

## RISING FROM THE DEPTHS

AFTER A SERIES OF UNFORTUNATE EVENTS,

PURDUE SIXTH-YEAR SENIOR EMILY FOGLE HAS ALL-AMERICAN ASPIRATIONS

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**EMILY FOGLE DROPPED INTO A SITTING POSITION**, too weak to carry a half-gallon of skim milk up a flight of stairs to her second-story apartment. ■ Such dizzy spells were commonplace — and largely ignored — for one of Purdue University's most accomplished athletes, who in a matter of months had wilted to barely more than 100 pounds. ■ Her vibrant personality was rapidly disappearing, too. ■ It was an ugly side that Fogle wanted no one to see. And few did. ■ "It was the brink of insanity," Fogle said. **FOGLE, Page 4A**

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## Indiana failing to screen out bad teachers

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Indiana's decision to delegate the screening of prospective teachers to local school districts is full of holes that sometimes allow sexual predators and other problematic instructors into the classroom.

An analysis by USA TODAY NETWORK with the Journal & Courier shows the policy remains in place even though school districts don't have direct access to NASDTEC, a national clearinghouse of teacher discipline cases. Only states can gain direct access to that data.

Also, teachers can receive a license in Indiana before a detailed vetting of their background is completed. School districts aren't required to complete a deep background check until after teachers have been in the classroom for three months.

But possibly more problematic,

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**A look at the issues nationally**  
» **Teachers flee troubled pasts:** Fragmented state systems for checking the backgrounds of educators leave students at risk. **1B**  
» **U.S. lacks government database to track misconduct:** USA TODAY Network surveyed state education officials about how they do background checks on teachers and share information about disciplinary actions against teachers. Journalists verified states' answers and compared policies against best practices in four areas. **5B**



### Scalia dies

The Supreme Court Justice was found dead at a Texas ranch on Saturday. **1B**

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Emily Fogle's tattoo on her left wrist honors her late mother and contains some of her mother's ashes. Fogle has overcome injury, an eating disorder and her mother's death to be successful.

## FOGLE

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To cope, she fell into an anorexic spell.

For years, Fogle focused on cutting seconds off her swims, and after the first of three hip surgeries, that shifted to watching pounds slip off her muscular frame.

By the time her mother died in April 2013, anorexia had warped Fogle's mind.

With her world seemingly crumbling around her, the disease spun out of control.

Eventually, Fogle realized her spiral had two possible endings: an abrupt stop at the bottom or a slow uphill crawl.

Now the oldest member of the Boilermakers swimming program and a rare recipient of a sixth year of NCAA eligibility, she's hoping to go out on top.

### The natural

Sara Fogle was a swimming standout, and for two years, her younger sister watched her compete.

Soon Emily turned heads, too.

"When she was about 10 years old, we started noticing that she was getting really good at breaststroke," Sara Fogle said.

It became Emily's first love, and she ultimately gave up soccer to focus on swimming.

By the time Fogle graduated from Barrington High School, in North Barrington, Illinois, she grew to be 5-foot-10. Her long reach was advantageous in becoming a four-time All-American with a pair of Illinois state championships.

Fogle considered attending Big Ten schools Indiana and Michigan but chose Purdue because she believed it best valued the balance of athletics and academics.

"That was a program changer for us," said Sarah Dunleavy, who competed for Purdue's swimming program from 2008-12. "We were trying to turn things around, and Emily was

the all-star recruit you want to sign as a head coach."

In her first season with the Boilermakers, Fogle broke the program's 200-yard breaststroke record by more than five seconds, set a Purdue freshman record in the 100-yard breaststroke and competed for two record-setting medley relay teams on her way to the NCAA championships.

The next season, Fogle added honorable mention All-American honors in the 100 and 200 breaststroke events, qualifying for the NCAA championships in both. She won the consolation final of the 200 breast at the NCAA Championships, posting the fourth fastest time in the meet. She also placed 28th in the U.S. Olympic Time Trials in the 100 breast.

"She was one of the people we could count on to get things done in competitions, especially at the Big Tens and NAAs," coach John Klinge said. "Because of how much we counted on her races as a freshman and sophomore, she was already in a leadership position."

Fogle was bound for an even bigger breakthrough as a junior. But it didn't happen.

### Series of setbacks

Pain had resided in Fogle's hips since high school.

Eventually, she could no longer ignore it.

Her femur was rubbing against the hip bone amid torn cartilage meant to supply a cushion.

