The economic conditions on campus and off have necessitated that we find more efficient and effective ways to achieve our mission of teaching, research and service. At the same time, the challenges we face in today’s society demand more than ever, the skills, experience, and perspective that a Human Ecology education delivers. To this end the faculty have utilized a variety of approaches to provide high quality educational programs and experiences for the students. Our faculty, students, and alumni are using the skills they have acquired on a regular basis to address the needs of children, individuals, and families in the communities we serve. During the 2008-2009 year the department participated in the NCATE reaccreditation of our Family and Consumer Sciences teacher education program; graduated its first Family Financial Planning Certificate student; began a research project to reduce the incidence of childhood obesity; mentored undergraduate research students and prepared them to give national presentations (one received 1st place award); engaged students in two international study experiences; supported 30 students’ participation/attendance at professional conferences and field trips; garnered $345,931 in externally funded grants, and the faculty gave eight professional presentations and published seven scholarly works. Hats off to Human Ecology faculty, staff, and students for keeping our programs viable and relevant to the needs of the people we serve.

As we wind up the year, I have decided to embark on a new journey. On September 1st, I will retire from UMES after 25 years of service and relocate to my home state of North Carolina to continue my career at North Carolina A&T State University (NC A&T) as Associate Dean for Research in the School of Agriculture and Environmental Sciences. This decision is a bitter-sweet one in that I will miss working with a dynamic group of faculty, staff and students, as well as the bond and working relationship that I established with alumni. I am grateful for the friendships established over the years and the many wonderful programs and initiatives that the faculty and I have been able to implement. I can truly say that faculty and staff in the Department of Human Ecology are the hardest working, most committed, best and brightest on campus. I will leave UMES with many fond memories, but I look forward to making new memories while working with the faculty and staff in the School of Agriculture and Environmental Sciences at NC A&T to help them enhance their research program. I look forward to being closer to my family and building new relationships with Food and Agricultural Sciences constituents in North Carolina’s Piedmont region and beyond. Thanks to all individuals that contributed to my professional and personal development in one way or another. I will miss you and the serene setting of Maryland’s Eastern Shore. Farewell to my colleagues, friends, students, and alumni! I look forward to seeing you again and maybe working with some of you in my future endeavors. Thanks for the memories and the opportunity to make a difference in the lives of others.

Assuming the leadership reign upon my retirement is Dr. Nina Lyon-Bennett. She is a forward thinking and energetic lady with the capacity to motivate people into action. I am confident that Dr. Lyon-Bennett will lead the department in an exemplary fashion and will take it to the next level of excellence. Please join me in welcoming her to this post and I ask that you extend your enthusiastic support to her.

Shirley Hymon-Parker, Ph.D.
There is an appointed time for everything. And there is a time for every event under heaven.”...to every beginning is an ending....and to every ending comes a new beginning. As I take on the role of Acting Chair of the Department of Human Ecology, I am reminded of these words written in the book of Ecclesiastes. I am both humbled and honored to assume this new appointment. I personally thank Dr. Shirley Hymon-Parker for her outstanding leadership and commitment to the department over the last 25 years. Her retirement from the University and from her position as Department Chair leaves some mighty big shoes to fill. I can only hope to provide the same quality of leadership you have come to expect. I am fully committed, as Dr. Hymon-Parker has been, to continue to search for the best possible answers that offer the best solutions to meet the challenges of our students in particular and the Department of Human Ecology in general. As you know, we have an excellent group of committed faculty in the department, who give of their time, talent, and energy to make sure that the discipline of Human Ecology remains relevant, cutting edge, and forward-thinking. Faculty embrace the challenge of graduating qualified, well-trained students who will assure leadership roles in a globalized workforce. We are a department committed to diversity, the use of technology, and making sure the classroom experience is informative and that instruction is current. Ms. Shockley, our administrative assistant, helps this department to run smoothly, efficiently, and effectively. Without these individuals in place, my role as Acting Department Chair would be limited and ineffective, and my service would be mediocre at best. However, because of their commitment and service, I can step into this role with the confidence that I can be effective in providing the leadership that will take this department and our discipline to the next level. As we can all attest, change isn’t always easy and neither is it comfortable, but it is inevitable. Everything must change. Nothing remains the same. And so with change, come new challenges, new problems, and new opportunities. Change brings about growth and provides an opportunity for greater development. Change forces us to let go of the past and forge ahead into the future. I am fully committed to embracing the change that this new appointment brings. I will need your support, continued involvement, and encouragement along the way. No leader leads alone.....it is those who stand with her, albeit in the background or on the sidelines, beside or maybe even in front of her that help her to lead effectively. Many have come before me and have set excellent examples. I stand on their shoulders as I recognize that I cannot do this job alone. I would be naive to think that I can. Everyone plays a vital role in the continued success of this department. As Acting Department Chair, I look forward to the year ahead, embrace the challenges that will surely come, and wish the absolute best to Dr. Shirley Hymon-Parker as she forges new trails and move on to new horizons. “There is an appointed time for everything. And there is a time for every event under heaven....”

