

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

Spring 2017

FOCUS



Message from the dean



As a follow-up to our last Focus, which highlighted several amazing students, we wanted to showcase some of our alumni in this issue. These stories will demonstrate how these alumni arrived at K-State, some of their key decisions, their thoughts and ambitions upon graduating, and how they arrived in their current careers.

Many of these alumni credit key faculty members who encouraged or pointed them in a specific direction. They reference the K-State family, the organizations they joined and the community they counted on during college and after.

At the College of Human Ecology, we hear alumni stories like these often and we wanted to not only share them with you, but spotlight a few of the many diverse careers that our degree programs initiate. The academics we provide in the college are excellent and include many top-ranked programs. We pride ourselves on providing

opportunities for transformational experiences, including networking with top professionals in multiple fields, acquiring real-world professional skills, being part of invigorating clubs and organizations, and even traveling and studying abroad for a global perspective.

In recent months, I have traveled around the country with our Kansas State University Foundation development professional — read more about her on Page 18 — to engage with alumni like the ones you'll read about in this issue of Focus. I have enjoyed listening to their K-State experiences and stories about their lives and careers after they graduated. Each person's experience can better inform the ways that we grow the College of Human Ecology, mentor our students and provide them with strategic experiences that are crucial to their professional development.

A handwritten signature in black ink that reads "John Buckwalter".

Dean John Buckwalter

Tweeting dean

Dean Buckwalter is an avid tweeter and in his 2016 and 2017 travels, he had the opportunity to meet with many alumni and listen to their human ecology and K-State experiences, talk about their current and past careers, and discuss the different ways they'd like to stay connected to the college. Directly from the dean's Twitter:



A great visit with @KStateHE @KStateAging grad Shawn Bloom. Thank you for your support @KState!



A pleasure meeting @KStateHE grad Pat Franz & her husband @KSUCVM grad Dave. Thank you for your support for @KState



Follow John Buckwalter on
Twitter @JohnBuckwalter1

K-State legends in family and consumer sciences celebrated

The American Association of Family and Consumer Sciences recognized 10 outstanding K-State human ecology educators as legends and leaders in family and consumer sciences. Six living honorees attended the award ceremony June 24, 2016, at the association's 107th annual conference in Bellevue, Washington.

Recognized and attending were Carolyn Jackson, Carol Kellett, Virginia Moxley, Sharon Nickols, Jan Wissman and Sally Yahnke. Recognized posthumously were Ruth Hoeflin, Doretta Hoffman, Margaret Justin and Richard Morse.

The legends were lauded for their dedication to family and consumer sciences through encouraging and providing research-based knowledge about the topics of everyday life. They also were recognized for their service in educational capacities and for the exceptional strides they made in the field of economic education in professional organizations at national and international levels.

These K-State educators have been integral to the forward momentum of the current College of Human Ecology and the university. They have made a huge difference in the lives of their students, supported faculty as they developed as educators, researchers and administrators, and brought prominence and respect to the field of home economics and human ecology.

Here's a closer look at the honorees:

Carolyn Jackson is a K-State alumna in home economics education and family economics. Jackson has served as a Kansas county education extension agent and revolutionized the American Association of Family and Consumer Sciences through her roles as executive director and CEO.

Carol Kellett is a K-State alumna in home economics education. Kellett taught high school, earned two more degrees, became a college instructor and returned to K-State as the dean of the College of Human Ecology for eight years.

Virginia Moxley, is a K-State alumna in textile science, family counseling and administration and foundations. She also earned a teacher certification. Moxley served as associate dean for the College of Human Ecology at K-State for 21 years, then as dean for eight more.

Sharon Nickols is a K-State alumna in home economics education. Nickols also has degrees in family life education, and family economics and household management. She served as dean of the College of Family and Consumer Sciences at the University of Georgia for 15 years.



From left: Sharon Nickols, Jan Wissman, Carol Kellett, Carolyn Jackson, Virginia Moxley and Sally Yahnke

Jan Wissman is a K-State alumna in home economics education. Wissman taught high school home economics and returned to K-State as an instructor, advisor and assistant professor in the College of Education, advancing to the role of associate dean of the college.

Sally Yahnke has degrees in home economics education and vocational education. Yahnke taught high school home economics for a decade and is currently an associate professor in the College of Education at K-State.

The legacy of the following four leaders is still felt within the College of Human Ecology, which has benefited from their dedication, wisdom and research.

Ruth Hoeflin studied childhood development, parent education and early childhood education. At K-State, Hoeflin was head of the Department of Family and Child Development, first associate dean of the School of Home Economics and then dean of the College of Home Economics for eight years. The Ruth Hoeflin Stone House Early Childhood Education Center was named in recognition of her work.

Doretta Hoffman was an expert in home economics, food and nutrition. Hoffman was recruited to K-State as dean of the School of Home Economics, a role she held for 20 years. Hoffman Lounge in Justin Hall is named in her honor.

Margaret Justin was a continual scholar. After earning a doctoral degree in physiological chemistry and public health, she served as dean of the Division of Home Economics at K-State for 31 years. Justin Hall is named in her honor.

Richard Morse was known as a consumer advocate through his work in lending and saving. Morse was the chair of the Department of Home Economics at K-State for 27 years and the first male in home economics at K-State.

Each of these legends are also featured in a compilation publication, "Leaders in Family and Consumer Sciences."



"I have a passion for what I do and I truly want to help people."

— Dave Brandenburg

Maximizing experience and opportunity



Dave Brandenburg describes himself as a local guy. He's proud to be from Riley, Kansas, and grew up playing sports until a football injury at 13 years old.

Anyone who has experienced an ACL tear and subsequent surgical repair knows the key is the effort you put into your physical therapy. Brandenburg ended up working with a physical therapist, or PT, in Manhattan who had a large impact on the teenager's life.

"I always wanted to go to K-State and knew from an early age that I wanted to be a PT," Brandenburg said. The path, it turns out, was the kinesiology program at K-State. Brandenburg connected with Rob Pettay, a K-State program advisor, who would become his mentor. Pettay outlined the steps Brandenburg would need to be successful in the kinesiology program and get into physical therapy school.

Involvement is key

"K-State provides the perfect foundation to be successful in PT school, so get involved," Brandenburg advises students considering this career path.

