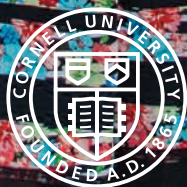


# Human Ecology



## SUPPORTING NYC

Extension brings Cornell's land-grant mission to the boroughs



Cornell University



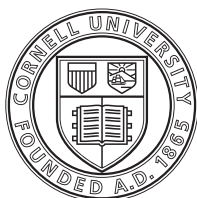
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Extension brings Human Ecology's mission to the boroughs



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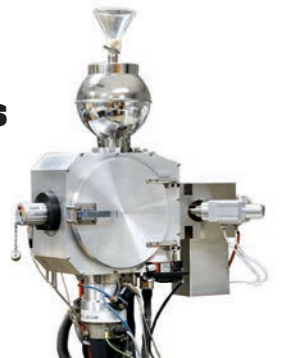
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## Human Ecology

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IMPROVING LIVES BY  
EXPLORING AND SHAPING  
HUMAN CONNECTIONS TO  
NATURAL, SOCIAL, AND  
BUILT ENVIRONMENTS

**A**s always, I am excited to introduce another issue of *Human Ecology* magazine. Our readership means so much to me and to the teaching, research, and public engagement mission of the College. I hope you enjoy the stories that follow and will remain connected to the College throughout the year.

I am happy that *Human Ecology* shows our mission impacting people across all aspects of the College. Human Ecology students continue to lead the University in undergraduate research participation and to apply their lessons to the world outside of academia. Faculty, of course, continue to be recognized across the United States and around the globe, and alumni continue to stand out across diverse disciplines and industries. What is more, they give back to the College through student mentorship and philanthropy. Alumni support also brings new opportunities to the College, like our first designer in residence—in these pages, you will learn about British fashion designer Helen Storey and her work with students in Fiber Science and Apparel Design.

I am delighted that this issue shines a spotlight on our impact in New York City, on our sustainability movement, and on a College legend: groundbreaking fiber scientist, professor, and administrator S. Kay Obendorf. You will learn about the reach of our cooperative extension work in New York City and the ways our faculty, staff, and students set an example for sustainable living and



environmental stewardship on campus. I hope you are also inspired by this issue's retrospective on Kay's 50-year career and her ongoing influence on the transformation of the College. Of all the positives associated with retirement, Kay is most looking forward to seeing how this next generation of students will apply their work in fiber science and how Human Ecology will continue to improve lives through teaching, research, and outreach.

In one issue, we cannot possibly cover all the amazing things the College is doing here in Ithaca and around the globe. Fortunately, we provide a number of ways to access information throughout the year. We hope you will follow the College of Human Ecology on our social media sites, attend our events, and subscribe to our monthly email updates, staying engaged as we carry our mission forward.

We are grateful for your ongoing partnership.

A handwritten signature in black ink that reads "Alan Mathios". The signature is written in a cursive, flowing style.

Alan Mathios  
Rebecca Q. and James C. Morgan Dean



# The Art of ENGAGEMENT

Kelles, Miller, and Tobin receive grants for community work



Laurie Miller



John Tobin



Anna Kelles

## Three Human Ecology faculty members

are diving into community-engaged learning and research with their peers as part of this year's Engaged Faculty Fellows program. Joining ten others from across the university for the year-long faculty development program are Anna Kelles, lecturer in the Division of Nutritional Sciences; Laurie Miller, associate director for Cornell Institute for Public Affairs (CIPA), Public Engagement and capstone instructor; and John Tobin, CIPA professor of practice in corporate sustainability.

At a series of seminars, group members will discuss the theory and practice of community-based academic work, developing related courses, research proposals, or projects. Each faculty member received a \$2,000 grant.

Anna Kelles anticipates the group's input on an introductory nutrition course she is planning. Drawing on her diverse experience spanning academic research, teaching, nonprofit management, government, and community activism, Kelles chose to focus on hunger and food insecurity, which in 2014 affected some 14 percent of Americans, or 17.4 million people.

Students from across the university will study the consequences of hunger on individuals and families within the biological, environmental, economic, social, and political components of the U.S. food system. Kelles then hopes to match students with a variety of local organizations to investigate how to address community hunger with a collective impact approach, engaging key stakeholders in crafting and implementing potential solutions.

"Part of this experience will be to explore whether creating this course with a community engagement component is even feasible and realistic," says Kelles.

Similarly, John Tobin, who joined Cornell last spring and brings more than two decades of experience in law and corporate sustainability, will venture into new territories of teaching. His fellowship complements an Engaged Cornell Planning Grant he was awarded with colleagues at the Dyson School in the College of Agriculture and Life Sciences and the Cornell College of Business, where he holds a joint appointment.

"I plan to focus on the question of how to introduce an element of community engagement and practical experience into finance classes, which are by nature theoretical, classroom-bound undertakings," says Tobin.

While many students gain Wall Street experience working on financial products designed to have social and environmental impacts as well as economic returns, rarely do they engage directly with the ultimate beneficiaries of sustainable investing. To create such interactions, Tobin and his colleagues are building relationships with the nonprofit Cirenas in Costa Rica and Encourage Capital in New York, an environmental impact investment firm.

For Miller, the fellowship expands opportunities for CIPA students to develop partnerships with students outside the program to collaborate on policy and practical solutions in their capstone projects, which support local and international organizations in addressing

real-world problems.

For example, Miller says, CIPA students and medical students might partner on health care initiatives with community agencies, while others might connect with environmental sciences students to offer solutions for issues related to drought, poor water quality, and climate change. As she builds a partnership with the Inter-American Development Bank's SMI initiative, a public-private partnership to reduce health equity gaps in Mesoamerica, Miller hopes that other Engaged Faculty Fellows will share how to increase and improve interdisciplinary engaged learning for professional degree students.

"I'm especially interested in culturally specific knowledge and the translation and communication of knowledge—in the case of the MPA students, knowledge about programs and services, policies, institutions, stakeholders, communities, and communication—in different cultural contexts," says Miller.

By year's end, the fellows expect to share their insights with the university through presentations and other venues, growing campus interest in engaged learning.

"The greatest benefit of a fellowship program like this is that you have an opportunity to explore the logistical, ethical, and philosophical challenges necessary to shift from a primarily didactic to an experiential form of learning," says Kelles. "I think doing it together with others going through the same process will be very rewarding and fruitful."

—Olivia M. Hall, PhD '12

# Capturing the SPIRIT

Design studio adorns a new home for the Big Red Bands

**For decades, Cornell's Big Red Bands called a small room** in Barton Hall home. Filled with memorabilia, from old drum major uniforms to award plaques to messages scribbled on the walls, the old room was highly personalized—but cramped.

“Over time, the band completely outgrew the space,” says Sarah Fischell '78, a former Big Red percussion player and passionate supporter. The need for new digs inspired Fischell and her husband, band alumnus David Fischell '75, MS '78, PhD '80, to become lead donors for the Fischell Band Center. While the new building has great acoustics, good light, and plenty of room for band activities and storage, it was missing the personal touches found in the Barton Hall space.

“Since the center is so new, we had lost some of the history of the band in the transition from our historical location,” says Bethany Angeliu '18, a trumpet player and head manager of the marching band.

Fischell commissioned a design studio in the College of Human Ecology taught by Rhonda Gilmore to create design interventions that translate the Big Red Bands' passion into visual details in its new home. To tackle the project, Gilmore and her students immersed themselves in Big Red Band lore, searching archives, listening to recordings, and interviewing past and present members.

“There is so much history and so much culture in this segment of Cornell,” says Gilmore, senior lecturer in the Department of Design and Environmental Analysis. “They are this rogue nation that infuses symbolic music to this place.”

The six students in the studio designed banners, uniform display cases, floor and wall details, and a digital display to capture the visual identity of the marching and pep bands. The banners, with the theme “marching moments,” show iconic photos—a drum major bent in an “aardvark” pose while directing the band or members marching in the Sy Katz '31 Parade in New York City—that are enhanced by a process called “posterizing,” which turns photographs into bold, colorful outlines.

“In this way, we were removing the identity of the individual in a given photo, allowing viewers to envision themselves in the banners, thus celebrating the legacy and reinforcing the group spirit,” says DEA student Amira Adib-Samily '17.

For the drum major uniform display cases, Adib-Samily took measurements of the space, a particular challenge among the Fischell Band Center's slanted walls and ceilings. Another challenge for the students, says Gilmore, was revising designs based on feedback from many stakeholders, including Fischell and current and past band members.

“The students found out quickly if you have a committee of more than one client, it creates complexity,” says Gilmore—a tough but necessary real-world lesson. The design phase took six weeks, from initial research to final deliverables. The first phase of the project—the banners—were hung in August, ready to greet band members when they arrived for band camp. At Homecoming, band members showed their appreciation by inviting the studio along for the pre-game festivities.



Rhonda Gilmore and her students immersed themselves in Big Red Band lore to create a visual identity for the new Fischell Band Center.

“They did a bang-up job,” says Fischell, commenting on the themes the design students came up with to guide the uniform display case design, floor details, and other elements. “A cult legacy, regimented renegades—they got it.”

—Kate Klein



**While the Class of 2020 moved in to** residence halls, first-year Sloan Program in Health Administration graduate students sped around campus, completing challenges and surmounting obstacles during the program's second annual Ezra's Amazing Race orientation event.

Inspired by the CBS reality show, the day-long Cornell version featured 34 first-year students grouped in teams and given clues to find campus landmarks. At each location, they faced either "detours," where groups completed challenges, or "roadblocks," in which one teammate attempted a task alone, before unlocking their next clue. Along the way, students gathered at "pit stops" for team-building activities led by the Cornell Team and Leadership Center.

One leg of the race brought students to the Sesquicentennial Commemorative Grove to memorize the alma mater, followed by a roadblock requiring competitors to replicate a table setting at the Statler Hotel. At a "Tombs or Tones" detour, teams chose between finding the stained glass window in Sage Chapel memorializing civil rights workers killed by the Ku Klux Klan in

Mississippi or locating a signed copy of Kurt Vonnegut's '44 "Slaughterhouse-Five" in the A.D. White Library.

Adam Shelepak '17, enrolled in Sloan's five-year accelerated BS/MHA degree program, says the race provided "an interesting crash course in Cornell history. We explored the campus, the traditions, and the other parts of Cornell that make it such a great place."

Organized by Sloan lecturer Marty Sherman '73, MPS '75, the challenge offered a deeper connection to Cornell lore. "We wanted them to fall in love with the campus and Cornell in the way that we had, and hopefully after graduation they'll want to remain connected with the university both with their time and talent," Sherman says.

Prior to the race, Corey Earle '07, a visiting lecturer in the American Studies Program, explained the background for the university's motto—"I would found an institution where any person can find instruction in any study"—and discussed Cornell's influence over the past 150 years. Trustee Ezra Cornell '70 also spoke briefly on the legacy of the university's founder.

With Ezra's Amazing Race, Sherman continues her history of giving back to Cornell. Since graduating, she has served on numerous Reunion committees and most recently on the Sloan Alumni Association board. In recognition of her contributions to the university, she received a 2016 Frank H. T. Rhodes Exemplary Alumni Service Award, which honors extraordinary service to Cornell through long-term volunteer activities within the broad spectrum of Cornell's various alumni organizations.

—Tyler Alicea '16, MPS '17



## Red BLITZ

Sloan students sprint across campus in orientation race



University Trustee Ezra Cornell '70 (above) greets incoming Sloan Program students before they embark on their Amazing Race orientation event (below).





# Taking FLIGHT

Drones soar at 4-H National Youth Science Day



Alexa Maille, state 4-H STEM program specialist (above), leads schoolchildren through a Drone Discovery activity at Cornell's 4-H National Youth Science Day event at Brooklyn's P.S. 21.

**By participating in the nation's largest youth science** experiment, 100,000 children and teens made hands-on discoveries using educational kits and guides developed by a Human Ecology team of campus and county partners.

On Oct. 5, 4-H National Youth Science Day (4-H NYSD), young people in all 50 states tackled an engineering design challenge created by the Bronfenbrenner Center for Translational Research (BCTR), Cornell Cooperative Extension (CCE), and National 4-H Council. The program, Drone Discovery, explores the science behind unmanned flight and the ways remote sensing and drone technologies can be applied to address community needs, such as tracking the spread of invasive plant species, monitoring a city's solar energy grid, or searching for lost people.

Cornell celebrated 4-H NYSD with two Drone Discovery events, hosting hundreds of New York City schoolchildren at P.S. 21 in Brooklyn on Oct. 7 and welcoming Tompkins County youth to campus on Oct. 21. On each day, youth used foam gliders and keychain cameras to design, build, code, and test drones for real-world scenarios. Participants learned everything from flight dynamics and aircraft types to drone safety and regulations, while exploring STEM (science, technology, engineering and mathematics) careers and concepts.

"4-H is a powerful vehicle for STEM education because it is based on what young people are interested in, allowing them to take an active role in learning," says project leader Alexa Maille, state 4-H STEM program specialist in the BCTR. "Drone Discovery provides youth an outlet to practice thinking like scientists and

engineers, as well as engaged citizens, as they explore cutting-edge technology."

National 4-H Council selected Cornell as the partner for 4-H NYSD after a competition among land-grant institutions. Across New York's 57 counties and New York City's five boroughs, approximately 190,000 youth participate annually in 4-H programs offered by schools, clubs, camps, and other entities—a youth development network underpinned by Cornell expertise. Administered by the BCTR, New York state 4-H acts as the youth component of CCE, helping young people grow in the areas of STEM, healthy lifestyles, and citizenship.

Andy Turner, New York state 4-H leader, credits Cornell's work on 4-H NYSD to an "active and creative STEM team already doing innovative work." The Cornell team that developed Drone Discovery includes Maille; Susan Hoskins, senior extension associate in soil and crop sciences; Anne Glasgow, CCE Broome County; Charles Malone, CCE Genesee County; and June Mead, CCE Broome County.

"The project demonstrates Cornell's strengths in STEM and in the 4-H program, and fits beautifully with the goal of reaching 10 million youth via 4-H across the nation by 2025, up from the current reach of 6 million," adds Turner. "Hands-on STEM-oriented projects like this have the potential to help thousands of youth think about science in a different way, perhaps starting them on a pathway that can lead to a career."

