

the university of mississippi

school of applied sciences

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**REAL-LIFE
RESULTS
IN THE DELTA**

p.3



Hello Friends and Supporters,

This issue of Applied Approach marks my first while serving as dean of our school! It seems like such a short time ago since I began working in the School of Applied Sciences at Ole Miss (last Aug. 1). In my brief time here, though, I can say that I have benefited enormously from learning about the wonderful happenings and efforts in our school. What impresses me is the commitment to quality that our faculty, staff and students demonstrate every day to improve the lives and conditions of Mississippi's citizens and communities across our state.

The vitality and spirit of the people in the School of Applied Sciences is successfully portrayed in this issue of Applied Approach. Our accomplishments are richly detailed within these pages to include the insightful and hard work of our faculty and the heralded successes of our current and former students. Moreover, you will learn about the significant events that our departments and programs host and how

faculty, staff and students are making a difference in Mississippi. These efforts don't end here; our alumni, friends and supporters also are devoted to sustaining high-quality educational experiences for future generations.

As dean of the fastest growing school at Ole Miss, I can say that our future is bright, and our continued successes as a premier school will be rooted in the talents of our people and the recognized quality of our programs. While reading this issue of Applied Approach, I ask that you take the time to enjoy a glimpse into what is "happening" these days in a dynamic and progressive School of Applied Sciences and know that, with your continued support, we will continue to make a difference.

Sincerely,

Velmer Burton, Ph.D., Ed.D.
Dean of the School of Applied Sciences
Professor of Social Work and Legal Studies

CSD alumni recognized by ASHA



Margaret L. Johnson and Rebecca Weaver, alumni of the Department of Communication Sciences and Disorders, were

honored at the 2012 American Speech-Language-Hearing Association Convention as fellows of the association.

Fellowship in ASHA is one of the highest honors the organization can bestow. Individuals honored have made outstanding contributions to the discipline of communication sciences and disorders in three of the following areas:

- Clinical service in the area of speech-language pathology and audiology
- Teaching in speech-language pathology, audiology, speech-language-hearing sciences and related areas
- Research and publications contributing to the knowledge needed by the professions
- Administrative service in the area of speech-language pathology, audiology and speech-language-hearing sciences
- Service to ASHA
- Service to and leadership positions in state speech-language-hearing associations and/or other related local, regional or national professional organizations

Johnson is a professor at the University of Montevallo. She was honored for her clinical service, teaching and service to state associations.



AMERICAN
SPEECH-LANGUAGE-
HEARING
ASSOCIATION

Weaver is a professor at Harding University. She was honored for her administrative service, teaching and service to ASHA. 

Applied Sciences in the Delta

Faculty, students strive to improve health in the Mississippi region

From preparing residents for employment to establishing on-site learning gardens at elementary schools, students in the School of Applied Sciences are translating the knowledge they've gained in the classroom into real-world results in the Mississippi Delta. The once-thriving region, plagued now by extreme generational poverty and the health problems that accompany it, has become a focus of students and faculty in the departments of Health, Exercise Science and Recreation Management, Social Work and Nutrition and Hospitality Management. Some of their efforts are described here.

HEALTH EDUCATION IN TALLAHATCHIE COUNTY

For residents of Charleston, the impact of Catherine Woodyard's doctoral dissertation will last long after her graduation in May.

Woodyard, who is studying health and kinesiology, spent the past year conducting a comprehensive health-needs assessment in Tallahatchie County to identify priority health concerns and raise awareness of preventative health measures.

Tallahatchie County was ranked among the least healthy areas in the U.S. by the Robert Wood Johnson Foundation County Health Rankings in 2012.

"This project was important to me because I have a passion for improving the lives of individuals through improving their health and wellness and creating healthier communities," Woodyard said. "I saw this as an enormous opportunity to do that because of the degree of chronic disease and poor health in this area."

Following Woodyard's health assessment, the residents of Charleston hosted the city's second Gateway to the Delta Festival, which

included an inaugural 5K run. In conjunction with the festival, the Charleston Arts and Revitalization Effort (C.A.R.E.) and the Tallahatchie General Hospital sponsored an eight-week wellness challenge, which included community walks and four mandatory health workshops on behavioral change, nutrition, exercise and weight management.

Jeffrey Hallam, professor of health promotion and director of the Center for Health Behavior Research at UM, said Woodyard's dissertation will have far-reaching results.

"She felt called to do some type of mission work for completion of her Ph.D.," he said. "It just so happens her mission work didn't take her to Africa but [to] a city that was less than 50 miles from home. The results will serve the citizens of Charleston for a long time."

While the comprehensive assessment pointed out many health concerns, one of the most pressing issues was the need to educate the community about health, wellness and the disease process, especially preventable diseases such as diabetes.

Woodyard said that she evolved as a student and researcher throughout the process.

"I can honestly say that each time I drove to Charleston, I was excited," she said. "I truly hope the information we found will lead to the development and implementation of

projects and programs, and the allocation of resources to improve health, wellness and quality of life for Charleston residents."

PREPPING RESIDENTS FOR EMPLOYMENT

A team of UM social work students and faculty is helping the city of Mound Bayou progress in its efforts to preserve historic buildings and history.

