SCHOOL OF HUMAN SCIENCES EXPANDS ITS CURRICULUM WITH NEW DEGREE PROGRAMS AND CERTIFICATES

Human development and family studies
An online program offers students the opportunity to earn a Bachelor of Science in human sciences with an emphasis in human development and family studies.

"We are meeting students 'where they are' rather than requiring them to come to us. They have access to the same faculty members, courses and university resources while not having to uproot their lives," said Dr. Rachel Jumper, assistant professor. "While the human development and family studies degree has been an online completer program for several years, going fully online allows even more students to become Lumberjacks immediately rather than having to transfer from another school."

With this degree, students learn to become "caretakers for our society," Jumper said. Students learn to understand the growth, change and development of children, adults and the family while integrating a lifespan, multi-contextual and family systems approach.

Merchandising
SFA’s merchandising program is “ahead of the game” says program coordinator Leisha Bridwell. This program focuses on both interior and fashion merchandising to mirror this collaborative industry and to prepare students to work with e-commerce.

“Students interested in merchandising, whether fashion or interior, need a common curriculum consisting of trends, buying, visual merchandising, merchandising mathematics, promotion and more,” Bridwell said. "Digital courses such as CAD, Photoshop and two portfolio courses have been added to increase students’ use of technology, as well as visual marketing skills.”

Food and nutrition
A revised degree plan in food and nutrition is available for students who have a passion for nutrition but are interested in pursuing a less clinical route than the dietetics and nutritional sciences degree.

The food and nutrition degree gives students the opportunity to minor in areas such as human development and family studies, communications, culinary, and health science.

This track does not allow a student to pursue further education as a registered dietitian; however, many students can return to take the required courses to become verified through the didactic program in dietetics, which is accredited by the Accreditation Council for Education in Nutrition and Dietetics.

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Season’s greetings from SFA’s School of Human Sciences! As this year winds down, it’s nice to reflect on the past year and realize how grateful we are to be a part of the SFA family living in the beautiful East Texas forest country.

This year was iconic for us as SFA celebrated 95 years of tradition and excellence. Of course, the celebration wasn’t complete without purple ice cream and cake! We are so thankful and happy to have joined in this momentous occasion and celebrate almost a century of graduating quality students who now serve our state, nation and world.

Like the university as a whole, the School of Human Sciences has accomplished much in 2017-18. Our interior design program received reaccreditation from the Council for Interior Design, and our partnership with Houston Community College is in full effect. We also launched an online bachelor’s degree in human sciences among other curriculum changes.

Our faculty members and students continue to go above and beyond in making great Lumberjacks. In this newsletter, you will read about our faculty members’ many accomplishments. Our students continue to expand their knowledge outside the classroom with study-abroad and out-of-state experiences. We hope you enjoy reading about our students, faculty and alumni.

If you find yourself back in Nacogdoches, please visit our wonderful campus and let us know how you are doing. It’s always a great inspiration to hear how our alumni and friends are succeeding.

Happy holidays to you and your family,

Dr. Lynda Martin
Director of SFA’s School of Human Sciences

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**NEWS**

**INTERIOR DESIGN PROGRAM RECEIVES REACCREDITATION**

SFA’s Bachelor of Science in interior design program has been awarded the Council for Interior Design Accreditation. Pictured, from left, are interior design faculty Mitzi Perritt, professor, and associate professors Leisha Bridwell and Sally Ann Swearingen.

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**Aging studies**

Society is aging and, according to the U.S. Census Bureau, the nation’s population of those who are 65 years old and older will nearly double in the next 20 years. To help prepare for this population shift, SFA offers a certificate in aging studies and is the only university in Northeast Texas to provide this option.

“This increase presents exciting opportunities and urgent challenges to society. This aging population will be the major social and business issue of the 21st century,” said Dr. Hyunsook Kang, associate professor. “It is important to prepare health providers and societies to meet the specific needs of older populations.”

The 18-hour certificate helps prepare students for careers in planning, administering, coordinating and delivering services to older adults.

The certificate involves courses from human sciences, sociology and health science disciplines. Course topics include health issues and aging, family relations, nutrition, independent living, and consumer issues.

The certificate is open to those who successfully complete six elective courses and who meet general admission requirements.