—Ted Boscia



# Summer Scholars

CHE undergraduates pursue research, outreach over break

**At summer internships and research positions around the globe, Human Ecology undergraduates apply their knowledge** in real-world settings. The college oversees their work through two long-running programs, awarding grants for students to work directly with professors in labs on research and supporting the Cornell Cooperative Extension Summer Internship Program, in which students support community needs around the state. Rachel Dunifon, Human Ecology associate dean of research and outreach, says the CCE intern program “builds on two key strengths we have here at Cornell—our amazing undergraduate students and our mission as a land-grant institution. Our CCE interns put the mission of the college in action.”

Here, three students share their experiences from last summer.



**Andrea Wong '16**  
**Major: Human Biology, Health, and Society**  
**Hometown: Rancho Santa Margarita, Calif.**  
**Faculty Advisor: Saurabh Mehta**

**Q. What did you do this summer?**

A. I worked on a clinical chart review project at a children's hospital in Guayaquil, Ecuador, continuing data extraction that began the previous summer. The project investigates cases of acute febrile illnesses like dengue fever and chikungunya, and through this project, we are able to describe patterns of illness. With new and re-emerging infectious diseases affecting so many people globally, this continues to be a scientific area with great potential for discovery and improvement for global health.

**Q. What societal impacts does your work have?**

A. The results from this project will provide information for the region on disease trends and potential risk factors and allow for further investigation of biomarkers related to each clinical case and to measure associations at the population level. With so many mosquito-borne diseases affecting South America, our work has the potential to help researchers and clinicians understand these illnesses better.

**Brian LaGrant '17**  
**Major: Human Development**  
**Hometown: New Hartford, N.Y.**  
**Faculty Advisor: Eve DeRosa**

**Q. What did you do this summer?**

A. I worked on social learning in children and adults in the Affect and Cognition Lab. We have this apparatus that's like a puzzle box, and it's supposed to simulate something you haven't seen before. Participants watch somebody open it and then they have their turn trying to open it. That's what we're using to measure imitation. When you copy somebody, they can have different characteristics—they might be sure or unsure how to open the box. They might be a very prestigious or well-respected individual or not. We want to see how those two factors—knowledge and prestige—affect how much that model is imitated by children and adults. One thing I've been looking at is how autistic children might act differently at these tasks.

**Q. What excites you about your research?**

A. For the first time I had more of an independent role in the research to design experiments and start running them on my own. Having that authority and independence is really, really exciting.



**Deborah Seok '17**  
**Major: Human Development**  
**Hometown: Queens, N.Y.**  
**Faculty Advisor: Marianella Casasola**

**Q. What did you do this summer?**

A. I worked with children in New York City area to study early development of spatial abilities. For the research, we looked at whether spatial training activities, such as origami and playing with Legos, will enhance preschooler spatial skills. We also wanted to see whether providing building blocks and puzzles will enhance toddlers' spatial skills. Working with children at a Head Start center in Harlem allowed us to focus on families from disadvantaged backgrounds and target environmental factors such as low socioeconomic status.

**Q. What excites you about your internship?**

A. I've always loved working with children, and this summer was the best experience I could ever ask for. I am so excited to be contributing to research that seeks to enhance early learning experiences and make a difference in children's lives. This strongly motivates me toward what I would like to do in the future.

—Tyler Alicea '16, MPS '17. R.J. Anderson contributed reporting to this story.

# Fashion Forward

FSAD hosts innovator Helen Storey as first designer-in-residence



Fashion designer Helen Storey (above left) meets with FSAD students in studio; at right, Storey visits with department chair Jintu Fan at the opening of her "Feeling My Way" exhibition.

## Groundbreaking British fashion designer Helen Storey

visited Human Ecology for two weeks in September, hosted by the Department of Fiber Science & Apparel Design (FSAD) as its first designer-in-residence.

While on campus, Storey interacted with FSAD students and faculty in classes, critiqued student work, and exhibited some of her own pieces at a show, "Feeling My Way," at the Jill Stuart Gallery. At a well-attended public lecture, "Inventing a Life: A Journey between Fashion and Science," Storey reflected on her career as a designer and artist.

Jintu Fan, professor and chair of FSAD, invited Storey to Cornell and says he considers her "an example of what an outstanding designer could be." The residency, he says, aims "to create an environment for the exchange of ideas that are forward-thinking and creative. That's why I thought of Helen Storey."

Denise Green '07, assistant professor of FSAD, worked with

Storey to organize an exhibit of garments and films about the designer's career. "She's using new technologies and experimentation to create work right at the forefront of fashion and science," Green says. "It's conceptual and quite practical as well. Her design process involves thinking about the whole life cycle."

Sustainability and materials science—as well as such environmental and human challenges as climate change, migration, and scarcity of water—are among Storey's varied interests. A recent project, "Dress for Our Time," features data on human displacement projected onto a dress made from a United Nations refugee tent.

The exhibition included "dresses that dissolve and disappear, dresses that purify air, and the latest work with the United Nations and refugees in Jordan," says Storey. "I tried to pick projects and materials that span across time, the different eras from when I went into the fashion business to what I'm

working on today. I've been working in a cross-disciplinary way for about 20 years."

Other projects by Storey include Catalytic Clothing, garments and textiles using photocatalysts to improve air quality; Wonderland, exploring eco-friendly alternatives to plastic for consumer products; and Primitive Streak, a clothing collection developed with her sister, biologist Kate Storey, that draws inspiration from the first 1,000 hours of human life. Storey also cofounded Free Radicals, a collective that researches and creates products to solve challenges facing the planet.

Storey trained at Valentino and Lancetti in Rome for two years before starting her own fashion label in 1984, earning design innovation honors and nominations for British Designer of the Year in 1990 and 1991. Combining art, science, and fashion, she established the nonprofit Helen Storey Foundation in 1999. Her "Dress of Glass & Flame," highlighting climate change, was exhibited at



the 2013 Venice Biennale.

"I started in traditional 1980s fashion, dressing people like Prince and Madonna," she says. "Having learned so much in that period, I've put a lot more into what the world is asking us for."

Funded by a gift from a Human Ecology alumna, Storey's appointment extends through the 2016-17 academic year, during which time she will remain in contact with FSAD faculty and students.

"I'm excited to see what she brings and how students engage with her work—and how they're inspired as well," Green says. "She's got a lot of curiosity, and one of the greatest things to see in our students is that sense of curiosity."

—Daniel Aloï



**Marcos Moreno '17 spent the summer of 2014 working on a public health project in his home community,** his tribe's reservation in southern Arizona. In what he calls an "emotional and very rewarding experience," Moreno worked with community members to examine the quality of life and the health care system on the Pascua Yaqui reservation. The project, he says, cemented his lifelong goal to return home after school and work in medicine.

"I promised people I would be there for a long time," says Moreno, a human development major who is pre-med with a concentration in neurobiology.

This spring, Moreno received the Udall Scholarship, awarded to those excelling in the fields of tribal policy, health care, or conservation; it is named for Congressman Morris Udall (1922-98), who helped the Pascua Yaqui tribe become federally recognized in 1978. As one of 60 scholars chosen from nearly 500 applicants nationwide, Moreno received \$7,000 for his education.

A transfer student from St. John's University, Moreno said he found support in Cornell's American Indian and Indigenous Studies (AIIS) program. At first, he planned to create a tutoring program for indigenous communities near campus before learning that such opportunities for students of the Onondaga Nation already exist. Since then, he has been tutoring students at Lafayette Junior and Senior High School each week.

"He's our crown jewel for the tutoring program, and the young guys there really look up to him in a lot of ways," says Ansley Jemison, the resident hall director for Akwe:kön, the North Campus program house that honors American Indian heritage.

Moreno says his interest in tutoring came from his primary schooling, where he attended classes near his tribe's reservation.

There, he says, University of Arizona students mentored him and made him realize that he could one day attend college. He now serves as a First in Class Mobilizer in the Office of Academic Diversity Initiatives, where he supports first-generation Cornell students as they acclimate to college life.

As an Akwe:kön resident advisor, Moreno helps plan community events and serves as a mentor for the house's 35 residents. Jemison, who nominated Moreno for the Udall award, says Moreno is a "self-made man in a lot of ways."

"When it comes to Cornell and an Ivy League institution, he's right up there with the best in the country. He takes a challenging course load. He keeps himself very active. He's willing to sacrifice his own time to mentor young people. Those are qualities you don't get with a lot of students," Jemison says.

As a student researcher, Moreno works alongside Gary Evans, the Elizabeth Lee Vincent Professor in the Departments of Design and Environmental Analysis and of Human Development, and Alexander Ophir, assistant professor of psychology in the College of Arts & Sciences.

Evans, whose research focuses on chronic poverty's effects on human development across the lifespan, says Moreno is "tenacious in solving problems."

For his success inside and outside the classroom, Moreno credits a strong student support system in the College of Human Ecology. As a senior, he intends to continue his lab research and volunteer work with the Onondaga Nation. "Service," he says, "is about helping the next person in line."

—Tyler Alicea '16, MPS '17

# A Helping Hand

Udall scholar focuses on service to his tribe



Moreno (center) and family members gather at the Udall Scholar award ceremony.



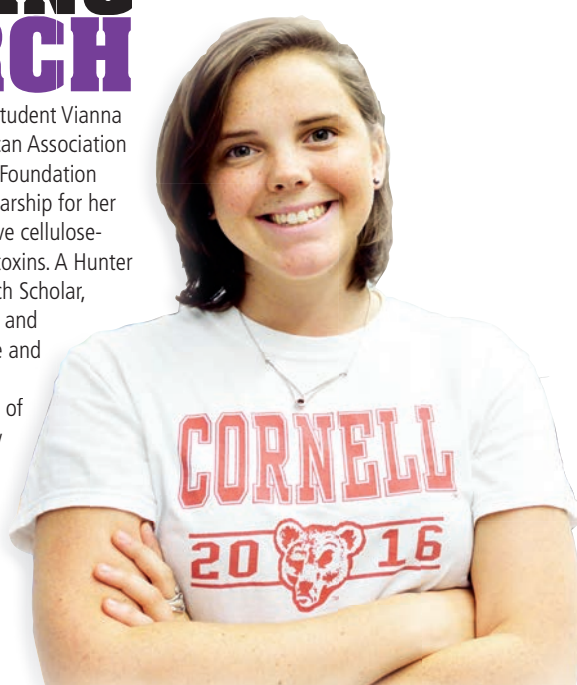
As a member of Global Medical Brigades, Marcos Moreno visited the village of Ekumfi Attakwa in Ghana to help deliver medical aid to the community.

# REWARDING RESEARCH



Fiber Science and Apparel Design (FSAD) student Vianna Chan '17, at left, earned the 2016 American Association of Textile Chemists and Colorists (AATCC) Foundation Nonwovens Institute Undergraduate Scholarship for her research on the development of inexpensive cellulose-based filters to eliminate a wide range of toxins. A Hunter R. Rawlings III Cornell Presidential Research Scholar, Chan has worked with Anil Netravali, Jean and Douglas McLean Professor in Fiber Science and Apparel Design on the topic. Last summer, Chan conducted research at the University of Luxembourg through a program funded by the National Science Foundation.

The AATCC also honored FSAD alumna Caroline Donelan '16 with fourth place in the 2016 Herman & Myrtle Goldstein Student Paper Competition. Donelan's work, performed with FSAD assistant professor Huiju Park, evaluated various cooling technologies for use in clothing.



## Examining EUROPE



Through a Cornell in Turin summer program offered by the Department of Policy Analysis and Management (PAM), students observed the implications of the United Kingdom's exit from the European Union and the continent's ongoing migrant crisis as they studied immigration issues and population dynamics in Italy. Students attended regular lectures during the three-week course, in addition to field trips to an organization focused on resettling refugees and other local agencies. PAM student Hailey Brace '19 said that meeting with immigrants and refugees through the class, *Population Controversies in Europe and the U.S.*, allowed her to consider the human side of immigration.



## Aging Experts

Corinna Loeckenhoff (below), associate professor of human development and associate professor of gerontology in medicine at Weill Cornell Medical College (WCMC), and Elaine Wethington, professor of human development and of sociology and professor of gerontology in geriatrics at WCMC, are two of 94 professionals named to the Gerontological Society of America, the largest organization of its kind seeking to understand aging in the United States. As fellows, Loeckenhoff and Wethington are being recognized for their "outstanding and continuing work in gerontology," specifically in the behavioral and social sciences.







## Greening Tokyo

Researchers from Cornell and the Tokyo government found that the city's cap-and-trade program successfully reduced greenhouse gases by more than 20 percent between 2010 and 2014, far exceeding its goal. Lead author Ying Hua (right), associate professor of design and environmental analysis, has worked extensively with Asian governments on sustainable building practices. Of Tokyo's success, Hua said: "The program's design and implementation reflects a clear approach to using environmental policies to increase market payoff, maximize flexibility in compliance, and boost the ability to implement new knowledge in buildings."

## HELPING NEPAL

Led by Cornell Institute for Public Affairs (CIPA) students and faculty members, the Cornell-Nepal Earthquake Recovery Partnership is drawing campus experts and volunteers to provide relief and infrastructure support to the nation's Phyukhri Ridge community following a devastating 2015 earthquake. Last April, the group hosted Nepali recovery specialists and Ambassador Arjun Kumar Karki to discuss long-term partnerships to assist with rebuilding homes, income generation, domestic water and sanitation, health and health facilities, and schools and education. Kathryn March, an anthropology professor and CIPA core faculty member, leads the efforts.



## Rapid Responders



The World Health Organization this spring called on Julia Finkelstein, assistant professor of epidemiology and nutrition, and Saurabh Mehta, associate professor of global health, epidemiology, and nutrition, to lead a team of international experts to examine the risk of transmitting Zika virus through breastfeeding. Their findings informed WHO emergency guidelines on feeding infants during a Zika outbreak. "We anticipate that people are going to start actively looking at Zika virus infection and breastfeeding transmission as better diagnostics become available and as knowledge about it increases around the world," said Mehta.

## EDUCATOR of the Year



*Healthcare Design* named Mardelle McCuskey Shepley, professor of design and environmental analysis, as their 2016 Educator of the Year. An architect whose research focuses on health care facility design, Shepley joined Cornell in 2014 from Texas A&M University and helped launch the Cornell Institute for Healthy Futures in 2015. Her studios have engaged students in real-world design interventions, such as a project to alleviate overcrowding in a Honduran infant hospital. She said teaching provides "an opportunity to influence future outcomes by helping provide information and ideas to students who can continue on with great work."





