

# VANGUARD



UNIVERSITY OF MISSOURI COLLEGE OF HUMAN ENVIRONMENTAL SCIENCES 2015

**BUILDING  
A FRAMEWORK  
FOR CHILDREN'S HEALTH**



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### ABOUT VANGUARD

A publication of the College of Human Environmental Sciences, University of Missouri, *Vanguard* is published annually. Its main purpose is to inform alumni and friends about activities and events in HES at MU and to publish news about alumni and friends, students, faculty and programs. All rights to reproduce any material printed in *Vanguard* are reserved for the magazine. Permission for the adaptation of the content for any other publication must be granted in writing by the managing editor, [hesdevelopment@missouri.edu](mailto:hesdevelopment@missouri.edu). We are grateful for the generous contributions of the late Betty Brock (BS HE '39) and her late husband Charles and Lowell Miller and his late wife, Marian (BS HE '59) as well as HES Extension, who have underwritten the production of the *Vanguard* magazine. Thank you for your continued support.

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# Message from the Dean

**A**NYONE WHO HAS FOLLOWED THE PROGRESS and accomplishments of the College of Human Environmental Sciences at the University of Missouri already knows the many contributions to improving the human condition that we've made and are still making. In this issue of *Vanguard*, we document another round of notable ways our students, alumni, and faculty members are changing the world to improve lives each and every day. "Making a difference" has become our mantra – evidenced in the stories you are about to read in this issue. In brief, our world is a better place because of this college.

In August, 2014, I informed our HES faculty, staff and students of my intention to retire effective August 31, 2015. So, this is my final column in *Vanguard*. Over the past 14 years, it's been my incredible personal and professional pleasure to serve as dean of the College of Human Environmental Sciences at MU. The advances that this organization has achieved have made this a remarkable journey for me – the fond memories of which will be with me for the rest of my life. I've been blessed with a team of faculty, fellow administrators, and staff members who, as partners during my tenure, have made it possible for me to look back upon and think, "Wow! We really DID that!" In short, I never did anything myself. WE did everything!

We've seen significant enrollment growth at both the undergraduate and graduate levels because of the relevance and academic rigor of our programs. We've seen a dramatic increase in endowment funds because of our dedicated advancement staff, loyal supporters and donors who believe in our mission and our work. We've helped launch the now nationally renowned Thompson Center for Autism and Neurodevelopmental Disorders through the partnership we established with the Schools of Health Professions and Medicine, along with Bill and Nancy Thompson. We've witnessed the complete renovation of Gwynn Hall, with state-of-the-art classrooms and research laboratories, thanks to the successful collaboration of our college and university leadership. We've undergone research initiatives and obtained important federal grants with a strong faculty and a research office that supports them.

These are but a few of the outcomes that WE achieved together. I am eternally grateful to all who banded together, shoulder-to-shoulder, and moved the legs of progress forward. This is most certainly a different—and in many ways a more challenging and dangerous world—than existed in July 2001, when I arrived in Columbia to assume the dean position. A mere three months later, on September 11, 2001, world events marked a new era in history. To witness the many ways that our HES faculty, students, and alumni embraced these challenges has inspired me personally, expanding my own thinking about what people can do to improve human existence. I am a better person for it, and in my heart of hearts I hope that this college and university are better places today because of the College of Human Environmental Sciences and the work that we have done here.

I bid a fond farewell to all of you who have stuck with me, and us, over these past years. Our alumni, donors and friends of the college mean so much to us, and we appreciate you more than words can express. I wish all of you the best, and know that if my successor has the support and inspiration you've provided me, this wonderful college will achieve even greater heights.



A handwritten signature in black ink that reads "Stephen R. Jorgenson". The signature is fluid and cursive, with a large, stylized "S" at the beginning.

# FRIENDLY COMPETITION

HES Alumna, Haley Schwarz, Competes in Leadville 100

EXCERPTS

**SOME FRIENDS CHAT OVER** coffee. Others get together for a barbecue, or take in a movie. HES alumna Haley Schwarz and her friends spent quality time last summer running a 100-mile race in the mountains of Colorado. It was a year-long commitment: Schwarz started training in the fall of 2013 before taking part in Colorado's Leadville Trail 100 Run in August 2014. Activities ranging from Stairmaster workouts to participating in other lengthy races helped prepare Schwarz for Leadville's annual high-altitude competition on Rocky Mountain terrain. Still, it's the camaraderie and support of friends and family that Schwarz singles out in discussing her ability to run a race that took her roughly 28 hours to complete.

"Just to have my whole family there to help me finish—and really good friends—made a huge difference," she says.

Schwarz, who earned a Mizzou Human Development and Family Studies bachelor's degree in 2002 and currently serves as an HES Alumni Organization Board member, started running after college graduation.



Schwarz (right) said that it was the support from her friends and family that helped her finish the race



Haley Schwarz pictured with her husband, Tom, and sons Jack and Sam

Schwarz ran her first marathon in 2003 and several marathons after that, enjoying the challenge and focusing on improving her time. Once Schwarz and her husband, Tom, had children, running became a social outlet that she enjoyed with her closest

friends.

Running's social aspect drew Schwarz to the Leadville race. The brother of one of Schwarz's running friends competed in the 100-mile run in 2013, and Schwarz and her friends were inspired to do the same. Schwarz turned to clinical exercise physiologist Tom LaFontaine to devise a training plan. LaFontaine, an adjunct professor in the HES Nutrition and Exercise Physiology department, came up with a routine that included regular long

jogs, climbing muscle workouts and higher-intensity training at least once a week. Part of the training involved determining a pace that Schwarz could maintain for the kind of distance she'd be covering during the race, LaFontaine notes.

*"Just to have my whole family there to help me finish—and really good friends—made a huge difference"*  
-Haley Schwarz

"When you're preparing for it, the main thing is to get used to the pace, used to the terrain," LaFontaine says. "There's a lot of just being able to keep going."

Emotion and adrenaline are part

of what helped keep Schwarz going. So did the encouragement Schwarz received from her husband and two children at the race's aid stations, where they helped her stay hydrated and quickly change clothing as the temperature varied. And though Schwarz acknowledges how tired she was by the race's end, she also describes the competition as a highlight.

"It's just a remarkable feeling," Schwarz says.

# Outdoor Classroom | Opens Doors to Research

**SCHOOL GARDENS HAVE** been in the spotlight in recent years, touted by policymakers and academics alike as a valuable educational tool in the national fight against childhood obesity.

And so they can be, agrees Louis Manfra, an HES Department of Human Development and Family Science assistant professor and co-director of the MU Child Development Laboratory (CDL). Indeed, researchers have been exploring the link between the CDL's outdoor preschool classroom and student attitudes towards food since the MU Children's Learning Garden officially opened on May 1, 2014 just east of MU's Stanley Hall.

"The garden clearly opens doors to food nutrition research," Manfra says. "But it can't be limited to that."

So it is that Manfra, who also serves as CDL's director of research, education and development, is examining this spring whether the garden can help preschoolers learn pre-math skills. The CDL research project splits the preschoolers into two groups, one of which is exercising number skills in the garden by performing such tasks as counting seeds or using measurement sticks to determine the growth or width of plants. The other group is also

sowing seeds and observing plants, but without practicing those number skills, Manfra says. By comparing the counting and number knowledge of the two groups—each of which ultimately will receive the same outdoor instruction—researchers will gain some insight into whether outdoor math-related activities are more effective because they're more interesting to children, Manfra says.

Other types of research are also under way at the garden, built with a donation from alumna Marlese Gourley and her husband, Robert Gourley. Chris Murakami, a learning, teaching and curriculum recent doctoral graduate who manages the garden, says researchers are also studying the value that early childhood teachers see in garden-based education. One preschool teacher observed in a study interview that her students have been learning about other organisms in the garden's ecosystem.

"They've gotten really good about knowing where worms should be," the teacher noted.

Student interest in natural science has increased in general because of the garden, Manfra says. And while the CDL already is reaping the benefits of growing student and parent pride



Chris Murakami helps the children of the CDL harvest lettuce from the garden

in the large, attractive garden as well as the student-teacher interactions it encourages, CDL administrators continue to seek out creative ways to provide learning experiences and build healthy relationships with food.

In short, Murakami says: "We want it to be an ideal learning environment for children to connect with nature and learn through experiences with food."



The MU Children's Learning Garden presents a great experience for the children to learn both gardening and healthy eating.



