

COLLEGE OF HUMAN ENVIRONMENTAL SCIENCES | THE SCIENCE OF IMPROVING LIVES

REUNION

2019





ALUMNI AND FRIENDS, PLEASE JOIN US FOR

HOMECOMING 2019

CONVOCATION | OCTOBER 25 | 3:30 PM

CHILD DEVELOPMENT RESEARCH CENTER, 651 PETER BRYCE BOULEVARD

DEAN'S RECEPTION | OCTOBER 25 | 5-8 PM

THE UNIVERSITY CLUB, 421 QUEEN CITY AVENUE

GAME DAY BREAKFAST | OCTOBER 26 | 9-11 AM

DOSTER HALL, 729 COLONIAL DRIVE



College of
Human Environmental
Sciences



24

DEAN

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Apparel design student Jennica Mancarella's creation was inspired by a sketch done by Holocaust victim, Hedy Strnad.

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CHES Adds Addiction and Recovery Major



MESSAGE FROM THE

Dean



Though this is my first dean's message, the College of Human Environmental Sciences has been my work home for the past 14 years. I am proud of the work we do to prepare the next generation to be tomorrow's leaders. With a dedicated team of coworkers, I have been busy this year carrying on a tradition of excellence set by my predecessors.

Following UA's lead, we are steering the College towards a shared vision under the UA Strategic Plan which focuses on delivering a premier education that offers a global perspective; increasing productivity and innovation in research, scholarship and creative activities; enriching our diverse learning and work environment; and providing opportunities and resources that facilitate work-life balance and enhance the recruitment and retention of outstanding faculty and staff.

This year has been one of building upon the strong foundation CHES enjoys. The quote from one of my favorite movies, *Field of Dreams*, "if you build it, they will come" is holding true for our College. We recently began offering several new programs of study; a Doctorate in Human Nutrition, a Master of Public Health and a Bachelor of Science in Addiction and Recovery. CHES saw a need for each and, once established, all have attracted students who are flourishing in them. In this magazine, you will learn more about this new bachelor's degree with the article, "Seeing an Issue, Treating an Issue."

Sprinkled throughout this issue are examples of meaningful experiential learning opportunities our students have enjoyed. Our cover story examines a unique collaboration between our clothing, textiles, and interior design department and the Birmingham Holocaust Education Center. Another article sheds light on the behind-the-scenes happenings of Super Bowl LIII where hospitality students worked. You will also learn about one student who interned in Haiti and used her skills as a fashion retailing major to improve the lives of young women there. These hands-on skill building experiences are a key part of the CHES educational philosophy. In fact during the most recent Bama Blitz fundraising effort, many of you helped us establish a CHES Experiential Learning Fund that will enable more students to take advantage of practical learning opportunities we offer.

Another area of focus, enriching our environment, has led to a number of classroom and facility renovations with plans for additional improvements we hope to share with you soon. We recently offered a more intimate college celebration for Honors Day and it was met with great enthusiasm by our students and their families. Please read "Celebrating Diversity and Inclusivity in Faculty, Staff and Students" to learn about the formation of a new committee to help make CHES a more welcoming place for all.

Thanks to my CHES colleagues, our students, alumni and friends for the warm welcome I received when I became dean. It has been a wonderful first year following in the footsteps of my friend, Milla Boschung. Know that I consider it a great privilege to guide this academic body that, on a daily basis, offers so many ways to improve lives.



Stuart Usdan, Ph.D.
Dean





With inspiration from Holocaust victim Hedy Strnad's sketch, Jennica Mancarella designed and made this elegant garment.

OPPOSITE: Dress design by Hedy Strnad, from *Stitching History From the Holocaust*, an exhibit created by the Jewish Museum Milwaukee.



Design & History Go Hand-in-Hand

*Innovative Project Combines Hands-on
Experience with an Important History Lesson*

By Tabby Brown



At the College of Human Environmental Sciences, we strive to offer our students rich, innovative and in-depth learning experiences. Sometimes opportunities to do so fall in our laps unexpectedly. When they do, we embrace them as our clothing, textiles, and interior design department did when asked to participate in a project to share the story of Holocaust victim and dress designer, Hedy Strnad, with the people of Alabama.

The Birmingham Holocaust Education Center (BHEC) approached CHES about enlisting apparel design students to create garments inspired by Hedy's sketches. A contemporary fashion show was one of a series of programs planned in conjunction with *Stitching History From the Holocaust*, an original exhibit created by the Jewish Museum Milwaukee and brought to Birmingham by the BHEC.

"We wanted to involve young people because we are now getting close to 80 years away [from the Holocaust] and they don't know the history of the Holocaust in a personal way. When you give out a number of 6 million people murdered in the Holocaust, you can't get your head around that. But if you look at it individually, you realize the talent we lost. To see how these students are keeping her [Hedy] alive but making it contemporary, brings the past to the present and it is wonderful," said Tandy Graves, BHEC board member.

Another BHEC board member Deborah Layman added, "The Holocaust Education Center is really focused on teaching students and engaging them in the history and stories of the Holocaust so that the lessons learned from those stories can be applied to their lives. Maybe we will create some agents of change in the process of doing that. Each of these student designers who have participated in the project now has a personal relationship with Hedy and an understanding of her story. It's meaningful to them. And I like to think that as they go on in their lives and their careers, they will make mention of this – the time they were inspired by a Holocaust victim's sketches."

Apparel design instructor Brian Taylor said this about the project, "This is a very unique opportunity for our students. Not only do they have the chance to design and create a look for a runway show off campus, but they also have this time to research and be inspired by the historical context behind the exhibit. It is valuable for them to learn about this time in history and how it affected the lives of millions. Watching them find inspiration in Hedy's work is exciting for our faculty. We love finding opportunities outside of the classroom to help the students to grow." Taylor, along with fellow instructor Paula Robinson, guided the student designers through the process.

Taking inspiration from different aspects of the sketches – silhouette, color palette, details – the nine students used their creativity and skill to turn Hedy's designs into fashions for today. Designers included Jeff Austin of Birmingham; Mary Rives Drake of Birmingham; La'Shandra Garner of Millbrook; Trevor Hill of Kennesaw, Georgia; Jennica Mancarella of Birmingham; Kaitlyn Sarao of Coral Springs, Florida; Millie Steed of Huntsville; Kailyn Thomas of Tuscaloosa; and Pang Vang of Chesnee, South Carolina.

The project offered a real design challenge outside of the classroom. For some of the students, it was their first foray into designing, producing, choosing models and styling for a live show. The students' work was featured on the runway along with looks from Gus Mayer's collection at the "Inspirations from the Past" fashion show in Birmingham on Holocaust Remembrance Day, January 27.





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To see how these students are keeping her [Hedy] alive but making it contemporary, brings the past to the present and it is wonderful.

-Tandy Graves, BHEC board member



Kaitlyn Sarao (l) shows Tandy Graves (c) and Deborah Layman (r) her initial ideas.

Kaitlyn Sarao enjoyed the project and learned from it too. "I studied the history of the Holocaust in school and knew that it was among the largest genocides humanity has seen. Learning about one victim in particular, and taking her designs as inspiration for an original design of my own, really connected me to the victims of the Holocaust. This project helped me see that Holocaust victims were people from all different walks of life, many were successful business owners like Hedy," said Sarao.

For Pang Vang, it was an amazing opportunity. "I enjoyed everything about this project – from creating the design, to bringing it to life and seeing how much others admired it. I enjoyed the fashion show the most, it was a dream come true to see my design on a runway."

Seeing everyone's interpretations of Hedy's sketches amazed Trevor Hill. "Something so simple, modernized and turned into something extraordinary! I would never have been able to imagine some of the outfits created, but once they were I could see the original influence within," said Hill. He, too, came out of this with a different perspective on the history of the Holocaust. "Through this project, I have learned that the Holocaust was a gradual tragedy. People saw it coming, years prior. It did not happen overnight, like it is described in school. Though people saw it coming, they were basically stripped of their rights and could not do anything about it," said Hill.

After showing their designs at the fashion show held at Gus Mayer, designers along with their models were invited back to Birmingham in February to attend the BHEC-sponsored play, *A Stitch in Time*, based on Hedy's life with her husband Paul. A reception followed where guests could meet the designers, see models wearing their contemporary designs and also view the traveling exhibit with Hedy's story and original sketches.

Trevor Hill, Jennica Mancarella, Kaitlyn Sarao, Kailyn Thomas and Pang Vang elevated their learning experience a step further by turning their project into a presentation at UA's Undergraduate Research and Creativity Conference (URCA) in the spring. Sarao brought home a top five overall prize at URCA and Mancarella, Hill and Thomas placed first, second and third respectively in the event's creative showcase.

