REUNION







2017









John the Turtle is one of the whimsical sculptures at the Child Development Research Center, which were created by UA alumnus Frank Fleming and given to the University on behalf of John L. and Margaret E. Rhoads.

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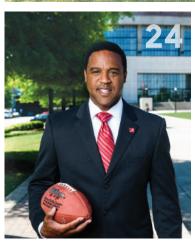
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MESSAGE FROM THE **DEAN**

WE BELIEVE IN DREAMS

"The future belongs to those who believe in the

beauty of their dreams," said Eleanor Roosevelt. Here

at CHES, one of our greatest delights is seeing our

students arrive every fall with their hearts filled with

hopes and aspirations. Then we do all that we can to

enable them to make those dreams come true.



Our College's steady growth for almost a hundred years, and the extraordinary achievements of our graduates, attest to our success in achieving that goal. Underlying our growth has been The University of Alabama's progressive understanding that we must inspire and educate students of all backgrounds as we address the questions of our time.

The great American humanitarian Harriet Tubman said, "Every great dream begins with a dreamer. Always remember you have within you the strength, the patience, and the passion to reach for the stars to change the world." We see these attributes in our students again and again. They come here eager to become all that they can be, ready to make a lasting impact for good in the community and the world around them. Our role is to give them the tools they need to do that.

All of the academic programs within CHES prepare students to excel personally and professionally, to advance their fields of expertise Because we are human environmental sciences, all of their quality of life.

In this issue of Reunion, you'll read about CHES students who are working day by day to reach their goals. Some showcase their work at Birmingham Fashion Week; others travel abroad to gain global understanding; still others complete internships or participate in service learning to gain practical experience. You'll also learn about CHES graduates who are thriving in the careers of their choice.

We take great pride in our students and alumni and all that they are accomplishing. We remember when they arrived with stars in their eyes and then we watched as they themselves became stars.

Ralph Waldo Emerson said, "Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true." Many start that journey

Milla Boschung, Ph.D., CFP®

SHORT STORIES

Suite Success

UA alumna Lana Koenning's career has landed her at the largest sports stadium project in the country. The 2016 Jack Davis Award recipient serves as manager of suite member services for the Atlanta Falcons and Mercedes-Benz Stadium, a \$1.6 billion facility which opened in Atlanta this year.

Koenning's responsibilities include managing all 200 suites — which are owned by corporations and companies that have signed long-term contracts — and maintaining relationships with clients through contract execution, client services, hospitality, and events. Koenning says her experiences with clients and the resulting relationships are her favorite part of the job.

Koenning credits CHES with equipping her with the knowledge and skills she needs in order to succeed in this career.

"I've used what I learned in the classroom and from teachers and mentors in CHES throughout my career in professional sports. CHES classes were interactive for me, and I have been able to apply what I learned to my job," she says. "The CHES professors were more than teachers; they were mentors and friends and have helped motivate and guide me to where I am today."

Koenning, who previously worked with NBA Charlotte Hornets Sports and Entertainment, has some straightforward advice to those striving for similar careers: "Be persistent and always follow up. If you want something, and you're passionate about it, don't give up."



China Through a Fashion Lens

"It is one of the most amazing things I have ever experienced — seeing the machinery, the technology, the innovation," says student Mary Carol Poxon of her study-abroad program in China. "It's a big reason I chose UA. Other schools I applied to never offered anything like this. If anyone asked me, I'd say, 'you have to go.""

Since 2014, CHES has offered students the opportunity to take a tour of China focused on the fashion and textile industries. The two-week program shows students the interconnected components of the textile industry and the influence of cultural differences on international retailing.

The students visit Beijing and Shanghai, where they tour factories, design schools, corporate headquarters, design studios, and major retailers. They also take cultural excursions to historic landmarks — such as the Great Wall of China and the Forbidden City — and attend events such as local cuisine tastings and entertainment.

"The students develop a greater understanding of China's society, Chinese people, Chinese consumers and the country's apparel industry," says Clothing, Textiles & Interior Design Associate



Professor Dr. Michelle Tong. "They see China in a more objective way. I think that is the greatest achievement of their experience."

Tong says the program's main objectives include understanding the relationship between China and the U.S. in terms of trade in the textile and apparel sectors, increasing awareness and sensitivity to Chinese culture, and heightening awareness of Chinese influence on design.

