



McAlister Hall

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Special points of interest:

Retirements

New Full and Part-Time Faculty

New Student Organization

Student Activities in and out of the classroom

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Fall 2015

Volume 7, Issue 1

*University of Central Arkansas
Family and Consumer Sciences*

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



L-R: Dr. Nina Roofe, Celia Harkey, Lee Ann Norton, Khandra Faulkner, Rachel Shichtl, Dr. Renee Ryburn, Dr. Mary Harlan, Dr. Mary Ann Campbell, Rebekah Lindsey, LeeAnn Bullington



Dean Ishee presenting an award to Dr. Harlan



Mrs. Cecily Coffelt-Bullard & Dr. Harlan



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.

Leaving a Legacy

DR. MELISSA SHOCK

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.



FACS Faculty

Front Row L-R: Rachel Schichtl, Rebekah Luong, Celia Harkey, Dr. Mary Ann Campbell, KC Poole

Middle Row L-R: LeAnn Bullington, LeAnn Norton, Khandra Faulkner, Lea Hyland, Amanda Money

Back Row L-R: Allison Worthen, Jamie Bradshaw, Dr. Nina Rooft, Jennifer Whitehead, Dr. JJ Mayo, Dr. Alicia Landry, Dr. Renee Ryburn

Graduate Assistants

L-R: Allison Sharp, Vincent Suha, Linzie Horney,
Shelby Pierceall



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



Student Organizations

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 ASSOCIATION OF FAMILY & CONSUMER SCIENCES

AMERICAN SOCIETY OF INTERIOR DESIGNERS

AMERICAN
SOCIETY OF
INTERIOR
DESIGNERS



40 years.
One voice.

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

What's going on...

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

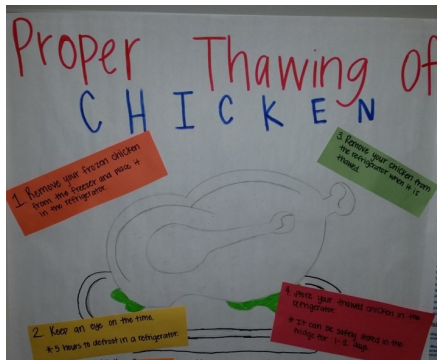
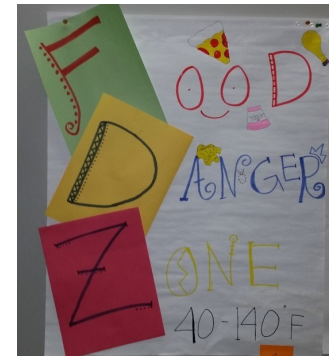
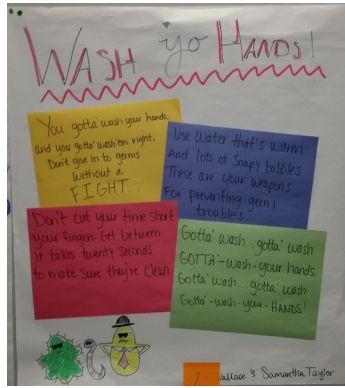
November 11: Healthy Cooking 101: Healthy Holiday Meals Made Easy



Back row, left to right: Vincent Suha, Donna Tosh, Deidra Strom, Matt Simon, Mary Jo Simon, Mike Simon, Fredrick Simon, Taylor Garrett, Kayleigh Hunter, Anna Acre, Chelsey Berry

Front row, left to right: Whitney Henry, Linzie Horney, Kim Simcox, Ashley Anderson, RD, Haley Barnes, Shelby Pierceall

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.



