



# 2020-2021 | ACADEMIC NEWSLETTER

## A MESSAGE FROM THE CHAIR

*Dr. Nina Roofe, Department Chair*

What a year this has been! I can honestly say I have been inspired by the strength and creativity of our students and faculty this year. In March of 2020 we moved every course to fully online delivery with two days' notice. Our students responded with a "can-do" attitude and our faculty took it in stride. Our students have shown grace, kindness, and humor throughout this entire year and a half. They rose to the occasion and gained skills that will serve them well in the workplace. This move was not a major challenge for our faculty as we all teach online classes and have a fabulous Center for Teaching Excellence and Academic Leadership on campus for support. The Instructional Designers at UCA are hands-down the best I've ever worked with and deserve a lot of credit for how this transition was handled.

Our focus this year has been on two main initiatives: Interprofessional Education in the College of Health & Behavioral Sciences and efforts to improve Diversity, Equity, and Inclusion for all students in the Department of Nutrition & Family Sciences. In the area of interprofessional education we prepared for the fall opening of the Interprofessional Teaching Clinic with community classes to improve the health, nutrition, family dynamics, and finances of our fellow Arkansans as well as one-on-one nutrition counseling and assessment for medical nutrition therapy needs. In the area of Diversity, Equity, and Inclusion we are exploring strategies to close achievement gaps in our courses by embedding academic supports like supplemental instruction, peer tutoring, and mentoring into courses and programs. Stay tuned for an update on this next year.

I can honestly say I've never been prouder of our students and faculty than this past year and a half. The pandemic has shown a spotlight on issues we knew were there, but could remain somewhat hidden like homelessness, food insecurity, substance abuse, and domestic violence. To see our students and faculty quietly and without judgement connecting those in need with resources on campus and in the community on an almost daily basis made me both sad that the need was so great, but also proud that the mission of our profession was so easily lived in our classrooms and on our campus. We are modeling the way. We are creating healthy and sustainable families. We are the Department of Nutrition & Family Sciences.

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JUNE 2021

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# Finding Our Fit

The Department of Family & Consumer Sciences announced a name change to the Department of Nutrition & Family Sciences, effective January 2021. While our department has grown and evolved over the years, content areas in the department remain focused on the science and art of living and working well in our complex world. Our courses are designed to enhance individual wellness and quality of life and to produce graduates who practice in an ethical and socially-responsible manner. We work to assist individuals, families, and communities to make informed decisions about their well-being, relationships, and resources to achieve an optimal quality of life.

Changing the department's name to Nutrition and Family Sciences more accurately reflects the makeup of the students in our department and lessens any confusion of names between the department and degree programs. We offer the following programs for undergraduate and graduate degrees:

- Bachelor of Science in Family & Consumer Sciences
- Bachelor of Science in Family & Consumer Sciences Education
- Bachelor of Science in Community Nutrition
- Bachelor of Science in Dietetics
- Bachelor of Science in Nutrition Sciences
- Master of Science in Family & Consumer Science
- Master of Science Dietetic Internship
- Master of Science in Nutrition

## Students & Faculty Reflect

I am thrilled for the name change. The professors and classes that I've had in this field of study have challenged me immensely, taught me new skills, and have built up my leadership talents. I feel encouraged by the constant support from fellow students and faculty, and I am prepared for my future career in the nutrition field."

**Hunter Handly, BS in Dietetics student**

"The Nutrition and Family Sciences department at UCA has prepared me to work alongside other professionals, my future patients, my family members, and everyone else I may meet in the future. At its core, it is the science of an individual's or group's quality of life and I hope to use what it has taught me to better the lives of all of my future patients. It equips us to be outstanding professionals, respectful coworkers, considerate caregivers, and compassionate family members. In other words, this department teaches us to be exceptional members of society."

**Grace Sykes, BS in Family & Consumer Sciences student**

"What's really exciting to me about the name change, as a faculty member and FCS Program Director, is that we didn't alter our vision or mission at all! We changed the name to be more reflective of who and what we are doing in the department already. We are the same programs who offer our students high quality educational experiences. This change allows for more program level visibility to our community partners, as well as current and future students."

