

In a world focused on things, we focus first on PEOPLE.

Spring 2018

# FOCUS

COLLEGE OF  
HUMAN ECOLOGY  
KANSAS STATE UNIVERSITY



## Message from the dean



The 2017-2018 academic year brought lots of change around the College of Human Ecology. Most noticeable was the opening of Lacy's Fresh Fare and Catering! Located in Hoffman Lounge, Lacy's offers hands-on learning experiences for our hospitality management students. It is sure to be a favorite lunch destination for faculty and students alike, offering healthy soup, salad and sandwich options. It also has the ability to provide catering services across campus.

Another key change was the departure of the athletic training program and classes from Justin Hall to a more appropriate and useable space on the lower level of Lafene Health Center. The move was a great opportunity for the program to expand its laboratory courses and collaborative work with the physicians and staff at Lafene.

Other changes not visible to the eye include some updates to degree program names, curriculum and offerings.

In the School of Family Studies and Human Services, the Bachelor of Science in family studies and human services degree has been approved to become the Bachelor of Science in human development and family science. The change reflects national naming trends in the discipline and will provide students with a degree program name that is more recognizable to employers. The Master of Science in family studies and human services now offers a specialization in applied family science. The specialization reflects an updated curriculum that combines education, research and

outreach to better understand and enhance the lives of individuals and families. The Bachelor of Science in personal financial planning is now offered online through K-State Global Campus.

In the Department of Food, Nutrition, Dietetics and Health, the Bachelor of Science in athletic training will become a five-year master's degree program starting in the fall. This change reflects the National Athletic Trainers Association's Athletic Training Strategic Alliance decision that a master's degree will be required to become eligible for certification.

These are just a few examples of change that allow us to continue providing the best education and hands-on experiences we can for our students. I look forward to keeping you updated as more programs — and spaces — begin to evolve. Thank you for your continued support of the College of Human Ecology!

Dean John Buckwalter

**On the cover:** Bob and Betty Tointon in the College of Human Ecology.

## MAKE AN IMPACT THROUGH MENTORING!

Alumni and friends of Kansas State University with three or more years of professional experience and a desire to share their knowledge are invited to be professional mentors in the College of Human Ecology.

Provide feedback, guidance and expertise to mentees in the following areas:

- *Career-readiness skills*
- *Professional presence*
- *Career and volunteer opportunities*
- *Professional networking*
- *Career resources*

**Austin Anderson**  
Professional Mentoring Program Coordinator  
austin33@k-state.edu | 785-532-2552

# PROFESSIONAL MENTORING

***SIGN UP TODAY AT***  
***WILDCATLINK.K-STATE.EDU***

[he.k-state.edu/mentoring](https://he.k-state.edu/mentoring)

 [@KStateMentoring](https://twitter.com/KStateMentoring)

**KANSAS STATE**  
UNIVERSITY

College of  
Human Ecology

Cathy and Steve Lacy

Quantity Foods Lab

# Serving up success

Cathy and Steve Lacy invest in new quantity foods lab and catering kitchen



Opportunities to fail — that's what Cathy Wiltfong Lacy credits with preparing her for success as a dietitian. One of the reasons Lacy chose Kansas State University for her education was because of the opportunity to get hands-on experience in the food production lab.

"It was an incredible learning experience, working in the production food lab," Lacy said. "I had an epic fail in a bread lab once when I learned weighing ingredients is crucial when baking large quantities. But that's what the lab is all about. You're not out serving the public yet; you're learning how to use the equipment, and it's OK to fail. It's the place to experiment and try things."

Lacy graduated in 1979 with a degree in dietetics. Her first couple of jobs involved teaching nutrition to medical students at the University of Missouri, Kansas City. After marrying Steve Lacy, who graduated from K-State in 1976 with a degree in accounting and in 1977 with a Master of Business Administration, the couple moved to Des Moines, Iowa, where Lacy continued her career managing a hospital's wellness programs. Her career also included marketing, composing nutrition labels and teaching seminars to employees from large food production facilities for Tone's Spices.

Outside of work, Lacy kept busy raising a family and serving on several boards that champion education and support youth, including United Way, Women's Leadership Connection, Holy Family Inner City Youth Foundation, the Blank Park Zoo Foundation and two school boards of education. She and her husband also are active with their alma mater. The Lacys are on the Kansas State University Foundation's board of trustees, where Steve Lacy serves as chair of the board of directors. They serve on K-State's Innovation and Inspiration Campaign steering committee, and Lacy is co-chair of the College of Human Ecology campaign committee.

Because of their desire to support education, the Lacys give back to K-State. The food lab in Justin Hall closed in the early 1990s, forcing students to get their hands-on experience at the dining centers for the university's residence halls. Knowing that the opportunity to learn and make mistakes in the food lab was vital, the Lacys recently invested in the college, helping to make possible a quantity foods lab and a catering kitchen in Justin Hall for students to practice their skills before getting their first job.

"Working in the kitchen has really improved my confidence for after graduation," said Lauren McLinden, senior in hospitality management from Marion, Kansas. "I feel more prepared for my future catering career. Understanding how the kitchen operates and customer

needs are important aspects of any food and beverage business. Thanks to the new kitchen, I feel better prepared to consider different situations and use my improved food-preparation skills to assist where I can."

