

# HIGHLIGHTS

HOME ECONOMICS ALUMNI ASSOCIATION • UNIVERSITY OF GEORGIA

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FALL 1980

## HIGHLIGHTS from Your Dean, Emily Quinn Pou



We all owe heartiest congratulations to your Alumni Association officers, district directors, and committee members who made the first Home Economics Alumni Weekend such an outstanding success. By making the plans early for the weekend May 15 and 16, 1981, space for meetings and lodging are reserved at the Georgia Center.

You will be delighted, I'm sure, to know that the Ph.D. in Foods and Nutrition was approved by the Board of Regents in the month of July to be effective in September 1981. As of this time, seven outstanding applicants have been recommended to the Graduate School for admission. Congratulations to each of the faculty members, past and present, whose competence and commitment have made possible the approval of this doctoral degree. We extend our appreciation to our administrators and the Board of Regents for their supportiveness and approval.

The first year of the Dean's Aide program was very successful. The six individuals represented the College of Home Economics in a very professional and most gracious manner on every occasion. Some of the activities included the Alumni Weekend, hosting groups on tours of the college, and receiving guests at a reception for the Homemakers Council at President Davison's home. The Aides graduating in June were Beverly Guined, Lydia Beavers, and Pam Braden. Ann Tyler and Deann Bell applied to participate in the program for 1980-81. The other four selected are Renee Betz, Sarah Hopper, Ann Lambert, and Melanie Neal. Brief biographical information on each is contained in this issue of the newsletter.

Those of you who have contributed to the Student Emergency Loan Fund will be gratified to know that ten students have received assistance from the fund. The needs of the recipients included paying rent, purchasing textbooks, repairing automobiles, and traveling to national meetings to present papers on their research. As the funds are repaid by recipients, your contributions will continue to assist students in financial need.

We consider you, the graduates of the College of Home Economics, our best representatives and recruiters. If you are acquainted with a young person giving thought to career and study plans, let us know if we can assist in providing information and/or materials on the University of Georgia and the College of Home Economics.

I look forward to being with those of you who can be present for the area meetings in the state for the "Dinner with the Dean." The dates and locations as well as the invitation to bring spouses and/or guests, are given in the newsletter.

Please let us hear from you periodically so that we may keep your permanent file updated and include news of you in the newsletter. Do remember to send us address changes. The newsletter is not forwardable.

Best wishes and happiness to each of you.

## HIGHLIGHTS from Your President, Gloria Kellogg



The first annual Home Economics Alumni Weekend is now history. A total of 116 persons attended the banquet and 72 were registered for the seminar and luncheon on Saturday. Participants rated the weekend's activities as excellent. The highlight of the weekend was the presentation of awards to Dr. Jessie Mize for Superior Service, Representative Paul Broun as Friend of Home Economics, and Mrs. Janette Barber as the Distinguished Alumni.

The seminar on stress presented by University of Georgia staff was rated very high. Overall evaluations of the weekend indicate that those attending were very pleased. "Get more alumni involved" was the suggestion heard many times. Some exciting plans are under way to do just that.

A series of three area meetings is being planned to give visibility to what is going on in the College of Home Economics at the University of Georgia. These will be dinner meetings held in Atlanta, Statesboro, and Albany. Please make plans to attend! Further information is found in this issue of *Highlights*.

Plans for the annual meeting are under way for May 15 and 16, 1981. One of the emphases will be on careers for home economists. Tentative plans have been made for Rita Davenport to be the banquet speaker on Friday evening, May 15. Rita is a nationally known television personality, lecturer, and writer. She is principally known for her inspiration and motivation of colleagues and other professionals. Her academic preparation was in home economics. The Distinguished Alumni, Friend of Home Economics, and Superior Service Awards will be presented during the weekend. I would like to encourage you to submit nominations for these awards, utilizing the form contained in this issue.

I look forward to seeing many of you during the year.

## Weekend Courses 1981 (Winter and Spring)

The College of Home Economics and the Department of Home Economics Education announce weekend courses for Winter and Spring 1981. All students must be admitted to the Graduate School. A category has been established for in-service students (post baccalaureate) which requires only undergraduate transcripts. Application forms can be obtained from the Graduate School and *must be submitted 30 days prior to registration*. Fifteen hours is the maximum in-service unless admitted as a regular graduate student.

Winter 1981: EHE 760—Special Problems in Nutrition Education—Jan. 9 - 10, Jan 16 - 17, Jan. 30 - 31, Feb. 13 - 14, Feb. 27 - 28, March 13 - 14

Spring 1981: FDN 450-650—Introductions to Experimental Foods—April 3 - 4, 17 - 18, May 1 - 2, 15 - 16, 29 - 30, June 5 - 6

Contact Dr. Aleene Cross, 604 Aderhold Building, Athens, Georgia 30602 for additional information.

## HIGHLIGHTS from Annual Meeting Seminar on Stress

The following are excerpts taken from seminar presentations on *Stress and the Near Environment and Stress in our Personal Environment. Stress and the Internal Self and Economic Environment* will be featured in the next issue.

*Stress in our Personal Environment*—Sharon Price-Bonham, Ph.D., Department of Child and Family Development

We could contend that stress is a way of life for two-worker families—i.e., by choosing this style of life many couples voluntarily put themselves into an inherently stressful situation. Few couples truly anticipate the degree of stress they will experience; rather, they learn the hard way that managing two jobs, a family, role conflicts, and life-style changes makes for one tough and demanding job.

