throwaway THREADS

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

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TEXTILE & APPAREL MANAGEMENT:
Western Woman

NEW LIFE, NEW PURPOSE

COVER STORY
CLEANING OUT THE CLOSET
Textile recycling gives old clothes new life, new purpose

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Architectural Studies:
Building Back Up
Nutrition & Exercise Physiology:
Rats on the Run
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They Talk the Talk and Walk the Walk
Gwynn Hall Makeover

ALUMNI AND FRIENDS of the College of Human Environmental Sciences at the University of Missouri remember with great fondness attending classes in Gwynn Hall, one of the grand old buildings on our campus constructed in the early- to mid-1930s. They remember the days of studying in our historically beautiful Gwynn Lounge, working in the many nutritional sciences and textile production laboratories, or just passing through on their way to Memorial Union.

Starting in September 2012, the interior of Gwynn Hall will be entirely gutted. Following that demolition project, we will rebuild the entire building from the ground up through the third floor with modern offices, state-of-the-art laboratories and classrooms, and first-rate conference rooms and public areas. Funding for this $11-million project will come primarily from MU campus renovation resources, along with money that HES has on reserve and donations from our wonderful supporters. Among the special features of the renovated structure, scheduled to be completed in fall 2013, will be:

• MU Nutritional Center for Health (MUNCH), which will include a state-of-the-art metabolic kitchen to support research in the Department of Nutrition and Exercise Physiology (NEP) targeting obesity prevention. This facility will focus on improving diet and combating the obesity epidemic by integrating the metabolic kitchen, an observational food choice laboratory, and a teaching kitchen to translate research findings for the public good.

• Human Subjects Research Laboratories will allow researchers in NEP to measure changes in body fat composition and metabolic indicators among individuals participating in dietary and exercise interventional studies.

• A modernized climate-controlled facility to house the Josephine Margaret Holik Conservatory of the Missouri Historic Costume and Textile Collection, a treasured part of our Department of Textile and Apparel Management.

• A renovated Gwynn Lounge that will also serve as a conference room.

• Modern offices for faculty and staff in the Dean’s Office, NEP, and Human Environmental Sciences Extension.

As a part of the total renovation project, the Green Door classroom of our Child Development Laboratory (CDL) will be moved to the ground floor of Stanley Hall, so that all offices and classrooms for the CDL will be housed together in that building. Completing the changes will be the moving of our Office for Financial Success and the State Farm Financial Counseling Room, an important part of the Department of Personal Financial Planning, to the first floor of Stanley Hall for greater access and visibility to the public.

On page 24 of this issue of Vanguard, you can learn more about the history of Gwynn Hall and its significance to our college. You can also learn how you can participate in supporting this renovation project by making contributions to the project expenses that we anticipate—including opportunities for placing your name on one or more of the areas that will be renovated. We are excited about this new chapter in the 111-year history of HES at the University of Missouri. We can’t wait to show off the “new Gwynn Hall” two years from now!

STEPHEN R. JORGENSEN
DEAN

PHOTO BY AMY SANDERS
Life as a Leader
Kam Phillips: Truman Scholar, Homecoming royalty, Social Work standout

LIKE MANY STUDENTS, Kam Phillips chose to attend the University of Missouri for its journalism program. “I wanted to be a broadcast journalism major, and I knew MU was the place to pursue that,” she remembers, noting that as she enrolled in classes such as Community and Organizations and Public Policy, her focus began to shift. “I always say that journalism is what got me here, but social work is what kept me here.”

Phillips created Dream Outside the Box, a program that exposes underprivileged youth to alternative career and extracurricular opportunities. Her hard work—in addition to an arduous application process and interview—earned her a Truman Scholarship. “I was on spring break in New York City, shopping in the French Connection boutique when I got a call from Vice Provost Jim Spain that I had been selected to be one of two Texas Truman scholars,” she remembers. “That day, my life changed. I’ve gained a network of some of the most extraordinary young people whom I’m proud to call friends. As a Truman Scholar, I have the opportunity to go to Princeton, Syracuse, University of Texas and other schools on a full scholarship.”

Phillips, who graduates in May 2012, plans to join other Truman Scholars in Washington, D.C. this summer for the Truman Summer Institute, which will provide housing and a stipend as she completes an internship, hopefully at a center for social policy change or the White House (she’s applied to positions in the Office of the First Lady and the Office of Public Engagement). Afterward, she hopes to obtain a post-summer fellowship in public policy and anti-poverty work, in addition to expanding Dream Outside the Box.

In the meantime, Phillips is making a difference locally. In October 2011, she was elected Homecoming Queen at MU, and although the title comes without specific responsibilities, Phillips has chosen to use the crown for advocacy purposes—she’s spoken to the City Council on behalf of mobile-home-park residents against rezoning, as well as working with the Veteran’s Center to maximize opportunities for Veterans at MU. But don’t worry, she took part in all the traditional homecoming festivities as well. “Having the opportunity to go on the field and ride in the parade and be a part of all of the Homecoming activities is quite glamorous,” she says. “Being homecoming queen is an honor.”
C

Harlotte Gray (BS He ’86) teaches Family and Consumer Sciences at Wentzville Holt High School near St Louis. Her classroom is filled with stainless steel tables and stools. Students learn culinary arts skills using professional grade appliances. Students wear lab coats or chef’s coats rather than aprons. She teaches from a computer and projector much more than from a textbook. New information relevant to students’ lives is discovered and distributed faster than textbooks can be updated. The curriculum includes units of instruction on entrepreneurship, careers in culinary arts and hospitality among other familiar topics such as quick breads or kitchen tools. “A lot has changed in the classroom in the 25 years that I have been teaching Family and Consumer Sciences,” Gray observes. “The world around us has changed even more.”

Dean Emerita Bea Litherland Smith agrees. “We are a nation that does not understand basic economics at either household or Congressional levels. Obesity and related diseases are epidemic. Family structures are shaky, and far too many children are raised in socially toxic environments. The need to prepare future citizens in the basic family and consumer sciences is written on the front pages of our daily newspapers,” Smith says.

Family and Consumer Sciences Education is a collaborative program between the College of Education and Human and Environmental Sciences that focuses on the greatest concerns, needs, and expenditures in people’s lives. In 1901, university records indicate that Hattie Margaret Anthony was the first home economics education graduate at Mizzou. In her time, the focus of the program was about addressing important concerns related to the home. Students learned about home sanitation, child care, meal management and other skills needed to become technical experts in managing a home.

Today, Family and Consumer Sciences emphasizes the process of decision-making in a complex world, health and wellness, financial literacy, and other every-day human problems. The curriculum stresses critical-thinking skills, standards-based competencies, and process skills. FCS students and faculty share their research, innovation, and knowledge with teenagers who will benefit in the short and long term from the interactions. “A solid educational rooting in family and consumer sciences at middle school and high school levels can prevent family pathologies that lead to expensive and intractable problems,” Smith says. Dean Stephen Jorgensen, a family scholar, strongly agrees and demonstrates tangible support through program funding.