That's the outcome the Lacys hoped for when they supported installing the lab and kitchen.

"Catering is a tough business and you have to love it to do well," Lacy said. "How do you know you love it if you go to school and don't actually have to do all that's required to cater? This kitchen will give students the opportunity to see if catering is what they really want to do as a career."

The catering kitchen also enables the college to interact more with the community and prospective students. Soon after opening the kitchen, the college hosted the Manhattan community's veterans' breakfast and the Celebration of Excellence event for college donors and alumni. Seeing the kitchen is a highlight for prospective students and their families.

"Having the quantity food lab and catering kitchen is a great talking point," said Chelsea Paul, a hospitality management student ambassador and senior in restaurant and food service management from Derby, Kansas. "It's a way to show the growth and development of our program and it highlights the commitment of putting students first and creating opportunities for them."

Lacy has fond memories of her time at K-State and has advice for current students: "Experience all you can while at K-State. Get involved and try it all because it may be your only opportunity. Get out there, do what needs to be done and don't be afraid to fail."



Cathy and Steve Lacy at the inaugural dinner of Lacy's Fresh Fare and Catering.



*The event is an opportunity for students to showcase their original work as they build toward careers in the apparel and interior design industries.*

# ATID awards K-State and high school students at annual Showcase of Excellence

By Sandy Her  
junior, apparel and textiles



Every spring semester, the Department of Apparel, Textiles, and Interior Design, also known as ATID, holds its annual Showcase of Excellence event. This year's theme was "Get to the Crux."

The Showcase of Excellence includes a runway show at which both college, high school and middle school students' garment designs are presented. A mounted gallery also displays digital, 2D, and 3D work in apparel, textiles and interior design. The events are an opportunity for students to showcase their original work as they build toward careers in the apparel and interior design industries. Students who enter their works for either the runway portion or gallery exhibit have a chance to win awards.

The Showcase of Excellence gallery and runway are the kickoff events for the annual ATID Symposium, a professional networking day following the showcase. Students in the Showcase of Excellence class produced this event.

This year, the fifth annual Showcase of Excellence was the evening of April 12 at McCain Auditorium, and the gallery exhibit portion was at the William T. Kemper Art Gallery in the K-State Student Union. Forty-seven entries by K-State students were accepted for the runway show. Forty-three entries by K-State students and four entries by Kansas high school and middle school students were accepted for the gallery exhibit.

## The following is a list of winners by category:

### K-State Third-year through Graduate Student Gallery Exhibit winners:

First Place — **Emily Pascoe and Sahar Ejeimi**, "Socially Responsible Home Goods"

Second Place — **Mikayla Abernathy, Emily Andrews, Margaret Loughman and Laura Spriet**, for two boards, "Where is the Love?" and "You Say You Want a Revolution..."

Third Place — **Allyson Woodard**, "Running the Waves"

### K-State Third-year through Graduate Student Runway winners:

First Place — **Emily Andrews, Allyson Woodard and Annabelle Frese**, "SPORTZI"

Second Place — **Yiya Wang**, "From Chinese Garden to American Metropolis"

Third Place — **Amber Faloona**, "Heather Lauren Collection"

### K-State First- and Second-year Student Gallery Exhibit winners:

First Place — **Delaney Green, Brittany Blackim and Mackenzie Smith**, "More than Meets the Eye"

Second Place — **Kathryn Wilson**, "Modern Simplicity"

Third Place — **Jorge Lobo**, "Jorge Lobo – Personal Brand"

### K-State First- and Second-year Student Runway winners:

First Place — **Ashley Oldham**, "Entranced"

Second Place — **Jamie Hoffman**, "Ocean's Edge"

Third Place — **Jaxson Metzler**, "Caped Jumpsuit"

### K-State Research, Scholarship, Creative Activity and Discovery winner

Certificate of Recognition — **Emily Andrews**, "Wrapped in Healing Fibers"

### Inspired by the Janet Lee Rees Collection winners:

First Place — **Rachel Dugger**, "Formal Three-Piece Suit"

Second Place — **Andrada Redmond**, "Janet Rees Inspired Garment"

Third Place — **Kelly Brackett**, "Lace Inspirations"

### Kansas Seventh- through 12th-grade Student winners:


First Place — **Emma Ebert**, 10th grade, Rock Creek High School, "Gray Wool Coat/Dress Ensemble"

Second Place — **Tamara McConnell**, 12th grade, Shawnee Heights High School, "Pink & Black Two-Piece Floral Prom Dress"

Third Place — **Ella Rhodes**, sixth grade, St. George Elementary School, "Two-Piece Wool Outfit with Purse"



Emily Andrews, second from left, and Allyson Woodard, second from right, pose with their winning design "SPORTZI" and the co-director of the Showcase of Excellence, McKenzie Weien.



*The Marshall Scholarship will give me an opportunity to continue my education in the U.K.*

— Garrett Wilkinson

# National scholar

By Stephanie Jacques

A College of Human Ecology student has landed one of the nation's most prestigious scholarships.

Garrett Wilkinson, a senior in nutritional sciences and pre-medicine from Hutchinson, Kansas, received the Marshall Scholarship for graduate study in the United Kingdom.

