Leaving a Legacy

DR. MARY HARLAN RETIREMENT

Dr. Mary Harlan retired from the Family and Consumer Sciences Department after 30-plus years on July 15, 2015. Dr. Harlan received her Bachelor of Science in Education from UCA and later went to the University of Arkansas where she earned a Master of Education and a Doctorate of Education with an emphasis in Nutrition. She always knew that she wanted to be a teacher and to serve others, and that she did. Family and Consumer Sciences (formerly Home Economics) was the path she chose as she realized it had several career opportunities and encourages others to this day to pursue Family and Consumer Sciences. Dr. Harlan pursued several other career opportunities before settling in at UCA as Department Chair. She was the home economist for a utility company, Rogers School District dietician, public school teacher, University of Arkansas Cooperative Extension Agent, and taught for the Conway Area Careers Center in the Conway School District. Dr. Harlan has supported, promoted, and encouraged students and co-workers for many years to pursue a career in this field. Dr. Harlan has certainly fulfilled her dream of teaching and serving and our profession wouldn’t be the same without her.
Dr. Melissa Shock retired from UCA following the Spring 2015 semester. Dr. Shock earned her Bachelor’s degree in Home Economics Education and her Master of Science from UCA and her PhD from Oklahoma State University. Dr. Shock also earned her credentials as a Registered Dietician Nutritionist with the American Dietetic Association. Dr. Shock’s professional career began as a Home Economist for the Electric Power & Light Company in Dallas. Upon her return to Arkansas, she began her teaching career in public schools, working in dialysis clinics and retired as an Associate Professor in the Family and Consumer Sciences Department at UCA. She held several titles in the Department and impacted many students’ lives throughout her years as an educator at UCA. Her fun personality kept students and co-workers laughing and she was the advisor to the UCA Chapter of Phi Upsilon Omicron. The department, students, and community members appreciate everything Dr. Shock did during her career and we wish her well during retirement.
The Start of a New Legacy
New Full and Part-Time Faculty

DR. ALICIA LANDRY

Who: Alicia S. Landry PhD, RD, LD, SNS
What: Registered Dietitian and Assistant Professor in the Department of Family and Consumer Sciences at UCA.
When: Just moved back to Conway this fall after living and working in LA and MS for the past 11 years.
Where: Dr. Landry received a BS in nutrition from UCA, a MS in nutrition from Louisiana Tech, and a PhD in nutrition and food systems from The University of Southern Mississippi.
How: Her research has included community based participatory interventions to reduce chronic disease risk in health disparate populations as well as research with child nutrition programs, including farm to school and community gardens. Dr. Landry primarily teaches nutrition management and research classes at both the Undergraduate and Graduate levels. She is the Chair of the College Section Research Committee for the School Nutrition Association and is a member of the Society of Behavioral Medicine, School Nutrition Association, Academy of Nutrition and Dietetics, and Society for Nutrition Education and Behavior.

DR. J.J. MAYO

Who: JJ Mayo PhD, RD, CSCS
What: Registered Dietitian and Associate Professor in the Department of Family and Consumer Sciences at UCA.
When: Just joined the Nutrition Department after spending 20 years teaching in the area of Kinesiology.
Where: Dr. Mayo received a BS and MS Exercise Science at Arkansas State University, MS in Dietetics from UCA, and a PhD in Exercise Physiology from The University of Mississippi.
How: He has published ~ 50 articles in numerous scientific and trade journals and has been quoted in magazines like Men’s Health, US Weekly, and Bicycling Magazine. Dr. Mayo primarily teaches sports nutrition at the undergraduate and graduate level. His research interests includes cardiovascular fitness, strength and conditioning, and dietary supplements. Dr. Mayo routinely consults with competitive and recreational athletes to improve performance, particularly in endurance sports. He is a Boston Qualifier who has completed several ultramarathons and is a 9-time Ironman triathlon finisher.

ADRIENNE MEACHUM

Adrienne is a new adjunct instructor in the Interior Design program. She is currently teaching Residential Interior Design and Introduction to Computer-Aided Drafting. In the Spring semester in addition to Residential, she will add Textiles and Home Planning.

LINDSEY GREEN

Lindsey is a new adjunct instructor for the Nutrition program. She is currently teaching the Residential College section of Nutrition in the Life Cycle in Baridon Hall. Lindsey will teach an additional section of the course in the Spring 2016 semester.

LISA MILLER

Lisa is helping out as an adjunct instructor for the Fall 2015 semester teaching FACS 2360, Textiles. Lisa works full time at Harding University in the Family and Consumer Sciences Department.
Student Organizations

STUDENT DIETETIC ASSOCIATION

First Row L-R: Megan Brown (Incoming Vice-President), Karie Hudson (Incoming Secretary), Lauren Albritton (Public Relations), Emily Ready (Incoming President)

Back Row L-R: Haley Shrell (Academy of Nutrition and Dietetics Student Liaison), Rachel Bilderback (Secretary), Seth Buckman (Treasurer), Kate Hudson (President), Rachel Knowlton (Refreshment Chair)

Not Pictured: Rebecca Polacek (Fundraising Chair)

Phi Upsilon Omicron held initiation on October 13th in the Mirror Room. Over 20 new initiates joined the UCA Chapter. Congratulations to everyone invited to join.

