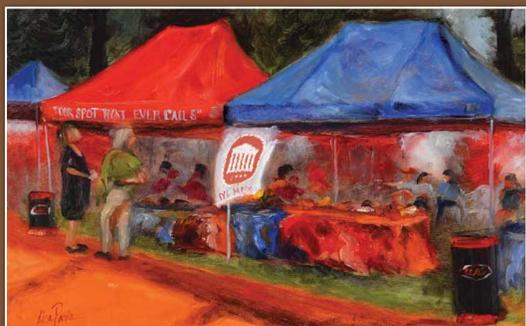




**ARE YOU READY?™**  
100 Years of Family, Friends, and Food



The Department of Nutrition and Hospitality Management  
The University of Mississippi

# News from NHM Summer 2013

**The Department of Nutrition and Hospitality Management**  
The University of Mississippi  
(Incorporating Home Economics & Family and Consumer Sciences)

Happy Anniversary to all the graduates and former faculty, staff, and other students of the Departments of Home Economics, Family and Consumer Sciences, and Nutrition and Hospitality Management! This year is the 100th anniversary year of our department on the University of Mississippi campus. The Department of Home Economics was chartered during the 1913-14 school year through the combined efforts of the School of Education, in which the department was housed, and the School of Medicine, which was on the Oxford campus at the time. A brief history will be shared in the next newsletter – and it is more intense than you might think!

We have several exciting events

planned to celebrate the wonderful faculty, staff, and students – both past and present – that have been a part of this great department. And, we are also launching our first cookbook since the popular *Rebel Recipes* from 1988! The new book is *Are You Ready?™ 100 Years of Family, Friends, and Food*, and as you can see in the picture above, it is beautiful! We will be having a launch party at Off-Square Books on September 6th, the Friday before the first home football game and we sure hope that you can come. It will be a great way to see a lot of friends and professors, and we will be serving some samples of recipes!

On October 24th, the Thursday evening before Homecoming, we will be having our 100 year anniversary

reception at The Inn at Ole Miss Ballroom, where we will be celebrating all our department and all that it has achieved. Again, it will be a wonderful opportunity to connect with friends and mentors.

We are excited about this year and are working hard to make sure that our events will be fun and meaningful. However, we need you – our students, alumni, friends, and former faculty and staff to provide the spark. It will be your reconnections, recollections, and stories that will provide the warmth and sparkle to all our parties. We can't be great without you!

Kathy Knight  
Associate Professor and Interim Chair

# Oxford Family & FCS Alumni makes gift to NHM



The Vasilyev siblings have established the first endowment for the UM Department of Nutrition and Hospitality Management. Pictured are (from left) Wendell Weakley, president of UM Foundation; Velmer Burton, dean of School of Applied Sciences; Kathy Knight, interim chair of nutrition and hospitality management; Bob Vasilyev; Rita Vasilyev; Scott Vasilyev and his wife, Candace; Renee Sholtis and her husband, Jonny; and Joey Vasilyev. UM photo by Kevin Bain.

Former FCS students Scott and Joey Vasilyev, along with their sister, Renee, 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.

“Investing in the education of a student has an immediate impact on that individual, but also it’s a long-term investment,” said Scott Vasilyev, director of human resources at Vasco Properties. “Some day that student will be in the position to give back to Ole Miss and the cycle continues.”

-- “Hospitality management is a consumer-driven

field, and Ole Miss has a great group of dedicated, student-oriented faculty preparing students to become professionals in this exciting field,” Scott Vasilyev said.

Joey Vasilyev, director of marketing at Vasco Properties, said the Ole Miss program also provides a “competitive edge.”

“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 NHM to continue providing outstanding opportunities for students.

We are grateful to the Vasilyevs.

For the full Ole Miss News Release, visit [www.olemiss.edu/depts/nhm](http://www.olemiss.edu/depts/nhm)



Joey Vasilyev, Kathy Knight, Shelby Patterson, Elizabeth Tettleton, and Scott Vasilyev at the NHM 2013 Honors Reception, April 2013. Patterson and Tettleton are the first Vasilyev Endowment Recipients.

# Eating Good... and Moving Like We Should

The University of Mississippi is committed to improving the lives of Mississippians. Kathy Knight, the project leader for Eating Good...and Moving Like We Should and interim chair of the Department of Nutrition and Hospitality Management believes that can best be done by becoming actively involved with schools and communities through research and service. It is no secret that obesity is a major health problem in our state. Although the rate of childhood obesity in Mississippi decreased last year from 44% of the children either overweight or obese to 41%, the rate is still high.

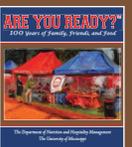
*Eating Good...and Moving Like We Should* is a school and community based nutrition and physical activity education program designed to address factors affecting overweight and obesity by helping children make healthier nutrition and physical activity choices. Established in 2007, the program works with schools in the Mississippi Delta - north Mississippi region. Eating Good... provides training for teachers on how to teach nutrition and physical activity across the wider curriculum, helps to start school gardens, provides cooking classes for children, and equips fitness rooms for teachers.