The Mound Bayou Service Learning Historic Preservation Project consists of ongoing work with the community on several levels. Social work faculty members Susan Allen, Debra Moore and Chris Simmons are providing support for these activities through both direct community service and service-learning opportunities with UM students.

"Community development is about more than economic development and creating jobs," said Allen, associate professor and master's program director. "In addition to creating programs, services and buildings, you need to build the capacity of people to meet their own needs. A community that meets its own needs is central to who Mound Bayou has been since it was founded in 1887 by freed slaves."

Seven students in the master's degree



program and one 2012 bachelor's graduate joined Allen and Simmons, assistant professor and interim field education director, to work on the project. As renovation continues on the historic Taborian Hospital, which will reopen next summer as the Taborian Urgent Care Center, Mound Bayou has begun the second phase of the project: working with local community members to develop their knowledge and skills for potential employment.

Graduate students conducted 45 individual vocational and educational assessments with community members. Together, they developed strategies for residents to obtain training, education and skills to compete for the jobs expected to arise from the opening of the center.

Students assisting with the project were Komiya Guillory of Senatobia, Samantha Houston of Amory, Angela Lackey of Aberdeen, Tawnya Langley of Fulton, Brandi Robbins of Tupelo, Crystal Walton of Hernando and Casey Williams of Nettleton. Landon Fisher of Friar's Point, a recent bachelor's degree graduate and an inaugural student in the service-learning classes in Mound Bayou, has remained active with the collaboration in the past year.

Work will continue in May when Allen teaches an Integrated Behavioral Health and Primary Health Care class for students working on the Taborian project.

"This is part of a nationwide movement to help identify behavioral health issues that affect people's general health," Allen said. "During this time, we will create a behavior model. Later this summer, we will move to create a culturally appropriate model for the community."

LEARNING GARDENS, ON-SITE FITNESS FACILITIES HELP COMBAT CHILDHOOD OBESITY

When University of Mississippi registered dietitian Janie Cole explained to a group of elementary school students in the Delta that diabetes is, in many cases, preventable, she saw an instant reaction.

"The children straightened up in their

seats, and you could see the light bulbs going off in their heads," Cole said. "I knew we were going to make a difference. It was a defining moment."

The Department of Nutrition and Hospitality Management's Eating Good ... and Moving Like We Should program, an initiative to help combat childhood obesity in the Delta, aims to increase these moments.

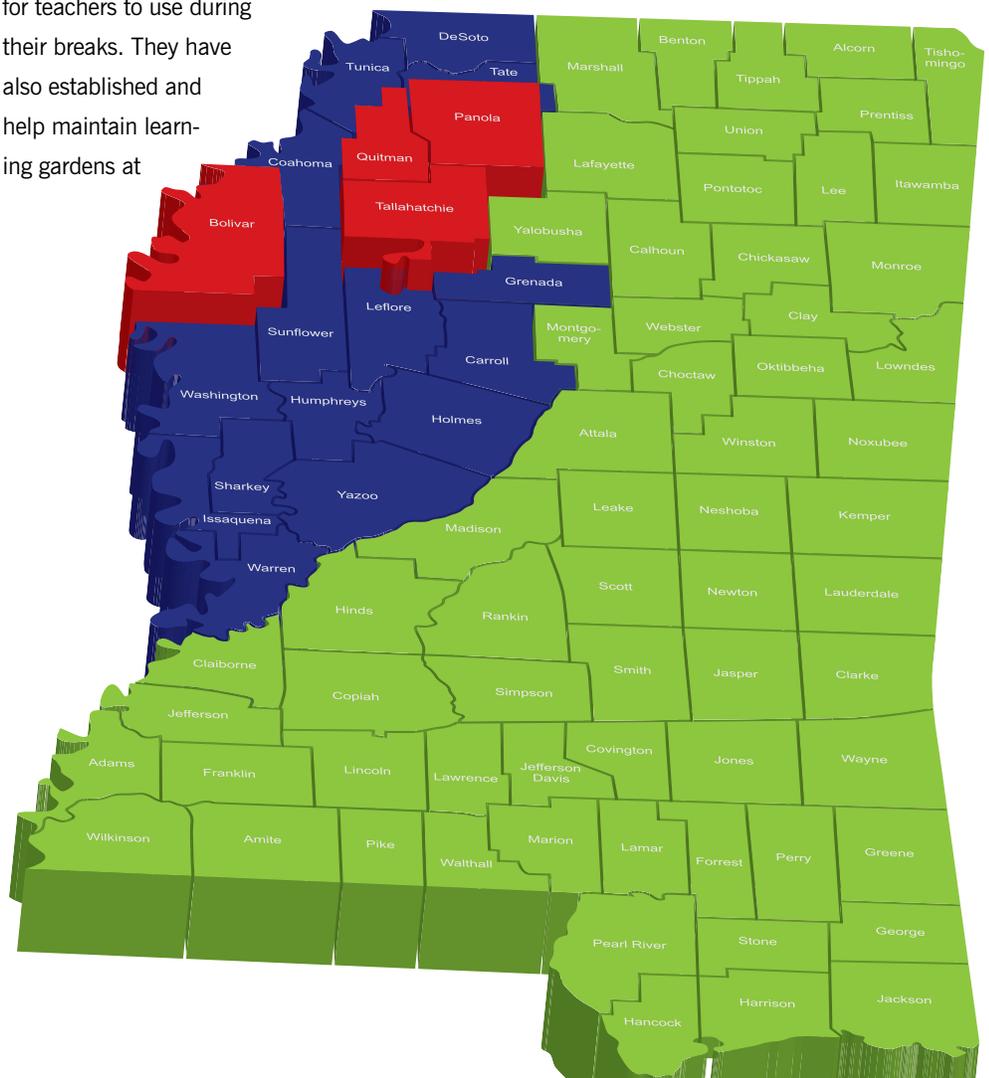
"What we found when we first went into the schools is that children just don't know the importance of eating healthy and exercising," said Lacy Dodd, education and training specialist for the program. "Now that they know, they want to do it. I think we're going to have more children than ever learning to live healthier lifestyles."