## Refitted for the Future

PHOTOS BY GENE ROYER



Ribbon Cutting with Chamber Ambassadors



Handing out samples of high protein waffles in MUNCH



A crowd of 250 people gathered to celebrate at the grand re-opening VIP dinner

**T**HE INTERIOR OF HISTORIC GWYNN HALL NOW LIVES UP to its imposing stone exterior. MU's \$12 million renovation of the College of Human Environmental Sciences' (HES) home is visible from the foundation of the nearly 100-year-old building to its roof. Students as well as faculty and staff members now work in space that had fallen so badly into disrepair it was unusable, and the building as a whole enjoys a more modern and innovative environment, HES Dean Stephen Jorgensen notes.

Yet the renovation may well affect more than Gwynn Hall's appearance and amenities, however striking such improvements have been.

With its creation of state-of-the-art research spaces and facilities, Jorgensen believes the renovation also positions the college for future growth. Faculty members will have greater opportunity and means to propose research projects that can draw outside funding, allowing the college to build upon its strengths, he says. In particular, Jorgensen points to the building's new research kitchen, the MU Nutritional Center for Health (MUNCH) and a climate-controlled facility created for the Department of Textile and Apparel Management's Missouri Historic Costume and Textile Collection. "It's allowed those departments to create productive spaces for their projects and research," Jorgensen says.

**NAMING OPPORTUNITIES AVAILABLE**  
Your investment could assist with updating technology, furnish laboratories and classrooms with new equipment, support research and provide for student assistantships and faculty enhancement. Picture your name on a classroom, office space, or design studio! For a complete list of spaces available for naming in Gwynn and Stanley Halls and ways to support the College, contact Nancy Schultz, Sr. Director of Advancement at **573-882-5142** or [schultzn@missouri.edu](mailto:schultzn@missouri.edu).



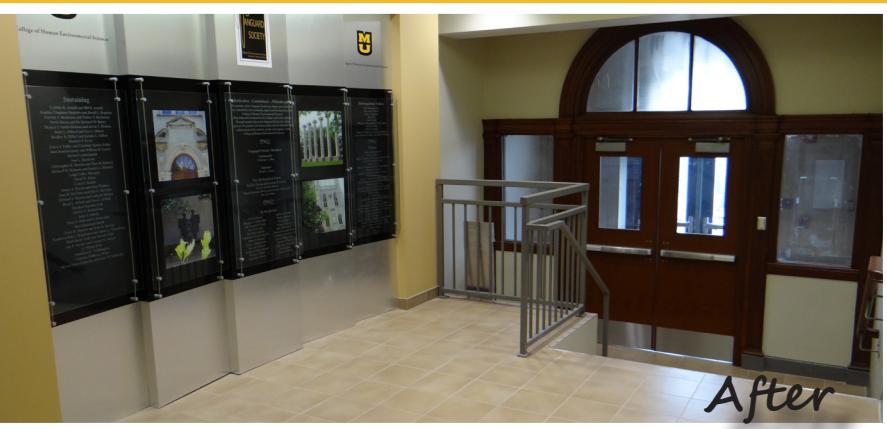
HES alumni & friends had a great time reconnecting

# Gwynn Hall | Before & After

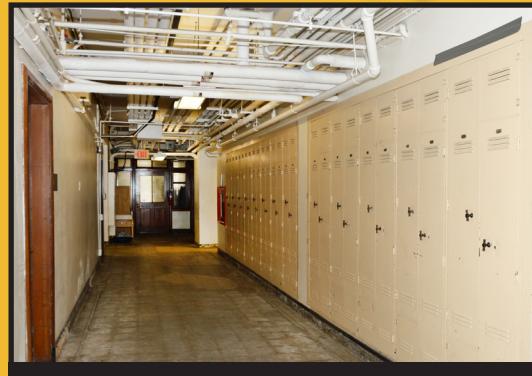
PHOTOS BY AMY SANDERS



Gwynn Foyer



After



Garden Level



South Entrance



Nutrition Lab



Gwynn Lounge



# A Personal View of Mizzou History

Celebrating 175 Years of Mizzou Through Clothing

**T**O MANY PEOPLE, JESSE HALL IS THE FACE OF the University of Missouri. Its landmark dome plays a key role in activities ranging from the freshman Tiger Walk to graduation. Perhaps less recognizable is the person behind the building's name, former University of Missouri President Richard Henry Jesse.

A recent Missouri Historic Costume and Textile Collection exhibit aimed to change that. The exhibit, entitled "175 Years: Faces and Places," displayed the clothing of people commemorated in Mizzou building names. Jesse, the MU

*"Clothing intimately personalizes the people who are connected to university buildings and places."*  
- Nichole Johnston

president who presided over the construction in 1895 of the academic hall that now bears his name, was represented in the exhibit by one of the wool graduation robes he wore while leading commencement ceremonies. The exhibit included some biographical information

on Jesse, and pointed out such niceties as the yellow-gold "R.H.J." embroidered on the robe's inside neckline.

"Clothing intimately personalizes the people who are connected to university buildings and places," says Collection manager Nicole Johnston, an HES Department of Textile and Apparel Management instructor. "We wanted to connect the faces of Mizzou history with the places on the MU campus."

On display in Gwynn Hall's Abigail and Nicholas Filippello Exhibition Showcase between August 2014 and March 2015 the exhibit was part of the MU 2014 ArtifFact Museum and Gallery Crawl as well as a highlight of MU's 175th

anniversary week in September 2014. The exhibit tapped a wide range of garb and history, including:

- A summer uniform jacket worn by Warren Hearnes while a cadet at The United States Military Academy at West Point during the 1940s.
- The silk wedding gown of Eleanor (Peggy) Minton Rhynsburger, who married MU Professor Donovan Rhynsburger in 1931.
- An 1868 silk second-day dress that belonged to the maternal great-great-grandmother of Don and Mary Faurot's daughters.

Jean Parsons, the Collection's curator and a Textile and Apparel Management associate professor, notes that each item of clothing provides a broad sense of its period while illustrating the era's values. "And in this case, it connects us to people with important connections to the university," Parsons says.



Dress worn by Catherine Middlebush, wife of MU's 13th President, Frederick Middlebush

PHOTO BY AMY SANDERS

## EXERCISING SMALL CHANGES

NEP Shows There's Strength in Numbers



Stephen Ball

**M**OST PEOPLE would not be surprised by federal estimates that only about one in five American adults gets enough aerobic and muscle-strengthening exercise each week.

Closer to home, those statistics are similar: About 17 percent of adult Missourians meet federal guidelines for both types of exercise, though

greater percentages get the recommended amount of one or the other, according to the 2014 Centers for Disease Control and Prevention (CDC) State Indicator Report on Physical Activity. Nearly 50 percent of Missourians do not



engage in as much aerobic exercise as federal guidelines recommend, and just under 25 percent meet federal muscle-strengthening guidelines, the report says.

Boredom may be one reason so many people are physically inactive, says Stephen Ball, an MU associate professor of Nutrition and Exercise Physiology.

"Too often, exercisers do the exact same workout, at the exact same time, in the exact same setting. That can be very, very boring—and lead to stale workouts, lackluster results and fitness plateaus," Ball says. "If people don't consistently see results, they often just give up."

To keep exercise interesting—and more effective—fitness routines should vary, he says. Below are several tips Ball offers for "mixing it up" to help enthusiasts stay interested in their exercise routines:

(CONTINUED ON P. 9)



## Green Travel—Right at Home

*Architectural Studies Students Help Design New Bus Shelters*

Winning bus shelter design created by the "Fab Collab" team from Architectural Studies

**C**ONSTRUCTION HAS BEGUN on new Columbia bus shelters designed by a team of Mizzou students whose blueprint features sustainable technologies and local artwork.

MU Architectural Studies assistant teaching professor, Michael Goldschmidt, says of the student design, "It's very sustainable and ecological. The major materials are either recycled, locally available or rapidly renewable."

Columbia officials plan to build between 30 and 40 new shelters for the city's COMO Connect bus system during the next two years. Federal funding will cover more than \$375,000 of the project's cost, according to Steven Sapp, Columbia Public Works Department public information specialist. The city will pitch in nearly \$94,000 more for the new shelters, most of which will be built this year, says Sapp in an e-mail.

