

VANGUARD

UNIVERSITY OF MISSOURI COLLEGE OF HUMAN ENVIRONMENTAL SCIENCES 2016

FEATURE STORY

THE GOOD LIFE

MU leads a program to strengthen families and build healthy relationships in Mid-Missouri through a five-year education program





DEAN'S MESSAGE

What a year! Nearly twelve months ago, when I accepted the role of Interim Dean of the College of Human Environmental Sciences, there was no way to predict the series of events that would unfold on campus, in the state, and globally. The year has brought a virtual gamut of emotions, from pride to anxiety and from joy to sadness. My basic message to you is this: When you remove the incendiary headlines, when you look beyond the superficialities of talk show radio hosts, posturing legislators, and the social media, what you find in HES is a college that today is stronger than ever in fulfilling its teaching, research, service, and economic development activities to Missouri and the nation.

On the side of "just the facts," HES numbers are very powerful. Our student enrollments remain near our all-time high of roughly 1400 undergraduates and 400 graduates. As you will read in these pages, it's a high quality group as well, with many winners of campus and national awards. Our faculty continues to produce the scholarship and outreach that distinguish our college. In the last twelve months, they have brought nearly 30 million dollars in grants and contracts to HES and the University. And our staff operates at the highest levels, thereby allowing the college to function effectively and efficiently in all respects.

I've had many occasions to check in with our students, staff, faculty and alumni about the college and their experiences, particularly on issues of inclusion and diversity. We held an incredible college-wide event this past February—you will read about it in this issue—which will be the first step of a comprehensive plan to stay committed

to our goals and ideals. In truth, I honestly believe we are ahead of many of our peers and I continue to hear only positive reports of how proud everyone is to be part of our HES family.

What makes HES work so well? That would require more space than I am allotted! But let me mention two quick things. First, I think the very focus of HES on improving the quality of life for individuals, families and communities has a lot to do with how we conduct our everyday life. Our students are exposed to cultural diversity in their coursework and it is central to many faculty research agendas. Second, I think it is important that HES truly believes in the public land-grant mission, so that we practice what we preach and we preach (teach) what we practice. Our success in research and teaching derive in part from our singular abilities to combine research and public service, and then to feed that back into our coursework and the training of the next generation of professionals and leaders.

It is an honor and a pleasure to serve as HES Interim Dean, and I want to thank everyone for their support. Over the next academic year, an HES Search Committee, with the aid of an external search firm, will be seeking the next dean. I know that whoever takes over the helm will inherit a college that is strong, progressive, and in a position of leadership. This national status is due in no small measure to your support; all HES deans have found you squarely in their corner, working hard to move this wonderful college to greater heights. I have every expectation of continued growth.

Sandy Rikoon
Interim Dean

ABOUT VANGUARD

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CLOTHING CONNECTIONS

Missouri Historic Costume and Textile Collection Takes Part in Smithsonian National Museum Day



PHOTO BY NICOLE JOHNSTON

TAM GRADUATE ASSISTANT GRETTA HEMPELMANN (CENTER LEFT) WITH TAM FACULTY MEMBER KRISTIN MORRIS (RIGHT) AT NATIONAL MUSEUM DAY.

T-SHIRTS ARE A MODERN WARDROBE STAPLE, JUST AS SAFETY PINS ARE UBIQUITOUS IN TODAY'S HOMES. Little about either of them brings to mind historical dress or classical life. Yet both boast histories that stretch back thousands of years: The T-shirt is a descendent of ancient Greece's tunic, while safety pins represent a modern interpretation of the ancient fibulae.

"Dress really does speak without saying anything—it reflects the technology of the time, illustrates an era's values and personalizes history," says Nicole Johnston, an HES Department of Textile and Apparel Management instructor and Missouri Historic Costume and Textile Collection (MHCTC) archivist. "There's history behind a lot of these dress elements that connects us."

Classical and other historical dress ele-

ments that have evolved over the centuries were on display during the 2015 National Museum Day, held Sept. 26 at MU's Museum of Art and Archaeology in Mizzou North as part of a nationwide campaign organized by the Smithsonian Institution to encourage exploration of the country's museums. Seven MU-affiliated groups participated in the free event, attracting an estimated 150 visitors, says Arthur Mehrhoff, academic coordinator of the Museum of Art and Archaeology.

Between 40 and 50 of those museum visitors took part in a costume scavenger hunt organized for the day by the MHCTC, says Johnston, who created the activity. By asking participants to find within the museum galleries such items as a T-shaped tunic, a pin and a material element used to create jewelry—as well as a museum representa-

tive wearing a T-shirt—the scavenger hunt encouraged visitors to examine and discuss the exhibits on display.

"It really got people looking carefully at the collections," recalls Mehrhoff.

That was the goal, says Johnston. Historical clothing offers a unique way to teach today's museum-goers about life in the past, helping to personalize an era while expressing a culture's values and lifestyle, she says. It also links modern traditions to past eras. For example, Johnston points out that today's graduation robes are an interpretation of the "houppelandes" worn during the Middle Ages.

The MHCTC plans to offer another dress-related view of history during next fall's National Museum Day.

"It's a great way to learn about history that everyone can relate to," Johnston says.

PRIDE POINTS

FACULTY

STEVE BALL, *Nutrition and Exercise Physiology*, received the 2015 Board on Human Sciences Outstanding Engagement Award by the Association of Public and Land-grant Universities and the Board on Human Sciences. The purpose of the award is to recognize an individual "campus-based" or "state level faculty member" for exceptional creativity and scholarship in the development, application, and evaluation of outreach, extension, and public service programs.

MARILYN COLEMAN and **LARRY GANONG**, *Human Development and Family Science*, and their research team finished second in the National Council on Family Relations Issues in Aging Focus Group Award for Best Study.



JIM DEJONG, *Architectural Studies*, received the Lee Henson Access Mizzou Award for 2015, honoring him for a lifetime achievement. The award recognizes those who have made significant contributions to accessibility and the inclusion of people with disabilities at Mizzou and beyond.

MICHAEL GOLDSCHMIDT, *Architectural Studies*, received the Certificate of Appreciation Award for national leadership of the Healthy Homes Partnership and service to the field from the United States Department of Agriculture.

JUNG HA-BROOKSHIRE and **DEEPIKA RAJ**, *Textile and Apparel Management*, received the Lectra Innovation Award for Research from

CONTINUED ON OPPOSITE PAGE >>

FROM RESEARCH TO POLICY

Jill Kanaley Extends Her Expertise as Jefferson Science Fellow

FOR YEARS, MU NUTRITION AND EXERCISE PHYSIOLOGY PROFESSOR JILL KANALEY has trained her research sights on the Type 2 diabetes and obesity epidemics. Now a prestigious U.S. Department of State fellowship has temporarily shifted Kanaley's focus to the worldwide HIV and AIDS epidemic—while opening a door to new possibilities at home.

Kanaley became a Jefferson Science Fellow (JSF) last summer, winning one of just 11 Washington, D.C. spots filled by the current State Department program. The yearlong fellowship was established in 2003, the JSF website says, to tap into the expertise of the American academic science, technology, engineering and medical communities to help handle U.S. foreign policy issues.

Under the program, Kanaley has served as a senior science advisor since last August in the Office of the U.S. Global AIDS Coordinator. While her JSF job covers a wide gamut of activities, Kanaley describes her work overall as an effort to translate existing research into workable and effective policy.

"We're trying to tie the sciences of academia to the policies that are being made," Kanaley says.

What that means in practice varies. Some days it means reviewing research on combination approaches to HIV epidemic control. Some days it means working on projects that address noncommunicable diseases—such as Type 2 diabetes and obesity—in countries throughout the world. And other days it's working on talking points that explain "implementation science," defined by the National Institutes of Health as the study of methods to promote the integration of research findings and evidence into health care policy and practice.

Kanaley says the fellowship is changing her perspective in a number of ways. In part, it has changed her view of government departments and private think



JILL KANALEY

"We're trying to tie the sciences of academia to the policies that are being made."

JILL KANALEY

tank organizations, while prompting her to rethink some of her research. It also has changed how Kanaley will work with students once she returns to Mizzou in August. Though it's difficult for Kanaley to pinpoint how her time in Washington, D.C. will show up in her classroom lectures, she knows now that the career possibilities for nutrition and exercise physiology students are more wide-ranging than she had previously believed.

"So many people working here have Ph.D.s—but they're not working in academia," Kanaley says. "It has broadened my ideas as to what careers my students can pursue."

The Everyman Investment

PFP Research Backs Retirement Investment Trend

ECONOMISTS HAVE BEEN QUICK TO POINT OUT THE DOWNSIDE OF TARGET-DATE FUNDS since the provisions of the Pension Protection Act of 2006 made them popular with retirement investors. Some say target-date funds (TDFs) increase an investor's chance of running out of money during retirement. Others point out that TDF allocations fail to take into account variations in the amount of risk investors are willing to accept. Still other economists contend that TDFs target the wrong date by focusing on an investor's retirement age rather than remaining life expectancy.