"It got so bad that I couldn't finish a practice," Fogle recalled. "At that point, my swimming was suffering, so I had to move forward with some sort of treatment."

As a junior, Fogle competed in only a handful of events in fall 2012 before electing surgery. Still, in that limited time, she'd broken the Purdue 100 breaststroke record, finishing the event at the Purdue Invite in 59.34 seconds and automatically qualifying her for the NCAA Championships again.

In December 2012, she had arthroscopic surgery to repair



JOHN TERHUNE/J&C  
Emily Fogle is presented with the Haier Achievement Award by Athletic Director Morgan Burke during the Purdue men's basketball game with Penn State on January 13.



PHOTO PROVIDED  
Emily Fogle's battle with anorexia withered her to a weight of barely 100 pounds.

her right hip. Three months later, she had the same procedure on her left side, and in January 2014, she went through a second surgery on her left hip.

Fogle spent most of the 2012-13 season on crutches and in injury rehab. Her parents, concerned about their daughter's physical and emotional well-being, regularly visited West Lafayette. They attended the annual season-ending team banquet on April 14, 2013.

"They came up a lot because they were concerned about my eating and my hip surgeries, and I was almost annoyed," Fogle said.

It was the last time Emily saw her mother.

Two days later, Susan Fogle suffered a fatal heart attack.

"Of course ... I wish I had said more things," Emily Fogle said.

In a matter of months, she lost the sport and the person she cared about most.

"Obviously, my whole life was swimming," Fogle said. "Then with the recruiting process and (my mom) helping me decide on Purdue and helping me the first 2½ to three years here, it was hard to take, especially because it was so sudden."

"It would be different if she was to have long-term cancer and maybe I could see that inevitable death. The fact that it was so sudden, that adds another element of distress."

With her world seemingly crumbling, Fogle sought something — anything — she could control.

She chose food.

### Dark days

According to Eating Disorder Hope's website, about 4.2 percent of women in their lifetime have suffered from anorexia.

Depression is a key trigger. Fogle's started after her performance at the 2012 Olympic Trials, which left her bleak.

Then her injury snowballed her poor eating habits.

"I went into extreme hopelessness, depression and grief,"

### HOW TO GET HELP

Nearly 15 million Americans suffer with depression and 11 million have some form of an eating disorder.

Tippecanoe County offers several counseling facilities.

For a list of professionals, visit

<https://therapists.psychologytoday.com/rms/state/IN/Lafayette.html>.

As part of Purdue's Student Health Center, the university offers counseling and psychological services. More information can be found at <http://www.purdue.edu/caps/>.

### IN HER WORDS

Go to [jconline.com](http://www.jconline.com) to see Emily Fogle discuss her anorexia, the emotions she felt during the loss of her mother and how thankful she is for Purdue University influencing her in recovery from depression.

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# FOGLE

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Fogle said. "I suppressed my emotions with the numbness of the eating disorder."

Days passed without consuming anything but black coffee. Some days she'd eat an apricot — calories that could be shed with a 10-minute walk.

"Saying that out loud, it's terrible, but that was my life," Fogle said. "It is an addiction. Once you become addicted, you don't really care about anything else. I cared more about how I looked and how I felt than my performance in the pool."

Despite the injuries, Fogle remained active.

She'd shun the crutches, going on runs around campus while trying to recover from double hip surgery. Her pain was temporarily numbed by prescribed OxyContin.

Fogle was burning off everything she put in her body.

"It's not unusual when athletes get injured to get depressed. It prevents them from doing what they do best," said Dr. Ron Thompson, a consultant on eating disorders for the International Olympic Committee and the NCAA and co-director of The Victory Program, an eating disorder treatment facility in St. Louis for athletes. "When this added pressure comes along, it pushes you more in that direction. Being an athlete, that's what she does best and that's probably the place she gets most of her self-esteem."

"I don't think people realize how important a sport can be in the life of a very serious athlete. It doesn't surprise me that the disorder would emerge or worsen during this time."

Fogle tried to avoid the Boilermaker Aquatic Center, Purdue's state-of-the-art swimming and diving facility, as much as possible.

Coaches and friends offered assistance to no avail.

"At the time, she was in a fog," former teammate Carly Marshall said. "Our coach was aware and doing everything he could, and the athletic staff did the best they could, but it took some time for her to come around to accepting help. There was nothing her friends on the team could do except support her the best we could."

Dating became difficult.

A couple of first dates never led to a second.

Her personality pushed people away, she admitted, and going on dinner dates wasn't much fun when only one person chose to eat.