"The department of clothing, textiles, and interior design can never thank the Birmingham Holocaust Education Center enough for providing our students with this unique opportunity. As young designers, our students have excitement and passion for the world of fashion they know but seeing Hedy's wonderful designs in the context of her life is something that I am sure has changed them not just as designers but as people," said Dr. Shirley Foster, chair of the department. ...

INSPIRATIONS FROM THE PAST



CHARLOTTE MCRAE IN DRESS
DESIGNED BY MILLIE STEED



JEFF AUSTIN + HIS MODEL,
VAISHUVI SRIDHAR



JASMINE DOVE IN DRESS
DESIGNED BY KAITLYN SARAO



LA'SHANDRA GARNER + HER MODEL,
SHAQUALA COURTLAND



MADYSON SMITH IN DRESS
DESIGNED BY MARY RIVES DRAKE



SYDNEY HUGHES IN DRESS
DESIGNED BY TREVOR HILL



PANG YANG + HER MODEL,
TAYLOR ELLIOTT



BRISHAUNNA MABRY IN DRESS
DESIGNED BY KAILYN THOMAS

Photos courtesy of
Nik Layman Photos.

SHORT *Stories*

GIVING WOMEN A VOICE THROUGH INTERNSHIP IN HAITI

By Kristina Williamson

Caleigh Coshatt, a Birmingham native, wanted to make a difference with her senior internship. After careful deliberation, she chose to spend five months at SaVoix in Port-au-Prince, Haiti. In doing so, Coshatt became the first fashion retailing student to be approved for an international internship.

The French word SaVoix translates to “her voice,” which is fitting because it helps women in Haiti express themselves through art. On a typical day at SaVoix, Coshatt worked alongside young women in their teens and 20s to create custom accessories. Products consist of hand-painted and assembled leather keychains, clutches, totes and cardholders. All proceeds go to professional schooling for the women involved. It sets them up for a successful future and a better quality of life.

Her experience with the non-profit enriched Coshatt personally and professionally. “[SaVoix] pushed me out of my comfort zone. ... It shaped me into the person that I am,” said Coshatt. She worked a typical 9-4 schedule during the week, but on Saturdays the team would gather for prayer, devotion and prepare products for the week to come. Her responsibilities included promoting the organization’s wares and working side-by-side with SaVoix designers during the creative process. This experience enabled her to use her education and talents for a greater good. It was a life changing internship that sparked a passion for helping people through the design industry.

“They impacted me more than I could have ever impacted them. ... I was able to learn so much,” said Coshatt. Because SaVoix is a small organization, Coshatt worked in many areas of the nonprofit: coordinating pop-up shows, design, marketing, social media and packaging. During her internship, Coshatt accompanied the founder, Jessica Drogosz, to trade shows in New York. She met Drogosz on one of her three previous short-term mission trips to Haiti and Drogosz played a role in Coshatt’s choice of SaVoix.



Working with SaVoix designers was a joyful experience for Caleigh Coshatt (c).

Babs Davis, fashion retailing instructor, described Coshatt as having “a big heart for serving others.” While Davis’ student, Coshatt discussed professional goals of owning her own nonprofit company to help others. Davis said the clothing, textiles, and interior design internship program matches students with companies that complement their future career goals. “This was a natural choice for Caleigh. She was able to learn so much and have not only a great internship experience, but a fantastic cultural experience as well,” she added.

“The fashion retailing concentration requires students to work a full semester with companies that give them a hands-on learning experience, helping them connect classroom knowledge to work experience. The classroom is great for learning the basics of how the industry operates, its terminology, and all of its various parts, but there is nothing that can compare to being able to learn by working in the industry,” said Davis.

After graduating in May 2018 with her BS in Fashion Retailing, Coshatt returned to Haiti for an internship with Haiti Design Co. The company aims to increase independence and stop the economic orphan cycle. It employs over 100 people to produce leather goods, jewelry and apparel.

Coshatt plans to further her passions for people and design in the United States. ...

STUDENTS DELIVER LEGENDARY SUCCESS

Hospitality Students Work Super Bowl LIII

By Kristina Williamson

An 800,000-square-foot space inside the Georgia World Congress Center was open to the public between Jan. 26 and Feb. 2, one day before Super Bowl LIII at Atlanta's Mercedes-Benz Stadium. Called the Super Bowl Experience, it featured immersive exhibits, player autograph sessions, merchandise shops, skills tests, interactive games and behind-the-scenes access to NFL Network celebrity interviews.

It took extraordinary effort to make it a meaningful experience for fans and a number of CHES students were there to help. When Super Bowl LIII advertised for Super Bowl Experience area managers in October 2018, hospitality management and sport hospitality students were eager to apply. It would prove to be a unique and memorable experience in sports event planning.



The Super Bowl trophy is within Jordan Lee's reach, super cool!

Approximately 75 students were hired to manage over 900 daily events at the Georgia World Congress Center in downtown Atlanta. The University of Alabama was well-represented.

"This year we had several students who were hired as area managers and worked the NFL Super Bowl. The students not only learned so much about sports event planning and execution, but also applied their problem-solving skills in onsite operation," said hospitality management assistant professor Shatina Chen. "Students were able to use classroom knowledge and develop skills as event planners and leaders. These students will use this experience as a guideline and building block for their future careers."

The 13 CHES students who worked the Super Bowl were Jessica Bloss, Ashlyn Braley, Collet Cogiliano, Joseph Harvey, Kristin Hatcher, Alexis Kempin-Ellis, Jordan Lee, Grayson O'Bryant, Taylor Oswald, Megan Reder, Caroline Romero, Olivia Wiggins and Zoe Zeurcher.

Jessica Bloss said, "Working behind the scenes provided me a bird's-eye view of the daily operations it took to bring each event to fruition." During her time there, she worked an NFL tailgate party with high profile clients such as Tim McGraw and Aloe Blacc. She also acted as liaison between the NFL and Ellen Productions. This experience taught Bloss about management, how to communicate with multiple personalities and the amount of effort that an event this large requires.

In addition to building management skills, this practical experience gave students the chance to network with professionals in the event and sports industry. "There were many problem-solving aspects of working as an area manager such as working with my teammates on how to provide exceptional customer service to guests who were not pleased with an aspect of the event, like line wait times," said Megan Reder. She led her team by going over the games before the event began and ensuring the team was well-equipped to create a good experience for guests. Additionally, she worked the NFL Friend & Family Tailgate which is an invitation-only event with guest performers such as Keith Urban.

Overall, students were able to build experiences that will improve their resumes, make wonderful connections and enjoy their time during this once in a lifetime opportunity at the NFL Super Bowl Experience. ...

CREATING OPPORTUNITIES FOR STUDENTS

Endowing a Scholarship at CHES

By Tabby Brown

In the spring semester, the College of Human Environmental Sciences hosts an annual event that brings together our donors and the deserving students who benefit from their generosity. The CHES scholarship dinner is a joyous occasion but one that has elements of poignancy. From our featured speaker's words to tableside conversations between donors and students, you hear uplifting stories about students who have overcome adversity and donors who have powerful motivations to give back.

These donors pay it forward by establishing endowed funds to support our students. An endowment is a gift that is intended to permanently support a CHES program chosen by the donor. The endowment fund remains intact in perpetuity while its earnings aid students, faculty and programs, in ways designated by the donor.

Endowed scholarships and support funds offer educational assistance for undergraduate and graduate students and may include criteria such as program of study, academic merit or financial need as a consideration. They help defray the costs of tuition, and make attendance at the University a reality for many students. These gifts are vital to the CHES mission of improving lives and provide tremendous help to our students.

The reasons for creating a named scholarship endowment are varied: the satisfaction of championing academic excellence; the gratification of knowing you helped a student accomplish their educational goals; the comfort of memorializing a loved one with a living legacy; or the pleasure of honoring a spouse, family member, or colleague in a way that is meaningful to him or her.

The Jean Wickstrom Liles Endowed Scholarship has been helping CHES students achieve their potential for 27 years. "My education and experiences at The University of Alabama played a big part in my professional success. In 1992, when I was retiring after 20 years as the senior foods editor at Southern Living, I wanted to do something for the University – paying it back for what was an exciting and rewarding career. With that in mind, my husband Curtis and I decided to endow a scholarship. We wanted to make sure that the next generation had a foundation equally as good as ours," said Jean Liles.