While he was at K-State, Brandenburg was active in the Kinesiology Student Association all four years, serving as president his senior year. He was a member of Pre-PT Club for four years, also serving as president his senior year, and was a member of the K-State Cadaver Dissection team. Being a member of the team was something Brandenburg had to apply for and earn his way onto, but he says that the team prepared him well for graduate school — especially since he was on it the same semester he took his Human Body course.

"We'd learn about the anatomy in class one day, study it hard and turn around and teach our classmates the next day," Brandenburg said. "This really cemented the information in my long-term memory, so when I got to graduate school and took anatomy again with cadavers, I felt very prepared."

At K-State, Brandenburg's exercise physiology course was a favorite, along with biomechanics and cardiopulmonary physiology. "I liked all of the physiology, anatomy, biomechanics. I'm kind of a numbers guy. I like science, research and data," he said.

Influencers and mentors

"Another big influence on my career choice was my mom," he said. "She was a physical education teacher and taught me the importance of physical activity. My mom is awesome."

Both of Brandenburg's parents valued physical activity and athletic endeavors and sought to instill similar values in their children.

While in high school, Brandenburg reconnected with Scott Johnson, who was also from Riley but a few years older than him. Johnson was already a PT and a K-State alum. Brandenburg was able to shadow Johnson and his wife, Stephanie, also a PT and K-State alumna. When the Johnsons opened Maximum Performance in 2003 in Manhattan, they hired Brandenburg as a personal fitness tech and physical therapy aid. Johnson mentored Brandenburg, encouraging him in the kinesiology program and passing along information about physical therapy school. Brandenburg also was able to observe the Johnsons build positive and trusting relationships with patients, which yielded better patient outcomes.

Brandenburg only applied to one physical therapy school, the University of Kansas, which is where both Johnsons attended. He was accepted into the first doctoral cohort at KU and excelled in the challenging program.

After graduating from physical therapy school, Brandenburg wanted to return to the Manhattan area and hoped there might be a place for him at Maximum Performance. Scott Johnson offered him a job one evening, he accepted and about a year later, in 2008, Brandenburg took on part ownership in Maximum Performance. Currently, Maximum Performance has two locations in Manhattan and employs five physical therapists and a physical therapy assistant.

Brandenburg describes how important the Johnsons have been in his life by discussing their relationship trajectory: "My relationship with the Johnsons began with them as role models and mentors, then my employers, good friends and now, my business partners. I couldn't ask for better people in my life."

Outlook

Putting people first is Brandenburg's main philosophy.

"I have a passion for what I do and I truly want to help people," he said. "I want to give my patients as many tools as possible to decrease their pain, improve their mobility and return to a previous

level of functioning. I try to provide as much education as possible so my patients not only understand their injury but also how to prevent or manage it."

Ninety-five percent of his role at Maximum Performance is hands-on treatment of patients and he wouldn't have it any other way. "I'm always involved in patient care — that was my entire intent in becoming a physical therapist," he said. "I'm impressed daily with my patients' drive. I get a lot of patients coming in and willing to do the work — they want to get better."

Brandenburg's return to Manhattan after PT school put him closer to his family and opportunity with the Johnsons, but it also allowed him proximity to K-State so he can get involved with the students.

"I've had a mentoring relationship that was so beneficial to me that I try to give back whenever possible," Brandenburg said.

He connects with K-State kinesiology by offering interested students observation hours and internship opportunities. He serves on the Kinesiology Advisory Board and he has the unique opportunity to present and interact with the Pre-PT CAT Community that his former advisor and mentor, Rob Pettay, advises.



“When I design medical facilities, I use design research to inform my decisions.”

— Melissa Pearson

A passion for design and the medical sector



Education has always been a priority for Melissa Pearson's family. Her great-grandfather was a physician, her grandfather was an entrepreneur with a real estate company and both of her parents attended college. Her mother's degree was in social

sciences, but as Pearson was growing up in Kansas City, Missouri, her mother worked in advertising, switched careers and attended cosmetology school and then returned to school again for training as an IT technician.

After excelling in high school and multiple activities and organizations, Pearson chose the University of Missouri to study biology with aspirations of veterinary school. After three unfulfilling years, she did some soul-searching.

Her passion? Interior design.

Pearson researched schools and discovered that K-State's interior design program was one of the best programs in the nation.

“I visited for early enrollment and fell in love,” she said of K-State, “I knew instantly that I belonged here.”

The interior design program was a good fit. Pearson is thankful for a sequence of courses and studios that prepared her for the interior design profession.

“Fairly early in the curriculum, the Methods and Materials of Construction class taught us about building

construction types, materials used in construction, sustainability, and building codes and regulations — the essentials. Another studio had us develop a detailed office design, which included creating and finalizing a set of construction documents, crafting a budget, and determining furniture and material specifications. I use all of this information on a daily basis as an architectural designer,” Pearson said.

After graduating from K-State in 2005 with a bachelor's degree in interior design and a secondary major in gerontology, Pearson worked for the College of Human Ecology dean's office for the next two years.

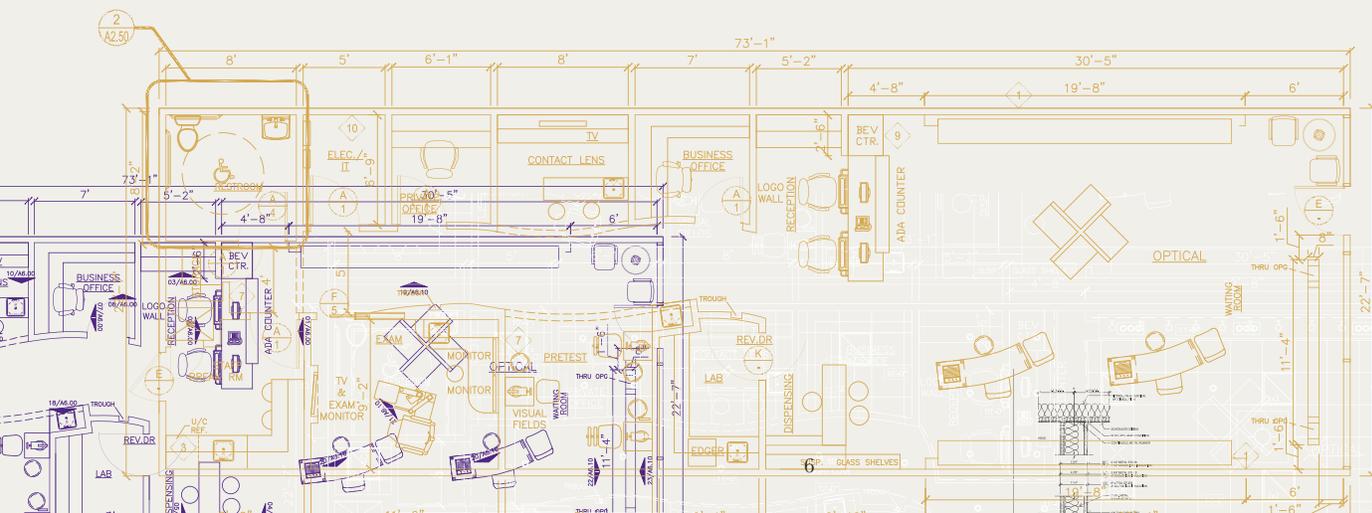
As an academic services coordinator, she worked directly with students in the areas of recruitment and retention, with a personal focus of educating minorities about unlikely professions. Pearson worked with interior design faculty to apply for a Tilford Faculty Incentive Grant that would allow them to invest resources in increasing student awareness and understanding of diversity issues in the interior design profession, with the goal of increasing enrollment of underrepresented students in the interior design program.