The new bus shelter design was created by Duy Tran, Lindsay Webb, Ryan (RJ) Baldwin and Chase Johnson, who teamed up in Goldschmidt's Sustainable Technologies and Systems class in the spring of 2014 to develop the proposal. Their concept, one of seven submitted by the 43 juniors

and seniors in Goldschmidt's course, earned top honors from both community leaders and residents during several months of public voting. All the designs followed a list of city criteria, covering matters ranging from sustainability to accessibility.

Goldschmidt notes that the winning team—called the "Fab Collab"—designed a shelter with a number of well-applied sustainable features. Along with its sustainable raw materials, the shelter design includes solar panels to power nighttime lights and "green roof" systems on which plants will grow.

The shelters also will offer a venue for local art. Removable panels will be able to display what team members term a "living art gallery" to catch the eyes of bus riders. "It's very open to what local artists can provide," Goldschmidt says.

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*"It's very sustainable and ecological. The major materials are either recycled, locally available or rapidly renewable," - Michael Goldschmidt*

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(CONTINUED FROM P. 8)

- Exercisers performing both cardiovascular and strength workouts can switch the order of their exercise. That small change may make the overall workout feel considerably different.
- Keep different company during a workout. Either head to the gym at a different time than usual, or vary workout partners
- Modify any one of a number of small variables in a weightlifting routine. Weightlifters can make routines feel different by varying the number of repetitions within a weightlifting set or the amount of time between sets, Ball says. Different machines may work the same muscles while providing variation, he notes. Or change the environment—go to a different gym.
- Increasing the number of sets in a weightlifting routine

may produce physical as well as psychological benefits, Ball adds. Untapped fibers within a muscle group may be called upon and strengthened as muscles become fatigued. "With multiple sets, the theory is that we use different muscle fibers than we use with one set," Ball says. "It might help us recruit some of those hard-to-recruit muscle fibers."

- Do different types of cardiovascular workouts. "Don't always go out for a three-mile run," advises Ball; cycle or swim instead sometimes. Runners also may find it more interesting to change their speed for a distance, or intersperse walking with running.
- Treadmills are a way to vary the exercise of walking, Ball notes. There's plenty of variation within treadmills, ranging from manual to motorized treadmills to treadmill desks.

# Letter from HES Alumni Organization President

Dear Fellow Tigers,

I am honored to serve as the new President of the Human Environmental Sciences Alumni Organization. Thank you to past president, Suzanne Rothwell, an exemplary leader to the organization in the previous two-year term.

As organization president, I am committed to connecting with more alumni than ever before. The HES Alumni Organization hosts numerous events, programs and volunteer opportunities throughout the year and I encourage all of my fellow alumni to get involved and impact the success of the College of Human Environmental Sciences, its students and our alumni community. If you would like to get involved and are interested in becoming a member of the HES Alumni Organization, please contact me!

Please mark your calendars for these upcoming HES Alumni events:

- **Oct. 9: HES Homecoming Pizza Party**
- **Nov. 12: HES Has It in the Bag Fundraiser**

A special thank you to Dean Stephen Jorgensen who will be retiring at the end of this summer. He is a valued leader and an inspiring individual who will be greatly missed.

I appreciate your continued support of HES...Go Tigers!

Sincerely,  
Amy Parris  
President, HES Alumni Organization  
amy@yardhousefabrics.com



HES Alumni Organization president, Amy Parris, and dean Steve Jorgensen carry on the tradition of serving the students as they go through the food line at the pancake breakfast.

PHOTOS BY AMY SANDERS



Jaime Mestres, Academic Advisor in Textile and Apparel Management, enjoying the HES Homecoming Pizza Party with her children, Jack and Lily.



Over 100 HES alumni, faculty, staff, students and friends attended the 2014 HES Homecoming Pizza Party.



The annual HES Senior Appreciation Pancake Breakfast is a great time for students and faculty to socialize one last time before graduation.

**FOR MORE WAYS TO GET INVOLVED** as an alumnus or friend of HES, go to [HES.missouri.edu/alumni](http://HES.missouri.edu/alumni) join. Your **tax-deductible** membership dues support alumni and student programs, communications, and outreach efforts on behalf of the College of Human Environmental Sciences.

# Grief Specialist Joins HES Extension

*Dr. Tashel Bordere Makes Grief Training in Schools a Priority*



Tashel Bordere

underestimate its impact on children."

Bordere's work helps children and families everywhere, says HES Extension associate dean Jo Britt-Rankin. "Each day children experience loss and grief. We need to prepare them, their families and those who work with them on a daily basis to understand the grieving process, how to recognize the signs of grief, and how to express their feelings," Britt-Rankin says.

Like adults, children experience death in many ways. Few resources exist to help. "We all get a birth certificate and a death certificate, but we don't get grief education in between," Bordere says. Little is worse for children than when a fellow student dies. Lee Expressive Arts Elementary School students in Columbia, Mo. returned from holiday break in 2014 to learn that a classmate had died. The school was the first in the state to have 100 percent of its employees trained in grief counseling. Bordere trained them just weeks before the student's death.

MU Extension's SHED (Surviving, Healing, Evolving through Death) Grief Education and Support Program provides grief support kits. The kits, implemented by Bordere, provide educational materials, memorial activities and opportunities for discussion. The school's PTA also put a plan in place to memorialize the death.

"Children experience grief as intensely as adults, but they often express it differently," Bordere says.

A death often triggers memories of a past loss of a pet or loved one. Less obvious signs – nightmares, regressive behavior, changes in sleep habits, inability to focus, and behavior changes – run deeper than tears and crying. Signs of grief might be immediate or delayed. "Everybody has their own timeline," Bordere says. Grief's impact varies based upon factors such as relationship to the deceased, experiences with death and loss, developmental stage, available support, and recency of loss.

"I plan to see Missouri lead the nation one school at a time in grief support," says new Human Environmental Sciences Extension state specialist Tashel Bordere.

Bordere plans to springboard that goal with grief training in Columbia's 27 schools this year. She wants to train school employees before a crisis hits. "Death is unpredictable," she says. "and people tend to

*"I plan to see Missouri lead the nation one school at a time in grief support"*  
- Tashel Bordere

Bordere covers cultural variations in coping with loss, including the impact of cumulative losses in low-income areas.

Bordere gives school employees tools to understand the grief process so they can identify it and help students. Often, adults try to protect children from the pain of death, Bordere says. Communicating about the death validates their loss and reassures children that their basic needs for security and routines will be met. Don't minimize losses, she says. The impact is greater when children are uninformed, misinformed or are told after grief rituals for saying goodbye such as a funeral have already occurred. Adults may say a person or pet is "lost, sleeping or gone away." These words can be interpreted literally by children

and cause fear and confusion. "It's OK to say 'death' and 'died,'" Bordere says. "Children know the word 'death.' There is no misinterpretation to derive from the word death," Bordere says. "Death means one thing."

Bordere's primary research area

is grief and coping following homicide loss. Friends and families of victims and perpetrators often know one another. They may live, work or go to school in close proximity.

The legal process often prolongs grieving. Trials and media coverage may compound raw emotions and create a sense of revictimization. Victims, as well as perpetrators, of homicides may face harsh public scrutiny. Acquaintances may struggle with what to say or when and how to support survivors. "Acknowledging loss is always important regardless of the mode of death, but this is especially so in stigmatized losses. Survivors are more likely to be disenfranchised grievers, coping in isolation without support. In essence, what you have is a bereaved person. The cause is irrelevant," Bordere says. "There will be a new normal forever."

Bordere earned her bachelor's degree in psychology and english from Xavier

University at New Orleans. She received her master's and doctorate degrees in Human Development and Family Studies from MU. She is certified in thanatology (death, dying and bereavement) from the Association for Death Education and Counseling (ADEC). She is editor of ADEC Forum, a publication of the Association for Death Education and Counseling.

"Dr. Bordere is a leading expert in this area and I am so happy to have her working with us in Missouri. I see her work being adopted nationally in the coming years," Britt-Rankin says.





**S**CORES OF PARENTS view the MU Child Development Laboratory largely as a service that provides high-quality child care in the heart of Columbia.

Yet it's that and more, say both the lab's administrators and graduates. The Child Development Laboratory (CDL), operated by the HES Department of Human Development and Family Science in Stanley Hall, is on campus primarily as a teaching and research facility, notes Lawrence Ganong, professor and co-chair of the Human Development and

At the heart of **LESLIE TOUZEAU'S** memories of her years at the CDL is the time she spent there exploring the outdoors, with the lab's playground, sand area and climbing net coming quickly to mind.

"It was a place for a lot of creativity," Touzeau recalls. "I really developed a love of being outdoors and of interacting with a more natural environment."

