

HR HIGHLIGHTS

SERVING. EMPOWERING. TRANSFORMING.



HR Highlights is the Official Newsletter of UNT System Human Resources.



FACULTY & STAFF

Spotlight

CHARLES ASHFORD

Director of Sports Nutrition
UNT Dining Services and UNT Athletics
University of North Texas

Charles Ashford came to UNT World almost five years ago from Texas Tech via London, England. He's built the Mean Green sports nutrition program from scratch, fueling UNT's student-athletes for optimal performance. And just look at the recent success of the Mean Green. No one chants M-V-P! for the sports nutritionist, but perhaps the proof really is in the pudding. It isn't easy to teach teenagers that to eat to meet their energetic demands their diet will look a lot different from regular students. As might be expected, one of his biggest challenges -- and a big difference between American and European athletes -- is weening these young guns off the golden arches and the like. Once a dreamer of fighting fires and a lifetime James Bond enthusiast, Charles keeps his own plate full, putting in long hours in the office and the classroom on his way to a Ph.D. Click the button below and get to know Charles Ashford.

[READ MORE](#)

If you'd like to nominate a faculty or staff member to spotlight, please email communications@untsystem.edu.

 **This Just In!** News, Notes & Resources

BLACK HISTORY MONTH

DID YOU KNOW?



BLACK
HISTORY MONTH
FACTS

UNT SYSTEM CELEBRATES BLACK HISTORY MONTH

February is Black History Month, a celebration of Black individuals who -- through courage, excellence and determination to break down racial and ethnic barriers -- have made significant contributions in civil rights, politics, science, the arts, our communities and other areas over the course of history. UNT World

is proud to present throughout the month our "Did You Know?: Black History Month Facts" series and "Black History Month: Excellence in Our Community" video series. [Learn more about Black History Month.](#)

DID YOU KNOW?: Finally freed in 1865, more than 500 African Americans settled in a community two miles northeast of downtown Dallas that would become known as [Freedmantown/North Dallas](#). Residents created their own social and cultural institutions, erected churches, schools and shops, essentially becoming a city within a city during segregation and Jim Crow laws. The community thrived until the 1940s as the H&TC railroad tracks, a source of early growth and success, gave way to the construction of Highway 75 (Central Expressway), suddenly cutting off the east and west sides of Freedmantown by a dangerous, virtually impossible barrier to cross.

We kick off our video series "Black History Month: Excellence in our Community" (below) with UNT Dallas alumna [Kierra Byrd](#). Kierra's incredible strength helped her rise above an abusive childhood prior to adoption to graduate with a bachelor's and master's degree. Now she's an entrepreneur and account executive with Allyn Media in Dallas.



UNT System HR brings you UNT World experts with this periodic and always timely installation called "Ask An Expert." So, let's ask...

EXPERT: [Neil Foote](#), principal lecturer in the Mayborn School of Journalism, has worked at The Miami Herald, The Washington Post, The Dallas Morning News, the Belo Corporation and at the Tom Joyner Morning Show. He also worked for The American Society of Newspaper Editors. Last December, [Foote was inducted](#) into the [National Association of Black Journalists Hall of Fame](#). He also serves as president of Foote Communications LLC, a media consulting firm. We came to our journalism expert to address a few critical issues about the current state of the industry in an era of wide public mistrust of the media as whole, the rise of partisan news outlets and the infectious spread of disinformation. And during Black History Month, we explore why in America's newsrooms there is a comparative lack of Black journalists, particularly at a time when issues of race such as police violence and voting rights are of such critical importance across the nation. This is an interesting read so please take a few moments and dig in.

[READ MORE](#)



So you procrastinated buying a Valentine's Day gift >>

Benefits available to UNT World faculty & staff

Two weeks ago we started the countdown clock to Valentine's Day, pointing you to a plethora of savings through your UNT World benefits on traditional gifts like roses, desserts and gourmet gifts. But we know how it goes and now with only a few days to go, you still don't have a gift. We can help. Head over to the [UNT System HR website](#), hover over "Benefits," click on "[Perks](#)" and then "[PerkSpot](#)." Register or sign in. You'll see "Valentine's Day Gift Guide," click the "Shop Now" button and find discounts on a variety of gifts for her -- and him. Now that we've got your arrow pointed in the right direction, get to it!