Pearson is now an architectural designer for a design-build company in Houston, Texas. The company focuses on medical facilities and she has designed dental, optometry, urgent care, OB-GYN and veterinary offices. Her role with the company is expansive. She researches client needs and develops design concepts. Pearson is part of a team that includes another interior designer and two architects. This team often takes design projects from conception to completion.

“When I design medical facilities, health is always a concern,” Pearson says. “I use design research to inform my decisions. My clients expect me to incorporate patient hospitality and comfort into the design — they sometimes ask for beverage stations, video game areas or an oven for baking cookies — all to decrease patient anxiety.”

Pearson shares that she absolutely loves her job and the challenge of designing spaces that are unique to patients and communities. And Pearson's gerontology background plays an enormous role as she keeps an aging population and their series of specific needs in mind while designing.

“I could be working on three or four completely different projects at a time,” Pearson said. “The distinct tasks for each design keep every day interesting and fresh.”



Choosing the political path

Victoria Lee's parents once wondered what their daughter was going to do with an undergraduate degree in family studies and human services.

They now have no doubts about her degree choice. Lee has used her K-State education and her experience to become the health care and education legislative correspondent for U.S. Sen. Jerry Moran, of Kansas, in Washington, D.C.

Lee chose K-State because of the incredibly nice people she met on a college visit. She landed in the College of Human Ecology, originally to study communication sciences and disorders with plans to become a speech language pathologist, but she switched to family studies her third semester.

"I thought I might want to go to law school, and the family studies and human services program includes a little bit of family law. I really enjoyed that part of it," Lee said. Her interest in the field began after taking a family relationships course that discussed abuse, divorce and similar topics. She wanted her avenue into law to include learning about the family dynamic first and focusing on law second.

Lee graduated in December 2014 with a bachelor's degree in family studies and human services. In January 2015, she headed to Washington, D.C., to intern at Sen. Moran's office. The connection was made after her dad encouraged her to apply for the internship because he had once interned for then Sen. Bob Dole and the experience had been positive. After a competitive application process, Lee was one of three interns chosen and stayed in Washington until May, working on tasks such as giving tours of the Capitol, letter writing and research.

After a successful internship, Moran's office extended an offer to Lee to come back in a full-time capacity as the correspondence director. She accepted and moved to Washington, D.C., to oversee the senator's incoming and outgoing correspondence and mail.

As an observer of the political process from the inside, Lee said there is a lot in politics that people don't see.

"Many politicians are in politics to help people," Lee said. "This help arrives in unseen ways as they use different approaches to navigate common ground."

Lee was soon promoted to health care and education legislative correspondent, which includes meetings with Kansans to listen their concerns. "The senator is very passionate about health care and education," Lee said. "Periodically, I have the opportunity to assist the senator in supporting Kansans who are struggling with an issue. Our health care system can be challenging to navigate, so we like to help in any way we can."

For the foreseeable future, Lee would like to stay in Washington, D.C. She has enjoyed meeting new people, and while D.C. is a culture shock for the Kansas native, the experiences are more than worth it.

As to whether she will get to family law, Lee shares, "I would like to go to graduate school eventually, but I also want to see where I end up and explore some of the connections with people I've met."



Lee and Sen. Moran during her internship.

“With 4 All Humanity, I get to develop my voice as a designer, build a fair-trade company and positively affect the world.”

— Zoe Schumm

Fashion that makes a difference



From a young age, Zoe Schumm knew she wanted to be a fashion designer. Her dream was to one day attend the Fashion Institute of Technology, or FIT, in New York City.

But when it came time for college, Schumm’s parents preferred that she stay closer to home and attend a university with a significantly lower price tag. Schumm explored her options and chose K-State because its apparel design program most closely mirrored the program at FIT.

In high school, apparel and design were Schumm’s focus — so much so, that she developed her own independent study course that included an intense study of drafting sewing patterns. Schumm also designed and created prom dresses for herself and high school friends.

At K-State, Schumm immersed herself in everything the university had to offer. “I learned a lot in my apparel design classes and those initial courses really solidified skills that were self-taught in high school,” she said.

At the end of her sophomore year, a couple of things shifted. Schumm was all ready to attend FIT, had submitted her application and design portfolio, and taken all the right classes. She was turned down because she was missing documentation for a course taken in high school. This rejection fueled her to apply herself even more to the apparel and textiles program. It also made it necessary to find an additional job to keep up with school and living expenses.

“I was driving to Home Depot to apply for a job when I heard on the radio that the K-State Super Store was hiring sales people,” Schumm said. “I went in to apply

and when I mentioned my major at K-State, they said an assistant designer position was available. I applied for that position, got an interview and the next thing I know, I’m an assistant designer and product developer with GTM.”

For the next couple of years, Schumm worked 30 hours a week at GTM and was a full-time student at K-State. She loved the experience at her job and absolutely reveled in what the faculty members were teaching her.

A self-described perfectionist, Schumm said she was very thoughtful and intentional about her apparel classes because of her desire to excel.