Though she earned art history and psychology bachelor's degrees from Washington University in St. Louis in 2007, Touzeau returned to that early love of the outdoors in selecting her career path. She became an organic farmer, working as an intern at what was then called the Kansas City Center for Urban Agriculture and the Three Rivers Community Farm in Elsah, Ill. before becoming a partner in a small farm near Ashland, Mo. in 2011. Touzeau and

her partner, Liberty Hunter, grew a wide variety of organic vegetables on the farm—called The Salad Garden—that they sold at the Columbia Farmers Market and to local businesses.

Touzeau, who now lives in Columbia, relishes a sense of accomplishment by growing her own

vegetables. "You're outside, you're moving and you're sore—it's just a very different thing from sitting in an office all day," she says.

In 2013, Touzeau branched out, joining MU's Bradford Research Center as a research specialist. She touched base with her former stomping ground while studying no-till vegetable production at the center, starting plants for the CDL's children's garden that opened last May. Now Touzeau is managing a student farm for the MU College of Agriculture, Food and Natural Resources sharing her hands-on connection with food and cooking.



SUBMITTED PHOTO

Family Science department. That means the CDL is staffed by full-time university faculty members focused on finding and applying innovative ways to improve education, Ganong says. And, he adds, CDL students reap the benefits.

"There's plenty of evidence that putting your children in high-quality care like CDL is really good for them in the long term," Ganong says.

Read more below about a few of the many CDL graduates who have gone on to make a difference in the community.

For pediatric dentist

**MAICE SCOTT**, the CDL is something of a family tradition.

Scott attended CDL's after-school and summer programs as a youngster. Both her brother and sister attended the CDL as well, Scott says. Scott's 1-1/2-year-old daughter, Lucy, has been part of the CDL program since she was about five months old.

"It's not just a preschool or a day care," says Scott, a Columbia resident. "You really have access to so much more, being on campus."

Scott remembers participating in some of those activities, such as strolling around the campus grounds or visiting the student center then known as Brady Commons. Since then, Scott has earned a bachelor's degree from MU in interdisciplinary studies and a doctor of dental surgery degree from the University of Missouri-Kansas City School of Dentistry. She completed a two-year residency in pediatric dentistry at Children's Hospital Colorado in 2011 before returning to Columbia and joining Columbia Dentistry for Children as a partner.

Scott's CDL days continue to create memories: Scott recently acted as bridesmaid for a friend she met at the CDL. As warm as those memories are, Scott points to CDL's place within the university and its role as a teaching facility to explain her family's continued relationship with the lab. She believes the lab's teaching environment and implicit emphasis on education helped prepare her for future accomplishments.

"Being in a place where education is so valued—being in that environment just instills those values in you too," Scott says.



PHOTO BY CELESTE CZACK

# Nationally Competitive

Personal Financial Planning Students Win National Competition

**T**HREE MU COLLEGE OF Human Environmental Sciences students have won a national financial services competition, earning top honors at an event in which the college participated for the first time.

Personal Financial Planning Program seniors Lauren Bauer, Austin Lewis and Megan Reinkemeyer will split a \$5,000 scholarship for winning the fourth annual Industry Issues Competition held by the Society for Financial Service Professionals (FSP) last January in Phoenix, Ariz. The FSP, a national organization of credentialed financial service professionals, narrowed the entrants down to three finalists before selecting the MU team as the winner based on the group's oral presentation in Arizona.

"It felt great, because we put a lot of time into our presentation," says Lewis, of Eureka, Mo. "We were definitely proud that all our work paid off."

MU fielded a team for the first time at FSP's 2015 competition at

the urging of Michael Guillemette, assistant professor in the Department of Personal Financial Planning (PFP). Students learn about some of the many areas in which they can apply their personal financial planning education—working for mutual fund companies, insurance companies as well as for banks, to name a few—by talking to practitioners in the field, Guillemette



From left: Austin Lewis, Megan Reinkemeyer, Lauren Bauer and Michael Guillemette

believes.

Indeed, Bauer and Reinkemeyer both cite the amount of information they gathered about possible careers in the field as a key benefit of the competition. The competition itself added to their education along those lines, since it required each team to research, analyze and report on

three professional career paths in the financial services industry. MU's team examined careers as pension and third-party administrators, estate planning attorneys and mutual fund wholesalers.

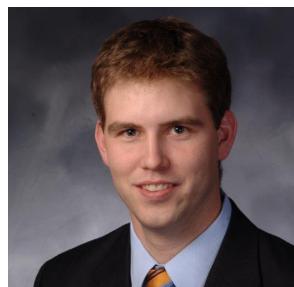
Along with information about the field, the FSP contest provided valuable experience in public speaking and feedback, add Reinkemeyer and Bauer, both of Jefferson City.

"Personal financial planning is a relationship business," Bauer says. "So it's so great to get that experience in college."

It's a type of experience that PFP chair Robert Weagley hopes will become increasingly common among the department's students. PFP administrators have stepped up their efforts to encourage students to participate in national contests so they can benefit from the leadership and training experience that inevitably follows, Weagley says. He points out that competition conferences also are likely to offer more tangible career benefits.

"Most of the students who go to these conferences have an opportunity for internships or jobs," Weagley notes. "It's a great opportunity for them."

## CDL Made (Continued from p. 12)



SUBMITTED PHOTO

State Rep. **STEPHEN WEBBER**, a Democrat representing a portion of Columbia, also is a CDL graduate. First elected to serve as a state representative in November 2008, Webber began his fourth term in the Missouri House earlier this year.

Webber demonstrated his leadership potential and commitment to public

service early on, earning his spot on the Boy Scout Troop 707 Eagle Honor Roll in 2001. Having enlisted in the U.S. Marine Corps Reserves while attending Saint Louis University, Webber served two tours in Iraq. He received a bachelor's degree in economics in 2006, and a law degree from the University of Missouri in 2013.

## - HES Pride Points -

### Pride in our Faculty

**Gustavo Carlo**, Human Development and Family Science, will receive the 2015 book award from the American Educational Research Association (AERA) Moral Development and Education Special Interest Group for Prosocial Development. He was also selected for Fellow status in the Association for Psychological Science (APS).

Three Human Development and Family Science faculty members were honored at a reception in March 2015 for MU Top Faculty Achievers, hosted by Chancellor Bowen Loftin. Millsap Professor of Diversity in HDFS, **Gustavo Carlo**, was honored for being elected to Fellow status in both the American Psychological Association and the American Psychological Society in 2014. Assistant professors **Sarah Killoren** and **Antoinette Landor** were honored for receiving grants from the National Science Foundation.

**Newton D'souza**, Architectural Studies, was selected by MU to represent the campus at the International Conference on College Teaching and Learning in Jacksonville Florida. He received the 2014 Ernest L. Boyer International Award for Excellence in Teaching, Learning, and Technology and the 2014 Innovative Excellence in Teaching, Learning, and Technology Award.

**Mike Goldschmidt**, Architectural Studies, was appointed as director of the Healthy Homes Partnership (HHP), which is funded by the USDA. His role will be to coordinate healthy homes curriculum and training nationwide and coordinate states receiving federal grants for outreach, education, and research.

**Jill Kanaley**, Nutrition and Exercise Physiology, has been named a Jefferson Science Fellow (JSF) by the US Department of State. The JSF program is overseen by the Office of the Science and Technology Adviser to the Secretary of State, with administrative support of the National Academies. Jefferson Science Fellows serve for one year at the U.S. Department of State or USAID as science and technology advisors on foreign policy issues. The role of the JSF is both to advise and educate. She is the first Mizzou faculty member to ever receive this distinction.

**Heather Leidy**, Nutrition and Exercise Physiology, won the 2015 Mead Johnson Nutrition Award for her outstanding nutrition research.

## TEXTILE & APPAREL MANAGEMENT

### Mending the Clothing Care Gap

TAM Study Shows Generation Gap



**T**HE WEB IS AWASH in basic clothing care advice. One site offers step-by-step instructions for sewing buttons on a coat, while another informs readers that hanging up their clothes at night will help them last longer and look nicer. Pinterest pages chime in with suggestions on topics ranging from knee patches to stain removal.

All this might seem obvious to baby boomers whose high school days included home economics classes; but it's much less apparent to millennials, whose curriculum often lacked such classes, according to a recent study conducted by MU's Pamela Norum, an HES Department of Textile and Apparel Management professor. Social media might help fill the gap, Norum believes.

