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FAMILY CONNECTIONS

BYU SCHOOL OF
FAMILY LIFE
ALUMNI MAGAZINE
FALL 2011

THE PACIFIC PROJECT

WHERE ARE THEY NOW: DR. AL PRICE

THIS IS YOUR BRAIN IN LOVE

IN MEMORIAM: LINDSEY ROBINSON KARR

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MESSAGE FROM THE DIRECTOR

RICHARD MILLER
DIRECTOR
SCHOOL OF FAMILY LIFE, BYU

I have repeatedly had the following experience. I engage in conversation with people and they ask me where I work. I proudly (but trying not to act too boastful) tell them that I'm a professor at BYU. Their face lights up and they tell me that they graduated from BYU. I ask them what they graduated in, and some of them tell me CDFR, family finance, or family sciences. My face then lights up and I excitedly tell them that I teach in the School of Family Life. They give me a blank stare and ask "What is the School of Family Life?"

After this experience occurred many times, I realized that we have a communication problem. Because the names and configurations of family-related departments and programs at BYU have changed over the years, many of our alumni don't know who we are or what we are doing. This new School of Family Life magazine, *Family Connections*, is our initial attempt to reconnect with our valued alumni.

As Alan Hawkins explains in an article later in the magazine about the genealogy of the School of Family Life, we have had numerous names over the years. Perhaps you were studying at BYU when we were called Child Development and Family Relations (CDFR), Family Sciences, Marriage, Family, and Human Development (MFHD), or Home and Family Living (HFL). For those of you who studied family finance, home economics education, clothing and textiles, interior design, or family and consumer sciences (FACS) education, you may have been affiliated with other programs and departments when you were studying at BYU.

Regardless of what your department or program was called while you were at BYU, the School of Family Life is now your BYU home. It was created on September 10, 1998, when President Boyd K. Packer of the Quorum of the Twelve Apostles spoke at the reorganizing dinner and dedicated the School of Family Life. As part of his talk, he read the "The Family: A Proclamation to the World" and charged the students, faculty, and administrators to make it the charter of the School of Family Life.

So welcome home! We want to describe to you how the School is organized, as well as some of the important things that we are doing.

In a nutshell, the School is large and diverse. We have 40 full-time faculty, numerous staff, and about 30 part-time instructors. We have about 850 undergraduate students and



60 graduate students. We have faculty who represent five different professional disciplines: family and consumer sciences, family finance, family studies, human development, and marriage and family therapy. We teach courses in child and adolescent development, clothing and textiles, early childhood education, family and consumer science education, family finance, family studies, foods, gerontology, interior design, and marriage and family therapy.

At the undergraduate level, we have two majors: Family Life (with either a human development or family studies emphasis)

and Family and Consumer Science Education (for those who want to teach at the junior high or high school level). We also offer master's and doctoral degrees in two graduate programs: Marriage and Family Therapy and Marriage, Family, and Human Development.

As many of you know, the home for family-related programs at BYU for several decades, the Smith Family Living Center, was torn down in the early 2000s, and a new building, the Joseph F. Smith Building, was constructed on the same plot of land. We occupy the southwest corner of the second floor of the new building. It is beautiful! (See the pictures to the left.) In the basement are state-of-the-art laboratories where we teach our sewing and cooking classes. We also have a new, well-equipped preschool in the new building. (Unfortunately, the marriage and family therapy program is still housed seemingly miles away on the side of campus in the Taylor Building.)

Over the years, many of our venerable professors, whom many of you loved, have retired. It has been sad to say goodbye to well-known professors such as Al Price, Lynn Scoresby, Brent Barlow, Wes Burr, and Maxine Rowley. However, we have enjoyed welcoming incredibly well-trained and energetic new faculty. In this and future issues of this magazine, we will introduce some of our new faculty to you and catch you up on some of our retired faculty.

Our faculty are engaged in conducting cutting-edge research that is focused on strengthening the family and influencing family policy that is consistent with "Family Proclamation" principles. This issue features the Flourishing Families Project; future issues of *Family Connections* will highlight other important research projects.

So, whether you graduated last year, in 1990 or in 1970 or whatever year, welcome home to the School of Family Life!





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DIRECTOR
RICHARD B. MILLER

EDITOR
ALAN J. HAWKINS

ASSISTANT EDITOR
AND WRITER
MICHAEL RICHARDSON

DESIGNER
ELLEN DOXEY

COVER PHOTO BY
REX KEEP PHOTOGRAPHY



THE PACIFIC PROJECT A NEW ASIAN PERSPECTIVE



In an effort to aid and better understand child development as it relates to parenting in Asia, the PACIFIC Project was formed, which aims to study 400 parents and their preschool children in each of four Asian countries.

“Strict,” “interdependent,” and “punitive” may be words that come to mind when westerners think about Asian parenting and culture. According to a recent research proposal by Human Development professors in the School of Family Life, there is a tendency among some in the West to group all Asian parenting into a single clump of characteristics, which ignores the great diversity of life that exists among the many Asian countries.