“I wanted to be the best at everything and try everything because I was interested in everything — I just wanted to learn,” Schumm said. “I saw skills I needed to succeed and I took advantage of the learning opportunities. My professors expected a certain quality of work and wouldn’t accept anything less. I began learning all these skills and techniques that have been incredibly useful in what I’m doing today.”

After graduating with dual bachelor’s degrees in apparel specializations: design and marketing — and minoring in business — she stayed with GTM as a full-time employee and began creating custom wedding gowns. Her desire, however, was to work with a fair-trade or eco-friendly company — an idea that just wouldn’t let go.

In fall 2012, Schumm launched 4 All Humanity, a fair-trade women’s apparel company that was partially sparked by a course on private labeling that she took at K-State. The course asked students to develop a brand from inception to marketing and retail, with a sustainability aspect. Schumm developed 4 All Humanity after seeing a gap in the fair-trade, on-trend women’s clothing market. She dedicated hard work and her perfectionism to creating her company to fill the gap. Schumm dug in, did the research, learned all she could, made the contacts, grew relationships with artisans and created a brand.

4 All Humanity is an online company that sells women’s apparel and accessories made by artisans in Guatemala. Each beautifully handcrafted piece blends classic style with vibrant textiles.

The goal of 4 All Humanity isn’t merely to manufacture a product for sale, but to help the artisans out of poverty. Through Schumm’s perseverance, 4 All Humanity is certified through the Fair Trade Federation, which requires member businesses to meet a series of standards, including a commitment to the people behind their product, notably artisans and farmers; safe working conditions; partnerships built on trust; livable, fair wages; and environmental responsibility. Schumm travels to Guatemala approximately twice a year to visit with her artisans, check on their working conditions, review the products they are producing and to discuss future product development.

As the owner and lead designer of 4 All Humanity, Schumm wears many hats. Her business minor comes into play just as much as her apparel and textiles degrees. What she’s learned from K-State and from the experience of running her company over the past four years is invaluable and she shares it with others.



"The more advanced courses I took at K-State broadened my outlook as they taught me to market and manage a business," Schumm said. "I garnered commercial experience while working during college and now, with 4 All Humanity, I get to develop my voice as a designer, build a fair-trade company and positively affect the world."

To help further empower the women and children of Guatemala, Schumm was most recently involved with the Christian charity Education and More as executive director. Education and More has a mission of reducing poverty and educating children by providing educational opportunities for children through sponsorship and vacation Bible schools; improving the living conditions

of impoverished families through hands-on service projects; and developing the skills of artisans to create marketable goods.

In 2016, Schumm traveled with 14 K-State apparel and textile students and faculty members Sherry Haar and Kim Hiller to Guatemala to learn about backstrap weaving and natural dyeing. The trip allowed Schumm to give back to K-State, mentor current students and share her real-world experiences about the apparel and textile industry.

Schumm asserts that designers need a good educational foundation before getting super creative.

"You need to know the rules before breaking them," she said.

And she credits K-State's apparel and textiles program for equipping her with the skills needed to be successful both as a designer and an entrepreneur.

“I’ve heard some of my students’ darkest secrets, and they’ve told me, ‘I couldn’t have gotten out of this situation without you.’ It’s a huge responsibility.”

— Nolan Henderson

Let’s talk about opportunity



Nolan Henderson is a teacher at Free State High School in Lawrence, Kansas, and a football coach. He’s responsible for educating young minds and teaching students how to navigate life.

To earn his degree in family and consumer sciences, Henderson went through a program offered by K-State’s College of Education and the College

of Human Ecology. This program developed from the traditional home economics program, which was one of the first two programs offered at K-State in the 1800s. Back then, women who wanted a college degree went through the home economics program.

More than 100 years later, Henderson became one of the first two males to earn a degree from K-State in the integrating family and consumer sciences field.

How did Henderson end up in a family and consumer sciences program? Good question.

A member of a large Latino family, Henderson grew up in Wichita, Kansas. He describes his grandma’s house as the place where he and

22 other grandchildren landed — some lived there and some spent all hours there as their parents worked multiple shifts. Out of 23 grandkids, he was the first to graduate from high school, with only two more following his path, and the first to attend college.

“My parents had a plan to get me out of there — family and education were the core values growing up,” said Henderson. His parents changed neighborhoods so that he could attend better schools, pushing him to excel in his studies. Grades were important to them, but so was involvement. Henderson tried everything: football, track, pep band and jazz band, debate, public speaking, forensics. He had exceptional teachers. “They made me feel good and accomplished, and I always wanted to be a teacher,” Henderson said.

K-State was Henderson’s first and only choice for college, but his initial program of study, business, didn’t capture his heart. On the path to a business degree, Nolan took a human development course with Kelly Welch, assistant professor of family studies and human services, and it changed his entire trajectory. To hear him tell the story, Welch’s larger-than-life personality captivated him and he followed her to her office and switched his major to family studies and human services in the College of Human Ecology immediately. Henderson also earned himself a job along the way and worked for Welch as an undergraduate learning advisor.





“Every professor whom I’ve had a relationship with has extended unique opportunities to me,” said Henderson. “And, I’ve taken advantage of every single one of them in order to learn more and better myself.” He named Farrell Webb, former family studies and human services professor, and Sally Yahnke, associate professor of curriculum and instruction in the College of Education, as instrumental in his discovery of what he wanted to do with his life. So, Henderson switched to family and consumer sciences and became a teacher, right? Eventually, yes, but let’s not tell his story out of order. There’s another part.

Upon completion of his family studies degree, Henderson’s parents came to K-State and watched him walk across the stage at commencement. He had one more summer course to take to graduate. But he didn’t do well in that course and didn’t earn his degree. He was also nursing another burgeoning desire: stand-up comedy. Instead of sticking around and retaking that summer course to graduate, Henderson took a Monday-Friday job and hit the traveling comedy circuit on evenings and weekends.



The comedy gig sounds like an interruption to Henderson’s story, right? Maybe, but maybe not. Stand-up comedy builds people skills, Henderson said.

“Stand-up comedy gave me the opportunity to

meet extremely different people from all walks of life. It taught me the value of life and human experience,” he said. “It was incredible.”

While comedy was something Henderson loved, there came a point about four and a half years into it that he moved to Kansas City and took a corporate sales job. It allowed him to continue traveling and build a little bit of a financial nest egg. But sales wasn’t the world for him and after a year and a half, he quit — with a plan.