The degree we experience this stress reaction depends on how we respond to the demands of our environment. That is, stress results from the interaction between an individual and that individual's environment. Not all events produce stress for everyone, and for each person different situations can be more or less stress producing. Also, we differ in our ability to tolerate stress. However, each time we experience stress, and subsequently need to adapt, the body needs time to adapt and restore equilibrium.

If too much stress confronts us our bodies may not be able to restore equilibrium and we will exceed our threshold or tolerance level for stress. At this point, we may experience serious physical or emotional illness. The reason: our body is signaling it cannot take anymore. However, if managed correctly, stress can be energizing.

While stress is our body's way to react to demands placed on it, demands alone do not cause stress. Rather, it is what the demand represents to us—the effect it creates in us—that causes us to experience stress.

Three factors seem to moderate the degree of stress any demand or event causes for a person. These are uncertainty or unpredictability, lack of control, and the value or feelings associated with the event. There are three major areas which create more stress for working couples—i.e., *change, conflict, and pressure or overload*.

There are two ways of dealing with stress—coping and adaptation. Coping helps us put up with the problem but does not get rid of the stress, while adaptation solves the problems by modifying either the sources of stress or the way we react to them.

Very common techniques of coping include drugs (downers and uppers), alcohol (drinking oneself to numbness), and eating (the ears of our teddy bear tasted good when we were three; chocolate cake tastes good now). All these techniques masquerade the stressful feelings we experience, but they do not change the stress-producing situation or our feelings about it. In fact, drugs, alcohol, and food may compound our problems, leading to dependence, addiction, poorer performance, and physical deterioration. Two popular techniques which are more positive include exercise and recreation.

**Adaptation** requires us either to modify those events or situations which produce stress for us or to change our responses to stress producing events. Techniques include the following:

1. Limit the number of obligations you take on at any one time.
2. Learn to say "no" to requests on your time.
3. Avoid conflicting demands when at all possible.
4. Take a good hard look at your goals and expectations—and try to reduce or eliminate any unrealistic or overly demanding ones.
5. Delegate responsibilities whenever you can.
6. Sit down with your spouse and/or family and see what decisions you can make which will avoid all stress possible.
7. Manage and plan for changes in your life.
8. Prioritize those things which you must do.
9. Plan your goals and objectives in terms of long term and short term.

*Stress in the Near Environment*—Theresa A. Perenich, Ph.D., Department of Clothing, Textiles, Interiors and Furnishings

Our near environment consists of the clothes we wear, the food we eat, the shelter in which we live, the air we breath, and the water we use. However, our near environment at specific points in time also includes the automobiles we drive, the airplanes in which we fly, the buildings in which we work, and service-related environments such as hospitals, beauty salons, barber shops, retail stores, and medical offices, to name a few.

In looking at our near environment and stress we must deal with two aspects. The first is how these environments cause us stress and the second is how to cope with stress related to these environments. We then need to consider what conditions in our near environment can be accepted as stressful and what their common characteristics are. There are certain situations which involve extremes of sensory stimulation and extremes of workload. These may cause stress. These types of situations are immediately recognizable. For example, an office or a home or a restaurant is too noisy, too hot, too cold, too smokey, too humid, too isolated, or too crowded. In the work environment, for example, overwork is an obvious situation causing stress. Stress arises whenever there is a departure from optimum conditions of demand which the person is unable or not easily able to correct. Most organisms including man appear to have evolved so that they function best under conditions of moderate demand. If a person's performance is less than maximal this may be due to either too high or too low a level of demand.

Stress has been described as part of a complex and dynamic system of transactions between the person and his environment. How do you deal with stress? By avoidance or escape? By aggression? By retaliation?

Each is a particular manner of coping. Coping is best considered as a form of problem solving where the stakes are the person's well-being, but the person is not entirely clear about what to do. This concept specifically refers to dealing with demanding situations which are experienced as stressful. Through coping, the person attempts to master those situations.

The occurrence and experience of stress may be reduced by attenuation of the real demands made on the person. This is essential for an environmental solution. Demands may arise from the person's near physical environment or from the person's psycho/social environment. Demands originating in the structure of the physical environment may be manifested in extremes of stimulation, noise, temperature, humidity, and illumination. The identification of these offending factors is relatively easy, and recommendations for improvement are straightforward. However, the execution of a necessary change in our near environment may be far less easy due to a variety of economic, political, and practical reasons.

How can you transform your living space so that it produces less stressful situations? One does not necessarily have to deal with structural changes; but if one looks for elements that possess an unusual scale, are richly textured, embody deep reserves of color, offer a surprise when placed in an area or in a room, or even convert conventional thinking about what should be indoors as opposed to outdoors, then you can fashion your space to achieve your immediate goals.

When you describe what happened today at the home or office, you do not say that the high contrast between the white walls in the living room or office and the dark wood of your desk or sewing machine gave you a headache, nor do you mention that once again the height of your chair impairs the circulation in your legs; you are not likely to complain that the color of the walls made you depressed or that having no say in the arrangement of the office furniture has made you feel less important.

### HOMECOMING WEEKEND ACTIVITY

October 18, 1980

Dawson Hall

The presentation of the portrait of the first individual to be entered in the honor Hall of Recognition will take place at 10:00 a.m. on Saturday, October 18, 1980, in the lounge of Dawson Hall. The individual designated as the first awardee is Miss Mary E. Creswell, Dean Emeritus of the College of Home Economics.

## Dean's Aides Selected for 1980-81

**Charlotte Deann Bell**, Hartwell, Georgia, was one of the first participants in the Dean's Aide Program. She is a member of ASID and the Student-Faculty Committee. Deann also serves as Vice-President of the UGA Compass Club and Treasurer of Phi Upsilon Omicron.

