

Vegetables + Fun = Healthy Kids

"Eat your vegetables!"

We've all heard that refrain, usually from our mothers at the dinner table as we tried to slip our carrots off the plate and into the waiting mouth of the family dog.

But how do you get kids to eat their carrots, beans and squash?

Carol Hawkins has an answer: Make it fun and interesting and get the kids involved – from the very beginning.

That's the idea behind "Veg G Buddies," a program led by Hawkins, associate professor, and five of her faculty colleagues in the Department of Human Ecology at YSU.

"If we can get children involved in planting, growing, nurturing and harvesting their own vegetables, they may be more likely to eat what they've produced, which could help create healthier eating habits as they grow up and into adulthood," Hawkins said.

"Veg G Buddies," funded in part by the Raymond John Wean Foundation, was launched this spring and involves 50 children ages 3 to 5 who are enrolled in family home daycare programs in Mahoning and Trumbull counties this summer.

Hawkins said that eating habits and preferences are many times shaped before the age of 5, and research shows that poor eating habits during childhood can lead to obesity and other chronic health problems, both in childhood and later

life. So, the key is intervening early so kids will develop healthy eating behaviors, including consumption of a variety of vegetables, she said.

And there's the rub – how to get kids to eat their vegetables?

The "Veg G Buddies" project pro

To view a video and more photos of the Veg G Buddies program, visit www.youtube.com/watch?v=j5JYHk8Rmtg



Mackenzie Collins, 3, of Kinsman, shows off a green pepper grown as part of the Veg G Buddies program through YSU's Department of Human Ecology.

Doctor of physical therapy awarded



Nancy Landgraff

YSU awarded its first doctor of physical therapy degrees at summer commencement on Aug. 17.

The clinical doctorate of physical therapy program was approved last

month by the Higher Learning Commission. Sixteen students received the degree at summer commencement in Beeghly Center.

The DPT is YSU's second doctorate program. Its first, the doctor of educational leadership, started in 1992. One doctor of educational leadership was awarded at summer commencement.

So, in all, 17 doctorates were awarded at summer commencement, by far the largest number ever at a single commencement at YSU.

"YSU is one of just 10 schools in the state to offer the DPT," said Nancy Landgraff, chair of YSU's physical therapy department and an associate professor, "but we expect the clinical doctorate to become the standard for physical therapists nationwide by 2020."

David Denton of Struthers, one of the new DPT recipients, said the entry-level clinical doctorate program will help the university attract more students. "I think the DPT program gives YSU something special to offer, and the whole profession is changing in this direction," he said.

The program will certainly have a positive affect on YSU's number of doctoral graduates in the near term. There are 17 students in the program's second-year class expected to graduate in May, and 23 are enrolled in the first-year class.

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eUpdate exclusives

For more news about YSU, read these and other stories in eUpdate at <http://cfweb.cc.ysu.edu/marketcomm/index.cfm>.

- **Carl Nunziato, an attorney, former bank vice president and decorated Vietnam veteran receives an honorary doctor of laws degree at summer commencement.**
- **The Ohio Latino Affairs Commission awards \$10,000 to YSU to establish a program that offers opportunities for Hispanics to succeed in higher education.**
- **Children in YSU's Rich Center for Autism make fleece quilts as part of the Kids Who Care summer art program.**
- **YSU welcomes the Class of 2012 at the first annual Freshman Convocation.**
- **Nineteen retired YSU administrators receive emeritus status.**
- **Hispanic Heritage Month includes an array of activities, including the Hispanic Heritage Celebration Sept. 19 on campus.**
- **The Center for Judaic and Holocaust Studies at YSU sponsors two upcoming events: "Famine and Mass Violence: An International Conference" Sept. 7 to 9; and a local exhibition about Oskar Schindler, Sept. 10 to Oct. 22.**
- **Campus News Roundup: New CWCS web site, gift from E. M. Barr Charitable Trust and The Huntington Foundation, Ohio GI Promise, AASCU Commission on Presidential Leadership and Global Competitiveness, and much more.**

Youngstown STATE UNIVERSITY

The *YSU Update* is published every other week during the academic year and once a month in the summer by the Office of Marketing and Communications. 8-003

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Art grad's 'plush creature' on display at local museum

YSU art student Vince Valerio's newest sculpture, which he simply calls a "big green, plush creature," is now on permanent display at the Children's Museum of the Valley in downtown Youngstown.