TDF critics raise valid points, notes Michael Guillemette, assistant professor of personal financial planning in the MU College of Human Environmental Sciences. By automatically allocating an investor's assets based on age, TDFs exclude some of the portfolio factors that traditionally guide retirement financial planning.

"The critics are right, they're absolutely right; there is a better way to invest," Guillemette says. "But research has shown that the average person can't do it."

Indeed, Guillemette's own recent research concludes that TDFs serve a certain group of investors well. Guillemette collaborated with Terrance K. Martin of the University of Texas-Pan American

and Philip Gibson of Winthrop University in South Carolina on a paper published in *The Journal of Retirement* about a year ago that analyzed data gathered for a 2009 National Financial Capability Study. The trio's paper, entitled "Investor Sophistication and Target-Date Fund Investing," found that unsophisticated investors were 22 percent more likely to invest in TDFs than were financially sophisticated investors.

Those unsophisticated investors would otherwise be prone to saving through cash accounts or putting all their money in employer stock, Guillemette says—practices that produce low returns or an unwise lack of investment diversity. Though they may not be ideal investment tools,

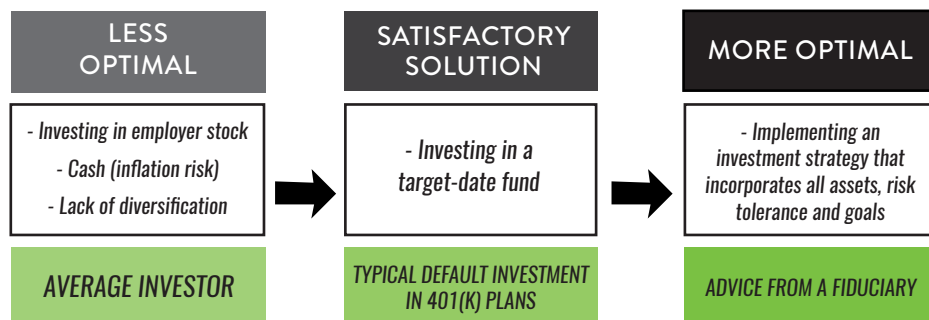
TDFs help minimize such common pitfalls, the study says. In short, the study finds that the unsophisticated investors who theoretically would benefit the most from TDFs actually are the ones most likely to use them.

Given that reality, Guillemette believes the trend toward TDF investment should be encouraged.

"Average people would probably be worse off trying to manage investments on their own compared to putting their money in TDFs," Guillemette summarizes. "Over the long run, they'll have much better returns with TDFs."

"The critics are right, they're absolutely right; there is a better way to invest. But research has shown that the average person can't do it."

MICHAEL GUILLEMETTE



International Textile and Apparel Association (ITAA). The Lectra Innovation Award for Research is awarded to the author(s) of the highest ranked research paper of technology in the apparel industry. She also received the Best Paper Award-Poster Track at the 2015 Korean Society of Clothing and Textiles fall conference.

LAGRETA HUDSON, *Nutrition and Exercise Physiology*, has been awarded the Outstanding Dietetic Educator Award for the Academy of Nutrition and Dietetics, Region 2, for demonstrating dedication to the field of dietetics as well as creativity in her approach to the preparation of hundreds of professionals.

KERRI MCBEE-BLACK and **SAHELI GOSWAMI**, *Textile and Apparel Management*, placed third in the Rutherford Teaching Challenge for the International Textile and Apparel Association (ITAA).

JULIA MOORE, *Human Development and Family Science*, was honored at the Faculty Awards Dinner and Reception for 25 years of service to the University and the Child Development Lab/Blue Door.

JAUME PADILLA, *Nutrition and Exercise Physiology*, is the recipient of the New Investigator Award by the Physiological Society Cardiovascular Section.

CLARK PETERS, *School of Social Work*, was named the 2016 Fellow for the Society of Social Work and Research.



MARJORIE SABLE, *School of Social Work*, is the recipient of a 2015 Faculty/Alumni Award from the Mizzou Alumni Association.

CONTINUED ON PAGE 23 >>

FROM CLASSROOM TO COMMUNITY

Free mental health care clinic aims to expand services

THEORIES AND PRACTICE MODELS COVERING TOPICS RANGING FROM CRISIS INTERVENTION to case management are standard fare in MU's master of social work program.

Still, it's outside the classroom that those theories come to life for social work graduate student Shelby Barber. Barber works at the MU Integrative Behavioral Health Clinic (IBHC) for several hours each week as she pursues her master's degree, connecting clients with resources and providing counseling under the direct supervision of licensed clinical social workers. She marvels at the relief often expressed by clients after a single visit to the clinic.

"I think it's just pretty incredible to see the impact we're making," Barber says. "A lot of our clients—they really needed these services."

OPENING DOORS TO RESOURCES

The Integrative Behavioral Health Clinic opened September 2014 within the MU Family Impact Center at 105 E. Ash St. in Columbia, Missouri, housed on the same floor as the free, student-operated MedZou Community Health Clinic. The IBHC provides free behavioral health care between 3 p.m. and 9 p.m. each Thursday to adults who are either uninsured or underinsured and unable to afford mental health services.

The brainchild of the MU School of Social Work faculty members Rebekah Freese and Kelli Canada, the IBHC responds to a need initially pinpointed by MedZou workers who sought help treating patients they diagnosed with mental health disorders such as anxiety and depression. Indeed, some 41 percent of IBHC's clients are referred to the clinic by MedZou, says Freese, who serves with Canada as clinic co-director. Others find IBHC through service agencies and organizations throughout the community, or by word-of-mouth, she says. The IBHC accepts walk-in clients as well as those with appointments.



IBHC SUPPORTER, MORTY LEBEDUN AND STAFF AT THE 1 YEAR CELEBRATION AND OPEN HOUSE FOR THE IBHC IN SEPTEMBER 2015.

PHOTO BY ANY SANDERS

"I love the giving back. It's true to the mission of my social work profession and the mission of the University."

KELLI CANADA

About 1½ years after opening, those clients numbered more than 80 people, clinic records show. With undergraduate social work students acting as clinical assistants and graduate students providing supervised clinical services, IBHC staff members complete a comprehensive needs assessment and devise a treatment plan for each client, Freese says. Clients receive free treatment for as long as necessary. It's a service with a scope unique within Boone County, to the best of Canada and Freese's knowledge.

Mental health services—helping clients with depression, anxiety or substance abuse,

for example—comprise about 85 percent of the clinic's work, Freese says. The remaining 15 percent consists of case management, in which IBHC clinical assistants connect clients to programs and agencies that can help with problems such as poverty or homelessness.

"I love the giving back," says Canada, adding, "It's true to the mission of my social work profession and the mission of the University."

GROWING OPPORTUNITIES

Also slated to expand within the year is the number of MU schools with students working at the clinic. The university's Sinclair School of Nursing, the MU Counseling Psychology Program and the MU School of Medicine's psychiatry department all have been invited to add students from their specialties to the roster of those providing free services, Freese says.

"It's a wonderful learning opportunity," Freese agrees. "They're learning skills in a classroom, and then they're able to apply it in a very structured environment."

IBHC SERVICES

COMPREHENSIVE ASSESSMENTS COVER:	PSYCHOEDUCATIONAL GROUPS FOCUSING ON:	BRIEF THERAPY:	SUPPORT GROUPS FOCUSING ON:
<ul style="list-style-type: none"> Mental health Resource deficits Other health needs 	<ul style="list-style-type: none"> Understanding your diagnosis Coping skills training Substance abuse 	<ul style="list-style-type: none"> Cognitive behavioral therapy (CBT) Motivational interviewing Family therapy Solution-focused therapy 	<ul style="list-style-type: none"> Grief and loss Parenting Chronic pain

MU Student frames history

Rachel Liberty leaves her legacy alongside Jefferson's with her display design

MU ARCHITECTURAL STUDIES SPRING 2016 GRADUATE RACHAEL LIBERTY ALREADY HAS LEFT HER MARK ON HISTORY.

Liberty, 27, designed the display within which Thomas Jefferson's original tombstone plaque is on view in Jesse Hall at the University of Missouri. Liberty, winner of a 2014 student design competition, devised a clear acrylic case for the epitaph that incorporates the emphasis on geometric shapes she notes in Jefferson's own architectural work. Liberty also sought to recreate through her use of materials the appeal the plaque had when it was attached to Jefferson's tombstone at his home, Monticello.

"People were really drawn to the charisma of Thomas Jefferson, and they wanted to take a piece of him with them," Liberty says. "Unfortunately, that resulted in the vandalism of his headstone."

Indeed, the vandalism spurred by Jefferson's appeal is the reason his epitaph is housed on the Missouri campus.

"It's definitely a prideful piece in my portfolio and a highlight of my education at the University of Missouri."