"As the nation's first operational land-grant university, Kansas State University has a long history of empowering students like Garrett to compete for national scholarships," said President Richard Myers. "Garrett's extensive leadership experiences make him well qualified for this prestigious scholarship, which helps students fortify leadership skills and strengthen international relationships between the U.K. and the U.S."

Marshall scholarships are awarded to about 40 American students each year by the British government as an expression of gratitude and as a means of continually strengthening the ties between the U.K. and U.S. The scholarship provides full funding for one or two years of study in the U.K., which Wilkinson said he plans to use for a master's degree in public health at the London School of Hygiene and Tropical Medicine and a master's degree in medical anthropology at the University of Oxford.

"The Marshall Scholarship will give me an opportunity to continue my education in the U.K. and put me on track for pursuing a career at a public health institution such as the U.S. Centers for Disease Control or the World Health Organization," Wilkinson said. "I would ultimately like to help governments build health systems that confer and successfully deliver health care as a right to their citizens."

A leader in several international activities, Wilkinson is director of special projects for the Open World Cause, an organization that helps support educators in Nepal and Kenya, and provides school nutrition programs and purified water for communities. The organization recently partnered with Microsoft's Skype in the Classroom to establish a 20-classroom, cross-cultural learning project between American and Kenyan students.

In the 2015-2016 academic year, Wilkinson founded and was president of RESULTS K-State, an organization that teaches others how to lobby Congress and advocate for domestic and international antipoverty policies. He is a teaching assistant for Introduction to Cultural Anthropology with Michael Wesch, associate professor of anthropology. Wilkinson also is a member of the University Honors Program and a member of Delta Sigma Phi fraternity. He has interned with Partners in Health in Boston and the U.S. Agency for International Development in Zambia. He also has worked with the Food Recovery Network at Kansas State University and been a guitarist for the choral program.

As an undergraduate researcher, Wilkinson has worked with many K-State faculty members. He is currently researching the micronutrient bioavailability and protein quality of food aid products with Brian Lindshield, associate professor of food, nutrition, dietetics and health. In addition, advised by Brandon Irwin, assistant professor of kinesiology, Wilkinson and colleagues received a \$25,000 grant from the Kansas Health Foundation to develop a model for communicating about local health inequities and the social and economic causes in the Manhattan community. He also researched malnutrition in Nepal and school lunch programs and food availability in Kenya.

Wilkinson has received the College of Human Ecology Hannah Bluemont Scholarship; Child and Family Health International Thomas Hall Scholarship; Prins-McBride Scholarship; Marjorie J. and Richard L. D. Morse Family and Community Public Policy Scholarship; Mark Chapman Scholarship; Kansas State University Civic Leadership Scholarship; and the Nancy Landon Kassebaum Scholarship. He also won Kansas State University's SPARK Tank Undergraduate Research Competition in 2016. A 2014 graduate of Buhler High School, he is the son of Victor and Angela Wilkinson, Hutchinson.

# Visionary leadership and generosity

Bob and Betty Tointon invest in the College of Human Ecology

Tointon: The name is seen in a variety of places across the Kansas State University campus, but many of the students who occupy those spaces today may not know what that name stands for.

Bob and Betty Tointon are leaders among the many generous Wildcats who have committed their time, energy and financial investment to the success of K-State. Their influence is seen in the Justin Hall expansion, Hoeflin Stone House Early Childhood Education Center, engineering faculty and students, the K-State Alumni Center, West Stadium Center and Tointon Family Stadium. Recently, they've added one more important gift: the deanship in the College of Human Ecology.

The Betty L. Tointon Deanship in the College of Human Ecology is just the second named deanship to be given at K-State. This transformational gift from the Tointons represents their long-standing commitment to the college and ensures its continued success. Investing in the college at this level creates a ripple effect, elevating every aspect of the college: faculty, students, programs and research.

*"I am hopeful that the decisions we made enriched the institution so it can always be the best for the faculty, students, athletes and alumni."*

— Betty Tointon '55



*The Betty L. Tointon Classroom has hosted classes for 9,629 students since August 2012.*





"The Betty L. Tointon Deanship adds prestige and financial flexibility to the college, enabling us to take advantage of emerging opportunities, expand research, provide transformational learning experiences for students, and elevate our ability to build upon our strengths as we strive to improve the human condition," said John Buckwalter, dean of the College of Human Ecology. "The Tointons' generous investment ensures our students and faculty will be able to work with cutting-edge technologies in the most modern facilities. It empowers our college to recruit and retain the best faculty and the brightest students. Consequently, by elevating our program in this way, the Tointons are helping us to reach K-State's goal of being nationally recognized as a Top 50 public research university."

*"The Betty L. Tointon Deanship adds prestige and financial flexibility to the college."*

— John Buckwalter

Betty Tointon graduated from K-State in 1955 with a degree in human ecology. Bob Tointon also graduated from K-State in 1955 with a degree in civil engineering. While the Tointons have generously invested financially in K-State, they've also given much of their time to help K-State succeed. They both served on the Kansas State University Foundation board of trustees, and Betty Tointon served on the KSU Foundation board of directors. The Tointons guided the Changing Lives Campaign as members of the national steering committee. Betty Tointon was on the K-State Alumni Association's board of directors, and Bob Tointon served on the College of Engineering Dean's Advisory Council. These are just a few of the many ways the Tointons work to advance K-State.