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ONLINE GRADUATE INTERIOR DESIGN PROGRAM RANKED AMONG TOP IN NATION

Online Schools Center has ranked SFA’s graduate interior design program among the top 16 in the nation.

The program offers SFA students a Master of Science in human sciences with an emphasis in interior design and healthcare interior design, completely online. Students can enroll in a 30-hour program with a thesis or 36-hour program without a thesis.

“SFA’s respected program provides aspiring designers with the flexibility to choose a general interior design educational path or a more focused track through the convenience and accessibility of an online format,” according to Online Schools Center representatives.

To learn more about SFA’s Master of Science in human sciences, visit sfaoonline.info/humansciences.

MOBILE FOOD LAB TO OPEN IN JANUARY

The Lumberjack Xpress, SFA’s new mobile food lab, is planned to roll out in January 2019.

The Board of Regents approved the purchase of the mobile food lab — a gourmet food truck — this past January. A contest among the SFA community was held to name the mobile food lab, and Lumberjack Xpress was the winning entry. The lab will be utilized on campus and at recruiting events such as career and college fairs.

“This mobile lab will be the first of its kind in Texas, and there are only a few nationally that are utilized as an academic laboratory,” said Dr. Lynda Martin, director of SFA’s School of Human Sciences. “We are excited to offer students this unique avenue for learning.”

The food truck trend began in Los Angeles and has become popular across the nation. According to its website, research by the National Restaurant Association shows that the food truck trend will continue to accelerate as entrepreneurs use them to enter the restaurant industry.

SFA’s mobile food lab will allow students to experience active learning in a realistic setting as well as engage and empower students to create and execute an entrepreneurial business plan.

“This type of transformational practice makes a difference in students’ lives,” Martin said. “Students working the mobile food lab will gain experience with running alternative venues, meal planning, menu creation, budgeting and more.”
ALUMNA SYDNI MITCHELL DISCUSSES CAREER, POLITICS WITH JACKS COUNCIL ON FAMILY RELATIONS MEMBERS

Politics and child development and family living may not seem like your typical match, but for Sydni Mitchell, the two go hand in hand.

As communications director and policy analyst for Texas State Sen. Robert Nichols, Mitchell, a two-time SFA graduate, utilizes her unique background and perspective in her daily interactions and to affect policy.

“Every day a constituent calls or I meet with lobbyists or associations about a bill or topic, and it always involves people,” Mitchell said. “To step back and rely on my knowledge of how people’s upbringing impacts who they are and how they act in certain situations is extremely helpful.”

Mitchell majored in child development and family living as an undergraduate and studied public administration in graduate school. She was the SFA student regent from 2010-11, which is where her interest in politics began. She also served as president of the Student Government Association, Circle of Omicron Delta Kappa Leadership Honor Society and Jacks Council on Family Relations.

“When people ask me what my major was I always get a head tilt. I honestly say I fell into politics,” she said.

During a presentation to the Jacks Council on Family Relations, Mitchell discussed her career and encouraged students to not limit their careers.

“I believe my degree gives me an advantage as it enables me to see things from a different perspective. You can use this major for any number of jobs,” she said. “I’m proud to say I’m an SFA alumna and this was my major. I don’t think I’d be as sympathetic a person without this major.”

As communications director, Mitchell handles policy work and media for the senator’s office. She admits a communications course she took in the School of Human Sciences has saved her in this position.

“I loved this class and it was my introduction into the communication world. When I became the communications director, I had no idea what to do or how to write a press release other than what the previous director had done,” Mitchell said. “I keep all my papers from my classes, and I was flipping through my stuff, and thankfully I found my book with the papers from that class in it.”

DAIRY MAX REPRESENTATIVES VISIT FOOD SCIENCE COURSES

Representatives from Dairy Max, a nonprofit dairy council representing dairy farm families across Texas, Oklahoma, New Mexico and Southwest Kansas, visited the university and spoke to students enrolled in principles of food science courses.

Sarah Ryan, Dairy Max program coordinator, registered dietitian, SFA alumna and former SFA student regent, discussed how the company works with dairy farmers and the nutritional value of milk and other dairy products.

Ryan and her colleagues informed students on the science behind milk’s role in the diet and in recipe applications. Students sampled different milks while discussing the nutrition cow’s milk provides.