RACHAEL LIBERTY

Souvenir seekers chipped pieces from Jefferson's grave marker when it stood at Monticello, prompting the construction of a new monument and the eventual donation of the president's gravestone to the University of Missouri, according to the website run by Thomas Jefferson Foundation, Inc., a nonprofit organization that maintains Monticello.

The white marble epitaph plaque—measuring roughly 24 inches by 30 inches and weighing in at approximately 125 pounds—has belonged to MU since 1883, MU design services manager Michael Stornello says in an email. Restored by the Smithsonian's Museum Conservation Institute, the plaque took up residence in its current spot last fall.

Liberty sought to make that new home welcoming to visitors by using the clear



RACHAEL LIBERTY STANDS BEFORE THE DISPLAY SHE DESIGNED FOR THOMAS JEFFERSON'S ORIGINAL TOMBSTONE PLAQUE IN JESSE HALL AT THE UNIVERSITY OF MISSOURI.

encasement to protect the plaque, rather than the waist-high wall she initially envisioned surrounding it. The case places the plaque at the same angle as it would have been while resting on the original Jefferson obelisk, and a shadow obelisk behind it helps place the plaque in its initial design context, Liberty says.

Liberty's design also visually connects the plaque to MU. The original Jesse Hall doorway frames the epitaph display, while the renovated plaque now sits atop repurposed wood beams from MU's Switzler Hall.

"It's definitely a prideful piece in my portfolio," Liberty says, "and a highlight of my education at the University of Missouri."

PHOTO BY RUTH TOFLE

DIVERSITY & INCLUSION ROUNDTABLE

IF YOU WALKED THROUGH THE GWYNN HALL FIRST-FLOOR HALLWAY this past spring, you could have viewed the College of Human Environmental Sciences' vision for the future on issues of diversity and inclusion.

Covering the walls were easel pages on which more than 140 students, faculty and staff who attended a February round table wrote their ideas for addressing issues of marginalization, discrimination and racism on campus. Some suggestions are quite concrete—"Invest in mandatory faculty/staff training," reads one comment—while others urge a mindset, such as the suggestion for "Open classrooms—open to various ideas."

College administrators welcomed additional input and comments from Gwynn Hall visitors. The suggestions will provide the college with a jumping-off point for implementing strategies designed to build a more inclusive environment, says HES Interim Dean J. Sanford "Sandy" Rikoon.

"This will provide us with a blueprint of possible short-term and long-term actions the college can take to address issues of diversity and inclusion," Rikoon says.



THE OUTCOME OF THE HES DIVERSITY & INCLUSION Roundtable discussions was truly amazing and eye-opening.

The notes from the February 4th round table were on display in Gwynn Hall for over two months, not only for everyone to read and take in, but also for others to add and contribute to the conversation.

The pictures below give you an idea of what topics and issues were discussed. This is only the beginning of what will be an ongoing process to listen, educate and improve to make HES and MU the very best it can be...



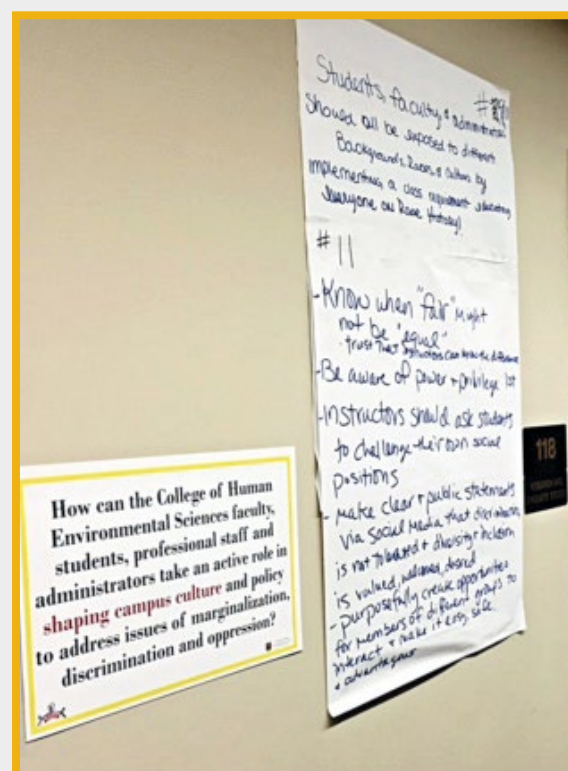
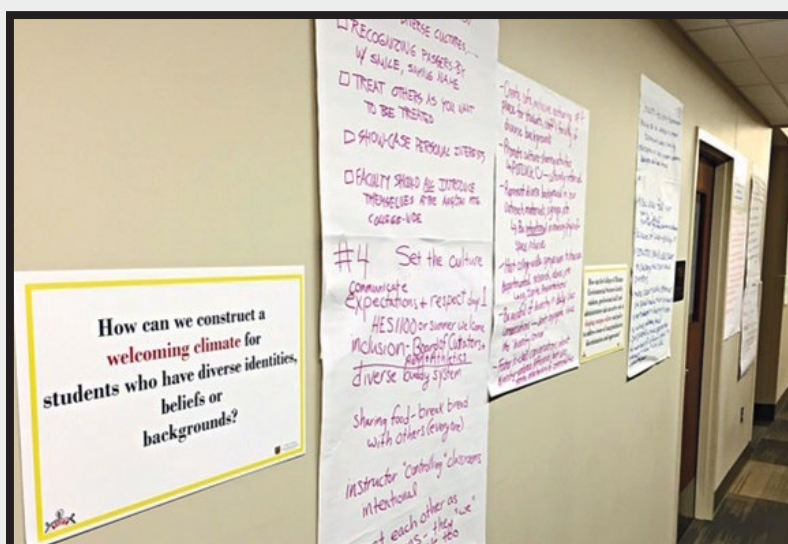
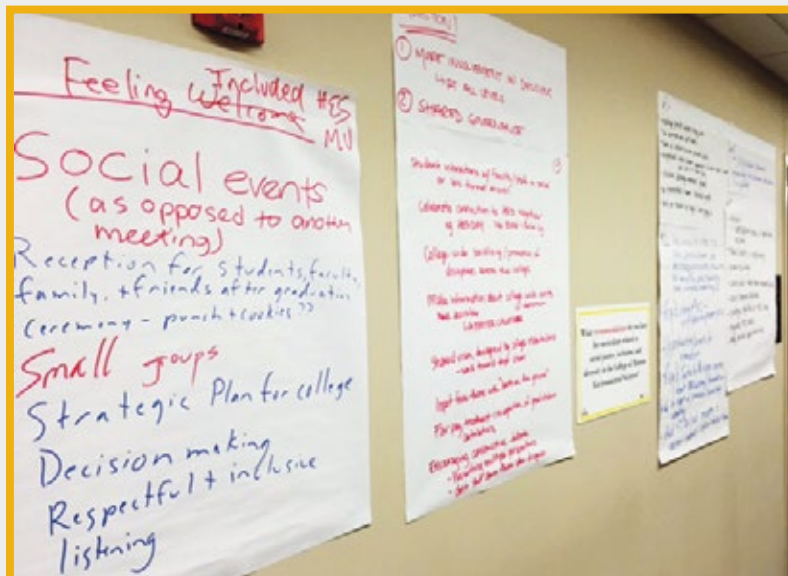
To the entire HES Community and all visitors:

On February 4th, the College of Human Environmental Sciences held an interactive event emphasizing small group discussions of questions related to issues of diversity and inclusion. The purpose of these discussions was to generate ideas for action to strengthen our college. Dr. Kathryn Chvátal (College of Education) led this event, and about 150 HES students, staff and faculty participated.

On these walls are the questions discussed in the small groups as well as summary ideas resulting from the group discussion. We are displaying these here now to (1) let all in our community see the kinds of actions suggested, and (2) have an opportunity to add new ideas to our "toolkit" of potential actions. Soon we will be taking all this information (and we have much more from other components of the February 4 event) and assembling a task force in the college to begin assessing ideas and developing priorities for implementing them.

Please learn from reading and please contribute your ideas to the blank areas on the sheets related to any questions that capture your interest. We do want to hear from you!

Sandy Wilson
Interim Dean, HES



A CULTURAL FAMILY INITIATIVE

Several projects with SLFI aim to strengthen Latino families

THE LATINO POPULATION IN MISSOURI HAS BEEN GROWING FOR DECADES, more than doubling since 2000, according to U.S. Census Bureau estimates.

Yet development of the in-depth cultural knowledge designed to lead to policies helping Latino families integrate into Missouri society has not kept pace with that growth, according to a group of MU researchers. These researchers have formed the “Strengthening Latino Families Initiative” (SLFI) in the Department of Human Development and Family Science to coordinate their efforts to fill the research gap they see. Led by Professor Gustavo Carlo, the SLFI researchers have been working on complementary projects that aim to shed light on cultural differences influencing Latino health and well-being.

“We are all scholars who are interested in and have done a lot of work with Latino families and children,” says Carlo, who also serves as director of MU’s Center for Family Policy and Research. “We’re each targeting slightly different things to contribute to the bigger jigsaw puzzle of how to foster positive outcomes for Latino families.”

