FEATURE STORY

MUNCH/MU PAW

The MU Nutritional Center for Health and the MU Physical Activity and Wellness Center allow interdisciplinary nutrition and human health research.
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 the late Betty Brock (BS HE ’39) and her late husband Charles and Lowell Miller and his late wife, Marian (BS HE ’59) as well as HES Extension, who have underwritten the production of the Vanguard magazine. Thank you for your continued support.
"As I write these words, I am at my desk in the newly renovated Gwynn Hall, original home of the College of Human Environmental Sciences."

My window to the world now looks out to the north — toward the Memorial Union and the hundreds of students making their way to classes on a beautiful early spring day. For the better part of four years, we have been eagerly awaiting the completion of the major renovation that has given us world-class classrooms and laboratory facilities. Future issues of Vanguard will highlight the exciting changes that we have experienced in Gwynn, which we re-occupied in December 2013. HES faculty, staff members and students are ecstatic about the improvements made. We invite you to visit us for your own personal tour of Gwynn whenever you make your way to the MU campus. There is much to show off!

This issue of Vanguard provides its own window to the world in so many ways that feature the accomplishments of faculty, students and alumni. But one story, in particular, I wish to highlight — and that is the story of our alum Dr. Robert R. “Bob” Rice. Bob was serving as director of the then-named School of Home Economics at the University of Arizona in Tucson when I was hired in 1976 for my first academic position following graduation with my Ph.D. from the University of Minnesota. For the entirety of my six years on the Arizona faculty, Bob supported my teaching and research career in ways that new faculty members can only hope to achieve. In a sense, he was my first administrative mentor — a career upon which I embarked in 1982 and have continued in ever since. I owe so much to Bob for that career-launching support and I am delighted to have this opportunity to feature him in his alma mater’s magazine. And apart from the fact that he has accomplished so much in his professional career as a scholar and as an artist, Bob Rice could hit a racquetball harder than just about anyone I ever knew! My hat is off to you, Bob!

Steve Jorgensen
Dean
Each semester in his Studio IV class, Architectural Studies assistant professor Newton D’Souza searches for projects to give his interior design students a taste of what to expect when they enter the “real world.” D’Souza found such a project last year when Arrow Rock’s Lyceum Theatre began looking for designs to reinvigorate the 19th-century building’s lobby and bar.

D’Souza’s students brainstormed designs in line with the theatre’s ultimate goal — a revamped lobby and bar area that attracts a younger crowd and increases revenue, but still maintains the character of the historic theatre’s landmark architecture. D’Souza’s 16 students traveled to the theatre for a field study, discussed the goals of the project in class, drafted their own redesign proposals and met with theatre management for a critique midway through the semester.

At the end of the 2013 spring semester, D’Souza’s students presented the full Lyceum Theatre Board of Directors 16 redesign proposals, using the department’s Immersive Visualization Lab (iLab). With the lab’s panoramic screen and 3D visualization technology, students guided Lyceum Board members through their virtual design proposals using animated walk-throughs.

“The whole process shows students what it’s really like to go from inception, to concept boards to finished design proposals,” D’Souza said. “The goal wasn’t to have the Board choose between the multiple proposals we presented them but to give them a broad range of ideas and possibilities.”

Meanwhile, D’Souza says, students gained experience communicating and conveying their ideas to non-designers — one of the most challenging steps in the design process, he says.

While the Lyceum Theatre Board has yet to determine a final re-design concept, the students’ work will undoubtedly contribute to the final product, says Bea Smith, dean emerita of the College of Human Environmental Sciences and a Lyceum Theatre Board member. “The students’ work has informed the lobby invigoration process by presenting an array of provocative and thoughtful design concepts,” Smith said. “Their thoughtful renderings and insightful observations stimulated the thinking of Lyceum board members.”
WHILE GROWING UP IN COLUMBIA, MISSOURI, talk around Jeff Runyan’s dinner table naturally gravitated to finance. With his mother manager of a large scale local credit union and his father a risk mitigation specialist, “the natural progression of dinner talk was always money management, then minimizing risk,” Runyan joked.

It seems finance really is in Runyan’s DNA. In 2000, Runyan graduated with a master’s in consumer and family economics from MU’s department of Personal Financial Planning, where he’d also earned his bachelor’s. Runyan then moved across the country to be with his then-girlfriend, now-wife, Jenni, in Beverly Hills, California.

Runyan had no relationships or network to speak of when he moved west to start his career as a financial manager. But in just over a decade, Runyan has built a formidable client list, including some of the most respected and recognized business names in the Beverly Hills area. Last year Runyan, now an Investment Consultant with Wedbush Securities, received the prestigious Five Star Wealth Manager award, an honor bestowed upon less than 2 percent of wealth managers in the Los Angeles area.

Runyan adheres to a philosophy that could be described as the Hippocratic Oath for investment managers. “First and foremost, do no harm,” he said. “Philosophically, that’s a core principle I subscribe to.” Runyan says the key to his success is building strong relationships and trust with his clients, which range from every day, hardworking professionals to those inside the world of entertainment.

“It takes time to become a part of the fabric of a community that’s this longstanding,” Runyan said. “To have authentic and genuine relationships with my clients — there’s no plaque on my wall for that, but that’s what I’m most proud of.”

Bea Smith, former dean of the College of Human Environmental Sciences, recalls Runyan as an ambitious student leader, an ideas guy. “It comes as no surprise that he has carved out an ever-expanding niche,” Smith said. “No doubt his clients appreciate him as an outstanding professional with their best interests at heart.”

Runyan says his time at Mizzou imparted priceless lessons he’d later draw from as a professional.

“Clients ultimately make their own decisions. It’s the role of the investment manager to aid the client through rational and orderly evaluation of their financial objectives and then utilize the tools and strategies best equipped to accomplish those intents,” he said. “The program instilled in me that, at the end of the day, financial decisions are fundamentally emotional decisions that all families must make,” he said.

Personal Financial Planning associate professor Deanna Sharpe says Runyan was a “creative, optimistic, adventurous” student. “I watched him grow as a person and as a professional while in our program,” she said. “He has applied that same spirit and energy to his career, and I’m very proud of him for what he has accomplished.”

Sharpe recalled that when Runyan finished his master’s degree in 2000, he delivered to her office a very large package. Inside was one of Runyan’s paintings. He wrote a long thank you note that almost covered the entire back of the canvas. “The picture has hung in my office ever since, not only as a reminder of Jeff, but also as an affirmation of the value of investing in our students,” Sharpe said.
Designing for people with disabilities

Kerri McBee-Black wants to teach students how to design apparel with purpose

While outsiders may view the fashion world through the lens of glitz and glamour, people with disabilities too often go neglected and underserved. There’s a need for clothing designs that are both fashionable and practical for amputees, people who use wheelchairs and those with a variety of other disabilities, says McBee-Black, an instructor in the department of Textile and Apparel Management.

“Barriers exist for people with disabilities and clothing is no different,” said McBee-Black. “There are markets that provide clothing for people with disabilities, however, they are not mainstream nor do they typically follow current fashion trends and norms.”

Since 2012, McBee-Black and Allison Kabel, an assistant professor in the department of Health Sciences, have been mentoring students on how to develop clothing for people with disabilities. In class, students research the existing markets for apparel tailored to individuals with disabilities. After students conduct market research and forecast clothing trends, they create 2D graphics of their clothing designs to present to class. Students also watch videos of focus groups featuring people with a variety of disabilities from around the Columbia community, learning the barriers people with disabilities face in finding appropriate clothing.