Through Eating Good ... and Moving Like We Should, the UM group has installed on-site fitness centers at I.T. Montgomery Elementary in Mound Bayou, Quitman County Elementary in Lambert and Lyon Elementary for teachers to use during their breaks. They have also established and help maintain learning gardens at

Lyon Elementary and I.T. Montgomery, and constructed a greenhouse at Pope Elementary.

Rose Tate, food-service administrator for the Mound Bayou School District, has seen some of this everyday action firsthand at I.T. Montgomery Elementary. For six years, students at the school have been active in maintaining the "Garden of Hope," which Eating Good ... and Moving Like We Should has helped fund and maintain. The garden teaches children where vegetables come from – many responded "grocery store," when first asked, Tate said – as well as gives them the chance to taste the difference between fresh produce and preserved fruits and vegetables.

Eating Good ... and Moving Like We Should has seen success since its establishment in 2007. In its first year, 77 percent of participating children increased their physical activity, and 58 percent shared their knowledge with family members. ●



NFSMI fosters international health collaboration

Childhood nutrition and international collaboration were the focus of the recent International School Meals Day conference, an event featuring National Food Service Management Institute director Katie Wilson.

The March 8 seminar took place in Manchester, England, on the inaugural International School Meals Day, an event designed to raise awareness of the importance of the quality of school meals and highlight the link between healthy eating and effective education.

“Obesity and malnutrition are both serious issues that will impact the workforce throughout the world if we don’t begin to deal with the health and well-being of children,” said Wilson. “Children in poor health don’t learn. Education dollars are being wasted if the children cannot pay attention in class and comprehend what is being said due to medical issues related to nutrition.”

Wilson spoke on “School Food and Hunger in Modern Society,” explaining the history of school meals as well as the work of NFSMI, which provides extensive free resources for child nutrition professionals such as on-site training seminars and online courses.

“Katie’s presentation gave our delegates real insight into not only the history of child nutrition programs in the USA but also about current meal patterns and how the NFSMI is able to support the workforce with a host of different methods,” said independent school health adviser and registered nurse Lindsay Graham, who invited Wilson to speak. “We were blown away with the free resources, training topics and how the institute uses technology to reach its audience.”

U.S. and U.K. collaboration began in 2009, when U.K. representatives attended the annual School Nutrition Association conference, said Wilson, past president of the association. In 2011, a U.K. group visited NFSMI, and in



Photos by Nathan Latifi

2012, Wilson took a U.S. group to Scotland and England to share research with school nutrition staff and members of the British Parliament and Scottish Parliament. Since then, the countries have remained active collaborators.

“The most important [aspect of the collaboration] is to share practice and innovation and make links so that we don’t reinvent the wheel,” Graham said. “We are about three years ahead in embedding policy so we can share what we have learned, while the USA’s size and scale means that things are done the same but differently. It’s that innovation and creativeness that is very exciting for us to hear about. NFSMI is involved in a host of research that we can also learn from.”

While in Manchester, Wilson also met with government officials from Scotland and university personnel from England and Scotland.

The conference, hosted by the Local Area Caterers Association—the equivalent to the United States’ School Nutrition Association—also featured representation from organizations including Unilever’s World Food



Katie Wilson

Programme Initiative, which aims to provide 150,000 school meals to children in Indonesia; the Liverpool Health and Wellbeing Board and Aalborg University in Denmark. Topics ranged from physical activity and obesity to successful initiatives and intervention.

NFSMI is dedicated to providing information and services that promote continuous improvement of child nutrition programs. It was established in 1989 by Congress and funded at the UM campus by a grant administered by USDA and Food and Nutrition Service in 1991. The institute is the only federally-funded national center with a focus on applied research, education and training, and technical assistance for school nutrition programs. ☉

CISS named Center of Academic Excellence

It usually takes at least a decade for an academic program to earn recognition for excellence from a nationally acknowledged organization, but the Center for Intelligence and Security Studies (CISS) at the University of Mississippi accomplished that feat in less than half that time.

The Office of the Director of National Intelligence recently designated the CISS as an Intelligence Community Center of Academic Excellence, a recognition that comes with several years of funding from the federal government to develop courses, fund student study abroad opportunities and run conferences and workshops. The prestigious honor places UM among schools including Penn State, Virginia Tech and the University of Maryland.