Collaborating with Carlo on the initiative are a trio of assistant professors of human development and family science: Sarah Killoren, Francisco Palermo and Katharine Zeiders. Below are some examples of current SLFI research projects that aim to lay the foundation for social policies and programs designed to mitigate the challenges that many Latino families face in disproportionate numbers.

COLLEGE HEALTH ADJUSTMENT PROJECT.

Carlo and Killoren launched a two-year pilot study in April that examines the source of health disparities among Latinos by researching the link between moral development and sexual health behaviors in college students from various subgroups. The pair is conducting surveys of college students from four large U.S. Latino communities—namely, Hispanics of Mexican, Puerto Rican, Dominican and Cuban origins—as well as of white European-American college students to try to pinpoint their key attitudes and values, Carlo says. By surveying some 1,500



“We’re each targeting slightly different things to contribute to the bigger jigsaw puzzle of how to foster positive outcomes for Latino families.”

PROFESSOR GUSTAVO CARLO

students twice over the two-year period, Carlo and Killoren aim to uncover whether a moral link exists that prevents students from taking part in risky sexual behaviors.

“If we can find ways to foster a strong sense of moral identity, we may be able to help these groups reduce their health risks,” Carlo notes.

EARLY HEAD START FAMILY DATA ANALYSIS.

Palermo is working on a two-year project sponsored by the Robert Wood Johnson Foundation that analyzes data collected during the mid-1990s from 700 Latino families participating in the Early Head Start program throughout the country. The Early Head Start study collected home observation information as well as assessments of and surveys completed by the low-income program participants.

Palermo is focusing on the Latino family participants to see if some of their cultural values may help offset the negative impact of

economic hardship on family relationships and children’s health and academic performance.

“There may be some unique strengths in Latino culture that we can build upon to mitigate the effects of economic hardship,” Palermo says.

His findings are to be submitted for publication by the end of August 2017.

HEALTH IMPLICATIONS OF DISCRIMINATION IN COLLEGE SETTINGS.

Zeiders is working with Antoinette Landor, also a human development and family science assistant professor, on a project that looks at the week-to-week effects of discrimination on Latino and African-American college students. The study, slated to be complete in August, surveys about 150 MU students over a six-week period to research student experiences on campus. Participating students provide weekly diary reports that allow Zeiders and Landor to review the connection between discrimination and health on a week-to-week basis.

“We’re examining how discrimination disrupts students’ academic and physical well-being, and how a strong ethnic-racial identity may be protective,” Zeiders says.

Zeiders and Landor are also studying the amount of cortisol in the saliva of some participating students to obtain a physical measure of their stress levels in connection with discriminatory experiences.

SCHOOL OF SOCIAL WORK

STARS in the Classroom

Thompson's new program hopes to improve the behavior and skills of students through self-monitoring



PHOTOS BY AMY SANDERS

RESearch is underway in a dozen Columbia, Missouri schools to learn whether an MU faculty member's self-monitoring strategy will provide teachers and counselors with a more effective tool for handling disruptive student behaviors.

More than 80 fifth-grade Columbia Public Schools students started receiving training last January in the Self-Management Training and Regulation Strategy (STARS) program developed by Aaron Thompson, an assistant professor at MU's School of Social Work in the College of Human Environmental Sciences. STARS participants start by meeting with counselors for nine lessons on self-monitoring strategies and skills designed to help them manage troublesome behaviors and social-emotional needs, Thompson says. The students use those lessons to develop personalized strategies tailored to their own particular behavioral needs, then monitor, along with teachers, their progress towards their classroom goals.

"I believe self-monitoring is the key mechanism by which change will occur," says Thompson, adding, "With STARS, we are directly asking for their (student) input."

The U.S. Department of Education awarded Thompson's research team a nearly \$3.5 million grant last year to evaluate whether the STARS program improves the behavior, academic performance and the social and emotional skills of 324 selected fifth-graders over a three-year period. The researchers will follow the progress of those STARS participants through sixth grade to help

assess the program's effectiveness, Thompson says. He ultimately hopes to create a behavioral tool that teachers and school counselors across the country can easily adopt.

Thompson says STARS differs from other school self-monitoring behavior programs in its level of student involvement. Often, school behavior plans are determined by adults and geared toward school goals, Thompson says; in contrast, STARS is based on the premise that directly involving students in plans to solve problem behaviors will make the efforts more effective.

"When we directly involve people in behavior change and we promote their autonomy...then it taps their motivation and ownership to make the plan work," Thompson says.

It's too early to determine how well STARS is working for participating students, says Susan Perkins, the Columbia Public Schools elementary school counseling coordinator. Still, Perkins says district officials see the value of student self-monitoring as well as the benefits of teaching students specific problem-solving strategies.

And Thompson's aim of creating an easily replicated tool for handling behavior issues finds an echo in the interest Perkins says classroom teachers have in different behavior-changing strategies. If STARS is successful, Perkins says she is certain it will be used throughout the school district.

"There is a wide interest in the schools within the district," Perkins notes.

PURE RESEARCH / HES students benefit from undergraduate research experiences

RECENT GRADUATE KATHLEEN KOWALSKY'S WORK THROUGH THE HES PROGRAM FOR UNDERGRADUATE RESEARCH EXPERIENCES provided an unexpected bonus: a new direction for her postgraduate career.

Kowalsky joined forces with HES Textile and Apparel Management (TAM) Associate Professor Jean Parsons during the 2015-2016 school year to create fashion designs that waste as little material and dye as possible. Underwritten by Program for Undergraduate Research Experiences (PURE) funding, the pair's research into sustainable clothing produced designs that earned Kowalsky spots in such research presentation venues as the 2015 International Textile and Apparel Association annual conference and the undergraduate research day at the Missouri State Capitol in March. The PURE project also steered Kowalsky toward a career in sustainable fashion design.

"It's affected everything," says Kowalsky, who graduated with a textile and apparel management degree in May. "It sounds corny, but it really has."

It sounds gratifying to HES Interim Dean Sandy Rikoon, who helped launch the PURE program in 2010.

More than 40 undergraduate HES students have received PURE program awards, which pay selected students \$2,000 for at least 160 hours of research and the creation of two research products under the supervision of faculty partners. Rikoon sees the program as a way for students to gain meaningful research experience while enjoying the benefits of faculty mentorship—and as a door to future opportunities more often opened for students in physical or biological sciences.

"In the social sciences and humanities, there are very few opportunities to have this kind of experience," Rikoon notes.

Below are the projects on which this year's TAM recipients of PURE awards are working.



KATHLEEN KOWALSKY WITH TAM ASSOCIATE PROFESSOR JEAN PARSONS.

SUBMITTED PHOTO

RECIPE FOR SUCCESS FOR FASHION SMALL BUSINESSES IN A COLLEGE TOWN. MU junior Sarah Thompson interviewed and analyzed the responses of five fashion-related business store owners and managers in Columbia to learn how they remain lucrative. The study, completed in February, found that the businesses stayed successful by combining fashion offerings more typically carried by urban stores with a willingness to cater to customer requests. Thompson and her faculty partner, TAM Assistant Professor Sarah Song Southworth, aim to publish the study results in an academic journal next year.

Southworth believes the work helps fill an entrepreneurial research gap. "There's not a lot of research out there that looks at college towns in particular," Southworth says. As for Thompson, her interest in research in general was piqued by the project. Thompson says her research interviews showed her how businesses actually operate, supplementing her classroom lessons.

"It was really cool to apply the concepts that I was learning in my classes," Thompson says.

CAROLINE GERSHEL DAVIS'S FASHION PIRACY AND HER IMPACTS ON THE AMERICAN FASHION INDUSTRY.

Danielle Burrage and Collin Schreiber, who recently graduated in May 2016, started their research last fall on a collection of Davis fashion sketches acquired by the Missouri Historic Costume and Textile Collection, of which Parsons is curator. Dating from the 1930s and 1940s, the sketches reflect a contemporary American fashion industry practice of drawing designs displayed on Paris runways or in showrooms to produce affordable imitations in the United States. The TAM students have been comparing the sketches to American fashion and news publications of the era to see how the Paris designs emerged in the United States.

Both the fashion history inherent in the research project and the impetus it provides to view materials from the 1930s and 1940s appeal to Burrage. She notes that many fashion trends are inspired by past fashions. Schreiber, who studied the spring semester in Spain, also points to the fashion history he has learned through the project. "In order to understand what is happening today, it is important to understand the history of fashion," Burrage says.

USING DESIGN PATENTS TO UNCOVER AMERICAN DESIGN HISTORY.

MU junior Allison Satkowski is working with Parsons to research dress design patents filed between 1937 and 1942, focusing on the lines of St. Louis junior wear designer Marion McCoy. Satkowski and Parsons aim to fill in gaps in fashion industry history by using the patents to unearth information about the era's ready-to-wear designers and their impact on an industry that was rapidly evolving.