In an effort to aid and better understand child development as it relates to parenting in Asia, the PACIFIC Project was formed, which aims to study 400 mothers and their preschool children in each of four Asian countries: China, Japan, Malaysia, and Thailand, with a comparison sample in the U.S. PACIFIC is an acronym for “Parents and Children in Families and in Cultures.”

“One of the big issues is to compare parents in different Asian cultural contexts, because a lot of times we talk about Asian cultural contexts as if they’re monolithic, they’re all one and the same, and yet these are often very different

contexts, in terms of religious background, history, the political structures,” said David Nelson, the principle researcher on the project. “There are all sorts of things that could come into play.”

These four countries involved are very distinct. China is largely secular in nature due to their political past, Thailand and Japan have large concentrations of Buddhism, and Malaysia has a Muslim majority. Add to that the vast political differences, and one sees the great variance among Asian lands. Hopefully the Pacific Project will change western views of Asia, and serve to unite the globe under successful parenting and development tactics.

The main aim of the study is “to examine linkages between parenting and preschool children’s social/emotional development across cultures within the Asian world,” according to the proposal.

Nelson, who has much experience with cross-cultural development research, said the research will be useful for a number of reasons. He hopes it will provide a “rich repository”

for other research to be conducted. As of now, studies involving significant empirical research about parenting and its effects on child development are scarce, especially in Malaysia and Thailand.

Some of the outlined goals of the PACIFIC Project are to:

1. Identify indigenous practices concerning parenting and child development in each of the four countries.
2. Refine prior work in those cultures in the developmental studies field.
3. Study global parenting techniques, not specific to any Asian culture, that are already linked to certain outcomes in child development.
4. Study how parental beliefs, emotions, attributions, and goals in each cultural context are related to how parents manage their child’s aggression, withdrawal, and social skills.

Researchers hope that the knowledge gained from this research will be applied to the development of programs across these four countries to promote positive parenting and development in children.

B

THIS IS YOUR BRAIN IN LOVE



Marital distress is a major public health concern. And no, it isn't because angry couples throw pots and pans at each other, like in sit coms. Researchers have shown that the ability to form strong attachments in relationships is important to good mental and physical health, and BYU researchers are seeking to extend and solidify evidence showing this is so.

The study, performed in coordination with Professor Jonathan Sandberg in Marriage and Family Therapy, and the BYU Department of Psychology, will attempt to link couple interaction and attachment to specific health outcomes, by measuring neurological functioning during a 90-minute interview session with a couple. This will allow BYU researchers to show that therapy promoting couple attachment is good not only for distressed couples, but for couples dealing with health problems as well.

"The state of your relational health influences your physical and mental health," Prof. Sandberg said.

The study will involve 100 psychologically healthy couples over a two-year span. The couples will have been married for at least six months. The researchers will have couples take the RELATE relationship inventory first, to do initial assessments of variables that research shows are related to marital quality. RELATE, launched in

1997, is a program that has assisted thousands of couples through questionnaires and personalized, professional feedback reports from therapists and family life educators. (www.relate-institute.org)

After the questionnaire, couples in the study take part in a discussion, where they talk about times when they felt a lack of connection or when they felt a strong connection to each other. Neurological measurements are taken the whole time through a device which connects electrodes to the scalp of the participants.

During the study, when subjects are asked to talk about times of strong and weak connection, this device will be able to measure the brain's response and provide a neurobiological index of how people are processing their mistakes in the context of the relationship interaction.

Darin Knapp, a research assistant with the study, helps subjects through the processes of the study, which involve a taped discussion, heart monitoring, and brain function monitoring. Knapp was one of the research assistants in charge of attaching the neurological measuring devices to the study participants.

Knapp said he feels that the study is significant because of the concrete connections between relational and physical health it may help establish. Clinicians might be able to hit two birds with one stone.

"Fixing one could help with fixing the other," Knapp said.

Darin Knapp just graduated from the School of Family Life and is beginning the BYU master's program in marriage and family therapy.

The youngest of seven children and raised in Idaho Falls, Knapp has 25 nieces and nephews and loves spending time with kids. He served a mission in the Idaho Falls Regional Family History Center after his freshman year at BYU, then came back to the university to finish. In his spare time Knapp enjoys singing, music, and reading.

Knapp was a TA for Dr. Laura Walker's Adolescent Development class for three semesters, and currently is working on a research manuscript with her.

Being involved in the study above was highly beneficial for Knapp for the experience with clients and research procedures. Knapp said his participation in research was key for acceptance to graduate

school.

"During the application process, and during some interviews for getting into the school, they ask you about your research experience all the time," Knapp said.

Knapp hopes to pursue a doctoral degree in medical family therapy, and his ultimate goal is to become a researching professor at a university and practice clinically on the side.