"I am hopeful that the decisions we made enriched the institution so it can always be the best for the faculty, students, athletes and alumni," Betty Tointon said.

## Impact by the numbers

College of Human Ecology

**9,629**

human ecology students have attended class in the Betty L. Tointon Classroom.

**170+**

young students started their education at Hoeflin Stone House's Tointon Family Infant Toddler Learning Suite.

All human ecology students, currently

**2,298** undergraduates and **374** graduates,

will benefit from the investment of the deanship, which enables the college to increase enrollment and support for future generations.



*In 2006, Bob and Betty Tointon were awarded the Medal of Excellence, Kansas State University's highest honor.*

*“One of the biggest things I love about HDFS is not only how people focused it is, but family focused in regards to development.”*

— Savannah Thorne

## Finding your fit

As part of the hands-on learning experience, our human development and family science students can put their classroom knowledge to practice during a senior internship. Students have completed internships in a variety of fields all across the nation. Learn about two recent internship experiences.

### HDFS Internship Questionnaire

Name: **Savannah Thorne**

Hometown: **Lee’s Summit, Missouri**

Current location: **Springdale, Arkansas**

Graduation year: **2017**

Internship location: **\*Camp War Eagle, Fayetteville, Arkansas**

How did you decide to major in human development and family science?

I came to freshman Orientation and Enrollment as a psych major but after meeting with the School of Family Studies and Human Services advisors, it was clear that this was the more ideal path. One of the biggest things I love about human development and family science

is not only how people focused it is, but family focused in regards to development.

What did having this internship do to prepare you for your career?

Going into this experience I anticipated it to be much like my summer camp experience — but without the sunburns and non-air-conditioned sleeps. However, I could not have been more wrong. The biggest takeaway I have from this experience is what it is like to walk with people daily. At summer camp, we take kids out of their "norms" and give them an escape of sorts for a week or two weeks. In this internship, we’re in the trenches with them, so to speak. We



Savannah Thorne

Camp War Eagle



go to battle with them while they're in the thick of hard things: parents' divorce, friendship struggles, bullying, all the hardships that life brings in childhood. Going to battle for people is a task for most in the human services field and through this experience, I've learned that I have a huge heart for advocacy for children. Many of my kids come from less than ideal home situations; they're young and I want to help give them a voice.

**Was there a turning point during your experience that made you say "I knew I picked the right major" or something that made you fall more in love with your decision?**

It's hard to pinpoint one moment because as the months have gone on I fall more in love with this internship. However, one of my favorite parts of every day is when the kids in my after-school program run off the bus. Every single day, without fail, these three little 6-year-olds run full speed at me and knock me to the ground as they yell, "HI MISS SAV." My kids come from very low socio-economic homes and many of their parents work multiple jobs. My only desire for them is that they will understand how much I love and believe in them. I get to be a constant positive influence in their life, and every day they expect me to be there waiting to get tackled. They may not remember me when they're my age, but for the time being, they will know that they are deeply cared for and I hope that will spur them on to do big things with their lives.

I'm grateful that I'm entrusted and responsible for teaching them not only how to be good students and readers, but also how to be kind and honest humans. Before I walk into work I am reminded that this is better than a dream.

**What advice would you give to students about having an internship experience?**

Do what you love. Don't get fixated on the resume-building experience. If you care deeply about a cause or a group of people or a region, then go. Go help fuel that fire and let it burn because the feeling of making a difference for something you care DEEPLY for is always worth it. Resume building is great but going where the fire burns will always be better.



*\*Camp War Eagle is a Christian, sports, adventure and recreation summer camp for boys and girls ages 7 to 17 from select counties in northwest Arkansas. More information can be found at [campwareagle.org](http://campwareagle.org).*

**Name: Sarah Rawitch-Clonts**  
**Hometown: Stilwell, Kansas**  
**Current location: Copperas Cove, Texas**  
**Graduation year: 2017**  
**Internship location: \*USO, Fort Riley**

**How did you decide to major in human development and family science?**

I started off in another major and found that I was not enjoying it nor was I being as successful as I knew I could be. I knew I wanted to work in a helping profession where I could be hands-on with people. I began looking at other majors offered at K-State and came across human development and family science.



Sarah Rawitch-Clonts

**Why did you choose the internship that you did?**

I am a military spouse and want to work with the military on some level in my professional career. I thought this was a good way to involve myself in the community and gain valuable insight and connections.

**What did having this internship do to prepare you for your career?**

It prepared me with real-work experience. As I have been interviewing for jobs, I have been able to bring up real situations I have experienced and learning experiences I have had. Beyond this, it helped me see what I wanted to focus on my professional career. Overall, this internship helped me to see my potential and worth in a professional setting.

**Was there a turning point during your experience that made you say "I knew I picked the right major" or something that made you fall more in love with your decision?**

I think the first time a service member stopped to tell me how much of an impact the USO has had on his life and how all the work we put in every day has a positive impact. To see and hear about the difference I could make in even one person's life and to feel how fulfilling that was helped me see that I was in the right place.

**What advice would you give to students about having an internship experience?**

My advice is to say "yes" to any opportunity offered to you, even if it is completely new. This is your time to learn what you enjoy and what you don't, what you're strong at and what you need to improve upon, and to gain valuable experience you can take to the workforce. Every opportunity will open up unique doors for your future. Also, take the time to make strong connections; those connections can make all the difference in your future.