Dairy Max representatives also shook things up by having students shake heavy cream in jars to create butter. Students viewed and discussed different yogurts and why cow’s milk is ideal for making creamy yogurt. Ryan also gave a frothing demonstration and explained the science behind why cow’s milk is better than others.

The class ended with a taste of their homemade whipped creams over ice cream sundaes.

Jill Pruett, adjunct instructor at SFA, helped organize the demonstration and visit.

“The beautiful part of this presentation is Sarah is an SFA alumna, so it shows students what types of opportunities are available once they graduate,” Pruett said. “I love when we are able to bring new energy to a topic and reinforce key concepts that we cover in class.”
STUDENT NEWS

INTERIOR DESIGN SENIORS AND FACULTY SHOWCASE WORK AT ALLSTEEL, METROCON

Senior interior design students showcased their digital portfolios to potential employers at the Allsteel showroom in Dallas. Portfolios were displayed on monitors in April.

This event provided students with an opportunity to demonstrate their skills and network with industry professionals. Four students received job offers.

“It is always a treat when our students can display their work to professionals,” said Leisha Bridwell, associate professor in the School of Human Sciences. “This event encouraged seniors to step out of their comfort zones and look forward to their futures.”

Allsteel is a commercial office furniture company, and SFA alumna Debbie Rossler, architecture and design manager at Allsteel, helped host the event.

In August, interior design faculty members participated in the Metrocon contract show in Dallas. SFA was highlighted during this annual event that brings professionals together for continuing education courses and to learn new industry materials.

Dr. Mitzi Perritt, SFA professor, collaborated with professors from peer institutions to present a continuing education presentation titled "Universal Design: Research and Implications" and to familiarize attendees with their universities’ respective graduate programs.

HOSPITALITY SHINDIG DELIGHTS GUESTS, EDUCATES STUDENTS

While guests with fancy hats, pastel dresses, bow ties and suits mingle by the pool, SFA hospitality administration students work behind the scenes to make the Kentucky Derby come to life at The Fredonia Hotel.

From the moment guests arrive, event-planning students dressed to the nines greet and escort them to the reception area where catering students serve hors d’oeuvres.

As if on cue, music sounds and a massive curtain opens revealing the dining area. Red, white and blue ribbons tucked inside a vase of roses stand in the center of each table carrying the Kentucky Derby inside.

The hospitality administration program hosted the Hospitality Shindig, a themed dinner and fundraising event featuring a reception, five-course meal and silent auction. This endeavor was a collaboration between a special-events production course taught by Dr. Gina Fe Causin, associate professor, and a catering and special events course taught by Dr. Donna Fickes, clinical instructor.

"I’m very satisfied with the outcome of the event,” Causin said. "It was highly successful, and everyone had a great time."

This student-run endeavor taught students how to plan, implement and market an event; select a menu; decorate; provide entertainment; and recruit sponsors.

In Causin’s course, students divided into teams to handle various responsibilities, such as sponsorships, silent auction, logistics and marketing. Joseph Dorgali, senior hospitality administration major, served as the event leader and encouraged his classmates to treat this event like a real job.

“Universal Design: Research and Implications” and to familiarize attendees with their universities’ respective graduate programs.

"Our goal was to show people SFA’s hospitality administration program is the best,” Dorgali said. "We poured our heart into this event. It took the whole class to make this happen. All of us were involved in planning because we had pure passion in what we were doing.”

Catering students worked with the event-planning students to establish a meal around the theme.

"This was a great catering experience for the students," Fickes said. "Students learned how to budget and modify a recipe for four people to feed 100. This is the fourth catering event the class has participated in this semester, so they were able to use their knowledge in a hands-on experience."

The shindig served as a fundraiser to support student scholarships, field trips, conferences and faculty-development activities.

"Without this, there wouldn’t be any SFA students traveling the world to experience the industry," Dorgali said. "Our whole industry is about gaining experience and that’s what SFA gives us. From our training here, we are able to get great jobs and go far in this field.”
JACKS COUNCIL ON FAMILY RELATIONS MEMBERS ATTEND ANNUAL CONFERENCE

It was all about family during the Texas Council on Family Relations conference in Frisco where more than a dozen SFA students attended to learn about family dynamics.