**Rebekah (Lindsey) Luong, MS, CFCS**

Clinical Instructor & FCS Program Director | Nutrition & Family Sciences

"I'm excited about the name change. I think Nutrition and Family Sciences better reflects what we do as a department. It shows that our faculty want continued growth and to follow current trends in our field. I also like that it's simple and very clear for prospective students."

**JJ Mayo, PhD, RDN**

Associate Professor of Nutrition | Nutrition & Family Sciences



# WELCOME

## Dr. Sartain

**Dr. Kimberley Sartain** is an assistant professor in the Department of Family and Consumer Science at UCA, where she graduated with her BSE in 1996. For the past twenty-four years, she has taught Family and Consumer Science in the public school setting. She earned her Masters in the Art of Teaching in 2004, Educational Specialist in 2015, and Doctor of Education from Harding University in 2018. She is also a National Board Certified Teacher with an emphasis in Career and Technical Education in Early Adolescence and Young Adulthood.

Dr. Sartain's research interests center upon student achievement in Career and Technical Education as it relates to mathematics, reading, science, and whole child education. She actively assists teachers across the state with implementing new curriculum and learning strategies.

In addition, she has made numerous contributions to the profession by providing professional development at educational cooperatives and state conferences. She currently serves on the Arkansas Virtual Academy (ARVA) Advisory Committee and the Post-Secondary Division of the Arkansas Career and Technical Education Awards Committee.

Outside of her work at the university, she serves on the Board of Directors for the Cleburne County Historical Society and assists with the development of educational displays and editor in chief of journal publications.



This year, we welcomed **Rachel Bishop** as the new Administrative Assistant for the Nutrition and Family Sciences department.

She has an Associate's Degree in Baking and Pastry Arts from University of Arkansas Pulaski Technical College. Rachel loves to spend time with her husband, Matt and 4-month-old son, Atticus.

When she is not busy with them she enjoys baking, crocheting, and sewing. Rachel also makes custom decorated sugar cookies for her business *The Little Cookie Bishop*.

# WELCOME

## Rachel Bishop



## BIG PICTURE AWARD 2020-2021

Congratulations to each recipient of the Big Picture Award this year! The Big Picture Award was initiated by Dr. Nina Roofe, Department Chair with the purpose of being a "traveling award" that recognizes individuals who see the big picture and contributions to student success. The symbol of an airplane helps to remind individuals to keep the 30,000 foot view in mind.

**Lydia Sartain, Dr. Alicia Landry, Tara Francis,  
Dr. JJ Mayo, Laura Meek, Khandra Faulkner,  
and Dr. Rachel Schichtl**





# STUDENT ORGANIZATIONS



**AAFCS**  
AMERICAN ASSOCIATION OF  
FAMILY & CONSUMER SCIENCES

**PRESIDENT- MAKENNA CLARK**  
**VICE PRESIDENT- OLIVIA PASSMORE**  
**SECRETARY- LAUREN WEBBER**  
**HISTORIAN/PR CHAIR- KARLA MARTINEZ**  
**TREASURER- LONDON BLACKWELL**

This year was a challenging year for our student organizations. Many met virtually on Zoom in order to practice social distancing and for the general safety of the members. Despite this, each organization carried out their mission to help and serve the communities in which they are a part of.

We are proud of our **UCA Student Unit of the American Association of Family & Consumer Sciences** for taking part in the national organizations Dine in Day during December of 2020. Students were invited to join and have a snack on AAFCS. Despite the global pandemic, the Children's Advocacy Center still needed assistance with stockings for their holiday party. Although students weren't able to gather to stuff the stockings at our annual event, they still rallied and gathered supplies to have over 200 stuffed stockings!

The **UCA Student Dietetic Association** was busy this year also! They organized a canned food drive for the UCA Bear Essentials Food Pantry on UCA Campus. Great job to our student organizations for pushing through a difficult year and continuing to serve!