Nina Lyon-Bennett, Ph.D.

Reducing the Incidence of Childhood Obesity in Child Care Centers Through the Promotion of Healthy Eating and Increased Physical Activity

A new research study designed to create best practices for promoting healthy eating and physical activity among young children enrolled in the child care centers and at their home is now underway in the department. The participants for this project include preschool providers in Wicomico, Worcester, and Somerset counties and the children enrolled in participating centers along with their parents. The initial work focuses on providing training to preschool providers as needed in the areas of; 1) strategies for planning and preparing healthy meals and snacks; 2) strategies for including nutrition in the pre-school curriculum; 3) selection and implementation of age-appropriate structured physical activities; and 4) guidance for designing nutrition and physical activity action plans. Overweight and obesity have reached epidemic proportions nationwide and have become two of the most critical health issues of our time. Factors that contribute to obesity include individual genetic predispositions, activity levels, food intake, and behavioral and environmental issues. Over the years, environmental changes have resulted in trends toward inactivity and poor diet which, in turn, have been major determinants of overweight and obesity. Physical activity, along with healthy eating habits, also plays an important role in the prevention of overweight and obesity (Maryland Department of Health and Mental Hygiene, 2006). Potential benefits that can be derived from this research include reduction in the incidence of overweight children and the possibility that they will become obese adults. Thus, reducing the financial burden placed on the health care system stemming from health conditions caused by obesity.

New Faculty

Dr. Thessalenuere Hinnant-Bernard joined the department in August as Visiting Associate Professor and Associate Research Director. She holds a Ph.D. in Human Development and Family Studies from Iowa State University and a Bachelor’s and Master’s of Arts degree in Sociology from North Carolina Central University. Prior to joining UMES Dr. Hinnant-Bernard was employed in the Office for the Promotion of Women in Science, Engineering, and Mathematics at Rutgers, The State University of New Jersey.

Ms. R. Regina Bright-Edwards joined the department in August as the Early Childhood Nutrition Project Coordinator. She holds a Master’s in Education in Community Counseling from UMES and a Bachelor of Arts in Business Management from National-Louis University. Ms. Bright-Edwards was the Acting Coordinator of the Tobacco Control Resource Center at UMES as well as a Visiting Lecturer in the Department of Education.
Presentations


Hymon-Parker, S. “Being a Transformational Leader.” UMES Office of Residence Life 29th Annual Herman Franklin Paraprofessional Appreciation Banquet. UMES, Princess Anne, MD, May 2009. (invited)


Satterlee, D. “Teaching with Blogs,” 3rd Annual E-Learning Symposium, Princess Anne, MD, July 2008 (invited)


* Denotes student presenter.

Publications


Grants Awarded

Clinton, B.E. “Preparing Fashion Merchandising Students for Success in a Global Environment,” Funded by the UMES Faculty/Staff Research/Teaching Abroad Program - $5,843.