N ALUMNI PROFILE: LINDSEY ROBINSON KARR

IN MEMORIAM: LINDSEY ROBINSON KARR: LIVING THROUGH LAUGHTER

Millions have asked, “How could this happen to me?” Though Lindsey Karr had many reasons to ask this question, she didn’t. People involved in fundraising for medical bills for Lindsey, organizing charity events for her, and spreading her story rarely dwell on negative questions either. Lindsey’s ten year battle with cancer and her motto of living through laughter has uplifted the lives and perspectives of many people all over the country.

“Laughter is transformational,” wrote Lindsey on her blog, www.forlindsey.blogspot.com. “It can take the dreariest of life’s moments and change them in an instant to something that eases heartache and suffering.”

At the age of 14, she was diagnosed with her first tumor, which was removed. At 16, the tumor returned, and was removed again. At 18, again the nightmarish tumor returned. Lindsey underwent radiation treatment.

For six years, there was no sign of cancer, and Lindsey fulfilled many of her goals, one of which was graduating from the BYU School of Family Life. Lindsey’s BYU professors recognized her zeal and passion for helping others, and also saw skills in her that weren’t seen in other students.

“I knew when she took my capstone course (SFL 490) I wanted her as my graduate student,” wrote Larry Nelson, a BYU Family Life professor.

Professor Nelson said it was a delight to read her papers for their content, clarity, and exactness which he said is uncommon at the undergraduate level, and sometimes not seen even at the graduate level. She repeatedly scored among the highest in the capstone course

and was an elite student according to Professor Nelson.

Another goal was fulfilled when Lindsey married Joshua Karr. Those close to the Karrs admire the exemplary relationship Lindsey and Joshua had.

“They are best friends,” said Jenna Meyers, a friend and supporter of Lindsey’s. “There is so much love in their relationship.”

Josh said on a news report recently that Lindsey’s selflessness in her own hard times is what inspires people, including himself.

“Just her attitude about life, it causes ripples, and it touches people, and it changes their world,” he told reporters.

An example of Lindsey’s influence: Complications due to the tumors required that Lindsey wear an eye patch. Lindsey therefore required that everyone who visited her while she wore the patch be dressed like a pirate. Her blog is full of hilarious pictures of people dressed like pirates.

Julie Karr, Joshua’s mother, considers Lindsey to be her daughter and one of her life’s greatest blessings. Julie said Lindsey’s attitude has taught her that whatever she thinks is tough in life, whatever problems she faces are not as important as the legacy you leave.

“I think I will always be able to think about how Lindsey handled this and draw strength from





*“This girl has changed my life,
changed my perspective. I feel this growth as a human.”*



it,” she said.

In the summer of 2010 cancer struck again, this time along her spine, and the only option was aggressive radiation treatment. Lindsey lost weight, and eventually the doctors regretfully informed the couple that nothing more could be done.

But there was something indomitable in Lindsey.

“I honestly believe that she has an attitude that kills whatever negativity there is,” said Meyers, who worked tirelessly organizing fundraising for Lindsey. Just recently, Meyers helped organize a 5K run for Lindsey, along with an auction.

“It’s my full time job, besides breathing,” Meyers said, who often didn’t

even have time to clean her own house.

But she feels privileged to be part of something so meaningful.

“Lindsey is the one helping everybody else,” Meyers said. “This girl has changed my life, changed my perspective. I feel this growth as a

human.”

She said the number of donors and amount of contributions amazed her. People from across the country would hear of her story and just call wanting to donate something.

Lindsey left her tired body behind 2:22 p.m. August 24, 2011. But something about her still remains in those who knew her; a legacy of courage in the face of trial and the rejection of gloom even in the darkest caves of life.

The viewing the day before the burial brought 500 people. One person had never met Lindsey or anyone in the family but had read Lindsey’s story and simply felt the desire to come.

A new music lab at Grovecrest elementary was dedicated in Lindsey’s honor, and a number of floating lanterns were released over Utah Lake to commemorate her life.

Lindsey helped others forget themselves. She was and is a catalyst, changing questions of why into expressions of gratitude.

G ALUMNI PROFILE: EmRee Pugmire

She has revitalized a town, fought a disease, and provided marriage and family therapy to many. EmRee Moncur Pugmire seems to do the things others spend years thinking about doing and never accomplish. Her journey in life so far has been breathtaking!

She graduated with a bachelor's degree in Family Sciences from BYU in 1994 and married a week after graduation. She got her master's degree from BYU in Marriage and Family Therapy in 1997, graduating with a diploma and a new daughter.

"I typed my thesis with my infant sleeping on my lap," EmRee said.

EmRee hired a babysitter to come on campus and watch her baby while she taught classes as a graduate student. This proved to be the beginning of making things happen even while circumstances challenged.

Her husband, Jeff, graduated with a degree in construction management soon after, and the family moved to Salt Lake City, where EmRee worked part time at the Sandy Counseling Centers, obtaining her clinical hours to get licensed as a marriage and family therapist. By 2000 the family had two boys and twin girls. EmRee said that for a week, they had four children under the age of three.