"We first get to know students who receive my scholarship through thank you letters. They write telling us about themselves, their families and the reasons they chose to come to The University of Alabama. Students express their appreciation and often describe obstacles they have had to overcome to get to the University. Then, we get to meet them. It is so rewarding for Curtis and me to meet our students face-to-face at the donor dinner. After more than 25 years, I still have contact with some of these recipients. Many now own their own businesses, some have become college professors and all have been determined to have a successful career. It gives me great joy to feel I have made a difference in people's lives. And it's all because I wanted to pay The University back for what it gave me," Liles continued.

Curtis Liles echoed his wife's sentiments and added, "My motivation to support Jean with her endowment is to recognize Jean's extraordinary accomplishments in her career and her devotion to CHES and its students. That gives me satisfaction."

Endowments like Liles' allow CHES to create and maintain excellence in academics beyond what can be accomplished with funding from the state. They provide the funds for scholarships that serve as crucial elements in student recruitment and retention. As costs for obtaining an education increase, it is so important that CHES offers scholarships that make college affordable and student debt more manageable.

Many families, businesses and individuals have found the means and the generosity to establish over 100 endowed funds at our college. Some find that creating an endowment results in tax savings and other financial benefits which enables them to give more than they thought possible. Anyone with a passion for helping others can find a way to make it happen. As with anything, it starts with a small step.

Ensure your legacy at the College of Human Environmental Sciences by endowing a scholarship that lives on forever at The University of Alabama. Test the waters by visiting ches.ua.edu/giving for more information. ...



The Liles enjoy time together with their scholarship recipients, (l-r) Jordan Pierce, Mary Margaret Richards, John Stanfield, Curtis and Jean Liles and Blaine Hyde.

CHES ALUMNI SURVEY

2019





WHEN THE TRANSFER OF KNOWLEDGE IS
TRANSFORMATIVE

By Tabby Brown

TEACHING, IN ESSENCE, IS ABOUT TRANSFERRING KNOWLEDGE FROM ONE PERSON TO ANOTHER.

At CHES, we have numerous examples of dedicated faculty members who take their teaching responsibilities a step further by becoming mentors to their students. Consumer sciences assistant professor Dr. Shinae Choi is a shining example.

Choi feels an obligation to create opportunities for students to achieve their potential just as they were created for her by her mentor at Konkuk University in South Korea. "Looking back on my time as an undergraduate, 2000 was a critical year for me. My best friend, Boyoung Kwon, and I happened to see an announcement for an undergraduate student research conference on campus. Interested in participating, we sought information and advice from our professor, Dr. Siwuel Kim. Even though she had a busy professional and personal life, Dr. Kim was happy to mentor our research. At every meeting with her, I experienced eye opening and 'aha' moments," said Choi.

Under Kim's mentorship, Choi and Kwon received a first place award for best paper at that first undergraduate research conference. These college friends didn't stop there. Their next project was a national undergraduate research thesis competition. Though nervous, the pair did their best and placed second at the conference hosted by the Ministry of Education.

Before those competitions, Choi had never imagined she would one day become a researcher. Her career path changed because of Kim's inspirational mentorship. Choi went on to graduate school to be able to teach at the college level and continue her passion for research. Today, in addition to her teaching obligations, she is deeply involved in studying the intergenerational transfer of wealth with a particular interest in financial planning and health care decisions for people with an Alzheimer's diagnosis.

After joining the faculty at The University of Alabama in 2014, Choi was approached by her colleague Dr. Melissa

Wilmarth to co-mentor consumer science students, Caitlin Wall and Sarah Kidwell. According to Choi, "Co-mentoring with Melissa was a great chance to learn how to mentor undergraduate students at UA. I truly appreciate that opportunity." Wall and Kidwell received a third place award in UA's 2015 Undergraduate Research and Creative Activity (URCA) conference.

In each subsequent year, Choi has mentored undergrad consumer sciences students on her own. All of her mentees have done well in UA's URCA competition and in 2016, Brianne Cronenwett and Jennifer Schopp took it a step further. They had a successful presentation at a national conference, the American Council on Consumer Interests (ACCI) which took place in Arlington, Virginia.

"Mentoring undergraduates has been rewarding and joyful for me. My research on estate planning always reminds me of the importance of mentoring future generations. I focus on intergenerational financial wealth transfer such as bequests, inheritances, inter vivos transfers or charitable giving. Intergenerational transfers are also happening in academia through mentoring the next generation," said Choi. She looks forward to mentoring undergraduates, transferring her knowledge of research methods and providing inspiration to those who follow in her career path.

Recruiting undergraduate researchers hasn't been a problem for Choi. At the beginning of each semester, she introduces UA's URCA conference opportunity to her classes. One or two students usually express interest every year. One who volunteered in the spring of 2018, Genevieve Smith, is still a mentee assisting Choi with her research.

Smith raised her hand that day because grad school and the Accelerated Master's Program (AMP) had been in the back of her mind for some time. "I realized that would require research and so I kind of viewed URCA as a test run into the world of research," said Smith. It was Smith's second class with Choi and she was sure that they could work well together.



Choi's mentor, Dr. Siweul Kim (r).

They do and it turns out that Smith has found her niche. "Honestly, I love it [research]. It's been a lot of fun. And I find out a lot of cool things. I pick up little articles and think – that's a really interesting topic, maybe I'll look at that one next. Our current project is about whether phased retirement is beneficial psychologically and financially for older adults. The idea for that came to me during our last project which focused on full-time aging workers. I found an article that talked about my subject but also briefly mentioned phased retirement. It's cool to see the transition from one research topic to the next. Dr. Choi has opened up my eyes, she tells me that is how to do it [research]. You find one thing you like and build off of that. One project leads to the next," said Smith.

Smith and Choi first collaborated on a 2018 URCA poster presentation, "Never Retire? Mental Health of Full-Time Aging Workers" and had a third-place finish. They also presented the poster at The Gerontological Society of America's 2018 Annual Scientific Meeting in Boston, Massachusetts. Smith's interest in older workers stems from being around a large snowbird population in her hometown of Boca Raton, Florida. Additionally, she feels retirement is an important topic for baby boomers and younger generations in America today.

At the time she was researching aging workers, Smith was working on campus with a retirement-eligible full-time employee. "I got to talk to her and see what it was like and why she was still working. It was a cool little connection to my research. I saw her recently and when I brought up my new research topic of phased retirement, she told me that it sounded like what she was now doing. She is focused on

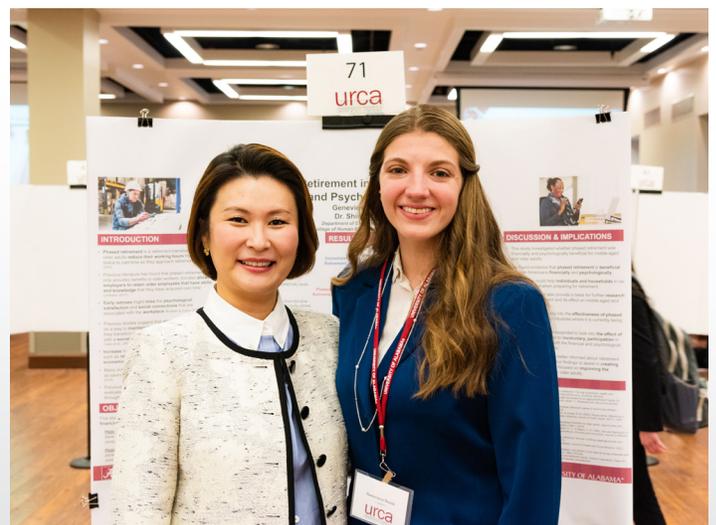
part-time working and is happy with her decision. I find it funny that she seems to be going along this journey with me," said Smith.

Smith presented the poster titled "Phased Retirement in Older Americans: Financial and Psychological Well-Being" at UA's March 2019 URCA conference. Smith went on to make her first oral presentation on the same topic at the ACCI conference in Arlington, this May. For these projects, Smith studied the transition from full-time working to part-time working and eventually full-time retirement. Her research reveals that a gradual transition can be financially and psychologically beneficial as compared to immediately jumping into retirement.

Choi and Smith are working on two manuscripts for journal publications as well. They have also submitted a proposal for another poster presentation on this topic to The Gerontological Society of America for its 2019 Annual Scientific Meeting in Austin, Texas this fall.

Smith's travels, and those of other CHES students, to conferences in distant cities are made possible through a fund aimed at enhancing the student learning experience. Alumnus and president of Hudock Capital Group, Michael Hudock, established the fund to expand learning opportunities outside of the classroom.

"My experience as a CHES student was wonderful and prepared me to sit for industry specific exams upon graduation. This was a valuable component of the structured education program offered. Looking back, I feel the benefits of learning opportunities outside the classroom could have offered a different level of preparation and experience that wasn't readily available when I was a student. It can be



Choi and Smith at the 2019 URCA conference.



