



UNIVERSITY OF
**CENTRAL
ARKANSAS™**

COLLEGE OF HEALTH AND
BEHAVIORAL SCIENCES
FAMILY & CONSUMER SCIENCES



2016-2017
Academic Newsletter



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2016-2017
Volume 8, Issue 2

Leadership in the FACS Department

Dr. Nina Roofe was named the new Department Chair of Family and Consumer Sciences in the summer of 2016. Dr. Roofe has worked at UCA since 2002 in the area of Nutrition and Dietetics. Dr. Roofe received her Ph.D in 2010 from Iowa State University, her Master’s degree the University of Arkansas, and her B.S. from UCA. Her Dietetic Internship was completed at the University of



Arkansas for Medical Sciences. Before serving as Department Chair, Dr. Roofe served as the Dietetic Internship Director and Didactic Program in Dietetics Director. She currently serves on the Academy of Nutrition and Dietetics House of Delegates (HOD) as a Representative for Arkansas and is a Fellow of the Academy of Nutrition & Dietetics. We are very fortunate to have her helping to lead the Department.



New Traditions

You didn’t miss the newsletter in the Fall 16 term. We’ve decided to start producing the yearly newsletter based on an academic year, starting with the 2016-2017 school year. We will still continue to publish the Alumni Luncheon follow up each year. We appreciate your support and can’t wait for you to see what we’ve been up to this school year!



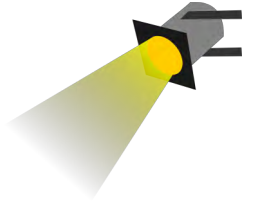
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Special points of interest

- Fast FACS
- Awards and Recognitions
- Financial Literacy and Education
- Student Organizations
- Nutrition and Dietetics

Spotlight on Dr. MAC



Nobody shares funny stories and expertise like Dr. MAC !

“My teaching at UCA began in 2000, following a “sound-less” presentation I made for the FACS Department’s first “Smart Money Day” in Reynolds Auditorium. The sound system didn’t work that day, but Dr. Mary Harlan invited me to teach Personal and Family Finance anyway.

My favorite memory is when Dr. Harlan encouraged me to enroll in the Ph.D. Leadership Academy at Iowa State University. She supported so many of us from the UCA FACS department that Arkansas had more students in the program than any other state. I’m grateful because I was able to sharpen my saw and relate better with my millennial students. My subject matter had changed very little, but the way students like to be reached had changed a lot since I started teaching. Teaching became even more of a joy when I could speak their language and engage them.

Money education is my mission, and I’ll always be involved in various ways to be of service in this essential area.

I encourage my students to set realistic goals, always save some of their hard earned money, take advantage of the budgeting apps and tax software available and never get so busy making a living that they forget to make a life that is full of purpose, love, and meaning.” -Dr. MAC

FAST FACS

Number of students declared in each area:

FACS EDUCATION	35
FACS GENERAL	121
INTERIOR DESIGN	74
NUTRITION	187
GRADUATE	53
MINORS	500

Full Time Faculty: 10

Part-Time Faculty: 22

Graduate Assistants: 6



CTE Postsecondary Teacher of the Year

Dr. Renee Ryburn, Assistant Professor and FACS Teacher Education Program Coordinator, was recognized by the Arkansas Association of Teachers of Family and Consumer Sciences (AATFACS) as the ***Postsecondary Teacher of the Year*** at the Arkansas ACTE Conference in Hot Springs on August 2, 2016.



L-R: Ethan Baldrige, Outstanding Dietetic Student of the Year; Lea Hyland, Outstanding Dietetic Educator of the Year (2016); Vincent Suha, Dietetic Intern of the year.

Outstanding Dietetic Educators of the Year

UCA has always known we have some of the best Dietetic Educators, but now all of Arkansas knows! In 2016, **Lea Hyland**, adjunct faculty in Nutrition and Dietetics, was awarded the Educator of the Year award at the Arkansas affiliate of the Academy of Nutrition and Dietetics.