Jeff got a job in Edwards, Colorado, near Vail, building a Ritz Carlton hotel. They attended a small LDS branch there, and service in the church became a large part of their lives.

They moved back to Utah after a year and a half, and EmRee began practicing therapy again. Though she has been a practicing therapist on and off since 1997, EmRee said that her skills hardly ever remain dormant. For instance, she was a presenter at BYU Education Week from 2003-2005.

"My education has always served me in everything I do," she said.

The busy family then encountered a significant road bump. One day, while washing her hair, EmRee felt her fingers go numb. Shockingly,

soon after she was diagnosed with MS. Though it was hard news to bear, EmRee recalls three separate occasions prior to the diagnosis when she had an impression that she had the disease.

"My education has always served me in everything I do"

"The Lord was preparing me," she said.

Her doctors said she could be the poster child for her MS medication, because she has handled the disease so well, physically and emotionally.



Currently, EmRee experiences pain only when she lifts up one of her legs. This last snow season in Colorado she skied 47 days, and was a ski instructor.

Soon after the original diagnosis, the Pugmire family moved to Lovell, Wyoming, where EmRee had grown up. Here she would help revitalize her hometown while her husband worked on various construction projects.

Her most notable accomplishment was the reopening of a theatre in Lovell, which holds 2001 seats. The theater, called the Hyart, had been nationally recognized years ago, but had since been closed for fifteen years.

Regardless of which road is next, EmRee said her education has helped her with her most important responsibilities, the everyday aspects of running a large family. She said all of her accomplishments outside the home make up about 20 percent of her life, and her family makes up 80 percent

Though she personally hates movies, EmRee thought the theatre would be a way to bring the good out of the town, to unite the community of just under 3000. And she was right.

She put her research skills into practice, interviewing other rural towns with theatres, to see how they did it, interviewing locals to see what they thought, and figuring out financial problems. She said the interviewing skills she learned in college allowed her to do this.

After months of research and planning, the theatre was reopened as a non-profit establishment. They play no R-rated movies and the cost is only \$3-4. EmRee said the impact on the community was and is huge. The majority of the community regularly comes to the showings.

While in Lovell, EmRee also had her own private therapy practice. She also worked with at-risk high school students. When she noticed the dance building her girls practiced in was bad, she found a way to open a new dance studio, which exists to this day. Then she opened a boutique

with her sister.

“I heard that it takes seven tries to do a business, so I decided to do them all at once,” she said with a laugh.

The family joke with EmRee is that she always starts big projects and then gets other people to do the work for her. This and her love for Lovell made it hard to go back to Colorado when their financial situation changed. But the theatre and EmRee’s influence is still alive in Lovell. She still is a long-distance part of the theatre board. They won’t let her leave.

EmRee said she sometimes feels like a child in the backseat of a car driven by God, always wondering and questioning why she has to move and change her life.

But moving to Colorado was a blessing in many ways. The twin girls were blessed with high IQ’s but also had reading disabilities. A teacher in Colorado took them from the 40th percentile of reading to the 99th percentile nationally.

The Pugmire family is on the move again, as

Jeff was recently transferred by his company to Minneapolis, Minnesota. Since her graduation from BYU, EmRee occasionally has had thoughts about a goal she set to finish off her education with a Ph.D. in Marriage and Family Therapy. She wonders if this move to Minneapolis might be a spiritual nudge to consider that goal again. The University of Minnesota houses a strong MFT doctoral program, a program directed now by BYU alumnus Steve Harris. Time will tell whether she goes down this road or some other one.

Regardless of which road is next, EmRee said her education has helped her with her most important responsibilities, the everyday aspects of running a large family. She said all of her accomplishments outside the home make up about 20 percent of her life, and her family makes up 80 percent.

“Everything we do has been at least influenced by my education,” she said.

J

ALUMNI PROFILE: KEN WHITE

VOWING TO STRENGTHEN MARRIAGES AND FAMILIES IN EAST TEXAS

Ken White is one example of what many alumni from the BYU School of Family Life are doing around the globe to strengthen marriage and families everywhere.

Those worried that nobody is fighting to strengthen the institution of marriage in America need look no further than Ken White. White graduated from BYU with a bachelor's degree in Marriage, Family, and Human Development in 2005. A year later he found himself back in east Texas, where he grew up, working for an organization promoting abstinence education.

Soon after beginning work there, the organization received a Healthy Marriage Initiative grant from the Administration for Children and Families (U.S. Department of Health & Human Services), and White began working on the grant program. In 2009 he became assistant manager of the program.

Called VOW, the marriage-strengthening program works with couples that are about to get married, already married, or just living together. Couples who call in, usually in response to the large media campaign for the program, are screened and recommended for either one-on-one counseling or attending an educational seminar. They learn about a wide range of issues from conflict resolution, to budgeting, to understanding personality differences.