Genevieve Smith and Dr. Shinae Choi finalize details of their next presentation.

difficult for students to afford to take advantage of these opportunities. I want to do what I can to make sure there are funds available to provide this added experience. My hope is that CHES students can spread their knowledge and research across the country while taking advantage of learning from others that they wouldn't otherwise meet. I would love to hear that the students benefiting from this fund graduate, then set up funds or scholarships of their own through CHES. I can't imagine a greater joy than participating in the miracle of exponential growth for each generation to come," said Hudock.

Smith said, "The opportunity to present at a national conference as an undergraduate was so empowering. It has refined my skills in public speaking and research. And it's great to meet people who are interested in the same topics as me. This spring, I talked to a presenter from UA's educational psychology program who is using the same data set I am and is also focusing on a similar topic about retirees. She was just coming at it from a different field."

Smith who graduated with a BS in Consumer Affairs in May 2019, hopes to receive her MS in Consumer Sciences with a concentration in consumer economics through the AMP program the following May. She is debating whether to get her feet wet in the working world or go straight into a PhD program. Her ultimate goals – teaching and conducting research. When asked if she would like to mentor others as Dr. Choi has mentored her, Smith said, "Absolutely. I think everyone should get a chance to do what I did and if I get the opportunity to influence others to hop into research and discover what they love, I would love to do that," said Smith.

Today, it is Dr. Shinae Choi's time to transform the lives of the next generation. She finds great joy in giving students the tools to create change in the world of financial planning and her enthusiasm for her work is contagious. Will Genevieve Smith carry the torch in the future? We certainly think so. ...



MAKING THE MOST OF OPPORTUNITIES

Alli Koszyk earns BS and MS in four years

By Tabby Brown

College was not a shoe-in for Chicago native, Alli Koszyk. She needed manageable tuition and scholarships to make it work. She found those things miles away from home at The University of Alabama, but her journey here wasn't an easy one. It took a lot of effort and determination to make it happen.

Encouraged by hardworking parents to get the four-year degree that neither of them has had the chance to pursue, Koszyk sought opportunities to make college happen for her. A consummate researcher, she eliminated a home state option at the University of Illinois because of high tuition and lack of scholarships. Besides, she felt ready to venture from home and be on her own. When shopping for an affordable way to get a good education, Koszyk's research pointed her south. She narrowed her initial 13 choices down to two and arranged visits to LSU and Alabama.

Koszyk fell in love with the Alabama campus at first sight. She was also drawn to the holistic nature of the Blount Scholars program which provides a learning and living community within UA that features small classes, intensive interaction with faculty and an interdisciplinary curriculum open to any major.

"ALLI WANTS TO MAKE A DIFFERENCE IN THE WORLD AND BELIEVES SHE CAN." -DR. KIMBERLY SEVERT

The Blount program clinched it, so Koszyk made a decision to come to Alabama without a scholarship but with the promise of one if she performed up to pre-determined academic specifications. With a 4.0 in her freshman year, and every semester since, Koszyk exceeded UA's expectations and was awarded the Julia Tutwiler Crimson Scholarship.

She credits the Blount program with making her transition into college life at Alabama manageable. "It's basically a reading, writing and philosophy program. It's very intensive and gave me a lot of structure. It also creates a sense of comradery. I met my best friends in its dorm," said Koszyk.

With a successful freshman year behind her, Koszyk attacked her next challenge – deciding on a major. She came in as a business major because she was unsure of what she wanted to do but knew that she wanted to be her own boss. Her course became clear when she accompanied her mother, a meeting planner for the American Bar Association, on a business trip to Seattle, Washington. A lover of travel and hotel stays anyway, Koszyk's eyes were opened to the many career opportunities within the hospitality industry on this particular trip. Koszyk observed and admired her mother's acumen in the high-pressure meeting environment. She couldn't accompany her mother the entire time, so she explored the city on her own and did so with a great deal of help and encouragement from the concierge at the Fairmont Olympic Hotel. Enamored with the historic hotel's charm, elegance and first-class service, especially from the concierge who gave her a personal cell number to call, Koszyk's career path was set in motion.

In her sophomore year, Koszyk found CHES and Morgan Milstead, her advisor, and hasn't looked back.

"I began meeting with Alli for academic advising in Spring 2017. I quickly learned how motivated she is. Alli had an outstanding GPA and I knew she would be an excellent candidate for the Accelerated Master's Program (AMP). I worked with her as she applied to AMP and once she was accepted into the program, I helped plan her course schedule. Alli will graduate with both her undergraduate degree and her master's degree within four years. This is truly remarkable," said Milstead, a hospitality management instructor.

Koszyk took full advantage of AMP, becoming the first hospitality management student to complete both a BS and an MS in just four years. "I was privileged to go to a really good high school and took a fair number of AP classes. So I came in with a number of college credits. I packed in classes taking full loads every semester. Ms. Milstead and Dr. Severt knew the program back and forth so we were able to fit everything in," said Koszyk.

Dr. Kimberly Severt, the hospitality management program director said, "I admire Alli's resourcefulness and her determination to seek out and take advantage of opportunities. She has been proactive about applying for scholarships and industry-related learning opportunities. Her desire and drive set her up for success."

Not long ago, Koszyk attended a CHES guest lecture by Greg Friedman, chief executive officer of the Peachtree





Hotel Group. In an internal newsletter about job, internship and other learning opportunities, she found that Friedman was sponsoring two students' attendance at the Hunter Hotel Conference. All it took was filling out a brief application, and she was off to Atlanta, Georgia learning more about the latest technology used in hotels and enjoying every minute of it. She also spent part of a summer in Hawaii interning with the Yummy Restaurant Group, a company founded by UA alumnus, Peter Kim.

The scholarship Koszyk secured in her sophomore year saw her through her BS, MS and will follow her on to another post-graduate opportunity she found – law school. Koszyk said, "Hotel owners and managers are faced with a number of liability issues, contracts to be negotiated and real estate deals to analyze. A law degree could be very helpful."

"Alli wants to make a difference in the world and believes she can," said Severt. A driven and committed young woman, Koszyk says this about her future career, "My ultimate dream job is to be the general manager of a LEED-certified boutique hotel," said Koszyk. Leadership in Energy and Environmental Design is an internationally recognized green building certification system. Koszyk is intent on providing first-class service that still meshes with her values on protecting the environment, practicing sustainability and sourcing locally. She's a foodie who loves to cook, a vegetarian and a committed recycler.

Koszyk's entry into the hotel industry seems to be well-timed. Recently, hoteliers have been focusing more and more on the importance of sustainability as it relates to development and operations. Many have found that it not only supports the environment but their bottom line as well. The industry is beginning to incorporate sustainability practices and hospitality management programs like ours are raising awareness and incorporating it into the curriculum. Sustainability is the topic of a number of lectures at CHES and will soon be the focus of an entire class.

Koszyk is aware that many hotel managers reach their positions by working from the ground up. "Even though our business is one where you do need to learn the ropes, like anything else, the more education you have, the more bargaining power you have and the more useful you will be," said Koszyk. She has already started her climb. She secured a position in guest services at Home 2 Suites in Tuscaloosa. Never one to shy away from asking for what she wants, Koszyk bargained with the hotel for a better than entry-level salary because she already had an undergraduate degree.

When Koszyk leaves Alabama, she will have a BS, an MS and a JD. She will, no doubt, be fearlessly seeking opportunities to run a first-class hotel and maybe even own one. ...

Koszyk gains experience in guest services at a local hotel while attending school.

Celebrating

DIVERSITY AND INCLUSIVITY IN FACULTY, STAFF AND STUDENTS

The Creation of a CHES Committee on Diversity and Inclusivity

By Kristina Williamson

"Universities across the country face challenges related to diversity and inclusivity. The University of Alabama and the College of Human Environmental Sciences (CHES) are no exceptions," said Dean Stuart Usdan. In one of his first initiatives after becoming dean, Usdan formed the CHES Committee on Diversity and Inclusivity to further our efforts in being a welcoming place for everyone.

This move aligned with the third goal of UA's strategic plan which seeks to enrich the learning and work environment by providing an accepting, inclusive community that attracts and supports a diverse faculty, staff and student body. Dean Usdan chose faculty and staff members to work on the newly formed committee and put a plan of action for the College in place. Known for her passionate advocacy on matters involving diversity, equity and inclusion, Dr. Wanda Burton was chosen to head the committee. "Burton's experience as a Peer Education Coordinator with UA's Women & Gender Resource Center was another indicator that she was the right choice to lead this effort," said Usdan. Others appointed to serve on the committee were Dr. Jeri Zemke representing health science; Brian Taylor representing clothing, textiles, and interior design; Andrea Wilson representing students and staff; Beth McManus representing staff; Dr. Tae-Young Pak representing consumer sciences; Dr. Kimberly Blitch representing human development and family studies; and Diane Bridgewater representing human nutrition and hospitality management.