He came home from work that day, put on jeans and a K-State sweatshirt and drove to Manhattan. He arrived two weeks after the semester had started. Some of his former professors worked with him to get him enrolled. He put in another three semesters of work and became a teacher. Henderson walked across the stage at commencement again and received his degree in family and consumer sciences — for real this time.

As a family and consumer sciences teacher at Free State High School, Henderson teaches Human Growth and Development I and II, and occasionally a family studies course and a culinary course. The Human Growth

and Development courses cover a wide range of topics essential to young adults’ ability to traverse the world they’re entering: relationships, financial literacy, nutrition, health, communication, time management and more.

“When we’re talking about human growth and development, we’re talking physical, social, emotional, intellectual development, to name a few,” Henderson said. “We talk about their development as a human being — the behavioral and genetic configuration that makes each of us unique, and how their pathway through life is impacted by the decisions they make.”



In his role as a teacher and assistant football coach at Free State, and as head football coach at West Middle School, also in Lawrence, Henderson said he’s in a unique position to empower his students.

“I’ve heard some of my students’ darkest secrets, and they’ve told me, ‘I couldn’t have gotten out of this situation without you.’ It’s a huge responsibility,” he said.

Henderson has gone on to get his master’s degree in educational leadership from Baker University, and is five years into his professional 10-year plan. The plan includes goals such as becoming a head high school football coach and an assistant principal, then advancing to an athletic director position or a high school principal.

For a guy who is always helping someone with something or demonstrating that you can make the most of every opportunity, Henderson offers a little comedic self-reflection: “I’m always chasing something down — if not, I’m dead.”

“I love being a teacher and training new restaurant employees — opening restaurants is something I’m passionate about.”

— Monica Nelson

The power of hospitality



Monica Nelson was poised to attend another university before touring K-State and feeling a sense of home and appreciating the beauty of the limestone buildings.

Nelson worked at local concession stands and a Mexican restaurant through high school, so it wasn't surprising the Lenexa, Kansas, resident chose hospitality management as her major at K-State.

“I noticed that people are happy around food,” Nelson said, “and I like being able to converse with regular customers.”

Personal and professional growth came at K-State, as Nelson joined the Hospitality Management Society, eventually becoming an officer. She credits Nancy Hansen King, instructor of hospitality management, for opening her eyes to all the opportunities for someone with a hospitality degree. “She would talk about working with AAA, and I began to see threads of hospitality in every industry, every company or corporation,” Monica shared.

During her junior year, Nelson traveled to France on a wine and cheese tour and she notes the international tour as eye-opening. “I was able to observe another culture and how they presented hospitality — this experience definitely broadened my education,” she said.

The hospitality program requires 400 hours of internship and 500 hours of experience. Kevin Roberts, associate professor and undergraduate program director for hospitality management, put Nelson in contact with Charlie Morrison, CEO of Wingstop Restaurants Inc. and a K-State alumnus. After a brief call, Nelson secured an internship with Wingstop. She spent three months in Dallas, Texas, learning about the organization. As part of her internship, she spent each week with a different department, learning how each piece of the company operated.

“Wingstop was a super friendly and family-oriented place to intern,” Nelson said. “I knew I wanted to work with restaurants —

Inspired to help others



in the headquarters or office — and this internship really gave me the experience and information about the different working parts of restaurants at the corporate level.”

Nelson returned to K-State for her final semester in fall 2013, graduating in December 2013. Three months after graduation, she was offered and accepted a field alignment manager position with Wingstop. This position included nationwide travel to inspect the customer service provided by the employees and the cleanliness of each restaurant.

Nelson has been promoted twice: first to a corporate trainer, which still included traveling and providing customer service training to the staff of newly opening stores as well as food prep and cleanliness; and most recently, to the manager of opening. This position puts her in charge of a team of five openers who train Wingstop employees who are opening restaurants.

“I love being a teacher and training new restaurant employees,” Nelson said.

“Meeting the staff and opening restaurants is something I’m passionate about.”

As a talented teacher and trainer, Nelson still open restaurants occasionally, works hard to manage her team, and ensures everything is ready at new restaurants for her trainers when they travel. Nelson is in touch with these new restaurants about two months before they open to double check construction progress, employee hiring, and the ordering of equipment, uniforms and signage.

“I strived to learn everything I could about the restaurant industry while at K-State and during my internships,” Nelson said. “I am super-organized and deadline-oriented, so I thought that I could thrive in hospitality.”



Before going to college, Kelcie Strecker was determined to be a doctor. At Holton High School in Holton, Kansas, Strecker found her science classes fun and intriguing. She even earned her certified nursing assistant certification and worked at a dermatology clinic, where she enjoyed interacting with patients and doctors.

After graduating high school as valedictorian of her class, Strecker became a first-generation college student at the University of Kansas and anticipated becoming a medical doctor.

But the classes at KU were too big and impersonal for Strecker. She uncharacteristically struggled in her biology class and required tutoring to keep pace. After visiting friends at K-State and enjoying its friendly atmosphere, Strecker transferred to K-State.

By her sophomore year at K-State, Strecker was working in a lab with Mark Haub in the human nutrition department, conducting research. This fundamental and practical approach to health and well-being appealed to her desire to help people. She knew this type of research could be used to improve the quality of life of those who were sick.

Strecker majored in nutrition and gerontology. Through her gerontology classes, she fell in love with the older population. As part of a course, gerontology students work closely with elderly residents at Meadowlark Hills, a retirement community in Manhattan, where Strecker developed a close friendship with an elderly couple who, years later, attended her wedding.

After talking to a pre-health advisor and medical school students in the nutrition department, Strecker seriously considered applying to a physician assistant, or PA, program.

“I learned that in order to become a PA, I would need to finish undergrad, attend PA school for two years, pass my boards, and then I could find a job and practice immediately,” Strecker said. “I chose that over medical school. Essentially, I could do what I wanted to do and enjoy it in half the time, with half the student loan debt.”

Strecker graduated from K-State in 2010 and began the physician’s assistant program at Wichita State University in May 2011. The two-year master’s degree program was nonstop. After graduation, she first took a position at Via Christi Hospital in Manhattan, then later joined a pediatric clinic in Topeka to be closer to her family.