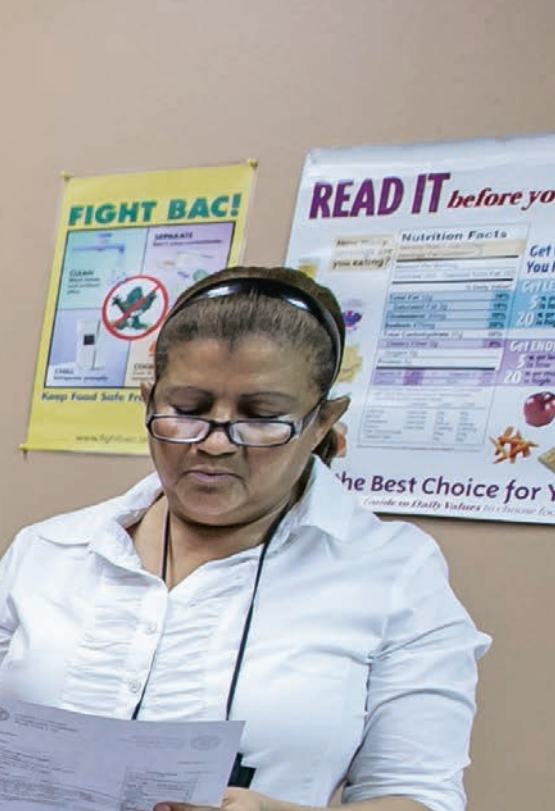
# Supporting NYC

Extension brings Human Ecology's land-grant mission to the boroughs

By Ted Boscia

Standing in a community room at New York City councilwoman Vanessa Gibson's office, Josefa Perez leads a group of low-income Bronx families through a free workshop on eating healthfully on a budget. As the lesson gets underway, latecomers drift in, some with children in tow, enjoying a little relief from the August heat.





Participants interpret nutrition labels at an Eating Smart Being Active workshop hosted in the Bronx; at left, educator Josefa Perez guides class volunteers as they cook a nutritious meal.



At a farmers' market outside Harlem Hospital, CUCE-NYC extension support specialist Yvonne Bravo shares easy recipes that use fresh produce.

**“We’re hoping to make it as simple as possible for parents to make healthy choices for their families. I work with many families that want to live better. Usually, they just need some help getting started.”**

Josefa Perez

Outside, in the heart of the Mount Eden neighborhood, the bounty of growing season is apparent: a cluster of bodegas offer stands stocked with fresh produce: strawberries, watermelon, cucumbers, radishes, papayas, swiss chard, and more. Cramped into the same block are Wendy’s, Popeye’s, Burger King, and more fast food joints, promising calorie-dense meals for little more than a subway fare.

A veteran community nutrition educator for Cornell University Cooperative Extension-New York City (CUCE-NYC), Perez empowers caregivers to make healthy and active lifestyles convenient, enjoyable, and affordable for their families. Teaching the Eating Smart Being Active (ESBA) curriculum, Perez fills that morning’s lesson

with pointers on interpreting product labels, measuring serving sizes, and stretching food dollars. She switches from English to Spanish and back, leading interactive lessons that involve participants in meal planning and preparation. Applying U.S. Department of Agriculture Dietary Guidelines and MyPlate principles, the eight-week course helps parents plan balanced menus that are low in saturated fats, sodium, and added sugars.

“We’re hoping to make it as simple as possible for parents to make healthy choices for their families,” Perez says. “I work with many families that want to live better. Usually, they just need some help getting started.”

After an hour of instruction and group activities, the class is getting hungry. It’s onto the main course. Two volunteers join Perez to prepare a healthy variation on fried rice, replacing white rice with more





nutritious brown rice. After washing their hands—food safety is another emphasis of each lesson—they chop celery, red pepper, and onions. The ingredients go into a skillet, and within minutes, the room fills with an enticing aroma. Lunch is served.

After handing out plates full of steaming rice, Bronx resident Amy Warren, 40, who discovered the class through Hunger Free NYC, reflects on the lesson: “This is something I could see myself making,” she says.

Since becoming involved in CUCE-NYC nutrition workshops in early 2016, Warren has seen a significant change in her health. She’s lost weight and gained energy, learning to pack her diet with fruits and vegetables. Her favorite strategy has been to replace sugar-sweetened beverages with water infused with fresh fruit. “Now that I’m eating better, I’m really not as hungry as I used to be,” she says. “It’s made a big difference.”

## Connecting campus and city

Warren is not alone.

In 2015, CUCE-NYC nutrition and health programs reached 42,000 residents in the Bronx, Brooklyn, Manhattan, Queens, and Staten Island. At community centers, schools, churches, family shelters, farmers’ markets, and neighborhood hubs, kids and caregivers learned easy ways to eat healthier and increase physical activity at workshops offered through the Expanded Food and

Nutrition Education Program (EFNEP) and Farmers’ Market Nutrition Education Program.

Though significant, nutrition education programs constitute just one piece of the CUCE-NYC mission. Other community outreach efforts focus on 4-H youth development, parenting, energy conservation, and science, technology, engineering, and mathematics (STEM) education, with many programs integrating more than one of these concepts. By bringing Human Ecology’s land-grant mission to the five boroughs, CUCE-NYC aims to help residents live better, especially those in resource-poor communities.

Its operating principle, says Jennifer Tiffany, executive director of CUCE-NYC and director of outreach and community engagement for the Bronfenbrenner Center for Translational Research (BCTR), is “to meet New Yorkers where they are, entering communities to share research and knowledge generated at Cornell with the most diverse and populous city in the United States.” Another priority, Tiffany says, is “to engage the interest of Cornell faculty and students in the insights, needs, and concerns of New York City residents.” This includes hosting interns, consulting with graduate students, collaborating with faculty researchers in a variety of fields as they navigate NYC communities, and serving as a major partner in the community engagement

component of Weill Cornell Medicine’s Clinical and Translational Sciences Center.

Cornell’s extension roots in New York City reach back to 1948. By now, CUCE-NYC workshops are as ubiquitous as the subway tracks winding underneath the city streets. As Cornell expands its footprint in NYC—the first classes at the Cornell Tech campus on Roosevelt Island commence in fall 2017—CUCE-NYC carries the cred of a native New Yorker.

“We are embedded in the fabric of the city,” says CUCE-NYC administrative manager Tatyana Fabrikant, who has worked for Cornell for 30 years. “It is an organic, systematic relationship. Along with new and existing Cornell units in the city, we are growing together with the entire New York City community.”

It’s a reciprocal approach that supports the College of Human Ecology and BCTR’s focus on translational research and community engagement. With its extensive reach into NYC neighborhoods, Tiffany says: “CUCE-NYC provides resources to thousands of adults and youth, and for many, the program is also a ladder to a better career or education. If you look across our programs, you will see a consistent emphasis on building the capacities of individuals, families, communities, agencies, and partnerships. This complements our focus on system-level, ecological change, whether the program focuses on nutrition and health,



CUCE-NYC extension director Jennifer Tiffany networks after speaking at a community-based participatory research symposium hosted by Hunter College.

**“CUCE-NYC provides resources to thousands of adults and youth, and for many, the program is also a ladder to a better career or education.”**

Jennifer Tiffany





**“Working in those labs tapped into my love for science, and I developed an interest in food systems and how food goes from farms to our dinner plates.”**

Teishawn Florestal-Kevelier

youth development, food systems, or STEM education.”

Frequently, nutrition educators like Perez started as CUCE-NYC program participants before becoming educators for their home communities, bringing the credibility of having grappled with the same challenges as the participants they teach. Similarly, CUCE-NYC’s unique 4-H youth development model involves kids through afterschool programs and nurtures mentors as they attend college and begin careers.

Extension’s ties to the five boroughs connect New York City to the Ithaca main campus some 225 miles away. Not only are CUCE-NYC programs in nutrition, parenting, and youth development based on the latest research from Cornell and other land-grant institutions, how those programs are delivered is also a topic for study. These links enable a continuous improvement process that bolsters the work of CUCE-NYC and extension networks around the state.

Take the nutrition and health programs, for example. In 2014, a group of Cornell researchers and extension staff published the results of a randomized control trial of parents enrolled in EFNEP through New York City schools and Head Start programs. Founded in 1969, EFNEP is a federal

program to provide low-income families with the knowledge to plan and cook nutritious meals; it undergirds many of the nutrition programs at CUCE-NYC and across the land-grant system. Led by Human Ecology’s Jamie Dollahite, Michelle Scott-Pierce, and William Trochim, CUCE-NYC’s Carol Parker, and USDA Food and Nutrition Service’s Erika Pijai, the experiment—one of the most rigorous ever conducted on EFNEP—found that participants showed significant progress on ten measures of healthful behaviors. Furthermore, they retained these improvements at least two months after the workshop series ended.

Dollahite, Parker, and colleagues are getting ready for another randomized control trial in New York City on the Healthy Children, Healthy Families curriculum developed by faculty and staff in Nutritional Sciences and Cooperative Extension. The workshops combine nutrition education and parenting education, and with the program fully established, it’s time to test whether it works.

“We’re really excited because the educators have been trained and are committed to delivering this program,” Parker says. “There is a recognition that nutrition behaviors are often not enough,

that effective parenting is part of the equation, and that home environments, school environments, and neighborhood environments all factor into children’s health.”

## Developing leaders

Growing up, Teishawn Florestal-Kevelier didn’t speak much English at home. Instead, his family spoke mostly in Spanish and French, with few opportunities for him to practice his English. After moving to France, Florestal-Kevelier returned to New York for 10th grade, when his English started to pose problems both socially and academically. That same year, he enrolled in 4-H through CUCE-NYC.

On his first visit to a Brooklyn afterschool program, he met “Miss Lucinda”—Lucinda Randolph-Benjamin, a Cornell extension associate who’s been working with NYC youth for nearly three decades. She gave Florestal-Kevelier a warm embrace and promptly put him to work. “That hug meant something special to me,” he says. “Miss Lucinda connected with me in ways that many other adults had not been able to.”

Florestal-Kevelier flourished in 4-H. A lifelong aviation buff, he immediately took to its emphasis on science, technology,





**“We have built an environment where youngsters have opportunities to do sound science, have fun doing it, and gain the skills to move on to do good things in society.”**

Philson Warner

engineering, and mathematics education. As a student at Manhattan’s Food and Finance High School, where Cornell serves as a partner, Florestal-Kevelier studied in the Hydroponics, Aquaculture, and Aquaponics Learning Labs directed by Philson Warner, longtime CUCE-NYC extension associate.

“Working in those labs tapped into my love for science, and I developed an interest in food systems and how food goes from farms to our dinner plates,” says Florestal-Kevelier, now a CUCE-NYC staff member working on youth development research as well as 4-H program delivery.

Warner, an agriculturalist, has operated his extension labs for more than 30 years, guiding some 6,500 students through the program and training more than 200 New York state teachers to lead hydroponics lessons in their classrooms. He’s on the forefront of the urban agriculture movement, developing technology that produces large quantities of tilapia, vegetables, and herbs for distribution to partners across the city.

Soon a rooftop greenhouse will be added to the operation, increasing its efficiency and scope. “We have built an environment where youngsters have opportunities to do sound science, have fun doing it, and gain the skills to move on to do good things in society,” says Warner, who was recently honored for

his work by Manhattan Borough President Gale Brewer at the city’s African-American Day celebration.

In the labs, Florestal-Kevelier saw a way to connect science and community service, another tenet of 4-H. He founded a 4-H community service club at school, where he spent his senior year using hydroponics to grow flowers for patients in Roosevelt Hospital. He and a classmate wrote a grant to the Toyota Foundation, which donated 500 tulip and crocus bulbs for the project.

Unlike people in many parts of the state, NYC youth often don’t join 4-H until middle school or high school. But through a unique structure built by Randolph-Benjamin, Program Leader for Family and Youth Development Jacqueline Davis-Manigault ’72, and others, many stay involved through high school and into their post-secondary education.

In the city’s 4-H Teen Leadership Program and 4-H Youth Leadership Academy, high-schoolers develop career and life skills, work on service learning projects with partner schools, churches, and agencies, and prepare for college. As students advance through 4-H, they put their leadership training to use with newcomers to the program. Last year, more than 4,500 youth took part in NYC 4-H programs.

“We are very intentional about working closely with schools and giving older teens a chance to give back as mentors,” says Randolph-Benjamin.

It’s hard to find a better example than Florestal-Kevelier. Since that first meeting with Randolph-Benjamin, he has risen through the leadership ranks, serving as a technician in the aquaponics lab, a 4-H youth development program associate, president of the NYC Collegiate 4-H Network, and youth trustee and vice chair of the New York State 4-H Foundation.

He worked extensively on an initiative to enroll more Latinos in 4-H and led several citizen science projects across the city. By presenting his work to a national audience at the 4-H Legacy Awards, he’s gained public speaking skills. Fulfilling one of his mother’s dreams, Florestal-Kevelier recently completed a bachelor’s degree with a dual major in aviation management and economics.

“I owe so much to New York City 4-H,” says Florestal-Kevelier. “It improved my career readiness, exposed me to community service, and opened so many doors for me. I can’t help but be an advocate for 4-H, and I plan to do everything I can to continue to strengthen the program.”

—Ted Boscia



**Each year, CUCE-NYC reaches thousands of New Yorkers across the five boroughs. But it's not alone. The college's teaching, research, and outreach mission extends throughout New York City in many ways. Here are a few other CHE programs and projects with ties to the Big Apple.**

## **Clinical and Translational Science Center**

Based at Weill Cornell Medicine (WCM), the CTSC brings together NYC medical institutions to accelerate the transfer of medical research from bench to bedside and into communities. It funds studies, partnerships, and trainings to meet its goal. Bill Trochim, professor of policy analysis and management, acts as director of evaluation for CTSC, overseeing methods for managing clinical trials and implementing new findings more efficiently. CUCE-NYC director Jennifer Tiffany co-directs CTSC's Community Engagement in Research Component, helping link city agencies, citizens, and nonprofits to Cornell's medical college for participation in clinical trials and health education work.

## **Urban Semester**

For more than 20 years, the college's Urban Semester program has allowed Cornell undergraduates to live, learn, and serve in New York City. Directed by anthropologist Sam Beck, senior lecturer in human development, the semester-long program engages students in low-income neighborhoods in Brooklyn and the Bronx, where they work with social justice organizations to address disparities in health, housing, and education. They also take classes on ethics, community health, and related topics, along with internships throughout the city, including at Weill Cornell.