Dollars-and-Cents Savvy

Educating students on what it means to be financially responsible is a priority for HES Consumer Science major, Marla Hogue. Last fall Marla agreed to participate in a new financial literacy initiative through the College of Human Environmental Sciences, which enables first-generation college students to receive peer counseling about financial literacy. Topics covered include debt, student loans, investments, car payments, credit cards vs. debit cards, and budgeting.

"I figured there would be no better way to get involved with financial literacy at The University of Alabama than to work one-on-one with the students," says Hogue. She counseled one fellow student throughout the fall semester. "My hope for the future of this program," she says, "is that more students will become willing to educate themselves on what it means to be financially responsible in the present and future."

This initiative in the College of HES has been generously supported by the Ogie Watkins Endowed Scholarship Fund as well as the Josephine Turner Endowed Fund for Excellence. These endowments have provided scholarship funding for the students participating in this experiential learning opportunity in HES and have enabled us to lay the foundation for this financial literacy initiative.

So Kids Can Be Kids

Dr. Sherwood Burns-Nader started college as a pre-med major, but she was concerned about what she'd do if medical school didn't work out. Then she discovered the Department of Human Development and Family Studies, particularly the child life emphasis, which merged her interest in medicine with her love of working with children.

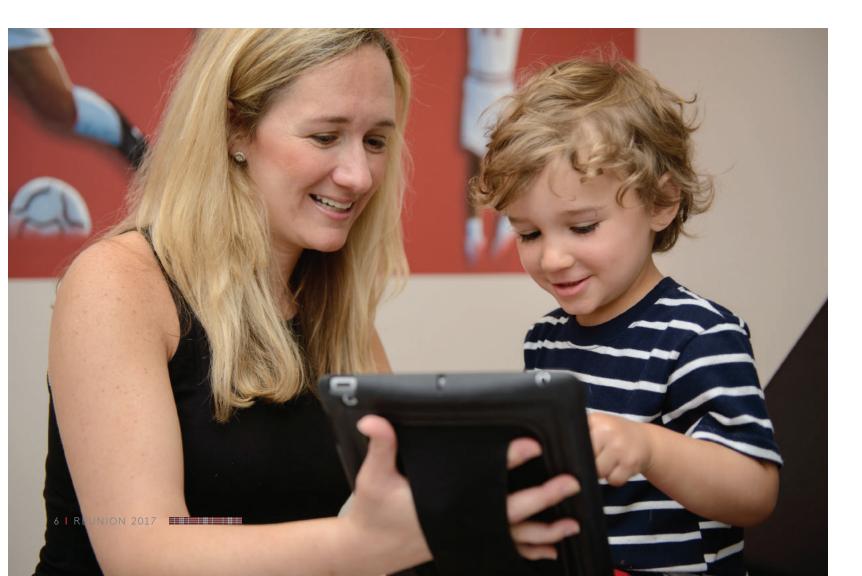
Once in the field, she saw the opportunity to add to the research focusing on child life and was inspired to expand the existing knowledge. Today, as an assistant professor in the department and a Certified Child Life Specialist, she studies families with children undergoing medical procedures.

One such procedure is hydrotherapy,

an especially painful burn therapy. During the procedure, child life specialists distract the young patients in hopes of minimizing their feeling of pain. This promising research is the first of its kind.

Her other areas of study include: daily experiences of parents whose child has been diagnosed with cancer, effectiveness of distracting children with a tablet like an iPad during injections, and effects of play and non-play activities on a child's mood during doctors visits.

It's the children who inspire Burns-Nader. She says they show incredible resilience. "Even after experiencing hardships and health issues, they still just want to be kids." The goal of her work is to help them return to a typical life.



A Hand in History

Hospitality major Lee Bonner had an experience of a lifetime when she interned at the Republican National Convention in the summer semester of 2016. She then was selected to serve on the Presidential Inaugural Committee in December 2016 and January 2017. The committee planned and executed all of the inaugural events, from the Welcome Concert to the inaugural balls on January 20.

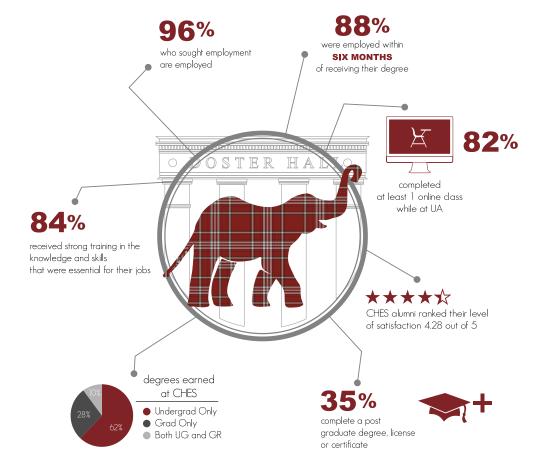
For the inauguration, Bonner served as assistant to the director and deputy director for ticketing and invitations and was part of the team that created guest lists for all inaugural events. Her main role was ensuring that the ticketing requests of major donors and VIPs were honored. She also was in charge of planning a breakfast honoring

Florida Governor Rick Scott during inauguration week – "everything from table layout to goody bags," she says.