“Interacting with parents and children in the pediatric practice is challenging and rewarding in different ways,” Strecker said.

After two and half years in pediatrics, Strecker’s plans for the future include getting back into gerontology.



“Administration was never something I set out to do, but the opportunity to serve others in these roles kept finding me.”

— Lynette Olson

For the love of learning



“You are going to be faced with opportunities your whole life — don’t dismiss those,” shares Lynette Olson. Olson should know. She’s a big fan of learning and education.

Olson grew up in Nebraska on a rural family farm. Her father completed eighth grade and her mother earned a teaching certificate. At the urging of both parents, who desired more education for their children, Olson attended a small private college in northeast Nebraska.

Midway through her undergraduate education, Olson made the decision to transfer to a different college in Missouri. Her parents continued support, including financial, made this transition possible and it would be the first time Olson was a significant distance from home.

Thoroughly enamored with the college experience, Olson went straight into a master’s degree program in student personnel and guidance — higher education. Her ultimate goal was to stay in higher education and do some type of counseling work at a university. When she graduated, she was informed by employers that she was overeducated for the positions she was applying for and that she lacked work experience in these fields.

“I would have benefited from applied experiences integrated into my education that would allow me to demonstrate field experience. The reality is, I did not have any career assistance while an undergraduate or during my master’s study,” Olson said. “But these comments about my lack of experience pushed me to develop a skill set.”

Olson took a position with Manhattan Christian College in Manhattan, Kansas, which ultimately led to a position as a professor of family life and counseling. Through her role at MCC, Olson was in charge of student retention and led the campus in implementation of retention strategies. At the college, Olson received her first taste of work in administration and served as acting assistant vice president for academic affairs during a yearlong sabbatical of the academic vice president. She developed five new courses and implemented two program minors: psychology and counseling, and family life education.

Additionally, while serving in the acting administrative position, one of her charges was to work with Kansas State University to coordinate and negotiate dual degree programs. The relationships she built with K-State included individuals in the College of Human Ecology. A dean’s office employee heard about Olson’s search for a doctoral program that would add to her skills and encouraged her to check out K-State’s family life education and consultation program. At the time, Olson hadn’t considered the university next door.

Olson credits the K-State program for further developing and honing her abilities. “My doctoral studies taught me about systems and developmental processes within the family,” she said. “These can be applied much more broadly and continue to inform the decisions I make and how I interact with people.” After completing her doctorate in family life education and consultation, she envisioned and created the Family Life Education Resource Center at MCC.

Olson moved on from MCC to a position at South Dakota State University, SDSU, as an associate professor

and extension specialist in the College of Agriculture and Biological Sciences. She had an opportunity to partner with regional universities to plan training conferences and launch a gerontology program across a dozen states. At SDSU, Olson’s role as a family life specialist included establishing and maintaining connections with state and federal agencies, along with essential outreach to county extension educators. She developed various educational programs and materials as well as trained extension educators in the disciplines of human development and family relationships.

These experiences were outside of the academic bubble that Olson had previously existed within, and the opportunity to work directly with families and extension agents provided her the field experience that enriched her ability to help diverse populations. In educating parents and directly supporting families, Olson was in a better position to understand the challenges and lives of students coming to college.

Her success in this area led to another administrative position at SDSU as she took on the acting program leader role in home economics. She doubled down on helping extension agents better assist families with programing and educational resources. While at SDSU, Olson taught select undergraduate and graduate courses and, for a brief time, directed the university’s interdisciplinary gerontology program.

“Administration was never something I set out to do, but the opportunity to serve others in these roles kept finding me,” Olson said. “I see now the threads of specific skills woven through my life and career path.”

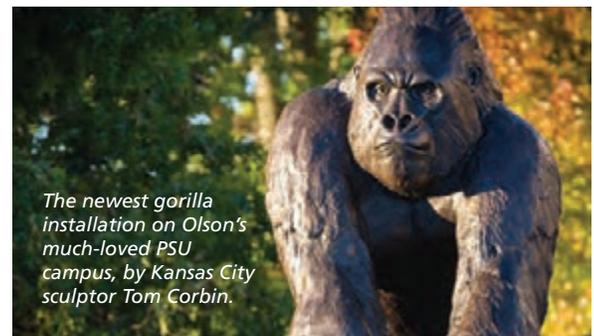
In a complimentary twist, Olson’s dean at SDSU suggested she apply for a professor and chair position in the Department of Family and Consumer Sciences at Pittsburg State University in Pittsburg, Kansas.

“I encourage others to pursue all types of positions, as each position can provide different experiences and skills,” Olson said. “I try to help students, young faculty and staff find their path, much like others encouraged me to be open to new opportunities.”

Olson got the job at PSU and again excelled in an academic environment. In addition to teaching and serving on various university and college committees, she orchestrated an update of department curriculum, hired and mentored faculty, established two endowed scholarship funds and a faculty development fund, and acquired approval of funding for construction of a new building.

Her work did not go unnoticed and soon Olson transitioned to dean of the College of Arts and Sciences at PSU. In a role with even more leadership responsibility, she relied on her ability to work with people and communicate information to different populations with diverse needs. For eight years, Olson served as dean and further developed and grew faculty positions, campaigned for new and updated facilities and buildings, explored how to enhance student experience through technology fees with her department chairs and cultivated an environment where mentoring and help were available.

In 2009, Olson was asked to be the interim provost and vice president for academic affairs while a national search was conducted. She applied for the job herself and landed the position in 2010. In this prominent and highly visible position, Olson credits her experience for increasing her capacity to listen and lead. She is thankful for not only all the people in her career who mentored her and offered her opportunities to develop her skills or advance, but also for the distinct privilege to then mentor and encourage those in her PSU family.



Eight alumni and friends recognized at the Celebration of Excellence

In 2016, eight honorees were selected across disciplines for their contributions to the college, devotion to their area of specialization and the difference they make for people. They all follow the college's motto, "In a world focused on things, we focus first on people."



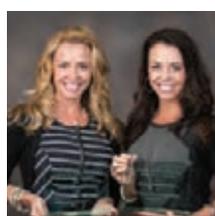
David W. Andrews, the Distinguished Service Award recipient, earned a master's degree in child development in 1980 from K-State. As the president of National University, he leads its commitment to transforming higher education through innovation, collaboration and an exceptional student experience.