## **Translational Research Institute on Pain in Later Life**

Funded by the National Institute on Aging, TRIPLL joins researchers at Human Ecology and the Bronfenbrenner Center for Translational Research with collaborators at Weill Cornell and at NYC-based health care facilities and agencies. Formed in 2009, the institute funds innovative

work to help older adults prevent and manage chronic pain, which affects 50 percent of older Americans. Its translational focus seeks to move evidence-based techniques for pain management directly into clinical programs, practices, and policies. Dozens of Human Ecology faculty and graduate students have worked on pilot studies and related projects through TRIPLL.

## **Sloan Health Care IT Trek**

For each of the past two years, the Sloan Program in Health Administration has offered a New York City-based course to allow students to understand how data and information technology are transforming health care. At this "boot camp," students gain insights from industry experts, develop case studies, and get an up-close look at harnessing the power of computing to improve the field. Arnaub Chatterjee, MHA/MPA '07, director of data science and insights for Merck, helped co-found the course, which also includes faculty experts from WCM.

## **WCM Neurological ICU Design**

Design and Environmental Analysis (DEA) students taught by professor Mardelle McCuskey Shepley and assistant professor Rana Zadeh received firsthand experience last year when they developed evidence-based design recommendations for a planned renovation of the neurological intensive care unit at NewYork Presbyterian Hospital. After extensive meetings with WCM faculty and a tour of the existing site, the class crafted a 180-page report outlining the benefits to patient care, family and visitor satisfaction, staff morale, and other bottom-line measures, along with detailed recommendations to revamp the space.

—Ted Boscia



Students in a Design and Environmental Analysis studio on health care facilities examine spatial needs as part of a project to offer evidence-based design recommendations for the neurological intensive care unit at NewYork Presbyterian Hospital.





“I hope to give our students the opportunity to think differently about the future of the apparel supply chain.”

Denise Green

# GREENING BIG RED

Sustainability movement takes root at CHE

By Sherrie Negrea





Green ambassador James Jones-Rounds, lab manager in Human Development, routinely rides his bike to work as part of his commitment to sustainability.



Green ambassador Karen Steffy, graduate field assistant in Fiber Science and Apparel Design, leads a student volunteer on the "smoothie bike," which uses pedal power to run a blender, at an event to kick off the 2015 Energy Smackdown.

**E**very weekday, James Jones-Rounds loads his bike onto the front of a TCAT bus in downtown Ithaca and rides up the hill to the College of Human Ecology, where he works as a manager for a neuroscience lab. In his spare time, he volunteers as a master composter and a member of a housing cooperative in a Fall Creek pocket neighborhood.

When he began supervising a lab at the college five years ago, Jones-Rounds felt his personal commitment to the environment did not always align with the practices in his workplace. But that changed in 2014, when the college launched a program to conserve energy and promote a culture of sustainability in its offices, labs, and classrooms. Jones-Rounds became a Green Ambassador, a team leader who helps organize the grassroots campaign to make the college a more environmentally-friendly place.

"Just the feeling of being involved makes it easier to sleep at night," says Jones-Rounds. "Not that environmental issues keep me up every night, but I do feel concerned about the state of the world, so knowing that I get to help make my workplace a better steward of the environment gives me a lot of satisfaction."

Because of the efforts of Jones-Rounds and 47 other Green Ambassadors, the college's program has become the most successful sustainability effort within any school or unit at Cornell, based on the amount of electricity it has helped conserve and the number of activities

it has sponsored. Only two other schools on campus so far have launched comprehensive sustainability programs—the College of Engineering and the College of Veterinary Medicine.

"The College of Human Ecology has been the most engaged in this comprehensive program," says Erin Moore, who was Cornell's sustainability engagement manager until this past July. "I think it has to do with the learning outcomes and the type of work that comes out of Human Ecology. The college has always incorporated sustainability into its operations, its culture, and its academics, so it was very natural for Human Ecology to be in a program like this, take the lead, and run with it."

One of the key measurable outcomes in the university's sustainability program is reducing electricity usage in an annual competition called the Energy Smackdown. Last year, the college saved 178,000 kilowatt hours of electricity during November and December, which exceeded the reduction of the previous year by nearly 54,000 kilowatt hours. Those savings allowed the college to lower its electricity budget by 32 percent, or \$158,000, says Kristine Mahoney, the college's director of facilities and operations.

As LEED (Leadership in Energy and Environmental Design) Platinum and Gold structures, Human Ecology's two main academic structures already maximize energy conservation. Adding to this are dozens of behavioral changes by faculty, students, and staff to reduce their energy consumption.

"I try to live in an environmentally conscious way in my daily life, whether it's inside the college or not," says Denise Green '07, assistant professor of fiber science and apparel design. "I turn the lights off when I'm not in my office or when I'm not at home. I do my part to not visibly make a mark on the landscape."

The college's sustainability program is part of Cornell's Think Big, Live Green initiative, which was created in 2013 to enlist support for the university's pledge to achieve carbon neutrality by 2035. To date, Cornell has achieved a 30 percent reduction in carbon emissions from its baseline level in 2008, Moore says.

To help the college shrink its carbon footprint, Green Ambassadors have encouraged faculty and staff to make their offices and labs more sustainable by following a checklist of changes. Even the smallest gesture, such as bringing a plant to work to filter and refresh the air, is rewarded with points toward green certification.

"It's the whole idea that fresh air can have a positive impact on your work ethic," says Samantha Kirsch '18, a fiber science and apparel major who helped certify offices in the college.

Over the past two years, the Green Ambassadors have certified 21 green offices and five green labs, more than any other college or division on campus, Mahoney says. While faculty and staff have been evaluated on their offices and labs, students will be assessed through a smartphone app. Developed by a team of CHE graduate





Doctoral students Kristen Aldred Cheek (left) and Casey Franklin demonstrate their Humble Bee app, which rewards students for sustainable behaviors.

students, the app is designed to engage students and motivate them to change their behavior.

Casey Franklin, a PhD student in human behavior and design, said the tool was targeted at students, who have been harder to reach through posters and email campaigns. “The problem hasn’t been engaging staff—it’s been engaging students,” says Franklin. “How do we reach a new generation that would rather play Pokémon Go than look at our sustainability website?”

To use the app, called Humble Bee, students inside a building at the college will be able to record their actions, whether it’s taking the stairs instead of the elevator, eating vegan food at Martha’s Café, or composting their leftovers after lunch. Upon reaching a set number of points, they level up and earn a reward, such as a free lunch or coffee.

This fall, Franklin will test a prototype of Humble Bee to determine if the features work. By next spring, she hopes to introduce the app to all students enrolled in the college. “My ultimate goal is to enable as many people to act sustainably as possible,” says Franklin.

For faculty, a key focus is incorporating research that promotes environmental conservation. Green, for example, planted a natural dye garden in the courtyard behind the Human Ecology Building, which at the height of summer featured 13-foot-high Hopi dye sunflowers, Japanese indigo, purple basil, and marigolds. To raise money for the garden, Green launched a crowd-funding campaign that generated more than \$10,000, primarily from alumni.

While only a fraction of commercially produced textiles uses natural dyes, Green says she wants to teach her students that there are alternatives to synthetics. “We’ve

been destroying the environment pretty successfully for a long time, at least since the industrial revolution,” she says. “I hope to give our students the opportunity to think differently about the future of the apparel supply chain.”

Another faculty member who is focused on making the textile industry more sustainable is Tasha Lewis, PhD ’09, assistant professor of fiber science and apparel design. Lewis and collaborator Anil Netravali, the Jean & Douglas McLean Professor in Fiber Science and Apparel Design, have been developing a “fiberizer” to convert discarded fabrics into other products, including pillow stuffing, wall panels, or placemats.

An estimated 85 percent of textile waste—amounting to 12 million tons—now ends up in landfills in the United States each year. “If you think about fashion, we are consuming at a faster rate than in the





past, and we tend to throw away more than we donate,” says Lewis. “That’s just not sustainable at the current rate.”

Funded by a \$150,000 innovation grant from The Walmart Foundation, Lewis and Netravali are now creating an improved fiberizer that could be used by small manufacturers to convert excess fabric into new products. Lewis plans to challenge students to devise end-uses for the fiberized fabric. “We want students to make real products out of the material,” she says.

Last spring, a group of students, faculty, staff, and community residents addressed the problem of textile waste with another solution—“upcycling” discarded fabric and other materials into new clothing and jewelry. The recycled products, including a dress made from newspaper and necklaces created from ties, were displayed in the college’s first-ever Sustainability and Clothing exhibit held in the Jill Stuart Gallery in the Human Ecology Building.

“It was interesting to see how different people interpreted sustainability and clothing,” says Karen Steffy, an administrative assistant in the Department of Fiber Science and Apparel Design, who organized the exhibit. Steffy, (shown at right), an active Green Ambassador, received an award in June for her commitment to the college’s sustainability program, a recognition given in honor of Angie Stedwell, a staff member in the college who

was killed in a bus accident in 2015.

Also on the menu for Green Ambassadors: sustainable dining. Last December, nine staff members competed in the first CHEFS (College of Human Ecology Food Sustainers) Cook-off, a contest in which dishes were evaluated for taste, conservation, and use of locally sourced products. Since the event was held in December, bonus points were given to dishes that incorporated squash, pumpkin, potatoes, or apples.

“I think it made people stop and think about what they eat and how it impacts the environment,” says Steffy, who served her bacon-wrapped squash bites for the judges.

Last summer, another sustainable food initiative was launched when two Ithaca-area farms designated the college as a pick-up location for their community-supported agriculture (CSA) program. Beginning in June, 20 families collected a weekly share of local produce delivered to the college.

After two successful years of grassroots sustainability initiatives, the Green Ambassadors are planning themes for the current academic year, from Green



Your Office/Lab/Home Campaign to Winter Blues & Greens, which will feature a cooking competition using produce from CSA shares. The volunteers remain focused on increasing the number of certified green offices and labs and creating new strategies to improve the college’s sustainability efforts.

To help increase participation in the program, the college also plans to continue awarding \$1,000 grants for student research on evidence-based behavior intervention projects aimed at motivating sustainable actions within the college community.

“What we’re trying to do now is figure out how to engage more people and get them excited to participate,” says Jones-Rounds. “We’ve done a lot of the easier, low-hanging fruit type of engagement, and now we’re trying to go to that next level, where we get more active participation on a weekly basis from everyone else.”

—Sherrie Negrea is a freelance writer.



Suyash Bhogawar, neuroinformatics programmer with the Cornell MRI Facility, prepares a dish for the College of Human Ecology Food Sustainers Cookoff; at right, handmade items from the college’s inaugural Sustainability and Clothing exhibit.



# Permanent. Impression

By H. Roger Segelken



## Kay Obendorf's 50-year career as a mentor, scientist, and administrator transformed Human Ecology

*"The day that changed my life forever was July 13, 2001," says S. Kay Obendorf, MS '74, PhD '76.*

That's when the college closed Martha Van Rensselaer Hall North, following an engineering inspection that revealed long-hidden structural deficiencies and prompted the immediate evacuation of several departments. In a matter of days, more than 150 faculty members, staff, and students packed up their labs, studios, and offices, reassigned to temporary locations across the college. Thousands of pieces of equipment, including radio and television production facilities, had to leave.

Obendorf, who was the associate dean for research, led the college through the calamity with aplomb, ensuring that studies continued uninterrupted and the academic term went on without a hitch. "No one missed a beat," Obendorf marvels. "Students, staff, professors—everyone worked together to make it a seamless operation."

Paul Streeter, director of finance and administrative operations for the college at the time, remembers how Obendorf advocated for faculty and students, saying, "Kay's tremendous ability to quickly assess the situation, determine a path of reasonableness and fairness, and make decisions was critical. The privilege of working with Kay through the challenges was a highlight of my career."

When the college was forced to close and later demolish MVR North, Obendorf not only helped weather the crisis, she saw opportunity in the displacement. As with so much of her work at Cornell, the groundbreaking fiber scientist-teacher-administrator—who retired in July after 50 years at Human Ecology—had a bigger vision in mind.

### Basic science for complex systems

It's late summer 2016 and Obendorf is adjusting to her newest role: professor emerita of fiber science and apparel design. Sitting in her office in the Human Ecology Building she helped create, Obendorf turns to take in the treetop view and reflect on her five decades at Cornell.

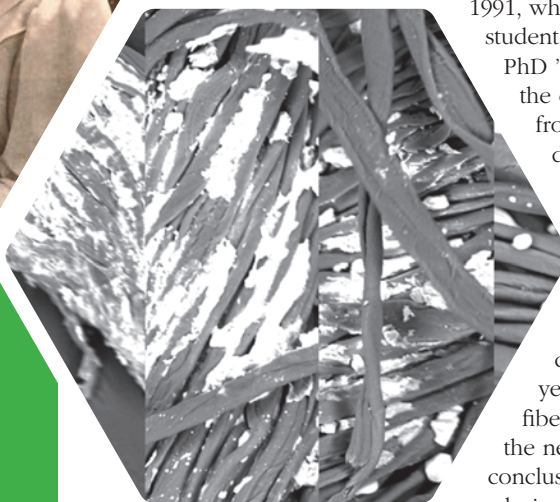
"I came to the College of Home Economics Department of Textiles and Clothing as a 20-something assistant professor in September 1966, just as the Blackwell Report was about to be released," she begins.

As the document's transformative recommendations took effect—including the name change to College of Human Ecology in 1969—Obendorf helped implement ideas for the reorganization of the college and its curriculum.

"The Blackwell Report gave us a roadmap for where the college needed to go: building strong academic departments, fostering translational research, and integrating the natural, social, and biological sciences in our programs," says Obendorf. "If you look at the college mission today, so much goes back to that period of change."

For Obendorf, joining Cornell was a matter of right place and near-perfect timing—save for a few early obstacles for an aspiring fiber scientist without the requisite scholarly credentials. Obendorf's resume—a bachelor's degree in clothing and textiles from Kansas State and a master's in textiles from the University of Illinois—didn't quite meet the expectations for PhD-level research. She'd never get tenure, Obendorf realized, unless she committed herself to more education.





## Getting your whitest whites

People with real or imagined chemical sensitivities are attracted to so-called fragrance-free laundry products. That label doesn't always mean "chemical free" or "natural," says Obendorf.