**eat right.** Academy of  
Nutrition  
and Dietetics

Faculty Advisors  
AAFCS - Rebekah Luong  
SDA - Dr. Rachel Schichtl

**ANDIE MONTGOMERY- PRESIDENT**  
**MADLINE LANCASTER- VICE PRESIDENT**  
**MIKAYLA KIRK- SECRETARY**  
**JORDAN SETSER- PR/SOCIAL MEDIA**  
**HALEY DONAWAY- TREASURER**  
**LYDIA MACFARLAN- VOLUNTEER CHAIR**





**Phi Upsilon Omicron is a national honor society in Family and Consumer Sciences that recognizes and promotes academic excellence as well as enhancing the qualities of leadership by providing opportunities for service.**

**This academic year, the Gamma Beta chapter welcomed 13 new initiates! Congratulations to all of the new members!**

**PHI UPSILON OMICRON**



Top Row L-R: Heather Amaro, Abby Benham, Sophia Bryant, Taylor Cole

Middle Row L-R: Abbie Corder, Katherine Covington, Chloe Griffin, Ashlyn Jordan, and Ainsley Lester

Bottom Row L-R: Christian Roofoe, Kristen Sharp, Danyel White, Kellie Yeargin



# DIETETIC INTERN ASSOCIATION



The members of the Dietetic Intern Association (DIA) have had a busy year. They completed the UCA Ropes Challenge Course, prepared and served lunch to over 100 staff and faculty on campus who were recognized by Faculty and Staff Senates, and volunteered time helping with Day Camps and fitness testing at Conway Regional Heath System. The President of the DIA for this academic year was **Alyssa Frisby**





# Getting Grants



## USING INTERPROFESSIONAL CARE TO IMPACT ORAL HEALTH IN HEAD START FAMILIES

### ArkansasFoundation

**Dr. Alicia Landry & Dr. Nina Rooft**, faculty in the Nutrition & Family Sciences department, received a **\$30,000** grant from the **Delta Dental of Arkansas** Foundation to complete a project titled "Using Interprofessional Care to Impact Oral Health in Head Start Families." The purpose of this grant is to allow more children and adults to have access to dental care and education about the importance of good oral health. Dietetic interns and speech pathology students will participate in the program which will allow collaborative, community-driven, interprofessional and service-oriented professional training. The project will target 4-year-olds in the Faulkner and Cleburne County areas. Caregivers of the children range from 18 to 80 years old with varying levels of education, literacy and health care access. Dr. Landry shared, "As we look toward the opening of the Interprofessional Teaching Clinic in the Integrated Health Sciences Building, interprofessional capacity building is more important than ever. The interprofessional work will guide their practice in the future and make students more aware of the importance of communication, teamwork and education across multiple health care disciplines to improve oral health in Arkansas." Nontraditional approaches to oral health include speech pathology and nutrition, said Landry, who serves as principal investigator for the project. This is an exciting opportunity for our students and faculty to work together to meet the goal of this project.

**The School Nutrition Foundation's LEAD to Succeed™** Initiative provides workforce tools and training modules developed specifically for school nutrition professionals seeking to Learn, Educate, Advance, and Develop in the school nutrition field. **Researchers in the NFS Department** were awarded **\$75,000** for a three-year period to evaluate program delivery and content as well as participants' experience, skill, knowledge, behavior, and reactions to the content and delivery. "Partnering with the School Nutrition Foundation is a dream come true. The LEAD to Succeed™ Initiative will change the career trajectories of school nutrition professionals across the country and we are honored to have the opportunity to evaluate the delivery of this impactful and cutting-edge material."



**Dr. Kathryn Carroll** and **Dr. Rachel Schichtl** received a **\$7,500** research grant from the UCA University Research Council. Carroll and Schichtl are partnering with the Arkansas Foodbank to conduct a study with pantry managers in Central Arkansas. The project focuses on examining barriers and willingness-to-adopt what is known as a 'client-choice' pantry model. Pantries typically distribute food to their clients in 1 of 2 ways: by using a prefilled bag/box of items (traditional model), or by allowing clients to select items (client choice model). Although offering client-choice is associated with a variety of benefits for client health and wellbeing, traditional pantries remain the norm in Arkansas. Carroll and Schichtl will be working to help identify why this is, and what steps are needed to help support pantry managers interested in offering client-choice.