“One of the points that the students were challenged with was to make clothing that is fashionable and trendy but would accommodate limited mobility,” McBee-Black said.

In fall semester 2013, junior Anoria El Safadi’s group set out to develop trendy but affordable clothing designs for wheelchair-bound men ranging from 25-to-35 years old. The group designed dual fabric jeans — raw denim in the front and a faux-denim spandex-cotton blend for the backside to ensure comfort. All of the group’s jacket and sweater designs incorporated a particular type of sleeve that will not get caught in a wheelchair’s moving parts. Since they were designing a fall collection, all the clothes were warm but comfortable, El Safadi says. “It was challenging. We definitely had to think outside the box.” In the process, she says, the class began to understand the dearth of clothing options available to persons with disabilities. Currently a junior studying journalism, El Safadi says she plans to someday write about the fashion and design world. “Even if I don’t go into design, this project helped me understand a whole new issue in apparel development that I wasn’t even aware of before,” she said.

So far, more than 80 MU students have participated in the project. McBee-Black says the project is not focused on apparel design but on contributing to the body of research into the barriers faced by people with disabilities.

“We will be able to continue documenting the apparel-related barriers faced by people living with disabilities, link these barriers and environmental factors to patient outcomes and begin exploring the use of Universal Design to develop apparel items,” she said. McBee-Black and Kable recently received a Richard Wallace Faculty Incentive Research Grant to continue their research.

“There are markets that provide clothing for people with disabilities, however, they are not mainstream nor do they typically follow current fashion trends and norms.”

KERRI MCBEE-BLACK
Imagination Library
School of Social Work evaluates Imagination Library program

In 1996, country legend Dolly Parton launched her Imagination Library program, hoping to foster childhood literacy in her native east Tennessee. Since then, the Dolly Parton Imagination Library has partnered with over 700 communities across 43 states, sending each child enrolled in the program a book by mail every month until they turn five years old.

In 2008, the Heart of Missouri United Way, through a special partnership with the Daniel Boone Regional Library, launched the program for Columbia families. The United Way estimates some 5,000 children in Columbia receive books each month from the Imagination Library at a cost of about $150,000 a year.

Despite the program’s national prominence, researchers still know very little about whether the Imagination Library is achieving its stated goal: to increase the likelihood that kids are prepared to read by the time they hit kindergarten. Now, MU’s School of Social Work hopes to answer that question, evaluating the local program and its impact on reading preparedness in Columbia, Missouri.

“The Dolly Parton Imagination Library, nationally-speaking, is a multi-million-dollar operation with huge contracts with publishing houses and remarkably it has never been evaluated like this,” said Aaron Thompson, an assistant professor in the School of Social Work who is currently researching the program.

A former school social worker and principal, Thompson insists that given the dearth of resources available to public schools and libraries, nonprofits should be investing in childhood literacy programs that have proven results. The Imagination Library program directs its local partners to open up the program to every local family, not just those from underprivileged communities or families from a particular income bracket. As such, it’s incredibly difficult to adequately compare Imagination Library families with those who do not participate.

Last year Thompson and his research assistants gave 56 participating families a questionnaire gauging standard predictors of early literacy — how many books parents have in the home, how often they read to their child, how much television a child watches or how interested a child is in reading and books. Thompson compared the responses to families of similar makeup — socioeconomic status, race and education attainment — to measure the difference the program made.

While families involved in the program showed a moderate increase in behaviors shown to improve childhood literacy, “I still felt like it was a consumer satisfaction survey,” Thompson said. “We were basically measuring opinion, which certainly biases the results,” he said. “Who doesn’t love getting free books?”

So last fall, Thompson set out to collect and evaluate student readiness data collected by local schools on children entering kindergarten — a more concrete indicator of progress, he says. By comparing to the local Imagination Library roster to determine who was involved in the program, Thompson hopes to create a so-called population-level study.

While he cautions against drawing any firm conclusions yet, Thompson calls himself a conservative critic of the Imagination Library program. “Given what I’ve seen, I’m not yet completely convinced that this is the most effective investment,” he said. “There’s no solid research that says this program works yet. If we’re going to invest over $100,000 a year, I think we should do it in a way that has the greatest possible impact.”

Marilyn Coleman, Human Development and Family Studies, was the 2013 recipient of the Felix Berardo Scholarship Award from the National Council on Family Relations (NCFR). This award is given to an NCFR member whose work has been noted for excellence in mentoring one or more junior colleagues.

Dale Fitch, School of Social Work, received the 2013 SAGE/Council on Social Work Education Award for Innovative Teaching in Social Work Education for developing and implementing the e-portfolio in the BSW and MSW programs.

Sara Gable, Nutrition and Exercise Physiology, published a book entitled “The States of Child Care: Building a Better System” (Teachers College Press, 2013), which is a critical analysis of child care at the start of the 21st century.

Colleen Galambos, School of Social Work, was awarded fellowship status by the American Geriatrics Society (AGS). The fellowship is the highest class of membership within AGS and acknowledges outstanding and continuing work in the field of gerontology.

Jana Hawley, Textile and Apparel Management, was named an International Textile and Apparel Association (ITAA) fellow. This is the highest award bestowed on ITAA members.

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Finding the Good Samaritan Gene

**MU researcher studies the genetics behind altruism**

WHY DO HUMANS ENGAGE IN ALTRUISTIC OR SELFLESS BEHAVIOR? In recent years, scientists have put forward evidence that augments the age-old nature-versus-nurture debate, showing the human tendency toward prosocial behavior — selfless acts that benefit others or society as a whole — may be a matter of genetics.

Last year, Gustavo Carlo, Human Development and Family Studies Millsap Professor of Diversity, studied the issue with Scott F. Stoltenberg, a researcher with University of Nebraska-Lincoln’s Behavior Genetics Laboratory. The study gained wide attention for its findings: a single genetic variation appears to predict whether or not someone will engage in selfless acts.

Carlo and Stoltenberg studied the genomes of 398 college students, asking their subjects to fill out questionnaires about their behavior and anxiety levels. The results, recently published in the journal Social Neuroscience, show that people with one genetic variation exhibited a tendency toward social anxiety — a general unease around others that makes someone less inclined to lend personal help. Those with another variation were not only less anxious, the researchers found, but also more likely to help others.

Carlo, whose research interests center on moral development in children and adolescents, said the findings “suggest a possible pathway” that could predispose someone to altruistic behavior. He hopes further research can replicate and confirm the findings.

“Research like this may eventually help us discover more ways to encourage the good inside all of us.”

“Research like this may eventually help us discover more ways to encourage the good inside all of us.”

GUSTAVO CARLO

**Walk while you work**

Nutrition and Exercise Physiology faculty and staff experience benefits from treadmill desks

SPEAKING BY PHONE FROM HER OFFICE IN GWYNN HALL, you’d suspect Nikki Raedeke is, like most office workers, seated at her desk and typing away at a computer. Her steady, calm voice betrays the fact that she’s well into her six-mile workday.

Raedeke, assistant teaching professor and director of dietetics in MU’s Nutrition and Exercise Physiology (NEP) department, walks about six miles per day at her treadmill desk, or walking workstation. Strolling at a leisurely clip — two miles per hour — Raedeke remarked, “I love the idea of moving while working.”

