Dr. Henry and Her Students Help Prepare a Published Cookbook

Fifty-four students in Associate Professor Beverly Henry’s FCNS 310 Lifecycle Nutrition course prepared and taste-tested the 60 recipes that appear in Keep the Beat Recipes: Deliciously Healthy Dinners, a cookbook published in 2009 by the National Heart, Lung, and Blood Institute (NHLBI). The recipes were created at the Culinary Institute of America in Hyde Park, New York. In the NIU food science lab, the students tested the “tasty recipes that are good for your heart and your health.” Henry says, “Our juniors were the perfect group. They are familiar with kitchen procedures and can comment on the accuracy of the recipes and how easy they are to prepare. This was a great opportunity for them. They’re making a difference in the real world.”

The relationship with the American Institute of Research (AIR) and NHLBI began a few years ago when Henry began to utilize the “Keep the Beat” calendar published by the NHLBI which provides positive health messages and assists people in tracking their daily goals in nutrition and exercise. She thought the calendar would be a useful tool for the future nutritionists so she had the students use the calendar to track their progress towards their health goals, practicing following behavior changes that they will later utilize in their professional lives. So when the NHLBI decided to publish a cookbook they thought of NIU and contacted Henry.

The NIU nutrition and dietetics undergraduates worked on the project for two weeks under the tutelage of instructor Beth Lulinski, Dr. Henry, and graduate assistants from the Nutrition and Dietetics Master’s program, helped with the planning, ingredient stocking, and even some of the cooking. Recipes were taste-tested, commented upon, evaluated, and altered as needed by the chefs who developed the recipes. Once altered, the recipes were again

Continued on page 2.

Child Development Lab Staff Present Workshops

The Child Development Laboratory (CDL) provides cutting-edge practicum experiences for Child Development seniors, who put into practice what they have learned in the classroom about children’s development. Students learn to develop curriculum for young children which is based upon the children’s interests and developmental needs (Emergent Curriculum). Research has found that young children learn best when adults take note of what interests the children – for example, in the spring, when children note that flowers are blooming, staff provide opportunities for children to explore and investigate seeds, plants, and flowers.

Senior staff at the CDL, which is accredited by the National Association for the Education Continued on page 3.
Message from the Chair

Faculty and staff from the School of Family, Consumer and Nutrition Sciences and I send greetings and best wishes to friends and alumni. We hope that you will enjoy the 2010 issue of the Resource which features faculty and student involvement during 2009 in our mission of teaching, research and service.

This year, I have an exciting invitation for you. FCNS is celebrating its 105th anniversary in 2010. We are planning a celebration on October 23, 2010 which will be held at the Holmes Student Center. A save-the-date e-mail will be sent to alumni who have provided an e-mail address, and a save-the-date postcard will be sent to all others. Information about reserving a seat at our sit-down dinner will be posted on our home page early in Fall, 2010. We hope that you will be able to join us.

FCNS faculty and students continue to serve their communities and the world. This year’s issue includes stories about service learning in classes, faculty who serve their professions, and students who volunteer to help their communities. FCNS has been dovetailing teaching, research, and service for more than a hundred years. We also are leaders in teaching, research and service that is interdisciplinary—another current buzz word in academia.

In 2009, three faculty members received promotions. Congratulations to Lan Li (Hospitality Administration), who was promoted to full professor, and Congratulations also to Beverly Henry (Nutrition and Dietetics) who was promoted to associate professor, and to Hyun-Mee Joung (Textiles, Apparel and Merchandising) who also was promoted to associate professor.

In 2009, faculty published eight peer reviewed articles, four peer reviewed book chapters, and four peer reviewed abstracts in conference proceedings. They also presented seventeen peer reviewed presentations at national and international conferences.

Thank you for your generous financial support, and for letting others know about our programs. Please remember to complete alumni surveys one year after graduation. Some cohorts also are asked to complete surveys five and 10 years after graduation. The surveys are now entirely on-line and are quick to complete. Your response remains anonymous. We need your feedback to keep our programs strong.

Your success is our success, so please stay in touch with us!

Laura S. Smart, Ph.D., C.F.L.E.

Cookbook . . . continued from page 1

prepared and tested in the NIU food lab. In this valuable real-world lab activity, students were presented with the opportunity to apply what they learned in readings and class discussions. The project entailed a complete process of modifying recipes to make them heart-healthy, comparing recommended dietary guidelines to those achieved in the recipes, and ensuring the quality and flavor of the dishes. In addition to the learning experience, the students were given a free copy of the cookbook, which is available online at http://hp2010.nhlbihin.net/healthyeating/

Recently, feedback from the second round of the nutrition review of the cookbook from the U.S. Government Health and Human Services Dietary Guidelines Review Committee was shared through AIR with Dr. Henry. One reviewer said, “This is the best government cookbook I have ever seen. I actually wanted to try some of the recipes. The flavor profiles looked good. It is a tribute to the agency that they got a Culinary Institute of America-trained person to work with an experienced Registered Dietitian. The results speak for themselves.” Chair Laura Smart agrees. “This beautiful little cookbook (a bargain at $5) has become my favorite for a quick, from-scratch, healthy dinner. I am so proud of Beverly Henry and our students.”
The Family, Consumer, and Nutrition Sciences Student Advancement Committee (SAC) is dedicated to being the voice of FCNS students. SAC includes service activities in its mission and every semester it coordinates a fundraiser to benefit a different population. In fall 2009, members of SAC decided to focus on local families by teaming with a local non-profit agency, the DeKalb County Youth Service Bureau (YSB). YSB is a non-profit counseling agency providing a variety of services to DeKalb County youth and their families that has served DeKalb for 37 years. YSB hosted a Thanksgiving Dinner Basket Give-Away to help local families. The give-away was made possible through the collaboration of SAC and Schnuck’s Grocery in DeKalb. With donations from a local Pizza Hut and Schnuck’s, contributions from members and advisors, and donated items SAC was able to sell pizza and energy drinks for full profit. With these sales and donations, enough money was raised to purchase entire Thanksgiving dinners for five families. The dinner items were offered at discounted prices, thanks to the generosity of Schnuck’s, and included a turkey, mashed potatoes and gravy, green beans, biscuits and butter, milk, cranberry sauce, and a pie for dessert.