"I am especially happy about what this

means for our students," said Carl Jensen, CISS director. "It is further validation that the intelligence community (IC) approves of our educational model, and the recognition will open doors for Ole Miss students in the future."

Melissa Graves, associate director for the center, emphasized that the program prepares students to become analysts, whose job it is to make sense of an increasingly complex world.

"Members of the IC tell us over and over how they support our approach to educating students," Graves said. "Many characterize it as 'an ROTC program' for intelligence. By that, they mean we seek out high-performing students in a wide variety of disciplines and educate them so they are prepared for entry-level positions in the intelligence world."

The intelligence and security studies program provides its students a myriad of opportunities to learn about the IC firsthand. In

November, a group of CISS students participated in the Five Eyes Analytical Workshop in Washington, D.C., sponsored by the Defense Intelligence Agency (DIA). Two UM students, Lillian Hoffer and Alison Bartel, took first place in the student analysis competition.

While there, students worked side by side with analysts from a variety of allied countries to discuss methods of enhancing analysis. Five Eyes refers to five allied countries: the United States, United Kingdom, Australia, Canada and New Zealand. Analysts and trainers come together to discuss best practices of teaching analysis of nonclassified information.

A senior behavioral scientist for the RAND Corp. as well as CISS director, Jensen was named 2012 Instructor of the Year by the International Association for Intelligence Education for the development of the ISS minor program. ☉

Outstanding Mindset

By Misty Cowherd

Assistant professor of criminal justice Linda Keena's strong commitment to working with prisoners has led to the creation of a new social entrepreneurship program for inmates.

Since August 2012, Keena, Chris Simmons, assistant professor of social work, and Jan Bounds, associate professor of legal studies, have facilitated the Ice House Entrepreneurship Program to prerelease inmates at the Mississippi State Penitentiary in Parchman.

The program, funded through a School of Applied Sciences Interdisciplinary Working Group grant and the Ewing Marion Kauffman Foundation, a nonprofit foundation headquartered in Kansas City, Mo., is based on the book *Who Owns the Ice*



Linda Keena

Nathan Lathi
House: Eight Lessons from an Unlikely Entrepreneur. The book details the life experiences of Pulitzer Prize nominee Clifton Taulbert, a native of the Glen

Allan community in Washington County.

"I met Mr. Taulbert at a Delta Regional Authority Policy Conference in Little Rock, Ark., in October 2011," Keena said. "He spoke of an online entrepreneurship course that chronicles his journey from life in the Mississippi Delta at the height of legal segregation to being recognized by *Time* magazine as one of our nation's most outstanding entrepreneurs."

Keena and Taulbert worked with the

Entrepreneurial Learning Initiative in Ohio to modify the course for inmates, who do not have access to the Internet. The prerelease program at Parchman combines narrated chalkboard presentations with video interviews of successful entrepreneurs.

Each Monday for 12 weeks, the professors deliver the program to inspire and engage inmates in the fundamental aspects of an entrepreneurial mindset and the unlimited opportunities it can provide.

Thus far, five participating inmates have been released and are gainfully employed.

Keena's outstanding work both in and out of the classroom earned her the Thomas A. Crowe Outstanding Faculty Award from the School of Applied Sciences in 2012. This year, she was nominated and selected to the Academy of Criminal

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The Vasilyev family created the first endowment in the Department of Nutrition and Hospitality Management.

Siblings create NHM department's first endowment

Bob and Rita Vasilyev are rarely surprised by the actions of their three adult children.

So the Oxford couple seemed to be calm when the trio committed \$130,000 to the University of Mississippi's Department of Nutrition and Hospitality Management, establishing the department's first endowment in their family's name.

Bob Vasilyev, president of Vasco Properties Inc., nodded in agreement as Scott Vasilyev (BSFCS 01), his second oldest, discussed why he supports academics at Ole Miss. Rita Vasilyev (BMEd 71), co-publisher of the *Oxford Eagle*, smiled encouragingly when Renee Sholtis (BA 97), her oldest, joined the conversation. And the couple shared a laugh when Joey Vasilyev (BSFCS 03), the jokester of the family, discussed the beginnings of the family's food-service business.

"I won't say I'm not proud of them because I am," Rita Vasilyev said. "And, I won't say I'm surprised they thought to establish this endowment because I'm not. They've always been very generous children, especially to the Lafayette-Oxford-University community."

The Vasilyev siblings created the Vasilyev

Family Scholarship Endowment with a \$25,000 gift and an additional \$5,000 to award the scholarship right away. The family also has committed to adding \$10,000 — \$5,000 for the endowment and \$5,000 for immediate awards — every year for up to 10 years. The scholarship is intended for junior and senior nutrition and hospitality management majors, with preference given to students from Lafayette, Lowndes, Oktibbeha, Panola and Tate counties, where the family operates its six Taco Bell restaurants.

The Vasilyev siblings said they opted to establish an endowment for hospitality management because the field is one of the nation's fastest growing as well as one of the fastest growing academic programs at Ole Miss, with more than 400 students pursuing degrees.