White coordinates much of the evaluation data collection from the education activities, and coordinates workshop schedules, along with some other administrative duties.

He is gratified when he sees positive change. At the beginning of the process

each couple is evaluated and classified on a scale of one to five, one being "devitalized," and four and five being "harmonious" and "vitalized," respectively.

"Of our devitalized couples, after about 8-10 weeks of therapy, about 65% move up to a better category," White said. "About 45% move up to the top two levels."

The program serves a broad demographic; low-income, high-income, English-speaking, Spanish-speaking, older people, high school students, and high-risk couples all participate. Longview, where White works, is just one of the cities within the eight counties served by the program.

In fact, about 7-8,000 individuals are served by the program every year.

White originally worked with the high school branch of the program, visiting high schools around the area, speaking on healthy relationships and abstinence. He said it was fulfilling to get letters from students afterward telling him they now realized their relationship wasn't headed in the right direction.

What is most rewarding to White about his work?

"Just to see the couples soften, to respond better to each other," White said. "To see them sitting closer together on the couch than they were at the beginning."

White's undergraduate education at BYU has served him well in the field. He said he works with some people who have doctorate



degrees or other advanced degrees, and they are always impressed with his knowledge of theories and research in the field.

"I don't remember one class [at BYU] where we didn't dive into the literature," White said. "Having done that really helped me transition into this program."

On top of his work there, White has found time to attend graduate school at the University of Texas at Tyler, studying English. He plans to go on to a doctoral degree in public policy in hopes of promoting legislation for healthy marriages and families. He is interested in evaluation research for legislation to support effective governmental changes.

White is married with three children, ages 5, 3, and 1. He also serves as bishop in the ward where he grew up. He said it is an interesting experience to give temple recommend interviews to your own parents.

Ken White is one example of what many alumni from the BYU School of Family Life are doing around the globe to strengthen marriage and families everywhere.



FACULTY PROFILE: DR. CATHERINE BURNHAM

SEW MUCH TO OFFER

Background

Catherine Burnham grew up in Illinois, raised by a single mother after her father died. She spent a lot of time around her great-grandmother, who she said seemed always to be working with clothing, and always had a tape measure draped around her neck.

“I think I got all her genes,” Burnham said with a smile.

By about the eighth grade, Burnham told her mother that she would never go clothes shopping again because she was a hard size to fit. She said nothing seemed to fit right. True to her word, Burnham currently wears only what she makes herself, except some jeans from the Gap.

“I haven’t stopped sewing since I was eleven,” she said.

Her students say her style is unique, zany, and bold, and that her clothes fit her personality.

Education

Burnham initially went to design school at the University of Cincinnati directly after her high school graduation, but soon decided that BYU was the place for her, even though she wasn’t a member of the LDS Church yet.

She had taken the missionary discussions previously through some high school friends who had all gone to BYU. She transferred there at Christmas time. Right at this time, Burnham decided to join the Church, against the will of her mother.

Her friends from Illinois encouraged her to come back to Illinois to get baptized, which she did, not expecting her mother to take any part of it. Unexpectedly, her mother did come.

“And the building didn’t come down,” Burnham joked.

At BYU she switched her studies to fashion merchandizing and graduated with a bachelor’s degree. Right out of college she obtained an executive training position at Macy’s in San Francisco. She was barely 21.

“I spent five of the best years of my life in San Francisco,” Burnham said.

Teaching

After five years in retail, Burnham quit her job and started her own custom sewing and design business, which boomed after a slow start. She was making more money than ever before and learning a great deal.

Then a friend called her who taught at BYU—Idaho (then called Ricks College). She was leaving her textile teaching job and offered it to Burnham.

“I thought, uh... what’s Ricks?” Burnham said with a laugh.

She applied, got the job, and taught there for ten years. She said living in Idaho was enjoyable but a little limiting in terms of a social life.

Burnham decided to return to BYU and received a master’s degree in the area of adult education. After receiving her degree, Burnham began looking for work, not wanting to go back to Idaho.

She went to the temple and got some spiritual direction she didn’t necessarily want.

“It’s the one time in my life that I had a voice answer my prayers,” Burnham said. “The voice said, ‘Go to the University of Illinois (in Urbana) and get your doctorate.’ My little old home town,

where I swore I would never ever go to school.”

She and her mother were still in disagreement over the church at the time. But returning home proved the right thing to do. Her mother actually was

in the hospital Burnham’s entire first semester.

“Had I not been there going to school, I would’ve had to drop everything to be there,” Burnham said. “Heavenly Father knows what He is doing.”

Burnham said that while she went through the hardest experience of her life getting a doctorate, she and her mother mended their fences.

“It was a spiritual as well as educational thing,” she said.

At the university, Burnham worked with a professor who had a grant to study textbooks. “I’d used vocational textbooks my entire teaching career up to that point, and the instructions are written so badly.”