Parsons considers the project a way to gain a better understanding of how the clothing design industry applied intellectual property rights at the time. "It's given us a window into the 1940s apparel industry that we didn't have before," Parsons notes.

The project has heightened Satkowski's appreciation for fashion detail. Slight alterations in necklines or the circumference of a skirt help define a designer's style, she says.

"I think it's great to look back, because fashion is always recycling," Satkowski says. "It's kind of cool for me to see more of that detail...to see all the things you can do with clothes."

NUTRITION & EXERCISE PHYSIOLOGY

A SEMICENTENNIAL CELEBRATION

Nutrition and Exercise Research Day Celebrates its 50th Anniversary



SUBMITTED PHOTOS

RELECTING THE LONG AND STRONG HISTORY OF THE DISCIPLINE OF NUTRITION ON THE UNIVERSITY OF MISSOURI CAMPUS, in 1966 the inaugural Nutrition Emphasis Week was held. The purpose of the event was to bring a spotlight on the nutrition research on campus and to feature some of the top scientists in the field. Over the last 50 years the keynote speakers have been a veritable Who's Who in nutritional sciences. The topics of the keynote talks were as relevant back then as they are today. The first speaker, Dr. W. D. Salmon spoke on the Carcinogenic Effects of Diets. Each year between one and four top-notch speakers have visited campus to celebrate the centrality of nutrition research at Mizzou. Back in 2012, the name of this campus wide event was changed to reflect the historical strength of exercise research on campus and the intertwining of nutrition and exercise research focused on improving overall health. With tongue firmly in cheek, the name was changed to Nutrition and Exercise Research Days (NERD).

On March 23rd and 24th, the 50th Annual NERD event was held with the theme of "Sex, Drugs & Rock 'N Roll: Estrogen & Exercise in Women's Health". In honor of the pioneers in nutrition research at Mizzou, named lectureships exist in honor of Dr. Albert G. Hogan (known for separating and identifying the members of the vitamin B complex, and identified the importance of folic acid in the maternal diet among other achievements) and for his trainee, Dr. Boyd L. O'Dell. The attendees surprised O'Dell with an early birthday cake since he will turn 100 years old in August. O'Dell was a pioneer in copper and zinc and the role of their deficiencies in causing Parkinson's disease. His zinc and angiotensin converting



DR. BOYD L. O'DELL PRESENTED WITH A CAKE FOR HIS 100TH BIRTHDAY IN AUGUST 2016.

enzyme research contributed to the design of many hypertensive drugs. O'Dell continues to come into the lab, perform experiments and publish scientific papers to this day. This year's O'Dell lecturer, Deborah Clegg, Ph.D., R.D., gave two talks in addition to the O'Dell lecture. Clegg impressed a packed auditorium with her lecture entitled "Estrogens, What's Good for the "Goose" is also Good for the Gander!" NERD's 51st annual event is currently being planned for Spring 2017.

Expanding Access to Flexible Education

MU School of Social Work program top 25 in 2015

WITH A FULL-TIME SOCIAL WORK JOB AND TWO YOUNG CHILDREN, St. Louis resident Amanda O'Neal wasn't planning on pursuing a master's degree in 2014. But MU's new online master of social work program changed that.

"I absolutely would not have gone back without the all-online program," says O'Neal, who received an MU bachelor's degree in social work in 2007. "It offered me the flexibility of learning in my own home and setting my own schedule."

O'Neal, 31, was among the first to graduate in May from the MU School of Social Work online master's degree program. Established in the fall of 2014, the two-year program offers students who have received a bachelor's degree in social work within the previous seven years a chance to earn a master's degree completely online. About 40 students have enrolled in the program since its launch, says Dale Fitch, an associate professor in the School of Social Work and director of the program.

Fitch says the program aims to meet an education demand created by social workers like O'Neal, who was unable to find any other online master's degree program that did not have some on-campus requirement she couldn't meet. It's a demand that continues to grow. So much so that the School of Social Work is adding a "regular standing" track to the online program this fall that allows students with bachelor's degrees in other fields to earn a social work master's degree in three years.

REFLECTING DEMAND

Both the original online program—dubbed the "advanced standing" track—and the new regular standing program reflect growth in the field. The Bureau of Labor Statistics website predicts a 12 percent growth rate in jobs for social workers between 2014 and 2024, higher than the 7 percent average growth rate across all occupations. Employment projections show considerably higher growth rates in health care as well as mental health and substance abuse social work specialties, though employment growth estimates for other specialties are close to the average for all occupations, according to the bureau's website.

Those projections fit with the observations of Stacy Snow, Mizzou Online's director of marketing and recruitment. Snow sees an upswing in the number of students interested in social work professions, putting the advanced standing master's degree on the same path as other MU online

graduate programs that she says grew by about 6 percent last year.

From Fitch's perspective, the program simply provides access to social workers whose education has been impeded in the past by their location or work or family obligations.

"The students we're reaching are students who can't come to Columbia," Fitch says. "But they still live in Missouri and they still want a degree from Mizzou—we're just making it possible for them."

THE ONLINE CLASSROOM

While most of MU's current online social work master's pro-



gram students live in Missouri, residents of contiguous states—Arkansas, Illinois, Iowa, Kansas, Kentucky, Nebraska, Oklahoma and Tennessee—are eligible to apply as well. All are part-time students, typically taking two courses each semester. They select either an advanced clinical practice concentration that focuses on services for directly intervening with individuals, families and other groups, or a policy, planning and administration in human services concentration that prepares them to work in such settings as social service organizations and government agencies.

Studies in both concentrations include narrated lectures, assigned readings and online discussion forums. Students also role-play online using video conferencing technologies to develop their personal interaction skills. While no student must participate online at a set time, classwork is not self-paced, Fitch emphasizes. He notes the program is semester-based and requires participation in classroom discussion. Indeed, Fitch considers the online discussion forums a way to potentially transform the discussion environment because they encourage

commentary from students who might ordinarily stay silent in an on-campus classroom.

"In an online environment, more introspective students are more likely to be heard," Fitch says.

EARLY RECOGNITION

The program's blueprint was recognized during its first year, earning a No. 11 ranking in the Social Work Degree Guide's list of the top 25 online master's of social work programs in 2015.

Closer to home, the online program has won enough support to warrant its expansion. The new regular standing program kicks off in the fall with 40 students, Fitch says—far more than program administrators initially anticipated admitting in the program track's first year. Designed for people pursuing their first social work degrees after obtaining bachelor's degrees in other fields, the regular standing track's three-year duration reflects the additional coursework required to meet degree standards.

The same factors that sparked the creation of the original online program prompted the development of the regular standing version, Fitch says: "It was the same issues—demand and need and access."

"It offered me the flexibility of learning in my own home and setting my own schedule."

AMANDA O'NEAL

PERSONAL FINANCIAL PLANNING

A MILITARY APPROACH

PFP students tap into lessons learned during their time in the Marines



PHOTOS BY AMY SANDERS

DANIEL STOKES (LEFT) AND MARCO PANTOJA (RIGHT) WORKING IN THE OFFICE FOR FINANCIAL SUCCESS.

THE U.S. MILITARY IS KNOWN FOR ITS SKILL TRAINING. YET TWO U.S. MARINE CORPS VETERANS EARNING DEGREES through MU's Personal Financial Planning Program point to attitudes they learned in the military rather than specialized knowledge as the key carryover to their college careers.

"After the military, I had a new direction and motivation," says Marine veteran Daniel Stokes, who received his bachelor's degree through the Personal Financial Planning (PFP) department in May. "There was no more messing around."

Stokes, 27, and financial planning graduate student Marco Pantoja, 35, are among about 300 military veterans currently attending MU, says Sean McLafferty, president of the Missouri Student Veterans Association (MSVA) that collaborates with the MU Veterans Center to provide an informal social network for veterans. McLafferty says he often sees veterans apply the discipline and leadership skills they learned in the military to campus life. Those skills reflect both the fact that veterans are older than more traditional students, McLafferty says, and the perspective created by their real-world experiences.

Indeed, Stokes credits his leadership role as a Marine platoon sergeant with influencing his career choice. Following a stint in college, Stokes says he joined the Marines in 2009 uncertain about a future occupation and seeking experience. He supported base communications in Helmand province, Afghanistan, working to ensure that digital and voice communications equipment

remained ready for use. But Stokes says it was the responsibility he felt for the Marines he supervised that helped persuade him to study financial planning, since many would come to him with money issues that required in-depth knowledge and skills to resolve. "Coming back to school, I knew what I wanted to do," Stokes says.

Enrolled in MU since 2013, Stokes volunteered as a financial coach at the Mizzou Office for Financial Success before becoming student president for the organization.

Pantoja, who received an MU bachelor's degree in 2015 and is working to earn a master's degree in 2017, serves as the interim director of the Mizzou Office for Financial Success. He joined the Marine Corps in 1998, specializing in electronics maintenance and calibration until his end of service in 2007.