"It is such a blessing to be in HES where university experiences are valued," she says. "My professors are so accommodating. They want me to accomplish my dreams."



CHES ALUMNI SURVEY





Birmingham Fashion Week offered students a rare chance to have their work critiqued by someone other than their instructors.

An ambitious concept from the start, Birmingham Fashion Week (BFW) was brought to life in 2011 by designer Heidi Elnora and retail business owner Jeanna Lee Thompson. Their goal was to "create an atmosphere that not only directly influences our youth and local economy in a positive way but also changes the persona of the fashion industry while setting the stage for future generations." Through years of hard work, BFW grew to be a fashion event recognized by local, regional, and national press.

The week featured a variety of acclaimed fashion designers each year. Participants have included Tibi, Show Me Your MuMu, and Rebecca Taylor. Aspiring designers who had



not yet received widespread recognition completed an application process in order to showcase a collection. In 2016, nine of the 16 participants in the Emerging Designer showcase were current or former CHES students. Designers in this showcase had to be college student or post-graduate designers, and were

chosen based on illustrations and a written statement about their collections.

Once selected, students had a tight schedule. There were several critique times before BFW during which students had to share their progress and have it evaluated. All students then participated in the fashion

show event and were evaluated again before semi-finalist selections.

Designs were critiqued once more, and the winner was announced.

"It seemed like the perfect opportunity to showcase my talent and better myself as a designer."

CHES student Haley Stiles says, "From the first moment I heard about BFW, I knew I was interested in applying. I heard so many great



things about the event and the people behind it, and it seemed like the perfect opportunity to showcase my talent and better myself as a designer."

Brian Taylor, an instructor in the Department of Clothing, Textiles, & Interior Design, describes what BFW meant to students. It "was a unique opportunity because it was not a part of our

"I knew that I wouldn't be happier in any other kind of career."

program but was close enough for students to participate. The design students had

the chance to be critiqued by someone other than their instructors."

CHES student Caryn Lee says, "My experience in Birmingham Fashion Week was unlike anything else I have ever done. Throughout the entire process — from research and development to the

runway show — I knew that I wouldn't be happier in any other kind of career.

"I really can't say enough positive things about what I gained by participating. It was a lot of work, but it felt like you had really accomplished something when it was all said and done."











"Having everything in one place is so much easier for study participants," says Dr. Amy Ellis, assistant professor in human nutrition.

"There's tighter quality control. It truly allows for bench-to-bedside research." That, in turn, helps researchers retain participants throughout a study, which impacts the strength of that study.

One piece of equipment causing much excitement is the BOD POD, which determines a body's volume by using computerized pressure sensors to measure the amount

of air the body displaces. All a participant has to do is sit quietly inside the spacious egg-shaped cabin. This Air Displacement Plethysmography technology (ADP) is considered the gold standard for measuring body fat percentage and lean body mass.

"The BOD POD is safe, easy, and non-invasive for the participant, but gives us a robust measurement of body composition that will greatly enhance our clinical nutrition research studies," says Ellis.

"The analytical space also elevates the caliber of the human nutrition department's research," Crowe-White says.

"When doing a food intervention, you don't just pick a food/diet intervention unless you understand the composition of the food or diet," she says. "It's not enough to do a feeding study and then get a clinical measure. You have to have a biochemical measure of active compounds in the food or diet intervention."

"The analytical lab enables researchers to measure compounds of interest in circulation using three different types of biological samples — blood, urine and adipose tissue, which is mainly fat. When outcomes aren't what the researchers expected, they can use the biochemical measures to look at the metabolism and kinetic piece to get a better overall picture of individual absorption," Crowe-White says.

The new space also makes it possible for students to participate in research at an undergraduate and graduate level. In Doster

Hall, space limited student participation.