The families where randomly nominated to receive these dinners and were very grateful to get the opportunity to share a holiday meal together. Stacey Chapman, one of the basket recipients said, “I am very grateful for receiving this Thanksgiving meal from YSB and SAC. It brought a tear to my eye when I got the phone call that we were picked to get this whole meal free.” SAC members were involved in the fundraising, shopping for dinners at the grocery store, and participated in the opportunity to handout the dinners to each family. Lilian Alvarez, SAC president added, “SAC is committed to working with community agencies. We are grateful to YSB and to all who donated and participated. These families were so deserving and very grateful.” The Student Advancement Committee hopes to continue in this tradition and aid different populations in any way possible in the future.

Smart Serves as President of Illinois Council on Family Relations

Laura S. Smart, Certified Family Life Educator and FCNS chair, began a two-year term as president of the Illinois Council on Family Relations in April, 2009. The Illinois Council on Family Relations (IL-NCFR) is an affiliate of the National Council on Family Relations, which Smart joined in 1970 when she was a senior in college. She has been active as an executive board member of IL-NCFR since 1992 and has served as recorder and membership chair before becoming president. She has served NCFR in various capacities as well, as chair of the Family Science section and as a member and co-chair of the nominating committee. According to Smart, “Involvement in professional organizations benefits not only the organization, but those who are involved. I encourage our faculty and students to become involved in the organizations that support their FCNS professions.”
News from Hospitality Administration

William A. Hulbert – Chair Elect of HA Advisory Committee

William Hulbert is the new Chair Elect of the NIU Hospitality Administration Advisory Committee. Hulbert graduated from the University of Denver, School of Hotel and Restaurant Management, where he received a Bachelor of Science Degree in Business Administration. He began his career working at Northern Illinois University Food Service and then at Marriott’s Business Food Service Division operating accounts that included IBM, Mercedes Benz of North America, Eastman Kodak and The World Bank. He transitioned to Marriott’s Hotel Division and assumed positions that included Food & Beverage Director of the Chicago Downtown Marriott Hotel, Midwest Regional Director of Food & Beverage and V.P. of Food & Beverage Operations for Marriott Hotels, Resorts & Suites. He then assumed the roles of Area General Manager at the Washington Dulles Marriott Hotel, General Manager at the Chicago O’Hare Marriott Hotel and the opening General Manager at the JW Marriott Hotel & Stellaris Casino in Lima, Peru. He is currently the Executive Director of Operations at the Q Conference Center in St. Charles Illinois.

Scott Cotton - HA Mentor of the Year

Scott Cotton is the HA Mentor of the year. Cotton is the General Manager of the Oakbrook Hills Marriott Resort. Cotton started his career in 1985 at the Atlanta Marquis Marriott as a Convention Services Manager. Since that time, he has spent the majority of his career in sales and marketing, working his way up to sales leadership positions such as the Director of Sales at O’Hare, Director of Marketing at the Portland Marriott, Market Director of Sales for Arizona and Las Vegas, and Director of Operation at Chicago Marriott Downtown Magnificent Mile.

Since 2008, he served as a mentor to students in the hospitality administration program. Emily Capone, protégé in 2009, described her experience: “When I job shadowed Scott, not only did I hear about the General Manager’s day-to-day experiences, I was actually experiencing it and understanding why he did things a particular way. I felt comfortable asking Scott about different topics related to the hospitality industry. I still have a lot to learn, but I know that whenever I find myself perplexed about something in the industry, I now have a leader to turn to.”

Cotton is also a frequent guest speaker in our classrooms. We would like to thank him for his continuing support to hospitality administration program.

Hollywood Casino Scholarship

Adam Achilli, HA senior received Hollywood Casino scholarship and he also took the food and beverage internship at Hollywood Casino Aurora in summer 2009.

Recruitment Day

HA Recruitment Day was held on Feb 11, 2009. The Recruitment Day provided hospitality companies with the opportunity to interview students for summer internship and employment after graduation. The following companies participated in the Recruitment Day:

- Arlington Park
- Hollywood Casino Aurora
- Kane County Cougars
- Lake Lawn Resort
- Lutheran Outdoor Ministries Center
- Steak n Shake
- Tan-Tar-T Resort

HA Alumni Updates

Julia Edwards (2009) is the business travel sales manager at Crowne Plaza Chicago- Northbrook

Christina Kinney (2006) is the sales manager at Allerton Hotel Chicago

Rachael Demos (2008) is the assistant catering manager at Hyatt Deerfield

Hospitality Administration alumni, please contact Dr. Li at lanli@niu.edu to update your current information.
Community Nutrition Students Serve to Learn

Students in Assistant Professor Amy Ozier’s class, FCNS 410 Community Nutrition, learn quickly that behavior change does not come from merely giving nutrition facts to people. They learn that behavior change is a process and helping people make these behavior changes must be driven by truly knowing their audience. Students complete service learning projects at several sites within the community. Their projects are guided by a review of literature regarding their audience, a needs assessment done at the community site, identification of behavioral theory as a foundation for their work, program planning, implementation, and evaluation. Two goals of the students’ projects are to meet the competency from the Commission on Accreditation of Dietetics Education of assessing, planning, implementing, and evaluating nutrition programs, while also helping community members change their behavior. This project helps students capture the concept that “Small changes, make big differences” in life and health.

Community sites represent target populations from throughout the life cycle. Students worked with the DeKalb County Department of Public Health Women Infants and Children (WIC) program staff. Results from a staff focus group revealed that there needed to be a “new face” on WIC’s breastfeeding pamphlets. Students were able to create realistic and theoretically-oriented handouts using effective nutrition education principles. These were empowering handouts titled “Breastfeeding… it does a baby good” and “Got milk, use it.” Following implementation, the La Leche League of DeKalb asked permission to use the handout after seeing it at WIC.