"Based on research across various disciplines, we know that inequities exist within society and in institutions of higher education. We can better prepare students when all faculty, staff and students celebrate diversity and work and learn in inclusive, equitable spaces," said Burton. Therefore, one of the committee's main goals is to intentionally raise awareness of the issues of diversity, inclusion and equity. Diversity is the representation of all identities. Inclusion is ensuring that all feel welcome and are actively contributing. Equity is treating everyone fairly and having an equal opportunity. Inclusivity is actively creating a welcoming environment through equitable policies. The word, inclusivity, combines the ideas of inclusion and equity. The committee hopes to create and maintain an environment that respects and values individual difference along varying dimensions. They will also strive to minimize bias and redress systemic inequities.

"As we move forward, committee members will rely on both research-based and evidence-based practices as we plan and implement programs and initiatives for the College. As with any goal, it's important that we are both intentional and strategic in our efforts," said Burton. Ultimately, the committee wants to educate and empower students, staff, and faculty to make a difference locally and nationally. "Our graduates encounter all types of people, from different perspectives and lived experiences," Burton continued. "It is important that they understand the goal of equity and the significance of empowerment through diversity."

Although in the early planning stages, CHES students have shown interest in developing organizations that are based on inclusivity. "These efforts are common across campuses and help students deal with feelings of isolation. Our committee will be there to offer support and encouragement to all students who have been traditionally underrepresented," said Burton. Organizations with strong foundations of inclusivity, like the African American Graduate Student Association and the Asian American Student Association, both at The University of Alabama, can help students feel understood, motivated and involved.

In January, the CHES Committee on Diversity and Inclusivity hosted two events to honor Martin Luther King Jr.'s legacy. Over 80 faculty and staff attended a program facilitated by Dr. Christine Taylor, UA Vice President and Associate Provost for Diversity, Equity and Inclusion. At this lunch and learn, attendees watched a TED Talk and discussed the college's strengths and challenges in preparing students for diversity in the workforce.

"During the Color Blind or Color Brave workshop segment conducted by Taylor, it was encouraging to see a diverse group of my colleagues working together to increase self-awareness and sensitivity to students, moving all of us towards being color brave," said Usdan. Later in the month, Burton led a similar program which had over 60 attendees. Participants in the workshop then worked in small groups to discuss ways to hinder them from being brave and ways to overcome injustice and ways to overcome

Instructors and advisors affiliated with the committee were encouraged to schedule





CHES Diversity and Inclusivity Committee members (front row, l-r) Beth McManus, Diane Bridgewater, Andrea Wilson, Dr. Wanda Burton, chair, (back row, l-r) Dr. Kimberly Blitch, Brian Taylor and Dr. Jeri Zemke. Dr. Tae-Young Pak is not pictured.

Engagement (PIE) workshops with UA's Crossroads Community Engagement Center. These workshops are designed to increase cultural competency skills and foster a more inclusive environment. They engage concepts of social identity, intersectionality, inclusive language and implicit bias. "The director of Crossroads [was] invited to the fall 2018 CHES faculty meeting so that all instructors would be aware of this campus resource," said Burton. In February, a group of second-year athletic training students participated in a PIE workshop. "The stories shared will stay in the classroom but hopefully they all carry the lessons learned into their lives and clinical practice," said Dr. Lizzie Hibberd, assistant professor in the department of health science.

In March, the committee endorsed an AAUW Start Smart campus event, which is a pay negotiation workshop developed by The American Association of University Women to help close the gender pay gap. In April, the committee encouraged attendance for the Holocaust Remembrance speaker sponsored by the University's Office of Diversity, Equity and Inclusion. These events help to

increase awareness of social and cultural issues people may experience.

In the future, the committee plans to have programs that celebrate diversity. February is African American history month; March is women's history month; and September 15 – October 15 is Latino heritage month. Each offers chances to bring people together. "People are excited about these new opportunities. They align well with our College's mission of improving lives. I look forward to working with my colleagues at CHES and across campus on these efforts," said Burton.

Having an inclusive professional environment is the right thing for people in every level of our college, so it is important that we intentionally strive to create a welcoming place for our community. ...



LEFT: Dr. Wanda Burton makes Color Blind, Color Brave presentation to CHES students and others.

CENTER: Working together during the Color Blind, Color Brave workshop are (l-r) Pip Wells and Andrea Wilson.

RIGHT: Drs. Robb Nielsen and Melvin Lewis enjoy a light moment during the Color Blind, Color Brave workshop.

Champions

in Health Education and Promotion

By Tabby Brown

An award-winning student health education organization stepped its game up a notch and brought home yet another national prize. Delta Xi of Eta Sigma Gamma (ESG) received the Chapter Achievement Award for its efforts in teaching, research and service.

A multiple winner of past ESG awards including three consecutive Chapter Recognition awards, five consecutive Service Activity of the Year awards, and a 2016 award to Dr. Jen Nickelson for Chapter Sponsor of the Year, officers and members of this group were determined to take it to the next level. To be considered for the achievement award, a chapter must compete in three activities, including one service, one teaching and one research endeavor. Past ESG President Meghan Shewmake said that the group had worked hard over the last few years to expand its work and include a research component.

"The Chapter Achievement Award is a great honor for our chapter and brings recognition of our program to the national stage," said Shewmake. "Our chapter continuously goes above and beyond to add new activities and projects that will serve the needs of the University and community."

Delta Xi, in alignment with the mission of Eta Sigma Gamma, promotes the health education profession by elevating the standards, ideals, competence and ethics of professionally prepared health educators. UA students taking public health courses are recruited by the organization each year and must meet academic and service hour requirements before being initiated into the society.

Health science faculty member and ESG advisor Dr. Jen Nickelson said, "Working with ESG students has to be the favorite part of my job. These young people are energetic and full of innovative ways to meet the needs of the communities we serve. Watching them mature, learn and develop skills motivates me to do this year after year. I get a huge sense of joy when I see them recognize the impact they can have on others."

"I have had the honor of serving on the boards of the Holt Community Partnership and HOLT in Action for several years now," continued Nickelson. "When they have an idea for a health-related project, they know to ask if our students can serve. Also, when I see opportunities to address health issues in the Holt community, I bring my ideas to them. With their approval and support, I'll introduce those ideas to our students. Then the students will take our ideas and run with them."

ESG has partnered with these two organizations for five years to bring health information to area residents through the annual Holt Health Fair. Students were involved in planning the event, recruiting exhibitors, handling registration and operating a booth on the day of the 2019 fair.





ESG members collaborate with community partners in new office space at UA's Student Community Engagement Center, (seated, l-r) Devin O'Neal, Morgan Renfroe, (standing, l-r) Megan Campbell, Amber Eddy, Joe Boteler, Aundrea Thomas, Caitlyn McDonald and Rio Benjamin.

"We are the public health education honor society and we want to advocate for healthy living and a healthy lifestyle and make the public aware of preventative measures they can take to avoid disease," said Caitlin McDonald, a senior volunteering at the Saturday event in Holt.

According to Nickelson, ESG students often come up with ideas for other projects based upon needs they see. The group took part in the 2019 American Heart Association's Tuscaloosa Heart Walk by running an educational booth geared to heart health for participants. At UA's "Have a safe spring break" health fair, ESG members provided students with information to encourage them to engage in healthy behaviors over the break. ESG has also taken on a new research project, the audit of vending machines across campus. Their end goal is to make recommendations to improve the vending environment at UA.

Not only does ESG benefit the communities it serves, it benefits health education and promotion students by providing avenues for experiential learning. "ESG

gives our students the opportunity to practice what they are learning in the classroom to plan, implement and evaluate health promotion programs. They get experience working out in the community and interacting with community members. They also get the chance to enjoy the fellowship of like-minded students," said Nickelson.

The group's determination paid off in March of this year when the chapter award was conferred in Salt Lake City, Utah. It recognized the work done by the 2017-2018 chapter under the leadership of Meghan Shewmake (president), Lita Waggoner (vice-president), Jennifer Evans (secretary), Sengdhuan Defibaugh-Chavez (treasurer) and Elizabeth Brandley (historian). Spearheading the research component addition which allowed the chapter to be considered for the achievement award were Antonio Gardner, Eric Conrad, Mikaela Becker and Elizabeth Brandley.