The program also is important because there is a shortage of certified FCS educators. “In recent years, 50 or more Missouri teachers retire each year and the entire state of Missouri graduates about 10 new professionals to replace them,” says Victoria Shahan, director of the Student Services Office at HES. “In the fall of 2011, 27 students were enrolled as Family and Consumer Sciences Education (FCS Ed) majors. This spring seven students are completing their student teaching internships. We cannot meet the current demand for FCS teachers, but we are producing highly qualified teachers to prepare the next generation of high school and middle school students.” The Mizzou graduates might be small in number, but you can bet they’re fulfilling their potential out in the real world. Hattie Margaret Anthony would be proud.

FCS Mission Statement:

To prepare students for family life, work life and careers in family and consumer sciences by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed for:

- Strengthening the well-being of individuals and families across the life span
- Becoming responsible citizens and leaders of family, community, and work settings
- Promoting optimal nutrition and wellness across the life span
- Managing resources to meet the material needs of individuals and families
- Balancing personal, home, family, and work lives
- Using critical and creative thinking skills to address problems in diverse family, community, and work environments
- Functioning as providers and consumers of goods and services
- Appreciating human worth and accepting responsibility for one’s actions and success in family and work life
- Successful life management, employment, and career development
Tips for Financial Success
Nine essential things students should know about money

1. Learn to budget. Budgeting is a simple process that will help students create a plan for how to spend money. "It will help free you from guilt as you buy items you know you can afford and are within your budget," Law writes. Budgeting also helps you record everything from cell phone bills to financial aid to taxes—just in case you need that information at some point down the road.

2. College students should control their most common areas of high expenses: dining out, entertainment, clothes and electronics. "College should be a time when you have fun with your friends, but you need to make sure you are spending your money wisely and not spending money you don't have," Law says. "I recommend students use cash for these areas (except electronics)—when the cash is gone, you stop spending."

3. Use credit cards wisely. Students shouldn't charge more than they can pay off each month, and cards shouldn't be used for impulse purchases. "Your credit score is like your GPA, the higher it is, the better," Law says. "The best way to get a high score is to make payments on time and keep your balances low." While credit cards can be dangerous, they also provide fraud protection and help establish credit history, which is necessary for many big purchases.

4. Use student loans wisely, and realize that they will need to be repaid eventually. Don't take out more than half-to-one-year's expected post-graduation salary. So, if you expect to make $40,000, your student loans should be no more than $20,000 to $40,000 total.

5. Take a personal finance course. At Mizzou, the Personal Financial Planning (PFP) department offers various levels of classroom and online courses such as Financial Survival, Personal and Family Finance and Financial Success.

6. Don't be afraid to get counseling or ask questions. The Office for Financial Success has trained financial counselors who help students develop spending plans, manage their debts, and other financial issues, in one-on-one sessions that are free to MU students.

7. Make sure your financial goals are realistic and manageable. Create small steps to reach each goal, such as breaking a large task into several smaller tasks over a longer time frame (can you save $2 a day for several months for a summer trip rather than withdraw all the money at once?)

8. Start saving for retirement. Try to save 10 percent of your salary on an annual basis as soon as you begin work. Even with a 401(k) plan, which is common in the private sector, you need to save. "You need to let time do the work for you, while diversification protects you from mistakes," says PFP department chair Robert Weagley.

9. Take control of your financial life now, before your financial life takes control of you. "A bad start to your financial life can create a cruel master that will rule your decisions for quite some time," Weagley says. "On the other hand, a good start on the path toward financial success will be a welcomed partner with whom to share life."

TO SUBSCRIBE TO THE FREE MU FINANCIAL TIP OF THE WEEK, send an e-mail to listserv@lists.missouri.edu with a blank subject line and the words “subscribe financial tip” plus your first and last name in the body of the e-mail.
A Great Run

NEP professor Tom Thomas retires after 25 years at MU

AFTER TOM THOMAS earned his PhD in exercise physiology from MU in August 1976, he began teaching at KU (“Yes, the Jayhawks,” he says). But when a position opened up at his alma mater in 1986, he applied and soon became an important member of the Nutrition and Exercise Physiology (NEP) faculty.

“Dr. Thomas single handedly kept human exercise physiology alive on this campus for many years,” says department chair Chris Hardin. “Because of him, it is now a thriving program and provides the translational interface to an outstanding campus-wide excellence in exercise physiology.”

Thomas was involved in several committees, and says he truly enjoyed the content and students in his exercise physiology courses. His favorite contribution, however, was serving as Director of Graduate Studies for most of his 25 years at MU. “I really enjoyed that position because I got to interact with both students and faculty members in a positive way,” he says.

Thomas, who retired in August 2011, now spends most of his time working on his corn and soybean farm near Fayette, Mo. Although he misses the daily interaction with colleagues and students, he looks forward to spending time with his wife and one day coaching high school baseball or basketball.

But back at MU, “The department is clearly different without Tom around,” Hardin says. “He had such an institutional understanding and a traditional approach to education and training. Students loved Dr. Thomas and his enthusiasm for teaching and involving students in research will be missed.”

Fashion Forward

TAM alumna brings Project Runway to Columbia school kids

ANY KIDS ARE FASHION conscious, but few understand the hard work and energy behind the fashion industry. TAM alumna Amy Parris set out to change that last summer with the first ever Project Runway Camp, a week-long program for early adolescents ages 11 to 15. Parris’ resume includes years working in New York, Los Angeles and Paris with top designers, photographers and models – and even starting her own clothing line, worn by celebrities such as Kelly Osbourne and Amanda Bynes. “After moving back to Missouri two years ago with my husband and three kids, I wanted to share my fashion knowledge and experiences, which is what inspired the Project Runway Camp,” she says.

Offered through Columbia Public Schools at the Columbia Area Career Center (CACC), Parris attracted 13 students to learn about the design process, couture sewing, draping techniques, and more. “The final project was to create a themed mood board to inspire a T-shirt design; campers illustrated their vision, and used embellishing techniques learned during class to design their very own look,” Parris explains. “The last day, campers learned the ins and outs of putting together a runway show: setup, music, lighting, seating, timing walks and merchandising the looks from the start to the finish of the show, then walked the runway for friends and family wearing their designs.”

Parris, who does marketing for CACC, serves on the HES Alumni Board and mentors students in addition to planning a Dress for Success class for HES students. This spring, she is teaching couture sewing techniques for adult students at CACC, and this summer, you’ll find her back at Project Runway Camp.