Several groups worked with Paul Wright Elementary School to provide a “Spring Wright into Health” day and night. This was the fourth annual event where students became familiar with the target population through the literature, surveys sent home to parents and children, and also having personal interviews with the teachers and principal. Students spent the day in the classrooms providing nutrition education in a fun way that was integrated in the normal class curriculum. The day concluded with a wellness night that was comprised of sessions addressing stress management, nutrition education, and physical activity (and White Sox tickets given away the conclusion of the night!). This year’s theme was “Hula into Health.”

Another group worked with residents of Hope Haven (shelter for homeless people) after finding out residents had low confidence levels regarding their ability to execute healthy, affordable recipes. This group implemented a cooking class and also created a cookbook for Hope Haven residents. Another group worked with NIU Childcare after learning from the staff that parents needed a guide on being innovative with healthy, nutritious snacks and meals while addressing the true, hard fact that children can be picky eaters. Students used Ellyn Satter’s, MS, RD principles of the Division of Responsibility to create “Parents Provide, Children Choose: How to Teach your Child to Eat Healthily.” Unique to the handout was NIU Childcare parents’ innovative tips on how they guide their children’s food choices. Another group worked with the residents of Civic Apartments which is residential housing for the aging and disabled. Students created a fun, interactive nutrition education session that focused on healthy snacking called “Small Bites for Big Changes.” Other projects included a nutrition education informational booth at the NIU Recreation Center and a nutrition education program at Oakcrest Retirement Center.

Students receive hands-on experience delivering effective nutrition education. The effectiveness of the programs is known as all community participants must complete evaluations throughout the process. Students walk away from this experience with a functional language using behavioral theory to guide program development, interpersonal communication skills, and a different perspective about how to guide behavior change. This was the fourth year for FCNS 410 students to work with many of the aforementioned sites.
Lucy Robinson Retires in May 2009 as Dietetic Internship Director

Lucy Robinson retired in May 2009 after serving for 19 years as Dietetic Internship Director. Her long service in that position and her extensive experience in the field are certainly worthy of commendation. The internship program in nutrition and dietetics is a very high quality component of both the undergraduate and graduate programs here at NIU. Robinson is a registered licensed dietitian and received M.S. degrees from NIU in both Child Development (1970) and Nutrition and Dietetics (1986). She began teaching as a graduate assistant while completing her degrees, and taught occasionally as an adjunct professor until 1988. She taught at Iowa State University in the Child Development program and at community colleges in Illinois and New Jersey. Robinson also worked extensively in community nutrition in a variety of positions. She worked with government funded Nutrition Education and Training programs in Illinois and New Jersey. In addition she held an administrative position in food service for public schools and worked for several years as a clinical dietitian in medical dietetics in hospitals. Having worked in the three primary areas of the field (community nutrition, school food service, and hospitals) as well as having college teaching experience gave her the requisite experience and balanced perspective regarding the diversity of the profession and spoke highly for her qualifications to be hired by NIU. In 1988 she was hired by NIU full-time as Coordinator of the Foods Laboratories. Then in 1990, she assumed the interim Dietetics Internship Director position and was hired permanently the following year. During her time as Director, Robinson enjoyed the tremendous support from her colleagues. She particularly cited Dr. Ellen Parham, the late Dr. Sondra King, Dr. Josphine Umoren, Dr. Mary Pritchard, Dr. Laura Smart, as well as all the other faculty and staff who supported her endeavors. Robinson says, “Working together created a synergy that yielded a very successful program! This could not have happened without their support. It was a joy to work with all these wonderful people.” The highlights of her time here included working with the dedicated interns who were so committed to their dream of becoming competent dietetic professionals and to watch them develop from undergraduate students into graduate level prepared professionals. Robinson viewed the site preceptors as vital partners in the internship program. Robinson says, “The dietitians in the field who precepted the interns shared their time and talents generously and it was my personal pleasure to support them and guide the process. Without them the program could not have achieved the success that it did.”

Robinson made great strides for the program in her time as director. When she started in 1990 there were only 6 hospital sites for 12 interns and a very limited number of community sites. By the time she retired the program had over 50 internship sites. Under her leadership the program matured and transitioned from an approved pre-professional program to a fully accredited dietetic internship. The program successfully completed two accreditation self-studies and site visits. Over 100 interns successfully completed the program and found positions in the field, many of whom later became site preceptors. Her time as director was professionally and personally rewarding and it was a joy for her to create learning opportunities for the dietetic interns that prepared them to enter the dynamic and rewarding profession of nutrition and dietetics. Robinson knows that the program is in good hands now, with Nancy Prange in the position. Robinson says, “Not only is she herself a graduate of the program but she will bring new ideas and energy that will lead the program and interns into the future.”

Robinson and her husband have been traveling in the last year, including a “Cooking and Cycling Tour of Tuscany,” a trip to San Francisco to visit family, and a week on Maui. They have a trip planned for the fall to see National Parks, including a cycling trip to Lake Tahoe. Between these trips Robinson has been enjoying her passion for “slow food” preparation, reading, gardening, and spending time with their grandchildren.

If you would like to contact Lucy Robinson, her e-mail address is robinson.lucy@comcast.net.

“The dietitians in the field who precepted the interns shared their time and talents generously and it was my personal pleasure to support them and guide the process. Without them the program could not have achieved the success that it did.”
Success. In you.TM

Nutrition, Dietetics, and Hospitality Administration cont.

