SCHOOL OF HUMAN SCIENCES
NEWSLETTER

SFA faculty members Justin Pelham, clinical instructor; Dr. Chay Runnels, hospitality administration program coordinator and associate professor; Dr. Donna Fickes, clinical instructor; and Todd Barrios, chef instructor; were instrumental in creating the Lumberjack Express, a mobile food lab, which offers service Tuesdays and Thursdays.

SFA FACULTY MEMBERS ADD TRANSFORMATIVE LEARNING EXPERIENCES TO THE MENU

It’s big. It’s purple. It’s the Lumberjack Express. This spring SFA rolled out its newest endeavor — the Lumberjack Express mobile food lab.

As the only one of its kind in Texas, this learning laboratory provides students in the School of Human Sciences a taste of the real world.

“There are only a few food trucks nationally that are utilized as an academic laboratory,” said Dr. Lynda Martin, director of SFA’s School of Human Sciences. “It has been so exciting watching the students make the Lumberjack Express their own and seeing how the campus community has responded to this new learning experience.”

Four faculty members from the School of Human Sciences were instrumental in bringing the Lumberjack Express to campus: Dr. Chay Runnels, hospitality administration program coordinator and associate professor; Dr. Donna Fickes, clinical instructor; Todd Barrios, chef instructor; and Justin Pelham, clinical instructor.

In recognition of their work, they were awarded a Bright Spot award by the SFA Faculty Senate, the Center for Teaching and Learning and the SFA vice presidents.

While attending the National Restaurant Association’s annual show a few years ago in Illinois, Runnels noticed a food truck with a university logo on it. This sighting sparked an idea.

“We began researching the possibility of a mobile food lab that would be a true learning laboratory. From the beginning, we had a lot of support from administration,” Runnels said.

Soon, wheels started turning — literally, as faculty members and students worked to bring the food truck trend to campus.

“We had many meetings. We worked with an undergraduate student to develop a business plan, and we researched other food trucks and institutions that had something similar to what we were proposing,” Runnels said. “It’s been a learning experience for us all.”

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Greetings from the School of Human Sciences at Stephen F. Austin State University!

I hope you enjoy reading about the exciting things our students and faculty members have accomplished this year.

In the hospitality program, we launched the opening of our Lumberjack Express mobile food laboratory. Under the guidance of chef Todd Barrios, students prepare cuisine twice a week for customers looking for an exciting food experience. You can read more about the mobile food lab in this issue of the newsletter.

In July, we received approval to move our Culinary Café to a new venue at 1401 Mound St. The residence, previously owned by former U.S. Sen. Kay Bailey Hutchison, will undergo renovations that will provide expanded seating for this wonderful culinary experience.

The merchandising program and interior design program took students to London this year to study the merchandising and architecture of this wonderful city. In addition, merchandising students again spent a day at Neiman Marcus and Dallas Trade Mart, while hospitality students spent a week at the National Restaurant Show in Chicago. Students were excited to experience the world from outside the classroom.

This year we received approval to launch both a new degree program and certificate. The Bachelor of Science in construction management will provide students with broad-based knowledge of the construction industry. Additionally, the human development and family studies program partnered with Tyler Independent School District to launch a certificate in aging studies, making SFA the only university in Northeast Texas to offer this option.

Our faculty members also have been as busy as ever. Justin Pelham, nutrition clinical instructor, was awarded the Willie Lee Glass Spirit Award by his peers. Dr. Rachel Jumper, assistant professor, received her Certified Family Life Educator Certificate.

It has truly been a very momentous year.

Please reach out to us to let us know what you are doing and know that our door is always open. We hope you come visit us soon!

Cheers, Lynda Martin

Director of SFA’s School of Human Sciences
Trading a typical classroom for a simulated intensive care unit within SFA’s DeWitt School of Nursing, students in a medical nutrition therapy course gather around Justin Pelham, their instructor.

A high-fidelity mannequin rests on a hospital bed, with its chest rising up and down simulating a real-life patient. With tubes connected to the mannequin, Pelham, a clinical instructor in the School of Human Sciences, explains what a registered dietitian would need to know and do in this clinical setting.

For the second year in a row, Pelham has partnered with the DeWitt School of Nursing to offer food, nutrition and dietetics students the opportunity to participate in a nutrition simulation to practice concepts learned in the classroom.