The favorite feature of the program, however, is the classroom nutrition lessons delivered by Janie Cole, registered dietitian for the project. “The children love to learn about food and how it can help their bodies,” says Cole who delivers her message in a fun and lively format. In its fifth successful year, this program, funded by a \$275,000 grant from the W.K. Kellogg Foundation, is building a sustainable partnership with schools in the Mississippi Delta and north Mississippi region to stop obesity one child at a time.

Dr. Kathy Knight working with children from the Oxford Boys and Girls Club on their community garden.



In celebrating 100 Years of Family, Friends, and Food, NHM is releasing a new cookbook in September! This cookbook features favorite recipes from Ole Miss alumni, students, faculty, and staff. We are sure that this will be the perfect gift for every Ole Miss Fan. To order your copies today, please visit [www.olemiss.edu/depts/nhm](http://www.olemiss.edu/depts/nhm) or call 662.915.7371



# The Department of Nutrition and Hospitality Management

at The University of Mississippi

invites you to the cookbook launch of

## ARE YOU READY?<sup>TM</sup>

on Friday, September 6, 2013

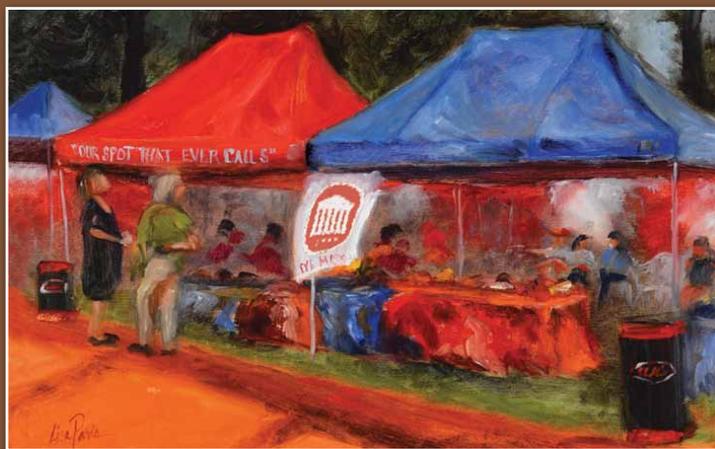
at Off Square Books

from 5:00 p.m. until 7:00 p.m.



## ARE YOU READY?<sup>TM</sup>

*100 Years of Family, Friends, and Food*



*The Department of Nutrition and Hospitality Management  
The University of Mississippi*

The perfect gift for every  
Ole Miss Fan!



Celebrating 100 Years of Family, Friends, and Food

For more information, please contact the Department of Nutrition and Hospitality Management at 662.915.7371



The Department of Nutrition and Hospitality Management  
cordially invites you to the

# 100 Years of Family, Friends, and Food Homecoming Reception

Please join us as we reconnect with friends and  
colleagues who are current and former students,  
faculty, staff, and alumni from the Department of  
Home Economics, Family and Consumer Sciences, and  
Nutrition and Hospitality Management.

Beverages & heavy hors d'oeuvres will be served

*save the date*

Thursday, October 24, 2013

5:00 p.m. until 7:00 p.m.

Gertrude C. Ford Ballroom at The Inn at Ole Miss  
at The University of Mississippi

*formal invitation to follow*

# TEAM WORK & OLE MISS ATHLETICS

No one can deny the amount of passion and love for sports as those who follow the Ole Miss Rebels, especially if you get the opportunity to work alongside them each day as the sports dietitian for the entire program. This is something Dr. Melinda Valliant, NHM's own newly tenured associate professor and director of the graduate coordinated program, gets to do each and every day. As the sports dietitian, Valliant oversees athlete nutrition assessment and screening, individual nutrition education and counseling, team education, body composition analysis, and assists with pre-game/post-game and travel meal planning and coordination, food service and menu development, supplying e-resources for athletes, as well as serves as a multidisciplinary team member.

Valliant's daily routine involves interaction with sports medicine physicians, strength and conditioning coaches, physical therapists, and athletic trainers for 18 varied sports within the Ole Miss Athletics program. Student-athletes from every sport with nutritional needs meet with Valliant to discuss their current meal plan, health status and body composition. Valliant then guides them on changes to improve their nutritional status including how to budget for food, grocery shop for the healthiest options and cook. Her goal is to not only help them become better athletes but to learn some life skills they can take away from college and use the rest of their life.

"For me, the most rewarding part of working with a college athlete is educating and making recommendations, watching them transform their dietary choices and seeing the benefits in physical

recovery and performance and then becoming advocates of good nutrition". I also enjoy working with other disciplines such as athletic trainers, strength coaches, physical therapists, sports psychologists and physicians. I feel strongly that each discipline contributing their expertise is critical to the overall health of our student athletes."