The brand new NEP offices in Gwynn Hall are now buzzing with treadmill desks. Raedeke and the rest of the department now talk on the phone, read or send emails with ease from treadmill workstations. “It really is much easier than I had thought,” Raedeke said. “Most anyone can do it.”

Research has begun to show that sitting a lot, even if you’re in great shape, is not good for the human body. A sedentary lifestyle can increase the risk for heart disease, diabetes and may even lower life expectancy. One particularly alarming study in 2006 by an epidemiologist at the American Cancer Society found that men who sit for six hours or more a day have an overall death rate twenty percent higher than men who are more active throughout the day.

The treadmill desk has emerged as an antidote to inactive office life, Raedeke says. She first got her desk in July 2012 and almost immediately felt more energized in the office. Soon, she realized she was losing weight. “I think I’ve realized that I’m a person who needs to move when I’m thinking,” she said. “It really helps my thought process.”

Raedeke keeps track of her distance on a spreadsheet she updates daily. In 2013, Raedeke walked 1,340 miles, over the length of 50 marathons.

Nikki Raedeke walks an average of six miles per day at her treadmill desk.
CELEBRATING THE PAST, BUILDING FOR THE FUTURE

MU Extension celebrates a century of service

UNIVERSITY OF MISSOURI EXTENSION and the nation’s Cooperative Extension System turn 100 this May. While MU Extension will pause to celebrate a century of service, make no mistake, it’s keenly focused on the future.

The Cooperative Extension System, launched in 1914 by the Smith-Lever Act, continues to fast-track the movement of research-based knowledge and expertise into the everyday lives of Americans.

It started with agriculture, back when 72 percent of the nation lived in a rural setting. Extension agents, sharing research-based knowledge, helped fuel unprecedented growth in farm productivity. Thanks to their efforts, America continues to feed itself, and much of the world, at a time when less than 2 percent of the American workforce is focused on agriculture.

Agriculture remains Extension’s largest area of focus and will always play a central role in Extension’s mission. However, as Missouri and the nation have evolved, so too has Extension.

Today’s MU Extension specialists provide solutions that address a diverse range of issues. Numerous Missouri families turn to MU Extension for information on health, nutrition, household management and personal finance. Many have benefited from health care workers who keep their knowledge and certifications up-to-date through Extension programs.

In communities across the state, Extension specialists help businesses get on their feet and aid existing businesses looking to expand or diversify.

From 2010 through 2012, MU Extension’s business development programs assisted clients in creating $2.5 billion in economic impact, including creating or retaining 32,961 jobs, increasing sales by $986 million, acquiring investments of $649.1 million, winning government contracts of $857.4 million and obtaining research awards of $20.1 million.

With a successful record helping business excel, Extension can be equally proud of its work with Missouri’s youth through 4-H programs that fuel the minds of the next generation of entrepreneurs, innovators and leaders. Today’s MU Extension 4-H youth, both rural and urban, explore subjects that range from entrepreneurship, robotics and video production to the science behind food systems and agriculture. The value of 4-H is backed by research showing 4-H youth, regardless of background, are significantly more likely to go on to college, less likely to engage in risky behavior and demonstrate increased earning power and civic engagement.

In the area of public safety, police and fire departments across the state turn to graduates of MU Extension’s Law Enforcement Training Institute and the MU Extension Fire Rescue and Training Institute. When disaster strikes communities, MU Extension’s Community Emergency Management Program, and those trained through the program, play a critical role in recovery.

With a local presence in all 114 counties of the state, Extension has strengthened families, businesses and communities. This local presence, combined with input from nearly 2,000 local county council members, demonstrates a unique commitment that is unmatched by any other university in Missouri.

So, while MU Extension briefly pauses this May to celebrate a century of service, it remains focused on the challenges of today and is positioned to meet the challenges of tomorrow.

PRIDE IN OUR FACULTY

JUNG HA-BROOKSHIRE, Textile and Apparel Management, received the 2013 Clothing and Textiles Research Journal Reviewer Award from the International Textile and Apparel Association (ITAA).

JEAN ISPA, Human and Family Development Studies, co-authored a chapter that won the 2014 Ursula Gielen Global Psychology Book Award by the American Psychological Association Division 52 (International Psychology).

SANDY RIKOON, Office of Research and Graduate Studies, and JANA HAWLEY, Textile and Apparel Management, were among four faculty members from the University of Missouri selected to attend the 2013-2014 SEC Academic Leadership Development Program (ALDP).

RUTH TOFLE, Architectural Studies, was honored by the Mizzou Alumni Association with the Distinguished Faculty Award for 2013. This is the highest honor that is presented to a faculty member annually.

RUI YAO, Personal Financial Planning, received an AARP Financial Services Award and the Older Consumer Award at the 2013 American Council for Consumer Interests Conference for her co-authored paper on “Determinants of Defined Contribution Plan Referral.”

PRIDE IN OUR STUDENTS

MELISSA CARTER, Nutrition and Exercise Physiology master’s student, won a Young Investigator Award to present her thesis work at the American Society for Bone and Mineral Research National Meeting in Baltimore, Maryland.

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Happy 2014 to all our Human Environmental Sciences Alumni! I think it is safe to say that no matter where you live in the country, you are as pleased as I am that spring has arrived! What a crazy winter we have all had! The blooming flowers and singing birds represent new beginnings, hope and promise. We are also experiencing that at MU. Not only are we settling nicely into our new identity as a member of the SEC but we have a new Chancellor in R. Bowen Loftin. Our spring graduates will be honored to have Chancellor Loftin, affectionately known by his Twitter handle of Bowtiegger as our HES spring commencement keynote speaker.

The HES family is delighted to have our historic Gwynn Hall open again after a massive renovation. I can tell you that no one is more excited than our faculty, staff and students to be back home in our new and improved Gwynn Hall.

We invite all our HES alumni and friends to the Grand Reopening Celebration of Gwynn Hall on April 27, 2014 for ribbon cuttings and tours. It’s always great to come home to Mizzou but there may never be a better time to reconnect with your alma matter than now.

Our Human Environmental Sciences Alumni Board has been busy planning and hosting various events throughout the year and we encourage you to stay involved and remain connected by enjoying our Vanguard magazine and through social media on our HES Facebook page (@Mizzou College of Human Environmental Sciences).

It is my pleasure and honor to serve as your HES Alumni Board president. If there is ever anything I can do for you or if you have any questions, please don’t hesitate to contact me at srothwell@ccis.edu.

I look forward to seeing you on April 27th!

Suzanne Rothwell
President
HES Alumni Board
Making an impact on Missouri
New center improves the quality of life for Columbia residents

The College of Human Environmental Sciences is excited to announce the opening of a new community outreach center, the Family Impact Center. The Family Impact Center was developed based on a long time dream of associate dean of HES Extension, Jo Britt-Rankin. Britt-Rankin hopes that the center will serve as a community facility in which multiple entities of the University of Missouri can provide outreach programs to those in need.

The mission of the Family Impact Center is to provide life-long education to improve the quality of life of individuals in the Columbia community. In order to meet this mission, the center will provide a means for students at the University of Missouri and Columbia College to participate in practical service learning while empowering Columbia residents to develop a variety of life skills. MU Extension faculty will provide classes in the areas of stress management, relationships, financial literacy, nutrition, exercise and housing.