Satterlee, D. “Child Care Development Fund Grant”, Maryland State Department of Education - $48,920.

First FFP Certificate Program Graduate

Mrs. Nelva Collier White, Assistant Vice President and Director for Administrative Affairs, was the first UMES participant to complete the Family Financial Planning (FFP) Certificate Program via the 1890 Family and Consumer Sciences Distance Instructional Alliance (1890 FCS-DIA). The program is approved by the Certified Financial Planning Board and is designed to enable individuals to complete the course work required to become a certified financial planner. The 1890 FCS-DIA FFP program is designed to prepare candidates to meet the CFP Board's educational requirements and pass the CFP Certification Examination. A certificate in Family Financial Planning is awarded to those who complete the FFP course requirements and a Bachelor of Science Degree. Nelva maintained a 4.0 GPA and received high praise from her instructors.
Did you know that a healthy diet can boost your immune system and help you deal with stress? These are just a few of the nutrition concepts presented by students in the Essentials of Nutrition Practice class in a public form before fall semester final exams. Dietetic students designed displays and conducted food demonstrations in the Student Services Rotunda to educate the UMES family about the benefits of a healthy diet during cold and flu season. They presented evidence that good nutrition helps the body deal with stress – a common feeling around exam time. Over 40 students, faculty, and staff visited the displays and attended the presentations during the lunchtime forum. The forum was the culmination of many weeks of hard work and preparation and proved to be a very exciting and rewarding experience for the students.

“We made a difference, shared our knowledge, and educated UMES about not only nutrition, but the dietetics program, as well,” were some of the student comments. It even received recognition in the weekly campus newsletter, The Key.

As always, it was a busy year for dietetic interns. Highlights included presenting two research posters at the annual Maryland Dietetic Association (MDA) meeting in April on topics ranging from Diabetes outreach in the Lower Eastern Shore to attitudes and beliefs about the school lunch program in a Maryland county. Dietetic interns ended their ten month by working on local organic farms. They participated in most aspects of the farming operation including harvesting and selling. They accompanied the growers to local farmers’ markets where they interacted with the public and shared their knowledge of nutrition and food preparation. It gave them an enhanced appreciation for locally grown produce and its importance to both the health and economy of the Lower Shore.

On a final note, I want to share our pride in having a second UMES dietetic student received a scholarship award from MDA. Jerry Tucker, receive the $1,000 G. Jane Hartman Scholarship for undergraduate dietetics’ majors. We applaud this accomplishment and his success as a UMES dietetics student.
This summer our fashion merchandising students participated in a six-week London Study Abroad program in London, England from June 15-July 28, 2009. The program conducted in collaboration with the American Institute for Foreign Study (AIFS) in London, England. A total of six students participated, two were from NCA&T State University and four were from UMES. Students studied International Retailing and London Culture and History earning six credits. Ms. Clinton accompanied the students abroad and taught the International Retailing course. The program included two theater tickets, ticket for the London Eye, guided sightseeing tour of London, guided day trip to Bath and Stonehenge, guided day trip to Oxford and Blenheim Palace, and museum visits to the Victoria & Albert Museum, the Fashion & Textile Museum, the Fashion Museum, the Fashion Illustration Gallery and many more.

The CFDC is committed to averting childhood obesity while promoting on-going opportunities which build children’s self-esteem. In September of 2008, with approval from UMES administrators and the Maryland State Department of Education’s Office of Child Care, a weekly swimming instructional and water safety program began for the CFDC’s four-year-old population of approximately twenty-five children at the Hytche Natatorium taught by certified swimming instructor, Lindsey Correa. In light of the many surrounding bodies of water on the Lower Eastern Shore, water safety and awareness was deemed vital by CFDC director, Dr. Donna Long as was a weekly opportunity for whole body structured physical activity for the children in a safe environment. The CFDC was very pleased to be the recipient of a $5,000 grant from the Community Foundation of the Eastern Shore. This grant insures the continuity of a unique extra-curricular opportunity offered during the regular school day. These funds help to offset a portion of families’ monthly out-of-pocket swimming fees, support the extension of the program to the CFDC’s 2009 summer school-aged population, and purchase instructional supplies and swimming gear as needed. The CFDC teaching staff and the Department of Human Ecology sincerely thank our families and additional campus individuals for making this opportunity possible including Mr. Keith Davidson, Director of Athletics, Erin Winters, Natatorium Coordinator, and UMES student lifeguards. We offer an open invitation to the UMES family to witness the joy of young children learning to swim each Friday from 11-1.