**Dr. Kathryn Carroll**, with **Christy Horpedahl** (Arkansas Center for Research in Economics) and **Joyia Yorgey** (Arkansas Asset Builders) received a **\$2,500** research grant from the American Council on Consumer Interests to conduct a tax-time debt repayment education intervention. This project is providing clients of the IRS-VITA (Volunteer Income Tax Assistance) program with educational tools focused on debt repayment. Also of interest is whether these tools impacted how clients use their tax refunds and Economic Impact Payments (stimulus checks).



**Dr. Rachel Schichtl**, with **Dr. Kathryn Carroll** and **Dr. Kimberly Sartain**, received a **\$2,500** grant through the AAFCS AHA Healthy for Life program. During spring 2021, they partnered with the FUMC-Conway Food Pantry and the Arkansas Foodbank to conduct a series of virtual healthy cooking demonstrations for pantry clients. All three faculty also incorporated elements of this project into their service-learning courses during the spring semester. Students enrolled in Community Nutrition, Advanced Personal and Family Finance, and Methods in FCS had an opportunity to assist with this community outreach project!





# DR. NINA ROOFE RESEARCH LAB



## Making Research Dreams a Reality

"Tell me about your dream." Andrew Hiegel asked me this question one day while sitting in his North Little Rock living room. I was there visiting him with Maegan Dyson, who at that time was the Director of Development for the College of Health & Behavioral Sciences and is now the Assistant Vice President of Development. Andrew and his late wife, Mary Ann, have been long time supporters of our department through the endowed Mary Ann and Andrew Hiegel Scholarship, the Mary Ann Hiegel Active Learning Classroom, the Hiegel Multi-Media Classroom, and donated art and sculptures throughout McAlister Hall. I

shared with Andrew my vision of becoming a national leader in research focused on building healthy and sustainable families. As a profession, our research focuses on strategies to support individual well-being, family strengths, and community vitality so we can all successfully live and work in our complex world.

The faculty and students in the Nutrition & Family Sciences Department is focused on improving the lives of Arkansans through research in personal and family finance, food security, disease prevention and wellness, oral health education (\$30,000, one-year Delta Dental Foundation grant), experimental food science and school nutrition (\$75,000, three-year National School Foundation grant), FCS education, interprofessional healthcare education, service learning, women of color in FCS, and leadership development. I shared with Andrew our need for a designated space for faculty and students to conduct research. The ability to conduct impactful interprofessional research requires a space with connectivity for faculty and students to collaborate. I envisioned a space where faculty and students could plan, dream, work through logic models and statistics, design and implement programs, review outcomes, edit manuscripts, and celebrate publications together. I see this contributing to our graduates going on to graduate schools confident in their writing and research skills and our faculty confident in their tenure and promotion applications.

Through the generosity of Andrew and Mary Ann Hiegel, we are proud to open the Dr. Nina Roofe Research Lab in McAlister Hall. Andrew was insistent that my name be on the door. I told him this space would not have been possible without him and Mary Ann, to which he smiled and replied with a sparkle in his eye, "It's your dream. What's next? I hope you are still dreaming!"





# STUDENT SPOTLIGHT

In May 2020, **Ken Feagan** graduated with his undergraduate degree in Family & Consumer Sciences. This is a special to Ken, as he only had two things on his bucket list when his late wife passed away. He wanted to earn his Black Belt (✅) and earn a four-year degree (✅). He worked diligently each semester and had the celebration he earned with a few of his favorite FCS Faculty, **Dr. Kathryn Carroll** & **Rebekah Luong** and Department Chair, **Dr. Nina Roofoe**. Ken is going to take a little time to enjoy life and then jump right into working with organizations that assist children as well as entertaining the idea of being a substitute teacher. We're very proud of Ken and wish him the best in the future! Who knows, we may see him back in classes since one of his favorite things to do "is learn".



## MSDI 2021-2022

This dietetic internship is a post-baccalaureate, supervised practice program, and is designed to allow students to complete the requirements for the Dietetic Internship (DI) in 15 months. This 15-month program begins in May of one year and comes to completion at graduation in August of the following year. The UCA MSDI is currently accredited for 12 master's eligible interns and one doctoral prepared intern. To learn more about the 2021-2022 cohort of the MSDI, please visit <https://uca.edu/nfs/dietetic-intern-class-of-2021-2022/> to review their bios.

