

# 34TH ANNUAL ALUMNI & STUDENT RECOGNITION

*Celebrating the achievements of the NFS Department Alumni & Students!*



This year our Alumni celebration looked a little different. We missed being able to gather for a luncheon, but enjoyed a week-long series of events the week of April 19-24, 2021. The week kicked off with an Alumni Bear Spirit Contest where Alumni were invited to share pictures from their days at UCA or of their UCA spirit. Lauren Albritton, a Registered Dietitian Nutritionist, with the Arkansas Foodbank, won the contest. Through the power of social media, alumni were treated to a virtual tour of the updates to McAlister Hall, including the new Research Lab, as well as the new Integrated Health Sciences Building.

The Alumni Award Winners were announced and included Lauren Allbritton (Young Achiever), Tiffanie Snyder (Distinguished Alumna), Dr. Angela Webster, UCA Office of Diversity & Inclusion (Distinguished Service), The UCA Center for Excellence in Teaching & Academic Leadership (Distinguished Service), and Andie Montgomery (Outstanding Student).

Additionally, we were thrilled to announce Scholarship Award Winners who included:

- Adams/Lindsay/Webb: Lona Ceccherini, Ashlyn Leach, Heather Amaro
- Cecily Coffelt-Bullard: Ainsley Lester, Madison Elliott, and Madelyn Vowels
- Grace Phelps Dupree: Sarah Benson and Blaklee Scott
- Martha Stone Harding: Sadie Jackson and Taylor Ajtun
- Dr. Mary Harlan: Lauren Allbritton
- Mary Ann & Andrew Hiegel: Taylor Hensley & Danyel White
- Dr. Roy C. & Dollie Randleman Holl: Ashlyn Chambers
- Emily Oates: Rosemary Rodriguez
- Nina Russ: Shandon Wootton & Vasil Valev
- Dr. Nina Roofe: Andie Montgomery, Jacinda Gray, & Sam Schilling
- Armani Famous: Alexys Ireland

The generosity of our alumni (YOU) makes the success of our students possible. These gifts often make the difference in their lives by allowing them to focus on studies and continue devoting time to the profession. Thank you for your generosity! Especially during a global pandemic, a scholarship can be the difference in continuing in school or having to take time off from school. Mark your calendars for next year—April 22, 2022. We plan to be back together in person for a fun celebration!



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COLLEGE OF HEALTH AND  
BEHAVIORAL SCIENCES  
NUTRITION AND FAMILY SCIENCES

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# ALUMNI WEEK IN NFS!

This year, we took our annual Alumni Events social and celebrated for an entire week. We hope you were able to view our content on our Department Facebook Page! Below are the week's activities.

## **MONDAY ALUMNI BEAR SPIRIT CONTEST**

Lauren Allbritton, Class of 2016, was the winner of the contest. The Student Advisory Committee hosted this event.

## **TUESDAY VIRTUAL TOUR OF NFS**

To view the video, please go to: <https://youtu.be/tiyopEzvE74>

## **WEDNESDAY AWARD WINNERS ANNOUNCED**

To view the award winners videos, please visit <facebook.com/NFSUCA>

## **THURSDAY RESEARCH IN NFS**

To view the video shared by Dr. Alicia Landry, visit <https://www.facebook.com/NFSUCA/videos/165012398851779>

## **FRIDAY ANNOUNCEMENT OF SCHOLARSHIP RECIPIENTS**

To view the recipient bios, please visit: <http://bit.ly/NFSScholarship21-22>

**THANK YOU FOR YOUR CONTINUED  
SUPPORT OF OUR PROGRAMS, RESEARCH,  
AWARDS, AND STUDENT SCHOLARSHIPS!**

THANK  
you

# IN REMEMBRANCE OF MARY ANN HIEGEL



It is with sad hearts that we share the loss of our dear friend, Mary Ann Hiegel. Mary Ann and Andrew Hiegel have been an integral part of the Nutrition & Family Sciences Department for many years. The Hiegel's have an endowed scholarship and have contributed to several renovations in McAlister Hall to allow our students to learn in collaborative learning classrooms. We are forever grateful for the opportunity to have known Mary Ann and will miss her dearly. The excerpt below is taken from her obituary.

*"She was a graduate of St. Joseph High School and Arkansas State Teacher's College, now the University of Central Ark., with a bachelor's degree in Home Economics. Mary Ann initially worked for the University of Notre Dame Science Library, followed by 15 years in the Research Department at the Arkansas State Library. She then worked alongside her husband in his architectural business. She was a happily devoted wife who enjoyed visiting many art museums while traveling with her husband. Mary Ann valiantly lived out her final decade of life with Alzheimer's. Survivors include her husband of 62 years, Andrew Hiegel, and many extended family members."*

## 2021 DISTINGUISHED SERVICE AWARD | CETAL

**Dr. Amy Hawkins** is the Assistant Provost of Teaching and Academic Leadership. She was promoted to that role in January but has served as the Center's director since July 2014. Amy says that "I think I have the BEST job in the university because I get to partner with faculty and staff across campus to improve teaching and learning. I love the variety and the breadth and depth of our Center's influence. In short, I get to equip faculty to help our students succeed. What's not to love?"

**Vicki Parish** is an Instructional Designer and has been in the ID role since 2016, and has served IDC-->CTE-->CETAL since she started full time in 2010 as an Instructional Technologist. Vicki says that the best part about her role is that she gets to build trusting relationships with faculty from all over campus. Faculty often comment that she has helped them in some tangible way, but she says, "In reality, my life is blessed and my work is made easier and more enjoyable by getting to know so many of our faculty members individually!"

**Adam Peterson** began his role as an instructional designer with CETAL in June, 2019. Adam says "My mission as an instructional designer is to help faculty reach students who were like myself in college. I was a good student, but I looked at college as simply a task to complete; a means to an end. I did not look at it as a chance to truly learn, experience new things, and grow as an individual. Working with faculty allows me the opportunity to help them reach not only the best students, but all students".