In addition to Extension programs, the Family Impact Center will host other outreach programs that share the mission to promote life-long education. MedZou, a student run medical clinic that provides free primary care for uninsured residents of Central Missouri, will be relocating to the Family Impact Center. MedZou teaches patients to manage their illness and to advocate for their health. The clinic utilizes a multidisciplinary team to educate patients on how to best manage their health through lifestyle modification, community services, medication, and recognition of warning signs requiring medical attention.

Voluntary Income Tax Assistance (VITA) will also provide services at the Family Impact Center. VITA allows Personal Financial Planning students the opportunity to gain practical experience by providing free tax assistance and education to low income, disabled, homebound and English as a second language taxpayers. During the 2015 tax season, VITA plans to host weekly services at the Family Impact Center.

The Family Impact Center also provides an opportunity for other disciplines on campus to offer outreach to the Columbia community. The School of Social Work plans to launch the MU Social Services Clinic, which will address the disparities in the availability of comprehensive social services for the uninsured. The clinic will strive to restore mental health capacities through needs assessments, biopsychosocial assessments, case work, therapy, support groups and psychoeducational groups. MU Social Services Clinic plans to provide Social Work graduate students an opportunity to get direct client experience by providing outreach at the clinic. Services will begin in the fall semester.

The Family Impact Center is located at 105 E. Ash Street as part of a comprehensive community center. The facility is located in the heart of the Columbia community as part of a co-location with Heart of Missouri United Way. In addition, three other nonprofit organizations plan to move to the facility late this year. The goal of the facility is to allow clients to obtain multiple services all in one place.
FOR JEANINE BEQUETTE, THE UNIVERSITY OF MISSOURI is a family legacy. Her father, aunts, uncles, and siblings are all Mizzou grads. Bequette met her husband while attending Mizzou in the 1970s, when she earned a degree from the university’s Interior Design program now in the department of Architectural Studies.

Bequette, like many other Architectural Studies graduates, has since returned to Columbia to leave their own lasting mark on the Mizzou landscape. In 2006, MU picked Bequette, executive vice president of St. Louis interior design firm Directions in Design, to lead the remodeling of the University Club’s private dining room and Tiger Bistro.

As Bequette puts it, “I Tiger-ed up the place,” swapping out the mauve-and-blue color scheme for a more appropriate MU black-and-gold. Among a litany of other improvements — like new seating, carpeting, custom-built wine case and chandeliers — Bequette dug through old university archives and found stunning photographs of iconic Mizzou architecture taken across campus. Blown-up prints of those old photonegatives now hang in the University Club.

Architectural Studies alumni have a history of winning prestigious design contracts across campus, says department chair Ruth Tofle, a tribute to the quality of graduates who emerge from the program. “Receiving a University of Missouri design contract means competing successfully with the very best national firms,” Tofle said.

Tofle cites alumni like Tracy Stearns, who graduated from the department in 1989 and has since served as a member of the Architectural Studies advisory board and even delivered the College of Human Environmental Sciences’ commencement speech in 2012. Stearns, a founding principal of the nationally recognized 360 Architecture, was tapped to participate in Memorial Stadium’s multi-million-dollar facelift, designing the stadium’s luxury suites and Tiger Lounge.

MU has selected Linda Loewenstein, who earned her degree from the Architectural Studies department in 1982, to direct several redesign projects in recent years. Loewenstein, a founding principal with the Lawrence Group, a St. Louis-based design firm, has led the effort to redesign University Hospital’s exterior entrance, main lobby and concourse, as well as design work for the hospital’s Missouri Psychiatric Center. This past year, MU also selected Loewenstein as part of the design team on the Jones, Lathrop, Laws and Dobbs Pavilion replacement project. While not an MU project, Loewenstein also provided interior architectural planning and design for the Broadway Doubletree Hilton Hotel in downtown Columbia, which is slated for completion this spring.

“Personally, I am extremely proud of the education I received at Mizzou,” Loewenstein said. “I’m always thrilled to be involved in any project in Columbia when given the chance.”

Likewise, Wendy Gray’s signature touch can be seen throughout the $68 million MU Student Center renovations, which began in 2005 and were completed in 2010. MU chose Gray, owner of the St. Louis-based Gray Design Group, to spearhead design work throughout the new student center. Among other contributions, her work was integral in reviving the famous Shack restaurant, a long-time popular Columbia hangout that closed in 1984. Inside the new student center — Gray salvaged and rehabbed many of the old wooden booths and tabletops covered by nostalgic carvings by former clientele. Among other elements, Gray oversaw the design for Mort’s Grill, named for Mort Walker, class of ’46 and creator of the “Beetle Bailey” comic strip. At the entrance of the restaurant is a specially commissioned statue of Beetle, created by Walker and his son.

“These are great designers and loyal alumni who thoroughly understand our Mizzou culture,” Tofle said. “We are proud to celebrate our accomplished alumni and their beautiful showcase work.”
Marilyn Coleman admits that she took a somewhat circuitous route to family studies. Undergraduate degrees in dietetics and institutional management, a master’s in child development and a doctorate in special education presaged her groundbreaking research into re-married couples and stepfamilies, the hallmark of her decades long career with the College of Human Environmental Sciences.

Coleman retired this year after a remarkable 45 years with the department of Human Development and Family Studies. In her time with HES, Coleman has established herself as the go-to authority to understand the interactions and behaviors of stepfamilies, which she has studied for over three decades. Coleman has written or co-written (often with husband and department co-chair Larry Ganong) some seven books on the subject, as well as over 200 articles.

Coleman uses in-depth interviews with members of stepfamilies to better understand how they interact and communicate. In recent years, Coleman has helped train family therapists in Italy and Japan how to better address the needs of stepfamilies.

“Much of what we’ve learned is that these families are not as negative as many had feared decades ago,” Coleman said. Coleman’s work has helped to debunk the stigma that children with re-married parents are doomed to live worse lives than those children with un-divorced parents. “I think our work has brought some understanding and comfort to these families,” she said. “It shows that divorce and re-marriage does not ruin your kids.”

College of Human Environmental Sciences Dean Stephen Jorgensen praised Coleman’s contribution to her field. “Dr. Coleman is widely known as the international luminary in the study of remarriage, stepfamilies and child outcomes of diverse family structures,” Jorgensen said. “Take any college textbook in the family studies arena and you will see her research contributions cited more frequently and more thoroughly than any other scholar in this important, contemporary field of study.”

Although Coleman taught her last semester in fall 2013, students will likely still catch her around campus, as she plans to continue mentoring graduate students for the foreseeable future.

Reflecting on her long career, Coleman laughed, “I really had no ambition at first to do any of this. ... So much of this, what I’ve done and accomplished, it’s just amazing to me.”
M YUNGHEE SOHN IS HOPING TO PUSH the apparel industry into the future.

An assistant professor in HES’ Textile and Apparel Management (TAM) Department, Sohn has placed herself at the nexus of cutting-edge 3D technology and apparel development. Working with the department of Architectural Studies’ Immersive Visualization Lab (iLab), Sohn has begun to utilize high-tech body scanning, three-dimensional virtual design and motion capture systems in an attempt to revolutionize the way the industry approaches garment fit.