A great run

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New Patterns

Jean Parsons brings design and creativity to TAM

New York, Los Angeles, Columbia. That’s right, Mizzou ranks right up there with the best fashion schools in the country, according to Fashionista.com, an independent fashion news site. The list, which debuted in June 2011, describes Mizzou as “not a design school, but a very unique program offering insights into the production and business of fashion. It’s an award-winning department with internationally respected faculty.” Mizzou placed 17th on the list of 20 schools – one of only three public universities to do so.

Mizzou might not be known as a design school, but that’s slowly changing with the addition of Dr. Jean Parsons to the TAM faculty. Parsons was recruited to Mizzou specifically because her research focuses on the design element of fashion. “Adding design will raise TAM’s profile,” says Parsons, who came to Columbia after 12 years at Iowa State University. “It’s visual, it sparks interest, it appeals to students, and design is critical to product development in the industry.”

“Design is not just creating wild clothing,” she continues. “It’s problem solving, and sometimes it’s also problem finding – we need to teach creativity and innovation.”

Parsons puts her own creative mind to work reconfiguring historic patterns to make them more sustainable. For example, she uses coat and jacket patents that have the potential to be cut with minimal waste, sourced through Google Patents (which is not under copyright). She then adapts and tests the patterns using a digital printer, first in half-scale before going full-scale. Parsons kicked off her first semester at MU with an exhibit of such items in Gwynn Hall.

She often uses her own digital photographs to create prints, or she’ll scan objects, such as flowers, to print on fabrics. “It’s been a way for me to put together all the things I love,” she says of developing creative prints on the computer. “I love the tactile nature of fabrics, pattern-work, history.”

Perhaps Parsons’ best-known work is the 2003 Inaugural Gown she and J.R. Campbell designed for Christie Vilsack, the first lady of Iowa. Parsons and Campbell incorporated photographs of stained glass from the governor’s mansion into the pattern, which was then printed onto fabric. Parsons also designed Vilsack’s jacket – using scans of tomato slices – for the 2009 World Food Prize Laureate Award ceremony.

“I think it’s great to show the students the many things that can be done with the digital printer,” Parsons says. “It gets them excited about this area of textiles and clothing; it’s a very tangible example of creativity, design and technology.”

To help improve society, people must understand the factors that promote health and well-being in our children. “This way, we can develop programs that effectively foster success,” says Dr. Gustavo Carlo, a renowned expert on Hispanic adolescent behavior and the development of pro-social behaviors who studies how children develop good moral values, emotions and behaviors. “I examine these and other related positive youth issues from the perspective of parenting, culture and personality,” he says.

Carlo is the newly hired Millsap Professor of Diversity in Human Development and Family Studies, coming to MU from the University of Nebraska-Lincoln, where he was the Carl A. Happold Distinguished Professor of Psychology in the Department of Psychology. He was at UNL for 17 years before being recruited by MU. “Although my wife and I enjoyed our time in Nebraska, we had been thinking about moving to a larger, research-strong university that provides high level support for the academic work we conduct,” Carlo says. His wife, Roxana, is a psychologist and instructor in the Department of Psychological Sciences at MU. “I look forward to learning more about Mizzou and the broader community – I can tell there is great pride and for good reasons,” he says. “I especially look forward to working with students, faculty, staff, and community members in the coming years.”
Tradition Matters
Architectural Studies alumna designs a space in new student center

“When Wendy walks into a room, you feel the glow,” says architectural studies department chair Ruth Tofle. So, it should come as no surprise that alumna Wendy Gray, owner of St. Louis-based Gray Design Group, knows how to design a space that shines. That’s why Gray was selected to design the University’s contemporary and comfortable Traditions Lounge. “Working on the space, part of the new MU Student Center, was a mission of love for the alma mater I so cherish and a legacy project unlike any other I have had the privilege of working on,” Gray says. “A designer’s project of a lifetime!”

The lounge, part of the former Brady Commons, was dedicated in October 2010. Gray incorporated the school palette of black and gold along with tiger-print accents. “Wendy knows how to sensitively design an interior that is meaningful, beautiful, that will withstand heavy use and the test of time,” Tofle says. “The Lounge encourages exploration of Mizzou history in a fluid viewing experience. A standout architectural element is the fireplace that created a cozy homecoming feel for the expansive room. This showcase space is also flexible to adapt to multiple functions and groups.”

Gray, a member of the Architectural Studies Advisory Board, sponsors students in the department’s Day in the Life of a Designer program and often hires MU graduates. She has also designed office space for major corporations such as Anheuser-Busch, United Healthcare, and the St. Louis Convention and Visitors’ Commission.

Cultivating technology
E-learning supplements traditional classroom techniques to enhance learning

IN OUR FAST-PACED, DIGITAL WORLD, educators have realized that using technology in the classroom benefits both teachers and students. E-learning, classes taught online or a blend of online teaching and traditional classroom instruction is embraced by all six HES units.

“Technology is becoming a natural part of the teaching and learning experience,” says Jenna Kammer, instructional designer for e-learning in HES. “Most courses have some sort of online component, whether it’s storing grades online in Blackboard or teaching a course that’s 100 percent online to students located around the world.” Some residential courses are blended, offering a percentage of the class online. “Our focus in HES is to improve the quality of the learning in courses,” Kammer explains. “Often technological tools play a part in that.”

Faculty design, develop and implement courses or assignments that include course management systems, lecture capture, audience response, collaborative editing, web conferencing, or multimedia. Blackboard, ePortfolios, iTV and Collaborate are just a handful of the electronic applications used. Some units offer online courses, such as Nutritional Sciences and Textile and Apparel Management, while others offer online degrees and certificates. The School of Social Work offers an off-campus master’s degree, Human Development and Family Studies (HDFS) an MA or certificate with a focus on gerontology or youth development. Architectural Studies offers an MA, MS and PhD in architectural design and Personal Financial Planning students work to earn an applied MS or certificate of financial planning through the Great Plains Interactive Distance Education Alliance (GP IDEA).

Keeping both educators and students up to speed with the latest technology is a challenge. “In comparison to the old chalkboard and overhead projector days, e-learning brings with it the occasional malfunction,” says HDFS teaching assistant professor Cynthia Reeser. “Procedures for assignment submission, grading and returning assignments to students have all had to be revamped. We don’t always get it right the first time. Educators contemplating e-learning should face the fear of possible technical difficulties and just move forward - its an exciting time to be a teacher.”

Not only do results of e-learning include improved critical thinking, better attendance and student engagement, but Reeser says, “E-learning demands that educators keep growing. I love the intellectual stimulation this provides me.”

LEFT PHOTO COURTESY OF GRAY DESIGN GROUP; RIGHT PHOTO BY AMY SANDERS
On May 22, 2011, a devastating tornado ripped through Joplin, Mo. The twister—the deadliest single tornado since modern recordkeeping began in 1950—killed 157 people and destroyed an estimated 8,000 buildings.