At the 2017 Arkansas affiliate meeting of the Academy of Nutrition and Dietetics, **Rachel Schichtl**, DPD Director and Instructor of Nutrition and Dietetics at UCA, was selected as the recipient of the Outstanding Dietetics Educator of the Year award.



AAFCS National Fellowship

Mrs. Rachel Schichtl has been selected for the 2017 Jewell E. Taylor AAFCS National Fellowship. The Taylor Fellowship award is a \$5000 fellowship and up to \$1000 of support for one year of AAFCS membership and participation in the AAFCS Annual Conference for one graduate student pursuing a degree in Family and Consumer Sciences.

Recognition of Achievement

Outstanding Student- College of Health and Behavioral Sciences

Ms. Abigail Strickland is the 2017 Outstanding Student from the College of Health and Behavioral Sciences. Abigail is completing her Bachelor of Arts in Psychology and a Bachelor of Science in Family and Consumer Sciences during the Spring 2017 term. She plans to continue her studies at UCA in a graduate program. We're so proud of Abigail and her accomplishments.



Rebekah Luong completed the Center for Teaching Excellence On-Ground Teaching Track during the 16-17 school year. **Dr. Nina Roofe** completed the Online Teaching Track offered by the CTE on UCA's campus.



The program is designed to:

- Encourage continuous growth in teaching effectiveness
- Guide faculty members through a systematic faculty development process
- Provide a campus-wide distinction of rigorous professional development related to teaching

Financial Literacy Week

As a volunteer on the Arkansas Jump\$tart Coalition, **Dr. Mary Ann Campbell** attended the group meeting in Little Rock, where Governor Asa Hutchinson honored Financial Literacy Month. The students attending were from Stephens Elementary, where members of the Arkansas Jump\$tart Coalition read books about money to their classes.



Say Yes to FCS Celebration



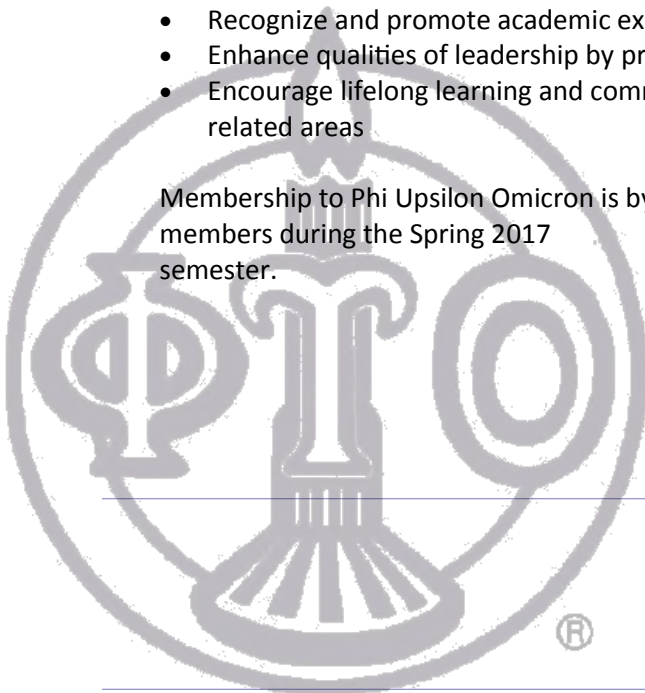
Mary Smith, FACS teacher at Manila High School spoke to UCA students about a career as a FACS educator. Mrs. Smith has been a FACS educator for ~33 years and still enjoys going to work each day. She shared a day in her life, organization tips, and career advice for current FACS Education students as well as potential students who are interested in a career in FACS. She serves on numerous committees both in her district and state-wide so she brought a wealth of knowledge to the event. Currently there is a critical shortage in Arkansas for FACS Educators so UCA is helping prepare students to have a wonderful fulfilling career by celebrating the national campaign of "Say Yes to FCS" put on by the American Association of Family and Consumer Sciences.