Computer-assisted design technology has already begun to make waves in the apparel industry, says Sohn, who joined TAM in 2012 after receiving her Ph.D. in apparel studies from the University of Minnesota. Sohn was drawn to Mizzou, she says, because it was one of just a few institutions with the capability for three-dimensional body-scanning technology. Such systems, Sohn predicts, are poised to transform the garment industry.

Sohn sees garment fit as one of the most fundamental elements of apparel product development, because it’s certain to directly impact the wearer’s comfort level, garment performance and garment appearance. Getting an ideal fit requires good body measurements and then applying those measurements to the apparel design.

Getting useful body measurements, however, can be an incredibly difficult task, Sohn says. Bodies vary in shape, posture, and movement. Sohn’s research now focuses, in part, on developing new body measurement methods that incorporate motion-capture technology to ensure better garment design.

Sohn now uses 3D imaging as a teaching tool for TAM students. Sohn recently collaborated with colleagues from Mizzou’s Architectural Studies and Art departments to oversee a “digital and virtual student project showcase team.” TAM and art students developed garments using 3D software, which were then showcased in a virtual-reality environment created by Architectural Studies students. “Through interdisciplinary collaborations, the students learned not only cutting-edge technologies, but also the importance of collaborations throughout the industry,” Sohn said.
RYAN LAW KNOWS THAT PERSONAL FINANCES can make or break a student’s chances of success in college. And once out of school, he says, financial responsibility becomes even more important. Law, director of the Personal Financial Planning department’s Office for Financial Success (OFS), is helping ensure Mizzou students are financially literate while enrolled so they can use those skills to better ensure long-term financial success once they graduate.

Law currently oversees a group of about 15 students each semester who conduct financial counseling for classmates at MU graduating with federal student loan debt. Any MU student who graduates with federal student loan debt must go through exit counseling to ensure they understand their repayment responsibilities before graduating. While students can take part in generic online sessions, Law encourages graduating students to meet one-on-one with his OFS student financial counselors.

“The benefits of students coming in face-to-face and pulling up their actual loan information is incredibly beneficial,” Law said. Volunteer student debt counselors run their classmates through repayment options to figure out what works best for them. Law’s OFS volunteers, who have all taken his financial counseling course, counseled graduating seniors in spring and fall semesters of 2013. Both semesters, the student counselors met with over 25 percent of the graduating senior class at MU.

“It was an overwhelming response,” Law said. “We had no idea so many students would utilize the service right away.”

Having a knowledgeable student sit down with graduating seniors to review loan payment options ahead of time can save a lot of stress in the future, Law says. “Plus, it’s all students doing the counseling,” he said. “Graduating seniors are more likely to listen to them. Students coming in for counseling feel, ‘They’re in my shoes. They’re going through the same thing I am.’”

To help address the financial wellness of students already enrolled at MU, Law helped establish the new Financial Wellness Task Force. The task force, which has already met twice this year, is made up of about 30 leaders from across campus concerned about students’ financial health.

Studies show that some 70 percent of all college students who drop out do so because of money problems. Over half of college-drop outs quit because they cannot afford tuition and fees. Dropping out of college comes with serious consequences. Studies show that dropouts face a higher unemployment rate than college grads. If and when dropouts do find jobs, they generally earn less money than college graduates. Those who drop out before earning their degrees are also more likely to default on student loan debt than those who graduate.

“The number one concern that MU students and their parents have about being able to complete their education is being able to pay the costs associated with attending MU,” said Jim Spain, Vice Provost for Undergraduate Studies, who also sits on the task force. “The Financial Wellness Task Force brings together a team from across the campus that can partner in both developing and delivering timely information and programs that help the students get better control over these financial challenges.”

“Graduating seniors are more likely to listen to them. Students coming in for counseling feel, ‘They’re in my shoes. They’re going through the same thing I am.’”

RYAN LAW

Jorie Neech, Personal Financial Planning senior, meets with students at MU to discuss student loan debt.
HES PRIDE POINTS

PRIDE IN OUR STUDENTS

BENJAMIN DANIELS, Nutritional Sciences senior, was selected for Mizzou ’39 Award, a prestigious service award given by the Mizzou Alumni Association Student Board to 39 outstanding seniors on campus.

MARNAE CHAVERS, Human Development and Family Studies senior, was selected for Mizzou ’39 Award, a prestigious service award given by the Mizzou Alumni Association Student Board to 39 outstanding seniors on campus.

KAREN JOHNSON, Architectural Studies senior, was the winner of a competition to design a Veteran’s war memorial in the Memorial Union. The design, which was part of a class project, is now a permanent installation in the Memorial Union.

KATHLEEN KOWALSKY, Textile and Apparel Management sophomore, became the executive coordinator for Truman’s Closet, a new student organization on campus that offers free business attire to MU students, faculty and staff, as well as educational opportunities.

KEARSTEN PEOPLES, Human Development and Family Studies senior, won the shot put competition at the Armory Collegiate Invitational in New York. Her throw of 55 feet, 6.5 inches is the longest throw by an SEC shot putter so far in 2014.

Four Textile and Apparel Management seniors, RACHEL RIPLEY, JENNA SALMONS, KRISTA VILLERS AND ADELINE WOLFGANG, were named Young Menswear Association (YMA) scholars at the annual YMA event in New York City. Each student received a $5,000 scholarship and an internship opportunity.

Military Social Work

School of Social Work’s Military-related Initiatives

THERE ARE ABOUT 600,000 MILITARY VETERANS IN COMMUNITIES across Missouri accounting for approximately 14% of the state’s 18 and older population. The majority of these men and women are between 18 and 64 years old; however, 37% are over the age of 65. Research suggests that many of these veterans experience more behavioral risks, psychosocial health problems and risk of chronic disease than their civilian counterparts.

The wars in Iraq and Afghanistan represent America’s longest continuous combat engagement. “We’re only beginning to understand economic, health, mental health and societal effects these wars have on returning veterans, their families and their communities,” said David L. Albright, a U.S. Army veteran and assistant professor in the School of Social Work who leads its military-related initiatives. “There’s an urgent need to understand and engage with military personnel, veterans, their families and communities, and the organizations that serve them,” Albright said.

The School of Social Work began offering a graduate certificate in Military Social Work during 2011-12. Albright described the certificate program as designed to expand the pool of professionals who are qualified to work in settings with military personnel, veterans and their families. He says that 11 students have graduated with a certificate in Military Social Work with 19 more currently pursuing the certificate.

According to Albright, the School intends to build upon the success of the certificate and expand it to a certificate in Veterans Studies that will be multi-disciplinary in nature and open to all University of Missouri students. This expanded certificate will allow students to learn about military structure and culture, the psychological and physiological changes that stem from military exposure and the reintegration challenges veterans face from a variety of disciplinary perspectives. Albright hopes the certificate will encourage students to engage with issues important to military personnel, veterans and their families at the same time serving as a point of pride for the University of Missouri, which is already highly regarded as a veteran-friendly university.

In addition to educating inside the School of Social Work, Albright has helped to develop the Center for Education and Research for Veterans and Military Families (CERV). Albright says that CERV’s focus is on Missouri communities and its mission is dedicated to improving policy and decision making through education and collaborative research and analysis. Last year, CERV co-hosted a program with the Military Child Education Coalition to develop state-specific action plans to support children of military families. CERV has also facilitated multiple presentations or workshops around the state on a variety of topics ranging from military sexual assault to needs of military families to veteran treatment courts.