“Taking students to a different setting helps them see and understand concepts in a new light,” Pelham said. “The nutrition simulation is a great way to expose students to equipment utilized in the clinical environment and provide real-world application in an ICU setting.”

During the simulation, the class discussed tube feedings, parenteral nutrition, different respiratory masks, urine output, dialysis catheters and additional intravenous fluids. Then, students were tasked with completing an independent case study regarding one of the disease states covered in class.

“Students had to apply their clinical information in order to figure out their patient’s total caloric, protein and fluid needs based on the information provided,” Pelham said. “The nutrition simulation provides practical experience for the students to think critically and quickly — similar to real-world situations during their dietetic internship.”

The medical nutrition therapy course is focused on teaching students how to conduct nutrition assessments centered on nutrition-related diagnoses, interventions and monitoring/evaluation. The students also learn about chronic conditions, such as heart disease, hypertension, strokes, diabetes, pancreatitis and metabolic stress.

To learn more about SFA’s food, nutrition and dietetics program, visit sfasu.edu/hms/101.asp.
SFA’s James I. Perkins College of Education Recognizes Teaching Excellence Award Recipients

SFA’s James I. Perkins College of Education recognized several faculty members this past spring as the college’s Teaching Excellence Award honorees.

Annually, representatives are selected from academic units within each of SFA’s six colleges to receive Teaching Excellence Awards. Then, each college selects one academic unit faculty member to represent his/her college at the university’s annual Teaching Excellence Convocation.

The Teaching Excellence Awards recognize outstanding full-time faculty members who demonstrate extensive knowledge of subject matter, quality lectures and assignments, enthusiasm for teaching, and interest in and availability to students. Commitment to continuous improvement and contribution to the quality of teaching at SFA by assisting and encouraging other faculty members also are considered.

Honorees in the James I. Perkins College of Education include Dr. Mark Montgomery, assistant professor in the Department of Elementary Education; Heather Samuelson, dance program co-coordinator and assistant professor in the Department of Kinesiology and Health Science; Dr. Karen Embry Jenlink, professor in the Department of Secondary Education and Educational Leadership; Dr. Luis Aguerrevere, associate professor in the Department of Human Services; and Leisha Bridwell, merchandising and interior design program coordinator and associate professor in the School of Human Sciences.

Among the honorees, Montgomery was selected to represent the Perkins College of Education at the university’s Teaching Excellence Convocation, which was held in April.

“Being at this university and seeing so much great teaching, and faculty and administration support, makes me want to be better,” Montgomery said. “I don’t know that there is any other career in the world that has as much power as teaching, and my hope is that I use that power for good.”

The college also recognized Dr. Robyn Whitehead, visiting assistant professor in the Department of Kinesiology and Health Science, as the Faculty Senate Teaching Excellence honoree for nontenure-track faculty members.

Faculty members in the human development and family studies program hosted advisory board meetings in Nacogdoches and Tyler this year.

The Nacogdoches advisory board meeting had more than 20 attendees who discussed ways that the program, especially practicums, could be enhanced to benefit both the practicum locations and the students. Advisory board partners agreed to develop promotional videos about practicum locations in the area and are filming videos for future students.

For the first time, an advisory board meeting was held in Tyler at the Tyler Independent School District Head Start location. This advisory board meeting also was well attended and was met with enthusiasm by our partners in the Tyler area who are eager to help us expand our practicum locations.

The H.D.F.S. program looks forward to another year of working closely with our advisory board partners to improve our programs and the quality of instruction our students receive.

Students in the human development and family studies program now have the opportunity to experience different careers in the field through the program’s newest endeavor — Destination: Career Exploration. This hands-on learning experience allows students completing courses in the program to exchange a major class assignment grade for participation in an interactive experience known as a learning excursion. Learning excursions are out-of-the-class trips where students can meet with industry professionals and learn about diverse careers.

Destination: Career Exploration seeks to build on the university’s mission of providing students with transformative experiences.
NEW FOCUS AREA ADDED TO DIETETIC INTERNSHIP AND COMBINATION PROGRAM

A new focus area in integrative and functional medicine has been added to the Master of Science in human sciences program.

Integrative and functional medicine is a combination of conventional medicine and complementary therapies. In this field, a systems-based approach is used to assess each individual client. This means that all body systems, no matter how unrelated they might seem, are related. Dr. Darla O’Dwyer, associate professor in SFA’s food, nutrition and dietetics program, explains what this means.