"Younger people don't seem to be learning the kinds of sustainable clothing skills that could be helpful to them," Norum says. "Capturing their attention through the social media outlets might be one way to attract their interest in learning those skills."

Norum's study, published in December 2013 in the *Family and Consumer Sciences Research Journal*, reports the results of her 2012 survey of more than 500 women from throughout the country. She found that baby boomer women possess considerably more clothing care skills—including sewing, hemming, replacing buttons and laundering knowledge—than do women from the millennial generation. Norum's study concludes that such

consumer clothing skills are directly connected to more sustainable clothing practices—that is, reducing the amount of textiles buried in landfills.

Textile waste sent to municipal landfills weighed in at about 14.3 million tons in 2012, the latest available Environmental Protection Agency (EPA) figures show. That's 5.7 percent of the total amount of municipal solid waste, the EPA says. Clothing care skills cannot only

*"Younger people don't seem to be learning the kinds of sustainable clothing skills that could be helpful to them."*  
- Pam Norum

help keep textiles out of landfills by extending garment lives, but also improve sustainability by reducing the energy required to create raw materials and manufacture, transport and sell new clothing, says Chris Whitley, an EPA Region 7 spokesman.

"How much energy is saved through all that, if instead you repair a sweater that has a hole in it?" Whitley points out.

Norum suggests boosting education on these connections between clothing consumption and sustainability as well as on clothing maintenance practices. Budget and other constraints may prevent schools from adding clothing care instruction to their curriculum, but that instruction also may occur in venues beyond the school environment, she says. Norum points to fashion blogs, YouTube how-to videos or other Web sites that already have taken up the clothing care education task.

"There are some people out there who are doing these things, and sharing them on social media," she says.

# Designing for Disabilities

Architectural Studies and ADA Form Partnership



**T**HE GREAT PLAINS AMERICANS WITH disabilities Act (ADA) Center has joined the HES Department of Architectural Studies, paving the way for closer collaboration with researchers and students in a field key to providing accessibility for people with disabilities.

"It just made more sense for us," says Chuck Graham, Great Plains ADA Center associate director. "Obviously, the ADA has a lot of architectural components in it."

The Great Plains ADA Center was formed in 1991 to provide information, technical assistance and training on the Americans with Disabilities Act (ADA) of 1990, a landmark civil rights law that protects people with disabilities from discrimination and guarantees equal opportunity. It is funded by a five-year, \$5 million federal grant last awarded in 2011. The center, which in the past has been affiliated with MU's School of Health Professions as well as the University's College of Education, serves people and organizations within Missouri, Kansas, Iowa and Nebraska.

Department and center administrators aim to work closely together to promote architectural designs that serve everyone. Architectural Studies chair Ruth Brent Tofle believes the two groups have a "natural synergy in promoting good design."

"With their robust expertise, we are able to energize our teaching with experiential learning, enrich our research lines of inquiries, and broaden our outreach with MU Extension continuing education," Tofle says.

One area of design on which the two groups may collaborate involves how people with disabilities use

hotel rooms. Even lodgings considered accessible by their owners may present barriers to people with disabilities, Graham says, including features such as 30-inch-high beds

*"It just made more sense for us. Obviously, the ADA has a lot of architectural components in it." - Chuck Graham*

that people in wheelchairs may not be able to get into or electrical outlets placed behind furniture that blocks wheelchair access. Already, Graham, who uses a wheelchair, has worked with the HES Department of Textile and Apparel Management researchers to help develop clothing that meets the needs of people with disabilities. He notes that there are a lot of little things to consider. For example, dress shirts often are frayed by a wheelchair's moving parts, or jeans may need to be designed to accommodate restrictive stockings underneath.

In general, Graham says the center's experts are becoming more ingrained in the department's educational culture. They'll be more likely to take part in class lectures and contribute their perspective as well as collaborate on faculty and student research projects, he says.

"I think we're just going to have a lot more interactivity than we did in the past," Graham predicts.

# SCHOOL OF SOCIAL WORK

## Fighting FASDs

*Bringing the Fight Against Fetal Alcohol Spectrum Disorders*

**I**NSTITUTIONS RANGING from the Centers for Disease Control and Prevention (CDC) to the American Academy of Pediatrics warn that no amount of alcohol consumption during pregnancy is safe. Yet an annual national survey sponsored by America's Substance Abuse and Mental Health Services Administration (SAMHSA) regularly reports that some women drink while they're pregnant. In 2013, between 4.4 percent and 19 percent of the pregnant women interviewed for the survey—with the rate varying based on the pregnancy trimester—said they consumed alcohol.

"The statistics are out that women who are pregnant are drinking during pregnancy," says Leigh Tenku Lepper, associate research professor and research director for the MU School of Social Work in the College of Human Environmental Sciences. "Bottom line is we've got misconceptions—misperceptions—on the effect of alcohol use during pregnancy."

Tenku Lepper received a \$1.1 million grant from the CDC last October to try to change those perceptions in hopes of preventing what are known as fetal alcohol spectrum disorders (FASDs). The term covers a wide array of conditions, including symptoms such as growth problems and learning disabilities, that can occur in people whose mothers consumed alcohol while pregnant. With the four-year CDC grant, Tenku Lepper has been turning the Midwest Regional Fetal Alcohol Syndrome Training Center that she has long led into a national organization. MU's reconfigured FASD training center, now called the Mental and Reproductive Health Fetal Alcohol Spectrum Disorder Practice Implementation Center (MRPIC), is one of six regional centers modified to provide a national approach and coverage.

MRPIC's focus is on obstetrician-gynecologists and social workers. Joining forces with other national organizations, the center is working to develop clear messages and discipline-specific training materials aimed at persuading these reproductive and mental health professionals to regularly counsel their patients against any alcohol consumption during pregnancy. Tenku Lepper considers ob-gyns a particularly tough audience for the center's message, prone to sharing a commonly voiced opinion that



occasional light drinking will not harm a fetus.

Pointing out that the only cause of FASDs is alcohol consumption during pregnancy, Tenku Lepper says: "So something isn't clear to them."

The exact number of people with FASDs is unknown, according to the CDC. Older estimates calculate that about 40,000 babies are born each year with FASD, but more recent studies suggest that number is considerably higher, says Jon Dunbar-Cooper, Substance Abuse and Mental Health Services Administration (SAMHSA) public health analyst, in an e-mail.

The CDC's new national focus targets other medical professions, as well. Other practice implementation centers are developing discipline-specific plans for nurses, pediatricians, medical assistants and family medicine practitioners or internists, according to a CDC communication.

# Internships Pay Off

NEP Alumna Shows that Determination is Key



Emily Hodge teaches an aerobics class as part of her responsibilities as an exercise specialist at the Capital Region Medical Center Sam B. Cook Healthplex Fitness Center.

PHOTO COURTESY OF EMILY HODGE

**N**UTRITION AND EXERCISE Physiology (NEP) alumna Emily Hodge was seeking academic direction when she took her first step toward what eventually became her full-time job.

Hodge, 23, asked for permission last spring to job shadow at the Capital Region Medical Center's Sam B. Cook Healthplex Fitness Center in Jefferson City in hopes of clarifying her career goals. Between May and July 2014, Hodge followed the work days of fitness center employees and helped out around the healthplex while completing NEP's nutrition and fitness program. By fall, Hodge had arranged a 135-hour internship at the healthplex. By the end of October, Hodge was working as a paid part-time employee with the promise of a full-time post once she had earned her degree. Just a few days after graduating in December, Hodge started work as a healthplex exercise specialist.

Hodge recalls how difficult it was for her to find the courage to approach healthplex administrators the first time: "Nobody really set it up for me—I had to be sort of assertive," says Hodge.

NEP administrators would like to see more students demonstrate that type of assertiveness. Only about 7 percent of NEP's nutrition and fitness students work at internships, though the college offers students as much as six credit hours for the work, depending upon the hours, says Jill Kanaley, the nutrition and fitness program director who oversees

internships. Nutrition and fitness students are not required to complete an internship to obtain their degrees.

Still, NEP chair Christopher Hardin says the department is working to build its internship program. A fall internship session run by Kanaley lays out for students why and how they should pursue an on-the-job training opportunity. Kanaley also provides suggestions on places to apply for internships, as well as general encouragement to interested students. Both Hardin and Kanaley point out that nutrition and fitness employers want to hire students who have practical experience in the field, and that the hands-on practice internships provide helps students gain a deeper understanding of their classroom lessons.