CERV also plans to work with other university entities to help connect veterans to small businesses looking for skilled, reliable employees. “Getting these veterans back in the workforce is smart business and good for the bottom line of many companies. It’s also the right thing to do for these men and women who sacrifice so much for what many of us take for granted,” Albright said. “Potential employers need to understand and acknowledge the mental health stigma surrounding these veterans and then work to change these beliefs, which is where CERV can help.”

If you’re interested in learning more about the School of Social Work’s military-related initiatives, bringing speakers to your organization or how you might contribute, contact David L. Albright at albrightd@missouri.edu.
At first glance, Victoria Vieira-Potter and Jaume Padilla seem to have little in common. Padilla studied exercise science in Spain — where he’s from — and in Belgium before finishing his doctorate and postdoctoral work in exercise physiology and vascular biology in the United States. Vieira-Potter hails from the Boston area and studied nutrition before joining the College of Human Environmental Science’s Department of Nutrition and Exercise Physiology (NEP) in 2012.

Almost as soon as they met, however, something clicked between the two researchers.

Padilla was finishing his postdoctoral work in the Department of Biomedical Sciences when Vieira-Potter joined the faculty full-time. Vieira-Potter was researching how the loss of ovarian hormones might inflame fat tissue, which can lead to cardiovascular disease and type 2 diabetes in postmenopausal women. In studies on lab rats, Vieira-Potter began to show a link between weight-gain and the removal of ovaries — she attributed the weight gain not to increased eating but to a lower metabolism that resulted from estrogen loss. However, rats that exercised and were fit before their ovaries were removed seemed inoculated from the weight gain and its detrimental side effects. The implications are obvious: that healthy exercise regimens may protect postmenopausal women from weight gain and its further complications.

“Soon after I started research here, Jaume approached me and introduced himself,” Vieira-Potter recalled. “He was finishing his post-doc work and he wasn’t even on faculty yet, but he was excited and wanted to collaborate as soon as possible.”

Padilla’s research centers on understanding how obesity and physical inactivity lead to cardiovascular diseases. Vieira-Potter’s research for years has focused on how the inflammation of fat tissue impacts metabolism. The two discovered they could use each other’s expertise to better understand how fat tissue surrounding blood vessels impacts vascular function.

“We quickly realized we had very common research interests,” Padilla said. Before Padilla even became a full-time NEP faculty member in 2013, the two began writing research grant proposals to study the relationship between fat tissue and vascular function.

“Her work and work by other faculty members in that department was a huge motivation for me to apply for this open position. We could collaborate from day one … I really think we can do important things working together.”

JAUME PADILLA

Her work and work by other faculty members in that department was a huge motivation for me to apply for this open position. We could collaborate from day one ... I really think we can do important things working together.

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JAUME PADILLA
DIG IN!

Gwynn Hall home to new state-of-the-art nutrition and food-science research center
About six years ago, Dr. Chris Hardin began taking what he calls “the dungeon tour” through Gwynn Hall’s basement. Dated equipment sat in disarray inside old, unused labs. Instead of bemoaning the sight, Hardin, chair of the Nutrition and Exercise Physiology department since 2007, envisioned a state-of-the-art research facility.

This year, Hardin’s vision has finally come to fruition with Gwynn Hall’s complete renovation. The multi-million-dollar effort included gutting and revamping the 1920s-era building. On the outside, passers-by still see the historic campus landmark, complete with its original stone masonry and elegant arched entrances. Inside, however, contractors transformed more than 4,000 square feet of inactive or under-utilized space into a world-class teaching and research facility. This crown jewel sits in the basement: the new MU Nutritional Center for Health (MUNCH).

MUNCH sprang from years of work to turn the Nutrition and Exercise Physiology department into a more collaborative endeavor among HES, the School of Medicine and the College of Agriculture, Food and Natural Resources. MUNCH houses a metabolic research kitchen, a teaching kitchen and an observational research lab to facilitate a broad range of research into nutrition, lifestyle and the impacts of various foods and diets on human health. In addition, Gwynn’s renovation includes three new classrooms, and a wet lab for chemical experiments. An area for human research is adjacent to MUNCH, including a body composition suite, blood draw and processing rooms and procedure rooms for human subjects — all critical components of the department’s new Physical Activity and Wellness Center (PAW).

Hardin hopes the facility will spur more collaboration among HES and its cross-campus partners to tackle pressing issues related to public health. He easily rattles off an exhaustive list of questions researchers here can now begin to address. How does the perception of food — how it looks, tastes and feels — impact satiety and fat absorption? Are certain types of protein better than others at suppressing hunger? What social factors impact how we eat?

Hardin envisions a research hub that pulls from disciplines like food science, biochemistry, neurophysiology and even psychology.

“We’ve talked for years about the advantages of having a ‘comprehensive campus’ — a university with agriculture, medical and nutrition programs — but I think we’ve yet to fully take advantage of those opportunities to collaborate,” Hardin said. Together, various disciplines can converge at Gwynn Hall to tackle critical societal problems — for example, childhood obesity. Hardin says MUNCH will be a shining example of what truly collaborative research should look like.

This steak salad is just one example of the high protein meals that will be created in the metabolic kitchen and used to study appetite control and cognitive function in research participants.

**STEAK SALAD WITH SWEET POTATO FRIES**

**Steak (beef flank, PAM cooking spray)**
- Slice 4 ½ ounces of beef flank into 1/8 inch strips
- Heat a non-stick skillet, sprayed with PAM cooking spray, to medium high
- Add beef strips to skillet and sauté; remove from heat; set aside

**Beans (garbanzo beans), drained and rinsed**
- In the same skillet, over medium high heat, sauté the garbanzo beans for about 2 minutes, stirring constantly; set aside

**Salad (romaine lettuce, tomatoes, garbanzo beans & steak (from above), shredded cheddar cheese)**
- Rinse 2 oz romaine lettuce (salad spin, if desired) and place in a serving bowl
- Slice or dice 1/3 tomato (any type); add to salad
- Top with steak and beans, then drizzle on 1 TBSP light ranch dressing (optional)
- Garnish with shredded cheddar cheese

**Sweet Potato Fries**
- Pre-heat oven to 425 F
- Peel a medium sized sweet potato (7 oz), rinse and cut into French fry style strips
- Place in a small bowl and toss in 1/2 tsp almond oil and a dash of garlic/sea salt mixture.
- Pour onto a cookie sheet and bake for 30 minutes
- Serve hot or cold
“This is a university at its best,” Hardin said.

Hardin began fundraising for MUNCH soon after he became chair of the nutrition and exercise physiology department in 2007. By 2010, he’d secured enough funding to begin renovating the Gwynn Hall basement and launch the first phase of MUNCH. The department was about to let contractors in the door when MU instead opted to renovate the whole building — a backlog of maintenance and repair projects in the building made the complete reconstruction necessary. With the prospect of an entirely revamped Gwynn Hall, Hardin expanded his vision to include a new Physical Activity and Wellness Center.

HES opened the doors to MUNCH late this past winter. At first glance, the kitchen and dining facility at the west end of Gwynn Hall’s basement look like those of a standard new restaurant or diner. The metabolic kitchen, however, is designed for fully-controlled feeding studies of 35 to 50 people at a time. Designing studies that fully control what people eat and drink is crucial for asking specific diet-related questions. By controlling the diet of research subjects, while concurrently monitoring their physical activity, researchers can glean a more nuanced picture of an issue, leading to a better, more complete study.

