

Updates Name

BY JULIE BARNARD

Change reflects interdisciplinary focus

In changing its name, the College of Human Sciences discovered less can be more.

After three years of strategic planning, program reviews and surveys, the college dropped the word environmental from its name. It was rechristened the College of Human Sciences, a name more representative of the institution enjoying a 112-year tenure at Oklahoma State University, Dean Stephan Wilson says.

“Since their origin, the human sciences have focused on the health and well being of the individual,” Wilson says. **“The name emphasizes the fact that we impact the human condition through science.”**

With programs in nutrition, interior design, child development, family science, apparel design and production, housing, hospitality and tourism, the college has a long, distinguished history internationally and at OSU of addressing everyday challenges with science. The college is well established in working with other disciplines and programs such as public health, community development, the Cooperative Extension Service and several other applied sciences.

While there are nationally acclaimed scientists using beakers and test tubes at the college, knowledge is being discovered in a variety of ways. Behavioral and social scientists examine the human life span, personal and family financial issues and consumer behavior as they discover methods and strategies that have a positive impact on human development, relationships and the economy.

Apparel and interior designers integrate technology, engineering and math with art to create comfortable, safe, sustainable and attractive garments and environments.

Researchers also are discovering the effects of certain foods on chronic disease and exploring the calorie content of the latest cuisine. Over the years these unique academic units have collaborated with each other and many other disciplines on projects that investigate the multiple causes of childhood obesity and the role of micronutrients in infant cognitive development and healthy aging.

More changes are coming for the College of Human Sciences as it moves closer to a \$60 million construction and renovation project. Plans are drafted to transform the facilities into state-of-the-art spaces functioning as living laboratories and classrooms, as well as collaborative areas the college, the university and the community will be able to use.

While the funds needed appear daunting, Wilson says he is confident in the support of College of Human Sciences backers, who have already exceeded the \$10 million goal for student scholarships, program support and endowed chairs and professorships by giving \$35.7 million to date.

“I have hope and confidence others will follow their lead and help make the dream of this marvelous teaching, research and outreach facility a reality,” he says.

The College of Human Sciences leads OSU in freshman retention rates, more than 85 percent, and undergraduate graduation rates, 65 percent. The college consistently is ranked in the top five on most of the measuring standards among its 140 peer institutions on the Association of Public and Land Grant University’s Board on Human Sciences. Among those rankings, the college’s enrollment rates are fifth, graduation rates second; and the college is ranked second in the nation for faculty positions devoted to instruction and significant funding support from the university.

“We live in a time where educated, innovative individuals will be called upon to solve serious issues that impact the human condition,” Wilson says. “We are prepared to meet those challenges now and are poised for the future.” **HS**

*“Solving human problems ...
Enhancing human lives.”*

Stephan Wilson, Dean
College of Human Sciences



THE MAGNIFICENT MANGO

Nutritional sciences researcher finds mangos reduce body fat and control blood sugar

BY LINDY WIGGINS



PHOTO / PHIL SHOCKLEY

While it may not get the publicity of say the blueberry,

or even the acai berry, the addition of mango to a diet may combat obesity and diabetes, according to research conducted by a nutritional sciences associate professor in OSU's College of Human Sciences.

According to a group led by Edralin Lucas, incorporating mango in the diet could help cut body fat and control blood sugar.

"Our findings demonstrate that mango flesh is a promising alternative that can be useful in reducing body fat and blood glucose," Lucas says.

Plus, Lucas says, mango is not associated with serious side effects of some drugs used for the same purpose.

Obesity and consumption of high-fat diets are associated with the development of many chronic diseases including type 2 diabetes and heart disease. Drugs, such as rosiglitazone and fenofibrate, used to treat the diseases can increase the risk of bone fractures, liver enlargement, fluid retention and heart failure.

Lucas and co-investigators Penelope Perkins-Veazie, Brenda Smith, Stephen Clarke and Stanley Lightfoot conducted the study funded by the National Mango Board.

Lucas and her colleagues chose the Tommy Atkins mangos because they are one of the most common varieties in the U.S. The mango flesh was freeze-dried, ground into a powder and added to mice diets.

The team formulated six diets, one with 4 percent of calories from fat and five with 35 percent of calories from fat. One of the high-fat diets did not include mango powder, while the other four high-fat diets contained either 1 percent mango powder, 10 percent mango powder, fenofibrate or rosiglitazone.

The team assigned eight mice to each of the six diets and allowed them to eat and drink at will for two months.

After two months, Lucas and her team found no statistically significant differences in body weight among the mice, but the amount of body fat was varied according to the diets. The mice consuming diets with mango or the two drugs had body fat levels similar to those mice eating the lower-fat diet.