"This type of support directly impacts the lives of upperclassmen that have proven to be serious about the field of nutrition and hospitality management," said Velmer Burton, dean of the School of Applied Sciences. "The generosity of the Vasilyev siblings will make a lifetime difference in the lives of these students and improve the quality of life for all."

Joey Vasilyev said the Ole Miss program provides a "competitive edge" for graduates —

something he's experienced firsthand.

"The faculty is top-notch, and I left with more than just knowledge," he said. "I left with real-world experience in food preparation, service management, marketing and much more."

Gifts like these allow the department to continue providing outstanding opportunities for students, said Kathy Knight, interim chair of nutrition and hospitality management.

"I was flattered and so grateful when I heard that two of our graduates were establishing an endowment," Knight said.

Although the scholarship endowment is a first for the Department of Nutrition and Hospitality Management, the gift is not a first for the family. The Vasilyevs are widely respected for their philanthropic endeavors, including being lifelong supporters of Ole Miss athletics.

Individuals and organizations interested in contributing to the Vasilyev Endowment can send checks to the University of Mississippi Foundation, P.O. Box 249, University, MS 38677 with the endowment noted in the memo line.

Gifts can also be made by contacting Michael Upton, development director, at 662-915-3027 or mupton@olemiss.edu. 



Anna Pechenik (left), then a UM graduate student, helped organize a trip for fellow students to attend the annual convention of the National Recreation and Park Association in Atlanta.

Alumna instructor earns top honors

Anna Pechenik (MA 12), University of Mississippi park and recreation management alumna and instructor, was recognized for excellence both as a student and teacher in 2012.

After receiving the National Recreation and Park Association's Outstanding Graduate Student Award, Pechenik, who graduated last May, learned her students had nominated her for the university's 2012 Paragon Award for Excellence in Distance Teaching.

Both accolades honor Pechenik's leadership and commitment to her field, said Kim Beason, coordinator of the UM park and recreation management program.

"Anna is dedicated to the recreation profession and makes it a point to excel," Beason said. "She is a masterful communicator, both verbal and written, and combines these very well in her online courses, where communicating effectively is a challenge. Ultimately, her students nominated her for awards related to teaching, peers for her efforts at representing the profession and faculty for her commitment to excellence."

The Paragon Award honors a UM faculty member who has demonstrated excellence in instruction and service through innovative technologies. Pechenik has developed five online courses during her tenure at UM, allowing students to minor in park and recreation management completely online.

The top graduate student award, given to Pechenik by the Young Professionals Network, honors an NRPA member for significant efforts in specialized areas of park and recreation management. Winners are selected from the association's 20,000 members and are chosen by the association's interest areas or regional networks.

Last year, Pechenik oversaw the development of a comprehensive citizen survey to help the city of Hernando's Parks and Recreation Department understand its constituency. In October, she published her first professional article, "Will Research (and Work) for Free," in *Parks & Recreation* magazine, advocating for more partnerships between community practitioners and academic units.

Pechenik also organized the Oxford-Lafayette Humane Society's "Party in the Dog Park" fundraiser last April, which encouraged the par-

ticipation of the PRM department's undergraduate students. In addition, she helped organize a trip that allowed about 20 undergraduates and seven fellow graduate students from the Department of Health, Exercise Science and Recreation Management to attend the NRPA's national conference, which was held in Atlanta last fall. She said she hopes these "future young professionals" became inspired by experiencing what they can do outside of Oxford in the field of park and recreation management.

Pechenik credits the university, her students and Beason with helping her win the NRPA and Paragon awards, and said that her experience at the university is "beyond what I could have expected when I came to Ole Miss."

Currently, Pechenik is interviewing to begin her doctoral work this fall.

"I had so much fun with the research project that I did for Hernando that I want to continue helping students learn how to help others and develop future practitioners in the field," she said. "I love this field, and I love the opportunities that I've been able to have so far. I'm very motivated to continue promoting my parks and recreation through the training of students and quality research." 

Looking Forward

Expansion is on the horizon for UM's fastest growing school

As the School of Applied Sciences advances into its 12th year at the University of Mississippi, continued growth appears to be forthcoming. Now third in enrollment size at UM, the academic unit recorded 2,834 students with a declared major or minor in one or more of its programs in 2012 — a number the school's leadership expects to rise in the coming academic year.

Building on this growth is an immediate focus for Velmer Burton, who joined the school as dean and professor of social work and legal studies in fall 2012. Burton, who previously served as chancellor of the University of Minnesota, Crookston, and as special assistant to the senior vice president for system academic administration at the University of Minnesota, Twin Cities, said the school's five-year plan includes new facilities, increased fundraising and the addition of new doctoral programs.

"We have fresh opportunities to grow and expand, to meet the needs of the state and region," Burton said. "We are a school about people because we improve lives and the human condition. As a dean, it's my role to bring people together — to facilitate that effort."

UM Provost Morris Stocks has approved plans for the renovation of the Garland-Heddleston-Mayes buildings near Magnolia Drive, which will house a new School of Applied Sciences complex upon completion.