**TAYLOR AJTUN**

**HALEY DONOWAY**

**MADELINE LANCASTER**

**ESMERALDA MARTINEZ**

**ANDIE MONTGOMERY**

**CHASITY RINGER**

**ROSE ROFKAHR**

**JORDAN SETSER**

**JESSICA SMITH**

**CROSJEAN SY**

**VASIL VALEV**

**MAGGIE WALTRIP**



# CONGRATULATIONS



# SERVICE-LEARNING

*through*

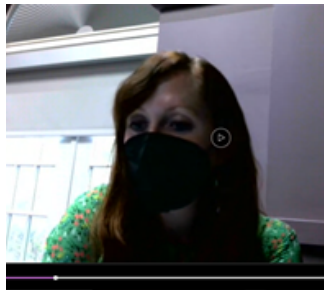
**FACS 3311 | RESOURCE MANAGEMENT - Monica Lieblong**

**FACS 4317 | ADVANCED PERSONAL & FAMILY FINANCE - Dr. Kathryn Carroll**

**FACS 4340 | FCS PROFESSIONAL PRACTICE - Rebekah Luong**

Faculty in the FCS Program have worked over the past year to build a comprehensive Service-Learning scaffolded experience for the students earning the BS in FCS degree. Faculty members, **Dr. Kathryn Carroll, Monica Lieblong, and Rebekah Luong** are all past participants of the UCA Service-Learning Faculty Fellows program. This program is an intense summer application based program to learn the theoretical and foundations of operating successful service-learning courses. Through the program, faculty also have the opportunity to visit and meet with potential community partners. In each of these courses, students experiences course content in the setting of a community partner either on site or virtually. Because of the structure of each course and how the faculty are teaching, they had the opportunity to share their experiences in a presentation at the virtual Gulf South Summit Conference this spring. To learn more about UCA Service-Learning visit <https://uca.edu/servicelearning/>.

## Advanced Personal & Family Finance



The spring 2021 semester looked a little different with COVID-19, but that didn't stop students in FACS 4317 from participating in an indirect service-learning project! Students in Dr. Carroll's course partnered with the FUMC-Conway Food Pantry, and collaborated with their peers to create cooking demonstration equipment budgets to benefit pantry clients.

This project was part of a AAFCS AHA Healthy for Life grant that Schichtl, Carroll and Sartain received to conduct a series of Healthy for Life Virtual Cooking Demonstrations with pantry clients. To put together their budgets, students had to actively collaborate with their peers, research products, and shop virtually for items that would be appropriate for their assigned demonstration, all while on a limited budget. The cooking items they selected for each demonstration were then purchased and distributed to pantry clients who attended the virtual cooking demonstrations.

Students in FACS 4317 were also able to participate in a virtual 'pantry tour' that was filmed by the Pantry Manager (Kisha Bumpers) as the pantry was closed to outside visitors. At the conclusion of the project, Kisha also attended class to share with students some feedback on the project from the pantry clients! In the end, 24 clients directly benefited from this project, and Dr. Carroll's students enjoyed hearing about how their efforts impacted their local community. In the words of one student "everyone likes a good surprise.....it was great to see how these cooking items put a smile on their faces".



# FCS Professional Practice



L-R: Darius Banks, Grace Sykes, Taylor Blair, Karli Potratz (Children's Advocacy Alliance)

Each semester, the Professional Practice course partners with multiple community partners to produce a program in partnership with the community partner. This year, FACS 4340 partnered with Karli Potratz from Children's Advocacy Alliance (CAA) to provide much needed hygiene items for the center when individuals come into the facility. Students were able to produce a program that raised over \$100 and 100 items through their Hygiene4Hope campaign. Students involved in this program were: Darius Banks, Taylor Blair, Kynesha Harris, Breyanna Jackson, Krysha Lee, Grace Sykes, and Ceara Smith.



UCA Students Lauren Webber, Ashley Taylor, and Katie Siebenmorgen delivering backpacks to the Faulkner County Sheriff's Office & Conway Police Department.

The course also partnered with Crystal Dendy of Children's Advocacy Alliance (CAA) to provide 50 care packs to two programs with Conway Police Department and the Faulkner County Sheriff's Office. The students organized the project and were responsible for following through to the communication and delivery of the packs. The care packs will be utilized when children are involved in a variety of situations that the officers may encounter to provide a distraction to the adult situations and comfort to the children. Students involved in this program were: Chanta Ethredge, Kai Ahn Harris, Katie Siebenmorgen, Ashley Taylor, and Lauren Webber.