NDHA Featured Alumna West

Megan (Mickelson) West (B.S., NDHA with an emphasis in Hospitality Administration, 2006) is currently Front Office Manager at the Jackson Marriott in Jackson, Mississippi, a position she has held since February of this year. In that position she oversees all aspects of the front desk. In addition to her Front Office Manager position she has been certified to be a Service Excellence Facilitator for the property. She will begin training all of the hotel's front line employees on Service Excellence. Because West likes to be very hands-on, she has a lot of interaction with guests of the hotel. She has lots of responsibilities and duties to perform behind the scenes as well. West says, “My favorite part of my job is meeting new people every day and making new connections. I see some guests every week and developing that relationship with them and having them come back and being able to greet them by name is the best. They always reward me with a smile when I remembered them from their last stay!”

West started her career in hospitality as an intern for six months at Tan-Tar-A Resort in Osage Beach, Missouri. She worked there for three years, mostly at the front desk, but she was able to get experience in many phases of the business, including banquets, catering, gift shops, housekeeping, recreation, and human resources, where she helped recruit some wonderful interns from NIU. West quickly rose from the front desk to Rooms Controller, an entry-level supervisory position, and was then promoted to Assistant Manager. In that position she was able to travel on “task force” which involved traveling to different hotel properties. That gave her the opportunity to see how different hotels of many sizes operate. That led to her current position.

West credits her time at NIU with much of her success. She transferred to NIU specifically for the hospitality program. She was able to make a lot of connections through her favorite professors, Joan Quinn and Dr. Lan Li in particular. She was able to secure her internship through those connections and she admits that contacts and connections are important to being successful in the hospitality industry. West’s favorite class was FCNS 320, Quantity Foods, even though she knew at the time she did not aspire to work in the food service side of the industry. West says, “I learned a lot that carried over into the hotel side, about managing responsibilities and staff. I learned so much about my classmates and we bonded going through such an intense class together. It was literally our lives for two semesters. I still have my portfolio and show it off.”

West also loved learning about time management from her classes, which she says were intensive and gave her experience just like the working world with the same time constraints. West also valued her involvement in the Society for Hospitality Administration, which was not only a lot of fun but enabled her to do things related to the field without the pressures of doing it for a grade.

West’s goal when she was a student at NIU was to own her own resort, still a long-term dream she holds. Meanwhile she is very happy working for the Columbia Sussex Corporation, which is the franchise holder of the Marriott Hotel at which she works. She never dreamed she would be Front Office Manager in Jackson and is seeing where the wind, and opportunity, takes her. She does hope to return one day to the Northern Illinois area, where many friends and family are, but for now she relishes being in different places so they can all have new and interesting places to visit. She says, “That’s one of the benefits of being in the hospitality industry, an endless supply of vacation destinations for me and my family and friends!”

Lucy Robinson Partner with Distinction

On May 7, 2009 at the 2009 Division of Student Affairs Annual Recognition Ceremony, Lucy Robinson, Director, NIU Dietetic Internship received the “Partner with Distinction” award. This recognition was received for the partnership that was developed between FCNS and Campus Recreation under the leadership of Becky Lewis, Associate Director for Fitness, NIU Campus Recreation Center and Lucy.

Over the past decade, nearly 150 dietetic interns have been placed at Campus Recreation where they provided nutrition counseling and nutrition education programming for NIU students and staff. This award winning partnership has provided valuable learning experiences for interns and has enhanced the health and fitness messages and services promoted by the Division of Student Affairs.
**Nancy Prange Hired as Dietetic Internship Director**

**Nancy Prange, Dietetic Internship 1995, MS 1997, Nutrition and Dietetics** was hired June 1, 2009 as Dietetic Internship Director. When Prange finished her MS, she identified the Dietetic Internship Director position as her “dream job.” As a student she recognized that she had a desire to see all areas of dietetics, to keep up with the state of the profession, and to teach. She saw that as Internship Director she could accomplish all of those things. After nearly a year in the position, Prange still feels that way. “I love meeting dietitians and seeing what their jobs are,” she says. After leaving NIU Prange gained clinical experience in a variety of positions such as a nutrition and wellness center coordinator, consulting dietitian and outpatient nutrition supervisor. She gained academic experience as the Assistant Director, Coordinated Dietetic Program at University of Illinois-Chicago, where she also served as clinical instructor. As a result she was more than prepared and qualified to accept the Internship Director position when it was offered to her last year.

Prange stepped into a well-run program and some big shoes. She was also met with a natural transition point. Recent changes in accreditation standards that come due in 2012 have presented a challenge in her new position. Prange has seen this as an opportunity to make the job her own and continue to improve a very high-quality internship program. Prange says, “The faculty has been great. The opportunity and support to make changes has been wonderful.” An accreditation site visit for the NIU program is scheduled for 2012 and Prange is looking forward to completing that process in her still fairly new position.

Prange notes that the whole field has gained in public and corporate exposure because of the growing recognition of the importance of wellness and the roles played by dietitians. This excites her and inspires her to set goals. One of those new goals is to continue to connect the master’s level interns with undergraduate students. Hopefully this will motivate them to excel and take opportunities making them even better candidates to qualify for and fill the very competitive internship positions. To achieve this Prange would like to build mentorships and partnerships between the graduate and undergraduate students. One such ongoing collaboration will be planning and coordinating activities around National Nutrition Month. She sees this as a very exciting time in the field as a whole and loves her “dream job” which allows her to participate, teach, and serve.

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**Activate Elgin**

Undergraduate and graduate students in Nutrition and Dietetics, under the direction and guidance of Associate Professor **Beverly Henry**, continue to participate in **Activate Elgin**. Activate Elgin is a citywide initiative to engage all sectors of the community to work to provide city residents with opportunities to improve their health, well-being, and overall quality of life. Activate Elgin has been in existence since 2006, as part of the YMCA Activate America’s Pioneering Healthier Communities initiative. Henry, a resident of Elgin, is the dietitian on the team of professionals, city planners, and citizens in this effort to reduce obesity and related health conditions, especially among children. The program is also intended to increase awareness of healthy eating and opportunities for physical activities. Another goal of the program is to develop measurement tools and to collect data. NIU students participate in all of these goals in various ways. They are actively engaged in designing and presenting activities for participants at the Elgin Health Fair, in implementing grants for after-school programs, in conducting and evaluating nutritional assessments, and implementing parent education programs.