PHI UPSILON OMICRON
AMERICAN ASSOCIATION OF FAMILY & CONSUMER SCIENCES

2015-2016
AAFCS Officers
President: Tanner Bryson
1st Vice President: Joshua Eddinger-Lucero
2nd Vice President: Charla Hammonds
Secretary: Charaya Lathrop
Treasurer: Joanna Grana-Maciel
Historian Committee: Abby Washkowiak, Candice O’Bar, Tatoria Phillips, Geneisha Davis
Refreshment Committee: Tiffany Hillman, Candice O’Bar, Geneisha Davis

AMERICAN SOCIETY OF INTERIOR DESIGNERS

The University of Central Arkansas Student Chapter of the American Society of Interior Designers meets on the 3rd Tuesday of each month in the Mirror Room.

Facebook: UCA ASID Student Page  Twitter @ASIDChapterUCA
NEW RSO: DIETETIC INTERN ASSOCIATION!
The dietetic interns have been busy this fall! They officially formed a new recognized student organization on the UCA campus and are busy sharing their nutrition knowledge and raising funds to attend professional meetings. Here are just a few of the many events the dietetic interns have coordinated and implemented:

August 27: Hunger and Healthy Eating Fair, Faulkner County Library
September 9: Healthy Cooking 101: Game Day Grub
September 14: Tour of the Simon Beef Farm
September 22: Farm to You @ Marshall and Leslie Public Schools
September 28: Tour of the Simon Dairy Farm
October 3-6: Food and Nutrition Conference and Expo, Nashville, TN
October 14: Healthy Cooking 101: Soups, Stews, and Chilies
October 24: Food Day @ the Hot Springs Farmer’s Market
November 11: Healthy Cooking 101: Healthy Holiday Meals Made Easy
NATIONAL FOOD SAFETY MONTH

FACS students in NUTR 4321, Nutrition Services Administration celebrated National Food Safety Month by competing with posters. Students had 20 minutes and only construction paper, markers, glue, tape, and scissors. See what amazing posters they made below:

INTERDISCIPLINARY MENU PROJECT-INTERIOR DESIGN AND DIETETIC INTERNS

This project is completed as a collaborative design throughout the semester, in partnership with the Dietetic Internship students at UCA. The Interior design students and Dietetic interns work as a group to comply with the general goals given by the instructors to comply with commercial national, local codes, ADA requirements and use of sustainable resources as part of their design.
Students in Mrs. Luong's FACS 3360, Consumer Problems in Clothing class are tackling the issue of having too many unused items of clothing and other household goods that aren’t being put to use. Students selected consumer goods to upcycle, recycle, and redesign into a product that has new life and use! Students also learned the importance of Corporate Social Responsibility, as well as researched information concerning the materials and the effect they have on the environment.

National Food Day was a day to resolve to make changes in our own diets and to take action to solve food-related problems in our communities at the local, state, and national level. Food Day 2015 had a special focus of greener diets as a way to address both health and environmental issues. Dr. Renee Ryburn’s FACS 3456, Methods classes took on the responsibility of educating the community about eating right on a budget, recipe remakes, and food allergies and intolerances among other topics related to their content areas. The event was held in the McAlister Hall Mirror Room on October 26th, 2015.
Congratulations to Ms. Haley Meek on being awarded the Craftsman's Guild Scholarship for the Spring 2016 semester. Haley will be student teaching in the spring semester and will complete her Bachelor of Science in Education with a minor in Teaching and Learning in April.

About 15 students volunteered at a nutrition booth at Conway's Ecofest in October. Khandra Faulkner’s meal management students prepared presentation materials on a variety of topics ranging from eating on a budget, to the nutrients in foods.

The NUTR 4335, Senior Seminar class held a Nutrition Career Fair this semester for students to network and gain insights into potential careers within the Nutrition realm. Representatives from Arkansas Children’s Hospital, Arkansas Academy of Nutrition and Dietetics, Arkansas Heart Hospital, Health Department, UCA Dietitian Emily Hayes, UCA Dietetic Internship, UAMS, and many more were on hand to answer questions and offer advice to students. If you’re interested in joining next year, please contact Rachel Schichtl for more information at rschichtl@uca.edu
AAFCS has partnered with CASA to help provide stockings for children in their care for several years. It is always a rewarding experience to pull students, faculty, and community leaders together to make this possible. This year, AAFCS collected enough items to fill over 130 stockings and provide additional items to be utilized during birthdays and other celebrations. The stockings are made in the construction classes taught by Judy Riley and Jamie Bradshaw at UCA. For more information about CASA or to become an advocate, please visit http://hopeandjustice.org/programs/ and be on the lookout next year to see how you can help!