**Renee Johnson Betz**, Athens, Georgia, is a Child and Family Development major. Renee is a member of Phi Upsilon Omicron, the Student-Faculty Committee, Student Home Economics Association, Gold Key Honor Society, Alpha Lambda Delta Honor Society. She is also a participant of the UGA Honor's Program.

**Sarah Davenport Hopper**, a junior from Cleveland, Tennessee, is a Fashion Merchandising major. She is a member of Phi Upsilon Omicron, Student Home Economics Association, American Association of Textile Chemists and Colorists, Chi Omega sorority, Economics Club, and Marketing Club. Sarah is in the top 5 percent of the Junior Class.

**Wilma Anne Lambert** of Madison, Georgia, is a Furnishings and Interior major. Anne is a member of the College 4-H Club and served as a 1980 Summer Tour Guide at the National 4-H Center in Washington, D.C. She is an Assistant Pledge Trainer and was Homecoming Committee Representative for Delta Delta Delta sorority.

**Melanie Faith Neal** is a Home Economics Education/Extension major from Conyers, Georgia. Melanie is a member of Omicron Delta Kappa, Home Economics Association, Ag Hill Council, Golden Key National Honor Society, and National Dean's List. She has also served as President of Phi U, Chairman of the Student-Faculty Committee, Vice-President of Alpha Zeta, Secretary and Tour Manager of the UGA Women's Glee Club, and a member of the Executive Council of Kappa Delta sorority.

**Anne Elizabeth Tyler**, Athens, Georgia, was also one of the first participants in the program. She is a member of Alpha Chi Omega, Mortar Board, Rho Lambda, Student Dietetics Association, and Phi U. She has served as Area Coordinator of the Commiversity Big Sister Program and Vice-President of the Z Club.

## Honor Hall of Recognition Designee . . . Mary E. Creswell

The first Honor Hall of Recognition designation will be made on October 18, 1980, for Miss Mary E. Creswell, the first Dean of the College of Home Economics. Miss Creswell was an individual who donated her entire lifetime to the promotion of education for women. In 1918 she was placed in charge of home economics at the University of Georgia. During her administration, first as head of the Division of Home Economics and later, in 1933, as dean of the School of Home Economics, the student body grew from 12 to more than 400. She retired as dean in 1945 and as professor in 1949.

Mary Creswell received many "firsts" during her lifetime. She was the first woman to receive a baccalaureate degree granted by the University, the first woman employed in the Federal Extension office in Washington, and in 1949 was the recipient of the University of Georgia's Alumni Society Award for Outstanding Service. Miss Creswell was the first president of the Georgia Home Economics Association and the Southern Home Economics Association. It was Miss Creswell who suggested the name "home demonstration" for the extension program carried to rural women and girls.

The Home Economics Alumni Association continues to honor Miss Creswell with "firsts" as she becomes the first designee in the Honor Hall of Recognition. All alumni, friends, and relatives are invited to attend the recognition ceremony and reception on October 18 at 10 a.m. in the lounge of Dawson Hall.

*Special contributions might be made to the Mary Creswell Research Fund in conjunction with her designation to the Honor Hall of Recognition. Checks should be made payable to the University of Georgia with an indication that contribution is for the Mary Creswell Research Fund. Mail checks to Alumni Relations, Alumni House, University of Georgia, Athens, Georgia 30602.*

## HIGHLIGHTS from the Department of Clothing, Textiles, Interiors and Furnishings

### Instructional Activities

Two new courses, Behavioral Design Analysis and Home Furnishings Product Analysis, have been developed in the Furnishings and Interiors area. Each course is designed to strengthen and complement the Furnishings and Interiors major and courses which presently exist.

The Textile Testing course CTI 325 was offered for the first time during spring quarter and had such positive enrollment that it will be offered each quarter during the coming year.

### Student Accomplishments

Mary Moldenhauer received a scholarship to attend the Summer Institute of the Museum of Early Southern Decorative Arts in North Carolina.

Miss Martha Tate received a governor's internship during the winter quarter and worked with the Atlanta Historical Society in preservation and displays of costumes for the show entitled *Atlanta Women—Myth to Modern Times*.

Ten students enrolled in the internship program this fall will receive employment in Atlanta and other areas of Georgia.

Mrs. Doris Muir completed her Master of Science degree with a thesis entitled "Administration of an Interior Design Internship Program: Views of Practicing Designers."

Mrs. Sylvia Reyes De Berrios completed a problem for her Master of Home Economics degree entitled "Attitudes of Orthopedically Handicapped College Students Towards Special Needs Clothing."

Miss Katherine Moore completed the requirements for the degree of Master of Home Economics by submitting a problem entitled "A Study in Acid, Basic, Direct and Disperse Dyeing Procedures."

### Faculty Accomplishments

Drs. Theresa Perenich and Mary Ellen Blackburn authored a new manual, *The Internship Manual*, to be used in the internship programs.

Dr. Kathryn Jakes presented a research paper dealing with her research on flammability of polymer materials at the American Chemical Society meeting in Las Vegas in August.

Several research activities have taken place in the department and culminated in the submission of approximately six articles by the faculty for publication in national reference journals. An extramural grant for \$40,000 has been submitted to the National Science Foundation for instructional scientific programs for undergraduate majors in textile science. In addition, a museum grant has been submitted to the National Endowment for the Arts for conservation and cataloguing of the historic costume collection in Dawson Hall.

With the emphasis on cooperative education programs the department has submitted a proposal to provide both undergraduate and graduate students with the opportunity of obtaining "hands on" experience in professional settings related to the students' educational and employment goals. This cooperative education grant has been submitted for Title VII (8) funds.