*\*The USO, or United Service Organization, is a nonprofit organization that works to strengthen America's military service members by keeping them connected to family, home and country throughout their service to the nation. More information can be found at [uso.org](http://uso.org).*

# A global impact

## Students create textile products, supporting a global initiative

Julie Martin has always had an entrepreneurial spirit. Her whole family consists of entrepreneurs, so it's no surprise she has followed in their footsteps.

After graduating from Kansas State University with a degree in apparel and textiles, Martin went to spend a summer at the Paris Fashion Institute. While on a train, she mistakenly ended up traveling in a first-class cabin that was meant for someone else: Sister Jessie, a nun. After only a few hours together, Sister Jessie inspired Martin to pursue the challenges of women and children in rural southern India.

In 2004, Lions in Four, previously WE CARE of India, was launched to support the work of Sister Jessie, who had been serving India for the previous 10 years. Lions in Four is a nonprofit organization that provides women and children in southern India with opportunities for education and job advancement. The company hires and trains women to produce contemporary fashion accessories, including scarves, handbags and jewelry.

When Martin wanted to consult someone about the hiring and training of the women and the development of products in India, she knew no better contact than her former apparel and textiles professor, Sherry Haar.

"When our partner from India was in town, we came to Manhattan and sat down and told her we wanted her feedback," Martin said. "It was pretty much an instant good match because the Department of Apparel, Textiles, and Interior Design saw the potential to apply its research and teaching and provide opportunities for its students for global impact."

In Haar's Textile Surface Manipulation class, student teams work to develop a design prototype that will be used by Lions in Four.

"It's one of my most favorite things we have done; it's just so fun to see students get creative and think through all the different aspects," Martin said.

Two years ago, class members Brenna Conner, Kelly Kell and Shelby Shinkle delivered their scarf prototype to Martin. After a year of training and production, Lions in Four recently launched the Gwynn Scarf, the product of their classwork.

*The finished scarf design, left, shown with the prototype, right, developed by Conner, Kell and Shinkle.*



"The first time seeing our product as an official Lions in Four product was amazing," Conner said. "The first image I saw was the scarf being shown on a runway. It was truly incredible to see our design and hard work being showcased to the public. I remember looking at it on the website, lionsinfour.com, and feeling so proud and, at the same time, so humbled that one of our designs were chosen for this company to be produced by the artisans in India."

On the most recent project, students were given very broad, practical parameters for their piece.

"It started out with marigold as one of the main dyes as we can grow that at the center of India," Martin said. "Then teams had to consider design knowledge of forecasted trends and how does color fit into that. This project was to focus on products for the home to promote family tradition and interaction across generations."

Another practical parameter the students were given was that the techniques used had to be able to be done by people with a wide range of skills because Lions In Four employs women with varying abilities.

This year's final product presented to Martin and her systems manager Melanie Riordan, a K-State apparel and textiles graduate, was a marigold table runner with intricate threading and braided tassels that offer screen-printed designs along with napkins and placemats. They call the set "Ambrosia."

"This project encouraged me to think of product development differently because the home goods are manufactured by artisans, some who have disabilities," said Emily Pascoe, one of the student designers. "This type of manufacturing changes how each technique is approached and what can be accomplished. Overall, the process is much more thoughtful. Each design decision must come back to the artisan's skill set and how it can potentially benefit them."



Pascoe's design partner Sarah Ejeimi said, "'Ambrosia' is an ideal example of sustainable home textile products as well as an inspiration for me to collaboratively design unique items to be made with an ultimate goal of pursuing the sense of well-being from the work to the end user."

The design prototypes will travel back with Martin and her team where training will take place to recreate the prototype, from dying the textile to screen-printing the images. Expect to see the table set available for purchase from Lions in Four in 2019.



Photo by Emily Pascoe

# Save the Dates

Join us this fall at our College of Human Ecology hospitality tent in Cat Town!



Saturday  
Sept. 8



Saturday  
Oct. 13



Open to all alumni and friends of the college • No cost to attend  
Begins two hours prior to kickoff • Tailgating fare catered by our hospitality management students

For information, contact Dana Hunter at 785-532-7291, 800-432-1578 or [danah@ksufoundation.org](mailto:danah@ksufoundation.org)



# The mentoring experience

**The College of Human Ecology Professional Mentoring Program provides students with the opportunity to learn from highly successful and experienced professionals by forging long-lasting, professional relationships.**

## FROM THE MENTEE Kaley Dick

**What is something you've learned through your mentoring experience?**

I have learned a great deal about taking chances. There have been many occasions where I have stepped out of my comfort zone to network. It is critical for any type of position to have networks of people. Ruth has taught me valuable lessons through her work and has shown me the importance of being grateful for the people who surround you.

**How has your mentor affected your career goals and view on your industry?**

One attribute that I admire about Ruth is all the different environments that she has been a part of. When I was paired with Ruth, I had no idea what area of dietetics I wanted to work in, and I especially did not know much about the different fields that dietetics had to offer. Over the past years, when learning about her experiences, I have developed glimpses of where I can see myself in each individual environment. Ruth has really shaped me as a student and my future career as a dietitian.