**AAFCS STUFFS STOCKINGS**

If YOU:
- Enjoy flexibility and variety in your work
- Would like to help youth and/or adults develop essential skills to successfully live and work
- Want a great job after graduation
- Then a career as a Family and Consumer Sciences Educator is right for YOU!

I want to help promote healthy, happy families.
—Rachel Schichtl

To make a difference in the lives of individuals and families.
—Renee Ryburn

It’s all about family.
—LeeAnn Bullington

I want to help build strong behaviors and exemplary family foundations.
—Maria Posada

It is the key to achieving life goals.
—Alicia Landry

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**Say Yes to FCS**

Sponsored by NASAFACS
The Alumni Committee requests your assistance in the nomination process for naming distinguished alumni in Family and Consumer Sciences (Home Economics) at the University of Central Arkansas. The committee has established criteria to recognize individuals that have made outstanding achievements representing the profession. The committee plans to recognize individuals in **TWO** categories: **YOUNG ACHIEVER** (less than 15 years in the profession) and **DISTINGUISHED ALUMNI** (more than 15 years in the profession). Please assist the committee by nominating one (or more) deserving alumni and returning your nomination form by March 6, 2016.

Please provide as much information concerning your nominee as possible.

**Name of Nominee:** ________________________________  
**Category:** (Check One)  
Young Achiever:_________  
Distinguished Alumni:_________  
**Address:** ________________________________  
Telephone: (Work) ________________________  
(Home):________________________  
E-mail ________________________

Please enclose a copy of the nominee's resume -OR- complete the following information -OR- PROVIDE US WITH A PHONE NUMBER TO CONTACT THE INDIVIDUAL TO OBTAIN ADDITIONAL INFORMATION.

I. Professional Work Experience:
II. Professional Memberships and Offices held:
III. Professional Activities: (presentations, publications, etc.)
IV. Community Service Activities:
V. Summarize a few key points why you feel this individual should be selected.

**PLEASE RETURN TO:**

Dr. Renee Ryburn  
Dept. of Family and Consumer Sciences  
McAlister Hall Room 100  
University of Central Arkansas  
Conway, Arkansas 72035  
Telephone: 501-450-5950  
Fax: 501-450-5958  
E-mail: rryburn@uca.edu

Nominated by:__________________________  
Telephone: (Work)__________________________  
(Home):__________________________  
E-mail:______________________________
Full-time Faculty:

- Dr. Renee Ryburn, Interim Chairperson: 501-450-5950; rryburn@uca.edu
- Dr. Ann Bryan, Interior Design; 450-5957; abryan@uca.edu
- Dr. Mary Ann Campbell; General FACS; 501-852-0952; maryc@uca.edu
- Dr. Alicia Landry, Nutrition; 501-450-3101; alandry@uca.edu
- Dr. Jerry Mayo; Nutrition; 501-450-5955; jmayo@uca.edu
- K. C. Poole, Interior Design; 501-450-5956; kpoole@uca.edu
- Dr. Nina Roofe, Nutrition; 501-450-5954; nroofe@uca.edu
- Rachel Schichtl, Nutrition; 501-450-5953; rschichtl@uca.edu
- Jennifer Whitehead, Interior Design; 501-450-5952; jenwhite@uca.edu

Family and Consumer Sciences Scholarship Contribution

Your name: ____________________________________  
Address: ______________________________________  
Phone: ______________   Email: ___________________  

Please apply my contribution to the following FACS Scholarship Fund (please check one):

___Adams-Lindsay-Webb Endowed Scholarship Fund  
___Georg Andersen Interior Design Scholarship Fund  
___Cecily Coffelt-Bullard Endowed Scholarship Fund  
___Grace Dupree Endowed Scholarship Fund  
___Martha Stone Harding Endowed Scholarship Fund  
___Dr. Mary Harlan Scholarship Fund  
___Mary Ann and Andrew Hiegel Endowed Scholarship Fund  
___Dr. Roy C. and Dollie Randleman Holl Endowed Scholarship Fund  
___Interior Design Scholarship Fund  
___Emily Oates Scholarship Fund  
___Dr. Nina Roofe Nutrition Scholarship Fund  
___Nina Russ Endowed Scholarship Fund  
___Suellen Ward Endowed Scholarship Fund  
___Connie Westbrook Scholarship Fund  
___Other (wherever the need is greatest) 

My gift qualifies me for membership in (please check one):

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___University Club ($500-$999)  
___President’s Club ($1000 or more)  
___Other amount ($__________)

Name on card: _______________________________  
Credit Card type: __________ Expiration Date: _______  
Credit Card number: __________________________  
Amount: $_____________  

Please complete and return this page with your credit card information or your check made payable to the UCA Foundation, Inc. Your tax deductible contributions will be greatly appreciated!

Have you changed jobs and have a new business card? We would love to share with our students what our alumni are doing! Please send one in with your registration or bring it to the luncheon!

For questions, please contact us  
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