"Our field and the knowledge of nutrition is constantly evolving, the science is evolving," Crowe-White says. "Showing students the tangible aspects of research enables them to become better scholars and accumulators of knowledge, which they will then pass on as clinicians. As we train students and observe them getting involved in our funded research, they change the way they view the field. The students realize they are creating the science

The students realize they are creating the science that's going to change the shape of the nutrition discipline.

that's going to change the shape of the nutrition discipline.

"When students are hands-on, their enthusiasm increases and their passion for the information is elevated, which often results in better grades and greater career potential," she adds.

The new space also fosters greater collaboration among the department's faculty members.

"That is a hallmark of our department," Crowe-White says. "We are collaborative researchers involved in translational research, because we know that not one discipline or training methodology will determine all nutrition interventions for the future. This is the type of space that all our faculty can use — community nutritionists, biochemists, clinical nutritionists, food scientists, and food chemists."

For more information on current and future studies, please call 1-844-348-7057.

MORF THAN SOLUTION OF THE SOLU

This early education program enables children to achieve the seemingly impossible.

It is Read Across America week, and a room full of 5-year-olds echoes with Dr. Seuss-themed songs. There is singing, dancing, and a smile on every child's face.

On the surface, this appears to be a fun, interactive music class. But it is so much more.

The University of Alabama RISE Center is an early childhood education facility that provides educational experiences for children with special needs, alongside traditional learners ranging from 8 weeks to 5 years.



Dawn Sandell is a full-time music therapist at the RISE Center. Her role involves targeting the therapy goals of students with special needs through music and other creative activities.

INCLUSION IS SO IMPORTANT. IT CAN BE DONE, AND IT CAN BE DONE WELL.

Sandell leads large group therapy sessions several times a week and small group sessions once a week. The sessions are always different, as Sandell usually plans songs and activities along weekly lesson themes, such as shapes.

"Music is such a universal language," says Sandell. "The children love music in general. They're naturally motivated by it, and therefore more likely to participate. They're having fun and enjoying it without realizing they're working on such important skills in the process."

Sandell regularly collaborates with the RISE Center therapist team, which includes a physical therapist, occupational therapist, and speech and language pathologist, in order to plan sessions that will assist the

children in working toward their goals.

"The most rewarding part of this job is seeing children accomplish things that doctors told them would never be possible," says Sandell. "Seeing them meet those goals and knowing you were a part of that is one of the greatest feelings."

In addition to serving as full-time music therapist, Sandell leads the RISE Center bell choir, the annual graduation program, and the RISE and SHINE play group program.

RISE and SHINE was put into place to increase services available to children and their families. The play group program enables families of children with special needs to receive services and assistance that might otherwise be inaccessible to them.

RISE Center Director Andi Gillen says, "My hope is that RISE is able to increase and expand the services we're providing to better meet the needs of the community. We want to continue to be a model for the University for student inclusion. Inclusion is so important. It can be done, and it can be done well."

RISE Center

Where Special Kids Shine









A FOCUS ON Relationships

Graduate students gain real-world experience in UA clinic.

rica Kelly has seen her fair share of cases over the past year while working as a student therapist at the Capstone Family Therapy Clinic. She's worked with clients dealing with anxiety, depression, interpersonal violence, parenting concerns, marital conflict, substance abuse/addiction and more.

"The experience I have had at the clinic has helped me identify who I am as a therapist," says the 23-year-old second-year graduate student from Cullman, Ala. "The things I've learned have become somewhat second nature to me and will be very beneficial as I start my private practice."

Kelly is one of nearly a dozen student therapists at the clinic, which serves as an "in-house internship site" for graduate students specializing in marriage and family therapy.

While the name might lead you to believe this field focuses solely on couples or families, marriage and family therapists see a broad range of clients.



"What sets us apart from other mental health disciplines is the focus on family systems and relationships," says Dr. Blake Berryhill, program director. "We focus on relationships in our profession, whether it be with couples, families, or an individual.

"For example, if an individual comes in and they're experiencing depression or anxiety symptoms, we want to know what other relationships in their life can offer support, but also what other relationships might be contributing to those symptoms."

In order to achieve the first level of licensure upon graduation, students must have 500 direct client contact hours — 250 individual and 250 couples and families. Students begin working at the Capstone Family Therapy Clinic in the second semester of the two-year graduate program. They also are placed at outside

internship sites in schools, private practices, and different treatment facilities.

In the clinic, student therapists learn to work with many issues, including marriage, relationship or family problems; stress at work or home; alcohol or drug addiction; grief and loss; loneliness; communication problems; depression or mood swings; eating disorders; anxiety; family stress related to physical or mental illness; and parenting skills.