Individuals within the organization also garnered awards that were presented at the 2019 annual meeting. Sally Klimek, who took over as ESG president this year, was

Not only does ESG benefit the communities it serves, it benefits health education and promotion students by providing avenues for experiential learning.

nominated by Delta Xi and recognized as her chapter's Outstanding Undergraduate Major of the Year. Shewmake was honored with the Loren B. Bensley Jr. Gamman of the Year Award, ESG's national recognition for outstanding leadership.

"It's an honor to receive the Gamman of the Year Award," said Shewmake. "Throughout my time with ESG, I have always tried to do my very best and show up for my chapter and community as much as I could, and I'm proud of the work that we have been able to do over the past five years."

Shewmake, who is on track to get a doctorate in health education and promotion soon, will return to her home state of Illinois in the fall to take a position as an assistant professor at Bradley University. Shewmake has impressive academic credentials but also credits ESG for giving her a leg up in the job hunting process. At Bradley, she plans to continue her association with ESG by taking on an advisory role.

Yet another feather in the organization's cap took place in April 2019. ESG was among the first student organizations invited to occupy one of the six offices in the University's new Student Community Engagement Center. The Center is designed to facilitate synergy and cross-disciplinary collaboration among student organizations and their community partners to address critical, community-identified problems.

This organization, which aims to improve lives through health education, service and research, allows CHES students to put what they learn in the classroom into practice and become agents of change long before they graduate. ...



TOP: Health education and promotion is all fun and games for (l-r) Caitlyn McDonald, Amber Eddy and the participants at the Holt Health Fair.

MIDDLE: ESG honor cords and initiation pin.

BOTTOM: Sally Klimek works the health education booth at the AHA Heart Walk.



**BAMA FOR
RECOVERY**
@BAMARECOVERY

Treating SEEING AN ISSUE, AN ISSUE

CHES adds Addiction and Recovery Major

By Kristina Williamson

Addiction is a high-priority issue facing America today — one that the College of Human Environmental Sciences (CHES) had the vision and the means to help address. CHES created a minor in addiction and recovery in 2012. Due to its success, CHES began offering a major in addiction and recovery during the fall 2018 semester.

The program prepares students to combat addictive disorders and provides varied career paths for those who choose it. This is an ideal major for students who want to go to graduate school to become counselors or therapists, work with at-risk youth and their families in the nonprofit sector, or enrich their future medical practice before medical school. “It is quite a diverse group, but they are all very passionate,” said Dr. Tricia Witte coordinator of the program and associate professor in the department of human development and family studies.

After a few weeks of advertising this major, there are 14 students majoring and 150 minoring in addiction and recovery. The University of Alabama is the only university in the state, and one of a select few colleges in the U.S., where students can receive a bachelor’s degree in addiction and recovery. “We just brought on three new faculty members in the College. One new member in health science and two new members in human development and family studies,” said Witte.

The program’s foundation was laid when former UA President Judy Bonner and former CHES Dean Milla Boschung saw a need for and student interest in addiction and recovery education. They began researching other schools with a similar program and found a successful one at Texas Tech. “Texas Tech recommended we start with a minor first, and then after the minor was in place develop the major,” said Witte. Within the next few years, the University plans to expand this into a graduate program.

Madison Smith is projected to be the first graduate in August 2019. After graduating with her bachelor’s degree, Smith plans to enroll in graduate school for her master’s in social work. She began her journey as a nursing major with a minor in addiction and recovery. When it was offered as a major, she changed her major to addiction and recovery.

Smith came to the University on scholarship from Arizona. Due to family members’ past addiction, Smith was drawn to learning more and understanding the causes of addiction. “Honestly, I think it was fate that I earned the scholarship because if I had stayed in state, I would have not been able to major in addiction and recovery and would have not found the path that I was meant to follow. I saw the healing that can be done with a wonderful treatment center. This major has given me the ability to see the disease of addiction as a whole, how it forms, the



Teaching in the Addictions and Recovery Program are Drs. Tricia Witte, Bobby Laird, Bridget Weymouth and Jamie Gajos. Dr. Jessica Jaiswal is not pictured.

progression of it, how it can be treated, and the recovery process,” said Smith. She plans to work as a licensed clinical social worker in an addiction treatment center after graduation from graduate school.

Mary Mooney, an Ohio native, learned about the major when Witte spoke at an Alpha Epsilon Delta health pre-professional honor society meeting in the fall semester. “The fact that it is a new and unique major will help me stand out when applying for medical schools and give me something unique to discuss in interviews that I’m passionate about,” said Mooney. Specializing in addiction and recovery gives her a targeted way to help people. For Mooney, an impactful moment was the National Eating Disorder Association (NEDA) walk in Tuscaloosa. “Eating disorders are a very real and serious issue, and hearing about people’s struggles to overcome them was a very powerful experience. I think sometimes our society especially can tend to turn its back on addictions, which can create a negative view regarding them, so education and awareness through events like this walk are imperative to remove the stigma. It was a great experience to hear success stories, but also great to know that by raising awareness, others with the disorders may feel more comfortable seeking help and recovering from their own disorder,” said Mooney.

The first cohort has diverse reasons for choosing the major. Often, but not always, there are students that come into this field who have been personally affected by someone struggling with addiction. Sometimes it is the student themselves that are in recovery. For these students, Collegiate Recovery and Intervention Services (CRIS) is a wonderful on-campus source, offering counseling and support for students currently struggling with addiction and those who are in long-term recovery. Students in recovery are succeeding personally and professionally on UA’s campus. Members of the organization have a typical

college experience that includes going to football games and hanging out together, but they choose to stay sober. The Collegiate Recovery Community (CRC) tailgates on the quad, steps from Denny Chimes. Yellow balloons fly over the tent, as tradition, to mark it as a sober location.

When taking classes in addiction and recovery, majors undergo in-depth studies about addictive disorders and the process of recovery. “The first class taken is an introduction or overview to addiction and the premise is the development and progression of addiction. This class is not specific to drugs and alcohol; it is a class on addiction to anything,” said Witte. People struggle with addiction to video games, gambling, drugs, alcohol, sex, etc. Students are given a foundation on what produces the addiction problem, so they are prepared for any form of addiction. Other classes taken such as adolescent development, inform students of how addiction is a developmental disorder. For example, the majority of people with an addiction to drugs, began using in early adolescence.

There are classes on treatment, prevention, policy development and policy evaluation. “A lot of the classes are taught by counselors, so you are not just learning statistics or research, you are actually learning techniques and skills to be used as a counselor. It’s almost like you are in a pre-professional program like pre-med or pre-dent, but it’s pre-counseling,” said Smith. In this field, students take a holistic view of the addict and their environment, studying genetics, brain function, thought processes and how addiction developed over time in the context of the individual’s societal influences.

While addiction is an overwhelming issue in our country, it is treatable. CHES’s new major will empower students to combat the issue through newfound knowledge and skills. ...

CHES FACULTY & STAFF *Accolades*

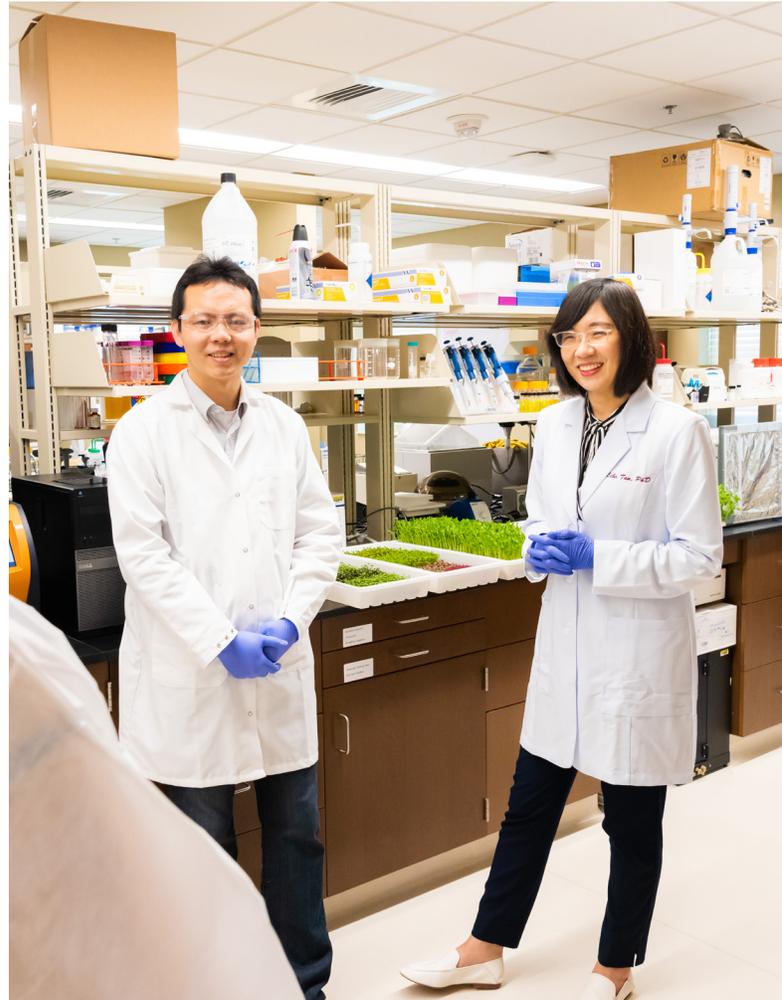
College of Human Environmental Sciences faculty and staff members strive daily to maintain relevance and distinction, giving our students a rich academic environment in which to learn. Their efforts are often recognized by others. Congratulations to these colleagues for being acknowledged for the hard work they do.