"As the fastest growing school at the University of Mississippi, new facilities are needed to accommodate programmatic and enrollment growth, as well as predicted future expansion," Stocks said.

To facilitate fundraising growth, Michael Upton joined the school as director of development in February. Upton also hopes to build on the school's momentum. Between July 2011 and July 2013, total donations have more than doubled. At the close of the 2013 fiscal year, which closed on June 30, new pledges to the school totaled \$192,120 up from \$1,504 at the same time last year.

Burton said faculty in programs such as intelligence and security studies, nutrition, hospitality management, communication sciences and disorders, and legal studies have expressed interest in establishing new doctoral programs in the coming years. Currently, the Department of Health, Exercise Science and Recreation Management's Ph.D. in health and kinesiology is the only doctoral degree offered by the school.

"The addition of doctoral programs is a natural evolution for a young School of Applied Sciences, founded in just 2001," Stocks said. "As a research university, Ole Miss is in the business of creating and disseminating research knowledge by our faculty scholars. The aim of our applied research initiatives is to improve the lives of Mississippians and the conditions of Mississippi communities. Thus, to help meet our mission, several faculty groups are exploring the possibility of developing exciting and needed new doctoral programs as part of the next step beyond our existing master's degree programs."

Adding to the school's labs and centers of excellence is also a priority. Burton said he feels the hands-on nature of the school's degree programs gives graduates a competitive edge in the job market and directly affects enrollment. Applied Sciences currently has a 95 percent student retention rate among students. Additionally, students who are also enrolled in the Sally McDonnell Barksdale Honors College rose from 22 to 36 during the 2011-12 academic year.

Burton said he feels these numbers will only go up as the school moves into 2013.

"I think this shows the strength of our faculty and staff, who provide students with education and research experience that puts them in high demand," said Burton. "When our students come out of school with a degree, they're career ready. During a time when there's increasingly national attention about the rising cost of college and no certain career prospects, our graduates can go into the world of work and hit the ground running." ●





The Department of Nutrition and Hospitality Management honors its first African-American graduates: Dorothy Morris (left), Fredricka Hodges, Margaret Gipson, Ouida Pittman, Ruby Kelley and Ethel Morgan.

Nutrition and Hospitality Management honors first African-American graduates

The Department of Nutrition and Hospitality Management hosted a reception and dinner in honor of the program's

first African-American graduates on Nov. 8.

Alumni in attendance included Dorothy Pegues Morris (BS 72), Fredricka A. Hodges (MA 77), Margaret T. Gipson (BS 73, MeD 87), Ouida S. Pittman (MA 78), Ruby Smith Kelley (BS 74), and Ethel H. Morgan (MA 73). All alumni graduated from the department when it was called Home Economics.

"I wanted our department to honor these women," said Kathy Knight, interim chair of nutrition and hospitality management. "For these young women to come to

Ole Miss just years after James Meredith's integration, it took courage."

The event, held as part of UM's 50 Years of Integration commemoration, included remarks from Provost Morris Stocks and School of Applied Sciences Dean Velmer Burton as well as a performance by the Ole Miss Gospel Choir. Dinner took place in the student-run restaurant, Lenoir Dining.

"We wanted to give our honorees an opportunity to see how the university and department have evolved and also to see our students in action," said Marcia Cole, instructor in nutrition and hospitality management. "The evening was a wonderful reflection of the spirit of the university's inclusion and diversity." ●

Students of the Month

The School of Applied Sciences has introduced a new Student of the Month program to recognize undergraduate and graduate students for excellence in leadership and academics.

Students who have been honored include:

Katie Kaiser *hospitality management*

Kaiser served as president of Ole Miss Ambassadors for Southern Hospitality and as co-director of the Student Programming Board Executive Council. She wrote her honors thesis on UM students' perception of Mississippi as a tourist destination.

Nicole Dabbs *health and kinesiology*

Dabbs is developing a dissertation project to examine the effect of whole-body vibration on muscle recovery. She has published eight peer-reviewed journal articles and serves as student director of the Applied Biomechanics Laboratory in the Department of Health, Exercise Science and Recreation Management. She is a founding board member of the UM student chapter of the National Strength and Conditioning Association.

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Century of Recipes

The Department of Nutrition and Hospitality Management will kick off its yearlong centennial celebration this fall with the launch of *Are You Ready: One Hundred Years of Family, Friends and Food*.

The cookbook will feature a forward by

John T. Edge, James Beard Award-winning food writer and Southern Foodways Alliance director, as well as recipes and stories from notable alumni and friends of the department.

To keep up with 100-year anniversary events as they become finalized, visit

olemiss.edu/depts/nhm.

Founded in 1914 as Home Economics, the degree program was renamed Family and Consumer Sciences in 1995. In 2010, under the leadership of Teresa Carithers, the degree program was again renamed Nutrition and Hospitality Management. ●

Professor elected to ASHA board of directors

University of Mississippi communication sciences and disorders professor Carolyn Higdon's leadership role with the American Speech-Language-Hearing Association has positioned the Department of Communication Sciences and Disorders to be at the forefront of the field's latest news and research on national and international levels.

Higdon, who was elected vice president of finance for ASHA, will serve her term through 2014. ASHA is the professional, scientific and credentialing association for more than 167,000 members.