**Jessica Underwood** is an Instructional Designer for CETAL and has been in this position since November 2015. She enjoys the variety that comes with being an instructional designer. "No two days are alike and the evolving field of education motivates me to learn something new. Every course is different, every project requires new ideas, every faculty member brings unique challenges. I've always considered my role as being a jack of all trades, and I love that I have opportunities to exercise my skills in a variety of ways and continually add to my toolbox. In the end, it's rewarding to know how valuable the role of instructional design can be to the instructor and their students."



**Dr. Amy  
Hawkins**



**Vicki Parish**



**Adam  
Peterson**



**Jessica  
Underwood**



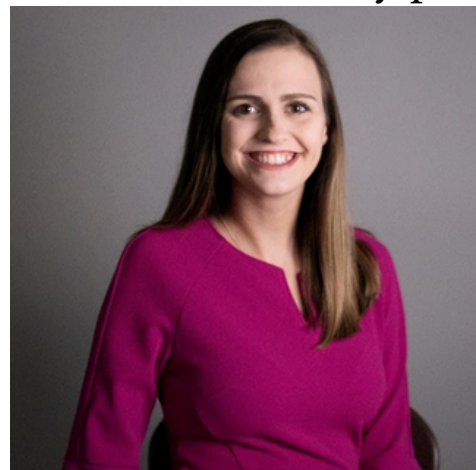
## 2021 DISTINGUISHED SERVICE AWARD | DR. ANGELA WEBSTER

Dr. Angela Webster is the Associate VP for Institutional Diversity & Inclusion and Associate Professor of Leadership Studies. Dr. Webster completed her Ph.D. in Educational Psychology and Research at the University of Memphis. She is a PreK-12 licensed school administrator and received several years of professional development from Results Coaching Global. She was also an American Council on Education Fellow in the class of 2017/2018. Dr. Webster served as founding principal of two independent schools, the designer of a public charter school, and as an executive coach and consultant of public schools. She currently serves as a board member for an open enrollment public charter school in Arkansas. Her primary research interest involves inclusive educational leadership. Specifically working with the Department of Nutrition & Family Sciences, Dr. Webster guided our faculty to develop an inclusive pedagogy framework for the department.



## 2021 YOUNG ACHIEVER | LAUREN ALLBRITTON

Lauren Allbritton, RDN, LD, is a Registered Dietitian Nutritionist and Nutritionist for the Arkansas Foodbank in Little Rock. In this role Lauren works with other Community Initiatives Leaders to coordinate and engage volunteers, coordinate mobile distribution of food, oversee community relations, and distribute SNAP benefits. Lauren is currently pursuing the Master of Science in Nutrition



degree at UCA where she earned the Bachelor of Science degree in 2016. Lauren completed the Dietetic Internship at UAMS in 2018 and now serves as a preceptor for dietetic interns, nursing students, and pediatric residents. She oversees grants in excess of \$40,000 to address nutrition and summer feeding programs in 33 counties across the state.



## 2021 DISTINGUISHED ALUMNA | TIFFANIE SNYDER

Tiffanie Snyder, MS, RDN, LD, is a Registered Dietitian Nutritionist and adjunct faculty member at the University of Central Arkansas. Tiffanie teaches in both the Nutrition and Family & Consumer Science Departments. Tiffanie received her BS (2001) and MS (2003) in FACS with an emphasis in Nutrition from UCA. Tiffanie graduated Summa Cum Laude and was the recipient of the Outstanding Student Award in the College of Health and Applied Sciences at UCA. She has been teaching in the adjunct role since August, 2003. While at UCA, Tiffanie has taught Resource Management, Foundations of Nutrition (formerly Nutrition in the Lifecycle), and Sports Nutrition. She also developed the online components of the Resource Management course. Currently, she teaches in both the on-campus and online community. Tiffanie enjoys spending time with her family. She is married and has six children. She strives to incorporate the aspects of FCS and Nutrition into her own home management. She also enjoys exercise, nutrition, and the outdoors.



## 2021 OUTSTANDING STUDENT | ANDIE MONTGOMERY



Andie Montgomery completed the Bachelor of Science in Nutrition degree in May of 2021, and has been accepted into the UCA Master of Science Dietetic Internship cohort of 2021 and will graduate in August 2022. As an undergraduate, Andie was active in the Student Dietetic Association for several years. In addition to the organizations she was involved in, she also is the recipient of a scholarship from the Nutrition & Family Sciences Department. Andie also has

volunteered in a variety of settings during her undergraduate career. She Volunteered with Nabholz where she learned how to interact with and teach clients about nutrition which sparked her interest in Nutrition counseling. She also had the opportunity to work with the Faulkner County Extension office where she really developed an interest in helping the community through nutrition education. When asked, Andie will tell you, I have so many interests in the field of dietetics and am looking forward to what the future holds! Congratulations to Andie on this wonderful accomplishment. We look forward to seeing the amazing things she will do as a Dietitian.



**UCA  
Foundation**

## MOVING TOWARDS ENDOWMENT

There are several privately funded scholarships that our scholarship committee hopes to endow soon. Once scholarships are endowed, they are then eligible to be awarded to our students. We would love to award more

and more students each year and you can help us reach this goal! Currently, the following are working towards endowment:

- Karen & Kathy Armstrong Scholarship Fund
- Armani Famous Scholarship Fund
- Ferguson - Brown School Nutrition Scholarship Fund
- Suellen Ward Scholarship Fund
- Connie Westbrook Scholarship Fund

If you are interested in contributing to the scholarships from the Nutrition & Family Sciences Department, please contact the UCA Foundation at (501) 450-5288 or by reaching out to the Nutrition & Family Sciences Department at (501) 450-5950 or at [NFS@uca.edu](mailto:NFS@uca.edu)

## 2021 - 2022 SCHOLARSHIP RECIPIENTS

Since we were unable to celebrate in person with our student scholarship recipients and donors this year, we decided to celebrate them virtually! Each student was notified by email that they were a recipient for a 2021-2022 scholarship and given a digital certificate and award letter. We asked students to share their photo and a little about themselves with us this year! We hope you enjoy reading about our outstanding recipients. Thank you to our kind donors of these funds that make this possible. We look forward to celebrating with you again soon!