Though Pantoja says the career path he chose to pursue when he began attending MU in 2013 reflects personal influences, he attributes the success of his college efforts in part to his military experience. Pantoja says it's unlikely he would have finished college if he had enrolled immediately after high school. But Pantoja believes military life taught him the self-discipline required to achieve his college goals, promoting an emotional maturity that drives him to do more than required.

"(I took) that time in the military to mature and to realize that sometimes you have to do things that you don't really want to do, but need to get done," Pantoja says.



PHOTOS COURTESY OF MU NEWS BUREAU

TEACHING GREEN

Students learning in green buildings have higher levels of environmental knowledge

Story by NATHAN HURST, originally published in MU News Bureau

THE ENERGY USED TO CREATE ELECTRICITY TO POWER LIGHTS, HEATING AND AIR CONDITIONING, AND APPLIANCES within buildings causes nearly 50 percent of all fossil fuel emissions in the United States. Educating children about the importance of having environmentally friendly, or “green,” buildings could be a key factor in whether they grow up to own and operate buildings that are green. Now, a researcher at the University of Missouri has found that students who attend school in buildings specifically designed to be “green” exhibit higher levels of knowledge about energy efficiency and environmentally friendly building practices.

“Anything educators can do to utilize existing space can help their students’ green building literacy.”

LAURA COLE

For her study, Laura Cole, an assistant professor of architectural studies in the MU College of Human Environmental Sciences, examined five middle schools from across the country. The schools were housed in buildings ranging from older, energy ineffi-

cient designs to new buildings architecturally designed as “teaching green” buildings.

“These ‘teaching green’ buildings are specifically designed as a kind of museum for environmentally friendly building designs,” Cole said. “The idea is that by being exposed to this innovative design every day at school, along with a sustainable school culture fostered by educators, students will inherently learn and appreciate the importance of green buildings. This study found this idea to be true in that the students from the ‘teaching green’ schools had much higher levels of knowledge about environmentally friendly practices than students who attended school in more inefficient buildings. These students also had much higher levels of environmentally friendly behaviors while at school, such as recycling and turning off lights.”

“Teaching green” schools include a variety of design features to immerse students in an environmentally friendly atmosphere. These features can include open-air hallways, which greatly reduce heating and cooling costs; exposed beams and girders where students can see the materials required to erect such large structures; dedicated waste and recycling spaces that are easily accessible; and the use of recycled and repurposed construction materials. Cole says even if schools cannot afford to build expensive new “teaching green” buildings, other options are available



ASSISTANT PROFESSOR OF ARCHITECTURAL STUDIES LAURA COLE.

to help teach their students by creating smaller interventions in the building or school yard.

“The study also showed that even a school with a relatively inefficient building design had students with a high level of green building literacy because the school had a very nice outdoor landscaped teaching space, including an outdoor classroom and a learning garden,” Cole said. “Anything educators can do to utilize existing space can help their students’ green building literacy. We all use buildings every day. Our children will soon be the people buying and constructing homes, offices and other buildings. Learning and translating that knowledge into future green building design will play a huge part in solving our environmental problems.”

This study was published in Children, Youth and Environments.

DEAR FELLOW ALUMNI:

What a year! As I wind down my two-year term as president of the College of Human Environmental Sciences Alumni Board, I reflect on the many changes that have happened within HES during this time. After 14 years, we have said farewell to Dean Stephen Jorgensen and welcomed Dr. Sandy Rikoon as the Interim Dean and hopefully a new dean will be announced very soon!

We once again had a wonderful HES Week April 11-16! We were thrilled to present awards to our outstanding alumni, faculty, staff, and students who have achieved amazing things. Please see the photos of all of our award winners for this year on page 24 and again, congratulations to them all!

As Mizzou alumni, we will always share an unparalleled passion for all things black and gold. I am honored to represent this school that supported me in gaining my degree, and I hope you value this institution enough to support our mission with your time and resources as well. In the Fall, I look forward to seeing you at our "It's in the Bag" fundraiser on October 13, the annual Homecoming Pizza Party on October 21 and many of the other great events that HES puts on for its valued students, alumni, faculty, staff and friends throughout the year.

It's been a true honor to serve as your HES Alumni Organization Board president. Thank you and GO TIGERS!

Amy Parris



HES ALUMNI, FACULTY, STAFF AND FRIENDS GATHERED FOR THE 8TH ANNUAL HES HOMECOMING PIZZA PARTY OUT ON TIGER TERRACE.



MOLLY GOOD MYERS (BS '03 TAM), KITTY DICKERSON (FORMER TAM DEPARTMENT CHAIR) WITH BILL FISCH AND THEIR FAMILY.



DEAN'S STUDENT ADVISORY BOARD OFFICERS, ROB CLUBB AND CHELSIE TODD.



HES ALUMNAE, KAREN MYERS (BS '62 MS '73 TAM), MARY ANN HOLSINGER (BS '67 HE ED), AMY SANDERS (BS '97 TAM) AND CAROLYN WILEY (BS '64 HE ED).



OLIVIA & MIA HERMAN AND ALLY SANDERS.



TIA ODOM, BS HES '99, WITH HER SONS J.T. AND GARYT.

PHOTOS BY AMY SANDERS



For more ways to get involved as an alumnus or friend of HES, go to 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.



M-I-Z + HES = Impact!

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GWYNN STANLEY LYLE, DAUGHTER OF JEANA GRAHAM LYLE.

SERENA RAMSEY BURLA, *BS HES '05 HDFS*, placed ninth in the marathon at the Olympic Trials in Los Angeles. She was a multiple-time All American in track when attending Mizzou.

ELLEN FISHER, *BS HES '08 ArchSt*, is the recipient of the 2015 Distinguished Service Award because of her significant contributions to concerns of the interior design profession. Ellen is the Dean at the New York School of Interior Design.

CHISATO KIMURA HAYASHI, *MA HES '09 HDFS*, is working as a Child Life Specialist at a hospital near Tokyo, Japan and is also pregnant with her second child.



SHANNA HELMS, *BS HES '02 TAM*, is the owner of The Ruffled Hem, a Women's Clothing Boutique in Tipton, Mo.



ANNA-MAE KOBBE, *MS HES '76*, of University Park, Md., married Doug Newell on July 26, 2014. Anna-Mae was elected to serve as the 2016-2017 Rotary District Governor in Maryland.

JEANA GRAHAM LYLE, *BS HES '06 TAM*, announces the birth of her daughter, Gwynn Stanley Lyle, on February 8, 2016. Her daughter was named after her love of HES. In a letter, Jeana writes, "As years have gone by and my journey has taken me far from Mizzou, I've never forgotten my time there and look back on it fondly. Recently, my husband and I were blessed with a little girl and with that came the daunting task of naming her. I specifically remember sitting in the lounge and thinking what a pretty name Gwynn was and wouldn't it be lovely to have a little girl one day and name her Gwynn. But what about a middle name? I thought

it only fitting to make her middle name Stanley to complete the homage to Textile and Apparel Management, Mizzou, and all the wonderful professors I encountered during my time in those two special buildings."

JENNA MASON, *BS HES '07 TAM*, is a Senior Designer for Boombah, an athletic apparel company in Yorkville, IL. She also teaches fashion courses at the Art Institute of Indianapolis.

TIA ODOM, *BS HES '99*, and her husband Barry, welcome the birth of their daughter, Anna Lockwood Odom, on June 23, 2015. She joins big brothers J.T. and Garyt.

REBECCA LEE ROBERTS, *BS HES '11 ArchSt*, worked at Treanor Architects in Kansas City, Mo. upon graduation and one of her main projects was the Gwynn Hall renovation project. Treanor was the lead architect on the MU Gwynn Hall renovation job.

JENNIFER WATKINS ROBERTS, *BS HES '06 TAM*, is Senior Manager of Corporate Services Procurement at Mallinckrodt, a multibillion dollar specialty pharmaceutical company based in St. Louis, Mo.

ELIZABETH SHARP, *MS HES '98, PhD '03 HDFS*, is the recipient of the 2015 Alexis J. Walker Award for Mid-Career Achievement in Feminist Family Studies.

ASHLEE SMITH, *BS HES '96 HDFS*, is Director of Development for the Ronald McDonald House Charities of Mid-Missouri.

HEATHER SPENCE, *BS HES '00 TAM*, is starting her new job at the Hallmark headquarters in Kansas City, Mo., as the Associate Product Merchant III in the new division of Gifts and Home Décor.

CHIJUANA TRAWICK, *PhD HES '11 HDFS*, is the Program Manager and Assistant Professor of Fashion Design at Lindenwood University in St. Louis, Mo.



ADRIANA UMANA-TAYLOR, *PhD HES '01 HDFS*, is the recipient of the Marie Peters Award at the National Council on Family Relations annual conference in Vancouver, BC. This award goes to distinguished scholars, researchers, and practitioners who have made significant contribution to the area of ethnic minority families.

IN MEMORIAM

ALICE DECELLES, *BS HE '41*, of Encinitas, Calif., at age 95.