## Resource Management

Each semester, students have a variety of options to choose from in order to participate in service-learning. This Spring Semester community partners included:

- The Bear Essentials Food Pantry
- UCA Career Services
- CAPCA
- Faulkner County Cooperative Extension Office
- United Way of Central Arkansas
- The Salvation Army
- Imagination Library

Students in FACS 3311, are on a self-discovery approach to service-learning to determine how their interests and skills can best align with the community partner for a mutually beneficial experience. During the experiences, students are responsible for creating programs, promotion of the organization and mission, assisting with food and clothing drives, and a variety of other tasks.

During the course of the semester, students participate in several reflections to tie back the experiences with the course objectives to provide the connection and application of theories, and content knowledge.

One student shared, "I feel that the service learning allowed me to get the best out of the course. It provided a hands-on learning that you don't get from a classroom setting."



Before COVID-19, students participated in a "signing day" to match with their community partner. Mrs. Lieblong hopes to continue this in the coming school year.



# SERVICE-LEARNING Awards

**Monica Lieblong** was awarded the Peter J. Mehl Service-Learning Faculty Practitioner of the Year and **Mariandree Ramirez**, Monica's FACS 3311 student, was awarded the 2021 Spirit of Humanity Award at the Annual UCA Service Learning Award Ceremony. Even though Monica had jury duty, she still made a special appearance! The UCA Service-Learning Program hosts an annual awards reception to recognize outstanding community engagement work by students, faculty, and community partners. The Service-Learning Program is part of the Division of Outreach and Community Engagement (OCE) at UCA. "Outreach is proud to recognize the outstanding work of these students, faculty and partners," said Shaneil Ealy, associate vice president of OCE. "Service-learning is built on meaningful collaborations between the campus and community, and we appreciate the hard work of all involved to make an impact together." One of Monica's Community Partners, The **Faulkner County Cooperative Extension Office**, also received an award for the Community Partner of the year!



## Intentional Diversity Presentation



**Lisa McCoy**, with **Monica Lieblong**, **Rebekah Luong** and **Dr. Kathryn Carroll**, recently presented a FCS Talks: Breakout Session at the 2021 AAFCS Annual (Virtual) Conference. The breakout session was titled "Bringing Intentional Diversity into FCS Instructional Resources" and was part of the Effecting Change: Diversity, Equity, Inclusion conference strand. McCoy and colleagues shared their efforts to intentionally incorporate diversity into their course curriculum. McCoy teaches FACS 2341: Lifespan Development and is CFCS certified through AAFCS.





# WELLNESS TESTING

**Dr. JJ Mayo's** students help with wellness test at Nabholz construction twice a year. Nabholz has a results-based wellness program where employees get money based on their biometric data. Students help assess height, weight, blood pressure, waist circumference and body fat. Testing happens twice a year so it's a win-win. The students help Nabholz and get valuable hands-on experience. Students even have the opportunity to get their blood work done for free if they like. You'd be surprised to know that every year we find a student or two that have high BP or cholesterol. Thanks to this program, we find it and they wouldn't have known it unless they were tested.



## PROGRAM RECOGNITION

Study.com published its 2021 rankings, and **University of Central Arkansas** is ranked #23 on their list **Best Bachelor's Degree Program in Nutrition**.

Over 40 million visitors per month use Study.com to research potential schools, degrees, and careers, and this list will help users and potential students learn about our excellent offerings. To compile this list they consider hundreds of universities across the country and selected UCA based on academic and career resources, the quality of education, faculty, and more. To learn more visit their site [here!](#)

## CAEP ACCREDITATION

During the Fall 2020 semester, the BSE-FCS Program learned that the Council for the Accreditation of Educator Preparation (CAEP) approved the program for continued accreditation. Thank you to **Dr. Kim Sartain and Lee Ann Bullington** for their hard work and dedication to offering an outstanding experience for the FCS Education majors!