Burnham derived her dissertation from that work, entitled, “How people mentally process written instructions for procedural tasks.” She said it was a fascinating field of study which opened doors for her. Over the years, she has made a number of videos to teach different aspects of sewing, so people could hear her voice and see her hands at the same time. (See:



familylife.byu.edu/sewingvideos)

“I was trying to download my brain,” she quips.

And many people will be grateful she did, considering her years of experience and expertise.

“I think she is so good that most of the stuff she does is intuitive,” said Shannon Malaska, a senior in the Family and Consumer Sciences education major.

BYU

Burnham taught for two years at Eastern Illinois University, then heard about an open position at BYU and applied. She got the job, which was originally a one-year position, but after Burnham was hired, the position extended to a regular full-time slot.

That was in 1992.

But over the next five years there were tectonic changes in the Clothing and Textiles program, changes that have been difficult, according to Burnham. Originally, there were three different textile majors which provided competitive education for students wanting to enter the design or merchandizing industry. But in the mid 1990s, the BYU Administration made the decision to close down a number of majors on campus, including Clothing and Textiles. Some pieces of that major were transferred into the School of Family Life. Only a portion of the Clothing and Textiles curricula, however, and only a couple of faculty members were transferred over. So now students really cannot compete in the design industry unless they continue their education at another vocational school, according to Burnham.

“We still have a fair amount of clothing classes but nothing like we used to have,” Burnham said.

The classes now are oriented to supporting BYU’s thriving training program for family and consumer sciences teachers and to instructing basic sewing skills to a generation that didn’t learn the art from their mothers (or great-grandmothers). The beginning sewing classes are in demand and every available slot gets filled. The students also have two wonderful, state-of-the-art sewing labs that were built in the new Joseph F. Smith Building (see accompanying photos), which Burnham designed.

Burnham and the sewing and textiles curricula at BYU are essentially synonymous; she had a long list of courses that she had to condense by herself into a much smaller list of courses. For example, a pattern class today includes bits of curriculum from what used to be three semesters of pattern class.

Regardless of challenges with curriculum, the students are wonderful, according to Burnham. She considers clothing and textiles an important subject for BYU students, especially with deteriorating standards of modesty and the emphasis on having our own kind of style as members of the LDS Church.

“She cares a lot about the students,” said Missy Scofield, one of Burnham’s students. “Without her dedication and commitment to students and her job, we wouldn’t do as well on our projects.”

Students say they want to perform better in their work when they know Burnham is going to see their project and grade it. Her students also say they might take for granted how well designed the courses are.

“I’ve never heard anyone complain about being confused,” said one student.

No confusion is amazing considering the dozens of steps and hours of work involved in making even simple items of clothing. In 2009, Burnham received the prestigious Karl G. Maeser Professional Faculty Excellence Award.

Students also say she is a huge BYU football fan, and will regularly talk about the games after they happen.

Burnham has other interests, of course. She is deep into genealogy, and also said she likes to play in the dirt. And she loves to sew in her non-professional time too, though with five back surgeries, sewing time is difficult.

Students wanting to learn the art of sewing from Burnham better hurry. She has announced that this will be her last year at BYU before retiring, prodded by painful back problems that make work and life a struggle each day.

But the sewing curricula will live on. Dr. Dawna Baugh was recently hired to try to replace the unique set of skills and talents that Dr. Burnham offers to sewing students and the School of Family Life.



Sewing lab





FACULTY PROFILE: DR. DAVID NELSON

UNDERSTANDING CHILDREN AND PARENTS AROUND THE WORLD

Background

Dave Nelson ended up doing what he loved, but it took some searching.



A BYU fan raised in Utah County, Nelson graduated from American Fork High School with plans to be an engineer.

“I didn’t really have a good feel at the time as to what I wanted to do, but I had a lot of engineers in my ward who told me I would be a good one,” Nelson said with a smile.

After a short time in the Naval Academy, he realized he wasn’t sure about the Navy or about mechanical engineering. He came to BYU, took some engineering courses, and by the time he returned from his mission to Athens, Greece, he realized engineering was definitely out of his life’s picture.

Why Human Development?

He took SFL 210 as a general education class, liked it, and thought about entering the medical field. He even worked in a hospital ER for a short time. But eventually he worked with some professors doing research, and realized that research is what he wanted to do.

“I am a product of mentored learning experiences,” Nelson said.

After starting his graduate degree at the University of Illinois, Nelson went to the University of Minnesota, following his mentor from Illinois. There he received his Ph.D. He began teaching at BYU in 2000.

Family and Hobbies

Nelson met his wife at BYU through the folk dance program.

“We were what they call a folk dance romance,” he said. “The only reason I was in folk dance is not because I was a great dancer to start with, but because I knew it

was one of the biggest clubs on campus and I knew there were a lot of cute girls there.”

Nelson calls his initial dance skills “pathetic,” but by the end of his time as a folk dancer, he had accomplished his two original goals: to get married and to tour abroad with the team.