Phi Upsilon Omicron

Phi U is a national honor society in Family and Consumer Sciences. The purposes of Phi U are to:

- Recognize and promote academic excellence,
- Enhance qualities of leadership by providing opportunities for service, and
- Encourage lifelong learning and commitment to advance Family and Consumer Sciences and related areas

Membership to Phi Upsilon Omicron is by invitation only. We are so excited to welcome these new members during the Spring 2017 semester.



Infiniti Ingraham, Alisa Bour, and Whitney Price comprised the winning team in this year's Arkansas College Division of the Stock Market Game. They named themselves the "Monetary Maniacs" and invested in high flying airline stocks that helped them soar to first place. The 39 UCA teams were sponsored by Merrill



Lynch and the Arkansas Council on Economic Education. Economics Arkansas also provided the monetary award. Dr. Mary Ann Campbell's Personal and Family Finance classes in the Family and Consumer Sciences Department participated.

National Officer



AAFCS Student Unit leadership team selected **Joshua Eddinger-Lucero** to serve as a co-chair for the 2017-2018 program year. Joshua will attend the AAFCS Annual Conference & Expo in Dallas, Texas, the AAFCS Fall Leadership Council Workshop in Virginia, and the Leadership Honors Boot camp in Arlington Virginia.

AETN
Phone-a-Thon



UCA AAFCS Officers Joanna Grana-Maciel, Abby Washkowiak, and Joshua Eddinger-Lucero helped AETN with their Phone-a-Thon

Domestic Violence and Sexual Assault Awareness Campaign

The UCA Chapter of the American Association of Family and Consumer Sciences held a Domestic Violence and Sexual Assault Awareness campaign in Fall 2016. A few days prior to the event, the student officers placed wreaths around campus with purple ribbons and asked people to take one if they had been impacted or knew someone affected by either of these terrible situations. Officers from the UCA Police Department, Counseling Center Staff, and the Women's shelter enlightened attendees on signs to look for and what assistance is available. To find out more about the No More campaign, visit <https://nomore.org/>



Stuff the Stockings for CASA



Each year AAFCS partners with CASA (Court Appointed Special Advocates) to provide stockings for children who are in the Foster System in Faulkner County. Students, faculty, staff, friends, and families help by donating various items to help provide over 100 stockings! This year, the UCA ASID chapter got involved too by donating items to help stuff the stockings.

Bear Essentials Food Pantry Drive

The Bear Essentials Food Pantry is located on UCA's campus for Students, Faculty, and Staff. AAFCS, SDA, and ASID collected food during the month of March to donate. What an outstanding way to support the campus community!



Dazzle Daze

The Design Communications class in the Interior Design Program with local high school students volunteered to design the 501 LIFE Magazine sponsor booth for the 2016 Dazzle Daze benefiting Conway Regional Hospital.



Back Row, L to R: Jennifer Whitehead, Faculty, Becca Wright, Jessie Ellis (Senior, Conway High), Stacy Thomas, Megan Dykema, Joe Keith (Junior, Conway High)
 Front row L to R: Sarai Martinez, Robert Fuller, Abby Washkowiak, Erika Scheideman, and Tesla Godoy.
 Not pictured: April Vance and Denzel Brown