“Numerous studies indicate that the status of the microbiome in the gut impacts anxiety and depression, as well as other psychiatric disorders,” she said. “The gut seems like a strange place to look when a person is complaining of anxiety, a symptom commonly associated with the brain. However, in functional medicine, it is one of the first places we start with.”

When taking an integrative and functional medicine approach, the whole person is addressed instead of being viewed as a set of symptoms. “Let’s say a person has eczema, depression and diarrhea. Rather than treating each of these symptoms separately, the practitioner will take extensive health history, and assess diet, lifestyle factors, conventional and functional lab testing, genetics, etc. to determine the underlying cause,” O’Dwyer said. “Five people who have the same symptom could have five totally different root causes.”

SFA’s Master of Science in human sciences is a 36-hour program and is offered in combination with the dietetic internship. Courses specific to integrative and functional medicine include 10 credit hours and will be woven into some of the assignments required in the supervised practice component of the program.

“It is important that our dietetic interns at SFA are equipped with the skills to handle root cause resolution to chronic disease by employing integrative and functional medicine concepts,” O’Dwyer said. “According to the Academy of Nutrition and Dietetics, registered dietitians can apply integrative and functional medicine concepts across all areas of practice. Integrative and functional medicine is the future of health care, and we at SFA are embracing this new paradigm.”

MOBILE FOOD LAB PROVIDED HELP

After an EF2 and EF3 tornado ripped through Alto and the Caddo Mounds Historic Site in April, volunteers stepped up to help clean the aftermath.

Faculty members from the School of Human Sciences also gave a helping hand by using the Lumberjack Express mobile food lab to serve lunch to students in the Alto Independent School District after the school’s kitchen was destroyed. Aramark supplied the food and sent volunteers to help while Drs. Mary Olle and Chay Runnels kept the food warm in the Lumberjack Express. The group served more than 750 staff and students hamburger steak, mashed potatoes, green beans, gravy, rolls and a fruit cup. Runnels said this was “such a rewarding experience, and we hope to partner with Aramark again.”

Runnels also shared a note a parent of an Alto ISD student sent. The note read, “As a resident of Alto and a mother of an Alto ISD student, I want to express my appreciation for the meal you served at Alto ISD last week. My son is in third grade at Alto Elementary, and he came home raving about the ‘real meat!’ I’m sure the food service ladies enjoyed having a break from their tent kitchen, as well. Thanks again for such a thoughtful act of service.”

STUDENT NEWS

FASHION MEETS INTERIOR

Students in a visual merchandising course mixed fashion and interior design in a collaborative semester project. Each student submitted photographs of both an interior space and fashion garment.

The class voted on the photos they wanted to use for the project. The photographs were then divided between groups. Groups that received a photo of an interior found garments that complemented the interior style. Likewise, groups that received a photo of a garment found interior products and accessories in a similar style.
The sound of people laughing with friends and the smell of mint-flavored drinks filled The Fredonia Hotel as guests arrived in shades of red to the annual Hospitality Shindig in May, hosted by students from the School of Human Sciences. The shindig’s theme for the night was “Kentucky Derby.” Guests were encouraged to wear big hats and bold colors. The night was full of activities, from the silent auction to the five-course meal, all prepped and planned by students from the School of Human Sciences.

“This event provides transformational experiences to our students because they do everything themselves,” said Dr. Gina Fe Causin, assistant professor of human sciences. “This year we had more items for both the live and silent auctions, and the menu the students created was different.”

Students learned the many aspects of organizing an event, including finding sponsors for both monetary and silent auction items, marketing the event, drawing the layout, considering weather circumstances and curating an experience for guests.

This year’s planning committee comprised students from the special events production course, the catering and special functions course, and the floral arrangement course. Every student’s participation resulted in a successful night.

“I believe the event was an even bigger success than last year because we achieved out goals of the number of attendees, and the students learned and practiced skills that will help them in their future careers,” Causin said.

SFA WRAPS UP FOURTH ANNUAL COOKING MATTERS PROGRAM

SFA students in the School of Human Sciences wrapped up their fourth annual Cooking Matters program with a graduation ceremony and game night. During this six-week collaborative course with the East Texas Food Bank, SFA students worked with community members to educate them on healthy eating habits and budgeting.