Something had to be done. The State Emergency Management Agency’s Structural Assessment and Visual Evaluation (SAVE) program sent a team of architects and engineers to Joplin immediately after the disaster. “After seeing the extent of the damage to the city, it was hard to not get involved in helping them rebuild,” says Architectural Studies teaching assistant professor Michael Goldschmidt, who serves as the State Housing and Environmental Design Specialist with MU Extension. “I was part of a team that did damage assessment for over 6,000 damaged or destroyed houses and commercial buildings.” Goldschmidt and company swiftly determined whether these structures could be used for housing, emergency shelters or supply storage. Of the inspected buildings, 38 percent were found to be unsafe, six percent had restricted use, and 56 percent did not pose problems. “The SAVE Coalition’s quick response absolutely saved the city of Joplin,” says Steven Cope, Joplin’s building and neighborhood improvement supervisor. “We were overwhelmed by the sheer magnitude of evaluating thousands of damaged structures, and we had no idea how much information we would have to quickly provide. We couldn’t have done it without them.”

Back in Columbia, the disaster was applied to coursework. In the studio and building technology classes, lessons about the damage seen in Joplin helped students understand how they play a vital role in determining how well their designs will stand up to this type of weather.
Those designs were put to the test almost immediately – students saw an online advertisement for *Extreme Makeover: Home Edition*, based in Joplin. “We then contacted the show to see if we could be involved,” says Goldschmidt. “Because our students had specific design expertise, we were all accepted to participate.”

“I really thought that this could be an opportunity to get a large number of students together because of how many MU students have been personally touched by the tragedy in Joplin and how well known this TV show is,” says Ashton Oltmanns, a senior in Architectural Studies and vice president of the Student Environmental Design Association. “We were well aware that no amount of physical donations and hours of volunteering could ever fully repair the loss of so many from the tornado, but we wanted to try to help rebuild a sense of home for these families.”

While in Joplin, the students, who built seven houses in seven days, also provided practical information and expertise to homeowners who are rebuilding after the disaster. “The students definitely learned how important their volunteer efforts are in this type of catastrophe, and hopefully they are more likely to volunteer again in the future,” Goldschmidt says.

Oltmanns agrees. “When I visited the zone of town that was damaged by the tornado, it was truly overwhelming and humbling,” he says. “The experience of volunteering for the show really makes me thankful for all of the blessings that I have been given and has taught me that material things do not make a house a home – but rather the community and family that bond together. The community of Joplin has been amazing and my heart goes out to all of them as they rebuild.”

**Rats on the Run**

**NIH grant helps fund Nutrition and Exercise Physiology research**

**NEARLY THREE YEARS AFTER** submitting his first National Institutes of Health (NIH) grant, Nutrition and Exercise Physiology associate professor John Thyfault received notification that he’d been awarded $1,462,508 to study the relationship between aerobic fitness and chronic diseases – specifically non-alcoholic fatty liver disease (NAFLD) and type-2 diabetes. “In fall 2009, I submitted my first NIH R01 grant. The grant received positive comments and was scored in the 36th percentile on its first submission,” Thyfault explains. “The comments were addressable, so I resubmitted in July 2010. A year later, the grant was funded for a five-year project.”

“I was extremely happy and relieved – and also felt like I had arrived as a scientist,” says Thyfault, who has received additional funding from the Diabetes Action Research and Education Foundation, the American Heart Association and the Veterans Health Administration, among others. “Now the next step is to deliver on the promise of the grant by having impactful science and to have the grant refunded in 5 years so we can keep this important area of research moving forward.”

Thyfault has a number of collaborators on the project, among them Dr. Jamal Ibdaah from the Department of Internal Medicine. Thyfault says the overall goal of their research is to “provide evidence to the general population and medical community that aerobic fitness and daily physical activity is obligatory for the maintenance of health and the prevention of chronic diseases like NAFLD and type-2 diabetes that are currently threatening our country.”

Thyfault became interested in NAFLD because there was little research linking the condition to lifestyle choices such as diet and activity. He uses a rat model to study why low fitness (reduced ability to exercise or to perform well on an exercise test that occurs due to inactivity) increases risk for fatty liver disease. Similarly, he also examines how high fitness reduces risk for such chronic conditions.

Rats were run to exhaustion during a graded exercise test. The rats that ran the shortest distance during the test were then bred over several generations, producing offspring with intrinsically low fitness. The strongest runners from the original group were bred over time to produce very fit rats. Thyfault then looked at fatty liver disease in each group of rodents. “A key aspect is that the rats do not run, rather they are kept sedentary in their cages, but they possess the low or high fitness phenotypes intrinsically due to the breeding,” he explains. “It allows us to study the effect of fitness independent from the effects of exercise.”

Why is this important? Because 34 percent of the general population and 75 to 100 percent of obese individuals are estimated to have fatty liver disease, a condition that can lead to liver failure. A recent clinical study also showed that people with low fitness are more likely to have fatty liver disease. Thyfault’s research helps provide therapeutic targets for the treatment or prevention of fatty liver disease and insulin resistance. His work also helps us understand the molecular and biochemical role of whole body aerobic fitness in the liver.

“Ultimately, we would like to integrate our studies with other researchers at MU into an NIH program project grant that would investigate links between insulin resistance, NAFLD and vascular function in rodent models and obese, sedentary human subjects,” Thyfault says.

**Nutrition and Exercise Physiology**

**Michael Goldschmidt**
COLLEGE IS EXPENSIVE, and many students turn to long-term loans to pay their way through one or more years of higher education. In the fall of 2011, the Financial Aid Office at MU required students to make appointments with financial counselors in the Office for Financial Success in order to pursue long-term university loans and private loans given by the university after federal loans have been exhausted. Prior to the meeting, students must fill out budgets to be reviewed. “We offer suggestions and ask if they have considered options for decreasing expenditures or increasing income,” explains Thomas Duffany, financial counselor and president of the Office for Financial Success student organization. “Many students have never budgeted at all so we discuss some techniques that can make budgeting easier and help them avoid or minimize taking out these loans in the future.”

Duffany advises students to make goals and designate funds for a specific purpose, such as rent or books, so that it doesn’t become “the same” as any other money in their bank accounts and gets spent unwisely. Also, “knowing what you expect your income to be, what percentage of your future income you want to limit your loan payments to, knowing that you want to buy a house, etc., can all guide decisions on how much to take out and if purchases now are really worth it,” he says. “Also, as unpleasant as it may be, consider contingency plans in case things don’t go exactly as planned – basically it comes down to thinking about the future, not just the present.”

"Probably the most common mistake is taking the maximum offered (in federal, private and long-term loans),” says Personal Financial Planning instructor and director of the Office for Financial Success Ryan Law, regarding long-term loans. “Set up a budget first, then take the minimum needed, and stick to your budget. Only use loans for necessities – a new tablet is not a necessity!"
Prenatal Care for Dads

Mansoo Yu studies the role of father-to-be

THE ROLE OF FATHER-TO-BE plays an important role in infant health, asserts Mansoo Yu, assistant professor in the School of Social Work at the College of Human Environmental Sciences. “In addition to promoting psychosocial well-being of women, it is important to promote psychosocial well-being of men for better pregnancy outcomes,” Yu explains. “I believe that promoting the psychosocial well-being of expectant fathers will positively influence mother and infant health.”