Activate Elgin represents great educational opportunities for NIU undergraduate and graduate students in supervised settings that expose them to various aspects of the field in practical ways that serve the community. Future opportunities exist for research grants that will present further opportunities for student involvement and education. These represent the best of the kinds of public service that is a part of the mission of NIU.
Emily Schoenbachler, B.S., Family Social Services (2009) is employed at Vocamotive, in Hinsdale. Vocamotive is a private sector vocational, career and rehabilitation consulting firm specializing in the placement of people with disabilities, primarily from work-related injury. Their service area includes all of the Chicago Metropolitan Area and the surrounding counties.

Schoenbachler’s position is in job search and development, giving her the opportunity to work one-on-one with clients and assist them with their job search. She helps them create and edit cover letters and resumes, and helps them complete online applications. In addition she does mock interviews with her clients, giving them the necessary practice in presenting themselves and honing their presentations. In doing so she provides her clients all the necessary tools and job search skills they need to succeed. Schoenbachler says, “I love the feeling of having a client placed and the excitement they have at beginning a new career.”

Her time at NIU truly prepared Schoenbachler for her present position. Kelly Champion and Jane Rose Njue were her favorite professors. She really enjoyed Professional Practices in Family Social Services with Dr. Njue because representatives of companies and agencies would regularly visit class to present to and inform the students. This helped Schoenbachler get a broad understanding of the social service field and a better idea of what she wanted to do. She found a great deal of support as an undergraduate, saying, “I feel that all the professors and faculty truly cared and took interest in their students and I always felt supported by staff.” Schoenbachler particularly received a great deal of assistance and guidance about internships. It was at Family Social Services Intern Orientation Day that she met Joseph Belmonte, the founder and owner of Vocamotive, and learned about the company. This experience motivated her to apply and set up an interview. She then served her internship at Vocamotive, which not only exposed her to working in rehabilitation but also eventually ended up in a full-time job after graduation.

Schoenbachler plans to continue her work in social services and rehabilitation, which allows her to work with a wide variety of people and gain in experience and knowledge of the field. Her long-term goals are to further her education, hoping to return to NIU and obtain a Master’s degree in counseling. She envisions applying that experience in a school or private sector agency.

Njue Conducts Research in Kenya

Assistant Professor Jane Rose Njue conducted research during the summer of 2009 in her native Kenya. The study was made possible by a research grant from NIU and a partnership with Kenyatta University, located in Nairobi. The study advances her research agenda of investigating cross-cultural aspects of family functioning. Njue’s study is a response to a lack of research on the strengths of African families. Media images of Africa in the West mostly consist of images of abject poverty, famine, and war. While important to alert us, gain attention, and bring about helpful responses, these tragedies may skew our ideas of the totality of social and family life in other cultures. Her ambitious study aims to investigate the strengths and challenges of marriages within the context of Kenyan families. The study compares marriages from various regions, tribes and sub-groups. The qualitative study of 60 couples investigates marital satisfaction, health, and resource management.

In addition to this study, Njue has been involved in planning a conference in Kenya, hosted by Kenyatta University. The Pan-African Family Strengths International Conference, the first of its kind to be held in Africa, will be held August 3-6, 2010. The theme of the conference African Family Strengths: Opportunities in the Context of Change. Njue will present the keynote paper at the conference based on the research she conducted in 2009.

For more information go to http://www.ncfr.org/pdf/zippy_news/PanAfricanFamilyStrengthInternationalConferenceBrochure.pdf
Aimee D. Prawitz Serves as Director of Research for the Personal Finance Employee Education Foundation

Since December 2006, Professor Aimee D. Prawitz has served in a part-time position as Director of Research for the Personal Finance Employee Education Foundation, Inc. (PFEFF), a non-profit, private foundation located in Orlando, Florida. PFEFF educates employers on the bottom-line benefits of providing to their employees workplace financial education that improves employees’ financial literacy and personal financial behaviors. The focus is on measurable costs to employers of both absenteeism and “presenteeism,” which describes times an employee is present but distracted by worry or tasks related to financial distress. Founded in May 2006, PFEFF builds on two decades of research and publicity efforts by an informal national coalition of academics, businesspersons, financial education providers, and foundations. The foundation aims to reach thousands of employers and millions of employees.

Prawitz’s primary responsibilities have been coordinating the research efforts of the foundation through leading a national team of scholars. She has designed data collection instruments, coordinated nationwide data collection efforts, communicated with top corporate management officials, and prepared board reports. Current data collection efforts utilize the Personal Financial Well-Being Scale (PFW), developed and tested nationally over a 4-year period by Prawitz’s research team. Prior to the development of this scale, no instrument existed to measure individuals’ feelings of stress and well-being regarding their perceptions of their own financial situation. As any of Prawitz’s former Research Methods students might guess, development of the measure included a rigorous process testing for validity as well as for reliability. The scale is useful in providing early detection of financial distress, the need for intervention, and the effect of interventions. Currently, 182 researchers and practitioners in 13 countries use the PFW.

The main task of the Foundation is to prove employers’ return on investment (ROI) for providing employees with quality workplace financial literacy programs. 

Prawitz completed a needs assessment to determine which resources faculty need to address perceived impasses to research and grant writing. She and the group of faculty are seeking supportive solutions. Chair Laura Smart participated in publishing circle when she was revising a manuscript that was published in 2009. Smart said, “It was a good experience for me to put my ego on the line and have my faculty make suggestions to improve my manuscript. I found that it was helpful and even enjoyable.”