In the fall, three new faculty will be teaching in the department. Mrs. Mary Ulrich, Mrs. Martha Burpitt and Mrs. Lucy Sibley will be teaching in clothing and textiles as well as the interiors and furnishings area. In addition, Mrs. Sibley will be spearheading the cataloguing and conservation of the historic costume collection for the department.

## HIGHLIGHTS on Cooperative Extension Staff

Dr. Diane G. Smathers has joined the staff of the Cooperative Extension Service as State Program Leader-Human Environment. Dr. Smathers holds B.S. and M.S. degrees in home economics from the University of Kentucky and the Certificate in Gerontology and Ed.D. in higher education from the University of Georgia. Before moving to Georgia in 1978 she was an Assistant Professor in the Department of Human Environment at the University of Kentucky. Dr. Smathers is married to Dr. Webb M. Smathers, Jr., Assistant Professor of Agricultural Economics at the University of Georgia.

## HIGHLIGHTS from the Department of Child and Family Development

Sharon Price-Bonham, Associate Professor of CFD, and Donald Murphy, Chief, Mental Health Division, Gilbert Student Health Center, had an article, "Dual-Career Marriages/Families: Implications for the Clinician," published in the April issue of the *Journal of Marriage and Family Therapy*.

Sharon Price-Bonham served on the Research Review Committee to evaluate USDA funded research in the College of Home Economics, Iowa State University. James Walters served on the committee to evaluate USDA funded research at Eastern Illinois University.

Sharon Price-Bonham and James Walters were two of sixteen family scholars who were asked to write Decade Review articles for the *Journal of Marriage and the Family*. Price-Bonham's (co-author Jack O. Balswick) article is on Divorce, Desertion and Remarriage, and Walters' (co-author Lynda Henley Walters) is on Parent-Child Relationships. These articles, which review selected research published in the 1970s will appear in the November issue.

Sharon Price-Bonham spoke on "Dual-Career Marriage: A Stressor" at Mercer University Law School in October 1979 and to the Association of Women Lawyers in Atlanta, April 1980. She was also a Sigma Xi speaker at Augusta College, where she spoke on "Demographic Indications of the Future of the Family and Violence and the Family."

Faculty members Sharon Price-Bonham, Karen Wampler, Jack O. Balswick, Patsy Skeen, and James Walters and graduate students Charles Welch, III, Ann Kelly, Crystal Barianti, Richard Morley, and Bernard Davidson attended the Groves Conference on Marriage and the Family, Gatlinburg, May 1980. Balswick and Price-Bonham served on the program committee; and Price-Bonham, Wampler, Balswick, and Skeen participated in the program. Bernard Davidson, Ph.D. candidate, received a Groves Student Scholarship.

Sharon Price-Bonham was elected first vice president of the National Council on Family Relations—program chair of the 1981 Annual Meeting, which will be held in Milwaukee, Wisconsin, October 1981.

Dr. Karen Wampler has been accepted as a clinical member of the American Association of Marriage and Family Therapy. Her research continues to focus on marital communication. The results of her most recent study, published this summer, indicate that couples can learn to communicate more effectively with each other through a skills training program.

Fan Brooke, Assistant Professor of Child Development, has served as president of the Georgia Association for Young Children during this 1979-80 year. As president, she has represented this organization in its affiliate status with the Southern Association on Children Under Six and with the National Association for the Education of Young Children. At the annual conference of NAEYC, Ms. Brooke presented a session for other affiliate group presidents re: Organizing and Conducting Board Meetings and Writing Organizational Policies and Procedures. For SACUS she served on the president's task force to write an organization position paper and to recommend a reorganization structure for SACUS. Ms. Brooke also presented a session on "Back to Basics for Preschool Education" at the annual conference.

Child Development majors have experienced a "new" type of "child caring" internship this academic year. Through cooperation with the pediatric nursing unit, Athens General Hospital, and Patients' Activities Department, Henrietta Eggleston Hospital for Children, three undergraduate and two graduate students have worked with hospitalized children providing the children with meaningful activities and parents with "someone to talk to." The students chose this internship because of interest in the Hospital Play Program (ChildLife Program) philosophy purposes and implementations. Such programs are a part of the services to child-patients and their families in many hospitals throughout the country. Ms. Kathy Strickland (BSHE, 1980) is currently employed in this program at University Hospital, Augusta, Georgia.

Graduate students Jerri Jaudon and Carol Martin gave papers at the recent Southeastern Conference on the Child and Family at Greensboro, N.C. Ms. Jaudon's paper reported work done with Dr. Charles Halverson on the stereotyping of young children's Halloween costumes. Ms. Martin presented research on how sex-stereotyped

thinking affects children's memories. Ms. Jaudon and Dr. Halverson also presented research on sex-stereotyping in children and parents at the Sixth Biennial Conference on Human Development at Alexandria, Virginia.

The Georgia Association on Young Children held its annual spring conference at the Georgia Center for Continuing Education May 9 - 10, 1980. Dr. Wanda Grogan served as conference coordinator. Sandra Brazil (MHE, 1980) served as program chairperson. As president, Ms. Brooke presided over the conference. Other HEC faculty who presented programs were: Dean Emily Pou, Dr. Raymond Yang, Dr. Karen Wampler, Dr. Patsy Skeen, Ms. Donna Smith, Ms. Diana Kohl, Mrs. Lily Paguio, Dr. Gene Brody, Mrs. Sydney Shellebarger (BSHE, 1979) and Ms. Anna Moletteri (MHE, 1980), Child Development Specialists, McPhaul Child and Family Development Center, also presented a workshop session. Anita Garner (MS, 1975) also presented.