Several members of SFA’s Jacks Council on Family Relations attended the conference where they participated in breakout sessions on a range of topics, including parent and adolescent communication about sexual and relationship violence and emotional cutoffs in nuclear families. JCFR is a student organization that builds networks and helps families within the community by learning from each other and professionals within related fields.

Dr. Jennifer Newquist, assistant professor in the School of Human Sciences, said the conference’s benefits were multifaceted. “The conference gave students an opportunity to learn about topics that would be useful to them in their future careers,” Newquist said. “Students networked with professionals who share a passion for helping families and met likeminded students from other universities.”

For Amber Matthews, a distance education student from Burleson, the conference gave her the opportunity to meet JCFR members she’s been working with online.

“I networked with others about future education and career opportunities,” Matthews said. “The conference taught me how to better understand the strengths and challenges families within the community encounter daily. This new knowledge will help me serve families in my community and in my career.”

Jaycie Case, JCFR president at the time and SFA senior, said the conference highlighted the need for additional research in the human development and family studies field.

“We are truly lacking research and mass involvement in topics such as family and childcare policies,” Case said. “Overall, this conference gave me a look into the professional lifestyle myself and others might have in our field of study.”

Julie McAnally, JCFR member and Lufkin junior, agrees the conference gave her insight into the political advocacy needed for families.

“There are a lot of discussions we need to have with Texas legislators about problems families in Texas face,” McAnally said. “We could help each other fix these issues if we can sit down with them and help figure out what could be done.”

During the conference, Lindsey Lightfoot, Weatherford freshman, was elected the 2018-19 undergraduate student representative for the Texas Council on Family Relations. Her term began in May, and she is responsible for attending meetings and monthly conference calls; planning student sessions for the annual conference; and serving as the liaison between the council’s board, undergraduate student members and affiliated universities.

“I am extremely thankful to be selected. As a freshman at SFA, this definitely reassured me that I chose the right university, one that will give me as many opportunities available to further my career,” Lightfoot said. “I am excited to be able to represent SFA and to have a voice for all Texas undergraduates who are in the family relations field.”

LODGING STUDENTS GAIN EXPERIENCE WORKING AT THE FREDONIA HOTEL

The Fredonia Hotel transformed into a learning laboratory during the spring semester as SFA students studying hospitality got a taste of the industry.

Each week, students in a lodging course taught by Dr. Gina Fe Causin, associate professor, experienced the hotel’s behind-the-scenes operations.

This collaboration between SFA’s hospitality administration program and the hotel provided students with an opportunity to work in various areas that included housekeeping, maintenance, laundry services, food and beverage services, banquets, special events, marketing, social media, and the front desk.

“The collaboration was flawless,” Causin said. “This experience helped students realize it’s not easy to manage and operate a hotel, and it also opened their eyes to areas of the hotel/lodging industry they want to work in after they graduate.”

This was the first time a lodging course has partnered with The Fredonia Hotel to offer students a hands-on training experience. Causin expressed the importance of providing real-life training for students.

“Having hands-on activities in our classes means stable placement for our graduates. This course helps give our students more self-confidence in the hospitality major while also giving them an advantage when seeking a job,” Causin said.

Causin praised hotel employees John McLaren, general manager; Ryan Russell, SFA alumnus and director of special events; and Leighanne Carver, director of sales and catering, for their help in making the partnership a success.
STUDY ABROAD

STUDENTS STUDY ARCHITECTURE, INTERIOR DESIGN IN CHICAGO

A group of interior design and merchandising students had the opportunity to visit some of Chicago’s most famous architectural sites this summer during a field experiences course taught by faculty members Leisha Bridwell and Sally Ann Swearingen.

Students participated in an architectural boat tour and other tours, which included the Frank Lloyd Wright house, historic downtown Chicago buildings, Gensler architectural firm, a studio and neighborhood, and Agati furniture factory.

“It was thrilling to see students recognize architectural and other concepts they’ve learned about in the classroom as we toured decades-old buildings,” Bridwell said. “It’s one thing to read about the process of construction and then see both that process and the end result firsthand.”

Students and faculty members also spent three days at Neocon, the largest and oldest commercial furniture market located in The Merchandise Mart. While there, the group toured numerous commercial showrooms with Shannin Williams, interior designer for SFA’s Design Center. Williams showed students how designers search for new products and fabrics. New commercial products are unveiled every year for the first time at Neocon.