### Taylor Ajtun



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#### Why did you choose UCA or your favorite thing about UCA?

I chose UCA because I wanted to pursue a degree in nutrition, and I had heard such great things about UCA from friends. From the beginning, the atmosphere at UCA was astounding. I loved the positive attitudes the students and professors had. I have never felt out of place at UCA and love all of the new friendships and connections I have made. I think the only mistake I have made in college is not attending UCA all four years. I know there is so much I missed out on, however, I am so grateful I was able to experience most of my undergrad at UCA as well as furthering my education through the dietetic internship/master's degree program.

#### What has been your most memorable experience outside of the classroom?

My most memorable experience outside of the classroom occurred during my first day at Conway Regional as a clinical diet assistant. In my food economics class, I had been instructed to create a blueprint of a kitchen. This kitchen had to have accurate flow and spacing and include a tray line. As I had yet to step foot in a commercial kitchen, I created the kitchen the best I could with the limited knowledge I had. On my first day of work, I was to observe the development of tray line. Seeing the process and the specific roles each person played was all I needed for full comprehension. This moment was the first time I was able to apply learned knowledge to my work. I will never forget it.

#### Describe your plans or goals after you graduate.

As I have just been accepted into the dietetic internship at the University of Central Arkansas, I am fortunate enough to pursue my career in becoming a Registered Dietitian Nutritionist. My short-term goal is to excel in the internship, pass the RD exam, and obtain my master's degree. My long-term goal is to work with large corporations such as McDonald's, Taco Bell, Ben and Jerry's, etc., to provide more nutrient-dense foods rather than calorie-dense foods. Those who are food insecure or living in a food desert will opt for the cheapest and most convenient options. The black community faces food insecurity more than any other community. As a person of color, and as someone who has the ability to improve these conditions, I must advocate and implement change.

#### What do you enjoy doing for fun?

I enjoy spending time with friends and cooking out of Snoop Dogg's cookbook as well as the Unofficial Harry Potter cookbooks. Cooking/baking is a stress-relieving outlet for me. I love finding new recipes or new ways to make past meals more nutritious. I also enjoy reading, binge-watching tv shows, and DIY projects.

#### Where is one place in the world you would like to visit?

This is difficult for me to answer because there is not just one place I would like to visit. My biggest desire is to be a traveling dietitian. If given the opportunity, I would travel anywhere. I love being immersed in different cultures and learning the different values and traditions that surround food and nutrition. In a way, this helps me value and appreciate my food.

**Martha Stone Harding Fund**





## Lauren Allbritton



### Why did you choose UCA or your favorite thing about UCA?

I chose UCA for undergrad because it was close to home yet provided an opportunity for me to be a part of something bigger. I chose UCA for my Master's because my professors here have made an impact on my life and truly care about where life takes us after we leave their classroom.

### What has been your most memorable experience outside of the classroom?

My most memorable experience at UCA was in 2016 when I walked across the stage as a first generation college graduate.

### Describe your plans or goals after you graduate.

After I graduate, I hope to advance my position to a leadership role where I can broaden my reach and support community initiatives that address not only food security but food sovereignty, and food equity.

### What do you enjoy doing for fun?

I enjoy reading, researching genealogy, sewing, balancing the family budget, binge watching the latest Netflix shows with my partner, cuddling with my dogs, and taking mommy and me dance classes with my daughter.

### Where is one place in the world you would like to visit?

The Crathes Castle in Scotland that was given to my family by King Robert the Bruce in 1323.

**Dr. Mary Harlan Fund**



## Heather Amaro



### Why did you choose UCA or your favorite thing about UCA?

I chose UCA because of the reputation of the Dietetics program. I want to be a practicing nutritionist and they provided the best opportunity. The professors have been wonderful and have certainly lived up to their reputation. My favorite thing about UCA is that I have been welcomed and appreciated as a nontraditional student. I have always been treated in the most supportive and welcoming manner by both the faculty and the administrators. Returning to school after many years away required a lot of effort and coordination, and the staff I've worked with have become a very important part of my support system and development.

### What has been your most memorable experience outside of the classroom?

I lived in Manhattan for ten years, and this taught me so many things that I never would have learned otherwise. I was introduced to such a diversity of cultures and accomplished professionals, world renown art, music, and plays. I worked several different jobs, and learned vital lessons about myself and life, which have become an important basis for the foundation of my character and motivated me to become a health professional.

### Describe your plans or goals after you graduate.

I plan on entering either the UCA or UAMS internship directing after graduating. After finishing my internship I plan on working within a hospital or private practice setting to learn the industry before starting my own practice. I also would like to support or potentially start a nonprofit that focuses on teaching nutrition and backyard gardening skills so that anyone can have access to fresh, nutritious food. I would also like to partner with local schools K-12 to help teach students the fundamentals of nutrition and gardening.

### What do you enjoy doing for fun?

Prior to the pandemic, I used to love to travel with my husband. I love reading fiction, specifically fantasy. I also love watching movies, attending plays, and attending musical performances. I also like to give back to my community, and love volunteering at the Little Rock Zoo and other organizations I am involved with.

### Where is one place in the world you would like to visit?

My goal once travel restrictions are relaxed is to take at least one international trip every year. Places on the list are World Heritage sites that take top priority, including the Great Pyramids of Giza, the Sahara, Morocco, Turkey, Europe, and so much more. Honestly, there are so many places I would like to visit, it is hard to name even just a few!