Mrs. Emma Stevens (BSHE, 1974) was on the panel on Public Kindergarten Preschool Programs Continuity for All. Mrs. Stevens was honored by GAYC with the presentation of the Special Award for Outstanding Service in the Field of Early Childhood Education. Mrs. Stevens has served day care, private preschool programs, and public kindergarten, and is at present a kindergarten teacher in Valdosta, Georgia. Mrs. Stevens was named Georgia Teacher of the Year and was a runner up in the National Competition for Teacher of the Year.

## Georgia Delegation at International Home Economics Meeting

Eight Georgians attended the International Federation of Home Economics in Manila, Philippines, July 20-26. This meeting, which is held only once every four years, met for the first time in a developing country. The International Federation of Home Economics is the only world-wide organization for home economics.

The congress was attended by an estimated 1,000 participants, approximately 140 from the United States. Margaret Fitch of Hawaii, former president of AHEA, was elected president of IFHE for the next four years.

Sessions dealt with topics such as, "Development Issue of the 1980s That Will Affect Urban and Rural Living," "Program of Action for Home Economics Responsibility in Development," and "Implications" for the home economist. Speakers and panel members represented a wide variety of the countries that are members of IFHE.

Attending from Georgia were Dr. Jessie Mize, Simone Ritche, and Carolyn Joyner of Athens, Sara Jernigan of Covington, Irene Rose and Mary Clo Jackson from Atlanta, Thelma Branham of Valdosta, and Nona Slappy of Greenville. Miriam and William Moore of Greenville, North Carolina, joined the Georgia delegation.

## A Salute to the Montgomery Family

"Like Mother Like Daughter" certainly is true in the Montgomery family from Commerce. Mrs. Leolene Chapman Montgomery, a home economics graduate of the University of Georgia, has three daughters who hold home economics degrees from the University. Her daughters are Mrs. Ann Bennett, Atlanta, Mrs. Betty Lane Yates of Dahlonga and Mrs. Leolene Lane Tate of Macon. Mrs. Montgomery, Ann, and Betty attended the Alumni Weekend Activities in May. Another generation follows as Betty's daughter, Beth Ann, serves as State Treasurer of the Future Homemakers of America and is making plans to major in home economics when she enters college in 1981.

## HIGHLIGHTS from Your Association

ANNUAL MEETING  
May 15 - 16, 1981  
Georgia Center for Continuing Education

The overall theme for the weekend will be "The Winner's Circle." There will be an awards banquet on May 15 with Rita Davenport as the featured speaker. Saturday's activities will include a seminar and an awards luncheon.

Complete information will be included in the winter issue of HIGHLIGHTS but MARK YOUR CALENDAR NOW and PLAN TO ATTEND.

## HIGHLIGHTS from Continuing Education

The Home Economics Office in cooperation with the Cooperative Extension Food Science Department and several other sponsors has implemented at seven locations a fifteen-hour Foodservice Sanitation Training and Certification Program. Currently, 236 persons have completed this training.

The mutual concern among these sponsors is that the health and well-being of the individuals who dine in public eating areas is too important to be left to chance. They believe that owners and managers of commercial and institutional foodservice establishments share their concern and will support the program.

This fifteen-hour course utilizes the National Institute for the Foodservice Industry's textbook, *Applied Foodservice Sanitation*. The clientele includes managers and others who work directly with foodservice in commercial food establishments, schools, hospitals, nursing homes, delicatessens, and other facilities. Those who successfully complete the course receive the NIFI certification which is widely recognized for its standard of excellence. More than 24,000 people in the United States have been certified by NIFI after completing the Applied Foodservice Sanitation course.

During the 1980-1981 fiscal year this program is scheduled to be offered in Cartersville and Clayton County in October 1980, in Augusta in February 1981, and in Columbus in March 1981. (See calendar for specific dates.) Persons wishing additional information about the upcoming workshops should contact the County Extension office in the city where the program is scheduled to be offered or the Home Economics Office, Georgia Center for Continuing Education, University of Georgia, Athens, Georgia 30602.

A workshop on communications was developed for school foodservice managers and potential managers. This program was offered at eight locations throughout Georgia during June 1980, with approximately eight hundred participants. The workshops were designed to provide participants the opportunity to increase listening and responding skills through the assistance of workshop leaders. The managers dealt with personal and work related problems during the day.

## Calendar of Events in Continuing Education

### September

- 23 - 26 Energy Education Training Program
- 23 - 30 Approaches to Adult Learning — Tifton
- 30 Update on Finishes — Protective Finishes, Flame Retardancy and Durable Press — Athens

### October

- 2, 16, 29 Sanitation Training and Certification Program — Clayton County
- 21, 28, & Nov. 6 Sanitation Training and Certification Program — Cartersville
- 22 - 24 School Food Service Supervisors Annual Conference — Athens

### November

- 12 - 14 Nutritional Assessment — Tifton
- 17 - 19 Nutritional Assessment — Athens

### December

- 16 - 17 Communications for Extension Staff — Athens

### January

- 21 - 23 Nutrition Program Planning and Evaluation — Macon

### February

- 17, 24, 31 Sanitation Training and Certification Program — Augusta
- 4 - 6 Metabolic and Nutritional Requirements of the Aging — Athens
- 11 - 13 Georgia Homemakers Council — Athens
- 17, 24, 31 Sanitation Training and Certification Program — Columbus
- 19 - 21 Displaced Homemaker Seminar — Athens

### April

- 16 Interior Design Seminar — Atlanta

## HIGHLIGHTS from the Department of Foods and Nutrition

**New Studies Initiated: Potential Risk of Too Much Polyunsaturates.** Dr. Roy Martin, Professor of Foods and Nutrition, received a Research Career Development Award to continue his search for ways to control obesity and diabetes.