HIGH FIVE: Health Science Center leader named to "Most Influential Black Corporate Director" list

[Savoy Magazine](#)'s prestigious 2021 list of [Most Influential Black Corporate Directors](#) includes UNT Health Science Center's [Sylvia Trent-Adams](#). Rear Admiral Trent-Adams joined the HSC in August 2020 as Senior Vice President and Chief Strategy Officer. Previously, her distinguished career in public service included Deputy Surgeon General and Acting Surgeon General of the United States, as well as Principal Deputy Assistant Secretary of Health with the U.S. Department of Health and Human Services (HHS). She was a nurse officer in the U.S. Army and is the recipient of numerous awards, including the International Red Cross Florence Nightingale Medal, the highest international honor given to a nurse.



WELCOME: UNT's affordability initiative to help students pay for college nets AVP to launch service

Brooke Moore joined UNT on Feb. 1 as assistant vice president for a new integrated student financial support center. Creation of the center is a **presidential affordability initiative** intended to provide students with an "easy button" for securing funding and paying for college. It will focus on providing each student with caring, customer service centered on the finances of going to college. Moore will be responsible for launching a service that brings together technology and web resources to integrate customer support services from financial aid and scholarships, financial literacy and wellness, and billing and payment of student accounts. A primary goal for Moore will be identifying ways to create and implement cross-functional processes and operations to improve efficiencies and the customer experience for UNT students.



HR UPDATE

UNT System Human Resources has numerous programs and tools available at no cost to assist you with health or well-being issues, work-life balance, financial issues and more. Explore your [UNT System benefits](#), and follow this space weekly for tips, programs and promotions.

>> FEBRUARY/MARCH EPIC CAREER DEVELOPMENT EVENTS: A career development program recently launched by UNT System's Office of Finance, **EPIC** -- Empowering Professionals to Inspired Careers -- is designed to empower professionals across UNT World to reach their career goals. Two new events for all UNT World employees -- "Creating a Career Plan" and "Building Your Personal Brand" -- available over four sessions (one on each campus plus a virtual session) are **now on the schedule** in February in March. Click the link for information and registration.

>> USE YOUR VISION INSURANCE TO SHOP FOR GLASSES/CONTACTS ONLINE: Enrolled in the State of Texas Vision plan (Superior Vision)? You'll receive in-network benefits when you shop at online retailers 1-800-Contacts, Befitting, Contacts Direct and Glasses.com. Know the difference between **in-network and non-network retailers**.

>> LAST CALL TO SIGN UP FOR THE GET FIT CHALLENGE: Join the UNT System team in the Get Fit Texas Challenge through March 21. The challenge is to be physically active for 150 minutes per week for at least six of the next 10 weeks. We compete against other Texas agencies to claim the title of *Fittest State Agency*. **Register now** and begin logging your activity. The Department of State Health Services (DSHS) will track the percentage of completion of each state agency and recognize agencies in each size group with the highest completion rate.



ON THE AIR: Can calming North Oak Cliff's streets change Dallas car culture?

[The Deep Side of Dallas](#) podcast is a collaboration between UNT System and *The Dallas Morning News* that dives into local news and issues, and explores the past, present and future of Dallas and North Texas. In our [latest episode](#), co-hosts [Paul Corliss](#), UNT System Chief Communications Officer, and DMN editorial page editor [Rudy Bush](#), visit with [Mayor Pro Tem Chad West](#), who has been on a journey to make Jefferson Boulevard calmer while keeping cars moving and residents happy. So far, so good, he says. But can the experiment change Dallas' love of the 6-lane thoroughfare? They talk affordable housing, gentrification and what North Oak Cliff might look like in the future.



Save The Date. UNT World Well-Being Calendar.

Upcoming well-being opportunities from UNT World HR.
Follow us on [Twitter](#) and [Facebook](#); Visit our [website](#)

Deepak Chopra, MD: The Future of Well-being (FREE Center for Brain Health Event): [Feb. 10, 7 -- 8:10 p.m.](#)



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If you have an HR question or topic you'd like covered in the newsletter, please email HR@untsystem.edu.



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