Mrs. Bianca Strukelj with her presentation materials

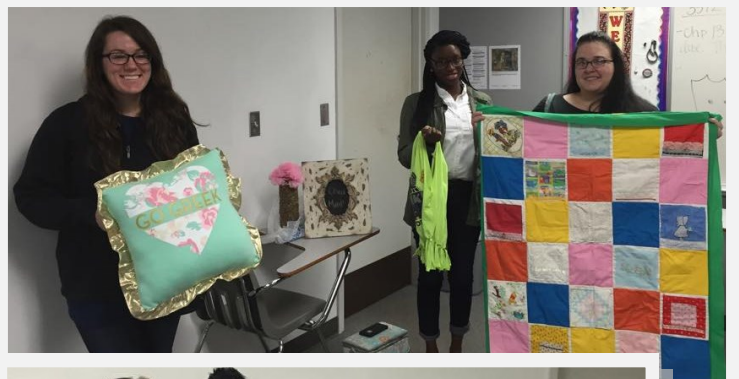
NATIONAL FOOD DAY

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.



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.

RECYCLE, UPCYCLE, AND REDESIGN



CONWAY ECOFEST



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.



HALEY MEEK-SCHOLARSHIP WINNER

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.



Fall 2015 Nutrition Career Fair

Want to learn about careers you can do after graduation?



Care to talk to current UCA Interns to learn about their experiences?

Need some in school work experience?

Want to win a raffle prize from the Student Dietetic Association?

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 MORE!

Come to the Nutrition Career Fair- October 19th 3:00pm - 4:30pm

Mirror Room McAllister Hall

NUTRITION CAREER FAIR

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 STUFFS STOCKINGS

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!

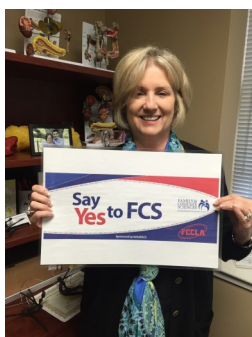


If YOU:

- 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

DISTINGUISHED ALUMNI - YOUNG ACHIEVER NOMINATION FORM

Department of Family and Consumer Sciences

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)
Address: _____ **Young Achiever:** _____
 _____ **Distinguished Alumni:** _____
Telephone: (Work) _____
(Home) _____
E-mail _____

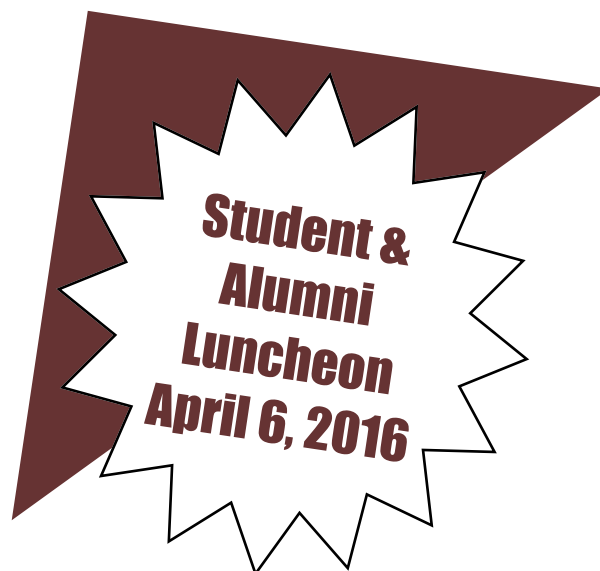
Please enclose a copy of the nominee's resume -OR- complete the following information -OR- PROVIDE US WITH A PHONE NUMBER TO CONTACT THE INDIVIDUAL TO OBTAIN ADDITIONAL INFORMATION.

- 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: _____





**CONTACT INFORMATION:
UCA DEPARTMENT OF FAMILY AND CONSUMER SCIENCES
MCALISTER HALL**



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



McAlister Hall

Family and Consumer Sciences Scholarship Contribution

Your name: _____
 Address: _____
 Phone: _____ Email: _____

Name on card: _____
 Credit Card type: _____ Expiration Date: _____
 Credit Card number: _____
 Amount: \$ _____

***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):***

- ☐ Coffee Club (\$125-\$249)
☐ Dean's Club (\$250-\$499)
☐ University Club (\$500-\$999)
☐ President's Club (\$1000 or more)
☐ Other amount (\$ _____)

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contributions will be greatly
appreciated!***

For questions, please contact us
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 E-mail: nroofe@uca.edu
 Editor: Ms. Rebekah Luong
 Assistant Editor: Dr. Nina Roofe

**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!**

Rebekah Luong
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