"I'm glad it is going somewhere it will be used and played with," said Valerio of Canfield. "That's what it was made for."

Valerio received a bachelor's degree in fine arts at summer commencement Aug. 17 in Beeghly Center.

For color photos and a video of the sculpture installation, visit <http://www.youtube.com/watch?v=utZDTtNLayY>.

The sculpture, which is reminiscent of a very thin and featureless Kermit the Frog, was created as part of Valerio's senior art exhibition in May at YSU's McDonough Museum of Art. It was purchased for \$3,000, donated to the Children's Museum and has received a significant level of recognition.

"Students will generally sell things out of their senior show, but to have it sold into a local museum is very unusual," said Greg Moring, associate professor of art.

The creature is near the entrance of the museum in an exhibit that will encourage children to play and interact with it. Its nine-foot-tall, fuzzy green torso is well supported by a steel tube and wooden framework.

The face, purposely left blank and featureless, allows a level of interpretation within the sculpture. Recognizing this, the museum plans to place a magnetic-letter board nearby to prompt children with insightful questions regarding the creature's thoughts, emotions and experiences.

Museum director Elizabeth Nohra said the placement and creativity surrounding the piece is designed to inspire children in the surrounding rooms. Nohra hopes the creature will "bring a mood of literacy to the museum" and eventually becomes something of a mascot.

The piece began as part of a full-room gallery installation during Valerio's senior show in May at the McDonough Museum.

Roger Jones, owner and chief executive of Fireline Inc. in Youngstown, purchased the piece and donated it to the Children's Museum. "Children will love it," he said. "It is very vigorous. It has a great deal of thought and energy about it." ■



YSU art student Vince Valerio cuddles with his "big green, plush creature" at the Children's Museum of the Valley in downtown Youngstown.

Story by Joshua Mays

Faculty & Staff

Send items for "Faculty & Staff" to
Cynthia Vinarsky at cevinarsky@ysu.edu.

Frank X. Li and **Faramarz Mossayebi**, assistant professors, Electrical & Computer Engineering, presented papers at the 115th annual American Society for Engineering Education Conference and Exposition in Pittsburgh. Li's presentation was titled "Developing an Induction Heating System Laboratory with DSP Microprocessors and Power Electronic Devices." Mossayebi's presentation was titled "Developing an Advanced Digital Control Laboratory with a System-on-programmable-chip (SOPC)."

Carl Sims, assistant professor, Biology, presented and coauthored a research poster, titled "Sex Differences in the L-Type Calcium Current in Adult Rabbit Right Ventricular Myocytes Modulate Gender Vulnerability to Early Afterdepolarizations," at the International Biophysical Society meeting this year. The research was also published in abstract form in the *Biophysical Journal*. Additionally, Sims coauthored and published an article, titled "Sex, Age and Regional Differences in L-type Calcium Current Are Determinants of Arrhythmia Phenotype in Rabbit Hearts with Drug Induced Long QT Type 2," in the scientific journal *Circulation Research*.

James Andrews, professor, Physics & Astronomy, co-authored a paper titled "Melt-Processed All-Polymer Distributed Bragg Reflector Laser," published in the July 7 issue of *Optics Express*, an optics research journal. The paper was also featured on the Institute of Physics Web site, Optics.org, and a report on its findings will be published in the September issue of *Laser Focus World*. Andrews wrote the paper with researchers from Case Western Reserve University's Departments of Physics and Macromolecular Science & Engineering.

Deborah Mower, assistant professor, Philosophy and Religious Studies, was awarded a 2008 National Endowment for the Humanities Summer Seminar grant to study Eastern and Western approaches to Confucianism as a version of Virtue Ethics. The seminar, titled "Traditions into Dialogue: Confucianism and Virtue Ethics," is held at the Mansfield Freeman Center for

East Asian Studies at Wesleyan University and brings scholars together from around the world. Mower also had a poster paper, titled "Sex Differences in Moral Interests: The Role of Kinship and the Nature of Reciprocity," accepted at the 34th Annual meeting of the Society for Philosophy and Psychology.

Doug Faires, professor emeritus, Mathematics, has co-authored *The Contest Problem Book VIII*, published by the Mathematical Association of America. Faires and co-author David Wells of Pennsylvania State University directed the American Mathematics Competitions from 2000 through 2007, and the book includes problems and solutions from those competitions. A subsequent volume will be released later this year.