**Adams-Lindsay-Webb Home Economics Fund**





## Sarah Benson



### Why did you choose UCA or your favorite thing about UCA?

I chose UCA because my family has gone to UCA. I have had two family members graduate from here. I believe that UCA is affordable, friendly, and has a wonderful list of degree programs. UCA cares about their students, and I have seen first hand how they help their students after graduation succeed.

### What has been your most memorable experience outside of the classroom?

My most memorable experience outside of the classroom was going to football game at UCA. The community and want to support their team was invaluable. It was so much fun to support my football team with other students.

### Describe your plans or goals after you graduate.

My plans after I graduate is to help my community learn to not only have a healthy eating lifestyle, but to also have a healthy physical and emotional lifestyle. I am hoping to open up a fitness center which will have a nutritionist to help as well as a counselor. I believe that the best way to live your best life is by having a holistic approach. I am so excited to see where this dream leads me and my community.

### What do you enjoy doing for fun?

What I do for fun is reading fiction and self help books. I love to learn about new things and try to improve myself. I also enjoy to watch movies with my family. Finally, I love to cook. This activity helps to relax me, and I also love to see others enjoy the food that I made.

### Where is one place in the world you would like to visit?

A place that I would love to visit is Prince Edward Island. I have always wanted to go to the location that the book Anne of Green Gables lived. I so enjoyed reading this book as a young child, and reliving the fun of reading it with my children. I hope to someday visit there soon.

## Grace Phelps Dupree Fund



## Lona Ceccherini



### Why did you choose UCA or your favorite thing about UCA?

My favorite thing about UCA is all the amazing teachers. In my 3 years here I have yet to have a bad experience with a teacher. I learn something new from each and every one of them and they push me to be the best student possible.

### What has been your most memorable experience outside of the classroom?

The most memorable experience I've had outside the classroom was going to Colorado last summer with my friends. Since moving from Italy I hadn't seen any mountains like that and it was beautiful to me immersed in nature with that weather.

### Describe your plans or goals after you graduate.

After I graduate I plan to get into Physician Assistant school in Little Rock, get married, and maybe start getting into real estate investing if possible.

### What do you enjoy doing for fun?

I love going to the gym, cooking, reading, and taking long walks in nature.

### Where is one place in the world you would like to visit?

I would love to visit Japan!

## Adams-Lindsay-Webb Home Economics Fund

# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Ashlyn Chambers



### **Why did you choose UCA or your favorite thing about UCA?**

I chose UCA because of their awesome physical therapy program! When deciding on my college, I was accepted into the Freshman Admission Physical Therapy Program and the Scholar's Program, so I knew this is where God wanted me to be!

### **What has been your most memorable experience outside of the classroom?**

My most memorable experience outside of the classroom so far has been becoming a part of Alpha Sigma Alpha! I have met the best people through this experience!

### **Describe your plans or goals after you graduate.**

I plan to enter UCA's Physical Therapy School, and become a physical therapist! I fell in love with PT during high school, and can't wait to be able to help people with their pain!

### **What do you enjoy doing for fun?**

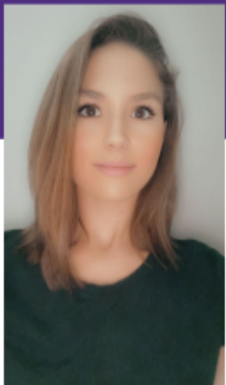
I enjoy working out, playing sports, and being with my friends/family for fun! I like to lift weights, and I especially like to play basketball!

### **Where is one place in the world you would like to visit?**

One place in the world I would like to visit is New York! I have friends who have been and say it's great!



## Dr. Roy C. & Dollie Randleman Holl Fund



## Madison Elliott



### **Why did you choose UCA or your favorite thing about UCA?**

I chose to come to UCA because I heard great reviews of their nutrition program. UCA was also a very affordable option.

### **What has been your most memorable experience outside of the classroom?**

I have loved getting to work with the Child Nutrition Unit this semester.

### **Describe your plans or goals after you graduate.**

After I graduate, I would love to do mission work in other countries. I want to be able to help children with food insecurities gain access to nutritious and sustainable meals.

### **What do you enjoy doing for fun?**

In my free time, I love to hike, fish, cook and travel.

### **Where is one place in the world you would like to visit?**

I absolutely love to travel, so there are many places I would love to visit someday. If I had to choose just one place, I think it would have to be Italy.



## Cecily Coffelt-Bullard Endowed Fund



# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Jacinda Gray



### **Why did you choose UCA or your favorite thing about UCA?**

Honestly, it felt more as if UCA chose me. Throughout my time in high school I had many competitions and events for high school clubs here at UCA. Simply being on the campus and seeing how everyone treated each other, well, it just felt right. I will say, when applying for colleges, UCA was not my first choice, but I kept being drawn back here. The finances worked better, there is more offered on campus, the major I started with was ranked very well, and so on. I am very glad with the choice I have made and the person this college has helped me become.

### **What has been your most memorable experience outside of the classroom?**

This is a tough question. Partly because I have so many great memories and also because COVID put a lot of my plans on hold, some even cancelled. If I had to choose an experience, though, it would be the times spent with my Supplemental Instruction students. For 5 semesters I have been an SI Leader for a Biology class. I love helping the students succeed, helping them laugh because school can be stressful, and for the most part, we all leave with new friends. Being an SI Leader has been one of the most rewarding things I have done.

### **Describe your plans or goals after you graduate.**

After graduating with my Bachelor's, I plan on becoming a Masters student and Dietetics intern. Hopefully, I will be accepted into UCA's program and will be on the way to becoming a Registered Dietitian Nutritionist. I am not sure where I would like to go from that point, so hopefully the internship will help me figure this out. I do know that I would prefer to not work with children as a career, but that could change.