Nellie C. Sparkman, 2010 graduate in hospitality management, received the Entrepreneur Award. She started her company, Events by Nellie, while still at K-State. In 2016, she planned and implemented more than 30 weddings and events, securing her niche as one of Kansas City's premier wedding planners and a preferred event planner for elite venues.



Tracy Gault-Shields, the Partner Award recipient, is a talent acquisition manager for Darden and recruits and hires managers for Longhorn Steakhouses in the Eastern, Midwestern and Western regions of the U.S. She has hired more than 16 hospitality management students from K-State, presents to classes on campus and attends the hospitality career fair each year.



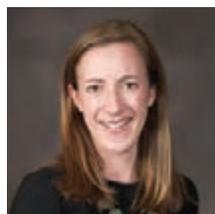
Michelle Stirewalt-Hutton and Kristie Stirewalt-Winter, 2007 graduates in exercise science and nutrition, received the Entrepreneur Award. They are co-owners of TwinFitness, a female-centered, personal private training studio; created an online nutrition program; and developed their own supplement line.

the hospitality career fair each year.

The twins have their International Federation of Bodybuilding and Fitness, or IFBB, bikini pro cards, and as industry experts, they have trained more than 5,000 clients, written three cookbooks and been featured in many fitness-related magazines.



Brett Horton, 1991 graduate in restaurant, hotel and institution management, received the Executive Leadership Award. As senior director of operations for the WinShape Foundation, he oversees the WinShape Retreat, an 80-room facility on a 100-acre campus, as well as all sales, events and food service for its grace-based hospitality.



Haley Van Wagenen, 2008 graduate in interior design, received the Rising Professional Award. She is an associate with Skidmore, Owings & Merrill's London office, where she leads interior design initiatives on projects in Europe.



Heidi Pickerell, 1996 graduate in family studies and community services, and gerontology with an emphasis in long-term care administration, received the Public Advocacy Award. The president and chief executive officer of Meals on Wheels of Shawnee and Jefferson Counties, she is well-versed in state and federal regulations, grant



writing and strategic planning, which benefit her hospice, respite care and elderly clients.

Keith A. Wright received the Friend of the College Award. The 1976 K-State alumnus serves as the K-State football team's physician. He educates K-State students about sports medicine and allows them to observe at his private practice as a family physician and treating athletes in the training room at K-State.

writing and strategic planning, which benefit her hospice, respite care and elderly clients.



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

Fall 2016, the college had 2,955 graduate and undergraduate students, down slightly from 3,111 in 2015 and 3,093 in 2014. Human Ecology enrollment includes 2,544 undergraduate students, 250 master's students, 123 doctoral students and 38 nondegree students, including 31 in graduate certificate programs.

Names in the news

Barbara Anderson, associate professor and head of the apparel, textiles, and interior design department, was elected vice president for fundraising of the Interior Design Educators Foundation Inc.

Dylan Bassett, senior in kinesiology, received the Undergraduate Scholar Award from the American Kinesiology Association.

Debra Burnett, assistant clinical professor of family studies and human services, is the 2016 president-elect of the Kansas Speech-Language-Hearing Association's executive board.

Julia Day, assistant professor of interior design, and **Brandon Irwin**, assistant professor of kinesiology, received the 2016 Dean Barbara S. Stowe Faculty Development Award from the College of Human Ecology to fund their "Tiny Houses, Titan Impact" research project.

Kaitlyn Gilmore, graduate student in the Master of Public Health program, received the Master's Scholar Award from the American Kinesiology Association.

Elaine Johannes, associate professor of family studies and human services, was appointed by the Bureau of Family Health, in the Kansas Department of Health and Environment, to the Kansas Maternal and Child Health Council.

Migette Kaup, professor of interior design, is president of the Interior Design Educators Council for 2016-2017.

Hyung Chan Kim, associate professor of interior design, led 10 K-State students on a study tour to South Korea to explore architectural and interior design. The students participated in a workshop with students from Inje University.

Jooyoun Kim, assistant professor of apparel and textiles, received the 2016 3M Non-Tenured Faculty Award and \$15,000. The award recognizes outstanding new faculty for their research, experience and academic leadership.

Kadri Koppel, assistant professor of sensory analysis and consumer behavior, was elected chair of the U.S. International Standards Organization Committee on Sensory Analysis and Consumer Research. Koppel replaces Delores Chambers, professor of sensory analysis and consumer behavior and director of the K-State Sensory Analysis Center, who stepped down after serving 10 years as committee chair.

Kristin Malek, assistant professor of hospitality management, was elected a director of networking for the Central Federation of I-CHRIE, the International Council on Hotel, Restaurant and Institutional Education.

Keondria McClish, K-State doctoral student and a 2016 recipient of a graduate certificate in gerontology, is the recipient of the Wesley Burr Graduate Student Scholarship from the National Council on Family Relations for her presentation "Delivery of Family Diversity in Family Studies Undergraduate Programs."

Bryan Orthel, associate professor and program coordinator of interior design, was elected a director on the board of the Interior Design Educators Foundation Inc.

Sandy Procter, assistant professor of food, nutrition, dietetics and health, traveled to Bunda, Tanzania, to observe data collection and household visits as part of the U.S. Department of Agriculture's Micronutrient Fortified Food Aid Pilot Project.

Kevin Roberts, associate professor and interim head of the hospitality management department, was elected director of education for the Central Federation of I-CHRIE, the International Council on Hotel, Restaurant and Institutional Education.

Ron Sages, assistant professor of personal financial planning, received the Faculty Excellence Award from the Great Plains Interactive Distance Education Alliance.

Kevin Sauer, associate professor of the food, nutrition, dietetics and health, was appointed to his second term on the School Nutrition Association Governing Council and elected for a second term as chair of the Commission on Dietetic Registration. He also was appointed to the Academy of Nutrition and Dietetics Code of Ethics Task Force.

Josh Smith, doctoral student in kinesiology, received the Doctoral Scholar Award from the American Kinesiology Association.

Maggie Syme, assistant professor of gerontology, was elected to the Committee on Aging, which is under the governance of the American Psychological Association. She also traveled to Melbourne, Australia, to work on a joint initiative with La Trobe University, developing knowledge, policy and best practices that support intimate and sexual expression for residents in long-term care facilities.