JOHN HOLIK, *Vanguard Society Distinguished Fellow*, of Mexico, Mo., at age 91.

BETTY KORFF, *BS HE 1944 HES*, Washington, Mo., at age 92.



ED METZEN, *former chair of the MU Department of Consumer and Family Economics in HES*, of Columbia, Mo., at the age of 82.

MARYANN MOORE, *BS HE '74 TAM*, of Granbury, Texas, at age 62.

DWIGHT RIEMAN, *PhD HES SSW*, of Columbia, Mo., at age 97.

FEATURE

THE Good LIFE

MU LEADS PROGRAM
TO STRENGTHEN
FAMILIES
THROUGHOUT
MID-MISSOURI



SOCIAL SERVICE AGENCIES ACROSS MID-MISSOURI ARE GEARING UP TO LAUNCH A FIVE-YEAR EDUCATION PROGRAM ORGANIZED BY MU RESEARCHERS IN AN EFFORT TO HELP FAMILIES BUILD STRONG RELATIONSHIPS.

While the program targets low-income families, organizers emphasize that everyone is welcome to participate in the free educational effort they've dubbed "ShowMe Healthy Relationships." Financed by a \$9.6 million grant from the U.S. Department of Health and Human Services Administration for Children and Families, the program will offer relationship classes to both couples and single adults in 21 Missouri counties.

"The good life is built with good, healthy relationships," says program director David Schramm, an associate professor in the MU Department of Human Development and Family Science and an MU Extension family specialist. "And that kind of sets the foundation for the work we'll be doing."

Schramm aims to provide relationship and marriage education to at least 2,000 residents over the course of the five-year program.

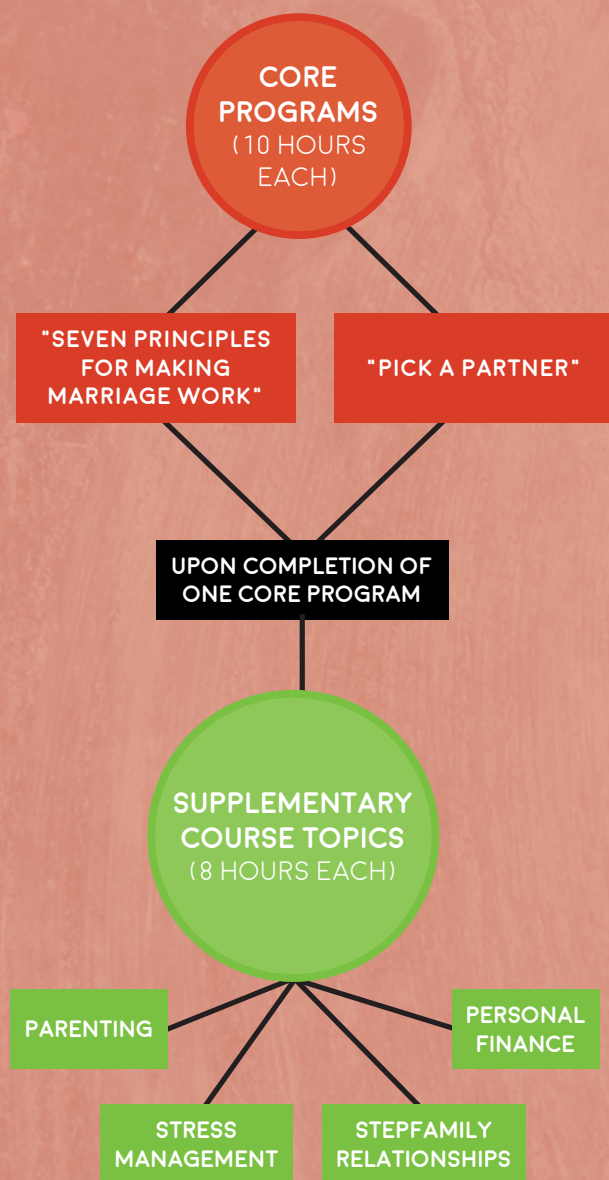
LAYING THE EDUCATIONAL GROUNDWORK

At the heart of ShowMe Healthy Relationships are two core programs, entitled "Seven Principles for Making Marriage Work" and "PICK a Partner." Both will be 10-hour courses, held over five weeks. The marriage class aims to help participating couples learn how to build their friendship, manage conflict and work as a team, while the PICK a Partner class focuses on five key things single adults should look for as they seek a happy, stable relationship, the program website says.

Participants may take additional classes once they have completed one of the core courses. Case managers working with each class will help core course graduates select from a roster of supplementary courses, which includes eight-hour classes focusing on topics such as parenting, stepfamily relationships, stress management and personal finance. Together

Class Structure

SHOWME HEALTHY RELATIONSHIPS



"The good life **IS BUILT WITH GOOD, HEALTHY RELATIONSHIPS.**
AND THAT KIND OF SETS THE
FOUNDATION FOR THE WORK
WE' LL BE DOING."

— PROGRAM DIRECTOR **DAVID SCHRAMM**



the classes—which aim to improve the well-being of children by improving the lives of participating adults—are designed to help low-income families handle the environmental stressors they often face, says Chelsea Garneau-Rosner, an assistant professor in the MU Department of Human Development and Family Science who serves as co-director of the project. They also focus more on stability than marriage compared to similar programs in the past, Garneau-Rosner notes.

"We're focusing so much more on the idea of a healthy relationship," Garneau-Rosner says. "It's about stability, and the quality of relationships among everyone in the family."

"WE'RE FOCUSING SO MUCH MORE ON THE IDEA OF A HEALTHY RELATIONSHIP. IT'S ABOUT STABILITY AND THE QUALITY OF RELATIONSHIPS AMONG EVERYONE IN THE FAMILY."

CO-DIRECTOR
CHELSEA GARNEAU-ROSNER

MU Extension and MU graduate students will work alongside three social service agencies to teach the classes. Joining forces with MU to offer ShowMe Healthy Relationship classes throughout the 21-county program area are Central Missouri Community Action (CMCA), based in Columbia; Douglass Community Services Inc., in Hannibal; and Cornerstones of Care—Healthy Families Program, headquartered in

Kansas City. The MU team began training social workers from the partner agencies in April, so that all will be ready to start offering the relationship courses in July.

BUILDING RELATIONSHIPS THROUGHOUT MID-MISSOURI

Already, ShowMe Healthy Relationships is garnering support from those who provide support services for area families. Schramm and Garneau-Rosner introduced ShowMe Healthy Relationships to about 90 family service agency employees during the program's official kickoff in April on the MU campus, encouraging attendees to support and refer families to the program.

Will Arnett, a Columbia Housing Authority (CHA) family support specialist, responded enthusiastically to the MU team's kickoff appeal. Arnett considers the ShowMe Healthy Relationships program a potential tool for improving relationships within the households served by the CHA, which helps provide housing for more than 1,900 families in Columbia and Boone County.

"I think the program is a great fit for our clients," Arnett says. "I feel it really is needed."

It's a sentiment echoed by all of the MU team's partners, each of which has previously offered a different version of the program. Though ShowMe Healthy Relationships will differ to some extent from those earlier programs, agency representa-



tives embrace it as a proven technique for improving family well-being.

Indeed, Linda Bleything, the Douglass Community Services Head Start director who is leading that agency's participation in ShowMe Healthy Relationships, points to changes wrought by the earlier program to explain support for the current partnership. Area families who participated in the Douglass Community Services relationship program that ended in 2013 started communicating better with each other and became more likely to work together as a team, Bleything recalls. "It's something that's really good for the community," Bleything says.

Three case managers have been hired to teach ShowMe Healthy Relationships classes and work with participating families in the Douglass Community Services area, Bleything says. Douglass Community Services will offer classes serving Lewis, Macon, Marion, Monroe, Pike, Ralls, Randolph

and Shelby counties.

Amy Sielaff, Cornerstones of Care director of youth and family support services, says the Kansas City organization has hired nine people to offer classes in Cass, Clay, Jackson, Johnson and Platte counties. Since the Cornerstones relationship program ended about five years ago when a federal grant funding expired, the ShowMe Healthy Relationship program will provide a service unique to the area, Sielaff notes.

"There are no relationship classes offered for free in our community, at all," Sielaff says.

For CMCA, the ShowMe Healthy Relationships partnership offers an opportunity to both reinstate and extend the reach of a similar program that ended in 2013. Nolanda Dodd, CMCA's ShowMe Healthy Relationships program manager, says offenders at a women's prison in Vandalia, Mo. will for the first time be among the residents to whom program classes will be offered.

CMCA has hired an employee and is contracting with community trainers to offer the classes, which will be held in low-cost locations convenient to the families who enroll, Dodd says. CMCA's program area includes Audrain, Boone, Callaway, Cole, Cooper, Howard, Moniteau and Osage counties.