Aimee Prawitz Serves as Dean’s Assistant for Research

Alumni can probably remember writing papers when they were budding scholars at NIU. For faculty, the process never ends, but contrary to what students may imagine, professors, like students, also need supportive feedback for their work. Professor Aimee Prawitz has established several peer-led “publishing circles” where faculty from all three schools in the College of Health and Human Sciences (CHHS) review each other’s scholarship-in-process. This initiative was established by Prawitz in her new role as Assistant to the Dean for Research. CHHS Dean Shirley Richmond, with financial help from the NIU Provost’s Office, created the position to provide support to faculty scholarship. In addition to providing mentorship to publishing circles, Prawitz provides assistance to faculty with project design, data analysis and interpretation, and grant writing by meeting with faculty on an individual basis as needed. Prawitz believes that many more management teams will willingly invest in financial education to increase both employee financial wellness and the company’s bottom line.
Lin Shi Keeps Busy With Teaching, Research, and Service

Lin Shi, Associate Professor and Director of the Specialization in Marriage and Family Therapy, keeps a busy schedule teaching, conducting research and providing service in a variety of ways and settings. In summer 2009 Shi traveled to China to teach at the Family Institute at the University of Hong Kong, providing training lacking in the students’ education and providing exposure and representing NIU abroad.

Shi also has provided service to the profession of Marriage and Family Therapy (MFT) by participating as a member of site visit teams as a part of the accreditation process of two other MFT programs. As a site visit team member, she spends two days evaluating the programs and then writes a report for the Commission on Accreditation of Marriage and Family Therapy Education (COAMFTE). Not only does her involvement provide service to the field, it assists NIU’s MFT program to navigate the accreditation process. One of two accredited MFT programs in Illinois, the program has been accredited since 1980.

Shi is dedicated to research in the field and her efforts continue. Much of her research is based on attachment theory and has received international attention. This trend continues with the publication of two book chapters on cross-cultural aspects of attachment, specifically focusing on attachment in Asian cultures and families. In addition, Shi has implemented research protocols at the Family Center of NIU, which allow students to utilize research findings to improve clinical assessments and therapeutic interventions. This research project continues and extends into a research project on trauma, focused on childhood abuse and neglect among the clinical population at the Family Center. Her hope for this project is to provide recognition and awareness of the incidence of trauma in the clinical population, recognition of the effects on client functioning, and to positively impact the training of student therapists. Data collection is ongoing for this project and is integrated into the standard assessment of clients who come for service at the Family Center.

Family Center News

The Family Center of NIU provides mental health treatment for people experiencing a wide range of difficulties. Many of these difficulties have to do with very ordinary things - identifying and addressing conflicts and problems with a partner, spouse, children, parents, siblings, an elderly family member, roommates; juggling responsibilities; or making decisions about marriage, friendship, school, or career.

Some difficulties go beyond the ordinary. Family Center professionals also help people with more persistent difficulties or more severe reactions to life’s stresses such as child or adolescent behavior problems; physical, sexual, or psychological abuse in relationships; drug or alcohol abuse; problems related to eating or sleeping; feelings of despair, loneliness, anxiety, fear, or thoughts of suicide.

In 2009 The Family Center applied for and received a grant from the DeKalb County Community Foundation. This is the first time that the Family Center of NIU has received a grant from the Foundation. The purpose of the grant is to furnish a therapeutic play environment for our younger clients. The materials were subsequently purchased and the play therapy room updated and refurbished in 2010.

Play therapy is greatly enhanced by appropriate play materials that encourage children and youth to symbolically represent family and environmental issues with multicultural dolls, use of sand tray, puppets, emotional faces, story characters and other venues. Therapeutic activities are supported by the family play, fantasy play, therapeutic games, storytelling, dramatization, and art therapy.
Coming from a family of educators, both her parents were teachers, **Patti Kozlowski, M.S 1980 in Home Economics**.

**Professional Resources and Services**, was a natural fit to become a teacher herself. She has been a Family and Consumer Science teacher at West Chicago High School for 37 years, teaching classes in child development, clothing and tailoring, foods, and consumer education. In addition to teaching high school, Kozlowski also taught food and clothing at the College of DuPage and served as the satellite director of their consumer education programming for many years. Now she looks forward to retirement and new opportunities.

Kozlowski graduated with her B.S. in home economics from NIU in 1973. A little older and more mature than most of her fellow students, Kozlowski was highly focused as an undergraduate in gaining the education and experience necessary to secure a job that would support her family and allow her husband, Richard, to go to school under the GI Bill. As a result of her maturity and motivation her professors allowed and encouraged her to take on challenging projects. In 1973, videotape technology was emerging, although awkward and unknown in its capabilities. Kozlowski began a project utilizing videotaping for instruction and for the evaluation of teaching techniques. She was ahead of her time with these ideas, and home economics faculty at NIU allowed her to try new ideas and approaches. Many of her professors at NIU were an inspiration to her, teaching her fundamental theories, guidelines and skills that served her well throughout her own teaching career. As a graduate assistant during her master’s program, Kozlowski learned about the internal politics of a department. This learning has been invaluable for her work at West Chicago High School.

In addition to her teaching Kozlowski has served her profession in a broad range of other ways over the course of her career. She has served as President of the Illinois Association for Consumer and Technical Education (IACTE) as well as Illinois Family and Consumer Science Teacher Association (IFACSTA). Kozlowski won numerous awards including the National Fellow Award from IACTE, the IFACSTA Community Service State Award, and several Outstanding Curriculum awards from both organizations. She has spoken at both state and national conventions on a variety of topics. Kozlowski received a Fulbright Teacher Educational Grant to Japan in 1997. During her Master’s program at NIU, in 1980, the University recognized her as the Outstanding Woman of the Year.

Kozlowski is very pleased with her time at West Chicago High School and says, “This is a wonderful school to work in. I enjoy the creativity this job allows. That is partly due to the wonderful students I have had. I enjoy developing the relationships and working in the community with my former students.” She is currently partnering with **Assistant Professor Sally Amett** on a grant and speaking engagements on sustainability and the emerging green collar workforce.* She hopes to continue that relationship and a book project that is in development. Because of her long career she hopes to continue to share her experience with students and professionals. Of course there will also be time to enjoy watching their grandchildren grow and develop and to travel beginning this fall to places she and Richard have never been. Kozlowski, while she will miss her valued colleagues and students, looks forward to the freedom of no school bells and schedules.