The mango-containing diets also exhibited glucose and cholesterol lowering properties. In fact, the 1 percent mango diet had a similar or even a more pronounced effect in reducing blood glucose than the diet containing rosiglitazone. The team further observed mango affected several factors involved in fat metabolism.

Lucas says human studies should be done to confirm the team's findings and further investigation should focus on understanding how and what components of mango are responsible for its effects on body fat, blood glucose and lipids.

The findings, she says, do demonstrate the addition of mango to the diet may help prevent metabolic syndrome — a cluster of conditions like obesity, insulin resistance, high cholesterol and high blood pressure that can increase the risk of cardiovascular disease.

"We will soon be conducting a human study to investigate whether the addition of mango to the diets of pre-diabetics will help them control their blood sugar and whether incorporation of mango into the diet of overweight people will help them reduce body fat," Lucas says. "We are also investigating how mango reduces body fat and blood glucose."

Lucas hopes the findings will encourage people to make better food selections.

"We would like to see people try to make healthy food choices such as including many fruits and vegetables like mango in their diets," she says. "It would help prevent many chronic diseases including obesity and diabetes." **HS**



A wooden umbrella created by interior design major Cally Hendrick was the exposition's centerpiece. Hendrick's *Umbrella of Trust* symbolizes the people in life that protect us.

EXPOSITION Features BEST OF STUDENT DESIGN

BY LINDY WIGGINS
PHOTOS / MINH DINH

Students exhibit designs to the public and network with industry professionals during inaugural event.

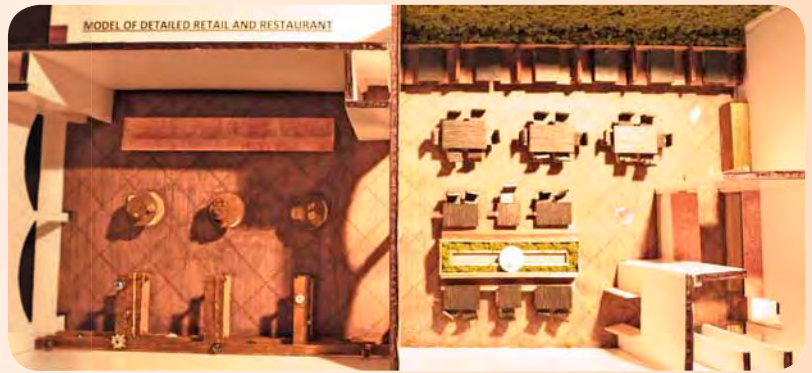
From pleated skirts to table lamps and room-design boards to a giant wooden umbrella, **College of Human Sciences** students in the design, housing and merchandising program showcased an array of talents during the inaugural **Design Student Exposition**.

A jury of design experts viewed and critiqued submissions of 95 interior and apparel design majors. Sophomores, junior and seniors who were admitted to the professional program were allowed to submit one piece of work from the past year. Jurors selected 10 apparel design and 21 interior design projects for the public show in March.

“Undergraduate students admitted to the professional program in their area have met rigorous academic and design criteria,” says Christine Johnson, interim head of the design, housing and merchandising department. “The submitted projects represent the developmental progression of these students.”

The wooden umbrella created by Cally Hendrick, a junior majoring in interior design, was the exposition's centerpiece. Hendrick's *Umbrella of Trust* is an autobiographical piece. The Oklahoma City native says her parents use the idea of the umbrella to represent those people in our lives – parents, teachers, ministers, friends – who protect us.

Emily Ferrell, a junior apparel design and production student, displays her formal dress design one judge says “evokes high fashion.”



Jamie Hathorn, a senior interior design major from Broken Arrow, Okla., included tables, chairs and other details in her scale model of an art gallery restaurant and retail area.



Senior Autumn Tyler’s use of small chains to enhance the sleeves on her design impressed the judges for its creativity. Tyler is an apparel design major from Stroud, Okla.

“If you step outside the umbrella’s protection you are on your own,” Hendrick says. “The umbrella has been a powerful reminder as I have weighed choices and decisions in my life.”

Emily Ferrell, a junior from Tulsa studying apparel design and production, entered a formal dress. The dress with a corseted cotton top and a taffeta, high-waisted skirt formed a train in the back.

“It’s something kind of new I haven’t done before,” Ferrell says.

Oklahoma City fashion designer Claire Kennedy was impressed with the cut and construction techniques Ferrell’s dress displayed.

“This dress certainly evokes high fashion,” Kennedy says. “It is a sophisticated technique to use the bias to create the draping in the back.”

