

# FACS Student Newsletter

## Editors Message

It is our pleasure to bring you the latest electronic student newsletter!

Our goal is to keep you informed and allow you the opportunity to network with other students. Please continue to share your news with us! Send us digital photos of events, and articles of club activities or professional conferences you attend!

Editor: Dr. Nina Roofe—Nutrition, SDA  
Assistant Editor: Dr. Pam Bennett—General FACS, AAFCS  
Assistant Editor: Dr. Renee Ryburn—FACS Education, AAFCS



Dr. Mary Harlan

## Mary's Message

### Welcome to the fourth edition of the UCA FACS Student Newsletter!

The focus of this newsletter is our students, student organizations and dedicated faculty! Please note the numerous activities that each organization provides for students to gain leadership experience, serve others and develop life-long friendships. Student scholarships are available from the state and national offices of each organization.

We are honored that you have chosen **UCA** as your University and one of the specialization areas in **FACS** as your major or minor! Take a few minutes to view the display of business cards of former graduates—where will your FACS degree take **YOU**?

**Our students are the best!**



Pam, Ann, Nina, and Renee

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*Ready for the sessions!*



*Convention Center in San Diego*



*Make an IMPACT!*

## In Her Own Words Daniela Utrera

Last fall I had the opportunity to attend to the Food & Nutrition Conference & Expo (FNCE), in San Diego, California. In participating I was able to attend different sessions related to my involvement as an officer of the Student Dietetic Association. The experience as a whole was wonderful! I was amazed by the conference's outstanding organization and overall availability of information. It was my first time attending FNCE and I am already planning on going next year! Attending this conference assured me that I am in the right track and that being part of this field is what I want to do the rest of my life.

My experience in the conference consisted in a two day participation where I first attended the "Wimpfheimer-Guggenheim International Lecture: International Employment Opportunities for RD's". The reason what I chose to go to this session is because I am an international student who is very interested on working overseas but I was unsure of the job opportunities that RD's might have in other countries. This session allowed me to have a better understanding of how RD's can also help in other countries as well.

After that, I attended "Hot Topic: Sodium, Potassium & Calories: Can We Successfully Meet Dietary Guidelines?" This was an exciting session because it was interesting to see how United States is not meeting their current recommended dietary intake for potassium and sodium and how that is affecting their health in several ways. I also attended the "Omega-3 Fatty Acids in Depression and Mood Disorders: Applications for Practice." Studies have shown that countries that eat more Omega 3 in their diet such as Japan have a lower risk of suffering from depression. Even though more studies need to be done, the current statistics show that Omega 3 might be a key factor in the reduction of the depression index in our country. The last session that I attended to on that day was "Vegetarians in the Library: What's the Evidence?" The reason why I wanted to go to this session is because I have noticed that choosing a vegetarian life style is becoming more and more popular in our society and that is because more people are trying to be "healthier". I have learned that vegetarian diets can be beneficial for us if it's been properly monitored.

The next day, I went to the "Genes, Environment and Chronic Disease: What Is the Relationship?" This session explored environment as a key factor for the rapidly increase of obesity in our society and how little changes in our eating habits such as being careful with what time we eat, it can make a big difference and can help to decrease these elevated numbers.

Last but not least, I attended to a session that was targeted to students only, "Set Yourself Up to Earn the Internship." I felt this session was of great importance for me because as a student seeking to enter into the internship program. I was able to attend and share with other students going through the same decisive moment. It was comforting to hear the experiences of other students going through the same stressful situation and listen to the advices of registered dietitians that just finished the internship and even an internship director of a university. They gave wonderful advice and guidelines that are to become of invaluable importance as I prepare myself to go through the process. I really hope more UCA students are able to attend this conference in years to come and share with us from this wonderful experience the same way.

*The 2012 FNCE will be held October 6-9 in Philadelphia.  
Visit [www.eatright.org/fnce](http://www.eatright.org/fnce) for details!*



## Service Learning

The Family and Consumer Sciences Department provides opportunities for students to gain hands-on experience and network with area professionals through service learning projects. These projects are sponsored by individual classes and / or student organizations.