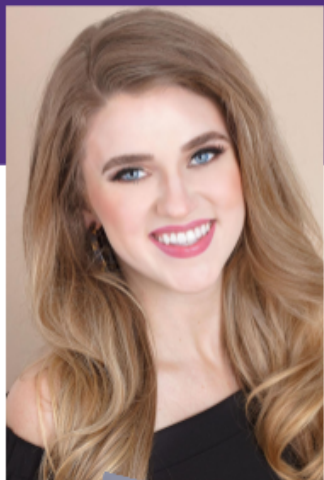
### **What do you enjoy doing for fun?**

Not everyone thinks this is fun, but working out is often something I do for fun. I do it for health reasons as well, but when I am happy and have lots of energy, I tend to just want to workout. Another thing that I love to do is simply cook and bake. I enjoy being in the kitchen and just trying new things. The new recipes or foods do not always turn out good, but I love trying.

### **Where is one place in the world you would like to visit?**

I have always wanted to visit Hawaii. I love warm weather and the idea that Hawaii is seemingly 'paradise'. Hawaii has so many waterfalls and hikes (also the many other features) and those are two things I love.

**Dr. Nina Rooft Nutrition Fund**



## Taylor Hensley



### **Why did you choose UCA or your favorite thing about UCA?**

I chose to finish my master's degree at UCA because it offered some of the most interesting classes to take that were in my interest area!

### **What has been your most memorable experience outside of the classroom?**

My most memorable experience outside the classroom is being able to extend my knowledge as a Registered Dietitian and take what I am learning and apply it to practice.

### **Describe your plans or goals after you graduate.**

Obtaining my master's degree in nutrition has always been a goal of mine since becoming a Registered Dietitian. I am hoping to open my own practice or continuing my education!

### **What do you enjoy doing for fun?**

I love spending time with my family and friends! I also enjoy floating the Buffalo National River and spending time with my cat, Kitty and my dog, Izzy.

### **Where is one place in the world you would like to visit?**

I would love to visit Spain or Greece!

**Mary Ann & Andrew Hiegel Fund**





# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Sadie Jackson



### **Why did you choose UCA or your favorite thing about UCA?**

I chose UCA for the Family and Consumer Science Master's program. I had heard so much good about it and now I am experiencing how great it is firsthand!

### **What has been your most memorable experience outside of the classroom?**

I am an online graduate student, so I do not have much experience on campus. This past spring break, my friends and I went camping at Wooley Hollow and made a stop at UCA campus so I could see it! It was so cool to experience that with my friends!

### **Describe your plans or goals after you graduate.**

After I graduate, I would like to become a Family and Consumer Science teacher!

### **What do you enjoy doing for fun?**

I love to travel. Rather it is a quick weekend road trip or a week-long vacation, I am having the most fun!

### **Where is one place in the world you would like to visit?**

I would love to visit just about anywhere in Europe! I am hoping to make it happen sometime soon.

**Martha Stone Harding Fund**



## Alexys Ireland



### **Why did you choose UCA or your favorite thing about UCA?**

I chose UCA because it was close to home and because of the great Nutrition and Dietetics program that is offered.

### **What has been your most memorable experience outside of the classroom?**

Volunteering at a local senior center has been my most memorable experience. My class hosted a themed bingo night and all of the seniors loved it.

### **Describe your plans or goals after you graduate.**

After graduation, I hope to pursue a career counseling and educating others in nutrition. I want to help people reach their nutrition goals and maintain a healthy lifestyle.

### **What do you enjoy doing for fun?**

For fun, I enjoy reading, going for walks, and watching Master Chef.

### **Where is one place in the world you would like to visit?**

It's hard to choose one place, but I would pick Rome. The city has so much culture dating back to ancient times, and I would love to learn more about it. Also, I would love to experience authentic Italian cuisine!

**Armani Famous Book Scholarship**



# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Ashlyn Leach

**Why did you choose UCA or your favorite thing about UCA?**

I chose UCA for its reputation and for the Dietetics program.

**What has been your most memorable experience outside of the classroom?**

One experience I enjoyed was volunteering to help test Nabholz workers for their annual wellness checkups. It was a nice experience and allowed me to meet some new people and gain real world experience related to my major.

**Describe your plans or goals after you graduate.**

After I graduate with my BS in Dietetics, I plan to continue my education and earn my masters degree in Dietetics. Then, I will be able to sit for the exam to become an RD. I hope to use my education and certifications to help others improve their overall health and create lifelong connections with my future patients.

**What do you enjoy doing for fun?**

When I'm not waitressing or doing my school work, I enjoy being physically active. I love to workout, go longboarding, hiking, or anything outdoors. Luckily my family also likes to participate in some of my hobbies, so I'm able to be with the people I love, doing what I love. I also have a passion for sewing and embroidering. Anything that allows me to be creative is what I gravitate towards.

**Where is one place in the world you would like to visit?**

I would love to visit Greece. It looks so beautiful and peaceful.

## Adams-Lindsay-Webb Home Economics Fund



## Ainsley Lester

**Why did you choose UCA or your favorite thing about UCA?**

My favorite thing about UCA is the community! I love my professors and all of the interesting people that I have gotten to meet through pursuing my degree. The Nutrition and Family Sciences department will always hold a special place in my heart, even after graduation. I try to stay involved in campus activities so that I can savor the college experience.

**What has been your most memorable experience outside of the classroom?**

My best memories from college have always been with the friends that I have made. Getting to know people means the world to me because making valuable connections with others is one of the most important things in life!

**Describe your plans or goals after you graduate.**

I want to become a fashion buyer after I graduate! Professionals in this field select clothing that will be sold in stores. It appeals to me because I am very passionate about fashion, and I want to help make positive changes within the industry. My Family and Consumer Science major and Marketing minor are giving me the expertise that I will need for this career.