It is generally accepted that 40 to 50 percent of the calories in the American diet come from fat. This represents an increase from approximately 32 percent at the beginning of this century. This slow increase in total fat content in the diet has also been accompanied by a shift in the types of fat being consumed. Within the past twenty years especially, consumption of fat of animal origin has steadily decreased, and consumption of fats of vegetable origin has increased. It has been estimated that the average American now consumes between 4 to 6 percent of calories in the diet as polyunsaturated fatty acids, an amount two to three times that consumed twenty years ago. Undoubtedly, one of the primary reasons for such an increase has been the recommendation by researchers, clinicians, and organizations such as the American Heart Association that the general public increase the ratio of polyunsaturated to saturated fatty acids in their diets in an effort to lower serum cholesterol and possibly inhibit the development of arteriosclerosis. In 1977, the Senate Select Committee on Nutrition and Human Needs established a list of dietary goals for the United States. Included in these goals was the recommendation that 10 percent of total calories consumed come from polyunsaturated fats and that a one-to-one ratio of polyunsaturates to saturates be maintained. Several investigators feel, however, that such recommendations may have been made prematurely, especially in light of the more recent research regarding potentially harmful effects of excess dietary polyunsaturated fatty acids. Possible adverse effects of high levels of dietary polyunsaturated fatty acids include incidence of tumor formation, increased gallstone formation, increased vitamin E requirement, and accelerated aging. Also, previous work in our laboratory has shown that diets high in polyunsaturated fatty acids may alter the normal hormone balance in young animals and result in impaired growth while in the uterus and during the first few weeks of life. These findings could have substantial implications to the human population when one considers the current trend in fat consumption in this country. Our study was, therefore, undertaken in an effort to further investigate the metabolic consequences of feeding diets high in polyunsaturated fatty acids. The specific objectives of this study are to determine the levels of blood hormones in young rats fed varying amounts of polyunsaturated fatty acids and to determine the influence of polyunsaturated fatty acids on early bone growth and body composition.

H. D. Homan and C. D. Berdanier recently reported on the effects of starvation on the body weight regain by rats re-fed a high sugar diet. They found that animals respond to stress by increasing the efficiency with which they utilize their food. When stressed, animals tend to gain more weight than when not stressed and that this stress effect is regulated, in part, by the adrenal hormones. These findings have application to humans who periodically go on extremely restricted diets in an effort to lose weight. While they do lose the weight during the restricted period, they usually regain their lost weight (and usually more) when they resume their old eating patterns.

Dr. Lois Ann Wodarski has received a grant from the National Sea Grant Program for the "Development of a Foods and Nutrition Course on Consumer Aspects of Seafood Handling, preparation and Marketing." Dr. Wodarski has had two publications during the year: *Teaching Nutrition by Teams-Games-Tournaments — An Appreciation of Behavioral Analysis*, University of Maryland Agricultural Experiment Station, and "Teaching Nutrition by Teams-Games-Tournaments," *Journal of Nutrition Education*, Vol. 12 (2), April-June, 1980.

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Editor: Wanda Grogan

## HIGHLIGHTS from the Alumni

**Margaret Coleman Anderson** (BSHE '74) is a consulting dietitian in Frederick, Maryland. Margaret is also involved in local nutrition activities, serving as American Association Journal Club Program Chairman and a member of the Nutrition Committee for the American Heart Association.

**Lillian Harris Pace Beckford** (BSHE '48) serves as a consumer advocate for the Brooklyn Union Gas Company. Before moving to Brooklyn, New York, Lillian was employed by the Georgia Power Company. As consumer advocate, she is involved with national and local consumer advocate groups which are involved in and concerned about issues that relate to energy and the gas delivery systems.

**Marilyn Parker Belcher** (BSHE '75) is a decorator with Rhodes Furniture Store in Albany, Georgia.

**Shirley Estes Berg** (BSHE '65) has recently resigned as director of Education Product Information for Talon and has established a consulting firm specializing in consumer marketing in Randolph, New Jersey.

**Barbara G. Cairns** (BSHE '67) completed an M.S. in Education at State University College at Oneonta, New York, in 1980. She presently teaches home economics and industrial arts in a junior high in Laurel, Maryland.

**Renette Weill Carter** (BSHE '77) is manager, buyer and interior designer for Etcetera of Athens.

**Nancy Strong Cobb** (BSHE '40) of Villa Rica, Georgia, retired in 1976 after teaching home economics for 35 years.

**Jane Elliott** (BSHE '76) lives in Birmingham, Alabama, and serves as assistant foods editor of *Southern Living* magazine.

**Willie Ruth Broome Freeman** (BSHE '39) resides in Lincoln, Georgia. She has retired from an outstanding career of teaching, being named Star Teacher in 1966 and Outstanding Secondary Educator of America for 1973.

**Alice Williams Gauntt** (BSHE '43) lives in Jersey, Georgia, and is employed by Walton County.

**Katherine F. Hardegee** (BSHE/Art '67) is president and owner of Atlanta Models and Talent, Inc. In 1980, Kathy is celebrating ten years with the company, the company's twentieth anniversary in business, and a milestone of one million dollars in annual billings.

**Bonnie Highsmith** (BSHE '79) of Atlanta worked for Reuters News Agency of Great Britain in Lake Placid, New York, during the Winter Olympics. During the games she also worked as part of the Adirondack Resort Christian Ministries.