Yu analyzed 66 low-income Missouri couples and examined how stress and social support impacted men and women differently. Among his observations, he found that pregnancy was an emotional stressor for women, but a financial stressor for men. In terms of social support, for example, women wanted men to tolerate their “ups and downs,” but instead men gave women tangible support, such as financial aid, which they deemed more important.

Understanding these differences in psychosocial dimensions between couples during pregnancy may also help build positive and healthy relationships between parents and children. “I hypothesize a healthy parent-child relationship may protect children from developing psychosocial issues such as anxiety, disruptive behavior, and adolescent health-risk behavior,” says Yu, who has two young children himself. “When I was first a dad-to-be, I did not know where to get information related to men,” he explains. But thanks to Yu’s findings, which were published in the Journal of Advanced Nursing, and his future research, other fathers-to-be should be well informed.

continued on page 14
HEN TYLER JAMISON WAS an undergraduate, she noticed a pattern among her peers: many of them in committed relationships would spend several nights a week together while maintaining separate homes. “This is not a new behavior, it’s just new to social science,” says Jamison, who decided to take an academic approach to what she calls “stayover” relationships. “People have been staying over for a long time, but we’re just now exploring what that means and why people do it.” Jamison, a Human Development and Family Studies doctoral candidate, investigated the role of stayovers in the development of romantic relationships among 22 college students and college graduates and discovered such arrangements “served as a stopgap measure between casual dating and making more formal commitments.” In other words, stayovers are comfortable and convenient alternatives to more serious, and sometimes riskier commitments such as fulltime cohabitation and marriage.

“A key motivation is to enjoy the comforts of an intimate relationship while maintaining a high degree of personal control over one’s involvement and commitment,” says HDFS professor Larry Ganong, who was Jamison’s co-author.

Jamison’s study was published in the Journal of Social and Personal Relationships, and she even discussed stayover relationships on CBS’s The Early Show. “I got media training through the MU News Bureau and was in front of a camera an hour later!” Jamison says of the segments, which were filmed at KOMU. Her research isn’t over though; she plans to look at stayover relationships in unmarried parents, and she recommends future research to determine the effect of stayovers on marriage and divorce rates.

HUman deVelopMent and fAmily sTudIes

Home away from home

HDFS PhD student explores stayover relationships

W
**Better Together**

Mizzou Advantage encourages interdisciplinary collaboration to solve real-world problems

**WHAT MAKES THE University of Missouri stand apart from other schools?** MU faculty, students and alumni worked together for many years to answer this question, and by January 2010, had come up with five specific areas collectively called “Mizzou Advantage.” The initiatives are Sustainable Energy, Food for the Future, One Health/One Medicine, Media of the Future and Managing Innovation. Each branch is backed by a network of faculty members, departments, corporate partners, and even other universities. Each group works to raise MU’s positioning in higher education, create jobs and improve the quality of life for Missourians. “Putting the experts together allows us to solve real-world problems in a way other universities can’t,” says program director Meg Phillips. “MU faculty already have a wonderful spirit of interdisciplinary collaboration. Mizzou Advantage provides additional incentives and infrastructure for faculty to work across disciplines.”

HES associate dean Jo Britt-Rankin oversees the Food for the Future aspect of Mizzou Advantage. The university is home to 21 research centers, farms and forests that span more than 14,500 acres across the state, and Britt-Rankin, also an HES Extension faculty member, has developed local, statewide and national networks concerning food, nutrition and health.

Faculty and students – including some of the world’s top scientists in wheat, corn and soybean research – work to develop healthy and affordable food. “The University of Missouri’s faculty and facilities uniquely position the institution to meet the global challenges facing the food industry,” Britt-Rankin says. “Students and private industry have the opportunity to collaborate with some of the leading researchers in the world at MU.” Their efforts have local and national impact: MU, which ranks in the top-10 in the U.S. and in the top-20 globally in plant and animal research impact, also serves locally grown foods in campus dining facilities, and nutrition educators reach more than 350,000 Missourians annually with healthy eating and physical activity information.

Students can earn a Food Safety and Defense graduate certificate, while researchers are focused on creating healthy new food products, including soy chicken, organic ice cream and Omega-3 pigs. Researchers also study human exposure to the toxic chemical bisphenol A (BPA) and work with food banks and pantries to find new ways to reduce hunger and increase food security. “As we face the need to double food production by the year 2050, MU faculty are positioned to meet this challenge,” Britt-Rankin says. “Students and private industry working alongside these faculty will ensure we reduce the number of hungry people worldwide.”

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<th>INITIATIVE</th>
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<td><strong>SUSTAINABLE ENERGY</strong></td>
<td>Address energy issues; expand the work at MU’s Research Reactor; develop education programs in nuclear and other kinds of energy; research biofuels; examine business models; assess the environmental, cultural and social consequences of energy use and production.</td>
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<tr>
<td><strong>FOOD FOR THE FUTURE</strong></td>
<td>Capitalize on MU’s strengths in plant and animals sciences, food safety and biosecurity, local food systems; research on aging, obesity and chronic disease; develop food-related work in the arts, humanities and social sciences.</td>
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<tr>
<td><strong>ONE HEALTH/ONE MEDICINE</strong></td>
<td>Continue being a leader in the convergence of human and animal health; connect with research and instruction in healthcare delivery, policy, business models, medical ethics and the culture of healthy living.</td>
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<tr>
<td><strong>MEDIA OF THE FUTURE</strong></td>
<td>Draw on the School of Journalism’s century of media-research leadership and hands-on training; develop digital technologies, business, public policy, graphic design and writing.</td>
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<tr>
<td><strong>MANAGING INNOVATION</strong></td>
<td>Bring together various areas of the university to study how current technologies fundamentally change; how developments generate new opportunities, change business models and alter the way we live.</td>
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STUDENT ACHIEVEMENTS

ANTHONY JAMES, Human Development and Family Studies graduate student, was elected President of the Association of Black and Professional Graduate Students at the University of Missouri.

GRAHAM MCCAULEY, Human Development and Family Studies graduate student, was elected as the 2010-2011 MU Graduate Professional Council GPC Vice-President.

KAREN TOBIN, Architectural Studies senior, won first place in the Commercial Category of the Boardwalk 2011 Student Interior Design Competition at Maryville University in St. Louis.

PROGRAM ACHIEVEMENTS

MU’S ARCHITECTURAL STUDIES’ INTERIOR DESIGN PROGRAM is listed as No. 4 in the nation among “Most Admired Graduate Programs” for 2011 because of its “distance education program and the number of alumni who are in well-placed academic programs,” according to DesignIntelligence magazine.