"Internships really allow students to get that experience and take their careers for a test spin," Hardin notes. "An internship is really, in essence, experiential learning."

Hodge agrees, saying that her internship taught her how to apply her classroom education to real-life situations. While her current healthplex job encompasses a wide array of responsibilities—ranging from baseline health testing to teaching water aerobics classes—it allows her to run the type of educational weight loss program that drew her to nutrition and fitness in the first place.

"The whole reason I got into nutrition and fitness was to help with weight loss...This is definitely something I pictured myself doing," says Hodge.

## - HES Pride Points -

### Pride in our Faculty (cont.)

#### Jean Parsons, Textile & Apparel

Management, had her Waterfall design featured at the 2014 Endangered Art for Apes exhibit in Miami, Florida.

**Jaume Padilla**, Nutrition and Exercise Physiology, is the recipient of the 2015 American Physiological Society – Environmental and Exercise Physiology Section New Investigator Award as well as the 2015 Experimental Physiology Annual Inaugural Review Prize.

**Chris Proulx**, Human Development and Family Science, has been helping comedian Yakov Smirnoff gain insight into the subject of intimate relationships for her new sitcom.

### Pride in our Students

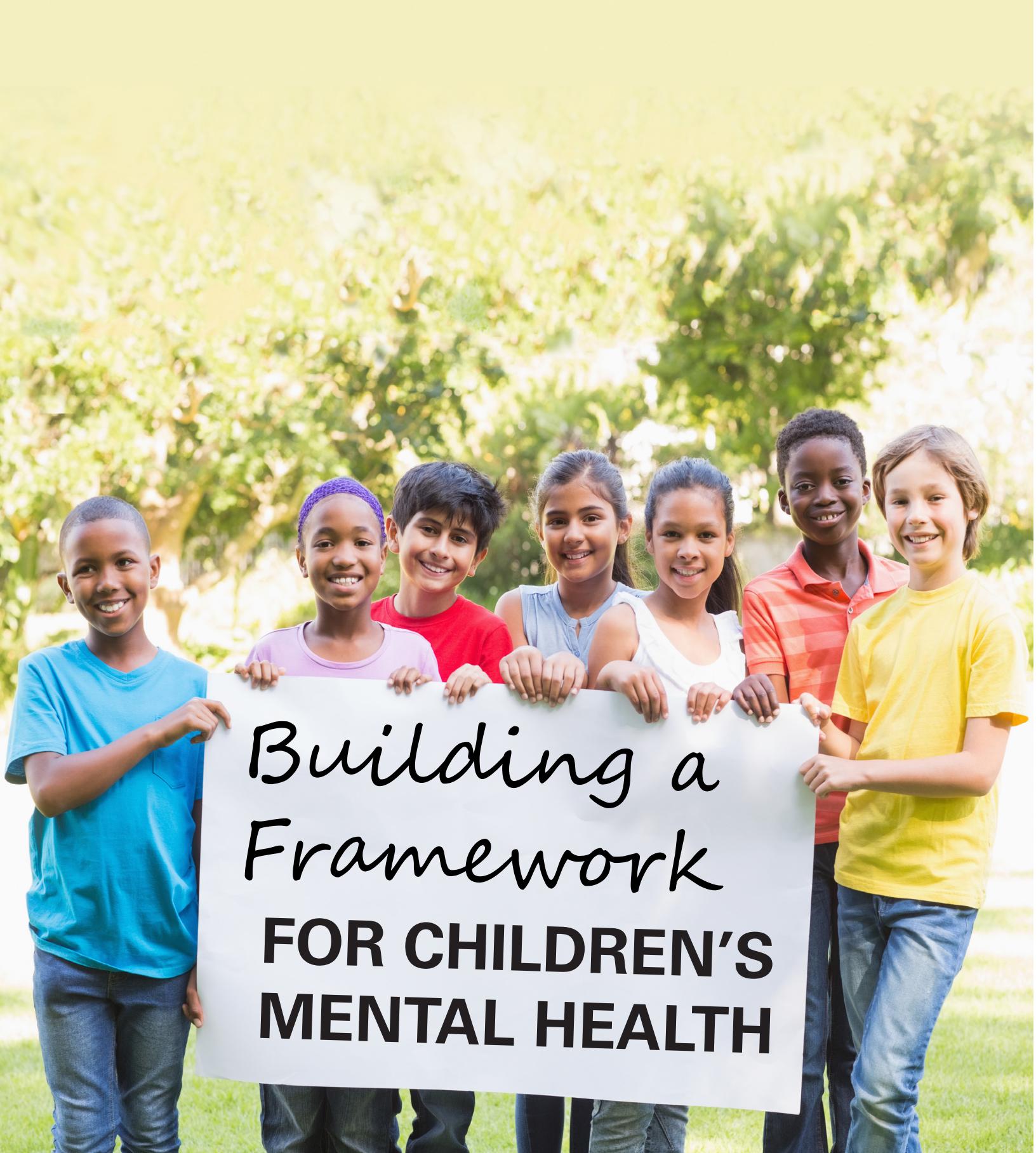
The Mizzou Alumni Association presents Mizzou '39 Awards to 39 outstanding seniors each year. Among those named for 2015 were **Alexa Burtnett**, a Nutrition and Exercise Physiology major, and **Victoria Yu**, a Human Development and Family Science major. Burtnett and Yu are both members of the Dean's Advisory Board (formerly HES Student Council) and were chosen for their academic achievement, leadership and service to MU and the community.

Eight students from the MU Department of Textile and Apparel Management, were recipients of the 2015 YMA-Fashion Scholarship Fund National Competition where each will receive a \$5,000 scholarship. The 2015 recipients are: **Emily Cissell**, **Katherine Class**, **Wewei Hong**, **Jerica Leiby**, **Courtney King**, **Lindsey Mitchell**, **Megan Wood**, **Ava Zanzie**.

### Pride in our Programs

The **Architectural Studies'** high ranking CIDA interior design program was again cited in the top five of interior design programs in the Midwest for 2015 by *DesignIntelligence* magazine.

A grant for more than \$1 million was awarded by the United States Health Resources and Services Administration to the **MU School of Social Work** and the UMSL School of Social Work to increase the behavioral health work force who serve high-need young adults ages 16-25 throughout the state and in East St. Louis, Ill.



**S**TUDENTS IN SCHOOLS ACROSS BOONE County have been answering a new set of assessment questions this spring that have nothing to do with the annual standardized tests familiar to youths across the country.

There are no wrong answers to these assessment questions. Students in third grade through high school have been responding to queries about their relationships with peers. For example, do they feel they have friends at school; have they experienced or witnessed bullying; and do they respond to problems with internalizing or externalizing behavior, to name a few. There are questions aimed at determining who may need support with the mental health issues that afflict some 5 percent of the nation's children between the ages of four and 17 years old, according to the 2014 Federal Interagency Forum on Child and Family Statistics report on child well-being.

"It's what I'd call a prevention model for schools," says Aaron Thompson, an assistant professor at MU's School of Social Work helping to lead the mental health project. "We're trying to locate kids who are struggling and address it head on."

These assessments are just an initial step in the effort jointly led by Thompson and Wendy Reinke, an associate professor in the Department of Educational, School and Counseling Psychology in MU's College of Education. Analysis and school staff training in identifying and responding effectively to mental health issues also are key components of the plan, called the Boone County Schools Mental Health Project (BCSMHP). Eventually, the project will include all of Boone County's roughly 25,000 public school students in the area's six separate school districts, Thompson says.

Financing the BCSMHP's multifaceted effort is an approximately \$1.19 million grant from the new Boone County Children's Services Fund, created when voters approved a quarter-cent sales tax in November 2012 to provide an array of services for children and youths up to 19 years old. The BCSMHP grant, which runs through June 2016, was one of 23 awarded this year from the children's services fund, says Kelly Wallis, director of the Boone County Community Services Department overseeing the fund.

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*"There needs to be significant improvement in the education of mental health providers, school staff, and parents"*  
- Mental Health Coalition

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#### A DEEPER UNDERSTANDING

Thompson and Reinke's project addresses a need cited in a 2014 report on Boone County children's services developed by the Institute of Public Policy in MU's Truman School of Public Affairs. A summary of the group's findings states that "there needs to be significant improvement in the education of mental health providers, school staff, and parents" to properly serve children in the county.