Weiqun Wang, professor and graduate program director in the food, nutrition, dietetics and health department, is chair-elect of the Diet and Cancer Section of the American Society for Nutrition.

Bradford Wiles, assistant professor of family studies and human services, was awarded the 2016 National Extension Leadership Development, or NELD, Award.

Erin Yelland, assistant professor of family studies and human services, was appointed liaison to the North Central Region Family and Consumer Science Program directors.



Phillip Vardiman, associate professor and director of the athletic training program, served as an athletic trainer on the medical staff for the USA Track and Field team at the Olympic Games in Rio de Janeiro, Brazil. He also was a part of a professional team that helped prepare Fort Riley's Best Ranger Competition Teams for the 2016 Best Ranger Challenge. This team was recognized by the commanding general of Fort Riley with the Commander's Award for Public Service.

(Quick look continued)

Kristy Archuleta, associate professor and program director of personal financial planning, and **Maurice MacDonald**, professor of personal financial planning, led personal financial planning doctoral students on a study tour of South Korea. They were



photographed at Ewha Womans University with Ewha students, with whom they held a research colloquium. K-State has a partnership with the South Korean university.



Briana Nelson Goff, professor in the School of Family Studies and Human Services and director of the Institute for the Health

and Security of Military Families, received the Outstanding Civilian Service Medal from the chief of staff of the U.S. Army for her exceptional support of the military as a civilian.

Annabelle Frese, senior in apparel and textiles, won first place in the fashion design category at the 2016 Alpaca Owners Association's Fleece Conference Design Competition in Arlington, Virginia.



James Storey was hired as a professor of practice in the hospitality management department on the K-State Olathe campus.



College of Human Ecology's development professional



In the College of Human Ecology, we have a very special person who travels across the country, meets with Kansas State University alumni and friends, provides campus tours for donors and friends of the college, and raises philanthropic support for students, faculty, facilities and excellence at K-State and the college. It's her job to make sure that the college keeps its alumni, friends and donors connected.

Dana Hunter is the youngest of a family of five from Abilene, Kansas, and she is the first in her family to attend a four-year university.

She originally studied photojournalism at Pittsburg State University, but transferred to K-State her sophomore year to study secondary education. Hunter always wanted to help people. After sitting through one human ecology class, she changed her major to family studies and human services. Hunter graduated in 2007 with her bachelor's degree and earned a master's degree in gerontology in 2009.

College was always the plan for Hunter — her plan. She reveled in academics and in the social atmosphere college life offered. She singled out faculty members Kelly Welch and Gayle Doll as instrumental in encouraging her. After completing her master's degree and following the strong female faculty before her, Hunter took a faculty position in gerontology with the college's Center on Aging.

Hunter currently serves as the assistant director of development with the College of Human Ecology through the KSU Foundation. She is able to see and communicate different needs of the college to donors and potential donors because of her varying perspectives of the college, first as a student, then as a faculty member and now as a development professional. As a former academic, Hunter enjoys building relationships and marrying the passions of others to the needs of the university.

Human ecology alumni leave a legacy of putting students, faculty and staff first



Cathy Lacy

Mary Ice

Mary Ice is a 1980 graduate of the home economics education program in the College of Human Ecology, while Cathy Lacy is a 1979 graduate of the college's dietetics and institutional management program. Both consider the college their home and have chosen, with their spouses, Carl Ice and Steve Lacy, to become College of Human Ecology ambassadors for the Kansas State University Foundation's Innovation and Inspiration Campaign.

"Carl and I were both the first generation in our respective families to graduate from college," Mary Ice said. "We had positive mentoring and good experiences at K-State, which made a tremendous difference. We want to make those opportunities available to others."

Both Mary and Carl Ice attribute their undergraduate success to scholarships and to the understanding, people-oriented faculty and staff in their respective colleges. Carl Ice is a graduate of K-State's industrial engineering program in the College of Engineering and serves as president and chief operating officer of BNSF Railway.

"I have utmost confidence in the leadership of the College of Human Ecology," Carl Ice said. "We are passionate about the faculty as well. My advice to alumni is to find what you are passionate about and give back in those areas."

The Ices chose to be part of the Innovation and Inspiration Campaign because they feel strongly

about the college and the larger K-State family. They said that while giving is a continuous thing, the campaign was an opportunity to set and achieve goals.

Carl Ice also said that there are many ways that people can give back — with their skills, resources, talents and strengths.

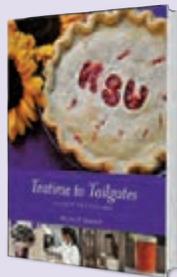
Cathy Lacy is a registered dietitian who has worked in hospital settings as a clinical dietitian and as director of health and wellness programs. She also has directed a physician referral service. Steve Lacy graduated from K-State with an accounting degree and an MBA. He is chairman and CEO of Meredith Corp., a media and marketing company.

"It's easy to work with the people in the College of Human Ecology," Cathy Lacy said about the couple's role as college ambassadors to the Innovation and Inspiration Campaign. "We're fundraising for exceptional causes — including helping students complete their education — through fellowships, endowed professorships and capital investments. This campaign also allows us to look at the college and see what the needs are to move it into the future so that students want to come here and that we continue to graduate the best students in the country in their fields."

Steve Lacy agrees. "Our strong K-State education allowed us to launch successful careers in our respective fields, which has had a significant impact on our ability to give back. We are very happy to provide help where it is needed," he said.

The Lacys take a diversified approach to giving. They want to provide resources that are helpful to students, faculty and staff, and they want to be the type of role models and mentors who help students grow personally and professionally.

"K-State is a legacy in our family," Cathy Lacy said. "We've seen how the structure of support and emotional stability are what make people successful. We'd like to make sure that K-State remains a top university and stays strong."



A slice of K-State history

For the foodie, K-State fan or historian in your life, gift them with *Teatime to Tailgates*.

All proceeds from the sale support college undergraduate student research and international study opportunities.

Teatime to Tailgates is a 256-page book, named a 2014 Kansas Notable Book, and is packed with history, stories, recipes and photos connected with K-State.

Jane P. Marshall, a food journalist and former communications director for the college, wrote *Teatime to Tailgates* for the College of Human Ecology.

The book is available for \$24.95 in 119 Justin Hall. To order by phone, call the college at **785-532-5500**. To order by mail, see he.k-state.edu/150/teatime/orderform.pdf.