"Many products that are fragrance free also contain compounds to cover the inherent odors of the compounds that clean your garments," Obendorf states. "It's a total formulation; when the product is called 'fragrance free,' they are not going to have the aroma chemicals you can detect, but they formulate the product to have no odor."

The "natural way" to launder, Obendorf says, has been known for millennia: "Use water, heat, and mechanical action. So you're putting in energy; water is a very good surfactant, particularly if it's hot water, and lots of your soil is removed by mechanical action."

"But your clothes over time will grow dingy and yellow," Obendorf continues. "There's where consumer products with surfactants are needed. I personally want surfactants, builders, and enzymes in my laundry product. I'm not so much into the fragrances and those kinds of things. And I'm a hot water person to deal with microbes. You can cross-contaminate your textiles in the laundry, so I'm into anti-microbial—and one of the best is chlorine bleach. The appearance of textiles will degrade over time if you don't use some type of chemical energy."

—H. Roger Segelken

"At that time there was no PhD program in textiles anywhere in the United States that would accept women," she says, "and industry would not hire the physically handicapped." (After losing a limb to osteosarcoma at age 19, Obendorf received an artificial leg.) "So I became a graduate student at Cornell in physical chemistry in 1973 and worked on my PhD, getting it in 1976. I did a post-doc in biochemistry at Cornell, then came back to the college as an associate professor in the department of Design and Environmental Analysis in 1978."

With her white-coat background, Obendorf stood out as one of the first to apply chemistry methods to improve laundering, protective clothing, and textile performance. Still publishing today—a recent paper explores self-decontaminating materials based upon use of metal organic frameworks and polyoxametalate technology—Obendorf explains her focus as "trying to understand the basic science in complex systems." She adds: "One of the most complex physical chemistry systems is laundry, believe it or not."

The fabric-care industry appreciated that, and so did the news media. "Mystery of Laundry Stains Solved," The New York Times trumpeted in 1991, when Obendorf and graduate student Eun Kyung Choe Park,

PhD '91, became the first to explain the chemical changes in oily stains from skin—how, in a matter of days, as dirty shirts languish in the laundry basket, ring-around-the-collar becomes more permanent than durable press.

"Aging oils become oxidized, which changes them chemically from colorless to yellow, and that affects cellulose fibers in fabrics," Obendorf told the news reporters. Her pessimistic conclusion was based on radiotracer analysis, thin-layer chromatography,

infrared spectrometry, and neutron-activation analysis—a series of tests far more sophisticated than those scripted into TV commercials for laundry products, the Times opined. But the advice was simple: Get that shirt into the washer without delay.

As Obendorf broke new ground, some of the biggest companies—Procter & Gamble, Union Carbide, Clorox—funded her fabric-care research. Federal agencies, including the U.S. Department of Agriculture and the U.S. Department of Commerce, supported work on protective clothing. Farmworkers, soldiers, and first responders gained from her research, particularly her findings on self-detoxifying fabrics. Frequent collaborator Ronald Koniz, PhD '80, vice president for business development at Globe Composite Solutions, argues that her work combining reactive chemistry with fiber-based substrates "truly will make the world a safer place for people who have to wear and operate in these uniforms to protect us."

News media antennae also went up when the Obendorf lab released a chilling photomicrograph in 2001. The image showed *Aspergillus* spores hitchhiking on fibers of ordinary cotton garments.

The common, airborne fungus is a harmless, everyday presence for the majority of healthy people, including hospital patients—except for those with damaged or impaired immune systems. "Sitting on a patient's bed or pulling up a chair can create turbulence around the fabric, releasing potentially deadly spores," Obendorf cautioned at the time, noting that few bone marrow units in American hospitals restrict visitors or monitor their clothing.

It's just another example of Obendorf's dedication "to integrate basic science and technology of polymers and fibers to support innovations that make life better," as a program for her retirement symposium, held in September, touted. And just as her research proved transformative, a similar spirit infused her work as an administrator and mentor.

### *At the September symposium, speaker after speaker asked, “What would Kay do?”*

The question evoked Obendorf's role as a formal and informal adviser to scores of undergraduate and graduate students, fellow faculty members, alumni, industry partners, and college and university leaders. Over the years, speakers agreed, it also became shorthand for the college's integration of the natural sciences, social sciences, and design fields as its mission evolved from its founding focus on home economics.

As a department chair (1985-95), associate dean for research (1997-2006), and senior associate dean (2007-15), Obendorf championed a multidisciplinary approach to research and academics—one that was “far ahead of its time,” according to Alan Mathios, the Rebecca Q. and James C. Morgan Dean. He noted how Obendorf and former associate dean Carole Bisogni '70, MS '72, PhD '76, oversaw the creation of the widely influential Human Biology, Health and Society (HBHS) major in 1998. “As usual, Kay innovates and the rest of the world catches up to her vision,” says Mathios.

Obendorf, who also helped institute Cornell's Biology and Society major, describes her thinking in scientific terms, albeit from a different field. She believes undergraduates do best when offered a “varied menu of courses” that provides a “well-balanced academic diet” in the life sciences, policy and social sciences, and design—no matter their major. “Everything we do as a college is about humans, and ecology is how we do it,” says Obendorf. “Students are eager to understand how all of these disciplines relate.”

To long-time colleague Ann Lemley, MS '70, PhD '71, Obendorf catalyzed changes that steered Human Ecology into the modern era while prioritizing teaching, research, and outreach in equal measure. “She helped build a new department [Textiles and Apparel, now Fiber Science and Apparel Design] that contributed significantly to the transformed college,” Lemley says. “Kay had the vision for a department with depth in both textile/fiber science and in apparel design, and she supported hiring faculty with an understanding of the importance of integrating across science, technology, and design.”

Perhaps nothing embodies this vision better than the Human Ecology Building—Obendorf's “*pièce de résistance*,” according to former Human Ecology dean Francille Firebaugh, PhD '62. Long before the wrecking ball demolished MVR North, Obendorf was leading plans for its replacement, as well as additions and renovations to the original Martha Van Rensselaer Hall. Much like her approach to an integrated curriculum, Obendorf's blueprint was for a building that would unite the college's teaching and research under one roof.

“Your four-year plan contributed significantly to my success both at Cornell and for all the years that followed. Thank you for your support, encouragement, and dedication.”

—Amanda Teitler '02,  
a student advisee of  
Kay Obendorf



Opened in 2011, the 89,000-square-foot LEED (Leadership in Energy and Environmental Design) Platinum structure features laboratories for research in neuroscience, ergonomics, nutrition, and fiber science; studios for drawing, design, and fabrication; cutting-edge classrooms; and gallery spaces. “The building fulfills a dream of integration across the college's departments,” Obendorf said at its ribbon cutting.



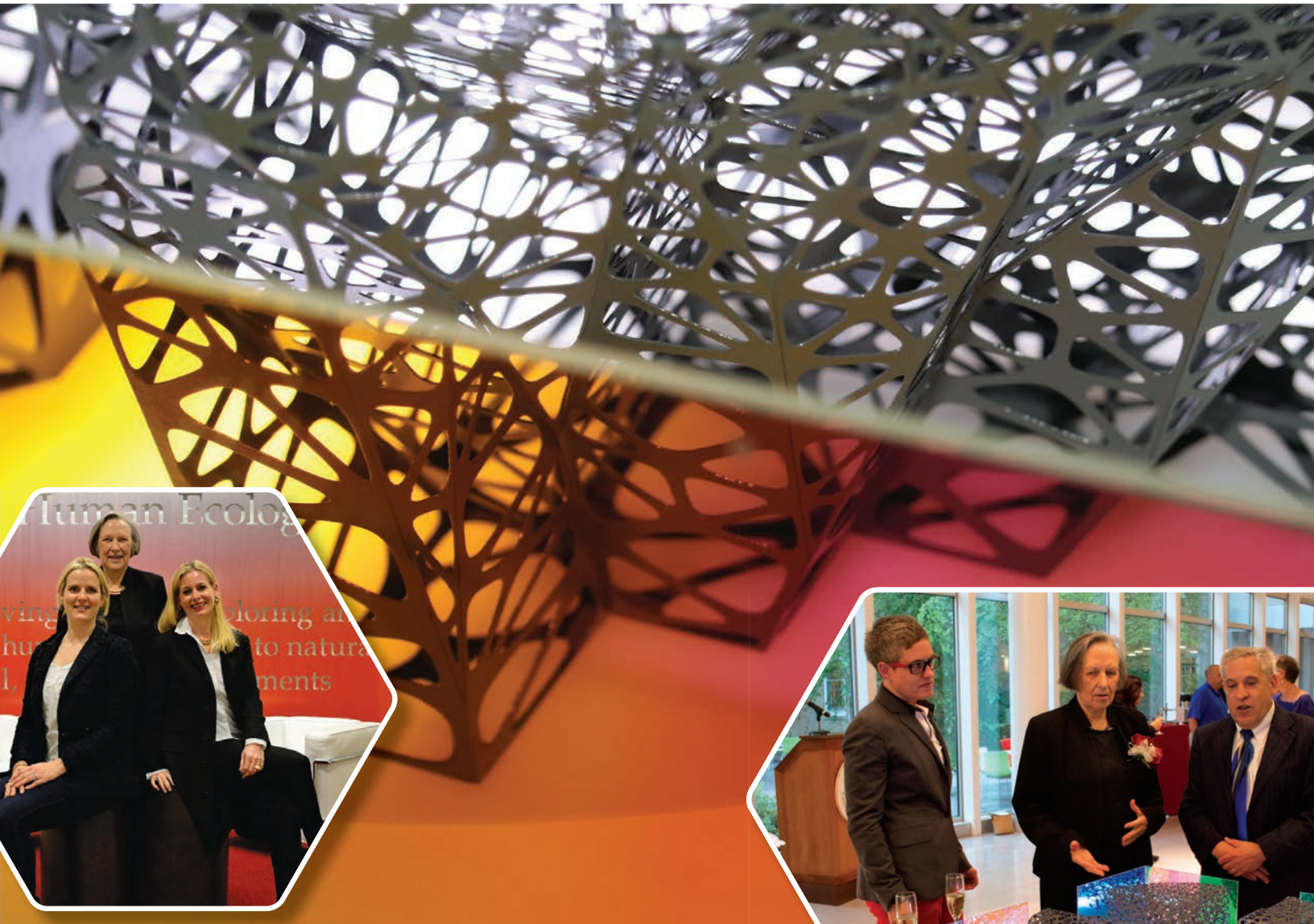
Firebaugh remembers when Obendorf was offered the associate dean position to advance college facilities and research. “She accepted,” says Firebaugh, “but she determinedly and successfully continued her research. The college was incredibly fortunate to have Kay's clear thinking, ability to set priorities, unfailing attention to detail, and energy and commitment to high standards in all that she did.”

Pondering her retirement, Obendorf made it clear that self-congratulatory speeches were nowhere in her plans. Rather, she was looking forward to next-generation applications of her fiber chemistry research and moving ahead with integrating the college's teaching, research, and outreach. “I'm more interested in the future than reliving the past, to look at how we can take some of these concepts and move ahead with our science, our academic training, and our contributions to society.”

Fair enough, but Firebaugh was pleased to offer a final word on the college's trajectory under Obendorf: “Because of Kay, the college is a better place for students, faculty, and staff to learn, exchange ideas, conduct research, and exhibit their projects; for professors to teach, lead research with undergraduate and graduate students, and be engaged with communities; and for faculty, staff, and students to do their best possible work.”

—H. Roger Segelken is a freelance writer. This story includes additional reporting by Olivia M. Hall, PhD '12.





## Honoring a legacy

As a mentor, Kay Obendorf had an outsize influence on Fiber Science and Apparel Design graduates Lindsey Boyd '98 and Gwen Whiting '98. When the classmates decided to leave their fashion careers to launch The Laundress, an eco-friendly detergent, fabric care, and home cleaning product business, Obendorf advised them.

To honor Obendorf's guidance, Boyd and Whiting endowed The Laundress and Kay Obendorf Fund for Inspiring Innovation, which will support an annual lecture to motivate students and advance the fashion and textile industry through entrepreneurship. At Obendorf's retirement symposium, Whiting recalled how she and Boyd, fashion design and management majors, received a crash course in textile science from Obendorf during a midsummer visit to campus. "She never once told us what to do, but she taught, educated, and led us to the answers," says Whiting. "It was the work of a true educator."

A second gift announced that day commemorates

Obendorf's integrating vision. Jenny Sabin, the Arthur L. and Isabel B. Wiesenberger Assistant Professor in the College of Architecture, Art and Planning, unveiled a quarter-scale model of "PolyForm," an art installation Sabin is developing in close consultation with Obendorf. The final piece, expected to be installed in spring 2017 near Martha Van Rensselaer Hall, will incorporate laser-cut steel membranes surrounded by clear walls coated with a film that changes color based on the viewer's orientation. The college will seek donor support for the sculpture.

"The project that evolved is a celebration of the integration of the college's mission and what Kay has forged," Sabin explains. "It's engaging emerging technologies, the future and the past, and pushing the boundaries of what's possible in design across disciplines, including computational design, digital fabrication, and adaptive materials."

—*Olivia M. Hall, PhD '12*

Gwen Whiting and Lindsey Boyd return to campus to honor Obendorf (left); Jenny Sabin, Obendorf, and Dean Mathios (above) examine a scale model of "PolyForm" at Obendorf's retirement celebration.



## Restock your reading list with new books by Human Ecology alumni and faculty and elevate your game in school, business, sports, and life.

### Public Anthropology in a Borderless World

Sam Beck, co-editor  
(*Bergbahn*)

How public engagement is transforming anthropology, co-edited by the director of the college's New York City Urban Semester Program dedicated to scholarship and service.

### Soda Politics: Taking on Big Soda (and Winning)

Marion Nestle  
(*Oxford University Press*)

Nestle, a visiting professor in nutritional sciences, battles the soda industry—and brings home the 2016 James Beard Award for Writing & Literature.

### Emotion, Aging, and Health

Anthony Ong and Corinna Loeckenhoff, editors  
(*American Psychological Association*)

Reporting from the Fourth Biennial Urie Bronfenbrenner Conference, human development professors Ong and Loeckenhoff gather expert insights on the relationship between aging and emotion.

### Here Comes the Sun

Nicole Dennis-Benn '03  
(*Liveright*)

A group of Jamaican women fight the arrival of a hotel that threatens to destroy their community in Dennis-Benn's debut novel.