Dr. Lombuso Khoza led a group of 15 on a two week study tour of London, England and Paris, France. The group visited Europe’s renowned museums, design houses, marketing and retail stores, including but not limited to Roman baths and costume museum, Victoria & Albert Museum, other great fashion businesses, the Louvre, Yves Saint Laurent, Zandra Rhodes Studio, Bernard Thoop-textile manufacturer, Louis Vuitton Museum. Students were in awe of the beauty and splendor of these great fashion centers.

On Friday November 21, 2008 the Kappa Delta Upsilon Chapter of Kappa Omicron Nu National Society of the Department of Human Ecology held its annual fall induction ceremony. Eight Human Ecology students were inducted into the honor society including: Rashida Beckford, Ashley Cox, LaTerra Davis, Tiffany Dewitt, Aundrea Hodge, Jarrel Hudson, Jerry Tucker, and Caitlin White. Membership requires that each student maintain a grade point average of 3.0 or better during the course of their studies at UMES and have earned a minimum of 45 credits.
Students Receive Research Awards

LaToiya Payton and Kimberly Cephas, student researchers in the Department of Human Ecology, were honored at the 15th Biennial Research Symposium of the Association of Research Directors Inc. in Atlanta, GA.

Payton won first place in the human sciences (oral papers) division for her presentation titled, "The Social Comparison of Fashion Print Advertisements and Female College Students' Body Image." The study contributes to the understanding of how the mass media's representation of the idealistic adult female affects the perceived body image and social comparison habits of the everyday woman.

Cephas whose minor is nutrition; brought home second place in the food safety, human nutrition and health (oral papers) division for her presentation titled, "Growth and Survival of Vibrio vulnificus in Postharvest American Oysters." Vibrio vulnificus is the leading cause of reported human death in the U.S. associated with the consumption of marine and aquaculture molluscan shellfish. The intent of this research endeavor was to examine the growth and survival of V. vulnificus in shellstock American oysters under various storage temperatures relevant to industry and consumer handling practices.

Alumni Spotlight

Anderson-Carr Appointed CDC Fellow

Denise Anderson Carr ('00), dietetic, is working as a public health prevention specialist fellow at the Center for Disease Control and Prevention (CDC). As a fellow, Denise is assigned to the Atlanta office for one year. During the first six months of her tenure she worked with the National Center for HIV/AIDS, Hepatitis, STDs and Tuberculosis Prevention. Working with the Associate Director and team leader of Planning and Policy Coordination, she updated state health profiles, facts sheets regarding the Center’s programs, briefings documents on select Center issues, and responded to letters from congressional inquiries. She is now working in the National Center for Birth Defects and Developmental Disabilities wherein she is conducting a literature review on influenza and children with special health care needs to make recommendations for the upcoming flu season; evaluating a webinar that provided background information on autism and introduced an autism provider toolkit to pediatric health care providers; working with staff to build a national consortium focusing on congenital heart disease (CHD) across the lifespan; and working with a fetal alcohol syndrome (FAS) surveillance system to characterize mothers who have children that meet FAS criteria. Denise participated in the H1N1 (swine) flu response as a member of the situational analysis team. As a team they gathered pertinent information for the Acting Director of CDC daily report. The information gathered included but was not limited to reported cases (both local and global), declarations, quarantines, school closings, and weather conditions that could impact efforts.