TEXTILE AND APPAREL MANAGEMENT is one of 13 U.S. Programs endorsed by the American Apparel Footwear Association. TAM was reaccredited in fall 2010.

Dressing “Just Right” often sparks feelings of confidence, individuality, and freedom. Not only is this true today, but it was also true for cowboys in the 1800s – yes, those rough and tumble, wild men of the great American West cared about fashion. Textile and Apparel Management professor Laurel Wilson embraces this notion as the guest curator for Dressed Just Right: An Evolution of Western Style from Function to Flamboyance, which is on display through this fall at the Buffalo Bill Historical Center. “Western dress is known by familiar materials and details including embossed or fringed leather, felt hats, and silver and bead embellishment,” she explains. “Materials and patterns did not rise rapidly but developed over a 500-year period and were influenced by a number of cultures.”

Many items in Dressed Just Right came from MU’s 5,000-plus-piece Missouri Historic Costume and Textile Collection of which Wilson is the curator. She can talk in detail about each item, rattling off dates, materials and styles as if she’s recalling items in her own closet. Wilson’s favorite piece in the collection is a hand-woven quilt that was found between a mattress and springs in a historic house. She describes the find as “rare in the extreme.”

“Dr. Wilson brings a lot of heart to the TAM department,” says Ashley Hasty, who was Wilson’s teaching assistant for three years. “She was eager to share what she knew with everyone, and through multiple media, including the classroom, research manuscripts, and presentation. She always thought that knowledge should be shared – I think that is why she was so successful.”

In May, however, Wilson, now in her 27th year at MU, will roll her suitcase full of textiles into class for the last time. “I have other things I want to do while I’m young enough to do them,” the Kemper Award winner says of her upcoming retirement. She and her husband, Howard, recently purchased a canoe, which they want to enjoy with their Australian cattle dog, Tegan. “Being a part of the community is important,” says Wilson, who volunteers at the Boone County Museum and will participate in a program called “Forest Keepers.”

“I’ll have real mixed feelings about leaving; I really do love my work,” she says. “For years, my history and textile classes came to my house to weave mud rugs. I love that, but I’m looking forward to having something on my loom besides a mud rug warp.”
Dear Alumni and Friends of HES:

Vanguard

Noun: 1. A group of people leading the way in new developments or ideas
2. A position at the forefront of new developments or ideas

I share the definition above of Vanguard, the title of our College magazine, to summarize to you what your College of Human Environmental Sciences is doing at the University of Missouri. Please read on through this issue of Vanguard to learn what the talented faculty, staff and students have been up to this academic year.

It is because of your support and resources that the College of HES remains a pillar in the nation in the field of human sciences. HES has a significant impact on the lives of so many families and individuals.

Please think about the stories in this magazine and look upon your College with pride and consider what you could do to support your College in a meaningful way. Your support sustains the College and the people all over the world who are affected by those in the College of Human Environmental Sciences at Mizzou. We enjoy having you as part of Vanguard—the group of people leading the way.... Go Mizzou!

TRITIA TRUMP ODOM
PRESIDENT, COLLEGE OF HUMAN ENVIRONMENTAL SCIENCES ALUMNI ORGANIZATION

HES ANNUAL HOMECOMING PIZZA PARTY
CELEBRATING MU’S 100TH ANNIVERSARY OF HOMECOMING

FOR MORE WAYS TO BECOME INVOLVED as an alumnus or friend of HES, go to HES.missouri.edu/alumni_join. Your tax-deductible membership dues support alumni and student programs, communications, and outreach efforts on behalf of the College of Human Environmental Sciences!
“Regardless of how dynamic or economically viable the modern fashion industry is, it is creating a gross over-abundance of used clothing, releasing a plethora of stuff into the waste management stream.” –DR. JANA HAWLEY
CLEANING OUT THE CLOSET

Textile recycling gives old clothes new life, new purpose
by Whitney Dreier

When was the last time you cleaned out your closet? If you are like most Americans, chances are, it has been a while. And when you do get around to the dreaded task, the pile of clothes you don’t want will likely include items that have been worn only a handful of times — or maybe never at all. Most people box up items they deem wearable for charities such as Goodwill or Salvation Army. Everything else, such as faded T-shirts and old underwear, goes on the curb.
According to the Environmental Protection Agency, approximately 4 million tons of textiles go into American landfills each year. “Regardless of how dynamic or economically viable the modern fashion industry is, it is creating a gross overabundance of used clothing, releasing a plethora of materials into the waste management stream,” says Dr. Jana Hawley, chair of the Textile and Apparel Management department. “The good news is, because textiles are nearly 100 percent recyclable, this potential landfill disaster can be averted.”

The challenge is teaching consumers what to do with their unwanted clothes. “The goal is to have zero waste, to convince consumers there’s no reason we can’t use this,” says Hawley, whose research focuses on post-consumer waste: items that have been purchased, worn, and then discarded because they’re worn out, damaged, the wrong size, or no longer in style. These items should all go to an organization such as Goodwill. Yes, even that old underwear! The store will decide what items are sellable. Dr. Hawley gives the example of an El-Paso based company, MidWest Textiles, which receives a semi-truck load of used goods every day—that’s about 10 million pounds of textiles per year. “This is then emptied onto a conveyor belt and sorted into approximately 400 categories,” she says. “Highly trained sorters mine for certain high-value items, particularly vintage pieces.” These collectables are called “diamonds” because they fetch high prices in certain markets. Harley Davidson paraphernalia, military issue leather bomber jackets, and Boy Scout uniforms often fall into this category. Diamonds account for about 1 percent of the total volume of recycled textiles, but they also account for the the largest profits. In 2001, for example, a 120-year-old pair of Levis sold for $43,532 on E-bay. Once the diamonds and other sellable items are sorted and removed, goods are compressed into 600- to 1,000-pound bales that are wrapped and warehoused until an order for export is received. Many bales—roughly 48 percent of second-hand clothing—go to disaster relief efforts or developing countries. “By carefully sorting and selling our used clothing to the closely established networks that have been honed over the generations—the appropriate clothing is shipped to Africa, and her people are clothed at a cost that is fair,” says Hawley, noting a Ugandian woman can purchase a designer T-shirt for $1.20 (USD). She also points out that Africa is not simply a dumping ground for Americans’ unwanted items—a lot of thought goes into what items are sent there. “Most Africans disdain skimpy tops and miniskirts. Shirts sell not because of their designer label, but rather because of their bright colors or more appropriate [smaller] sizes.” The U.S. annually exports nearly $62 million in sales to Africa.