**What do you enjoy doing for fun?**

I love thrift stores and antique shops! It is really fun to explore these places because you never know what cool things you might find. Most of my closet is thrifted, and I even worked at a thrift store for a while. I am a huge advocate for buying second-hand; not only is it cheaper, but it is good for the environment (win-win)!

**Where is one place in the world you would like to visit?**

I want to go anywhere abroad because I have never been outside of the US. The fashion scenes in Paris and Tokyo, in particular, definitely interest me. I hope to be able to travel more after I graduate because the world has so many beautiful places.



## Cecily Coffelt-Bullard Endowed Fund



# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Andie Montgomery

**Why did you choose UCA or your favorite thing about UCA?**

My favorite thing about UCA is the great faculty. Beyond being excellent teachers, my professors have been role models in leadership, teamwork, and communication.

**What has been your most memorable experience outside of the classroom?**

My most memorable experience outside of the classroom has been the extracurricular activities on campus. I have enjoyed intramural sports, campus ministries, and activities at the hper.

**Describe your plans or goals after you graduate.**

I have been accepted into the UCA Masters of Science and Dietetic Internship Program. I am excited to continue my educational career at UCA in order to become a future dietitian.

**What do you enjoy doing for fun?**

I enjoy being active at the gym, outside, or playing sports. I also enjoy DIY projects for crafts or decorating. I am also always down for a good movie night and spending time on Pinterest!

**Where is one place in the world you would like to visit?**

Faroe Islands!! It's the cutest, coziest, small group of islands near the UK.

### Dr. Nina Rooft Nutrition Fund

## Rose Rodriguez

**Why did you choose UCA or your favorite thing about UCA?**

I chose UCA because it is a school that really shows interest in their students. Even attending virtually, my professors have all been extremely helpful and involved, it does not even feel like I'm learning remotely! I love that my professors' passion for nutrition really shows through their teaching style, which motivates me to do my best in my classes.

**What has been your most memorable experience outside of the classroom?**

My most memorable experience outside of the classroom was watching the basketball game!

**Describe your plans or goals after you graduate.**

My plans after graduation include resting and working as a clinical dietitian

**What do you enjoy doing for fun?**

For fun, I really enjoy watching movies and hanging out with my friends. I enjoy hiking, rock crawling, and painting.

**Where is one place in the world you would like to visit?**

I would love to visit Norway. The culture and the nature there looks incredible!

### Emily Oates Scholarship Fund



# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Sam Schilling



### Why did you choose UCA or your favorite thing about UCA?

I chose UCA due to its outstanding academic reputation and partnership with Keith and Associates Distance DI. I have had an exceptional experience thus far. My professors and advisor have been great to work with and I feel like I am learning a lot in the program!

### What has been your most memorable experience outside of the classroom?

I am a distance student and actor. My most memorable experiences have been studying while on set and constantly being asked by other members of the cast about nutrition and wellness.

### Describe your plans or goals after you graduate.

I plan to go into private practice and help actors and actresses who are looking to transform their bodies to prepare for various roles. My goal is to always provide evidence based information and provide the best care I can.

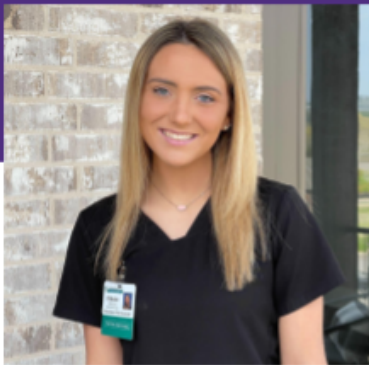
### What do you enjoy doing for fun?

I enjoy acting and sports. I am an exercise and fitness enthusiast and love learning different forms of exercise. When not working or studying, I love being on the lake fishing with friends and family!

### Where is one place in the world you would like to visit?

I have always dreamed of going to Japan. I am very passionate about Japanese cuisine, especially sushi. My dream vacation would be going to Japan and taking sushi courses taught by an experienced sushi master.

**Dr. Nina Rooft Nutrition Fund**



## Blaklee Scott



### Why did you choose UCA or your favorite thing about UCA?

My favorite thing about UCA is how welcoming the staff, faculty, and campus is. Leaving home for the first time can be challenging and intimidating. I remember being anxious about starting college classes, living in the dorm, not knowing many people, and being on my own. However, UCA offers so many opportunities to get connected on campus which is what led me to choose going here.

### What has been your most memorable experience outside of the classroom?

My most memorable experience outside of the classroom is having the privilege to be a part of The Student Orientation Staff at UCA. Being a member of the Student Orientation Staff has allowed me to step outside of my comfort zone and be a part of something so much bigger than myself. SOS has helped me see the potential in myself that I didn't know was there, gain self-confidence, and encouraged me to grow not only as a person but also as a leader. The Student Orientation Staff is a group of diverse people all working together with a common goal of advancing student life by making others feel important and become acclimated to campus life. Overall, SOS has impacted my student experience in a positive manner by allowing me to give back to campus and others while also helping me become the best version of myself. This experience is one I will carry with me when I leave college and start my lifelong career.

### Describe your plans or goals after you graduate.

My heart has always been dedicated to helping others become the best version of themselves. My goals after I graduate include obtaining an Undergraduate Bachelor of Science Degree in Dietetics. Through this, I want to be a part of the ACEND program at the University of Central Arkansas to assist me in becoming a Registered Dietitian. I plan to get my Master of Science in Nutrition as well. My long-term goal is to eventually work in a nursing home to provide nutrition services to seniors while also building close relationships with them.

### What do you enjoy doing for fun?

I enjoy running, hiking, camping, and hanging out with family and friends during my free time.