"[The position] has allowed me to bring topics to the department for discussion that are going to affect training and academic programs at Ole Miss and across the country, giving us an added advantage as we assess our current program and as we plan for the future," Higdon said. "As a faculty, we have been able to do improved long-range and strategic planning."

Among the initiatives, the department was able to get an early start to include the "216 license," a license for students with a bachelor's degree to practice in schools, which will go into effect in Mississippi in July. Previously, a master's degree was required to practice in every setting in the field.

For the CSD department, this will mean teaching master's-level speech-language pathologists how to supervise bachelor's-level speech therapists, as well as developing new online courses, creating more part-time opportunities for graduate students and improving the department's retention and recruitment opportunities, Higdon said.

"This position affords us an opportunity to showcase the University of Mississippi and the School of Applied Sciences, as well as individual faculty within the department, to Congress and legislators from across the country, as well as other SLPs and audiologists," said Lennette Ivy, CSD department chair.

UM has a history of presence on the



Carolyn Higdon

ASHA board. Alumni Sue Hale and Tommie Robinson each served as president, and Gloria Kellum, vice chancellor emerita for university relations and professor emerita of communicative disorders, served as a vice president. ☉

Legal studies professor commands Mississippi State Guard

David McElreath (BPA 75, MCJ 79), professor of legal studies, assumed command of the Mississippi State Guard on April 13, in a ceremony conducted at Camp McCain in Grenada.

McElreath, who also holds a master's degree in strategic studies from the U.S. Army War College and a doctorate in adult education from the University of Southern Mississippi, has taught at UM since 2004 and is former chair of the legal studies department.

An Oxford native, McElreath was originally commissioned through UM's Army ROTC. He has served in the Mississippi National Guard and as colonel in the U.S. Marine Corps, where he served in Bosnia, Kosovo and Afghanistan. He was also appointed by Gov. Phil Bryant to the Mississippi Veterans Affairs Board and is an adjunct professor with the Marine Corps University.

Before joining the UM faculty, McElreath was professor and chair of the legal studies department at Washburn University and an associate professor at Southeast Missouri University. He lives in Oxford with his wife, Leisa Stuart McElreath (BSCJ 12). ☉





Robert Jordan

Caitlin Mondelli, a dietetics and nutrition major, demonstrates her secret to cooking the perfect poached egg in the Lenoir Hall kitchen as part of the UM Nutrition Clinic.

UM Nutrition Clinic provides tools to get healthy, lose weight

When Oxford resident Scott Knight jotted down his short-term goal to “lose 70 pounds” as part of the UM Nutrition Clinic’s first-ever weight-loss class, he wasn’t even sure it was possible. At 55, Knight had been diagnosed with high blood pressure and was taking medication for high cholesterol. His blood-sugar levels were borderline diabetic. He knew he wanted to get healthier, so he enrolled in the 12-week class.

“The class showed me that at any age, you can live healthier,” said Knight, who has since dropped 65 pounds, has normal blood-sugar levels and is prescribed half the blood pressure medication he needed before. “We took a number of steps; one thing is just learning what you’re eating and paying attention to that. We had to learn good choices.”

The UM Nutrition Clinic, in Lenoir Hall, offers weight-loss classes, medical nutrition counseling, diet analysis using the state-of-the-art “Bod Pod” machine, breast-feeding consultation, grocery store tours guided by a registered dietitian, and services for individuals with eating disorders.

A growing need for accessible nutrition consultation was the primary reason the nutrition clinic was created, said dietitian Janie Cole.

The clinic has worked with UM employees (the clinic’s services are payroll-deductible); UM students, who can use their Ole Miss Express for payment; and adult and adolescent community members with health conditions. Students in the Department of Nutrition and Hospitality Management demonstrate using healthy ingredients for the nutrition class.

“The one thing that I hear patients come back and say is that this was the best money they’ve ever spent,” Cole said. “They may have bought weight-loss videos or this book and that book, but when they come sit down with a dietitian, then they actually get the truth.”

For more information about the nutrition clinic or to schedule a consultation, call 662-915-8662. ☉

Students of the month, continued from page 10

Katherine Russell

communication sciences and disorders

Russell established the Feed the Hunger Ole Miss campus organization and organized the second college campus Pack-A-Thon event to send meal packets to underprivileged youth in Africa. In 2011, she traveled to Kenya to distribute food and water to 600 malnourished children. She served as president of Kappa Kappa Gamma and new member chairman.

Catherine Woodyard

health and kinesiology

Woodyard’s dissertation focuses on individual and community health needs in the Mississippi Delta. She is a UM instructor and was the recipient of the Graduate Student Achievement Award and H. Leon Garrett Award in Health Promotion in 2010.

Brooke Fratesi

communication sciences and disorders

Fratesi is a member of Delta Delta Delta sorority, the National Student Speech Language Hearing Association and the Ole Miss varsity cheerleading squad. Fratesi has maintained a 3.9 GPA and is a member of Gamma Beta Phi honor society.

Vinayak K. Nahar

health, exercise science and recreation management

Nahar received his Master of Science in health, exercise science and recreation management in spring 2013. He has been published in numerous publications and plans to begin course work toward his Ph.D. this fall.