Nine faculty members secured UA funding to support their research this academic year. Each received Research Grants Committee (RGC) Awards.

- **Dr. Blake Berryhill**, human development and family studies
- **Dr. Deborah Casper**, human development and family studies
- **Dr. Joy Douglas**, human nutrition
- **Dr. Linda Knol**, human nutrition
- **Dr. Tae-Young Pak**, consumer sciences
- **Dr. Han-A Park**, human nutrition
- **Dr. Jen Nickelson**, health science
- **Dr. Yeon Ho Shin**, hospitality management
- **Dr. Libo Tan**, human nutrition

Our student services team received a Sam S. May Commitment to Service Award. They were recognized for providing exceptional service to students through commitment, innovation, creativity and continuous improvement in human relations. **Dr. Jennifer Humber, Karen Carpenter, Ginger Hudson, Carmen Kelly, Pip Wells** and **Andrea Wilson** received the award at UA's annual fall assembly.

Dr. Kimberly Blitch, human development and family studies faculty, was named a 2019 Innovation Scholar in Residence by The University of Alabama's College of Continuing Studies. She will be working on a project to enhance distance delivery of a key foundations course in early childhood curriculum planning.



ABOVE: Drs. Lingyan Kong and Libo Tan work with Alabama farmers to improve the quality, shelf-life and safety of their microgreens.

OPPOSITE PAGE:

TOP: Elise Evans is congratulated by colleagues upon being awarded a CHES Distinguished Service Staff Award.

BOTTOM: Dr. Lizzie Hibberd shares her expertise on "The AT Tapes" a podcast of the *Journal of Athletic Training*.



Dr. Sherwood Burns-Nader, *human development and family studies faculty*, received the 2018 Professional Research Recognition Award at the Association of Child Life Professionals' annual conference. The award honors significant work by a child life specialist and celebrates research initiatives that contribute to theory and practice within the field of child life.

Dr. Shinae Choi, *consumer sciences faculty*, received first place in the Best Poster Awards at the 2018 Rural Health Conference. Her poster presentation was titled "Comorbid Health Conditions and Racial/Ethnic Differences in Advance Care Planning among Middle-Aged and Older Adults."

Ian Crawford, *clothing, textiles, and interior design faculty*, has been renovating a Greek Revival mansion in Greensboro. *Southern Living* took notice and published an article about his home in the March 2019 issue of the magazine.

Dr. Kristi Crowe-White, *human nutrition faculty*, was featured in episodes of *Behind the Science: on Location*. In the first video, Dr. Crowe-White talks about her study of the benefits of watermelon. She describes how this superfood has six bioactive compounds that are cardio-protective.

Elise Evans, *human nutrition and hospitality management staff*, was awarded a 2018 Distinguished Service Staff Award for attending to the day-to-day organization of her department so well. She was commended for her wealth of knowledge about the University and for her kindness to others.

Caroline Fulmer, *consumer sciences faculty*, was inducted as an honorary member of Mortar Board in 2018.

Craig Graves, *media services*, won the Professional Staff Assembly's Outstanding Professional Award for implementation of a campus-wide clinic observation recording system. While researching a replacement for our aging system, he realized there were other departments on campus trying to move forward with similar technology. Craig, along with other team members from UA, have implemented a unified system across campus.

Dr. Lizzie Hibberd, *athletic training faculty*, was named host of a podcast from the *Journal of Athletic Training* called "The AT Tapes". During monthly episodes, Lizzie interviews researchers and clinicians about current AT topics and issues.





The Student Services team, (front row, l-r) Ginger Hudson, Dr. Jennifer Humber, Andrea Wilson, (back row, l-r) Karen Carpenter, Pip Wells and Carmen Kelly, receives UA's Sam S. May Commitment to Service Award.

Carmen Kelly, student services staff, received a CHES Distinguished Service Staff Award in November 2018. She was recognized for being a great student advocate, having served as our registrar for 20 years.

Dr. April Kendrick, child development resources faculty, has earned endorsement as an Early Childhood Mental Health Mentor - Research/Faculty and is the first in the state of Alabama to do so. She also received an Alabama Women's Basketball Women's Leadership Award which was presented at the Alabama vs. Ole Miss game in February.

Dr. K.T. Kim, consumer sciences faculty, has been appointed to the *Journal of Financial Counseling and Planning* Editorial Board. The journal is a peer-reviewed research journal and the official journal of the Association for Financial Counseling & Planning Education. Kim was selected as the American Council on Consumer Interests (ACCI) Richard L. D. Morse Early-Career Award winner. Kim received this award at the organization's annual research conference this May in Arlington, Virginia, where he was also recognized by the FINRA foundation with a National Financial Capability Study Research Paper Award. At the American Association of Family & Consumer Sciences (AAFCS) Annual Conference in St. Louis, Missouri this summer, he received two awards for outstanding papers published in the *Family & Consumer Sciences Research Journal*.

Beverly Kissinger, interior design faculty, was elected chair of the Alabama ASID Financial Advisory Council.

Cherri Koester, University Club chef, and CHES hospitality management graduate student, Jon Turner, were invited to compete in the World Food Championships in Orange Beach, in November. Koester and University Club team members were invited to the Legislative Tourism Bash in Montgomery this April where they took fourth place for best display.

Dr. Linda Knol, *human nutrition faculty*, received the 2018 CHES Leadership Board Excellence in Scholarly Research Award for her productivity in research and her generosity in helping colleagues in their efforts. Her recent research accomplishments include mindfulness and stress eating and dietary intakes among adults and children.

Dr. Lingyan Kong, *human nutrition faculty*, was awarded a \$425,000 grant from the United States Department of Agriculture to research and improve flavor use efficiency and stability in foods using supramolecular starch-flavor structures. Kong also received a Ralph E. Powell Junior Faculty Enhancement award from Oak Ridge Associated Universities. ORAU provides funds to enrich the research and professional growth of young faculty.

Kong and **Dr. Libo Tan**, *human nutrition faculty*, received a research grant awarded by the USDA and Alabama Department of Agriculture and Industries to study "Postharvest Interventions to Improve Quality and Microbial Safety of Microgreens." This project seeks to optimize postharvest conditions to improve the nutritional and sensorial quality, shelf life, and microbial food safety of microgreens grown in Alabama.

Dr. Jeannine Lawrence, *human nutrition faculty*, was selected as an SEC Academic Leadership Development Program fellow for the 2018-2019 academic year.

Dr. Juanita McMath, *consumer sciences faculty*, received the Mid-South Educational Research Association (MSERA) Outstanding Dissertation Award for "The Gray Divide: A Stage Theory Analysis of Technology Adoption by Older Adults." She accepted the award in Pensacola Beach, Florida, in November. UA's College of Education presented her with a Recognition for Excellence in Dissertation Research at their 2019 Honors Day program.

Clo Patton, *dean's office staff*, received a 2018 CHES Distinguished Service Staff Award. She was praised for her problem-solving abilities and her professionalism in working with diverse groups of people to get the job done.

Paula Robinson, *clothing, textiles, and interior design faculty*, received the 2018 Joseph S. Rowland Teaching Excellence Award. Robinson, known for her upbeat attitude and positivity, is a passionate advocate for her students who goes above and beyond when called on to help them.

Dr. Su Shin, *consumer sciences faculty*, received the Richard L. D. Morse Applied Consumer Economics Award at the 2018 ACCI conference. Shin received the award for a paper she co-authored entitled "Spousal Health Shocks and Physical Activity Among Older Adults."

Darryl Thornton, *general CHES faculty*, was selected for the 2018-2019 Faculty Fellows in Service-Learning Program sponsored by UA's Center for Ethics & Social Responsibility. As a Faculty Fellow, he will have the opportunity to develop an exemplary service-learning course through a year-long series of topic-specific seminars, individual support and research assistance from CESR service-learning staff.