### Where is one place in the world you would like to visit?

One place in the world I would like to visit would be Australia. I would love to hike the Blue Mountains National Park in Sydney, and see the Great Barrier Reef.

**Grace Phelps Dupree Fund**



# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Vasil Valev



### **Why did you choose UCA or your favorite thing about UCA?**

My favorite thing about UCA is the support I receive from my professors and advisors. From the first email I sent to the school up until today, I have felt like the faculty here always goes the extra mile to help me succeed. I believe that the faculty, together with the amazing friends and classmates I have met in the past year, have made UCA feel like a second home to me.

### **What has been your most memorable experience outside of the classroom?**

I began working as a personal trainer at the HPER center on campus, however our services were not very well known among students. I proposed a free fitness event to my supervisors, and what I thought would be a day of meeting a couple of people interested in training turned into a 3-day event with dozens of people showing up and exercising together. I enjoy training and teaching people, so for me that was a great success that led to more awareness of the program and more clients.

### **Describe your plans or goals after you graduate.**

I plan on taking the national RD exam and look for a job in a clinical setting immediately after that. I would love to keep working as a personal trainer together with the dietitian job. Eventually, I would like to have my own practice and work with athletes, specifically in soccer and combat sports.

### **What do you enjoy doing for fun?**

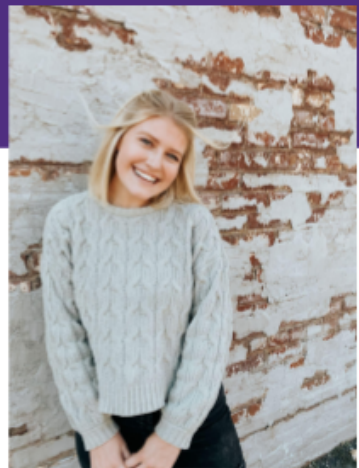
I enjoy cooking, traveling, and playing all kinds of sports. I love playing soccer and kickboxing, and I used to compete in both years ago. Anything sports related is fun for me!

### **Where is one place in the world you would like to visit?**

I would love to go back to Greece. It is a neighboring country of my birthplace, and I always loved visiting there because of the warm people, great food, and amazing nature!



## Nina Russ Scholarship Fund



## Madelyn Vowels



### **Why did you choose UCA or your favorite thing about UCA?**

I chose the University of Central Arkansas because I had heard about the great dietetics program and I admired the facilities that UCA had to offer. Now that I have been here for a semester, I am glad that I chose this university.

### **What has been your most memorable experience outside of the classroom?**

My most memorable experiences so far have been getting to cheer on the UCA football team, playing tennis with my friends on campus, and getting to meet many people with different backgrounds.

### **Describe your plans or goals after you graduate.**

After I graduate, I plan on getting a job somewhere in the Dietetic field. I would eventually love to travel the world helping different countries that struggle with either malnutrition or some other sort of nutrition issue.

### **What do you enjoy doing for fun?**

For fun, I love to exercise at the hper center, play tennis with my friends, and take walks. I also enjoy participating in a mentorship program with my church.

### **Where is one place in the world you would like to visit?**

I would love to visit Australia! I want to explore the different beaches and experience their culture.



## Cecily Coffelt-Bullard Endowed Fund



# 2021 - 2022 SCHOLARSHIP RECIPIENTS



## Danyel White



### Why did you choose UCA or your favorite thing about UCA?

I chose UCA because I wanted to be away from home, but still close enough when needed. When I first visited UCA in the tenth grade the welcoming atmosphere just made me want to explore more of the campus. Their abundant amount of resources and organizations left me with the feeling that I could find a place where I belong. I appreciated that during my first semester of college that I was able to benefit from the use of the tutoring center. I am also grateful that my professors were able to make accommodations in order for me to take my final exams early so that I could be able to attend basic military training and technical school.

### What has been your most memorable experience outside of the classroom?

My most memorable experience outside of the classroom was being recognized in the Academic Achiever Celebration this year. It brought a smile to face to be recognized during these hard times. Also I was selected represent the university as an ambassador. I am so excited to see what will come from this opportunity.

### Describe your plans or goals after you graduate.

After I graduate I plan to apply for the Dietetic Internship through UCA. I also plan to go to officer's school for the Air National Guard. If possible I would like to be able to utilize my degree in the military as well. Another option that I am considering is trying to become a Dietitian for a sports team.

### What do you enjoy doing for fun?

I enjoy cooking, working out, dancing, volunteering with my church, traveling, and spending time with family and friends. I just recently started cooking more once my friend and I got an apartment together. I loving cooking breakfast and desserts. Watching shows such as Sugar Rush and Diners, Drive-Ins, and Dives is a favorite past time of mine. They inspire me to keep exploring different recipes everyday. Exercising and dancing have been apart of my life for as long as I can remember. When my mom and auntie would do aerobics I always wanted to join in. I also have been apart of many dances teams where we have done numerous different styles of dance.

### Where is one place in the world you would like to visit?

I would like to visit Barcelona, Spain. I have been fascinated with Barcelona ever since I watched The Cheetah Girls 2. The city was just so beautiful. It made me want to immerse myself in their culture. I want to go to all of the places that they went to in the movie. Spanish culture has become something I that I am interested in and want to learn more about. I also think that I would like to try the different foods that they have as well. If I had the chance I would also go to the beach there as well so that I can see how beautiful the water is.



## Mary Ann & Andrew Hiegel Fund



## Shandon Wootton



### Why did you choose UCA or your favorite thing about UCA?

I chose UCA because they have the best Family and Consumer Sciences program and I knew I would get the very best to further my education. UCA has a long-standing tradition of

My favorite thing about UCA is the support of the staff. I always feel comfortable asking questions and feel like they all care about helping me. I do not think I could get the same support from any other college. I would have never thought about a graduate program being like a family, but that is truly what it is like.