*Angela Scott, Chelsea George, and Sara Southall record demographic data for the “Moving Towards Health” service learning project.*



*Jenna Siebenmorgen (right) assists Ashley Anderson with Midwest Dairy.*



*Santa's Helpers showing off three of the 178 CASA stockings made and filled by the FACS Department.*





# 2011 Nutrition Career Fair

The NUTR 4335: Nutrition Senior Seminar class hosted the first Nutrition Career Fair on November 9, 2011! **Sixty** junior and senior nutrition majors dressed for success and presented their resumes to five employers and the UCA Dietetic Internship Director. This event was planned and implemented entirely by the Senior Seminar class. This activity gave students the opportunity to practice their collaboration and teamwork skills while providing field-related work experience opportunities. **The 2012 Nutrition Career Fair is scheduled for October 24 from 9-11 am in the Mirror Room.**

## Vendors



**Alicia Casteel,**  
AR Dept of Education



**Karin Pennington,**  
ACH Research Center



**Margaret Pauley,**  
UAMS Weight Control  
Clinic



**Lynda Anderson, AR**  
State Hospital



**Stacey Finch,**  
AR Children's



**Debie Head,**  
UCA DI Director



*Students had the opportunity to visit with vendors, practice their "meet and greet" skills and share their resumes!*



## Interprofessional Learning By Brooklyn Pyburn UCA Dietetic Intern

On October 18, 2011, the University of Central Arkansas conducted a CHBS Interprofessional Experience. This research study is designed to evaluate the impact of interdisciplinary educational experiences students' readiness, knowledge and perceptions of working as a team. The participants involved included senior year undergraduates of nursing, occupational therapy, physical therapy and dietetics. Other participants included graduate students in speech therapy and dietetics. This is the first year that the nutrition department was invited to participate. Out of over 130 students, 20 students represented the nutrition department.

Upon entering the conference room, the students were assigned tables and given a case study. The case study covered the basic chart note information. The objective of the experience was to discuss each scope of practice involved in rehabilitating a CVA patient. At the end of the discussion, the investigators went around the room and randomly selected students for question and answer. After putting the students in the hot seat, it was the students turn to ask questions pertaining to the case study or working on a medical team in general. The research study concluded with two students selected from each scope of practice to come back and have a personal discussion and answer questions with the panel of investigators.

The study gave first hand experience of team work and informed many students just what a dietitian can do. Most thought of the dietitian as only 'a lunch lady'. It was a positive experience to inform many people the importance of our practice in rehabilitating patients and how dietitians can manipulate nutrients for better overall outcomes of the patient. The nutrition department was represented professionally and has hopes to return in the following years.



*Brooklyn Pyburn (second from left)*

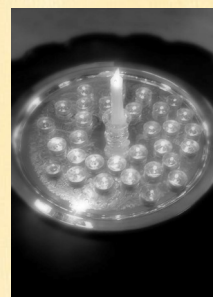


*Allison Kreimeier (first from left)*





## Phi Upsilon Omicron



Circle of light at fall 2011 initiation ceremony



**Officers (left to right):** President: **Rachel Casebier**, Vice-President: **Candace Casebier**, Secretary: **Addie Wilson**, Treasurer: **Allison Sharp**, Initiation Chair: **David Bynum**, Publicity: **Ashley Reese**, Hospitality: **Brittnie Williams**



Volunteering at college square bingo! Sara Southall, Cessy Johnson, Sarah Stephen, Skylar McGrath, Rachel Casbier, and Courtney Condren.



Samantha Prior, 2011-2012, Second VP pinning new member Jenna





## AAFCFS



At AAFCS fall leadership conference. Jessica Chapman, Gina Mayfield, Sarah Stephen, Brittanie Williams, and Angela Edwards

### AAFCFS State Officers (left to right):

**Brittanie Williams**, UCA  
-Chair Elect,  
**Jason Riley**,  
UCA-2nd Chair,  
**Jessica Chapman**, UCA  
-3rd Chair,  
**Kayla Sims**,  
HSU-1st Chair



AAFCFS Fall Leadership Conference



October , 2011, AAFCS meeting



Brittanie Williams, chapter president, handing out certificate to December grads



## SDA and Dietetic Internship



**Brooklyn Pyburn, Angela Bradshaw, Molly Jones, and Nancy Magee at the Alumni Luncheon.**



Members at our first ever **Ginger bread house competition**. Sarah Stephen, Jamie Newton and Janna Siebenmorgan.