Some items—approximately 29 percent—are converted into new products. Fabric is broken down into fiber through cutting, shredding and carding and then reengineered into value-added products, such as mattress stuffing, envelope padding or even the insides of punching bags. The soles of some running shoes are used to make athletic tracks, and the wood from mattress box frames is used to make flower planters or Adirondack-style chairs. A company in Prato, Italy, transforms wool and cashmere sweaters into blankets for the luxury market. Increasingly, some reclaimed fiber is used in paper making or insulation materials.

As you might imagine, organizations such as Goodwill or Plato’s Closet receive many more items than they can sell, so they offload many of them to

MAKE IT “NEW” AGAIN!

If you’re not quite ready to part with your old clothes, consider repurposing them yourself. “It can be as simple as making a reusable tote bag for grocery shopping out of T-shirts or as inventive as making a hat out of old bras,” says PhD student Jessica Ridgway (who actually did make a Victoria’s Secret bra-hat for a creative design class). “I think that everyone focuses on just donating old clothing, but if you get creative you can find ways to re-use or re-purpose your own items into something new that you can enjoy!”

MidWest Textiles recycling company in El-Paso, Texas (left and right) sorts through semi-truck loads of goods every day to search for the high-value items and then categorize the rest to be compressed and baled for export.
Few people know that a textile recycling industry exists outside charity organizations. Instead of setting your unwanted items out for the trash man, donate everything to your local charity (Goodwill, Salvation Army, Plato’s Closet, etc.)—even stained or damaged items. These organizations will shuffle items through the pipeline to recycling companies (so don’t worry about dealing directly with recycling companies, which only deal with large quantities of clothing). The benefits of textile recycling include:

- Avoids the punitive costs of landfill
- Provides employment
- Helps charity
- Moves clothing to areas of the world where it is needed

Textile Recycling Tips

Resale clothing stores, such as Goodwill, will take all of your donated items and then determine what is sellable and what will be passed along to a recycling company for other uses.

Pre-consumer waste from Fruit of the loom t-shirt production that will eventually be spun into new yarns

Yarn roving: a long narrow bundle of fiber, made from recycled clothing in Spartanburg, South Carolina

Resale clothing stores, such as Goodwill, will take all of your donated items and then determine what is sellable and what will be passed along to a recycling company for other uses.
Many communities have clothing recycle depositories where you can drop off unwanted clothing, shoes, etc. that will then be taken to recycling companies for sorting and bundling.

“"To recycle successfully, consumers must embrace the system,” says Dr. Jana Hawley, TAM department chair. “The bottom line is that everything should be donated to your favorite charity; everything is recyclable.”

for-profit textile recycling companies. In Columbia, for example, there is no local for-profit recycling company, so a company in St. Louis sends trucks to carry away the excess items. This is something Dr. Hawley wants to change. “Many municipalities do not offer any—let alone convenient—textile recycling, and this is their loss,” she says. “It often proves lucrative and can subsidize the rest of a recycling program. The typical solution to this problem requires setting up big waterproof boxes that donors can drop their items into.” Hawley explains that most of the 500-or-so U.S. recycling companies employ fewer than 50 workers. These small businesses contribute to the local tax base and generate more than $700 million in annual gross revenue.

Dr. Hawley recently spearheaded a movement to bring textile recycling to Boonville, Mo. With the help of 12 fashion-merchandising students, she set up Savvy Seconds in conjunction with Unlimited Opportunities, a social service center that offers job training for physically and mentally challenged adults. Hawley's students trained these workers to sort clothing and shoes. The clothes were either sold in Savvy Seconds or baled and sold to for-profit recyclers. “Today, Savvy Seconds has grown to a recycling house that not only sells used clothing, but also recycles aluminum, plastics and cardboard—a much needed resource for the rural community,” Hawley says. “It’s an economic, environmental, and human success story.”

Editor's note: On Feb. 2, 2012, a fire destroyed the building housing Savvy Seconds and Unlimited Opportunities. As of press time, they were making plans to relocate their facilities.

Learn more about textile recycling by visiting the Council for Textile Recycling’s new website: weardonaterecycle.org. The CTR is a non-profit dedicated to raising public awareness about the importance of textile recycling and the need to reduce the amount of textile waste in landfills. “Our goal is to have zero waste of apparel and textiles by 2037,” says Dr. Jana Hawley, who sits on CTR’s board of directors. “That means nothing to the landfill.”
Donor Profile
Jean Daniel-Gentry establishes fund to benefit NEP

When Jean Daniel-Gentry enrolled in the College of Human Environmental Sciences in 1970, there was no Department of Nutrition and Exercise Physiology (NEP). There was, however, a medical dietetics major, so that is the degree she pursued. “I chose MU for my undergraduate studies because it offered a Coordinated Undergraduate Program (CUP) whereby the traditional academic study required for a Bachelor of Science and the post-baccalaureate internship were combined into a single program,” Daniel-Gentry explains. “I believed that having the opportunity to apply, in a timely manner, the principles that I was learning in the classroom to real-life situations presented in practicums and the clinical rotations would greatly enhance my learning—and it did; I was very fortunate that my state university offered such a valuable and forward-thinking program.”

Following graduation, Daniel-Gentry accepted a position as a clinical dietitian/assistant instructor at the University of Missouri Medical Center. While working there, she became a part-time graduate student but intended to transfer to another university to complete graduate work on a full-time basis. “However, my job was providing me so many learning opportunities that I did not want to leave,” she remembers. “I felt that I had the best of both worlds: a great job that provided me limitless learning opportunities and a great graduate program that also provided limitless learning.”

Now, Daniel-Gentry is giving back to the university that gave her so much. “My husband, Hal, and I financially support the university because I am very grateful for the first-class education that I received there,” she says. “I believe strongly in the importance of HES: the quality of its faculty, the work its students are doing now and will continue to do throughout their professional lives, and the research that it is conducting—I want to contribute to those efforts and to help ensure that HES continues to grow and achieve.” The Jean Daniel-Gentry Enhancement Fund in Nutrition and Exercise Physiology is an endowed fund that allows the dean and department chair to address the department’s greatest needs and take advantage of unexpected opportunities. The money may also be used to support original research by students participating in the Nutritional Sciences Undergraduate Summer Research Internship.