A once muscular body shriveled to a layer of skin blanketing a skeleton. Her clavicle noticeably served as a hanger for shirts that draped her malnourished body and hid her rail-thin arms, protruding ribs and bony shoulders.

Fogle became a recluse.

Marshall lived next door to Fogle in a now-demolished apartment complex. Suddenly, they rarely saw each other.

Sara, Emily Fogle's older sister who swam at the University of Vermont, had her own set of challenges with bulimia as a college freshman.

"She knew about that. We would talk about it," Sara Fogle said. "Then I started noticing she was having more trouble. She didn't want to share anything and was very private about it all. During those times, it was hard for her to open up to anyone at all."

Trying to make contact became a challenge.

"Watching me destroy my body and essentially destroy my life made her angry," Emily Fogle said of her sister. "She was almost like, 'I don't know why you are doing this,' even though it was how I was coping. There was a weird two years with that relationship."

Relationships were strained with Purdue friends, too.

"I was still best friends with those people, but they were strangers to me," Fogle said. "I

only focused on my eating disorder. I didn't focus on relationships. I didn't focus on school or family or swimming. I didn't even care about my body."

## Road to recovery

Dunleavy said she and Fogle stayed in contact after she accepted a coaching job at Illinois State University.

"Emily is a much more talented swimmer than I ever was, but we were kind of training buddies," said Dunleavy, now an assistant swimming coach at the University of Kentucky. "There's a lot of bonding there when you are together every day. For whatever reason, when she came to Purdue, I was kind of the person on the team she came to, and we remained in touch."

She became one of the few people with whom Fogle shared horror stories.

When she realized the battle Fogle put herself through, Dunleavy packed for West Lafayette, determined not to leave until Fogle acknowledged the severity of her eating disorder — something she'd long been resentful of.

"You have the physical issue of your body is literally eating itself, or decomposing. And then there's the mental aspect of it," said Fogle's father, David.

"I still feel extremely guilty that I didn't recognize it. I knew issues were going on, but you always kind of say it's not that bad. It's a really insidious type of thing. Emily would say, 'I'm fine. Don't bug me.'"

Klinge had long urged his once star recruit to seek treatment.

"She was generally unhappy and that was the part I was affected most by, just how unhappy she had been and how long she was unhappy," Marshall said. "There was a certain extent of acceptable grieving and a lot she was dealing with, but I started to think it had been too long and not enough people were noticing or trying to help fix it at an earlier stage."

In summer 2013, Fogle admitted herself into an inpatient treatment facility in Phoenix.

Every morning, the staff woke her to take vitals. The center prepared her meals six times daily. And someone regularly weighed her without informing her what the scale read.

After a little more than a month, she left the treatment facility. Back at Purdue, however, Fogle's strife soon returned.

"In Phoenix, it was 24/7 care in an enclosed enclave of patients suffering from eating disorders," Fogle said. "You go from that back to Purdue University. That's where everything started and all the bad habits and triggers came forth again. It was going from 24 hours, seven days a week with very strict rules to being on your own."

"It was a huge wake-up call that I can't do this on my own quite yet."

So she turned to someone she knew could provide constant supervision.

At the time, David Fogle, who had temporarily relocated to Kansas City for work, had dove into educating himself about anorexia. He read books and talked with families who'd experienced eating disorders with a loved one.

"It was an extreme eye-opening experience to know this is going on with your own daughter," he said.

Emily Fogle moved to Kansas City, living with her dad while enrolling in online courses at Purdue.

Her father lined up a meal plan similar to the one she had in Phoenix. She also checked into an outpatient facility in Kansas City.

He kept the refrigerator and pantry stocked. She made sure she ate breakfast every day, the only meal for which she was on her own.

The treatment program provided a morning snack, lunch



JOHN TERHUNE/JOURNAL & COURIER

Emily Fogle's tattoo on her left wrist honors her late mother and contains some of her mother's ashes. Fogle has overcome injury, an eating disorder and her mother's death to be successful.



PROVIDED BY EMILY FOGLE

Emily with her sister Sara, who was also a standout swimmer and suffered from an eating disorder

and an afternoon snack. At night, the pair cooked dinner together, then shared a snack later at night.

But he knew the decision to recover was not up to him.

"It was going to have to be Emily who finally said that enough is enough," David Fogle said.

Emily Fogle said the urge remained to refrain from eating, but her father continually insisted she needed to stay the course.

"It's unbelievable how much patience he had," Fogle said. "He was there constantly with reassurance and patience. Our relationship has grown so much from that time together. It is incredible how much of a good father he is."