Denise’s work during the year earned her the peer recognition award for Public Health Prevention Service on June 5, 2009. This award was based on nomination and votes received by her peers. The next phase of her work with the CDC requires that Denise relocate to Los Angeles, California in October for a two year assignment at the Los Angeles County Department of Public Health, Office of AIDS Programs and Policy. In this assignment Denise will be working on HIV/AIDS research and policy. Denise loves the work that she is performing for the CDC and feels that her education and determination made it possible to fulfill her dreams. She said: "I am thrilled to have my dream job at the agency that I read about during my undergraduate studies at UMES. Organization, initiative, motivation, stick-to-itiveness and the ability to work well with others are strengths that paved my way. Life is full of challenges. Will life's challenges hinder you or propel you forward? I chose the latter; life is all about choices."

Denise graduated from UMES in 2000, became a registered dietitian in 2002, and earned a Master in Public Health (MPH) degree with a concentration in Urban Health Administration in 2007. She is married to her college sweetheart, Lawrence Carr, Jr.
Alumni Update

Kimberly (Taylor) Broden (‘91), fashion merchandising, is a Human Resource Specialist with the Department of Justice—Office of Inspector General. Kim is also completing a masters degree in Human Resources.

Teresa Roberts Chavis (‘98), fashion merchandising, is a Family and Consumer Sciences Teacher at T.C. Williams High School in Alexandria, VA. She is also working on her masters degree in Educational Administration at Trinity University in Washington, D.C.

Cheryl Frazier (‘02), dietetics, was promoted to the position of Mid-Atlantic Regional Dietitian for Manor Care Health Services in Toledo, Ohio.

Maeghan Gale (08), fashion merchandising, is putting her marketing skills to work at the Showrooms Seven/Seventh House Public Relations in New York City.

Kari Price (‘09), child development, has accepted a position as Assistant Teacher at the Senate Employers Childcare Center in Washington, D.C.

Kristina Stewart (‘09), family and consumer sciences education, accepted a position with Anne Arundel County Middle School as a Family and Consumer Sciences teacher.

Ashley Wiley (‘09), family and consumer sciences, accepted a position with Overlea High School as a Child Development teacher in Baltimore County.

Human Ecology Alumni and Students Share Experiences at 2009 Alumni Brunch

Graduates

December 2008
Bachelor of Science
Marica Baxter – Child Development
Dominique Jones – Fashion Merchandising
Candice Stephens – Fashion Merchandising

May 2009
Bachelor of Science
Linzy Barnes – Fashion Merchandising
Renolda Bowen – Child Development
Tunisa Brown – Child Development
Tiffany Dewitt – Fashion Merchandising
Cherrel Dixon – Child Development
Charisma Harley – Fashion Merchandising
Bridget Heyden – Family and Consumer Sciences Education
Sarah Higgins – Child Development
Shatara Hill – Fashion Merchandising
Jarrel Hudson – Fashion Merchandising
Shayla Hunter – Fashion Merchandising
Shyreeta Keitt – Fashion Merchandising
Jerry Osborne – Fashion Merchandising
LaToiya Payton – Fashion Merchandising
Brittany Phillip – Child Development
Kari Price – Child Development
Kristina Stewart – Family and Consumer Sciences Education
Sheena Trader – Child Development
Andrea Weeks – Child Development
Ashley Wiley – Family and Consumer Sciences
Lauren Williams – Child Development
Angelette Wright – Child Development
Alumni Update: Dear alum, help us keep your information current in our databases. We would also like to stay informed about your personal and professional accomplishments and ask that you complete and return the bottom half of this page to Dr. Nina Lyon-Bennett, Acting Chair, Department of Human Ecology, 2101 Richard A. Henson Center, Princess Anne, MD 21853. Fax 410-651-6285 or email: nlbennett@umes.edu. Please visit our website for exciting programs and activities in the department. www.umes.edu/he

Name_________________________________ Major__________________ Graduation Year__________

Address______________________________________________________________

City________________________________ State________________________ Zip________

Phone (H)________________ (W)________________________ Email:________________________

Professional News

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Personal News

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Additional Education/Accomplishments

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Soaring
University of Maryland Eastern Shore
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