During high school, Nelson said he and a friend would bike over 1,000 miles a summer. He also likes basketball, but said his main interest now is travelling. He presents at international conferences from time to time and can sometimes bring his wife, Emily, and together they get to know the country. Nelson has visited 30 countries so far, and has goals to reach more.

The couple has 4 children, ages 2 to 13.

Current Research

Nelson’s work focuses on aggression in children and parenting practices.

“I am interested in both positive and negative forms of parenting as they relate to development of childhood aggression,” he said.

Much of his research deals with preschool age children, because children of that age often haven’t seen heavy influence from peers, so parental impact is more easily measured.

“Until we looked at this topic as a group [of BYU researchers], nobody had looked at parenting as it relates to relational aggression in kids,” Nelson said.

One study Nelson was heavily involved with was published in the prestigious journal *Developmental Psychology*, and has been cited more than 150 times by other researchers. The data for the study, about how parenting practices are related to childhood aggression, were collected by Nelson in Russia over a six-week period. He had done an internship in Russia years before, and in coordination with a human development professor had gone back for the study.

Since then, studies with similar aims have taken place in multiple countries, including China.

What is the value in cross-cultural research? Nelson said there is a lot of emphasis in the field of human development right now to determine whether there are “universals” that transcend cultural contexts in terms of human development, or whether interactions and reactions between parent and child, and child and peer, are different depending on the culture.

“My personal feeling—and I think that there are some of my colleagues here at BYU that probably agree with this—as children of God, we probably have a lot in common in terms of not only how we act and interact, but also that there are certain basic laws of human interaction that are in place regardless of culture that you grow up in,” Nelson said.

Nelson agrees that there may be certain nuances in every culture that make for different associations between actions and their outcomes. But his research across cultures has revealed to him some constants.

“Harsh, punitive parenting in my mind is always going to be related to negative outcomes in kids,” he said, “and we should do our best to try to help parents develop more appropriate forms of child rearing.”

Nelson gives the example of the conception that Westerners have of strict Asian parents with successful children. His studies in China have shown the Western conception may be skewed.

“Our data, at least looking at aggression as an outcome, suggests that harsh and punitive parenting in China predicts negative outcomes for kids,” he said.

Nelson’s cross-cultural research will extend even further in the coming years through the PACIFIC Project (Parents and Children in Families and in Cultures). This study will involve 400 families in Japan, China, Thailand, and Malaysia.

D WHERE ARE THEY NOW? PROFILES OF RETIRED FACULTY

A FORCE TO BE RECKONED WITH: DR. AL PRICE



Asking Alvin Price about his history is prelude to a dropped jaw and widening of the eyes. His adventures and accomplishments dot the globe, and countless people with improved situations lay fortuitously strewn in his wake.

Thousands of School of Family Life alumni will remember Dr. Price as their engaging instructor for Introduction to Human Development, a course he anchored for decades at BYU. Many made the decision to enlist in the major as a result of their semester with Dr. Price.

The ability to influence others' lives is actually what pushed Price to teach human development in the first place. He was teaching classes of very young children early in his career, and a mentor explained to him that instead of influencing 30 kids a year, he could influence 30 times 30 kids a year, by teaching other teachers who would in turn influence more children.

Price began his college education at the University of Utah, studying engineering, which he soon tired of. He came to BYU and entered the Child Development and Family Relations (CDFR) major, and began working with preschool-age children, a job he loved. The CDFR major was small at the time, and Price was actually the only male involved.

"I never told my roommates what I was doing," Price said.

Price excelled in the field, eventually graduating with an advanced degree in child development from the University of Minnesota, which had the best child development program in the country at the time.

He began teaching at BYU in 1966, and taught nearly every subject ranging from development to

family studies, since the faculty was so small. His colleagues in Minnesota thought he was crazy for choosing a school with such a small program that wasn't research oriented, but he doesn't regret it.

"Later in life, at reunions, I would actually tell these people that I had a better job than they did, because I had more academic freedom," Price said.

His colleagues wondered how this could be so at a religious university, compared to their universities which prided themselves on openness and progressive thinking. Price explained that they only described development in terms of genes and environment, and that he was able to tie in a vital third factor: that God's children have eternal spirits which influence development on earth.

Price said he was privileged to explain at BYU how our spirits have access to the light of Christ, unique and personalized gifts of God, and a personality that doesn't begin at birth. He said he would talk about mothers who would explain their child's unique behavior even in the womb, and how parenting techniques can work for three children of the same parents, but not the fourth.

"They (professors at other universities) can't talk about this," Price said.

Price influenced thousands of students through his teaching, tying in these principles. For years he taught multiple classes of over 300 students. He also served as bishop over three different BYU wards.

But ask Price about his top three achievements in life and he will tell you about his work in Romania as one of them. In the 1980s, Romania's government had fallen, and it was discovered that there were 100,000 orphans in the country in desperate need of help.