**Mary Beth Ellis Jenkins** (BSHE '79) works in both the purchasing and personnel departments of Opelika Manufacturing Corporation in Opelika, Alabama.

**Dee Torrance Lee** (BSHE '58), her husband Dr. James E. Lee, and children Joey, 12, and Jay, 10, were selected as Baldwin County Family of the Year. They reside in Milledgeville, Georgia.

**Evalgeline Thomas Lundy** (BSHE '48) has moved to Milledgeville, Georgia, where she serves as residential energy services representative for Georgia Power Company.

**Cecelia (Ceci) Shook McAuliffe** (BSHE/ECE '72) serves as instructional lead teacher in Norcross Elementary School. Ceci received a Masters in Education in 1975 and is a member of Alpha Delta Kappa Honorary Sorority for Women Educators.

**Evelyn McGehee Etheridge** (Mrs. B. T.) (BSHE '46) teaches second grade in Chiefland, Florida. She was recently selected as Teacher of the Year by the Florida Elementary Education Council.

**Allyson Cook McGraw** (M.Ed. '78) is County Extension Agent in Madison, County, where she works with home economics, 4-H, and community and rural development. Allyson serves as chairman of the State 4-H Council Activity for the GAEHE Youth and Recruitment Commitment.

**Emily Anne Martin** is Instructor of Home Economics at Abraham Baldwin Agriculture College in Tifton, Georgia. Anne teaches Foods, Nutrition and Interior Design.

**Elizabeth Corry Mullins** (M.Ed. '77) lives in Morrow, Georgia, and is employed by the Clayton County Board of Education as head of the Home Economics Department in a local school.

**Rita C. Palmer** (BSHE '74) is assistant manager and interior designer for Harbin Building Supplies in Elberton, Georgia. Rita has two children, Bridgette and Chad.

**Cheryl Brubaker Parr** (BSHE '76, M.Ed. '78) lives in Newberry, South Carolina. She and her husband Boyd have one son, Bryan Henry.

**Chris Roesel** (M.S. '78) is a nutrition consultant in the Office of International Health Logical Technical Services. Chris is involved in USAID contract work on effective nutrition interventions for integrated health/nutrition/family planning projects. He is co-author of the publication *Breast is Best*.

**Emma Maughon Stevens** (BSHE '41) is a kindergarten teacher for the Lowndes County Board of Education in Valdosta, Georgia. Emma was selected as Georgia Teacher of the Year in 1980 and was runner-up in the national contest.

**Jamie Dunford Reese** (BSHE '70) is a senior caseworker for the Lincoln County Department of Family and Children Services in Lincoln, Georgia.

**Catharine Griffin Rudolph** (BSHE '44) lives in Shreveport, Louisiana, where her husband G. G. is professor and head of the Department of Biochemistry and Molecular Biology at Louisiana University Medical Center.

**Elizabeth Dillard Smith** (BSHE '65) is an elementary teacher for the Hall County Board of Education in Gainesville, Georgia. Elizabeth recently received an M.Ed. from North Georgia College.

**Betty Lane Montgomery Yates** (BSHE '60) teaches home economics at the Middle School in Dahlonega, Georgia. Her husband, John, is principal of the high school.

## Information on Home Economics Alumni

Thank you for responding to the request for information on yourself and colleagues. Future issues of **HIGHLIGHTS** will continue to feature information on alumni of the College of Home Economics. Please share information about yourself or colleagues with us by sending the following information to **Wanda Grogan**. This section will be interesting *only* if you help!

Name \_\_\_\_\_ (year) \_\_\_\_\_ (degree) \_\_\_\_\_

Address \_\_\_\_\_

Employer \_\_\_\_\_

Present Position \_\_\_\_\_

Special Awards, Recognition, Promotions, Professional Involvement, etc. \_\_\_\_\_

## Home Economics Alumni Association Awards



Home Economics Alumni Association award winners — Janette M. Barber, Distinguished Alumni Award, and Senator Paul C. Broun, Friend of Home Economics Award — with University president Fred C. Davison (right) and Emily Quinn Pou (left), dean of the College of Home Economics.



Home Economics Alumni Association Superior Service Award Recipient, Dr. Jessie Mize (center), with Carolyn Ellington (left), awards committee chairwoman and state advisor to Future Homemakers of America, and Virginia Trotter, vice president for academic affairs.

## Dinner with the Dean

Join other alumni for your area *Dinner with the Dean* and other representatives from the College of Home Economics. Three dinners are scheduled throughout the state in October and January to give each of you an opportunity to receive up-to-date information on what is happening in the College of Home Economics. Bring your spouse or guest and join us for fun, fellowship, and information. The schedule in each location will be:

6:00 – 6:30 p.m. Registration and Social Hour  
 6:30 – 8:30 Dinner  
 7:30 – 8:30 Report on Activities from the College of Home Economics

**Atlanta** — October 28, 1980 — Marriott, 246 Perimeter Center Parkway (near Perimeter Mall) — \$12.25  
 For additional information, contact Jean Bauerband (chairperson), Leah Herring, Martha Jones, Dot Dusenberry, Harriet Hulsey, or Nancy Denney

**Statesboro** — January 27, 1980 — Rosenwall Building, Georgia Southern College — \$7.00  
 For additional information, contact Myrtice Edenfield

**Albany** — January 29, 1981 — Ramada Inn, 2503 North Slappy Blvd. — \$10.50  
 For additional information, contact Delores Hall or Kathy Livingston

**Registration** (Please return *one week prior to meeting* to Wanda Grogan, Room 241-A, Georgia Center for Continuing Education, University of Georgia, Athens, Georgia 30602.)