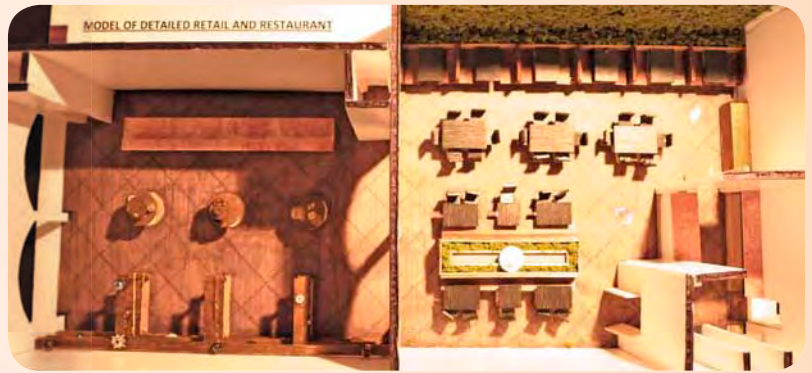
Diane Limbaugh, apparel design and production clinical instructor, says the event encouraged students to design projects that stretched their skills and illustrated their creativity.

“We are showcasing our design students at all levels,” Limbaugh says. “Projects like this inspire and challenge them to become acclimated to professional culture.” **HS**

THE Jury

Eight professionals were on the jury panel: Sharon Richardson, Frankfort Short Bruza; Kate Warren, RES Associates Inc.; Taryn Evans, McCubbin Hosiery; Claire Kennedy, Claire Kennedy Design; Lauren Fite, PSA–Dewberry; Roseanne Bell, Benham Companies; Lauren Dreiling, Hopestone Studio; and Crystal Hendricks, Kinslow, Keith and Todd.

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RETIRED Advocate CONTINUES WORK

BY MATT ELLIOTT

The architect of Oklahoma's early childhood education system retired from the state Department of Education in January 2011. But OSU College of Human Sciences alumna **Ramona Paul** is busier than ever.

"I'm very curious,"

Paul says. "I'm interested in a great deal of things that impact children. Those issues are important ones, and they're not going away."

Begun in 1980, Paul's program for 4-year-old children required early childhood education teachers to be certified and paid the same as other teachers. It also encouraged all Oklahoma students to attend a pre-kindergarten program.

Oklahoma annually leads the nation in the percentage of 4-year-old children enrolled in preschool, the National Institute for Early Education Research reports. Research shows those children are more prepared for elementary school and more successful later in life.

Because of Paul's efforts developing the nation's leading early childhood education program, *Oklahoma Today* named her the 2009 Oklahoman of the Year.

Paul, who was the state's assistant superintendent of schools, has used her free time to serve on leadership boards of various public and private service organizations, including the Child Care Advisory Committee. The committee advises the Oklahoma Department of Human Services on childcare facilities licensing. She's also on the Oklahoma Head Start Early Childhood Collaboration Advisory Board and the board of Stillwater children's museum, the Wondertorium.

She chairs the board of Oklahoma Schools for Healthy Lifestyles, which promotes nutrition and exercise in schools. She also serves on the Oklahoma Partnership for School Readiness Foundation and is part of Oklahoma Champions for Early Opportunities with the Potts Family Foundation.

"I like reaching out," Paul says. "I'm very much a collaboration person. There are ways to do all kinds of things if we can work together."

Paul's love for helping children began at OSU, where she studied human development and family science. Her dad, H.G. Ware, was a poultry specialist with the university's Cooperative Extension Service. Her mother, Girdie Ware, was a family relations and child development professor at OSU.

"I really grew up in the field of children and family," Paul says.

Paul graduated OSU in 1958 and finished her master's degree the next year.

After teaching for a time, she obtained her doctoral degree from Purdue University. She later returned to Oklahoma and served as an administrator with Edmond and Oklahoma City public schools and the state Education Department.

"I thought it would be wonderful if all children had access to highly qualified and highly educated teachers," she says. "It sounds like common sense, doesn't it?"

Paul, who lives in Edmond with her husband, anticipates Oklahoma remaining the national leader in early childhood education.

"Where's your best investment? Brain research today shows children are better developed mentally if they've gone through a preschool program. Absolutely, the best investment this country can make is in high quality early childhood education." **HS**

Ramona Paul, center, is flanked by the present and future of early childhood education. **Nash Santangelo**, left, is a student at the Child Development Lab at OSU. **Sarah Addison**, right, graduated from the College of Human Sciences in May with a degree in human development and family science and an option in early childhood education.

PHOTO / PHIL SHOCKLEY