# NFS ACCOMPLISHMENTS

## National Officer 2020-2021

Alyssa Frisby ( 2020 BS in NUTR) and current student in the MSDI program was elected by her peers to serve as a National Student Leader Officer for the American Association of Family and Consumer Sciences (AAFCS). Alyssa was selected for this national leadership role through a rigorous application process that included references from professors.



## ArAND Awards

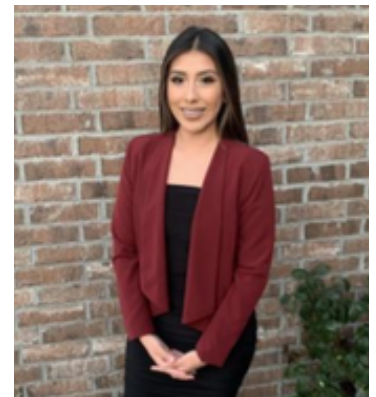
Congratulations to several of our outstanding faculty, alumni, and students who received awards during the past year from the Arkansas Academy of Nutrition & Dietetics.



Top Left: DPD Director, **Dr. Rachel Schichtl**, named the 2021 Outstanding Dietitian of the Year.



Bottom Left: **Dr. Alicia Landry**, Dietetic Internship Director, was named the 2020 Outstanding Dietitian of the Year.

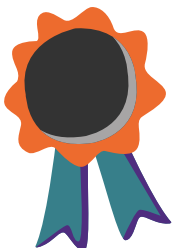


Top Right: **Lauren Allbritton**, current MS student and Registered Dietitian was awarded the Young Dietitian of the Year.

Middle Right: **Selena Garcia**, alumna of the Nutrition program, was recognized as an intern scholarship recipient.



Bottom Right: **Elizabeth Musick**, UCA Dietetic Internship student received the Outstanding Dietetic Student in a Dietetic Internship.



# STATE & NATIONAL AWARDS EARNED



**Rebekah Luong**, FCS Program Director and Clinical Instructor had a BIG year. During the 2020-2021 academic year, she earned the Certified in Family and Consumer Sciences (CFCS) credential. The CFCS credential identifies individuals who have a mastery of knowledge in the Family and Consumer Sciences area of study.



**Rebekah Luong, pictured with the ArAFCS Educator of the Year Award**

As a member of the Arkansas Affiliate of the American Association of Family & Consumer Sciences (AAFCS), she also received the Outstanding Family & Consumer Sciences Educator of the Year award.

This all culminated to national recognition through a nomination process that involves an extensive application, juried review, and ranking process. Rebekah is one of two recipients who earned the *New Achiever* award. The New Achiever Award was introduced as a part of the Association's 75th Anniversary observance in 1984 when it was established to identify and honor emerging family and consumer sciences professionals who have exhibited the potential to make significant contributions to the field through their involvement with AAFCS. Rebekah will be presented (virtually) with the award at the National Conference on June 16, 2021.



**Tiffanie Snyder was appointed the Executive Director of the Arkansas Academy of Nutrition & Dietetics**

**Executive Director - ArAND**

## School Nutrition Association

**Dr. Alicia Landry was named as the Chair of the Nutrition & Research Committee for the School Nutrition Association.**



## Leadership Academy



**Dr. Nina Rooft, CNWE (left) & Dr. Rachel Schichtl, CFCS (right)** were selected to serve as mentors for the AAFCS Leadership Academy in 2021. The 2021 Leadership Academy began with virtual sessions in April and continues with the Academy being held virtually prior to the AAFCS Annual Conference in June. Activities of the Academy will continue throughout the following year with conference calls, additional interactive learnings, networking with fellow participants to complete selected projects which benefit affiliates and AAFCS, and interacting with mentors.



# NUMBERS?

HOW MANY? HOW MUCH? WOW.