Some of that education is being provided by the BCSMHP, Wallis says. She adds that county officials also found the program's plan to gather mental health data on all public school children attractive. "It provides a great opportunity to assess what the risk factors are for our youth," Wallis says.

For her part, Reinke credits the Boone County Children's Services Fund with providing an opportunity for programs such as the BCSMHP to systematically work to prevent mental health problems in the county's children. Until now, such efforts have been pursued piecemeal, she says. But the Boone County voter endorsement of the children's services fund—generating an estimated \$6.5 million annually—has changed that.

County support in hand, Thompson and Reinke launched their project as a pilot program in 13 Boone County schools last February. Reinke says the pilot program's primary aim is to ensure that the preventive framework the project seeks to build is feasible for the schools. Once the project's assessment and intervention methods have been fine-tuned, the BCSMHP will be extended to cover all 51 public schools in the Columbia, Centralia, Hallsville, Harrisburg,



Members of the Boone County Schools Mental Health Coalition

Southern Boone and Sturgeon districts within the county. The project's timetable calls for county-wide public school participation by the 2015-2016 school year.

"We're figuring out all of the kinks here in the spring," Reinke says. "Then we're going to roll it out in all our schools in the fall."

### PROMOTING PARTNERSHIPS

The BCSMHP team's starting point is a broad-based information gathering program, already in place in the pilot schools. Through the assessment tests taken by students in elementary through high school—as well as assessments gathered from their teachers—the MU professors are trying to identify youths who either are at risk or already suffer from a serious emotional disorder. Often, that's more difficult than it may appear, Thompson notes. Youths with emotional problems such as depression or anxiety-related

disorders may express them through outbursts or disruptive behavior, frequently leading to punishments that may serve only to worsen such problems, he says. The assessment each student takes is intended to help school staff members recognize whether or not a child's disruptive behavior stems from mental health issues, Thompson says.

Once each student in a participating school has been screened, the BCSMHP plan calls for analysis of the student responses. Thompson and Reinke will help individual school-based teams pull out salient data, reviewing and interpreting the information they've gathered in order to determine how to best address student mental health issues the assessments reveal. Reinke hopes the assessment data can be used both to find youths in each grade level who might benefit from social service intervention and to uncover such



Aaron Thompson

school-wide issues as bullying that may affect mental health. From there, the school-based teams will devise programs that respond to their students' mental health challenges. Central to the program, the MU professors believe, is the early identification and support of youths who may be struggling with mental health issues.

"This will allow us to catch them early, and prevent something serious from happening," Reinke predicts.

Another key element of the BCSMHP is its aim to train the school-based team members to obtain and analyze

information on student mental health on their own, as well as establish a framework in which school staff members are able to respond with what's called "wraparound" services bringing schools, families and community partners

together to build support networks. Part of the training will consist of formal instruction, such as the Mental Health First Aid courses that school staff members are slated to start taking this summer. Some will be hands-on, provided by project members as each school's mental health assessment process gets under way, Thompson says.

"A lot of times, schools have a lot of data, but they don't know what to do with it," Thompson says. "We're hoping to provide a framework that can help them take the data and use it in a meaningful way."

Thompson adds that the BCSMHP includes funds to help schools finance the programs they develop through the project.

Both MU professors believe the project and the training it provides offers school staff members the tools and systemic framework they need to effectively promote mental health. Indeed, Reinke hopes the BCSMHP will be the first of many similar efforts throughout the country.

"I think we're really going to be a national model that other communities can look at and say, 'How can we replicate that in our community?'" Reinke says. "It's really cool!"

# Reinventing Retirement

Catherine Allen Gives Baby Boomers a New Outlook on Retirement

**A**S NOTABLE AS she is, MU alumna Catherine Allen is in one sense a typical baby boomer: She's changing the rules.

Allen has co-authored a book encouraging her fellow baby boomers to view their futures—and retirements—differently than others have in the past. More than that, Allen embodies the change she's urging. Her retirement in 2007 from the top spot in a financial services consortium paved the way for a handful of other occupations, not the leisurely lifestyle pursued by past generations.

"I haven't really retired," Allen acknowledges. "I've just reinvented myself."

Allen wrote about that approach to retirement in "Revolutionary Retirement: What's Next for YOU?," with the help of Nancy Bearg, Rita Foley and Jaye Smith. Published October 2014, the book offers readers ways to think about and tips for planning a fulfilling retirement. Not only is it a perspective that Allen epitomizes—it's one that continually brings her back to her beginnings in Missouri.

Allen grew up in Perry, Mo., a rural community with a population of fewer than 700 people. With little exposure to large or varied businesses in her home community, Allen first began to realize she could choose from an array of career paths while attending the University of Missouri. She earned a bachelor's degree from the HES Department of Textile and Apparel Management in 1968, and began her business career.

She eventually became a leader in technology strategy and financial services, holding high-level positions at both Citicorp and Dun & Bradstreet after earning additional academic degrees. Allen served between 1997 and 2007 as CEO of BITS, a nonprofit consortium of some of the nation's largest financial institutions that focuses on strategic issues facing the industry. While dedicating her time to BITS, Allen also founded a strategic consulting company based in Santa Fe, N.M.

Allen's retirement from BITS about eight years ago began her transition into the "portfolio career" she's now pursuing. Allen says acting as head of her New Mexico consulting firm, The Santa Fe Group, comprises one-third of her current career; performing corporate board work



comprises another third; and working on behalf of her nonprofit causes comprises the final third.

That's where Allen's volunteer efforts and donations to Mizzou come in. A 2005 recipient of an Honorary Doctorate of Humane Letters from MU for her professional achievements, Allen has taken on leadership roles in Mizzou fundraising campaigns, including serving as tri-chair for the current Mizzou: Our Time to Lead comprehensive campaign, as well as member of the HES Dean's Strategic Leadership Council. Her support for HES includes a \$1 million commitment from her estate to the college.

"I want to make sure that the men and women who go to the University of Missouri know there's opportunity for them," Allen explains.

Allen also contributes time and resources as well to a number of other causes, including New

Mexico Appleseed, which advocates for systemic change to address social issues, and various art organizations.

An advertisement for the MU College of Human Environmental Sciences. It features a photograph of a building entrance with a circular window and the text "Gwynn Hall". Overlaid on the image is a large, stylized signature "Legacy". Below the image, the text "WHAT WILL YOURS BE?" is displayed in a large, serif font. Underneath that, smaller text reads "ESTABLISH AN ENDOWMENT AT THE MU COLLEGE OF HUMAN ENVIRONMENTAL SCIENCES AND LEAVE A LEGACY THAT LASTS." At the bottom, the phone number "CALL (573) 882-5142" is listed. A vertical yellow bar on the right edge contains the word "DEVELOPMENT".

# Dean Jorgensen Retires...

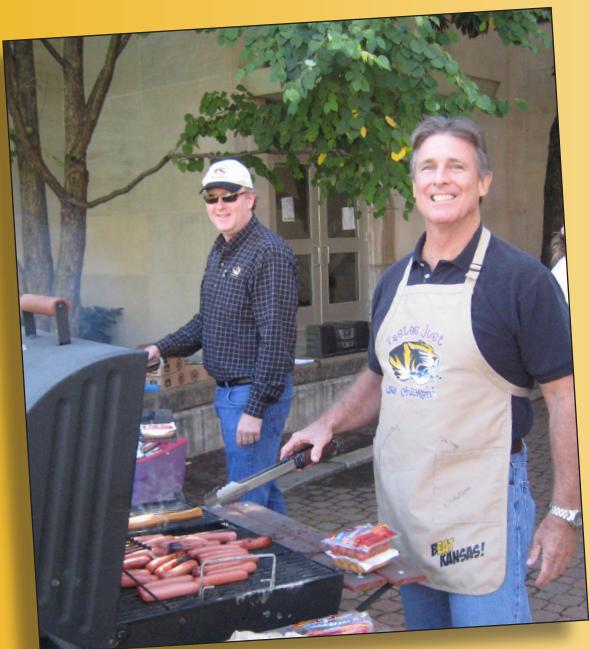
*Thank you for a wonderful 14 years!*



Dean Jorgensen with Dean Emerita Bea Smith and alumnae Ashlen Snellen and her parents.



Dean Jorgensen addresses a group of alumni, faculty, staff and friends at an HES Week Awards Reception.



Dean Jorgensen grills up hot dogs with Chris Hardin at the annual Dogs with the Dean event.



Dean Steve Jorgensen having fun with Ruth Tofle and Jana Hawley at the 2014 Dogs with the Dean event.