**Would you recommend mentoring to a fellow student?**

I would definitely recommend mentoring to fellow students. When I became part of the program, I did not expect this type of relationship to develop. It is nice having someone who has practiced within your career and is able to answer your challenging questions with honesty. One unique thing that the mentoring program provides is the unending resources that are available for us mentees. The program is able to help us network to all areas of the country and has contributed grants for us to visit our mentors.

**What has been your favorite part about being paired with your mentor?**

One of my favorite parts about my mentor, Ruth, was actually having the opportunity to visit her. It was wonderful to finally meet in person and build upon our relationship. I have enjoyed talking to her every month and having her support me through my career as a student and soon-to-be dietitian. The

mentoring program matching process did a tremendous job when connecting me with Ruth; I could not be more thankful.

## FROM THE MENTOR Ruth Stemler

**What motivated you to become a mentor?**

I previously served on the College of Human Ecology's Dean's Advisory Board for four years. It was a great experience connecting with Kansas State University and the College of Human Ecology in a meaningful way. When Dean Buckwalter came up with the idea for a Mentoring Program for the college, I was a big supporter and signed on.

**What is something you've learned through your mentoring experience?**

This experience has reminded me again of the tremendous talent and passion of this generation. They are dedicated and smart! They are going to make our world better.

**How has mentoring affected you personally and professionally?**

The mentoring program has kept me connected to K-State and allowed me to develop a friendship with an outstanding student. The profession of dietetics has served me well. I am retired now but still use so many of the skills I learned at K-State in my community volunteer work.

**What is your favorite memory of your time at K-State?**

My experience was a while ago, but I fondly remember some great professors who inspired me in dietetics for decades: Faith Roach, Virginia Stuckey, Ramona Middleton and others. My memories are of all of the fun things to do: music, sports, parties, clubs. When I am back on campus I sometimes feel it hasn't changed that much; it's still the K-State that I love.



*Kaley Dick, senior in dietetics, has been paired with her mentor Ruth Stemler, a 1972 graduate of K-State, since 2016.*



## Mary and Carl Ice: Meeting K-State's highest priority

When Mary and Carl Ice learned about the K-State Family Scholarship program, they were inspired to act. They know students are Kansas State University's highest priority and were impressed at how the match program is an immediate way to create scholarships for K-State students.

**Because Mary and Carl created K-State Family Scholarship match funds for the College of Human Ecology, students have access to funding today.**

With the Ice Family Scholarship, new gifts of \$30,000 are matched with \$30,000 from the seed fund provided by the Ices, for a total of \$60,000. \$10,000 goes into an expendable fund, making \$2,000 scholarships available to students immediately, and \$50,000 goes into the endowment.

The Ices have provided matching funds for 15 new scholarships. Several donors have already taken advantage of this unique opportunity to double their impact in support of College of Human Ecology students.

**Join Mary and Carl to help Wildcats finish strong by establishing your K-State Family Scholarship today.**

### Create your K-State Family Scholarship

Contact Dana Hunter at **785-532-7291** or [danah@ksufoundation.org](mailto:danah@ksufoundation.org).



## In short: A quick look at what's going on in the college

**Sarah Asebedo**, personal financial planning doctoral graduate, and **Martin Seay**, assistant professor of personal financial planning, won Best Applied Research Paper at the 2017 Financial Planning Association Annual Conference in Nashville, Tennessee.

**Chelsea Babercheck** was named the executive director for the Great Plains Interactive Distance Education Alliance, or GPIDEA.

**Alison Boyles** was hired as the program assistant for the couple and family therapy program.

**Meredith Butler** was hired as the project director for the 4-H Military Partnerships project.

**The Center for Food Safety in Child Nutrition Programs** received a three-year, \$1.8 million cooperative agreement from the USDA's Food and Nutrition Service. The center is co-directed by Kevin Roberts, associate professor of hospitality management, and Kevin Sauer, associate professor of food, nutrition, dietetics and health.

**Sarah Cosgrove**, postdoctoral fellow in kinesiology, was awarded the KAWSE Postdoctoral Researcher Travel Award from the Office for the Advancement of Women in Science and Engineering.

**Martin Cram**, family studies and human services graduate, was hired as the human ecology development officer.

**Alexander Fees**, master's student in nutrition, dietetics and sensory analysis, received a Fulbright U.S. Student program award to Hungary in clinical experimental research and human physiology from the U.S. Department of State and the J. William Fulbright Foreign Scholarship Board.

**Anthony Ferraro**, assistant professor of human development and family science, received a proposal award from the National Council on Family Relations-Education and Enrichment Section.

**Sherry Haar**, professor of apparel and textiles, was recognized for her design "Anchored by Our Past, Navigating Our Future" at the International Textile and Apparel Association in St. Petersburg, Florida.

**Jennifer Hanson**, assistant professor of food, nutrition, dietetics and health, was awarded the Dietetic Research Practice Group member of the year award.

**Linda Hoag**, professor of communication sciences and disorders, was named Kansas Speech-Language Pathologist of the Year by the Kansas Speech-Language-Hearing Association.

**Jillian Joyce**, doctoral student in dietetics, received the Commission on Dietetic Registration Doctoral Scholarship from the Academy of Nutrition and Dietetics Foundation.

**Karly Kriss, Brady Kurtz, Emi Hayashi, Savannah Ardery, Lillie Huckaby, Carter Lundgren and Alec Butenas**, seniors in kinesiology, were each awarded research awards from the Office of Undergraduate Research & Creative Inquiry.