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

( ) Atlanta — October 28, 1980 \_\_\_\_\_ person(s) @ \$12.25 \_\_\_\_\_  
 ( ) Statesboro — January 27, 1981 \_\_\_\_\_ person(s) @ \$ 7.00 \_\_\_\_\_  
 ( ) Albany — January 29, 1981 \_\_\_\_\_ person(s) @ \$10.50 \_\_\_\_\_  
 TOTAL ENCLOSED \_\_\_\_\_

Please make check payable to the *University of Georgia*.

## Do You Know Your Director?

**District 1** Mrs. Myrtice Edenfield, Home Economics Education, Drawer E, Statesboro, GA 30401

**District 2** Mrs. Delores Hall, 824 South Mock Road, Albany, GA 31705

**District 3** Mrs. Kathy Livingston, 5215 Boyd Drive, Columbus, GA 31904

**District 4** Mrs. Dot Dusenberry, Board of Education, 3770 North Decatur Road, Decatur, GA 30032

**District 5** Mrs. Jean Bauerband, 506 County Administration Building, Atlanta, GA 30303

**District 6** Mrs. Martha Jones, RFD 1, Tower Ranch, Winston, GA 30187

**District 7** Mrs. Leah Herring, Georgia Power Company, P. O. Drawer C., Rome, GA 30161

**District 8** Mrs. Evangeline Lundy, Georgia Power Company, Box L, Milledgeville, GA 31061

**District 9** Mrs. Harriet Hulsey, The Brass Key, Gainesville, GA 30501

**District 10** Ms. Janice Wood, Cooperative Extension Service, University of Georgia, Athens, GA 30602



## Degrees Conferred by College of Home Economics 1979 - 1980

	B.S.H.E.	M.S.	M.H.E.
August 1979	40	10	3
December 1979	47	5	1
March 1980	34	1	3
June 1980	103	7	4
<b>Total</b>	<b>224</b>	<b>23</b>	<b>11</b>

# Nominations Sought for 1981 Awards

The Friend of Home Economics, Superior Service, and Distinguished Alumni Awards will be presented during the Home Economics Alumni Weekend, May 15 – 16, 1981. You are invited to nominate individuals for the awards. Review the eligibility and nomination criteria and make your nominations by February 1, 1981.

## Friend of Home Economics Award

**Eligibility:** An individual having contributed to strengthening or enhancing the College of Home Economics at the University of Georgia may be considered for the Friend of Home Economics Award. Alumni of the College of Home Economics are not eligible for consideration for this award. Nominees must not be presently employed by the University System of Georgia. Service as an employee of the University System is not considered in determining the person to receive the award. The recipient of the award must be living. The award will be presented on an annual basis if a suitable recipient is nominated.

**Nomination:** Submit a nomination, not to exceed three typed pages, describing the nominee's contribution to Home Economics, citing the impact of the work. Supporting documentation including copies of brochures, letters, and other information should be included. The following outline must be used:

- A. What was done to strengthen or enhance Home Economics at the University of Georgia?
- B. Was it unique? A new approach or effort? How?
- C. What was the impact of the achievement? Was it local, multi-county, state, national, or all?

## Superior Service Award

**Eligibility:** Individuals nominated for the award must be currently serving or retired from a faculty or administrative position of the University System of Georgia. Individuals eligible include resident and non-resident faculty and staff. The nominee must have performed responsibilities in one or more of the areas of teaching, research, and service showing sustained contributions evidencing the philosophy of home economics. The recipient of the award must be living. The award will be presented on an annual basis if a suitable recipient is nominated.

**Nomination:** Submit a nomination, not to exceed three typed pages, describing the nominee's contribution to Home Economics, citing the impact of the work. Supporting documentation including copies of brochures, letters, and other information should be included. The following outline must be used.

- A. Years of affiliation with the University System of Georgia
- B. Awards, honors, and recognition received in her or his field of work.
- C. What was done that deserves recognition?
  1. What was the impact of the achievement: Was it local, multi-county, state, national, or all?
  2. What was the nature of the influence?
  3. How did the contribution improve, or further Home Economics?

## Distinguished Alumni Award

**Eligibility:** Individuals nominated for the award must have received an undergraduate or graduate degree in Home Economics from the University of Georgia. The individual must have shown sustained contributions evidencing the philosophy of home economics. A nominee must not presently be employed by the University System of Georgia. Service as an employee of the University System is not considered in determining the person to receive the award. The recipient of the award must be living. The award will be presented on an annual basis if a suitable recipient is nominated.

**Nomination:** Submit a nomination not to exceed three typed pages describing the nominee's contribution to Home Economics citing the impact of the work. Supporting documentation including copies of brochures, letters, and other information should be included. The following outline must be used:

- A. Professional positions, activities and offices held.
- B. Civic, political and volunteer activities and offices held.
- D. What was done that deserves recognition:
  1. Was it unique? A new approach or effort? How?
  2. What was the impact of the achievement? Was it local, multicounty, state, national, or all?
  3. What was the nature of the contribution and did it improve or further Home Economics? How?

**A nomination will not be considered if the outline is not followed.**

Name of nominee in full (include maiden name) \_\_\_\_\_

Present position or last position \_\_\_\_\_

Person(s) submitting nomination \_\_\_\_\_

Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

For Distinguished Alumni, give degree and year of graduation \_\_\_\_\_

Mail nomination form and narrative by February 1 to Carolyn Ellington, 606 Aderhold Building, University of Georgia, Athens, Georgia 30602.

HIGHLIGHTS/Wanda Grogan  
Center for Continuing Education  
University of Georgia  
Athens, Georgia 30602

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