Stephen Ray Flora, professor, Psychology, made three presentations at the Association for Behavior Analysis International Conference in Chicago. He presented a workshop titled "Applying Behavior Analysis to Improve Health, Fitness, Diet, Healthy Lifestyles and to Optimize Athletic Performance," gave a presentation titled "Rapid Strengthening and Extinction of Conditioned Avoidance and Disgust Responses to the Verbal Stimulus 'Love'." Finally, working with YSU psychology major Lindsey Hardie, Flora presented "The Use of a Multiple Baseline Design and Nicotine Gum in Achieving Smoking Cessation."

Eleanor Congdon, assistant professor, History, attended the International Maritime Economic History Association conference at the Greenwich Naval Observatory in Greenwich and the World History Association Conference in London this summer. She presented a paper at the IMEHA conference titled "Venetian Roundships Around 1400 AD" and spoke at the WHA conference on the subject "Venetian and Ottoman Relations in the Aegean: Military Actions and Trade during the 'War' of 1469-1482." While in London, Congdon also spent four days conducting research in the library and manuscript room at the University of Cambridge.

Rosanna M. O'Neil, head of collections services, **Brian K. Brennan** and **Lisa M. Garofali**, library media technical assistants, and **Kevin J. Whitfield**, catalog librarian, all of Maag Library, attended a two-day workshop in June at Kent State University titled, "Archival Description: DACS, MARC, and EAD." The workshop focused on how archival collections are organized and described, the creation of archival finding aids, and how to generate metadata versions of these descriptions.

Carol M. Lamb, assistant professor, Engineering Technology, presented a paper titled "Assessment Process: A View from the Trenches" at the American Society for Engineering Education National Conference in Pittsburgh. The paper was co-authored by **David G. Kurtanich**, associate professor, Engineering Technology, and was published in the proceedings of the conference.

Howard Mettee, professor, Chemistry, co-authored a paper, titled "Mechanical & Chemical Modification of Wood Materials – Compressed Wood and Oxidized Charcoal," which was published in the web-based journal *BioResources*.

Robert J. Beebe, professor, Educational Foundations, Research, Technology and Leadership, traveled to Paris in July to present a research paper titled "State Principal Standards: Development, Alignment, and Implementation," which discusses Ohio's efforts to develop and implement standards for school principals. He was lead author, working with faculty from Kent State University, the University of Akron and Ashland University. Ohio has been among the leading states in making standards based reforms, and Beebe has been involved in the effort since its inception. The paper has been accepted for publication in the official proceedings of the conference. Beebe is also serving in a leadership role in Educational Insights, a progressive national educational think tank, developing a position paper, "The High School of the Future."



Vegetables

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vides hands-on gardening experience for pre-school children. Children and their daycare providers planted seeds of green peppers, beans, butternut squash, Swiss chard and carrots and are learning how to care for them.

Later this summer, the children and their daycare providers will harvest the vegetables, and learn how to prepare them using recipes provided by faculty members Jeanine Mincher and Zara Rowlands of YSU's Food and Nutrition program.

"It's a way to introduce vegetables early on in a child's life," said Sue Leson, coordinator of the YSU Coordinated Program in Dietetics and the Dietetic Technician Program.

In addition to the Wean Foundation, organizations contributing to the program include Giant Eagle, Home Depot, the Mahoning Valley Dietetic Association and Nature's Blend. Other faculty members involved in the project are Louise Pavia and Rachael Pohle-Krauza. ■

Physical therapy

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"The program is very competitive, and we have a waiting list. Our applications exceed the number of available slots by 60 percent," Landgraff said. "And job opportunities are outstanding. Every one of our



Ready for some football?

Head coach Jon Heacock leads the Penguins in practice at Stambaugh Stadium. The Penguins open the season at noon Saturday, Aug. 31 against Ohio State. The game is being televised live on the Big Ten Network and will be carried on the radio home of the Penguins, NewsRadio 570 WKBN.

graduates has had offers."

YSU's physical therapy program started in 1996 as a bachelor's degree program in the Bitonte College of Health and Human Services. It switched to a three-

year master's program in 2000 when the Commission on Accreditation for Physical Therapy Education established post-graduate level education requirements for new physical therapists nationwide. ■