*See listings on page 18.
Sally Arnett Continues Work on Green Collar Workforce Curriculum

Assistant Professor Sally Arnett has continued for a second year her work on a grant funded by the Illinois University Council of Career and Technical Education and the Illinois State Board of Education. Please see last year’s Resource, page 6 www.chhs.niu.edu/fcns/resource/2009Summer.pdf.

The project’s main intention was to advance student awareness of the growing green collar workforce, to gain their interest in those career paths, and to expose them to the skills necessary to enter into the workforce. Through the collaboration of academics and teachers of career and technical education, the project has implemented an instructional unit named Career and Technical Education: The New Green Collar Workforce. Arnett reported her findings at the Connections Conference organized by the Illinois Association for Career and Technical Education (IACTE). Arnett stated, “Educating students on the relevant workforce needs, such as green jobs, has the potential for students to pursue careers in this sector and provide employers with a pipeline of skilled individuals for the workforce demands of the 21st century.”

Arnett received a second grant in fall, 2009, for a service learning project, which was completed early in 2010, and which will be reported in the 2011 Resource. If you want to contact Dr. Arnett about her work, you can do so at sarnett@niu.edu.

Sarah Cosbey Completes Sabbatical Leave

In fall semester 2009, Associate Professor Sarah Cosbey was granted a sabbatical release to pursue her line of research in gender issues and dress in the media. Her current research focuses on portrayals of masculinity in American popular film throughout the 20th century.

Cosbey developed an extensive instrument for recording male movie characters’ physical appearances, dress, and behaviors as well as features of the storyline in an effort to understand how the movies have shaped popular notions of masculinity in recent decades.

Kohl’s Supports TAM

Kohl’s Corporation awarded $5,000 to students in Associate Professor Julie Hillery’s Principles of retailing class in May, 2009. TAM students who were members of the winning teams were: Charlene Curtis and Andrea Hayslette, first prize; Jennifer Doyle, Ashley Ramos and Michelle Tyska, 2nd prize, and Nicole Isaac and Katherine Markowski, third prize. To compete for the prizes, students work in teams which include both TAM students and students from the College of Business. Each team studies a current retailing trend, examining it in relation to Kohl’s marketing strategy. Congratulations to the winners!

Lauren DeVries was one of four students chosen in September 2009 to participate in the Kohl’s Mentoring Project.

TAM Alumna Speaks to TAM Students

Michelle Crooks, BS TAM 1998, was the keynote speaker at the Target Leadership Event on September 17, 2009. A senior merchandise presentation expert in entertainment at Target Corporation headquarters in Minneapolis, Crooks is also co-chair of the African American Business Council, a Target Corp. organization that is committed to the recruitment, development and retention of African American team members. Crooks spoke to members of Fashion Industries Organization (FIO) on the topic of personal leadership. She described her own journey from an undecided major at NIU to a TAM major to her current corporate management position.

TMES 2010 Alumni News

In 2008 Stacey Clark graduated with a Bachelors degree in textiles, apparel, and merchandising, and she has worked in wardrobe as a costumer in the film industry for about one year. Her responsibilities include alterations, fittings, continuity of wardrobe on film sets, and helping prepare wardrobe for each show.
Recognized Achievers 2008-2010

2008 Dean’s Lists
Anna Abeid
Anna Adams
Teresa Affrunti
Saadia Ahmad
Ashley Alden
Catherine Amin
Abigai Arias
Kathryne Armstrong
Lisa Bailey
Kayla Bankord
Carolyn Barnet
Victoria Baur
Meagan Bell
Emily Berg
Amy Besch
Lauren Bickel
Katherine Biesen
Jessica Boateng
Kelly Bradley
Miriam Breceda
Susan Brenner
Rachel Bronstein
Sarah Bruhn
Therese Bruning
Amritpal Burhm
Lauren Burnitz
Anne Cahalan
Nicole Calmes
Nicole Caputo
Lindsay Carley
Marcie Carlson
Catherine Carone
Rebecca Carroll
Lisa Chakeen
Jae Choi
Kathy Clark
Kelly Clark
Mallory Clark
Stacey Clark
Jamie Clifford
Lara Coler
Stephanie Conlin
Kellie Cooper
Jaclyn Cores
Amanda Cox
Angela Dantzler
Danielle Davies
Elizabeth Deavilla
Danielle Degroot
Theresa Denny
Elise Depa
Lauren Diehl
Kathleen Dienst
Rebecca Dobberfuhl
Kara Donley
Michelle Doti
Marisa Dourlain
Leah Droze
Noell Ealey
Diana Edwards
Fatima Espinosa
Angela Esposito
Megan Flack
Jacqueline Flerick
Mary Foerster
Joy Forschen
Rebecca Fitzzhall
Kayla-Lynne Gagliardi
Amy Galasinska
Amy Gandy
Kelli Gillen
Meghan Ginter
Katy Glade
Lindsey Glass
Julie Golba
Denise Gonzalez
Brittany Granat
Alyssa Gray
Jessica Graziano
Melissa Greeley
Amber Gruszczynski
Lisa Gualano
Heather Gustus
Regina Haka
Jamie Hams
Abigail Hathaway
Jeremiah Heallless
Latrease Heath-Taylor
Patricia Heidel
Anna Heitz
Amy Hetzer
Amber Hoffman
Vasiliki Holevas
Denell Holschuh
Richard Holzle
Krista Horn
Nicole Hoxsey
Karla Huffman
Sabrina Ibrahim
Saher Imtiaz
Nicole Jensen
Ashley Johnson
Irene Johnson
Kirsten Johnson
Kourtney Johnson
Suzanne Johnson
Caitlin Jones
Michele Kalmbach
Sarah Karczewski
Amber King
Kyle King
Molly Jo Kinkade
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Angelika Merchut
Ashley Mikottis
Adrienne Miner
Kaylee Mitchelson
Salvatore Morreale
Stephanie Mosquera
Kelsey Naas
Corilyn Newman
Michelle Nguyen
Candis Nikolic
Desiree Nitsche
Amy O’Dea
Carol Orrego
Amy Paffenroth
Jacob Papini
Nathan Paquet
Taryn Parham
Sarah Paul
Kaitlyn Paxton
Elizabeth Peterson
Amber Phelps
Marissa Piehl
Sara Pitchford
Stephanie Potter
Amanda Quick
Nicole Reeder
Dawn Renz
Nathalis Reyes
Edward Richter
Jamie Rodriguez
Elizabeth Rosignal
Heidi Roth
Krystian Sarkady
Erin Schluter
Andrea Schuenke
Jennifer Schuett
Jessica Schultz
Melissa Schwartzbach
Kathryn Seddon
Ashley Shank
Bonnie Shariati
Kristen Shedor
Kathryn Sheehan
Mary Simonic
Kelly Simpson
Alianna Smith
Tammy Sogge
Lauren Spencer
Rachael Spencer
Summer Spires
Matthew Stark
Ashley Staver
Cally Stocker
Cassi Stoner
Chelsi Straughn
Michael Swedberg
Beata Swider
April Tatro
Rita Tijerina
Ann Toffoli
Andrea Tuohy
Mark Unciano
Anna Underiner
Rebecca Vander Hamm
Jesse Villanueva
Angela Vogel
Whitney Wadsworth
Lauren Wagner
Ashley Walters
Anna Wells
Colleen Weyers
Nyika Williams
Roseann Williams
Rachel Wilson
Collin Wood Perdew
Katherine Worden
Lisa Young
Lisa Zavala
Recognized Achievers cont.