Additionally, students attended lectures at Neocon by renowned architect Art Gensler; editor-in-chief of Interior Design magazine, Cindy Allen; editor-in-chief of Wired/The Wired Future, Nick Thompson; and founder and design principal of Ross Barney Architects, Carol Ross Barney.

The International Interior Design Association selected SFA students, Felicia Rogers and Emily Bolger, to participate in a design charrette as part of the organization’s student career days.

STUDENTS WORK ABROAD AT CANNES INTERNATIONAL FILM FESTIVAL

Filmmakers, celebrities, producers and artists from all over the world celebrated the best in entertainment during the 71st annual Cannes International Film Festival in France. SFA students Mario Figueroa and Megan Spaight had a front row seat to this prestigious occasion.

Hospitality administration seniors Figueroa of Houston and Spaight of McKinney trained at the American Pavilion, which is the center of activity for the American film community during the festival. Figueroa assisted with food preparation and culinary aspects while Spaight helped with special event logistics and service.

As part of the culinary program, Figueroa held many responsibilities; including waking up at 5 a.m. for morning shifts and working till midnight for evening shifts. He prepared food, made items on the cook line and served meals at many events. This experience taught Figueroa to be more open minded.

“Communication is a crucial factor in the culinary world and the hospitality industry,” he said. “You will encounter many people with different backgrounds, and it is your responsibility to adapt to them.”

Likewise, Spaight was introduced to a new avenue of hospitality while at the festival.

“This was my first time being a waitress, and it’s safe to say I am not totally cut out for it,” Spaight laughed. “I enjoyed talking to the guests at each of my tables and hearing about where they came from and what they were doing in Cannes. The European people love Texans. Every time I told guests I was from Dallas, they would ask me what kind of horse I rode. Safe to say, a lot of them were shocked when they realized Texas is not like the old Western films.”

As a hospitality administration major with a focus in event planning, working the American Pavilion was right up Spaight’s alley.

“This is the third time Associate Professor Dr. Gina Fe Causin has attended Cannes with a group of SFA students. In addition to practicing skills they learned in the classroom, Causin said students learned to break out of their comfort zones and try new experiences.

“Cannes truly is an incredible place, and it’s no wonder so many people come from all over for the festival every year,” Spaight said. “The entire experience was everything I could have asked for and more, and I would not trade it for anything.”
FACULTY NEWS

FACULTY WIN BEST HEALTHY CHOICE AWARD AT TASTE OF NACOGDOCHES

A team of faculty members from the School of Human Sciences tasted victory during the Taste of Nacogdoches event in June when its dish won the Best Healthy Choice award.

The team consisted of chef Todd Barrios, clinical instructor; Dr. Chay Runnels, hospitality administration program coordinator and associate professor; Dr. Mary Olle, assistant professor; and Dr. Lynda Martin, director of the school.

This event was part of the 35th annual Nacogdoches Heritage Festival, a community tradition sharing the city’s history with participants.

Numerous vendors and restaurants set up booths with samples of their best dishes. The team partnered with the Nacogdoches Farmer’s Market and made a Farmer’s Market Gazpacho, which included watermelon, tomato, cucumber, chili peppers, onions, herbs and spices, and feta cheese.

“It was great being a part of a community event, and we were able to expose the guests to new flavors and food concepts on a hot summer day,” Barrios said. “The best part was how much everyone enjoyed the dish!”

HOSPITALITY ADMINISTRATION FACULTY, STUDENTS PARTICIPATE IN TASTE OF TYLER

Hospitality administration students and faculty participated in the annual Taste of Tyler event to help raise awareness of the hospitality industry and encourage area students to become involved in the field.

The East Texas Restaurant Association and Junior League of Tyler hosts the annual event where restaurant representatives from around Tyler set up booths for guests to sample food. Event proceeds benefit the ETRA scholarship fund for students interested in continuing their post-secondary education.

“We are very involved in the ETRA and work closely with this organization,” said Dr. Chay Runnels, associate professor and hospitality administration program coordinator. “Our students volunteer to help with registration, vendor set up and this year, we assisted with the exclusive five-course wine and food pairing.”