At first, Price was asked by the LDS Church to gather books on psychology and development and send them to Romania, since all such books had been burned ten years prior in that country. Church representatives came asking Price about people who would be good to serve as missionaries in Romania, assisting the needy and organizing church efforts. After giving a few names, Price found himself describing himself and his wife as good candidates. Soon after, they found themselves in Romania.

Al Price and his wife, Barbara, decided that a Special Olympics would serve well to legitimize the orphans. The Romanians and their government were skeptical, and so were the NGOs working there. But Price wrote a letter to Eunice Kennedy Shriver, former U.S. President John F. Kennedy's sister, who oversaw such affairs, and Price was given the go ahead. Shriver also sent people from Poland to train Price and his fellow workers on how to run a Special Olympics.

Price said things kept falling into place, and by the time the event happened, news sources were there from Boston to Germany to cover the event.

Two-hundred students from a Romanian athletics university attended the event and later came back to their school demanding education for teaching handicapped people. The 200 students sat in the Dean's hallway for three days until he consented.

The women's Romanian gymnastic team, an international powerhouse at the time, also attended the event, and gave the Olympic oath to the participants.

Price returned from Romania changed.

"I've seen children mentally and emotionally killed, slowly, and its worse



“Later in life, at reunions, I would actually tell these people that I had a better job than they did, because I had more academic freedom”

than seeing a person physically killed,” he said.

In 1998, Price and his wife were called on a humanitarian mission to Russia, and were told that Price may as well resign from BYU, which he did. After the humanitarian mission, Price served as the mission president of the newly formed Vladivostok mission in eastern Russia.

After coming home to work for the Salt Lake Olympics, he went with his wife to Beijing, China to teach English at Beida University. They later served as Facilitators of the BYU China Teachers Program.

Another mission to Russia followed, this time in Moscow as a public affairs coordinator. During this time, Price was diagnosed with Hodgkin’s lymphoma and returned to Utah for treatment. As chemotherapy destroyed his immune system Price contracted pneumonia, and though he doesn’t remember hardly anything, he was in a coma and on a ventilator for sixty days. Doctors to this day call his recovery a miracle.

Price and his wife began serving another mission to Russia in June.

At least four current professors in the School of Family Life were taught and heavily influenced by Price, including Drs. Randy Day, Craig Hart, Thomas Draper, and Clyde Robinson. Tom Draper said that Price is a

master at interpreting knowledge in the field so it comes alive in an LDS context.

“Really alive, alive in a way that made you sit up, laugh out loud, and write notes, not for the exam, but for the rest of your life,” Draper said. Draper said one story that would help people understand Price is about getting goods past Mafia members of Moscow. Price was in charge of directing 26 boxcars of goods to the needy, and a surly mafia member demanded to take charge of the situation, clearly to sell the goods on the black market. In one confrontation, Price recalls that his wife left the hallway where they were speaking out of fear.

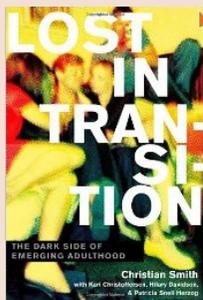
“She was sure somebody was going to die,” Price said.

Price refused to give the bald headed, no-neck man the car with expensive medical supplies, but would give him a boxcar of clothing. The man was enraged. A translator with Price urged him to leave the place in a taxi. The mayor of the city told Price to take a different way home from the subway each day, which Price did for a month.

How do you justly describe a man with this courage, zeal, and passion for helping? A force for good to be reckoned with, indeed.

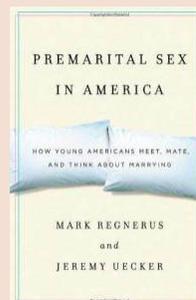
O LIFE-LONG LEARNING

One of the aims of a BYU education is to promote life-long learning. In that spirit, the School of Family Life faculty have suggested some recent publications to help you stay current in the various fields housed in the School of Family Life.



- Christian Smith, Karl Christoffersen, Hilary Davidson, and Patricia Snell Herzog. (2011). *Lost in Translation: The Dark Side of Emerging Adulthood*. New York: Oxford.

These researchers interviewed hundreds of emerging adults to explore their lives and their challenges. They find some troubling trends, including confused moral reasoning, materialism, intoxication, regrettable sexual experiences, and disengagement from civic life.



- Mark Regnerus & Jeremy Uecker. (2011). *Premarital sex in America: How young Americans meet, mate, and think about marrying*. New York: Oxford.

These authors combine data from several studies, as well as their own research, to provide the fullest and richest portrait yet to young adult sexuality in America.

- www.stepfamilies.info. This is the website of the National Stepfamily Resource Center out of Auburn University under the direction of the noted family scholar Dr. Francesca Adler-Baeder. It has a wealth of information and helpful resources for remarried couples and stepparents.

- www.familyfacts.org. This website produced by the conservative Heritage Foundation in Washington D.C.



FAMILY CONNECTIONS



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