, ultimate Frisbee, softball, career development, and health education.

I was fortunate enough to assist in the health education portion of the camp under the guidance of Shelia Evans, who is a community health educator for the Bloomington Hospital. Together we came up with 12 lesson plans, each taught 8 times. Shelia and I were given specific health lesson guidelines from the NYSP foundation: 7.5 hours of alcohol, tobacco and drug education and 2.5 hours of health education were required. Our biggest challenge was creating lesson plans that would be both



intriguing and educational to such a broad range of age groups. Collectively we were able to come up with 12 entertaining lesson plans that incorporated hands-on learning for the participants. Each participant had a binder for health class to keep handouts throughout the duration of the camp. The participants were able to take them home at the end of the six weeks. Most of the lessons we taught incorporated worksheets for the participants to put into their binders. The binders helped preserve the information that was handed out in class, so that later on in the years to come the participants would be able use it as a valuable resource. Some titles of the lessons we taught were, “How to wash your hands properly,” “What makes a good friend,” “The negative effects of smoking,” “Drug use, abuse and addiction,” “Decision making and communication,” and “Advertising and the tobacco companies.”

Throughout the camp the kids enjoyed the lessons we taught and were eager to ask questions as well as share their personal experiences with the class. Of all the lessons taught, the lessons on tobacco and tobacco advertising seemed to make the biggest impact. It was amazing to see that even though the tobacco companies often try to target the youth with their advertisements, the rebuttal advertisements from the

anti-smoking campaigns seemed to make a deeper impression on the participants than did the smoking ads.

At the end of the camp we asked the participants to go around and say one thing that they learned from the 12 health lessons that were taught. The enthusiasm of the kids to share their knowledge was absolutely remarkable. Hearing everything they had learned really helped me know how beneficial our lessons were and what an impact they made on these kids. Being a part of this camp was such a wonderful opportunity for me, I was able to utilize the education I have received thus far and in such a positive way as I learned from both Shelia and the camp participants. I plan to employ this knowledge when I embark into the professional field of public health education.

By **Coco LaMantia**

A senior with a major in Public Health Education and a minor in Nutrition Science



(Note: The National Youth Sports Program was held for the first time at our School this past summer under the direction of Keith Chapin, Clinical Associate Professor in the Department of Kinesiology. For more information see http://www.nyscorp.org/nysp_overview.htm.)





Student News

Human Development Student Interns in Thailand

Traveling abroad to complete a required internship gave me the rare opportunity to be integrated into a culture very different from my own. After researching a number of international programs, I chose to complete my internship through Cross Cultural Solutions, which offers programs all over the world, including Brazil, Costa Rica, China, Ghana, India, Peru, Russia, Tanzania, and Thailand. I signed up for a 6 week program in Thailand, as I was drawn in by the country's unique culture, as well as its beautiful coastlines and islands.

Although I was not quite sure what to expect, with the help of my internship coordinator Dr. Maria Schmidt and the staff of Cross Cultural Solutions, I was able to develop goals and objectives that I hoped to achieve through my internship. After filling out a number of skills and interest forms, I was notified by Cross Cultural Solutions of my site placement. I was placed at Kredtakarn Protection and Development Center, which is a home for girls who have been found guilty of trafficking through prostitution, being involved in slave labor, and drug abuse. In addition, many of the girls at the facility have psychiatric disorders, behavioral problems, and unwed pregnancies.

I arrived in Bangkok in early July for a stay of almost two months. There I lived in a very nice, accommodating house with around 25 other volunteers, many of whom I traveled with on weekends and became close friends with. The house was located in the old capitol of Thonburi, which is a safe community across the Chao Phraya River from Bangkok. It was a wonderful experience to be able to live in a local Thai neighborhood full of culture and tradition, yet have the close access to the lively and diverse city of Bangkok.



The agency of Kredtakarn is located on a small island in Northeast Bangkok and can hold up to 400 women at a time, mostly under the age of 18. The agency is primarily run by the government and accepts girls from Thailand, as well as the neighboring nations of Burma, Cambodia, and Laos. Kredtakarn is structured around the components of health care and treatment, basic education and skill training, and moral support and rehabilitation.

Every morning that I arrived on the island I was greeted by smiles and warm welcomes from the staff and the girls. My roles and responsibilities were constantly changing, as each day brought about different needs by the staff. For the most part, I helped plan, lead and participate in activities with the girls, including art, music, and English. The hard work and appreciation that the girls showed me was incredible.

After a couple of weeks, many of the girls began to open up to me, sharing their feelings and emotions, as well as the challenges they were facing. Although the language barrier was an enormous adjustment, I found myself communicating with the girls and staff in ways I had never thought about. The power of listening and showing care and compassion without verbal communication is an ability that I strengthened while working at the agency. The time I was able to spend bonding with a num-

ber of the girls was definitely the most rewarding experience through my internship. Knowing that I was there for these girls and able to give many of them individual attention made each day worthwhile.

By the end of my internship, I realized that the girls I worked with gave me as much, if not more, than I had given them. The perspectives and insights I gained while working at the agency of Kredtakarn, as well as actually living and experiencing a new culture will forever influence me. I will never forget my time in Thailand as the experience was uplifting, rewarding and inspiring, with memories that will last a lifetime.

By Robin Thompson
Human Development/Family
Studies Major with minors in
Psychology and Sociology



*Applied Health Science
Returning Alumni Program Sign-Up Sheet, cont.*

Possible Topics (please check any you are interested in):

- _____ College to Job Transitions
- _____ A Day In The Life of a Health Professional
- _____ Things I Wish Someone Had Told Me While I Was in College
- _____ How I Got My Job
- _____ How I Use My College Education On The Job
- _____ The Technology That I Use On The Job
- _____ Important People Skills
- _____ Advice About Graduate School
- _____ Salaries In The Health Field

Other Suggestions:

Staff/Alumni News



Dr. Mohammad Torabi, Joyce Arthur, and Dean Gallahue

This year marks the 40th Anniversary of **Joyce Arthur's** service to the Department of Applied Health Science. She is the only staff member at Indiana University that we know of who has received two campus-wide meritorious service awards. This is a tribute to her life-time commitment, loyalty, and dedication to the Department of Applied Health Science at Indiana University.

She has worked with every Chair in the history of the Department of Applied Health Science. For all that Joyce has done for the Department of Applied Health Science, I know you join me in expressing congratulations and thanks to this loyal, hard working, and caring professional staff member. We look forward to working with her for many more years to come.

Staff News

Ifeng Jeng has been appointed Webmaster for the Department of Applied Health Science. Ifeng is a native of Taiwan and is earning a Master of Public Health degree as well as a doctoral degree in Instructional Systems Technology from Indiana University.

Carole Nowicke presented "William J. Bell: An Overview of His Life and Career" at the Midwest Regional Conference and the Southwest Regional Conference of the Tuba Euphonium Association. She also presented "Sounds and Visions: Glass Plate Images from the Legacy of Cornet Soloist Walter F. Smith" at the 2003 conference of the International Trumpet Guild. Carole is the Historian of the International Tuba-Euphonium Association and has spent the last two years conducting over 35 oral histories with tuba and euphonium players.

Alumni News



Recipients of the HPER Endwright Alumni Award Recipient, Dr. Robert Synovitz, and the HPER Patty Award Recipient, Dr. Guy Parcel. Both recipients are alums of our Department. Guy Parcel is second from the right, and Robert Synovitz is third from the right.



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