**Sarah Kuborn**, doctoral student in family studies and human services, won the Graduate Student Council award for Graduate Teaching Excellence.

**Brady Kurtz**, senior in nutrition and kinesiology, and **Katie Heinrich**, associate professor of kinesiology, received a \$5,000 grant from the Mindlin Foundation.

**Brian Lindshield**, associate professor of nutrition, was selected to serve on the editorial board of Current Developments in Nutrition by the American Society of Nutrition.

**Melody LeHew**, professor of apparel and textiles, was elected president of the International Textiles and Apparel Association.

**Heather Love and Chelsea Spencer**, doctoral students in couple and family therapy, were selected as fellows through the American Association of Marriage and Family Therapy Minority Fellowship Program.

**Sonya Britt-Lutter**, associate professor of personal financial planning, and **Derek Lawson**, doctoral student in personal financial planning, won Best Theoretical Research Paper Award at the 2017 Financial Planning Association Annual Conference in Nashville, Tennessee.

**Suzie Martin** was hired as an Accountant II.

**Scott May, Tommy Childs, Sally Hodges and Becky Sorensen**, master's students in couple and family therapy, were selected as fellows through the American Association of Marriage and Family Therapy Minority Fellowship Program.

**Terrie McCants**, clinical associate professor, retired from the School of Family Studies and Human Services in January. She will be heading overseas to serve as the special assistant to the president of American University.

**Tim Musch**, university distinguished professor of exercise physiology, was elected to the

American Physiological Society's National Council.

**Hyundhwa Oh, Juhyun Kang, Michelle Alcorn, Annamarie Sisson and Neda Shabani**, graduate students in hospitality management, and **Emily Van Dyke, Maria Lourdes, Rose Domingo and Miranda Burkes**, undergraduate students in hospitality management, were named a finalist team at the Inaugural Smith Travel Research Student Market Study Competition in New York City.

**Chris Omni and Jacob Caldwell**, graduate students in kinesiology, each received a \$1,000 College of Human Ecology Research Award.

**Eunhye Park and Bongsug Chae**, graduate students in hospitality management, and **Junehee Kwon**, associate professor of hospitality management, won the best paper award by the Journal of Hospitality and Tourism Technology at the 23rd annual Graduate Education and Graduate Student Research Conference in Hospitality and Tourism.

**Rob Pettay**, instructor and advising coordinator of kinesiology, won Best Presentation from the Kansas Academic Advising Network.

**Holly Pishney** was hired as the Lacy's Fresh Fare and Catering lab coordinator and instructor in the Department of Hospitality Management.

**Melitza Ramirez**, junior in athletic training and kinesiology, received a \$765 undergraduate research award.

**Ric Rosenkranz**, associate professor of food, nutrition, dietetics and health, was elected to the Executive Committee of International Society of Behavioral Nutrition and Physical Activity. Rosenkranz also received the K-State Excellence in Engagement Award for his project, Girl Scouts Wellness Promotion in Northeast Kansas.

**Jesse Stein**, doctoral student in kinesiology, was awarded the College of Human Ecology Travel Award and the Graduate Student Council Travel Award.

**Philip Vardiman**, associate professor of athletic training, was named head athletic trainer for the U.S. track and field team during the Pan America games.

**Marlene VerBrugge**, research assistant professor and 4-H Military Partnerships Project Director, retired from the School of Family Studies and Human Services in January.

**Brooke Wallace, Emily Sanders, Maria Zarina Domingo and Yelei Yang**, undergraduate



students in apparel and textiles, won the EFI/Optitex Student Award for Best Use of Optitex, a computer program for digital design of apparel products.

**George Wang**, professor of nutrition, was selected to chair a grant review committee for the USDA.

**Erin Yelland**, assistant professor and extension specialist in adult development and

aging, won the Best Paper Award from the National Council on Family Relations-Families and Health Section. Yelland was also named a Civic Engagement Fellow at K-State.

## College retirements

**Susan Bilderback**, extension agent in the nutrition program.

**Carol Gould**, dean's office.

**Terrie McCants**, clinical associate professor in family studies and human services.

**Marlene Verbrugge**, research assistant professor in family studies and human services.

**Sally Yahnke**, associate professor of family and consumer sciences education.

## Thank you, Rita and Karen!

The College of Human Ecology recognizes and thanks Rita Newell and Karen Pence for their combined 64 years of service to the college and the university.



During Newell's 23-year tenure, she has overseen the acquisition of, Ice Hall and several renovations, including the: Justin Hall expansion; Stonehouse addition and renovation; Campus Creek addition; Vivarium renovation; and the Quantity Foods lab, known as Lacy's. Outside of

renovations, Newell provided support and leadership in all aspects of managing the business affairs, including preparing the annual budget; human resource functions; facilities maintenance and management; and technology systems of the college. She supervised a central accounting and human resources business office for the college and the IT services activities in the college. The college also welcomed the Department of Kinesiology and the Center on Aging during her tenure. Newell and her husband, Mike, live in Olsburg,

Kansas. Following her time at K-State, she can be found in Westmoreland, Kansas, where she owns and operates an antique store.