But studies can fail if subjects don’t adhere to their diets or cheat, and some feeding studies may stretch on for weeks or even months. The key, researchers say, is to get subjects to actually like the food.

That’s where Lana Merrick comes in. With a background in both culinary arts and food science, Hardin calls Merrick MUNCH’s “geek iron chef.” Merrick works behind the scenes as the kitchen’s research chef and lab supervisor. She custom designs menus that must fit within specific dietary parameters unique to each feeding study. “It has to meet the researcher’s needs, but it also has to taste good,” Merrick said.

Another MUNCH mission will be integrating the new facility into NEP’s extension and outreach programming. “Sadly, people have forgotten how to cook healthy meals,” Hardin lamented. NEP’s extension program already conducts diet and exercise outreach across the state. Nutrition Extension has a presence in every county in Missouri and two-thirds of children in Missouri public schools get nutrition and exercise instruction from Nutrition Extension — including many children from families on supplemental nutrition assistance programs.

The research kitchen will help extend that outreach. High-definition video cameras point toward the food-prep areas of the kitchen. Behind a one-way mirror sits a control-room similar to that of a small television studio. “This will sort of be like our version of the Food Network,” Hardin said.

NEP plans to record healthy-cooking segments for both streaming on the web and to send out across the state. MUNCH also plans to bring in families for live cooking demonstrations. In the dining room, chairs and tables can be swapped out for rolling kitchen countertops for a hands-on learning environment.

MUNCH’s dining room also doubles as an observational behavior laboratory. High-definition cameras hang from the room’s four corners to observe people’s behaviors surrounding food — such as how parents’ attitudes toward new foods may influence their children’s approach to trying new diets. “This will study how we choose the foods we eat, hopefully to answer why we choose the foods we eat,” Hardin said.

MUNCH will also have easy access to study subjects. Just down the hall is the Child Development Laboratory, a teaching and research lab and child care center, which is part of the department of Human Development and Family Studies. “Down the hall, we have dozens of children that come in and out of here every day,” Hardin said. Some in the department already...
endearingly call the kids “MUNCHkins.”

Gwynn Hall will also house NEP’s new Physical Activity and Wellness Center. The new facilities include human subjects rooms, a 3,000 square foot wet lab for chemical experiments and a body composition suite.

Heather Leidy, an assistant professor with NEP, already has plans for the new lab and research kitchen. Leidy has been studying how eating breakfasts rich in protein significantly improves appetite control and reduces unhealthy snacking on high-fat or high-sugar foods in the evenings. Her latest findings were published in the American Journal of Clinical Nutrition.

Leidy says the new facilities at Gwynn will allow for faculty to perform more interdisciplinary research — from nutritional and exercise physiology to food science and behavioral science. “The possibilities for research and collaboration are endless,” she said. Leidy plans to start using the new facilities right away. She just began a study to examine the effects of higher protein meals on appetite control and cognitive function in overweight women. The study will utilize the new metabolic kitchen to prepare breakfast, lunch and dinner for 32 women for the 4 month-long study.

Catherine Peterson, an associate professor with NEP, is excited to use the new facilities to further her research. Peterson most recently examined how simple vitamin D supplements can help obese children and teens control blood-sugar levels, potentially helping them stave off type 2 diabetes. Among her findings, also recently published in the American Journal of Clinical Nutrition, Peterson found that by simply increasing vitamin D intake alone, subjects saw decreased insulin levels, meaning better glucose control, despite no changes in body weight, diet or physical activity.

However, Peterson is perhaps most eager to start teaching in Gwynn Hall’s new ultramodern research facilities. “It’s going to be an incredible place to teach and train budding dieticians and nutritionists,” she said. “I think that’s what I find most exciting.”
The children in MU Child Development Laboratory, located just down the hall from MUNCH, are gaining a working knowledge of growing and eating healthy foods thanks to the new MU Children’s Learning Garden. Here, the youngsters help with the entire process from planting to composting. But now, with the teaching and observational research capabilities in MUNCH, the children will learn how to prepare healthy meals and we will learn from them about what influences child food choice behavior.
REMEmBERING HIS ROOTS

Bob Rice says Architectural Studies launched his career

Robert Rice’s career has carried him across the country — from Cornell University, where he earned his Ph.D., to teaching and administrative roles at universities in Michigan and Arizona. But Rice feels a stronger emotional tie to the University of Missouri than anywhere else his career has taken him.

“Mizzou really launched me,” Rice said. “The program there got me started in what would eventually become a very satisfying career.”

Rice, a native of Columbia who attended Hickman High School, received a bachelor’s degree from MU in industrial design in 1954 before starting his commission in the U.S. Air Force. Years later, he returned to Mizzou for a master’s in interior design, a program now housed in the College of Human Environmental Sciences’ Architectural Studies department.

Rice credits mentors like Kate Rogers, MU’s late “Grande Dame of Interior Design,” with pushing him to finish his master’s at MU, even as he juggled full-time work with support of his young family. Rice, who retired from the University of Arizona in 1995 after 20 years as director of the university’s School of Family and Consumer Sciences, now gives back every year to the program that served as a springboard for his career.

“Mizzou really launched me. The program there got me started in what would eventually become a very satisfying career.”

Robert Rice

Rice fondly remembers his time with Jorgensen. The two still talk regularly and the last time Rice visited Columbia two years ago, they attended a Mizzou football game.

“I was so delighted when Steve ended up at my alma mater as dean of the college where I started out,” Rice said. “In a funny sense, it kind of seems like a full circle.”

Rice says the Architectural Studies department, now ranked among the very top programs in the country, has grown far beyond what it was when he attended Mizzou. "That program did so much for me," Rice said. "It's quite an honor to be able to support it so that other students can have the opportunities that I did."
HES PRIDE POINTS

PRIDE IN OUR STUDENTS

CAROLINE SANNER, Human Development and Family Studies senior, received a National Council on Family Relations (NCFR) Honors Award given to exceptional seniors in Family Science.

PRIDE IN OUR PROGRAMS

ARCHITECTURAL STUDIES was ranked #3 among top interior design schools in the Midwest by DesignIntelligence for 2014.

THE BOONE COUNTY LUMBER BUILDING TECHNOLOGY LAB, housed in the department of Architectural Studies, celebrated its 10 year anniversary in 2013.

The Great Plains Interactive Design Education Alliance (IDEA) “Smooth Start Award” was given to the FAMILY AND COMMUNITY SERVICES FACULTY in the department of Human Development and Family Studies for developing the master’s degree and offering courses within two years. MU faculty members involved in the group were Larry Ganong, David Schramm and Cynthia Reeser.

The November 2013 Food and Agriculture Education Information System newsletter ranked the MU COLLEGE OF HUMAN ENVIRONMENTAL SCIENCES the 13th largest undergraduate program and 4th largest graduate program among all Colleges of Human Sciences.

The department of TEXTILE AND APPAREL MANAGEMENT was listed among the 32 Most Influential Fashion Schools by fashionplaytes.com.

COLUMNS SOCIETY

Columns Society Recognizes Annual Support

THIS YEAR MARKS THE 175TH ANNIVERSARY of the founding of the University of Missouri. More than ever, critical annual support is needed to ensure the continued success of MU.