"I felt guilty all the time because I put this on him."

David Fogle chokes up briefly before boasting that he watched his daughter recapture an inner strength. In Kansas City, she learned how to grieve the loss of her mother, whose memory now is embedded in Emily Fogle in more ways than one.

Using her mother's ashes, Fogle inked inside her left forearm the last letter between them.

"Love you more ... Mom," the message reads. It includes a heart.

Emily Fogle was finally ready to be back on her own.

## Unfinished business

The return to Purdue was not going to be an easy transition.

Without her father there to constantly monitor her, Fogle knew she had to follow the meal plan they had established in Kansas City.

She stuck to the guidelines of her new diet, putting on 60 pounds of muscle and reaching what she considered a healthy weight.

"The biggest person at that time was my weight coach (Grant Geib) at Purdue," Fogle said. "He was instrumental in helping me put the weight back on."

After doubting she'd ever swim again and coming to grips that her career might be over, just getting back in the water was a success.

In June 2014, Fogle competed for the first time in almost two years.

Seemingly beyond the setbacks, a bout with mononucleosis hindered her 2014-15 season.

"That was small compared to everything else, but it was another layer of 'oh my gosh,'" Fogle said.

Pretty soon, oh my gosh referred to her blazingly quick swims.

For the third time, she participated in the NCAA Championships, a number that would have been four had she finished out 2012-13. At the Big Ten Championships, she swam the breaststroke leg of the 200-yard medley relay team that broke the school record.

Emily Fogle again rose to stardom.

"That was a great confidence booster," Fogle said of her performance at last year's Big Ten meet. "I knew then I can actually do another year of this."

The NCAA allows student-athletes five calendar years to play four seasons. To receive an extension, the NCAA must determine the competitor was denied two participation opportunities outside her control.

Typically, a student-athlete is granted a sixth year due to multiple medical circumstances.

"Her case was unique in some instances," Purdue compliance director Tom Mitchell said. "It was pre-textbook, meaning when we did get to the point where we were going to file this, there was no major questions or concerns from the injury standpoint. The harder part was going back to that first injury, her first hip surgery, because she had swam for a number of meets in the 2012-13 season."

A medical hardship waiver allowed the handful of meets Fogle had participated in during the 2012-13 season to be deemed too few to register as a season.

She was granted a sixth year and intended to make the most of a rare opportunity.

In November's Purdue Invitational, Fogle shattered the Boilermaker 100-yard breaststroke record in 58.88 seconds, nearly a half-second better than her previous school record, set

in the last meet she competed in before being sidelined with injury.

The next day, she broke the Boilermaker Aquatic Center record in the 200 breaststroke, surpassing the previous mark from the 2010 NCAA Championships by former Texas A&M swimmer Alia Atkinson.

Fogle enters the Big Ten Championships this week hopeful the Boilermakers will finish in the top three in team standings, a realistic goal.

She's also shooting for conference titles and top-eight finishes at the NCAA Championships in the 100- and 200-yard breaststroke. Doing so would ensure All-American status.

"If she went through just one of the things she went through, it would be hard to come back," Klinge said. "For her to make it back and swim was amazing. For her to make it back and surpass where she had been before is even more amazing."

## Looking toward the future

Fogle's clashes with anorexia and depression are well-known in the swimming world.

Last December, she was selected as a recipient of the Haier Achievement Award, which recognizes student-athletes for accomplishments beyond sports. The announcement came seven months after the N4A Wilma Rudolph Student-Athlete Achievement Award, which she received for overcoming great odds to achieve academic success while also participating in athletics.

But with her athletic career ending a month from now, she's looking toward the future.

The number of graduate programs she applied for is in the double figures. She's shared her story with each.

Fogle remained on a time-structured meal plan through last season. Until last summer, she still couldn't fully trust herself to accept when she was hungry. Now, she no longer relies on a clock to tell her when it's time to eat and her regular meetings with a dietician are strictly just to check in.

"The experience she's gained in overcoming this is an immeasurable deal," her father said. "But there will always be baggage. There's always going to be stuff she's going to have to deal with. That's life."

"She hasn't recovered, but she has learned to deal with it and she wants to help other people because she knows it is not over for her."

But the constant battle is not over. It may never be.

She has accepted as much.

"I still struggle with things every day," Fogle said. "I don't think I will ever get over any of them, but it's a process of learning how to manage those triggers or those emotions ..."

"I don't know if I will ever be who I was before the eating disorder, but I am happy with who I am now and who I've learned to become during this process."