St. Louis-based Daniel-Gentry, who worked as a registered dietitian in many capacities, became a volunteer nutrition educator for Operation Food Search, a St. Louis area food bank, in the fall of 2010. She teaches up to four cooking classes per year in elementary education after-school programs. “Jean goes out of her way to adjust and develop her approach to the lessons we teach to engage the variety of abilities and learning styles we have in our classes,” says Mariella Funk, Nutrition Outreach and Cooking Matters Coordinator at Operation Food Search. “The number of classes she has taught and her willingness and dedication to presenting important information, even in difficult learning environments, is surely analogous to this show of charity and a result of her experience at MU.”
Gwynn Hall...Home of the College of Human Environmental Sciences

Remembering our past as we look to our future  BY NANCY SCHULTZ

OUR PAST: In 1898, the Board of Curators authorized the establishment of a department of domestic economy. The department was actually established with the name of household economics in 1900. In 1906 the department name became home economics. Despite inadequate housing for the department, enrollment steadily increased. The General Assembly appropriated $75,000 for a home economics building in 1919. Because of restrictions in the State’s finances, only $40,000 of the amount was released for construction of the building. In the meantime, Joseph K. Gwynn, a school teacher at Versailles, provided in his will for a gift of $50,000 in memory of his wife, Mary Louis Hewter Gwynn, a native Missourian. The building was eventually completed in 1935 and was named Mary Louise Gwynn Hall. (COURTESY OF MU ARCHIVES)

OUR FUTURE: The University of Missouri has slated Gwynn Hall for major renovations including gutting and overhauling, to begin September 2012, with completion scheduled for fall 2013. The facelift will provide for a modern facility within historic Gwynn Hall. In addition to modern office space for faculty and staff, Gwynn will house: three centrally scheduled classrooms; student services/advising offices; high-tech laboratories; climate-controlled environment for the Historic Costume Collection; an enhanced Kellwood Apparel Production Laboratory; an expanded human subjects laboratory for basic nutrition and exercise research that will house MUNCH (MU Nutritional Center for Health). There will be significant opportunities for alumni and friends to enhance the renovation outcome. In addition, many naming opportunities will be available for a variety of spaces throughout Gwynn Hall, including: classrooms, laboratories and offices. We invite you to consider supporting the College of Human Environmental Sciences and help frame our future.

FOR MORE INFORMATION about how you can support this renovation project, contact Nancy Schultz, Senior Director of Development at 573-882-5142 or schultzn@missouri.edu.

PHOTO BY AMY SANDERS
DAVID M. BUTLER, BS HES ’73 Edn, MA ’78 Edn, of Tallahassee, Fla., recently received the Louis S. Tregre Award, one of the interior design world’s most distinguished honors, from Florida State University, where he currently works as an interior design professor.

ANGELA CURL, School of Social Work assistant professor, and her husband, Dana, announced the birth of Ainslie Jocelyn on Jan. 7, 2011.

ELLEN FISHER, MS HES ’08 ArchSt, of New York, N.Y., was appointed Vice President for Academic Affairs and Dean of the New York School of Interior Design in October 2011.

MARIA GIANINO, BS HES ’96 TAM, of St. Louis, Mo., after 25 years as a vintage fashion and home décor retail boutique owner and entrepreneur, is now consulting and coaching small businesses on branding, image, marketing, operations and finance.

JAIME MESTRES, MS HES ’08 TAM, of Columbia, Mo., and her husband, Nick, announced the birth of Lily Rene on Aug. 18, 2011.

KATIE MILLER, BS HES ’01 TAM, MS ’11 TAM, of Ballwin, Mo., and her husband, Joel, announced the birth of Reid Thomas on May 31, 2011.

MOLLY (GOOD) MYERS, BS ’03 HES HDFS, of Columbia, Mo., and her husband, Danny, announced the birth of William Russell on Feb. 2, 2011.

CASY ROWE, BS HES ’03 TAM, of Minneapolis, Minn., is currently working for Target corporate offices in the product development area.

Megan (Birnbaum) Widmer, BSW ’05 HES, MSW ’07, of Columbia, Mo., and her husband, Deron, announced the birth of Jack Robert on Nov. 30, 2010.

IN MEMORIAM

ELLEN FLOTTMAN, Friend of the Missouri Historic Costume & Textile Collection, of Columbia, Mo., July 9, 2011, at age 76.


SUSAN BARONE, BS HES ’85 TAM, of Smithtown, N.Y., on Oct. 16, 2011, at age 48.
“A Global View . . . .”

Kitty Dickerson, Ph.D., created her own Charitable Gift Annuity knowing it will work for her AND for the department to which she devoted most of her career.

During Kitty Dickerson’s 29-year tenure as chair, the Department of Textile and Apparel Management has become one of the most respected across the nation and internationally. Dickerson said highlights of her career include observing students develop a global perspective for their lives and finding professional success in what is an ever-changing global field.

Dickerson talked about challenges while leading the department:
“One of the greatest problems I faced …was having almost no funding to support graduate students. Years ago I established a fund to help with that.”

Recently, Dickerson created a Charitable Gift Annuity that will provide additional funds for the Kitty G. Dickerson Graduate Fellowship for Excellence in TAM as well as endowment for operating funds for the Dickerson computer/technology classroom.

You can create a Charitable Gift Annuity for the College of Human Environmental Sciences. The Charitable Gift Annuity provides a favorable rate of income for the lifetime of the annuitant. The donor to a gift annuity directs how the remainder will be used.
WHEN MOST PEOPLE are told they need to exercise they often think of heavy workouts in the gym or marathon runs, but for substantial health benefits, most people need to break up their sedentary-sitting time by simply getting out of their seat and standing or walking more during the day. Sitting is the “anti-exercise” and sitting at a desk all day is increasingly linked to many chronic health problems including obesity and type-2 diabetes. In contrast, standing or walking slowly while working at a desk can double—and even quadruple—calorie expenditure, making it both easier to maintain body weight and likely protecting against chronic diseases associated with a sedentary lifestyle.

The Department of Nutrition and Exercise Physiology is in the process of replacing all the desks of faculty and administrative staff with “active desks.” Active desks get people out of their chairs throughout the day and enable them to stand or slowly walk while working. Department chair Christopher Hardin received the first of these desks. The desk has a treadmill controller and the walking speed can be adjusted from 0.3 to 2.0 miles per hour. The desk is push button height adjustable, so when he needs to sit for meetings or to take a break, one button is pushed, the laptop and monitor swing over to the other half of the desk and work can be done comfortably sitting. Dr. Hardin says it takes some getting used to typing, reading, and meeting with people while slowly walking but after a few days it feels rather natural and comfortable. He averages 5 to 7 miles a day at his “active desk” and also reports feeling more energetic and avoiding the afternoon slump. Although active desks won’t replace the benefits of some moderate to vigorous exercise, they do help people maintain those benefits. During the next year and a half he plans to replace all the old fashioned standard desks for faculty and administrative staff in the Department with active desks and he is seeking funds to cover the cost. Because the University of Missouri is self-insured, undoubtedly the routine use of these desks will decrease health care costs and workplace absenteeism and directly benefit the University. The Department of Nutrition and Exercise Physiology wants to be a model of transforming the workplace into an active, healthier workplace. The hope is other units in the college and across the University and state will eventually follow.
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Include: Name, Address, Degree, Graduation Date, Business Information, Phone, E-mail

Upcoming HES Events:
March 19-23  HES Week 2012
March 19  Margaret Mangel Lectureship
March 22  Alumni & Friends Reception
April 25  Personal Finance Symposium
May 2  It’s in the Bag III Fundraiser

hes.missouri.edu

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