### Feed Your Vegetarian Teen: A Practical Guide to Serving Easy Meals the Whole Family Will Enjoy

Donna P. Feldman, MS '78  
(*CreateSpace*)

The keys to a healthy, plant-based diet, with tasty family meals for vegetarians and non-vegetarians.

### Ergonomic Workplace Design for Health, Wellness, and Productivity

Alan Hedge, editor  
(*CRC Press*)

The director of Cornell's Human Factors and Ergonomics Laboratory shows ways to design healthy, sustainable workplaces in a wide variety of settings.

### Re-Designing Youth Sport: Change the Game

Lou Bergholz '94, co-author  
(*Routledge*)

Using Sport System Re-Design (SSrD), Bergholz shakes up the way coaches think about achieving success on and off the field.

### Spartan Fit! 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit.

Joe De Sena '90, co-author  
(*Houghton Mifflin Harcourt*)

29 Spartan signature meals, 12 Spartan Elite training modes, and 11 Hero workouts to change your life.





### **A Framework for Assessing Effects of the Food System**

Malden Nesheim, co-editor  
(*National Academies Press*)

Nesheim, a nutritional sciences emeritus professor, offers a systemic approach to improving 21st century nutrition and thinking about its social, economic, ecological, and evolutionary factors.

### **Winning Tennis Nutrition**

Grace Lee '87

(*iUniverse*)

Nutritional tips for tennis players, coaches, parents, and fans to supercharge their game.

### **Italian Diabetes Cookbook: Delicious and Healthful Dishes from Venice to Sicily and Beyond**

Amy Riolo '95

(*American Diabetes Association*)

150 easy, robust, diabetes-friendly dishes for the whole family, inspired by Riolo's first visit to her ancestral hometown.

### **Becoming Who I Am: Young Men on Being Gay**

Ritch Savin-Williams

(*Harvard University Press*)

Through interviews with teenagers and young men, Savin-Williams, a human development professor, tells the coming-out stories of a new generation of proud, thriving gay men.

### **Unconventional Leadership: What Henry Ford and Detroit Taught Me about Reinvention and Diversity**

Nancy Schlichting, Sloan '79

(*Routledge*)

The CEO of Henry Ford Health System outlines the philosophy behind her successes: focusing on people, creating a culture of innovation, and embracing diversity.

### **What Universities Can Be: A New Model for Preparing Students for Active Concerned Citizenship and Ethical Leadership**

Robert J. Sternberg

(*Cornell University Press*)

Using Sternberg's ACCEL program, universities can educate today's students to become tomorrow's ethical and responsible leaders.





# Lights, Camera, COOK!

Kit Sigety pioneered food television



## **Kit Sigety '44 was one of America's first television cooking show hosts.**

First appearing in 1951 as Sally Smart on WOR-TV's "Sally Smart's Kitchen" in New York City, she went on the air live, five days a week, doing all the commercials herself. She then joined NBC's "Home" show, serving as the show's food editor and appearing as Kit Kinne, "TV's number one food authority." From 1953-56, she offered tips and demonstrations, hosting episodes with guests such as James Beard, Charles Laughton, and Gertrude Lawrence.

By speaking to the camera as if it were a person, and by imagining herself in the homes of her audience, Sigety drew the devotion of viewers with her friendly demeanor and poise as she pioneered the art of cooking on live TV. Those experiences led to the creation, with her husband, Charles Sigety, of Video Vittles, a company that specialized in preparing camera-ready food for television shows and commercials.

Kit Sigety recently shared stories, memories, and wisdom from the first decade of food TV.

Q

and

A

**Q:** *What brought you to Cornell?*

**A:** I wanted to go to Cornell from the time I was a little girl. My siblings and I used to spend all our summers in Ovid, N.Y., with my grandmother, who loved Cornell. My sisters Cornelia '40, Julie '42, Mary '47, and I all graduated from Cornell.

**Q:** *What were your experiences like on campus?*

**A:** I was a Tri-Delta, but I was not a very dedicated sorority girl since I was involved in a number of other activities. I was president of the freshman class, president of the women's self-government [organization],

and president of Risley Hall.

I majored in institutional management, which I loved since it involved cooking. I knew how to cook when I went to Cornell—my grandmother and my mother had taught me. I also learned a number of other things about the hospitality and food service businesses. At the same time, I became comfortable in public speaking due to my involvement in campus politics. Obviously, this would come in handy later.

**Q:** *How did you make the transition from Cornell to television?*

**A:** I took a roundabout route. During World War II, I volunteered for the Red



Cross and was sent to the European theater. I was stationed in Italy and worked in a Red Cross recreation program with the GIs. As part of my time in Italy, I did some broadcasting and emcee work.

I came back to the States in 1946 after the war and moved to New York City with my sister Julie. In 1947 I met my husband, Charlie, who was in Yale Law School at the time. After we were married, we moved to New Haven.

I definitely wanted to work, but I didn't want to do an ordinary job. So I sold corsets and girdles door-to-door. I knew what my customers wanted and my confidence from Cornell and the Red Cross made me a successful saleswoman. I was told if I sold 100 girdles, the company would make me district sales manager in New Haven. So I did. After becoming the district manager, I recruited Yale Law student wives to sell corsets for me. We had a whole group going! It was great fun and taught me good salesmanship.

**Q: How did you get the TV job as Sally Smart?**

**A:** After graduating from law school, Charlie and I moved to New York City, and I needed a job. I found a listing for an assistant on a television food show. When I went for the interview, it turned out to be the job of Sally Smart on WOR-TV, not just the assistant's position.

I guess I was the type of woman they were looking for. I certainly wasn't shy about wanting to work and possibly working in front of the camera. The audition was a food demonstration. I'd never done one before. The producers said, "That's all right. Just take this book on food demonstration techniques, and read it. Come back on Monday. You're going to do a half-hour live show." And that's just what I did.

I had to plan all of the meals I was going to cook on the show. I would study cookbooks like crazy and pick out things I thought could fit. My goal was to help women—like the ones I had met selling girdles—cook something different or faster or better. I just wanted help make their lives a bit easier.

It was really a one-woman production. I did have an off-camera assistant who would hand me things. Everything was measured before we started, but we cooked live. I still would need to cook most recipes in advance so that I would have a finished product to show the audience. It was all done live—no retakes, no do-overs.

**Q: How did you host a show and cook at the same time?**

**A:** My mother had never seen any

television, but when I told her what I was going to be doing she wrote me a letter and said, "You know, Kit, if I was going to have to do a television show, I would just talk to the camera exactly how you would talk to a single person instead of an audience. Pretend that you're in that person's home."

**Q: Did you ever get nervous?**

**A:** I don't think so. It really wasn't too hard for me and came very naturally. I never really thought much about how many people were watching. As a matter of fact, I was always amazed when anybody said they would like my autograph.

My husband and I decided to start a family and I didn't want my work to stop me. In fact, I did a television show the day Birge [the oldest of her five children] was born. It's hard to believe, but I went right from the studio to the hospital to have my first baby.

I was doing a Dole pineapple commercial that day and Dole had brought salesmen from all over the country to meet me. I realized as I was going into this meeting that I was never going to be able to sit

through it since I was in labor. So I said to the Dole people, "I'm sorry, I've made another appointment previously," and that was all the time I could give them. I went right off to the hospital and Birge was born that night.

**Q: What's your favorite story about cooking on TV?**

**A:** I was asked to do a commercial for Wesson cooking oil. I put the oil in a Pyrex saucepan, so the viewers could see through the pot. I put the popcorn in and let it pop. While it was cooking and the corn was popping, the pan started to disintegrate. So with the camera rolling on live television the pot disintegrated and I was left holding only the handle! I went straight into a filmed Wesson commercial so they could clean it all up.

**Q: Do you still enjoy cooking?**

**A:** Oh, I love it. I'm a great believer that you can open your refrigerator, see what you have in it, and then create something. I hardly use a recipe anymore.

— Kate Klein



Sigety starred in NBC's "Home" in the 1950s (above) and at the Cornell Entrepreneur Network's September 2016 "Business of Food Media" event in New York City.



# Starting Line

Divya Gugnani launches Wander Beauty, her fourth new business

## Divya Gugnani '98 just can't stop

**founding companies.** She is currently on her fourth venture, Wander Beauty, which followed intense negotiations—with her husband.

"When I had just delivered my daughter and was itching to start another business, my husband said, 'Please, not another company!'" recounts the self-proclaimed startup junkie, who grew up on Long Island. "I told him, 'Just one more, one more!'"

Gugnani and her co-founder, supermodel Lindsay Ellingson, conceived Wander Beauty to offer fuss-free makeup essentials made from "globally inspired" ingredients that work equally well for models on the go and multitasking working moms of two young children, such as Gugnani herself. Since its launch in April 2015, the company has grown quickly, selling its products across the United States and in Europe and Asia.

What keeps Gugnani thirsting for more is not just the thrill of success. "What I love about being an entrepreneur is the constant mission to create," she explains. "I love experimenting and taking risks."

At Cornell, Gugnani's explorations took her well outside her Policy Analysis and Management major into a School of Hotel Administration cooking class as she followed an early passion for food. "That was a defining experience for me," she says, one that motivated her to attend the French Culinary Institute and apprentice with chefs on nights and weekends while working full-time at investment bank Goldman Sachs.

Gugnani, who also worked in private equity and venture capital and earned an MBA from Harvard, melded her love of business and food in her first enterprise, Behind the Burner. "I never had more fun in my life," she says about producing video and TV content with tips and techniques from culinary experts. "But it was not a sustainable, scalable business. Everyone needs to have a failure in their career to serve as a strong learning experience." Although this "failure" nevertheless made money and resulted in a six-figure book deal—Gugnani published *Sexy Women Eat* in 2010—she refused to let it define her as an entrepreneur.



So Gugnani launched Send the Trend, a website for curated women's fashion accessories, received \$3 million in venture capital funding, and sold the company to QVC within 11 months. "It was like a rocket ship, an out-of-body experience," she says.

Building on her volunteer work at the Human Ecology Career Exploration Center, Gugnani advises budding entrepreneurs through her investment vehicle, Concept to Co. She stresses the importance of finding a strong focus and hiring capable, flexible team members, such as Alix Kriss, who has worked with Gugnani for seven years. "Divya

has a contagious passion for all things business," Kriss says. "She is extremely hard-working and focused, and gets so invested in her ideas that it keeps her up at night."

While Gugnani could once get away with sleeping at the office, she now strives to balance her intense work days with a young family. "People always ask, 'How do you do

it?'" she says. "I tell them, 'I don't do it alone.' My husband is supportive and engaged, and we get help from family members. But sometimes things fall apart. You just take every day and do the best job you can."

For now, Gugnani has no plans to leave the "outer orbit trajectory" of her latest launch. "Wander Beauty has been the perfect storm of having a great idea, a great team, the right marketing message, and the right product come together," she says. "This has really been a unique experience."

— Olivia M. Hall, PhD '12





Diane Robinson Knapp (left) uses her training as a clinical and administrative dietitian to make an impact at George Washington University.

**When Diane Robinson Knapp '74, MS '77, arrived at George Washington University nearly a decade ago, she was given a clean slate.** “Basically, I could do anything I wanted,” says the university’s First Lady, whose husband Steven Knapp, MA '77, PhD '81, serves as President.

True to her Cornell training in

nutrition and education and her work as a clinical and administrative dietitian—her most recent

job in the field was directing the nutrition department at Children’s Hospital in Oakland—the Weedsport, N.Y., native chose to make her mark in food and nutrition, with a strong focus on sustainability.

Knapp’s work began at home. The couple moved from the family’s sheep farm near Baltimore—“Turns out I like farming,” she notes—into F Street House on campus, which was renovated with as many sustainable features as possible. “We try to walk the walk as well as talk the talk,” says Knapp, who sat on a GW sustainability task force during her first year at the university.

Next, Knapp hired University Chef Rob Donis to prepare meals for the many events she hosts, collaborating to offer foods that are healthy and locally sourced.

Since then, Knapp has been working hard to make nutritious fare and sustainable living the standard across the institution. She co-founded and chairs the Urban Food Task Force (UFTF), a campus umbrella organization involving students, staff, and faculty, and has fostered programs and faculty hiring focused on sustainability and nutrition issues in every school.

UFTF works to improve academics and student life by offering food-centered courses and lectures, including collaborations with well-known DC-based chef José Andrés, overhauling dining menus, starting a vegetable garden, and arranging for the weekly on-campus farmers market to accept students’ food service cards. A campus food bank is set to open this fall for students in need, and Donis shows in short videos how to prepare easy nutritious meals on a budget.

But Knapp’s efforts don’t stop at the campus gates. “We need to be good neighbors,” she says. Thus UFTF has developed and implemented the Integrated Food Project, a middle and high school curriculum to teach nutrition issues in a broad range of humanities and science

classes. The Task Force’s flagship event celebrates World Food Day each October with a free pop-up market for families in DC’s Ward 7, which is among the city’s poorest. Under Knapp’s guidance, the market has expanded to offer free health screenings and on-site cooking demos using the produce being given away.

“The science of nutrition is exciting to me, but the field has wider impacts than simply, ‘Eat this, don’t eat that,’” says Knapp. “I’m glad to be part of the movement that helps people see that food affects everything in their lives and shows that what they choose to eat can make a big difference for

themselves and others around the world.”

Over her decade-long tenure, which is concluding after this year, Knapp has inspired many. “The university would not be the sustainability leader it is today without the Knapps’ endless support for green initiatives,” says Eleanor Davis, a recent GW graduate who attributes her passion for sustainable agriculture to Knapp’s mentorship. “Diane advocates for sustainability with a determination and poise that I hope to emulate in my own career.”

As for life after GW, Knapp’s plans are still open. “Something exciting always comes up,” she says. “I’m hoping whatever we decide will allow more time at our farm.”

— Olivia M. Hall, PhD '12

# Eating Smart

**Diane Robinson Knapp focuses on nutrition as George Washington University First Lady**



# Social Workers

CIPA graduates set new media policy

**Three years ago, after arriving at Twitter as an intern,** Olinda Hassan, MPA '14, delved into a difficult policy question: Should the social media platform allow advertising for alcohol and gambling in Indonesia?

Hassan proposed that Twitter respect the country's existing law, which banned promoting these products. By the end of the summer, she was offered a full-time position by her supervisor, Adelin Cai, MPA '07, another graduate of the Cornell Institute for Public Affairs (CIPA).