The Columns Society was launched in the fall of 2013 to recognize donors who make it a priority to support MU year after year. Alumni and friends who make gifts of $2,500 or more annually are recognized through membership in the Columns Society. Young alumni (35 and under), faculty and staff qualify with gifts of $1,500 or more. Giving totals are counted based on the fiscal year (July 1 – June 30).

Your gifts to the College of Human Environmental Sciences – as well as the support you may provide to other areas of campus – count toward Columns Society membership. You can make a single gift or several gifts throughout the year.

“The annual support provided by Columns Society members allows us to do more every year,” says Nancy Schultz, senior director of development in the college. “Our donors inspire our faculty and students to fulfill our mission of touching the heart of humanity.”

As a member of the Columns Society, you will be invited to exciting events, including the inaugural Columns Society Gala on September 19, 2014. Members also receive a decal, lapel pin and information on the University. Columns Society members are also recognized as annual members in the Vanguard Society. Annual membership is offered to donors who contribute gifts of at least $1,000 during any calendar year to the College of Human Environmental Sciences.

By giving back to MU each year, Columns Society members honor the university’s past, present and future.

For more information on the Columns Society or Vanguard Society, contact Nancy Schultz at (573) 882-5142 or HESDevelopment@missouri.edu.
AMY ALVORD, BS HES ’98 TAM, of Maple Valley, Wash., is now Marketing and Customer Service Manager for Rainier Flight Service, a flight school that her husband, Gordon, created.

KRISTIN BROWN, BS HES ’13 HDFS, of Indianapolis, Ind., is a full-time Child Life specialist at Riley Hospital for Children in Indianapolis, Ind.

ANGELA DOWELL LILJEQUIST, BS HES ’98, MS HES ’02 TAM, of St. Louis, Mo., married Dana Liljequist on July 4, 2013.

STACEY ANN OAKES, BS HES ’99, PFP, of St. Louis, Mo., and her husband, David, announced the birth of Nolan Philip on Aug. 5, 2013.

AMY PARRIS, BS HES ’98 TAM, of Columbia, Mo., opened Yardhouse Fabrics, a high end textile and fabric shop specializing in custom designs in Columbia, Mo.

JAIME ROTHERMICH, BS HES ’98 FSN, of St. Charles, Mo., and his wife, Jennifer, announced the birth of Noah James on Apr. 27, 2013, who joins siblings, Olivia and Owen. Jaime also recently opened Functional Elements Training and Nutrition Center in Creve Coeur, Mo., where he serves as partner and president.

REGINA (POLETE) RUPPERT, BS HE ’78 HE ED, of Fulton, Mo., is co-owner of Serenity Valley Winery in Millersburg, Mo.

TAMARA COON SELLS, MS HES ’07, PhD HES ’12 HDFS, of Mexico, Mo., is an Online Course Review Specialist at Columbia College.

LISA TUCKER, PhD HES ’08 ArchSt, of Blacksburg, Va., received the 2013 Alumni Award for Excellence in Teaching from Virginia Tech University where she is an associate professor in the School of Architecture.

LAURA GALLOWAY WENRICH, BS HES ’95 TAM, of Topeka, Kan., and her husband, Ryan, announced the birth of Ava James on Aug. 2, 2013.
IN MEMORIAM

BETTY BURNS, BS HE ED ’39, MS ED ’73, Sept. 17, 2013. Betty Burns was a dear friend of the College. Her generosity along with other HES alumni family members created the Dynasty Family Award for Faculty and Staff Excellence Fund.

WILLENE DILSAVER, BS HE ’42, Aug. 27, 2013, at age 95.

BETTY MARTIN, PhD HE ED ’73, of Fulton, Mo., Feb. 22, 2014, at age 89.

MALCOLM (MACKIE) SHEPPARD ODOR, BS HE ’44, MS HE ’64, of Columbia, Mo., Oct. 23, 2013, at age 89.


KATHLEEN RICE, former Home Economics faculty member, of Southport, Conn., Dec. 3, 2013, at age 90.

MARY ROBINSON, BS HE ’48, of Petersburg, Ind., March 22, 2013, at age 86.

MARY S. SKAGGS, BS HE ’68, of Belton, Texas, Feb. 20, 2014, at age 68.

Good and good for you: Charitable Gift Annuities

For years, Dick and Carol Dowdy taught people to eat what is good for them. As a faculty member with MU’s Department of Nutrition and Exercise Physiology, Dick taught a general nutrition course to many students across campus. Carol promoted good nutrition in her role supervising kitchens for Columbia public schools. “We tried to sort out nutritional fact from fiction,” Dick says. “We dealt with how good nutrition can help you, and if abused how it can hinder you.”

A belief that education is an investment motivated the Dowdys to make a gift to the Nutritional Sciences Program in the MU College of Human Environmental Sciences through a Mizzou charitable gift annuity.

A gift annuity is good for the Dowdys

Dick and Carol appreciate the steady level of income a gift annuity will provide them. The Dowdys’ charitable gift annuity will provide an annual payout for life. They also get a charitable income tax deduction, and their annuity payments are partially tax-free.

A gift annuity may be good for you, too!

Find out more by contacting the MU College of Human Environmental Sciences Development Office: 573-882-5142; email HESDevelopment@missouri.edu
The highest honor that the Mizzou Alumni Association presents to a faculty member annually is the Distinguished Faculty Award. This award recognizes a faculty member whose sustained efforts in teaching, research and service have added to the excellence of the University. The College of Human Environmental Sciences is very proud to recognize Dr. Ruth Stumpe Brent Tofle as the 2013 recipient of the MU Distinguished Faculty Award.

Just four years after joining the University of Missouri as an energetic young faculty member, Tofle was named chair of what is now the department of Architectural Studies. Since then, she has led the department to national recognition. One of the first-ever accredited interior design programs, it was named a Top 10 program and “4th Most Admired Graduate Program in Interior Design in the U.S.” by DesignIntelligence, a publication of the Design Futures Council. Tofle led the department of Architectural Studies in developing the first and still only online doctoral program in interior design.

Her research interests include environmental gerontology, place attachment and historic preservation. Respected in academia and in practice, Tofle is a Center for Aging Fellow, National Council for Interior Design Qualification-certified, a Leadership in Energy and Environmental Design Accredited Professional and a Registered Commercial Interior Designer in the state of Missouri. For 15 years, she chaired MU’s Campus Planning Committee for Facilities and Grounds and was a constant in guiding the campus to become the beautiful, well-designed place it is today.

Among her long list of accomplishments, Tofle was recognized by DesignIntelligence as one of the ’30 Most Admired Educators for 2013, she received a Franklin County Missouri 4-H Alumni Award for outstanding contributions to community and/or the Franklin County 4-H Program in 2009, and served as associate editor of the Journal of Architectural and Planning Research since 1991 and Journal of Housing for the Elderly since 2000.

Tofle and her husband, Marvin, live in Columbia. She has two children: Jessica Breed and Jonathan Brent, BA ’02; and five grandchildren: Laura, John, Mae, Jane and Mark.
Grand Reopening Celebration
April 27, 2014
3:00 - 5:00 P.M.
Gwynn Hall
Ribbon Cuttings & Tours

For more information, please contact Amy Sanders in the College of Human Environmental Sciences at sandersal@missouri.edu or 573-884-5958.

WE HOPE TO SEE YOU THERE!

Stay in Touch!

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