Her interest in sport nutrition stems from a lifelong love of sports- both watching and participating. When deciding on a MS degree to pursue, she chose Exercise Science to complement her BS in Nutrition. She then continued and received a Doctorate in ES. Valliant is a Board Certified Specialist in Sports Nutrition (CSSD). To become board certified, an individual must be a RD for 5 years and gain 1500 practice hours in the area of sports nutrition. She achieved this by consulting with Ole Miss Athletics while at Baptist Memorial hospital-north MS and then after coming to UM in 2007.

Valliant is originally from Drew, MS (home of Archie Manning) so grew up bleeding red and blue so being able to work with athletes at Ole Miss is an even bigger honor. Hotty Toddy!



Dr. Melinda Valliant works with Cara Fisher during a preseason volleyball practice in going over some healthy snacks to maintain energy throughout the game.



The University of Mississippi Nutrition Clinic provides medical nutrition therapy by a **Registered Dietitian** using state-of-the-art technology to help clients meet their nutrition and health goals.

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## Global Leadership through Service Symposium



highlighting the company's values, brand vision, and strategy.

Dr. Mary Roseman, Associate Professor in the Department and Chair of the symposium envisioned a symposium that would bring to Ole Miss some of the tremendous leaders in the US and in the world who are in the hospitality or dietetics profession. Both the hospitality and dietetics profession have industries that provide a significant number of employees, high sales volume, and a broad application of customer service.

Over 100 people heard Peters and Collins discuss Wendy's past and present, from their first store that opened in 1969, to the more than 6,500 company or franchisee-owned stores worldwide that constitute over \$9 billion in global system sales. The Symposium committee, made up of Roseman, and Dr.

Yunhee Chang, Ms. Candis Varnell, and Mr. Jeremy Roberts, wanted alumni, faculty, staff, students, industry professionals, and friends to be exposed to leadership and employment contributions and opportunities in the hospitality and dietetics professions through this symposium's venue – a chance to see the behind-the-scenes thinking and leadership that comes from people who are over large corporations. The event ended with a highly participatory question-and-answer session by the students and presenters regarding restaurants, leadership, strategy, and employment opportunities, followed by a networking reception.

*The 2014 Global Leadership through Service Symposium will be held on Wednesday, March 26 from 2-5 p.m. SAVE THE DATE and plan on attending!*

Leaders from the international Wendy's Company gave University of Mississippi students and guests a behind-the-scenes look into quick-service restaurants during the Department of Nutrition and Hospitality Management's first ever Global Leadership through Service Symposium on March 20, 2013. John Peters, chief operating officer and Daniel Collins, senior vice president and treasurer, spoke on "Strategic Leadership: A Recipe for Success,"

The Department of Nutrition and Hospitality Management

The University of Mississippi

108 Lenoir Hall

University, MS 38677

662.915.7371, office

662.915.7039, fax

nhm@olemiss.edu

www.olemiss.edu/depts/nhm



## *Introducing Chef Beth Vickers* *NHM's Foods Specialist & Chef for Lenoir Dining*



### *The Vicker's Profile ... Q and A*

*Name: Beth Vickers*

*Hometown: Jackson, Mississippi*

*Degrees: B.A. from the University of the South ("Sewanee"); MBA from Baylor University; Associates Degree in Culinary Arts from the Art Institute of Atlanta*

*Q: How did you get involved in cooking?*

*A: My Mom was a single Mom for a good bit of my early childhood and although she was (and is) an amazing cook I eventually got tired of fast food, so I asked her if I helped, could we cook more at home? It started there and I took some very basic "cooking classes" for kids (mostly just fun stuff) through my church and I really fell in love with it. As I got older, I started throwing dinner parties for my high school friends and [cooking] became a real passion. Eventually I opened my own gourmet-to-go business which was quite an experience.*

*Q: What brings you to NHM?*

*A: I have always suspected I would enjoy teaching, especially if the subject matter was something I really love, like food and cooking. I never dreamed this kind of opportunity would present itself, in a relatively small town like Oxford.*

*So you can imagine how excited I was when several friends told me about the opening, and suggested I apply. I knew there would be a good pool of qualified applicants, but I had to hope that my master's degree and experience in several food service capacities would set me apart. I am thrilled to be in the job and anxious to see what the upcoming semester holds!*

*Q: What are you looking forward to with working in NHM?*

*A: The amazing and broad talent within the faculty and staff for ideas and feedback, and of course working with students of all skill level. I'm looking forward to the challenge!*

*Q: What is your signature dish?*

*A: I wouldn't say I have a signature dish, but I do make a mean chicken lasagna with a homemade tomato basil vodka cream sauce.*

*Welcome Chef Vickers!*