### What has been your most memorable experience outside of the classroom?

It would be going on a random road trip with my husband across country to see a concert. We made plans in a few hours, bought tickets, and drove almost 20 hours. It was very sporadic and so much fun!

### Describe your plans or goals after you graduate.

I plan to keep teaching Family and Consumer Sciences in public schools. Eventually, I would like to teach at the post-secondary level. I have also considered working as an extension agent or for a non-profit when my children are older.

### What do you enjoy doing for fun?

I like spending time with my two girls and my husband, exercising, listening to True Crime podcast, traveling, and reading.

### Where is one place in the world you would like to visit?

Egypt. When I was in 3rd grade, we learned about ancient Egypt and I had dreams about being an archeologist and possibly moving to Egypt. Although, I did not become an archeologist, I still hope to travel to Egypt one day.



## Nina Russ Scholarship Fund



## DISTINGUISHED ALUMNI

Connie Westbrook (1988)  
Emily Oates (1988)  
Cecily Coffelt Bullard (1988)  
Dorothy Rodgers (1989)  
Frances Rudd (1989)  
Grace Phelps DuPree (1990)  
Nannie Lou Wulff (1990)  
Betty Ruth Joyce (1991)  
Sharon Knighten (1991)  
Margaret Stanley Love (1992)  
Ida Lou Moory (1992)  
Suellen Ward (1992)  
Stella Cash (1993)  
Dorothy Hall (1993)  
Rose (Polly) Nettles (1994)  
Linda Adams (1995)  
Bonnie Caldwell (2000)  
Dr. Mary Harlan (2000)  
Patsy Reedy-Evans (2001)

Patsy Smith (2002)  
Martha Harding (2003)  
Audrey Henry (2004)  
Sharon Reynolds (2004)  
Nina Russ (2005)  
Judy Daves (2006)  
Dr. Lynn Dix Galloway (2007)  
Dr. Beverly McNew (2008)  
Elizabeth Coffman Ivener (2009)  
Brenda Jones Brixey (2010)  
Schaun Brown (2010)  
Pamela Pruett (2010)  
Dr. Argie Nichols (2011)  
Dr. Judi Robison (2011)  
Diane Brown (2011)  
Marilyn Thomas (2011)  
Marcia Atkinson (2012)  
Judy Fisher (2012)

Priscilla Riedel-Cohan (2012)  
Rebekah Rasnick (2013)  
Lisa Coker (2013)  
Tina Crook (2014)  
Dr. Amy Beard (2014)  
Dr. Melissa Shock (2015)  
Bobbie Bell Garner Floyd (2015)  
Kathy Hall (2016)  
Karen Baker (2016)  
Angela Griffin (2016)  
Lisa Terry (2017)  
Shannon Hendrix (2018)  
Suzanne Jones (2018)  
Mary Smith (2019)  
Mary Wells (2019)  
Heather McCarty (2020)  
Tiffanie Snyder (2021)

## YOUNG ACHIEVERS

Herbert Jones Krisle (1989)  
Beth Ann Morse (1990)  
Kathleen Royal (1991)  
Mary Sue Pruitt (1992)  
Debbie Miller (1993)  
Betty Varner Freeman (1994)  
Dr. Tina Maddox Crook (1995)  
Dr. Aliza Dicker Brown (1996)  
Eve Longing (1997)  
Shawn Rackley (1998)  
Andrea Ridgway (1999)  
Sheila Brown (2000)  
Rhonda Monfee (2001)  
Ann Ballard Bryan (2002)  
Kathy Hall (2002)  
Suzanne Jones (2002)

Dana Gonzales (2003)  
Sharon Daves (2004)  
Monica Lieblong (2005)  
Tamra Duncan (2006)  
Dr. Pam Bennett (2006)  
Jennifer Whitehead (2007)  
Lisa McCoy (2008)  
Melissa Potter (2009)  
Carmen C. Brown (2010)  
Shannon Owens Hendrix (2010)  
Rachel Albritton (2011)  
Terrah Alexander (2011)  
Jennifer Wray (2011)  
Christine Bradd (2011)  
Kellie Clements (2012)

Rachel Schichtl (2013)  
Jamie White Nyborg (2014)  
Mack Hopper (2014)  
Payne Harding (2015)  
Leslee Tell (2015)  
Tina Lampe (2016)  
Allison Kreimeier (2017)  
Tia Currtris (2017)  
Maria Posada (2018)  
Phillip Sample (2018)  
Dr. Alicia Landry (2019)  
Chris Henson (2020)  
Rebekah Luong (2020)  
Rebecca Simon (2020)  
Lauren Allbritton (2021)

## DISTINGUISHED SERVICE AWARDS

Georg Andersen  
Dr. Bill Berry  
Cecily Bullard  
Marilyn & Farris Burroughs  
Center for Excellence in  
Teaching & Academic  
Leadership (CETAL)  
Dr. Brandon Combs  
President Tom Courtway  
Dr. Sharon Davis  
Kelley Erstine  
Dr. Lesley Graybeal

Rush & Linda Harding  
Dr. H.B. Hardy, Jr.  
Dr. Neil Hattlestad  
Mr. Andrew Hiegel  
Mrs. Dollie Randleman Holl  
Dr. Jimmy Ishee  
Sonja Keith  
Tonya McKinney  
Scot Morrissey  
Dr. John Mosbo  
Ruth Pasley  
K.C. Poole

Dr. Jacquie Rainey  
Dr. Steven Runge  
Sen. Stanley Russ  
Jim Schneider  
Anthony Sitz  
Rik Sowell  
Carmen Thompson  
Mack Thompson  
Dr. Winfred Thompson  
UCA Division Inst. Adv.  
Dr. Angela Webster

**WE HOPE YOU'LL JOIN US FOR THE 35TH ANNUAL  
RECOGNITION LUNCHEON IN 2022!**