SFA students helped administer the program to community members connected with the Helping Other People Eat organization. This year, 18 community members graduated from the program from among 20 participants.

“This year has been the most successful based on participants who graduated,” said Justin Pelham, food, nutrition and dietetics clinical instructor at SFA. “We look forward to future partnerships with the East Texas Food Bank in community nutrition to create transformative learning experiences for our students.”

During the final meeting, students and participants competed in a Jeopardy-style game and tasted homemade tortilla chips and black bean brownies. Participants also received a reusable grocery bag, a chef apron, a flexible cutting board and various kitchen utensils.

To learn more about SFA’s food, nutrition and dietetics program, visit sfasu.edu/hms/101.asp.
STUDY ABROAD

The dirt and gravel roads lining the village of Chocola, Guatemala, became a familiar sight for Heather Anding and Brooke Dunnigan, SFA graduate students and dietetic interns who served as part of a medical team in the impoverished area this past March.

Students worked with their internship preceptor and registered dietitian Leslie Goudarzi, an SFA alumna, in a remote clinic they set up to provide health care to hundreds of patients in Chocola. Services included surgical care through Refuge International, a nonprofit organization that helps people by providing health care, nutrition information, clean water and education programs.

“The students were able to experience the food, living conditions and economic hardships often prevalent in the culture,” said Dr. Darla O’Dwyer, associate professor in the School of Human Sciences. “The poverty rate in Chocola is very high, as it is in most of Guatemala. This experience was eye-opening for students and exposed them to health care in a challenging environment.”

Anding and Dunnigan interviewed patients, took medical histories, collected vital information, screened for hypertension and analyzed anthropometric measurements, which were used to educate patients on risk factors and disease processes. A nutrition team also provided vitamins and calcium supplements to the patients, as well as deworming medication. In addition, the nutrition team collected data to determine the rates of diabetes and hypertension among the indigenous and Ladino people, two major populations living in the region.

Dietetic graduate students are required to complete 1,200 supervised practice hours during the year to be eligible to sit for the national registered dietitian exam. This trip helped the graduate students earn those hours.

SFA graduate students Heather Anding and Brooke Dunnigan joined registered dietitian and SFA alumna, Leslie Goudarzi, as part of a medical team serving hundreds in Chocola, Guatemala.

STUDENTS INTERN ON MEDICAL TEAM IN GUATEMALA
LONDON TRIP

From witnessing Queen Elizabeth II leaving Buckingham Palace to touring historic architectural sites in London, students in a field experience course were immersed in cultural interior design and international fashion while studying in London this past May.

Leisha Bridwell, associate professor, and Jamie Cupit, instructor, led a group of 16 students throughout London to learn about historical and modern designs and fashions. The group toured Windsor Palace, St. George’s Cathedral, Kensington Palace and the Tower of London. Students also watched the Changing of the Guard at Buckingham Palace. A walking tour brought students to places such as the Houses of Parliament, Westminster Abby and St. Paul’s Cathedral.

Students also had the opportunity to see ruins from Greek and Roman antiquity at the British Museum and explore vintage fashion and historic furniture at the Victoria and Albert Museum. Students traveled to Bath, England, to see the Bath Fashion Museum and tour the Roman Baths. Finally, the group toured a clothing factory and designed a custom bag while visiting London fashion designer Susie London.

“This trip was amazing. Not only did students experience the culture of London and the fabulous shopping districts, but they also viewed historic architecture and interiors that brought history to life in a new way,” Bridwell said.

During the 10-day trip, students also watched a production of “The Play That Goes Wrong,” and many ventured outside of London by traveling to Paris, France; Brussels, Belgium; and Brighton, England.

ACCOMPLISHMENTS

SFA HOSPITALITY ADMINISTRATION ALUMNA HELPS KEEP NACOGDOCHES HISTORY ALIVE

Spending the day as a farmer, teacher, event planner and accountant is the new normal for Jessica Pinkert ’18, executive director of Millard’s Crossing.

“Most days involve helping people see the beauty in Nacogdoches’ history,” Pinkert said. “Community roots run deep in the oldest town in Texas, and having the opportunity to share the story of Nacogdoches helps me find stability in my sometimes chaotic schedule.”