### **2013 Dietetic Internship Class:**

Back row, L to R: Tori Morehead, Katie Gipson, Jenna Siebenmorgan, Molly Taylor Jones, Brooklyn Pyburn  
Front row, L to R: Ashley Plyler, Shannon Bennings, Robin Knox, Nancy Magee, Lauryn Impson



## ASID



**Wine and Design, 2012** (left to right): **Mandee Harden**, **Victoria Smeltzer**, **Kimberly Morris**, **Richard Freeman**, and **Maria Rhodes**



**Sitting Pretty 2012** (right to left): **Jennifer Whitehead**, UCA Alumni: **Kristi Bradford**, **Sarah Barton**, and **Mackenzie Dardenne**

## General FACS

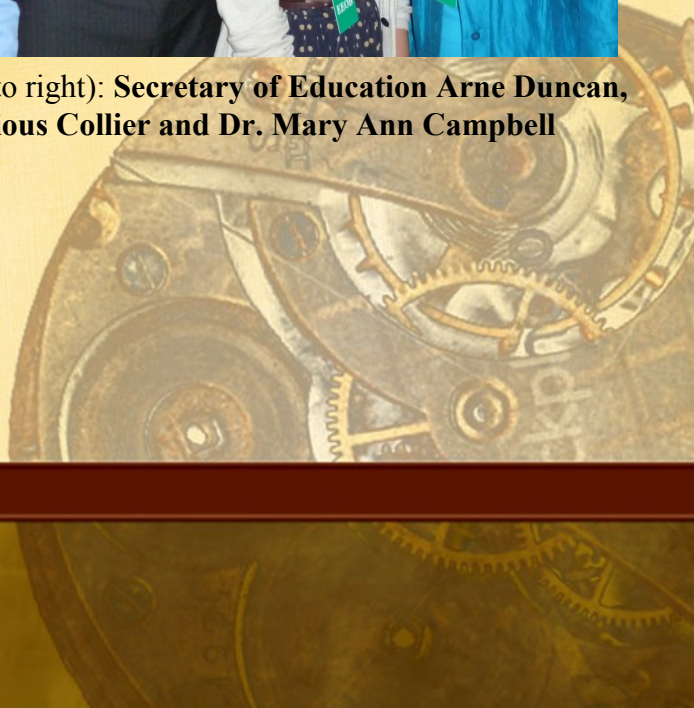
**Precious Collier** was selected to serve as a member of the panel at the White House Summit on Personal Finance and her instructor **Dr. Mary Ann Campbell**.



(left to right): **Lois Stoll**, **Matthew Blum**, **Carolyn Jackson**, **Precious Collier**, and **Dr. Mary Ann Campbell**



(left to right): **Secretary of Education Arne Duncan**, **Precious Collier** and **Dr. Mary Ann Campbell**





UCA was well represented at the National Conference for the American Association of Family & Consumer Sciences (AAFCS). In attendance at the conference, held in Indianapolis, were (left to right below) **Dr. Renee Ryburn, Dr. Mary Ann Campbell, Dr. Mary Harlan, Dr. Pam Bennett, and Dr. Nina Roofe**. UCA faculty were selected to serve as presenters in five educational sessions.



**Dr. Mary Harlan** (middle below) receiving the Leaders award from AAFCS President Sue Buck, CFCS (left) and AAFCS Immediate Past President Susan Shockey, CFCS, CPFFE (right) during the AAFCS 103<sup>rd</sup> Annual Conference & Expo in Indianapolis, IN.



**Dr. Mary Harlan** recently received the American Association of Family and Consumer Sciences (AAFCS) Leaders Award. This prestigious national award was presented to Mary at the 2012 AAFCS Pacesetter Dinner held in conjunction with the annual conference in Indianapolis, Indiana. The Leaders Award was established to identify and honor family and consumer sciences professionals who have made significant contributions to the field through their involvement with AAFCS. Dr. Harlan was nominated by the Arkansas Affiliate of AAFCS and received the state award in 2011. **Dr. Harlan** also represented the state of Arkansas as a voting delegate in the senate.

## Faculty and Staff (right)

Front Row: **Pam Bennett, Ann Bryan, Leann Bullington, Mary Harlan, Khandra Faulkner**

Second Row: **Nina Roofe, Tiffany Snyder, Amanda Money, Mary Ann Campbell**

Third Row: **K. C. Poole, Toni Wyre, Renee Ryburn, Lea Hyland**

Fourth Row: **Jennifer Whitehead, Carmen Brown, Elizabeth Skinner, Melissa Shock, Judi Riley, Celia Harkey**



## Graduate Assistants (left)

Back Row: **Bill Peterson, Rebekah Lindsey**

Front Row: **Caroline Fridell, Haley Chappell, Maria Garcia**