During the event, chef Todd Barrios served as a judge for the high school culinary competition.

According to Runnels, event benefits are multifaceted and include program exposure and student recruitment.

ACCOMPLISHMENTS

ASSOCIATION AWARDS SFA ALUMNA FOR YEARS OF SERVICE

The Family and Consumer Sciences Teachers Association of Texas recognized SFA alumna Jeannie Summers for 40 years of service in the field. Summers, who recently retired, served the Nacogdoches Independent School District for years in many roles, including as the career and technical education director. She is a Family and Consumer Sciences board member and former recipient of the Edna Wilkin Teagarden Award, which honors outstanding alumni for their extraordinary professional achievements.
A career in academics was never part of the plan for chef Todd Barrios, clinical instructor in the School of Human Sciences. However, for more than a decade, Barrios has transferred his industry knowledge to the classroom to help educate the next generation of hospitality professionals.

While Barrios has been involved with the hospitality industry since he was 14, he became an educator in 2006 and joined the SFA faculty in 2011. This year, Barrios was named an SFA Faculty Senate Teaching Excellence honoree for his dedication and transformative work in the classroom.

“I have been fortunate to work for some incredible people. Their investment in me, through their time, training, education and opportunities, helped develop my approach to teaching,” Barrios said. “I am very honored to receive this award, especially since a career in academics was never one of my goals.”

Prior to joining the SFA faculty, Barrios worked as a consulting chef at Maglieaux’s on the Cane and Antoon’s Riverfront Restaurant in Natchitoches, Louisiana; executive chef and food and beverage manager for the University Club in Baton Rouge, Louisiana; and he held several manager positions at various restaurants. He also worked for five and a half years at Northwestern State University.

His shift from the kitchen to the classroom was daunting at first until he changed his mindset.

“The classroom was no different than the kitchen. It was just a different setting. I took the approach of teaching my students like I trained my employees,” Barrios said. “I teach them what they need to know so they can be successful. I just need to help them get to where they want to be in life.”

At SFA, Barrios is known for his work helping students run the Culinary Café, a learning laboratory where students prepare meals and operate an on-campus dining location. He also teaches several classes, including advanced culinary planning and preparation, foodservice organization and management, and public health and safety management.

“Teaching is more than the instruction of content; it should be the transfer of knowledge. It also should include the development of life lessons like responsibility, accountability, passion, self-motivation and integrity,” Barrios said.

“To achieve this transfer, the learning environment must push the student to want to learn. This environment is one that focuses on experiential learning and content application.”

Haley Paz, a food, nutrition and dietetics major, and Yemy Magana, a human development and family studies major, were selected as top scholars from the James I. Perkins College of Education during SFA’s 2018 Undergraduate Research Conference.

As top scholars, Paz and Magana, presented their research over gender typicality, appearance and weight stereotypes in girls who are 6 to 10 years old. Their research defined gender typicality as “the degree to which one feels like a typical member of one’s gender group.” Students interviewed 120 girls aged 6 to 10 years old in East Texas. Their research indicated that girls in this age group felt similarity to girls and pressure from parents and peers were positively associated with endorsing appearance stereotypes.
BUD DEWITT HONORED WITH EDNA WILKIN TEAGARDEN AWARD

Alumnus Bud DeWitt was presented with the Edna Wilkin Teagarden Award during the annual School of Human Sciences convocation in April.

The award honors outstanding alumni for their extraordinary professional achievements, including development and implementation of human sciences concepts and principles in the field.

“Bud exemplifies hospitality as the manager of his family’s business, The Fredonia Hotel,” said Dr. Chay Runnels, associate professor and hospitality administration program coordinator. “He has spent his entire career in the field and mentors our students who work at the Fredonia. He is a consummate professional and an outstanding alumni.”

The school’s faculty members select the nominees for the award, which honors Edna Wilkin Teagarden, who was a home economics faculty member and department chair from 1930-61.

CONNECT WITH US!

Join us on Facebook at SFA School of Human Sciences to stay up-to-date on current happenings.

We love sharing our alumni accomplishments and news with current students, and we encourage you to send us information about your professional work either on Facebook or online at forms.sfasu.edu/hms/alumni.asp.

We hope to hear from you soon!