Dr. Melissa Wilmarth, *consumer sciences faculty*, was appointed as an Associate Editor for the *Journal of Family and Economic Issues* in January 2019. ...



The University Club's prize-winning food display.

ALUMNI RECOGNIZED FOR SETTING THE STANDARD OF *Excellence*

The College of Human Environmental Sciences presented annual Jack Davis Professional Achievement Awards to eleven alumni who are making a difference in their chosen field. This year's honorees include Erika Baranek, Matthew Barber, Emily Wilson Barton, Brandon Booth, Michelle Carney, Kira Goodwin, Ellen Hunter, Cherie Moman, Ambre Rypien, Justin Smith and Jeffery Sumter.

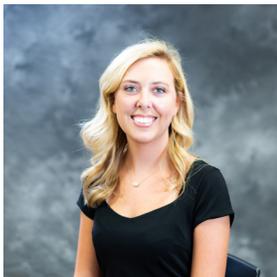
The Jack Davis awards have been given out since 1986, and are named to honor Dr. Lewis Clifton "Jack" Davis Jr., the first man to graduate from the College with a degree in nutrition. Davis set a standard of excellence as a dentist who was a pioneer in emphasizing the importance of nutrition in dental health.

We congratulate these accomplished CHES alumni who follow in his footsteps.



Erika Baranek, of Atlanta, Georgia, serves as the event producer for AMB Sports + Entertainment. Honored for outstanding professional achievement in sports business management, she coordinates all game day operations and events for Atlanta United Football Club soccer and Atlanta Falcons football teams. Baranek earned a BA in Communication & Information Sciences in 2012 and an MS in Human Environmental Sciences in 2014 from The University of Alabama. Her master's area of study was sport business management.

Matthew Barber, of Huntsville, works as the Estee Lauder portfolio field executive for Northwest Alabama. He oversees the financial plan of a \$13 million business where he recruits, develops and coaches talent for the company. Barber earned his BS in Human Environmental Sciences from The University of Alabama in 2006, majoring in apparel and textiles. Barber was honored for success in the area of fashion retailing.



Emily Wilson Barton, of Birmingham, holds degrees in both the undergraduate and graduate hospitality management programs at The University of Alabama. She serves as corporate sales manager for The Winfrey Hotel. In her role with the hotel, she is tasked with creating high level guest satisfaction, generating revenue and room nights and networking in the Birmingham community. Barton was honored for outstanding achievement in hospitality management.

Brandon Booth, of Birmingham, is a registered dietitian nutritionist (RDN), personal trainer, founder of Benchmark Nutrition and co-owner of Helena Health Club. Through Benchmark Nutrition, Booth and his team counsel clients on nutrition for sports performance and health. Booth received his BS in Food and Nutrition from The University of Alabama and went on to earn his MS in Sports/Clinical Nutrition from Florida State University. Booth was honored for his achievements in the field of nutrition.



Michelle Carney, of Birmingham, has worked for the accounting firm of Kassouf & Co. for 18 years where she specializes in investments and education, insurance, retirement and estate planning. In 1999, she was awarded a BS in Accounting and the following year, she earned a BS in Consumer Sciences with a concentration in Financial Planning, both from The University of Alabama. Carney was honored for outstanding professional achievement in consumer sciences.

THE 2018-2019 JACK DAVIS PROFESSIONAL ACHIEVEMENT AWARDS

Kira Goodwin, of Birmingham, is a CIDA-accredited interior designer and serves as the senior hospitality interior designer for Peggy Dye & Associates. She works on multimillion-dollar new construction and renovation projects with hotel owners, property management groups and others. Goodwin completed her BS in Clothing, Textiles, and Interior Design at The University of Alabama in 2011. Goodwin was honored for her achievements in the field of interior design.



Ellen Hunter, of New York City, graduated from The University of Alabama in 2003 with a BS in Clothing, Textiles, and Interior Design. An entrepreneur with her own company since 2010, Ellen Hunter NYC features an eclectic selection of handmade headpieces that have been worn by celebrities including Beyoncé and Ariana Grande. Hunter was recognized for her success in apparel design.

Cherie Moman, of Tuscaloosa, is a two-time graduate of the College of Human Environmental Sciences, holding a BS in Consumer Affairs and an MS in Human Environmental Sciences. Her master's area of study was interactive technology. She is the director of education, marketing & communications for the Alabama Center for Real Estate. In addition, Moman teaches the technology course for the Graduate REALTOR Institute. Moman was honored for outstanding achievements in interactive technology.



Ambre Rypien, of Baltimore, Maryland, is a 2011 graduate of The University of Alabama, who serves as senior manager of corporate social responsibility for T. Rowe Price. Rypien develops strategic relationships with community partners and works to engage corporate partners and business units in promoting programs that make an impact on a regional level. She was recognized for professional achievement in the area of human development and family studies.

Justin Smith, of Raleigh, North Carolina, has served as the head football athletic trainer at North Carolina State University since 2014 where he manages sports medicine operations for a 115-player NCAA Division I football program. He earned a BS in Biology in 1998 and an MA in Health Studies with a concentration in Sport Medicine Health Care in 2002 from The University of Alabama. Smith was honored for professional achievement in athletic training.



Jeffery Sumter, of College Park, Maryland, serves as a health services officer in the U.S. Public Health Service Commissioned Corps (PHS) and holds the rank of lieutenant commander. Dr. Sumter received awards for his role in leading an investigative effort to determine if a food additive was the causative agent of necrotizing enterocolitis in premature infants. His efforts contributed to saving countless babies. Dr. Sumter earned his BS in Kinesiology from Georgia State University in 2002, an MA in Health Studies from The University of Alabama in 2009, and his Doctor of Public Health degree from the University of South Florida in 2018. He was honored for outstanding professional achievement in the area of health science.

Thanks to each of our talented Davis Award recipients for providing inspiration to the students who follow in their footsteps at the College of Human Environmental Sciences.

WE LEARN BY DOING

Thanks for Supporting Experiential Learning at CHES

By Tabby Brown

Did you know that in 2018, CHES students completed over 150,000 hours in either internship or practicum experiences across the country? Because we learn by doing, CHES makes experiential learning part of every major. Internships, practicums and other hands-on learning experiences are woven throughout all areas of study in the College.

We want every student who graduates from CHES to be equipped with knowledge and skills to be leaders in their respective fields. Experiential learning sets them apart from other college graduates and it's why our students leave the institution well-prepared for their careers.

CHES students have worked across the globe, building the experiences we consider one of the most valuable components of their education. Some fulfill practical experience requirements right here in Tuscaloosa. Others go to U.S. cities like Scottsdale, Arizona, Dallas, Texas, Atlanta, Georgia, Palm Beach, Florida, and Los Angeles, California. A few venture to more exotic locals such as Honolulu, Hawaii; Freeport, Bahamas; El Jadida, Morocco; Jerusalem, Israel; and Dalian, China.

The companies CHES students work for run the gamut as well. Recent placements have been secured at Children's of Alabama, Yummy Restaurant Group, the Pro Football

Hall of Fame, UA's Children's Program, the Chicago Bears training camp, Raymond James, Meredith Baer Home, the UA Department of Athletics, Disney, eatwellgeorgia, Walter Reed National Military Medical Center, RISE Center, Cinq a Sept, DCH Regional Medical Center, the Rehab Center of Beverly Hills, the Houston Food Bank, Arnold Palmer Hospital for Children, Camp Smile-A-Mile and the Baltimore Ravens.

During UA's 2019 Bama Blitz, our College offered its supporters the opportunity to contribute to a CHES Experiential Learning Support Fund to provide financial assistance to students in low-paying or volunteer internships. This funding can be used to offset expenses that students encumber while participating in these learning experiences. Examples include research projects, transportation and alternative living expenses away from campus.

We are so thankful that our friends rallied around us to invest in our students. The effort got us one step closer to endowing a robust CHES Experiential Learning Support Fund. With your continued support, we will grow this fund and help give current and future CHES students hands-on learning opportunities for years to come. ...



LEFT: Interior design students learn about interiors and exteriors during a tour of Italy's ancient and modern architecture, art and design. **MIDDLE:** Child life interns work with the youngest patients in hospitals, using play to ease anxiety. **RIGHT:** The China fashion industry tour gives apparel design and fashion retailing students a taste of the latest trends.



**You play a vital role in achieving the
CHES mission of improving lives.**

When you give to the College of Human Environmental Sciences, you are investing in the people and programs that help us build leaders of tomorrow. CHES alumni will shape our world through their endeavors as business executives, entrepreneurs, scientists, counselors, artists, teachers and humanitarians. With your support, we can do more to improve quality of life for individuals, families and communities.

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