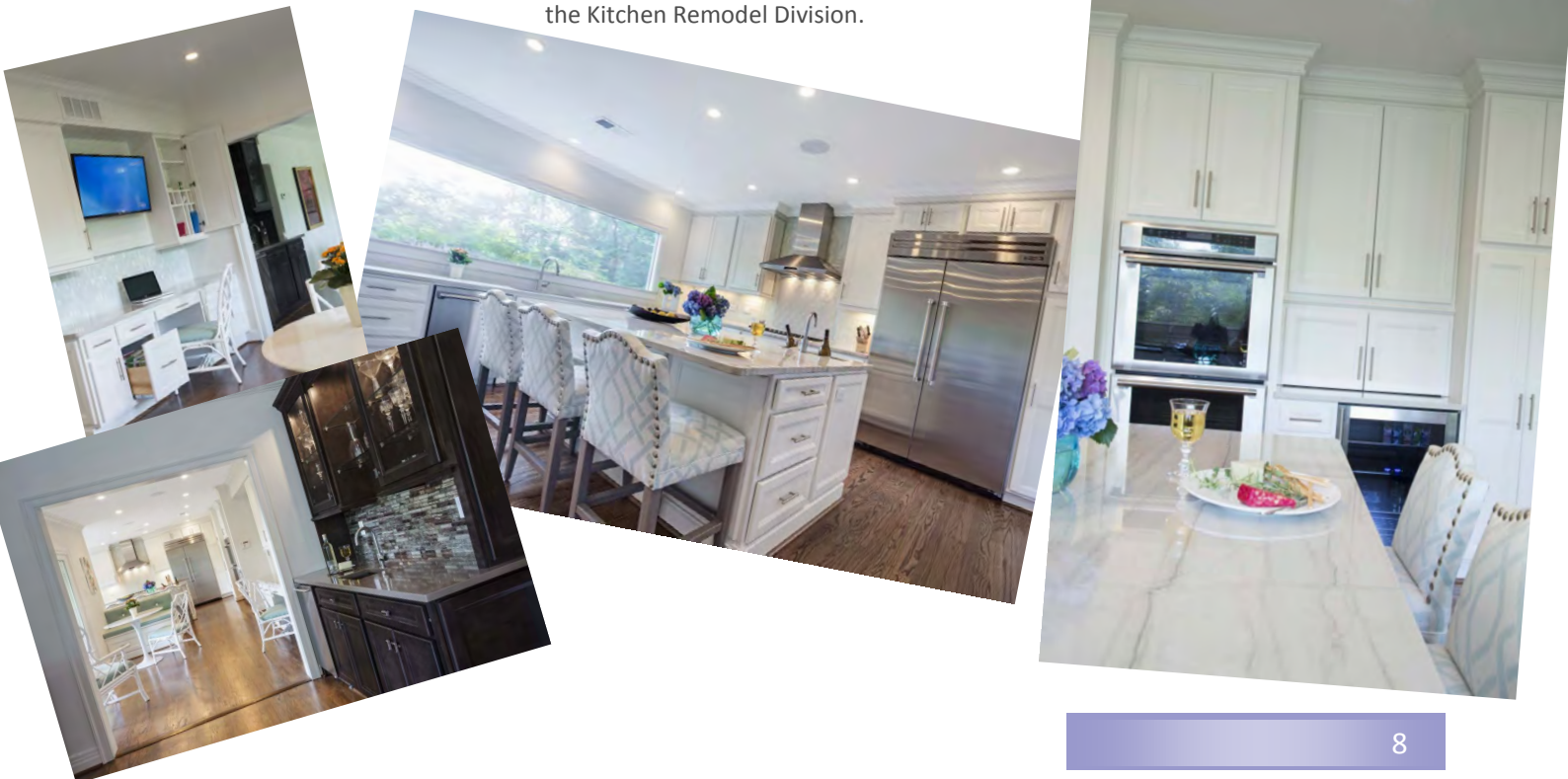
Dr. Ann Bryan's Class has talent!

Advanced Interior Design students, led by **Dr. Ann Bryan**, presented proposals for re-designing classroom space in McAlister Hall. Each student created two sets of proposals: one if money were no object and another with a budget. Both were excellent!



ASID South Central Chapter 2016 Excellence in Design Silver Award in the Kitchen Remodel Division

Kaki Hockersmith, Interior Design student, and **Adrienne Meachum**, Adjunct Faculty in Interior Design, received the American Society of Interior Design (ASID) South Central Chapter 2016 Excellence in Design Silver Award in the Kitchen Remodel Division.