Pence joined the college in 1977 after earning a master's degree in 1972 and serving as a temporary instructor in 1972-1974. She worked for Iowa State University Extension before returning to K-State as an advisor and instructor for the college orientation course Dimensions of Home

Economics. She served as assistant to the dean for six years before being named assistant dean. As the assistant dean of student services, Pence has overseen the day-to-day operations for new student recruitment, multicultural student support, records management, evaluation of student progress toward graduation, and other activities in support of student, advisors and faculty. She serves on numerous university committees and councils as a representative of the college. Pence and her husband, John, will continue living in Manhattan, Kansas.

## College of Human Ecology names 29 outstanding seniors

The Engagement Award is given to a graduating senior(s) who has made exemplary contributions that impact the well-being of the community or individuals in the community. The Leadership Award is given to a graduating senior(s) who has exhibited excellence in leadership; recognized for their contributions to the campus, college, program and professional organizations. The Outstanding Research/Creative Activity award is given to a graduating senior(s) whose research or creative activity has made a significant contribution to his or her field of study.

### Winners of the Engagement Award:

**Kate Bowen**, kinesiology, Manhattan; **Mallory Wilhite**, family studies and human services, Shawnee; **Morgan Wedekind**, communication sciences and disorders,

Wichita; **Scott McGehee**, personal financial planning, Hesston; **Abbygail Hogan**, athletic training, Cimarron; **Laura Apel**, hospitality management, Lenexa; **Jaclyn Means**, nutrition and health, Wichita; **Kaitlyn Styve**, nutritional sciences, Overland Park; **Joleen Murray**, nutrition and health, Vandalia, Illinois.

### Winners of the Leadership Award:

**Amanda Frakes**, athletic training, Manhattan; **Katelyn Bell**, kinesiology, Paola; **Samantha Krause**, dietetics, Olathe; **Mackenzie Thrush**, communication sciences and disorders, Wichita; **Cailin Chapman**, dietetics, Louisburg; **Kerstina Macy Burkett**, apparel and textiles, Olathe; **Kaylee Seyferth**, family studies and human services, Garden City; **Nolan Keim**, personal financial planning, Sabetha; **Katelyn Dugan**,

nutritional sciences, Clearwater; Allison Sears, family and consumer sciences education, Plainville; **Catherine Lochner**, hospitality management, Chanhassen, Minnesota; **Madeline Heeter**, hospitality management, Overland Park.

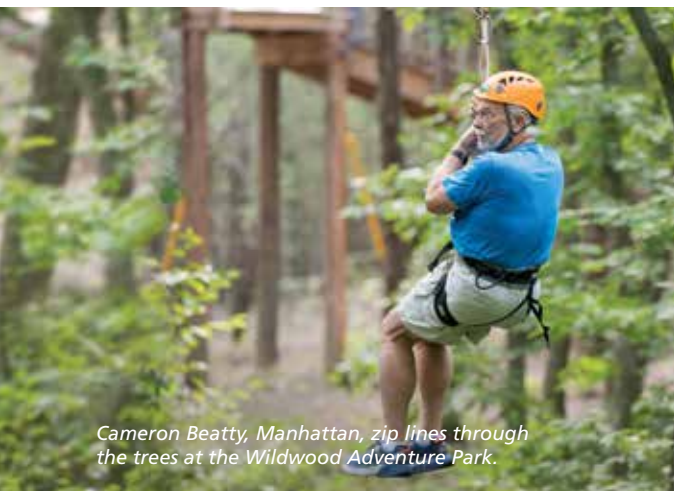
### Winners of the Research/Creative Inquiry Award:

**Daniel Winslow**, kinesiology, Mainz, Germany; **Katelyn Waldeier**, communication sciences and disorders, Tonganoxie; **Yiya Wang**, apparel and textiles, Xinanjiang, China; **Kolbyn Allen**, apparel and textiles, Humboldt; **Lara Hoss**, family studies and human services, Salina; **Garrett Wilkinson**, nutritional sciences, Hutchinson; **John Saiki**, hospitality management, De soto; **Allison Becker**, personal financial planning, Horton.

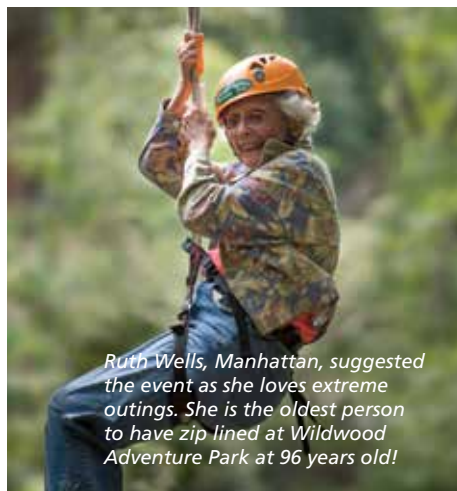




*The Center on Aging staff and students hosted an intergenerational experience with friends of the program from Meadowlark Hills Retirement Community at Wildwood Adventure Park, a zip lining course in Manhattan, Kansas.*



*Cameron Beatty, Manhattan, zip lines through the trees at the Wildwood Adventure Park.*



*Ruth Wells, Manhattan, suggested the event as she loves extreme outings. She is the oldest person to have zip lined at Wildwood Adventure Park at 96 years old!*



*Ruth Wells zip lines through the trees.*