LEARNING FROM EXPERIENCE

An important component of the program is an ongoing evaluation of its effectiveness, Garneau-Rosner says. Even as participant surveys are tabulated, Garneau-Rosner plans to review daily diaries written by participants and observe couples as they discuss conflict in an effort to identify what aspects of the relationship classes may need to be changed. Findings will be reported to the federal funding agency, she says.

"We feel very well-poised to make important contributions with this program," says Garneau-Rosner.

APPLYING AN EDUCATIONAL MINDSET

John Qualy Brings Career Skills to Support the College

HAVING WORKED 40 YEARS IN THE FINANCIAL SERVICES FIELD, MU alumnus John Qualy feels he has a lifetime of experience on which to draw in his work to support the College of Human Environmental Sciences.

Qualy believes financial advising at its core is a teaching business. That perspective helped prompt Qualy to stay connected to MU throughout his career, and return to an educational setting during the past several years in a financial leadership role for the college.

“The academic institutions are constantly working to prepare students for what’s happening in the real world, but they need to raise money to provide equipment and teachers,” he says. “It’s a complicated endeavor—but it’s so important to the future of our country.”

Qualy, 69, began his financial services career while a senior attending the MU School of Journalism. He started work in 1969 as an intern at The Northwestern Mutual Life Insurance Company, stepping into his first full-time job as a financial advisor with the company after receiving his

degree. Within a couple of years, Qualy had started recruiting additional representatives to build a Northwestern Mutual district office in Columbia, Mo. that still flourishes.

He became involved with the HES Personal Financial Planning (PFP) Department during the 1980s, using the lessons he had learned in the financial planning field to contribute suggestions for MU’s academic approach while serving on the PFP department’s advisory board. Qualy transferred to St. Louis in 1986 to take a Northwestern Mutual post that landed him the managing partner position a few years later, but stayed in touch with HES leaders even after leaving the advisory board.

Qualy retired from Northwestern Mutual in 2011, but returned to an educational environment at the college’s invitation in 2013 to join the HES Dean’s Strategic Leadership Council. Bearing in mind the importance fundraising has in MU’s ability to train students for professional positions, Qualy agreed to chair the council for the college’s current fundraising campaign, Our Time to Lead.



SUBMITTED PHOTO

“I want to help HES grow to be able to serve each and every student,” Qualy wrote in a letter to the council. “Someday some of them will take our place and do even more.”



Allen embodies “Our Time to Lead”

Catherine Allen, BS HES ’68, DHL ’05, has embraced challenge throughout her lifetime. Allen used the lessons she learned at Mizzou — an understanding of people and how to sell — to launch a successful career taking her all the way to the executive suite and boardroom. She hasn’t slowed down in retirement. Allen serves as a tri-chair of the **Mizzou: Our Time to Lead** campaign and the HES Dean’s Strategic Leadership Council. She is also a member of the research and development advisory board helping Mizzou with potential patent-producing research.

A passion for Mizzou

Allen says, “I am passionate about helping Missouri students see, and realize, their potential.” In 2009 Allen created a planned gift to benefit the *HES Dean’s Fund for Excellence, Textile and Apparel Management* and *Personal Financial Planning* departments. Allen says she decided to do a planned gift: “because it could be more significant and could make a difference; more than I could afford when still working and funding retirement.”

Catherine Allen, BS HES ’68, DHL ’05
Member of Mizzou
Legacy Society since 2009



To learn more about how you can join your legacy with the College of Human Environmental Sciences, contact the HES Development Office 573-884-9081, or email: schultzn@missouri.edu.

VICTORIA VIEIRA-POTTER, *Nutrition and Exercise Physiology*, was elected Chair of the American Society for Nutrition (ASN) Research Interest Group, Energy and Macronutrient Metabolism and will hold this position for one year. Vieira-Potter was invited to write a book chapter for Springer Publishing on the topic of "Estrogen, Adipose, and Inflammation" to be published in 2016 in a textbook titled *Sex Hormones, Exercise and Women: Scientific and Clinical Aspects*.

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.

In the period between Nov 1, 2015 and February 29, 2016, **HES AND HES EXTENSION FACULTY AND STAFF** were principal investigators or project directors on a total of 37 grant proposals submitted to external funding agencies,

totaling \$7,661,457.49. During this same time, HES and HES Extension received 19 grant awards totaling \$2,043,815.52.

STUDENTS

Seven students from the 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: **LINDSAY ARCHIBEQUE, REBECCA BOGLE, KATIE CLASS, TAYLOR COATS, ALLISON DAMERON, KATHLEEN KOWALSKY**, and **COURTNEY NORRIS**.

JORDAN FRERICKS, *Architectural Studies junior*, is a star on the Mizzou women's basketball team that finished 21-8 in the regular season and 7th in the Southeastern Conference. She averaged 12.3 points and 7.9 rebounds per game while being named MVP of the Hilton Concord Thanksgiving Classic and Second-Team All-SEC.

KATHLEEN KOWALSKY, *Textile and Apparel Management senior*, was selected as one of the Mizzou '39 Awards from MU. Students are selected based on academic achievement, leadership, and service to Mizzou and the community.

AARON MCMURRY, *Architectural Studies junior*, received an applied design award at the Undergraduate Visual Art Design Showcase Awards for his architectural design titled Lake House.

TAHMIDUL ISLAM MOLLA, *Textile and Apparel Management graduate student*, received the Sara Douglas Fellowship for Professional Promise Award



AARON MCMURRY AND MOHAMMED AL SUBAIE

from International Textile and Apparel Association (ITAA).

MATTHEW RICHARD, *Nutrition and Exercise Physiology graduate student*, has been chosen on behalf of the American Society of Nutrition (ASN) to participate in the second annual Emerging Leaders in Nutrition Science Poster Competition. This event recognizes the highest scoring research presented by student and young investigators at ASN's Scientific Sessions and Annual Meeting at Experimental Biology 2016.

ANDREA ROACH, *Human Development and Family Science graduate student*, is the 2015 recipient of the Jessie

Bernard Outstanding Research Proposal from a Feminist Perspective Award. This award is given to a graduate student or new professional who has demonstrated excellence in research and potential contribution to feminist scholarship. She has also been selected as a board member for the inaugural Journal of Family Theory and Review Digital Scholarship Board.

MOHAMMED AL SUBAIE, *Architectural Studies sophomore*, received an award of merit at the Undergraduate Visual Art and Design Showcase Awards for an architectural design titled MAKE: Steam - A Makerspace for Mizzou.



JORDAN FRERICKS

HES SPOTLIGHT: AWARDS

2016 HES ALUMNI AND FRIENDS AWARD WINNERS

NEW PROFESSIONAL AWARD
Kam Phillips | BSW '12

CITATION OF MERIT
Tracy Stearns | BS '89 E DN

DISTINGUISHED SERVICE AWARDS
Jim Deutsch, CFP® | BS '94 CFE
Carolyn Wiley | BS '64 HE Ed

2016 HES FACULTY, STAFF & GRAD STUDENT AWARD WINNERS

DISTINGUISHED RESEARCH/CREATIVE ACTIVITY AWARD
Lawrence Ganong (HDFS)
Benyamin Schwarz (ArchSt)

DISTINGUISHED TEACHER AWARD
Kelli Canada (SSW)

DISTINGUISHED STAFF AWARD
Dee Ann Sneed (HDFS - CDL)

GRADUATE TEACHING AWARD
Elke Altenburger (ArchSt)

GRADUATE RESEARCH AWARD
Cara Streit (HDFS)



KAM PHILLIPS



LARRY GANONG



DEE ANN SNEED



CARA STREIT



BEN SCHWARZ



JIM DEUTSCH



KELLI CANADA

ALL AWARDS PHOTOS BY AMY SANDERS



CAMP SALSA STUDENTS (FROM LEFT): MITCHELL NORTON, RONAN HESS, AND ESTHER BROOKS.



HOT SALSA NIGHT

ON JULY 16, 2015 THE MU FAMILY IMPACT CENTER HOSTED the Hot Salsa Night fundraiser at the Country Club of Missouri, which featured salsa from their Camp Salsa program. At Camp Salsa, local Columbia high school students during an eight week summer program learned to grow, cook, and sell salsa; gaining a variety of career skills in the process. The evening included remarks by Mayor Bob McDavid, Emcee Gary Link, entertainment by the MU Music Department and both a live and silent auction. The goal for the event was to raise awareness of programs in the community and raise funds for the 2015-2016 academic year. The grand total raised for the evening was \$12,000.

We are thrilled to announce that **Hot Salsa Night 2016** is being planned and will take place on **Thursday, July 28 from 6-8 p.m. at the Country Club of Missouri**. See the ad on the back of the magazine for more details. We hope to see you then!



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Human Environmental Sciences
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A fundraiser in support of the MU Family Impact Center

Hot Salsa Night

July 28, 2016 • 6pm to 8pm

Country Club of Missouri

Reception, Silent Auction,
Live Auction

\$40/person

To RSVP online go to
www.regonline.com/hotsalsanightJuly282016

For more information, please contact
Ashley Guillemette at (573) 882-2428 or
guillemettea@missouri.edu



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