FACS Can't CONTAIN this HOPE Mountain

UCA's Residential Interior Design class was given a 2-week timeline to create a self-sufficient container community for a non-profit organization to benefit a chosen demographic. The students worked as a team and chose to create a camp for troubled teens. They utilized 95, 20-foot containers and created a two-acre site for the camp, "Hope Mountain," which has the capacity to house 50 students and 25 counselors. The camp contains student living quarters, community areas, 3 food trucks, greenhouse, community kitchen, counselor quarters, and schoolhouse.

The students presented their project and self-sufficient living research to their instructor, **Danielle Barron**, along with guests Dr. Nina Roofe and Maria Posada.



From Left: Rebecca White, Naichen Kang, Cara Calaway, Courtney Caravello, Mary Thompson, Janice James, Jessica Beall, and Denise Williams

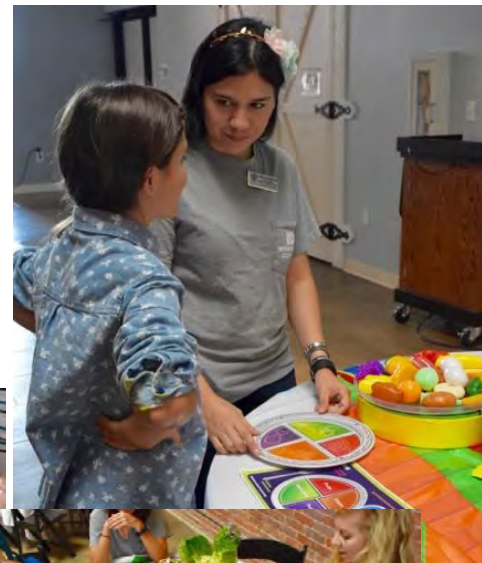
Plant the seed and let it grow!



UCA dietetic interns (*from left*) Taylor Sherrill, Anni Fuenmayor, and Helena Van together collaborated with Conway Regional Health System's (CRHS) Nutrition & Foodservice Director, Scott Whitehurst, in building raised beds for the hospital's newly implemented garden. The vegetables and herbs grown in the garden will be used and served in the hospital's cafeteria in order to provide fresh and locally grown produce to customers. In recognition for their dedicated work at CRHS where they spent six weeks of their foodservice rotation, **Taylor, Anni, and Helena received CRHS's Service of Excellence pin**

Dr. Alicia Landry, Assistant Professor of Nutrition, and **Dr. Gayle Seymour**, Assistant Dean of the College of Fine Arts and Communication, collaborated with several of the dietetic interns to host the Art of Food at UCA Downtown on Saturday October 1st. Visitors learned about MyPlate, played games, and then made a portrait of themselves using fruits and veggies.

Arts Fest



UCA Wellness Fair

Over 500 individuals attended the UCA Wellness Fair which was held in the UCA Student Center Ballroom. **Dr. Renee Ryburn's** FACS 3456 class presented their healthy living posters and the dietetic interns sponsored a wellness booth for Conway Regional!





Shark Chef

Shark Chef was part of the Experimental Foods (NUTR 4351) class taught by **Dr. Alicia Landry** this semester.

The presentation was a blend of the TV shows, Iron Chef and Shark Tank. Students were given a real life problem to solve....with the new food regulations brought forth by the Healthy, Hunger-Free Kids Act, some school lunch programs are struggling to find products to meet their needs.

Our students were given 1 of 8 problems to solve and they created a food product based on National School Lunch Program requirements. All foods have no added salt or sugar, use whole grains, have no trans-fat and limited saturated fat. Students were also required to integrate commodity food products, reduce allergens, and utilize red, orange, and dark green vegetables as well as a few other restrictions.

Judges included: Dr. Kurt Boniecki, Dr. Jimmy Ishee, Dr. Jacquie Rainey, Dr. Nina Roofe, Sharon Burgess, Stephanie Alsbrook, and Erica Ruble



We've got spirit...yes we do!



The University of Central Arkansas Dietetic Internship was awarded the Dietetic Internship School Spirit Award at the 2016 Food & Nutrition Conference & Expo in Boston on October 17 by Academy of Nutrition and Dietetics (AND) President Lucille Beseler. Criteria include commitment to dietetics education, continuing professional development, and lifelong learning.