Pinkert spends her time at Millard’s Crossing leading tours, mending broken floors, dressing up like a pioneer woman and more. Partaking in the preservation of Nacogdoches’ history has strengthened her love for the city and proven that she made the right choice to major in hospitality administration at SFA.

While attending SFA’s freshman orientation, Pinkert was still considering her academic options when she stopped...
SFA and the Tyler Independent School District Head Start program launched their partnership with a celebration in October 2018 in Tyler.

Recently, SFA began offering a completely online Bachelor of Science in human sciences with an emphasis in human development and family studies. This new online program offers students, regardless of their location, an opportunity to study at SFA and earn a four-year degree.

Several of the courses in the human development and family studies program are hands-on and require service-learning experiences, such as volunteering at organizations like Head Start and the Boys and Girls Clubs of America. A partnership with Tyler Head Start helps provide Tyler area students a place to complete their service learning and gain valuable experiences.

“We are excited about the partnership,” said Dr. Flora Farago, assistant professor in SFA’s School of Human Sciences. “Head Start programs across the country typically serve low-income, vulnerable children and families. Through these Head Start affiliated service-learning and internship opportunities, SFA students can gain the professional and life skills they will need to serve and succeed in an increasingly globalized world.”

With this bachelor’s degree, students learn to become “caretakers of our society,” explained Dr. Rachel Jumper, assistant professor in the School of Human Sciences at SFA. 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.

“Tyler ISD Head Start is excited about the partnership with SFA. In Head Start, we have many opportunities for interns to experience working with the community, families and students,” said Stacy Miles, director of Tyler ISD Head Start. “This experience will prepare students for the work force and help them discover available job opportunities in the community.”

Upon graduation, students have a variety of career options, including early intervention specialists, lobbyists, directors of child care and senior citizen facilities, Head Start teachers, parent educators and camp directors.

For more information about the program, visit sfaonline.info/human-development-and-family-studies.

RESEARCH

TWO SFA SENIORS PRESENT AT TEXAS UNDERGRADUATE RESEARCH DAY AT THE CAPITOL

Two SFA seniors, Abigail Cloudy and Jasmine Thompson, presented research during the Texas Undergraduate Research Day at the Capitol in Austin.

This event provided a forum for undergraduate students who are engaged in research to showcase their experiences to Texas legislators and the public through high-quality poster displays. The program and event’s theme, “Transforming Texas Through Undergraduate Research,” highlighted how research conducted by undergraduate students positively impacts Texas and Texans.

Both psychology majors, Cloudy of Sugar Land and Thompson of San Antonio, presented their research on gender identity, which explores body image and the pressure girls between the ages of 6 and 11 often feel to conform to gender norms and body image.

“I was honored to represent SFA at the Texas Capitol. There were schools from all over Texas represented at the conference, so I was excited to show others how supportive SFA is of undergraduate research,” Cloudy said.

Cloudy and Thompson have been working on their research since fall 2017, along with their research mentors...
Two SFA seniors, Abigail Cloudy and Jasmine Thompson, recently presented research during the Texas Undergraduate Research Day at the Capitol in Austin. Pictured from left, Dr. Sarah Savoy, associate professor of psychology and research mentor; Dr. Steve Bullard, SFA provost and vice president for academic affairs; Thompson; Cloudy; Dr. Steve Westbrook, interim SFA president; and Dr. Flora Farago, assistant professor of human development and family studies, and research mentor.

Dr. Flora Farago, assistant professor of human development and family studies, and Dr. Sarah Savoy, associate professor of psychology. Farago and Savoy provided resources for the students and exposed them to current development theories, best practices for interviewing children and new statistical tests.

“It’s key for students to work closely with faculty members so they can learn by example by practicing problem-solving skills and presenting one’s ideas in low-stakes settings with support from peers and words of encouragement,” Savoy said. “Communication skills and the ability to formulate a solution to a problem are skills that can be translated from a research context to other personal and professional contexts.”

Approximately 75 research projects reflecting a variety of topics were displayed and presented at the Capitol. While attending the event, SFA students had the opportunity to attend panel discussions and network.

“This experience taught me how important it is to not only share your research findings within your field, but also to share it with the public and researchers in different fields,” Thompson said. “Sharing and discussing your findings with others is an important part in taking the next steps with your research, whether that be conducting future studies on the topic or finding practical ways to apply the information in our communities.”

CONNECT WITH US!

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

We love sharing the accomplishments of our alumni 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!