"What's great about our training is that our students can really do a lot," says Dr. Karly Downs, director of clinical training. "They are trained to identify all the different facets of family that are influencing the identified problem and how to address those."

"They also are trained to take into account the cultural context of the individual or family, because culture impacts beliefs

and attitudes concerning certain things," Berryhill says.

When students graduate, they can do a number of things — open their own practice, work for a mental health agency or varied treatment centers, pursue a Ph.D. or provide nontherapeutic services for outside agencies, such as a nonprofit.

"The most valuable thing to me has been the supervision," Kelly says. "Dr. Berryhill and Dr. Downs have helped me through many tough sessions and cases. Whether it be cultural differences, trauma history, situations in which I must report abuse, hospitalizing a client or something like safety planning in cases of IPV (Intimate

Partner Violence), being a new therapist, these situations can be overwhelming. They have taught us what to do and are always right there with us as we take the steps needed to help our clients."

Beyond helping the students work through cases, Kelly says Berryhill and Downs also make sure the student therapists take care of themselves so they can continue to care for their clients.

"As therapists we hear many tough things that our clients have experienced and that can be difficult," she says. "Sometimes it's easy to forget we are human and can have emotional reactions to these things and that we really cannot carry them with us."

While the focus is training the students on evidence-based models, there is much more to being a therapist. Part of the program also focuses on how to be a professional and taking what is learned in the classroom and applying it when students meet with clients.

"When they leave here, students are confident in their skills and abilities to work with the full array of mental health issues and family dynamics that are out there," Downs says. "They are fully prepared, confident clinicians ready to create successful and positive outcomes for all types of clients."

The clinic operates from 8 a.m. to 7 p.m. Monday through Friday and charges a sliding scale fee based on a client's ability to pay. If a client requires medication, clinic staff will provide a referral to another physician or psychiatrist.

"In the end, it's all about client care and making sure our clients are getting the help they need," Berryhill says.

They are fully prepared, confident clinicians ready to create successful and positive outcomes.





During his professional career, Lewis worked with both the Los Angeles Raiders and Buffalo Bills, where his charge was to create a valuable product that would win games, generate revenue, and fuel the passion of fans.

"I am extremely grateful to the NFL," he says. "My tenure there enabled me to gain experience and build relationships within

management, medical, finance, sales and ethical issues. That experience to offer our students."

Today, his Sports Business Management master's students get to work with sports industry professionals, including members of the Leadership Council, which is made up of industry influencers who provide students with guidance and networking opportunities.

Lewis says it's important to note, however, that not all sports fans are suited for the business of sports. "You have to be willing to make many sacrifices. Sports

professionals often don't get to be fans. I knew this was the business for me when my curiosity about the industry exceeded my simply wanting to be a fan."

Giving back, mentoring, and providing professional guidance are what Lewis finds most rewarding in teaching. "When students can link their experience in the classroom to their professional careers," he says,

"I'VE MADE AN EFFORT TO PASS THIS and marketing, SIMPLE. YET POWERFUL. ADVICE ON TO THE FUTURE GENERATION OF SPORTS gives me more PROFESSIONALS."

"I know we are doing something right."

Lewis is a three-time University of Alabama graduate, with a Ph.D. in health education and health promotion, a master's in health education, and bachelor's in athletic training.











"One of the big pushes in health care is evidence-based practice, so [I wondered] what does the literature say?" says Hibberd, who is a health science/athletic training assistant professor. "But when I went to the literature for answers to my questions on how to treat athletes better, I couldn't find the answers. That's when I set out to help create that evidence."

She decided to get her doctorate, also from UNC-Chapel Hill, in human movement science, with a focus on shoulder injury biomechanics. During that time, she became interested in youth athletes. While working with college athletes, she noticed that many who came to see her "were broken." They had developed bad adaptations from participating in sports for years, and she wanted to know when intervention might have prevented those problems.

"I've been putting more emphasis on finding characteristics in youth athletes and how those relate to injuries. When do they develop certain physical characteristics? How does their participation in training influence those characteristics, and how and when can we intervene?"

The Athletic Training Research Lab, which Hibberd created soon after arriving at UA, specializes in clinical outcomes research with the goal of improving athletic performance while decreasing the risk of injury in athletes of all ages.