"I felt like I was doing policy work that was making an impact," says Hassan, now a policy specialist on safety and content at Twitter in San Francisco. "The company was growing, and I wanted to work at Twitter because policy issues were becoming an increasing challenge."

For CIPA graduates, new media companies are an emerging frontier for policy development. Not only are these companies shaping their advertising regulations, they are grappling with such issues as freedom of speech, online abuse, and fraud.

"It sounds a little bit cliché, but I just feel that every day there's something really different to think about," says Cai, now head of policy at Pinterest in San Francisco. "The platforms are all really different, and just learning how we want to build our program is really interesting."

Cai started at Google, where she crafted policy for its advertising products, and then moved to Twitter, where she led a team with a similar focus. At Pinterest, she oversees a broad range of policy development, including issues such as abuse and harassment.

"There's a threshold—if we find hate speech on the platform, we do something about it," Cai says. "If we find that people are searching for self-harm content, we provide resources to help them out."

An hour south of Pinterest's headquarters, Lucas Ackerknecht '12, MPA '14, works at Google's Mountain View campus on a different aspect of advertising—fraud detection. Using skills he learned at Cornell, Ackerknecht analyzes Google traffic to determine if advertisers are gaming the system to funnel revenue to their websites.



Lucas Ackerknecht (above) and Olinda Hassan (below) create policy at the frontiers of new media.

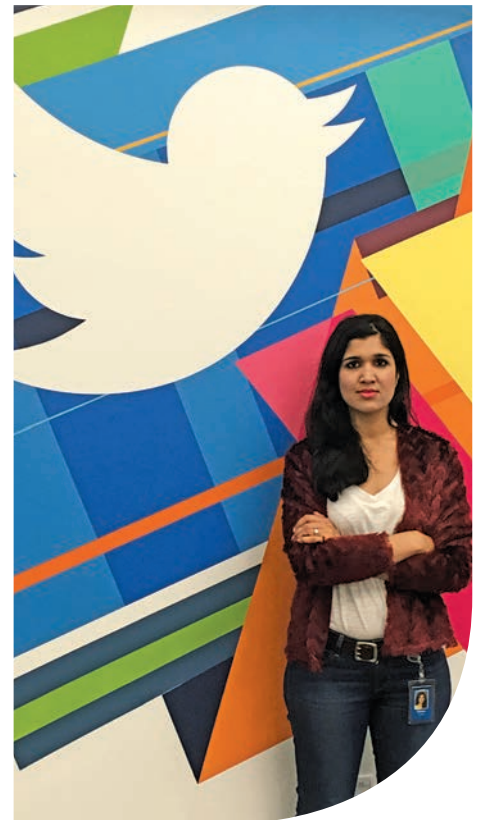
For instance, Ackerknecht investigates the use of "bots," programs that automatically click on advertisements to generate money for a website. Since those clicks are being generated by a computer program, not by people viewing the ad, the practice can be detected by observing patterns in traffic.

"We make sure the revenues spent on ads are valid and come from users who are engaged with our content and intend to click on something," says Ackerknecht, who also updates policy for Google's search products. "We need to monitor this in real time, proactively and reactively, to enforce our policies and prevent spam."

The three CIPA graduates say the masters program helped prepare them for their current fields thanks to the diverse range of courses they took. Hassan, for example, studied entrepreneurship, microeconomics, and computer science at Cornell, equipping her to work on revenue products and help develop new tools for the platform.

"I'm a very academic person but my education showed me that you have to be able to apply what you learn," says Hassan, who was managing editor of the *Cornell Policy Review*. "Getting involved in extracurricular activities taught me how to manage people."

Ackerknecht, who worked at an energy company before arriving at Google, says new media is an attractive place to work in policy development because its environment



is rapidly evolving to keep pace with technology. "The space changes very, very quickly," he says. "It feels like organized chaos."

— Sherrie Negrea



# Making Connections

Uber's David DyTang drives young alumni engagement



**When David DyTang '12 graduated from Cornell, he barely needed to change gear.** Reconnecting young Human Ecology alumni with the college, becoming a university-wide admissions ambassador, and serving in several other positions are natural extensions of his senior-year leadership roles on his class campaign and class council.

DyTang, who studied policy analysis and management, is helping build a global driver-partner and merchant fraud prevention and management program for Uber, the San Francisco-based transportation network company. "David has proven himself time and again as a dedicated volunteer both for his individual affinities and for the larger young alumni community," says Margaux Neiderbach '99, director of Student and Young Alumni Programs for Cornell's Alumni Affairs and Development.

As president of the Human Ecology Young Alumni Council, (HEYA) he was one of two dozen charter members who won the

Human Ecology Alumni Association's 2013 service award for recent alumni. "I like the idea of helping alumni stay connected to Cornell," says DyTang. "I want to encourage them to come back and remember there's a school that supported their education and played a role in how things developed and grew over several years. I like the idea of facilitating the recognition, remembrance, and alumni connections that go along the way."

Among several young alumni councils across Cornell's colleges and schools, the College of Human Ecology's council is among the newest, youngest, and most active, according to Neiderbach. "The Human Ecology Young Alumni Council is focused on fostering meaningful engagement," she says. "It succeeds in connecting grads to students, each other, and the university through opportunities across the country and on campus. The council has attracted numerous alumni who were strong campus leaders as undergraduates, fostering a sense of continuity in engagement from student to alumni."

DyTang says the council aims to engage new and young graduates in ways that are meaningful for both themselves and the college. He rapidly ticks through a host of council programs: multi-city, nationwide events providing opportunities for young alumni to network and gain career development insights; summer and fall welcome events in targeted cities to connect current students with young alumni; "sophomore summits" to help current students with career preparation; a wine-tasting event for graduating seniors that encourages future involvement with the college and the university; and informative, interactive communications. The council has also deployed members to write thank-you notes and holiday messages to its most recent graduates.

These innovative approaches were a strong factor in the council's 2013 award, which earned enthusiastic kudos from Alan Mathios, the Rebecca Q. and James C. Morgan Dean of the College of Human Ecology. The 24-member council cited DyTang's "professional, businesslike approach" and his "vital role in advancing future and lasting alumni engagement."

Of his own Cornell experience, DyTang says that the interdisciplinary nature of Human Ecology, along with his wide-ranging experiences across the entire university, equipped him to break down challenges, then systematically formulate the solution one piece at a time. "My Cornell education was very effective in preparing me for the 'real world' while keeping me grounded in the diverse and unique experiences of my peers," he says.

Building community among Cornell alumni has been satisfying, he explains. "I love meeting and reconnecting with alumni, and I have developed a number of relationships through our events and programs. There's a feeling of fulfillment in putting together an event that brings together people who might otherwise not have met and helps sustain those relationships over time."

— Diane Lebo Wallace



# Questions and ANSWERS

Scientist Jef Leroy dishes on his food aid studies

**When Jef Leroy, PhD '04, senior research fellow at the International Food Policy Research Institute (IFPRI), guest-lectures at Cornell, students always have questions:** What's it like to run human research studies in a country where malnutrition is the norm? How do you use your results to inform decisions in food-aid policy?

The answers offered last spring as part of Human Ecology's Seminar in International Nutrition (NS 6980) went like this: "Our IFPRI Poverty Health and Nutrition Division evaluates a variety of programs run by other organizations to determine whether they succeed in improving the nutrition, health, and well-being of children and their mothers," explained Leroy, whose PhD is in International Nutrition. "We also try to understand the pathways of impact. We're selective in which studies we undertake because we are always looking to push the boundaries of knowledge."

Take his research in Burundi and Guatemala, for instance. "Food aid is commonly used as a development strategy," Leroy began. "The question is: What is the impact of food aid on women's and children's nutritional status? It is not very well known—even the amount of food to provide."

Leroy's studies

adjust the amount and types of food distributed to households. "Some receive a corn soy blend, while some get a lipid-based nutrient supplement. Others get packets of micronutrient powder to sprinkle on food. We're testing the quantity of food, the type of food, and at the end of the day, we want to show: What is best for the children and their moms?"

The Guatemala study enrolled 4,500 women during pregnancy. Specially-trained field researchers gathered data during pregnancy and when each child reached one, four, six, nine, 18, and 24 months of age.

"Every time we visited, we asked questions about the health of the child, how they were

feeding the child and taking care of the child. We also measured the height and weight of the children to track their growth," Leroy said.

A job like Leroy's entails lots of travel. "We go to countries to set up our research projects and train fieldworkers—to make sure the quality of data we collect is high. We present our findings to local stakeholders, including program implementers and policymakers."

Leroy proceeded to detail the experimental design, methods, and preliminary results from the Burundi part of PM2A (Preventing Malnutrition in Children under Two Years of Age Approach). Next came the questions, which were as

focused and probing as might be expected from Cornell students who could be doing this kind of work someday. (Fifteen years ago, Leroy was learning to design studies of maternal and child nutrition from one of the world's acknowledged experts, Jean-Pierre Habicht, now a Cornell emeritus professor.)

The intensity of the students' interest gave Leroy the idea for a question of his own: Who wants a summer job? "I have one particular task this summer," he ventured, "for which we have money."

Career-minded students were getting a chance to learn what the world of scientific research is like.

— H. Roger Segelken





# Rising STAR

Miss New York Camille Sims fights for social justice

## Camille Sims '15 says fate brought her to Cornell.

And now it has propelled her to reign as Miss New York and to finish second runner-up in September's Miss America competition.

As a teen growing up in the South, Sims volunteered with her mother in soup kitchens, joining the fight against hunger and homelessness. One day, while checking out books in an Atlanta public library, a Cornell recruiter approached her and encouraged her to attend an information session for the College of Human Ecology. There she discovered "how the college represents improving the human condition, solving social problems, and using research as a means to create social justice and to help people live better," she says.

"After that, I said, 'Mom, this is it, this is my school! I have to be there!'" Sims recalls.

As a freshman and a Meinig Family Cornell National Scholar, Sims sought out Anthony Burrow, assistant professor of human development, whose research on youth purpose and identity she had been tracking since high school. She took "every class that he offered" and conducted research and an independent study through his Purpose and Identity Processes Laboratory. Her project explored how mass incarceration impairs adolescent transitions into adulthood and sparked her to work with Ultimate Re-entry Opportunity of Tompkins County, which supports former inmates.

Today, she continues her work on reintegration and other social justice issues as a coordinator with Cornell Cooperative Extension and the Multicultural Resource Center.

"I wouldn't be doing the work that I am doing now had it not been for the conversations and experiences in Professor Burrow's classes and lab," Sims says.

"Because of her innovative scholarship and passion to contribute to the health of the communities in which she lives, Camille makes a formidable ally to those enduring imprisonment and who will eventually re-enter the community," Burrow says. "Her particular talents are noticeable and effective—she's the kind of student who demands there always be greater meaning to the assignments in which she engages."

Crowned Miss New York in May, Sims is using her title to raise awareness for her platform, Ensuring Wellness and Fostering Food Justice. Sims was drawn to the cause from her early experiences fighting hunger, as well as her work as a Cornell undergraduate at Ithaca's Southside Community Center, where she has helped low-income families with eating healthfully on a budget. Sims credits Cornell's Public Service Center for matching her with local groups as a freshman and her Human Ecology education with making her more effective as an advocate.

"I took classes in nutrition and health, human development, and nearly enough for a minor in policy analysis and management," Sims says. "I've been able to develop an understanding of the food system from all these perspectives and tie that into my Miss America platform."



Sims visits Human Ecology (above right) and helps teens build computers on the Ithaca Commons.

A jazz singer and songwriter who plans to release her second album this fall, Sims hopes to use her winnings from the Miss New York and Miss America competitions to pay for graduate school, where she plans to continue her research in human development. Ultimately, she hopes to inspire others to engage with their communities and fight for social justice.

"Caring is crucial to moving anything forward," says Sims. "For us to move forward as a society, we must ask questions about the food system and start conversations about inequity. There can't be apathy about inequality and social justice if you want to thrive as a community."

—Ted Boscia



# First in CLASS

Four alumni honored with Human Ecology awards



Rosanna Frank, here with husband Marshall Frank '61, received HEAA's highest honor.

**The Human Ecology Alumni Association (HEAA) recognized four Cornellians for their contributions to the College of Human Ecology** at the annual alumni breakfast, held during Reunion 2016 weekend.

Rosanna Frank '61 received the HEAA's highest honor for alumni, the Helen Bull Vandervort '26 Alumni Achievement Award, which recognizes outstanding professional success and accomplishments that uphold the college's human-focused mission. Lee Schaffler '01, received the Recent Alumni Achievement Award, given to an alumnus who graduated within the last 15 years and demonstrates a commitment to excellence in work, research, or volunteerism.

Frank, (shown on this page), who studied food and nutrition, taught family and consumer sciences at middle and high schools, which led to work with the New York State Education Department rewriting the curriculum for family and consumer sciences. She served on the board of the New York State Association of Family and Consumer Sciences and has been recognized as a New York State Family and Consumer Sciences Teacher of the Year. After retiring, Frank served as president of the HEAA, among other roles.

She has had a longstanding involvement with Cornell, serving on the University Council, President's Council of Cornell Women, Cornell Alumni Association Ambassadors Network, and her class council. Her family includes three generations of Cornellians.

Schaffler, who studied consumer economics and housing (now policy analysis and management), serves as executive director in the Global Real Assets Group at J.P. Morgan Asset Management. During his time at Cornell, he was a manager at Student Agencies and the philanthropy chair of the Chi Psi fraternity. He served on the HEAA board from 2005 to 2009 and currently holds a position on the Cornell Hillel Board of Trustees.

In his acceptance speech, Schaffler described Human Ecology alumni, and particularly Frank, as "do-ers" for their engagement in problem solving and improving the quality of life for others.

"Hum Ec alums take what they've learned in their various disciplines and disseminate and apply that knowledge in the world, tackling vexing problems and implementing solutions," he said. "They do things with tremendous energy and pride in their work."

HEAA also recognized Nicole Cember '16 and Eric Beaudette '16 with the Outstanding Senior Award for their contributions to the college as undergraduates.