Service-Learning  
Project Hours



**1252**

Community  
Outreach Events



**12**

Faculty  
Presentations



**23**

Publications



**8**

Grants  
Received



**\$119,670**

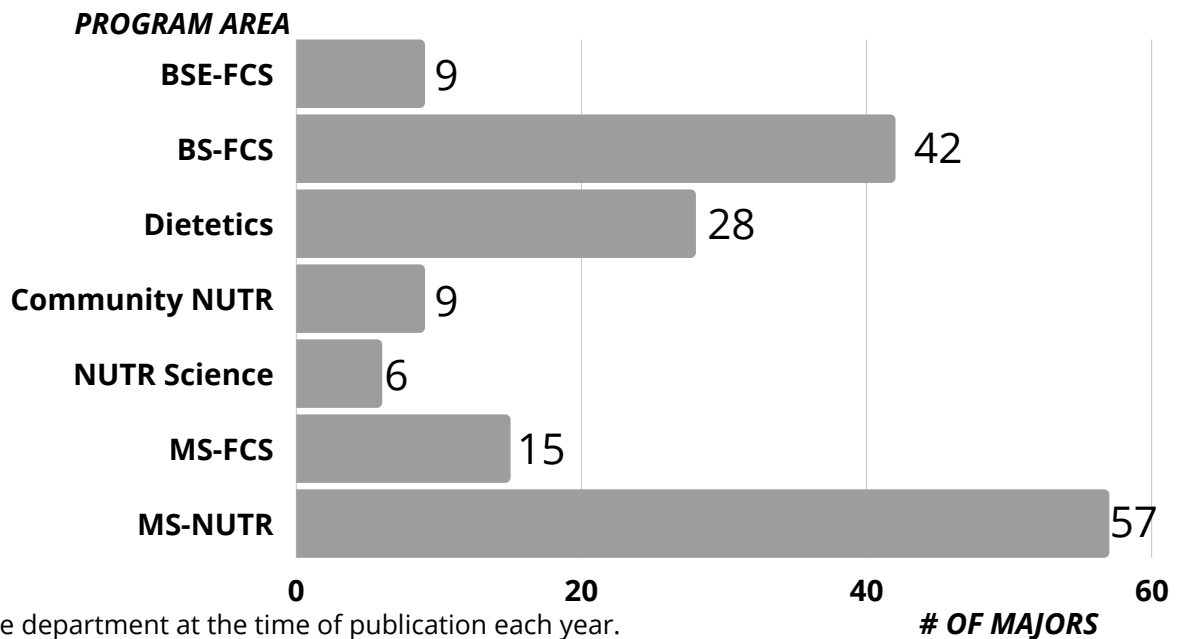
Internship Hours  
(Grad / Undergrad)



**20,254**

## FAST FACTS

**FACULTY**  
FULL TIME:  
11  
PART TIME:  
9  
**GAs:**  
5  
**Student Worker:**  
1



Fast Facts is a snapshot of the department at the time of publication each year.



# What's Next?

On May 12, 2021, many faculty from NFS took part in a day-long strategic planning retreat for the first face-to-face meeting since March 2020. Faculty heard from guest speakers on a variety of topics including the Gateways to Completion program, how to have Crucial



Conversations, and discussed how to move forward after the past year and a half. Everyone worked together on issues regarding accreditation and student success during breakout program meetings.

One major part of our day was defining our why and creating a plan for moving forward. Faculty will continue working towards a shared goal to help all students and our communities become healthy and sustainable.



## Nutrition Faculty

L-R: Khandra Faulkner, Dr. Jerry Mayo, Laura Meek, Dr. Rachel Schichtl, Dr. Nina Rooft, Dr. Alicia Landry, Tiffanie Snyder



## Gateways to Completion & Crucial

Conversations with Dr. Amy Hawkins & Dr. Kurt Boniecki



**FCS Education Faculty**  
Lee Ann Bullington &  
Dr. Kim Sartain



**Dr. Susan Sobel on**  
Making Connections,  
Mourning 2020, &  
Moving Forward



## FCS Faculty

L-R: Monica Lieblong, Melissa Carver, Rebekah Luong, Jamie Bradshaw, Dr. Kathryn Carroll, Virtual- Lisa McCoy





UNIVERSITY OF  
**CENTRAL**  
ARKANSAS™

COLLEGE OF HEALTH AND  
BEHAVIORAL SCIENCES  
NUTRITION AND FAMILY SCIENCES



## Full-time Faculty

- Dr. Nina Roofe, Chair; nroofe@uca.edu
- Lee Ann Bullington, FCS Education; lbullington@uca.edu
- Dr. Kathryn Carroll, FCS; kcarroll5@uca.edu
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