Pictured left to right back row: Rachel Bilderback, Melissa Minnich, Dr. Nina Roofe, Ethan Baldrige, Taryn Hehl (renal preceptor), Donna Martin (AND President-Elect), Lucille Beseler (AND President), Helena Van, Laura Roback, Alexis Derks, Sarah Lawrence

Pictured left to right front row: Lauren Erickson, Anni Fuenmayor, Andre Guedez, Audrey Chandler, Taylor Sherrill

MSDI 17-18 Cohort

Congratulations to
the 2017-2018 UCA
Master of Science
Dietetic Internship
Class!

Megan Brown

Seth Buckman

Erica Burgener

Yufei Chen

Natalie Cordoza

Sarah Frick

Roy Grant, Jr.

Hannah Holstein

Lauren Kara

Miranda Schrock

Naomi Sweeney

Darby Wallace

Southridge Assisted Living and Nutrition

Nutrition students visited Southridge Village Assisted Living and gave a presentation and answered questions regarding "healthy snacks", "low sodium options", "healthier beverage choices" and "healthier sweet food options". This was part of **Khandra Faulkners's Advanced Nutrition** class.



Backyard BBQ



BACKYARD BBQ

Come join us for a backyard style evening full of amazing food, games, and more

APRIL 11 AT 5 P.M.
FAULKNER COUNTY SENIOR CENTER

BBQ, Bingo, Baggio, Music, and Much

MENU

- Mixed Garden Salad
- Shredded BBQ Chicken Sandwiches
- Baked Beans
- Candied Carrots
- Apple Pie
- Vanilla Ice Cream
- Lemonade

*Sponsored by Arkansas Geriatric Education Collaborative and University of Central Arkansas

Faulkner County Senior Wellness and Activity Center
705 Siebenmorgen Rd.
Conway, AR

Students in NUTR 4321, Nutrition Services Administration, created, planned, and conducted a Backyard BBQ themed meal



at the Conway Senior Wellness and Activity Center. The students fed almost 200 people shredded BBQ chicken sandwiches, baked beans, candied carrots, mixed green salad, apple pie with ice cream, tea and lemonade. The students ran every aspect of the meal and our guests

loved it! Also a big THANK YOU to the Arkansas Geriatric Education Collaborative, which is funded by the Health Resources and Services Administration's Geriatric Workforce Enhancement Program, for helping us produce such a wonderful meal and serve seniors in our community. **Dr. Alicia Landry** is the instructor of this course.



Get Connected!



Blog About It

Don't forget to check out our [blog](#) periodically for new updates in the Department of Family and Consumer Sciences. This newsletter only provides a snapshot of the items that the Department is up to.

Full-time Faculty.

- Dr. Nina Roofe, Chair; 501.450.5950; nroofe@uca.edu
- Dr. Ann Bryan, Interior Design; 501.450.5957; 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
- Rebekah Luong, General FACS; 501.450.3612; rlandsey@uca.edu
- Dr. Jerry Mayo, Nutrition; 501.450.5955 ; jmayo@uca.edu
- Maria Posada, Interior Design; 501.450.5956; mgarcia@uca.edu
- Dr. Renee Ryburn, FACS Education. 501.450.5951; rryburn@uca.edu
- Rachel Schichtl, Nutrition; 501.450.5953; rschichtl@uca.edu
- Jennifer Whitehead, Interior Design; 501.450.5952; jenwhite@uca.edu

Rebekah Luong
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We want to hear from you! Let us know about name or address changes, exciting happenings, and news we can share with other alumni. Please send in submissions to facs@uca.edu no later than May 1st each year.

FACS Sign's

Be sure to check out the attached SIGN's from the Family and Consumer Sciences Department this year.

Dr. Ishee, Dean of the College of Health and Behavioral Sciences encourages faculty and students to share their

Significant &
Important
Good
News

Please share your
SIGNs with us!