Dean Jorgensen enjoying the HES Homecoming Pizza Party with his three sons and alumna Tootie Burns.



The children in the Child Development Lab listen intently as Dean Jorgensen reads to them during the Month of the Young Child.

# Margaret Mangel Lectureship 2015

Dr. Jordan D. Metzl



On April 30, Dr. Jordan Metzel turned up the heat on the Mizzou campus. In addition to an hour long lecture entitled "Current Trends in Sports Medicine, Fitness and Health: How to be Your Best Athlete at Any Age" at Monsanto Auditorium, Metzl also hosted grand rounds at the hospital and led an Ironstrength workout on Carnahan Quadrangle, the largest bootcamp in Missouri's history. Jordan Metzl is a sports medicine physician at the Hospital for Surgery, America's premier orthopedic hospital located in New York City.

Regularly voted among New York's top sports medicine doctors by *New York* magazine, Dr. Metzl takes care of athletic patients of all ages and lectures and teaches extensively both nationally and internationally. He is also the author of the bestselling books *The Exercise Cure* and *The Athlete's Book of Home Remedies* and *Running Strong* as well as the medical columnist for *Triathlete Magazine*.

Dr. Metzl appears regularly on media programs including the *Today Show*, on radio including National Public Radio (NPR) and in print media including the *New York Times*, discussing the issues of fitness and health. He is the creator of the "Ironstrength Workout", a functional fitness program for improved performance and injury prevention that he teaches in fitness venues both in New York and throughout the country. The workout is available online and has been performed by more than 9 million athletes around the world.

An MU grad, former collegiate soccer player, 32-time marathon runner and 12 time Ironman finisher, Dr. Metzl lives, works, and works out in New York City.



# Class Notes

**CATHERINE ALLEN**, BS HE '68 CL TEX, of Santa Fe, N.M., received the Spirit of Martha Award for 2015 from the MU Griffiths Leadership Society for Women. This award honors women at MU who have distinguished themselves as a leader in their chosen profession.

**LIZ (TOWNSEND) BIRD**, BS HES '96TAM, of Columbia, Mo., works as director of donor relations at Stephens College.

**SUSIE CABLE**, MS HES '95 HDFS, of Lee's Summit, Mo., is an MSW clinical practicum student at the Social Work Services at Truman Medical Center in Kansas City.

**HANNAH CUSACK**, BS HES '13 TAM, of Peoria, Ill., works as an event production assistant for Mosaic, a Chicago based sales and marketing agency.

**CATHERINE CUSHINBERRY**, PhD HES '04 HDFS, of Indianapolis, Ind., is director of research at Girls Incorporated in Indianapolis and recently became the National Science Foundation panel reviewer.

Sheng Lu



Shehnaz Rangwala

**RICH FEISTMAN**, PhD HES '14 HDFS, of Durham, N.H., accepted a position with the State of New Hampshire's Department of Education as an educational consultant for the Bureau of Integrated Programs.

**SHENG LU**, PhD HES '11TAM, of Kingston, R.I., is an assistant professor in the Department of Textiles, Fashion Merchandising and Design at the University of Rhode Island. He received the China Textile Economy Research Award, 2nd place in both 2013 and 2010 and the International Textile and Apparel Association (ITAA) Faculty Development Award in 2013.

**LYNETTE NICKLEBERRY**, MS HES '05 HDFS, PhD '10, of Columbia, Mo., is director of academic advising and transfer development at Stephens College.

**CHRISTINA PUCCI**, BS HES '13 HDFS, of Indianapolis, Ind., is the Title I Interventionist (Instructional Aide) at Washington Township Schools.

**SHEHNAZ RANGWALA**, MS HES '98TAM, of Wash. D.C., is the program coordinator for Leadership Africa USA, where she is responsible for the design, implementation and management of programs in the United States and Africa.

**SUZANNE ROTHWELL**, BS HES '90 HDFS, of Columbia, Mo., received the 2014 Professional Excellence Award given by the Columbia Daily Tribune Women in Business Awards.



Suzanne Rothwell

## STAY CONNECTED!

New job? Got married? Had a baby?...

We love to hear what our alumni have been doing! Send in your information to [SandersAL@missouri.edu](mailto:SandersAL@missouri.edu) and you may be included in the next issue of *Vanguard*!

# Class Notes (cont.)



Amber Sears and her husband, Chris Peck

**AMBER SEARS**, BS HES '06 HDFS, of Columbia, Mo., married Chris Peck on April 11, 2015. Amber is also a member of the HES Alumni Organization Board.

**WILLIAM SMITH**, MS HES '08 HDFS, of Dallas, Texas, is an associate dean of communications and mathematics, developmental studies and teacher preparation division at El Centro College in Dallas, TX.

**LINDSEY WHITE**, BS HES '08 TAM, of New York, N.Y., is owner and creator of White Goods, Co, a collection of handcrafted jewelry and home goods made from raw materials and metals, such as brass, copper and stainless steel. Several of her pieces have been featured in *Teen Vogue* and *Glamour* magazines.



## IN MEMORIAM

**Larry Fuller**, member of the Personal Financial Planning Advisory Board and member of the Vanguard Society, of Columbia, Mo., at age 64.

**Chanel Goodwin-Watkins**, BS HES '93 HDFS of Columbia, Mo., at age 43.

**Bernice Korschgen**, BS HE '44, MS '67, of Columbia, Mo., at age 92.

**Gina Martin Dunard**, BSW '89, of Troy, Mo., at age 48.

**Christopher Nicklow**, Nutrition and Exercise Physiology sophomore, of Medina, Minn., at age 20.

**Doris Saxon**, of Columbia, Mo., March 5, 2015, at age 90. Saxon taught at the University of Missouri for over 31 years, most of those years in the Department of Clothing and Textiles. Her generosity to Mizzou extended well beyond her time teaching here. She was a generous supporter of the Department of Textile and Apparel Management and the Missouri Historic Costume and Textile Collection. Saxon's philanthropy at MU also extended to the Mizzou Botanical Gardens and the MU Library.



Doris Saxon

# BETTY DILLARD

*Textile & Apparel Management*



**A**DVANCED TECHNOLOGY holds a prominent place in the MU Department of Textile and Apparel Management's list of accomplishments. Textile and Apparel Management (TAM) administrators proudly tout their Kitty Dickerson Technology Classroom, a computer-based center featuring state-of-the-art industry equipment and software, as well as the Kellwood Apparel Technology Lab and other technology-oriented department features.

TAM associate professor emerita Betty Dillard has had a lot to do with those achievements.

Dillard, a Columbia resident, designed a TAM product development and apparel manufacturing program during the 1990s to incorporate technology innovations that were changing the field. The new, high-technology program combined manufacturing, marketing and merchandising, computerizing processes that had been completed manually in the past, Dillard recalls. Though the name of the departments in the College of Human Environmental Sciences has changed over the years, the academic foundation Dillard established clearly remains.

"I worked with industry to see what we needed to have to make the program viable and attractive to students, but still make them marketable when they graduated," says Dillard, adding, "I'm very proud to have started that whole thing."

Dillard's relationship with Mizzou spans decades. Dillard earned all of her degrees from the University of Missouri: She received a bachelor's degree in 1961 in education, with an emphasis in home economics; a master's degree in 1964, again in education with an emphasis in clothing

and textiles; and an HES doctoral degree in consumer and family economics in 1987. Dillard worked intermittently at MU in various capacities during those years, teaching during the 1960s at the University Laboratory School run at the time by MU's College of Education and working for the University of Missouri Extension program during the 1980s.

In 1990, Dillard joined HES as an assistant professor in

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*"I worked with industry to see what we needed to have to make the program viable and attractive to students..." - Betty Dillard*

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Betty Dillard pictured with Wendy (Wooldridge) Cooper (left) and Liz (Townsend) Bird (right). 1996.

the Textile and Apparel Management Department. Focusing on teaching as well as moving the TAM program into high-technology product development, Dillard became an associate professor in 1995. She formally retired in August 2000, but continued to teach through the end of 2001.

The skills Dillard used to renovate TAM's curriculum have stood her in good stead during her retirement. She worked as a volunteer for more than 10 years for the Habitat for Humanity organization, using the marketing and people skills she honed over the years to benefit the affordable housing group. "I guess

I've always been a detail person," Dillard acknowledges.

Dillard has received the Habitat for Humanity's Golden Hammer Award for donating 1,000 hours of service.



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