The lab is equipped with high-speed video cameras; GoPro cameras; dynamometers, which enable researchers to determine a strength test number; inclinometers, which measure angles and range of motion; therapeutic exercise equipment, and more. The largest piece of equipment is a diagnostic ultrasound that Hibberd uses to look at muscles and bones and get a snapshot of the inside of the body.

"In setting up the lab, it was important that all the equipment be portable," she says. The

work is a lot easier if you can take your equipment to a field rather than bringing the whole team into the lab. In order for research to be clinically applicable, someone has to have those tools both in the clinic and on the field."

The lab is also a great opportunity for students to engage in research. Hibberd's students are writing papers and carrying out projects that range from concussions in hockey players to lower extremity injury prediction.

I'm trying to

with people to

build relationships

become part of the

community so the

research has more

"I show them the tools and equipment we have and, with what they know and their interest, they come up with their own research projects," she says.

One student's project looked at different shoulder characteristics of the

members of UA's wheelchair basketball team and how those characteristics have been shown to relate to injury. They then implemented a six-week intervention program that could potentially prevent injury in that population.

impact.

In another example, a Ph.D. student looked at tracking recovery after someone exercises. The project focused on how to evaluate recovery and determine when the muscles are ready for exercise again.

With her interest in youth athletes, Hibberd hopes to start a project with Tuscaloosa County Park and Recreation Authority (PARA) to assess characteristics of Little League baseball players before they start pitching and how those characteristics might predispose them to injury.

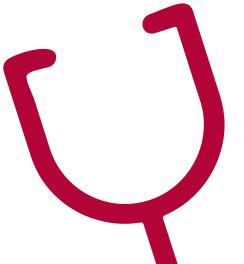
"Often, dads will coach their children's baseball teams ... but they're trying to teach kids how to throw a baseball," she says. "They don't know about teaching skill acquisition relative to fundamental physical characteristics, such as how to squat or balance or do a lunge. That's not part of their skill set or thought process. But if no one teaches that to the kids, they figure it out on their own, often incorrectly, which can predispose them to

injury."

Hibberd's goal is to provide pre-season screenings to youth athletes, identify intervention programs that will help prevent injury, and track the effectiveness of the programs. Ultimately, she hopes the interventions will become standard practice in community leagues.

"As a researcher, your success is based on whether the end user is applying your work," she says. "It's not about doing the research or getting published. It's about applying the findings into the community and

getting somebody to do it. I want to be able to provide screenings and positively impact health care through injury prevention."



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The 2016-2017 Jack Davis Professional Achievement Awards

Every year, CHES presents the Jack Davis Professional Achievement Awards to outstanding alumni for accomplishments in their fields. The award was established in 1986 in honor of Dr. Lewis Clifton "Jack" Davis, a Tuscaloosa dentist and a pioneer in emphasizing the importance of nutrition in dentistry. Dr. Davis also was the first male graduate of the CHES nutrition department.

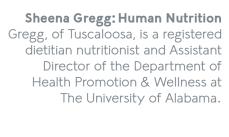


Chad Barker: Athletic Training
Barker, of Columbus, Mississippi,
is a partner and the regional Vice
President of Operations for Drayer
Physical Therapy Institute and
owner of Partner Core Fitness.





Meredith Franks: Fashion Retail Franks, of New York, is Senior Product Manager of women's woven and Product Manager of women's collection/Fashion Show for Joe Fresh.





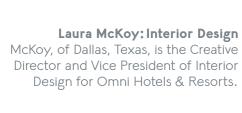


Jennifer Hairston: Consumer Sciences Hairston, of Chattanooga, Tennessee, is the Vice President of Operations at Barnett & Company.

Lana Koenning: Sports Business Management
Koenning, of Atlanta, Georgia, was the Manager
of Suite Member Services for the Atlanta
Falcons and Mercedes-Benz Stadium.



Matthew Maxwell: Interactive Technology Maxwell, of Sharpsburg, Georgia, is the Manager of Clinical Program Development for Cancer Treatment Centers of America – Medicine & Science.





Grant Trick: Apparel DesignTrick, of Birmingham, Alabama, is the owner of Design Industry Workroom in Birmingham.



Melanie Tucker: Health Sciences
Tucker, of St. Paul, Minnesota,
was an associate professor in the
UA School of Medicine's
Department of Family Medicine.



Taylor Williams: Human Development & Family Studies Williams, of Memphis, Tennessee, is Clinical Director at the Memphis Mental Health Institute and Assistant Professor in the Department of Psychiatry at The University of Tennessee Health Science Center College of Medicine.



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