To nominate a current student for Student of the Month, contact Mark Loftin, School of Applied Sciences associate dean, at mloftin@olemiss.edu. ☉

In Memoriam

The school mourns the passing of graduate students Sarah Wheat and Ryan Malone and James William “Jimmy” Warren, Jr. (BA 69) (JD 72), who served as president of the School of Applied Sciences Chapter Board. ☉

HESRM professor goes the distance to practice what he preaches

Most people wouldn't dream of jogging from Oxford, Miss., to Boston, Mass., — about 1,350 miles — but for Michael Dupper, that mileage is on the low side of his yearly average.

Dupper, assistant professor of health, exercise science and recreation management, has run races ranging from the New York City Marathon to the Vardaman, Miss., Sweet Potato Festival 5K, a pastime that gives his words more weight in the classroom.

"He's a great example of what an ideal teacher for exercise science is like," said JJ Effink, a senior park and recreation management major from Oxford. "He doesn't just teach it, but he does it as well."

Dupper, who joined the UM faculty in 1979, ran his first marathon in 1980. Since then, the Brooklyn, N.Y., native has run an estimated 600 to 700 races, more than 100 of which were marathons.

"I like the challenge of running," Dupper said. "The training makes you maintain a certain commitment to your health. You're investing in yourself."

Dupper's commitment to running echoes

the message he delivers to students — health-related habits must become part of an individual's lifestyle.

Dupper is just as active in the Department of Health, Exercise Science and Recreation Management as he is on his daily morning runs. In addition to teaching a full course load of classes, Dupper supervises the department's internship program and serves as the Mississippi Special Olympics Area IV sports director.

Forrest Bryan, a graduate student in the park and recreation management program who assisted at the Special Olympics in February, said that he enjoys working with Dupper because "he knows what he's trying to teach us."

Dupper said that jogging comes with the territory of teaching about health.

"In our department, it's always a good idea to practice what you preach," he said. "I think we have a responsibility to our students as faculty to do something — proper nutrition, exercise, strength training, flexibility."

Dupper holds a B.S. in health, physical education and recreation from Manhattan College, an M.S. in adapted physical education from the University of Wisconsin-La Crosse and an Ed.D. in education from UM. ●

New development director hired

The School of Applied Sciences welcomed Michael Upton (BA 00, MA 02) as director of development on Feb. 1.

Upton joined the University of Mississippi Development Office in 2006. He has worked as a development officer for the



Michael Upton

University Libraries, Center for the Study of Southern Culture, University Museum and Historic Houses, and Gertrude C. Ford Center for the Performing Arts.

"I'm honored to join Dean Burton in helping to secure private support for the school," Upton said. "As one of the university's newest and most dynamic schools, the School of Applied Sciences represents what is best about Ole Miss through education and service to others."

To support the School of Applied Sciences, contact Upton at 662-915-3027 or mupton@olemiss.edu. More information is also available at www.umf.olemiss.edu. ●

Outstanding mindset, continued from page 6

Justice Sciences Restorative and Community Justice Board, a national board for the professional organization comprising about 2,800 criminal justice professionals.

A former adult probation and parole officer in Missouri, Keena has spent the last 22 years teaching various corrections and criminology courses, and facilitating faith-based, restorative justice and entrepreneurship programs to maximum security prisoners, both nationally and internationally.

"Whether it's teaching, research, grant

writing, serving on committees or advising, I always try to give 100 percent," Keena said. "After working with prisoners and students for many years, I have come to value authenticity and try to be genuine to those with whom I interact."

A native of Puxico, Mo., Keena came to Ole Miss in 2009 after recalling some sage advice from her grandfather.

"He said, 'Find something you like to do, and figure out a way to get paid to do it,'" Keena said. "I've always had a respect and appreciation for Ole Miss, so when a position

was announced in the Department of Legal Studies, I seized the opportunity to get to do what I really love."

Keena is also co-author and project director for MEDFELS, a nationally recognized methamphetamine program for elementary schools, as well as co-director of the UM Violence Prevention Office.

She also was appointed by former Gov. Haley Barbour as Mississippi's representative to the Delta Leadership Institute's Executive Academy. ●

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The School of Applied Sciences would like to thank our alumni and friends who supported us with their generosity from January 1 – December 31, 2012. Every effort was made to present an accurate reflection of our donors. Please contact Michael Upton at 662-915-3027 or mupton@olemiss.edu with questions or to make a donation.

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at Ole Miss with these events:

Friday, Sept. 6, 5-7 p.m.

Are You Ready? cookbook launch, Off Square Books

Thursday, Oct. 24, 5-7 p.m.

100 Years Reception, The Inn at Ole Miss

Friday, Oct. 25, 9-11 a.m.

Open House, Lenoir Hall

Friday, Oct. 25, TBA

Homecoming Parade (NHM float presentation)

Thursday, Dec. 5, 5-9 p.m.

Square Toast for Scholarships, Oxford Square

For a full list of events, including Nutrition and Hospitality Management tailgates throughout the 2013 football season, visit www.olemiss.edu/depts/nhm.