Cember, a Fiber Science and Apparel Design (FSAD) major with a minor in business and communication, served as the president of Careers in the Fashion Industry, a student-run group that connects





## in memoriam

Helen (Stephenson) De Luca '39, Little Rock, Ark.  
 Evelyn Opdyke Mueller '41, Hendersonville, N.C.  
 Evelyn (Vantyne) Morrison '42, Clayton, N.Y.  
 Leslie (Clinton) Veeder '42, Fort Myers, Fla.  
 Barbara (Potters) Bermudez '43, Lincoln, Calif.  
 Patricia Rider Huber '43, Cromwell, Conn.  
 Laurel (Dubois) Arnold '44, Ulster Park, N.Y.  
 Carol Ruth (Shapiro) Shepherd '44, New Canaan, Conn.  
 Betty (Warner) McMurtrie '45, Elizabethtown, Pa.  
 Verna (Eaton) Beckhorn '46, Montclair, N.J.  
 Mary (Geiling) Grashof '46, Spring Hill, Fla.  
 Joan (Auchter) Kraft '46, Bethlehem, Pa.  
 Alice (McKinney) Luttrell, Jr. '46, Port Townsend, Wash.  
 Jeanne O'Donnell '47, Lafayette, Colo.  
 Wilma (Crittenden) Hazlett '48, Arden, N.C.  
 Barbara Benisch '49, Forest Hills, N.Y.  
 Inger (Molmen) Gilbert '49, Ithaca  
 Carol (Smith) Randel '49, Greeley, Colo.  
 Mary (Marion) Sacha '49, Chagrin Falls, Ohio  
 Barbara Meldrum Vail '49, Southbury, Conn.  
 Dorothy A. Arata, MS '50, Memphis, Tenn.  
 Helene (Cohn) Friedman '51, Falls Church, Va.  
 Margaret McPherson '51, Fredonia, N.Y.  
 Mary (Billings) Orsenigo, MS '51, Belle Glade, Fla.  
 Marybeth (Weaver) Ostrom '51, Ithaca  
 Elmer M. Knowles, PhD '52, Provo, Utah  
 Carol Harris Wood '52, Oviedo, Fla.  
 M. Agnes Dinsmore, MS '54, Ashland, Ohio  
 Arthur S. Gold, MPA '54, Delmar, N.Y.  
 Nancy (Morrow) Winkelman '54, Oak Bluffs, Mass.  
 Doreen (Krause) Crissey '56, Greene, N.Y.  
 Sue (Shindler) Hillier '57, East Aurora, N.Y.  
 Wendy (Sorenson) Jordan '57, Seattle  
 Dana (Thorangkul) Lee, MS '57, PhD '60, Bryan, Texas  
 June (Lewman) Gregory '60, Oklahoma City, Okla.  
 Margaret Schell Birmingham, MS '62, Albuquerque, N.M.  
 F. Douglas Wert Jr., MBA '62, Mechanicsburg, Pa.  
 Bernard A. Kershner, MPA '64, Avon, Conn.  
 Joyce (Miller) Mahon '66, Sarasota, Fla.  
 Karen Marie (Haywood) Greene '69, Naugatuck, Conn.  
 Anne E. Bookhout '70, MHA '88, Brooktondale, N.Y.  
 Michael A. Rogoff, MA '71, PhD '74, Penn Yan, N.Y.  
 Henry L. English, MPA '74, Chicago  
 Karen (Graves) Agnew '75, East Barre, Vt.  
 John E. Flood, MPS '76, New Hartford, N.Y.  
 Maryellen (Sabraw) McKendry '79, Orchard Park, N.Y.  
 Pamela (O'Dwyer) McGaan '87, Chicago  
 Yusnier Sonora Lopez '14, Palm Beach Gardens, Fla.



Nicole Cember and Eric Beaudette



Lee and Amy Schaffler

students with alumni employed in the fashion industry. Under Cember, the organization was revitalized and membership grew to roughly 100 students across the university.

Beaudette, an FSAD graduate, founded Cornell Wearable Tech, a student team that designs functional smart garments infused with electronics. Working in the laboratory of FSAD assistant professor Huiju Park, Beaudette also collaborated on a de-stressing vest that massages the wearer's shoulders.

He thanked a number of faculty members, including Park, and expressed his gratitude to the HEAA.

"The Human Ecology Alumni Association has furthered my development as a student, networker, and creator throughout my undergraduate career, funding multiple wearable technology and smart garment projects, which made it possible for our project team to exist and execute each collection we designed," Beaudette said.

— Tyler Alicea '16, MPS '17



# Behind the SCENES

Denise Green '07, assistant professor of Fiber Science and Apparel Design (FSAD), led a private tour and discussion of an exhibit at The Metropolitan Museum of Art for Cornell alumni on July 29. Green, who directs the Cornell Costume and Textile Collection, spoke about "Manus x Machina: Fashion in an Age of Technology," which examines connections between art and technology. Green shared how Fiber Science and Apparel Design scholars and students are exploring related themes in their work.



A 20-foot train highlights a haute couture Chanel wedding ensemble by Karl Lagerfeld in The Metropolitan Museum of Art's Manus ex Machina.

## Gold Star Care

Dr. Toby Goldsmith '86 earned the Gold Provider Award from Emory Healthcare after placing in the top 10 percent nationwide in patient satisfaction scores. As a psychiatry and neurology specialist, Goldsmith works at Emory University Hospital and teaches as an assistant professor of psychiatry. She began practicing in 1995, after attending medical school at the University at Buffalo.



## OUTREACH to Asia

In May, Human Ecology leaders visited Korea and Hong Kong on a visit to thank alumni and parent donors and to meet with industry and academic partners. Alan Mathios, the Rebecca Q. and James C. Morgan Dean, Marybeth Tarzian, assistant dean for alumni affairs and development, and Jintu Fan, professor and chair of the Department of Fiber Science and Apparel Design, used the visit to promote international exchange and strengthen the college's ties to Asia. Highlights included a reception with nearly 90 Korean parents of Cornell students, a donor recognition event hosted by Cornell Board of Trustees member Martin Tang '70, and meetings with faculty and administrators at the College of Human Ecology at Seoul National University and Hong Kong Polytechnic University.



## Improving FOOD ACCESS

Washington, D.C., Mayor Muriel Bowser appointed Paula Reichel, MPA '09, to the city's Food Policy Council. Reichel will serve a two-year term, studying the "local food economy and food access" within the city. Reichel recently became the advocacy director of the Capital Area Food Bank, where she has worked since 2012.





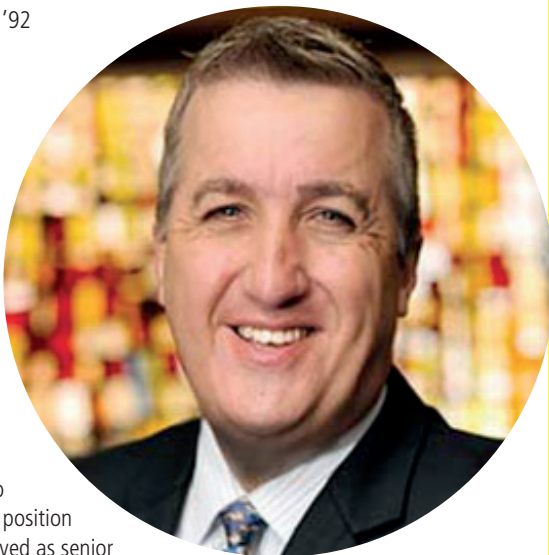
# Big Red PRIDE

The Cornell Association of Class Officers named Jean Pearson '48 as the recipient of this year's William "Bill" Vanneman '31 award for her volunteer contributions to Cornell. After careers in the hospitality industry, she and her husband Frank '48 returned to the Ithaca area in time for their 10th Reunion, and Pearson began working for the university in 1970. She helped found the Cornell Institute for Social and Economic Research (CISER) and has been involved as a class officer since her 15th reunion, serving as president, vice president, membership chair, treasurer, secretary, and other roles.



## MOVING UP

Peter Banko MHA '92 became president and chief operating officer of Centura Health, a health care network in Colorado and western Kansas, where he oversees 17 hospitals and over 6,000 physicians. Prior to assuming his new position in April, Banko served as senior vice president, group executive officer, and chief integration officer at Catholic Health Initiatives. He also spent four years as the chief operating officer and vice president at CHRISTUS Spohn Health System in Texas.



## The Connoisseur

Laura Winter Falk '87, PhD '97, president and co-founder of Experience! The Finger Lakes, was named a certified sommelier in March. She founded Experience!—which offers the public information about the Finger Lakes and provides tours of the region—with her husband a decade ago and wrote "Culinary History of the Finger Lakes" in 2014. "As a Finger Lakes sommelier, I look to enrich people's eating and drinking experiences through sharing of knowledge about wine and food within the context of exceptional service," she said.



## GOING for GOLD

Team Canada named Amanda Mazzotta '12 goaltending coach for the National Women's Under-18 Team for the 2016-17 season. An assistant coach with Quinnipiac University's women's ice hockey team, Mazzotta played for Canada's National Women's Development Team and U-18 Team, winning the silver medal at the 2015 International Ice Hockey Federation U-18 Women's World Championship. At Cornell, Mazzotta finished her career with a school-record 53 wins.





# Ripe for RESEARCH



DNS Assistant Professor Anna Thalacker-Mercer conducts research on nutrition and exercise interventions to boost metabolic health in the HMRU.

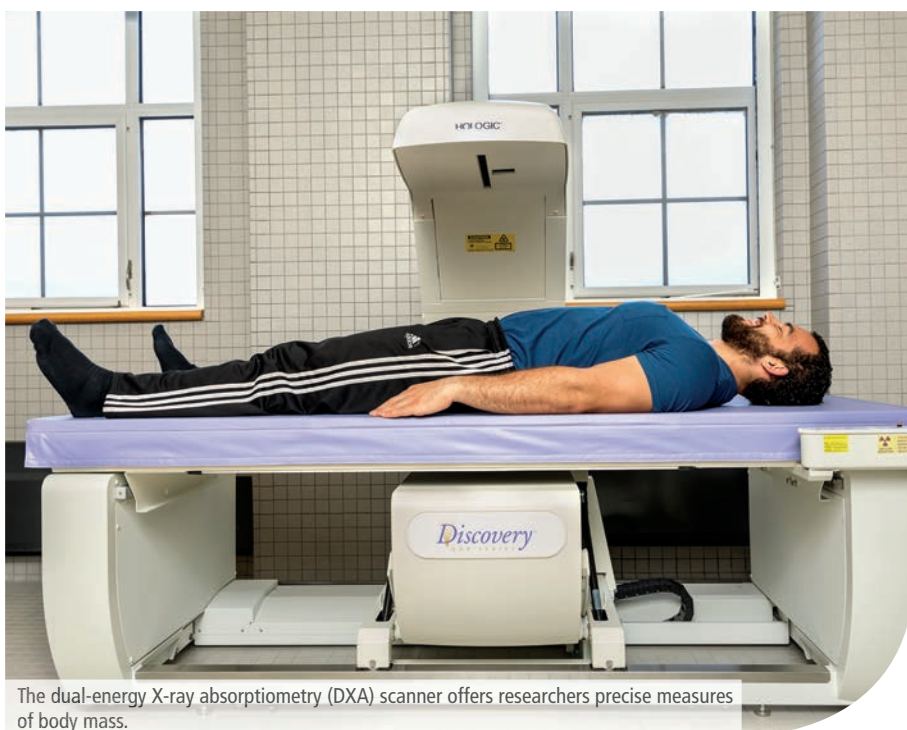
**Inside the Frances A. Johnston and Charlotte M. Young Human Metabolic Research Unit (HMRU), Human Ecology investigators run comprehensive studies on human nutrition, exercise, and health.**

Managed by nurse practitioner and scientist Erica Bender, the 3,800-square-foot facility primarily serves Division of Nutritional Sciences (DNS) faculty members who conduct studies involving human participants. Among its unique spaces are a metabolic kitchen and dining room for feeding studies, an exercise physiology lab with workout machines and calorimeters, a body composition lab to gauge fat and lean mass, an ultrasound room to study reproductive physiology, and a ward for blood draws, muscle biopsies, capillary blood collection, and glucose tolerance testing.

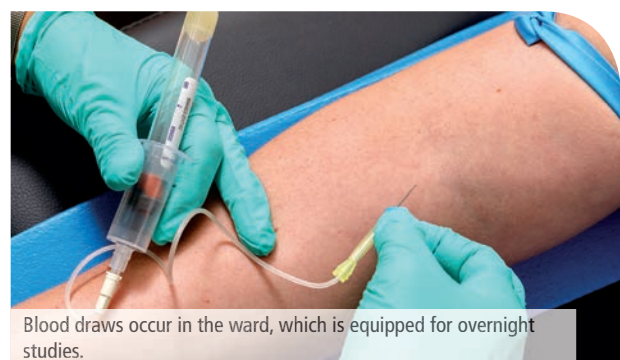
"The HMRU is a multifaceted translational research facility for Institutional Review Board approved studies," Bender says. "Under one roof we can take nearly every measure of human health and performance with the aim of translating these findings into evidence-based clinical practice to optimize health outcomes. Our volunteer participants are the number one priority, and we greatly appreciate their contributions to science."

—Ted Boscia

Dave Burbank (4)



The dual-energy X-ray absorptiometry (DXA) scanner offers researchers precise measures of body mass.



Blood draws occur in the ward, which is equipped for overnight studies.



Bender oversees research activities in the HMRU, which is also used as a teaching resource for dietetics students to practice their craft.





Mike Barone '89

**DEGREE:** Bachelor of Science,  
Policy Analysis and Management  
**POSITION:** President,  
Intercare Insurance Solutions

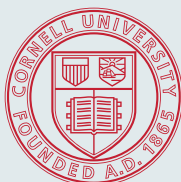


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EDUCATION, AS WELL AS THE  
TIGHT-KNIT COMMUNITY.

I learned how important communication and interpersonal relationships are in addition to the curriculum. In my business, our job is to connect well with people, and Human Ecology was an amazing training ground for that.

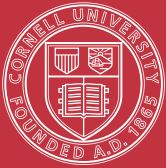
i am *a health insurance entrepreneur.*  
human ecology



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# Cornell University College of Human Ecology

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Clothing upcycling—deconstructing old garments to remake into new attire and products—is the latest trend in sustainable fashion. Human Ecology celebrated the process with its first-ever Sustainability and Clothing Exhibit last spring (see page 18 inside).

As with many movements, however, the process goes back decades. This photo shows an exhibit of remodeled clothing prepared by the New York Home Bureau for the annual Farm and Home Week hosted by the College of Home Economics in 1933. At the height of the Great Depression, families had good reason to make clothes last.



Photo courtesy of the Division of Rare and Manuscript Collections, Cornell University Library