2008-2009 FCNS Scholarships

Helen Gum Westlake & Donald G. Westlake Family Life Studies Scholarship
Amanda Cox

Georgiana W. Sie Scholarship
Corilyn Newman

Celine Neptune Scholarship
Ana Cristina Abeid
Cristina Escalante
Corilyn Newman

Kappa Omicron Nu Scholarship 2008
Ana Cristina Abeid

Textiles, Merchandising & Educational Services

Outstanding Student Teacher Award
Nicolette Wilk
Abagai Arias

Model Student Award
Kelly Bradley

Smiling Face Award
Collin Wood Perdew

Kohl’s Book Scholarship
Jodi Furnald
Fran Glattfelter
Cheryl Jones

Kohl’s Retailing Project Awards
Shariful Islam & Caitlin Martin, 1st Place
Monica Davenport, 2nd Place
Bevin Gracey & Antoinette Mardosz, 3rd Place

Target Leadership Scholarship
Stephanie Johnson-Wexell

Target Project
Kelly Bradley
Marie Kanjanapan
Terry Lee
Mindy Schollmann

Outstanding Student Awards

2009 FCS Outstanding Senior
Tammy Sogge

2009 TMES Outstanding Senior
Antoinette Mardosz

2009 NDHA Dean’s Award
Jessica Schultz

2009 NIU Outstanding Women Student Award
Riddhi Trivedi, Undergraduate
Katherine Gerst, Graduate

Outstanding Service Awards

Chair’s Award for Service to FCNS
Jessica Graziano

Sondra King Outstanding Student Service Award
Heather Gustus

Outstanding Graduate Student Research Award
Jamie Richter

NIU Graduate Student Fellowship Award
Lynn Stiff

North Suburban Dietetic Association Scholarship Award
Melissa Shefler

National Restaurant Association Salute to Excellence Award
Elise Gagliadi

Faculty Honors

Dean’s Award for Research
Lin Shi

SAC Special Achievement Awards

Extra Effort Award
Martha Vargas, Undergraduate
Katherine Gerst, Graduate

Mentoring Award
Rachel Wilson

Role Model Award
Wendy Kraft

Students’ Choice Teaching Award
Kelly Champion
**Family & Child Studies**

**Academic Excellence Award**
Amanda Benoit, Graduate
Tammy Sogge, Undergraduate

**Distinguished Performance Award**
Anna Larsen, Graduate
Wendy Kraft, Undergraduate

**Leadership Award**
Shaun Palus, Graduate
Dakota Offord, Undergraduate

**Outstanding Early Childhood Studies Senior Award**
Karla Huffman

**Outstanding Early Childhood Studies Student**
Jamie Hams, Undergraduate

**Sondra King Outstanding Service Award**
Jessica Boateng

**Nutrition, Dietetics, & Hospitality Administration**

**Academic Excellence Award**
Elise Gagliardi – HA
Marcie Carlson – ND

**Service Award**
Katie Biesen – HA
Julie Edwards – HA
Sandra Meister – ND

**Cup & Saucer Award**
Jennifer Kutz

**Leadership Award**
Cynthia Larame – HA
Jessica Graziano – ND

**Marriott International & Illinois Restaurant Association Education Foundation**
Katie Biesen

**National Restaurant Association Salute to Excellence Award**
Danielle Deremo
Cynthia Larame

**ADA Outstanding Didactic Program in Dietetics (DPD) Student**
Erin Schluter

**Sondra King Outstanding Student Service Award**
Heather Gustus

**North Suburban Dietetic Association Scholarship Award**
Melissa Shefler

**Honors Students**
Stephanie Conlin
Noell Ealey
Rebecca Fritzshall
Carolyn Holst
Saher Imtiaz
Ashley Johnson
Caitlin Jones

**Kappa Omicron Nu – Fall 2008**
Ana Abeid
Hillary Barnes
Danielle Clemens
Heather Comrie
Shelly Crowley
Rebecca Fritzshall
Becky Garcia
Rachel Glavac
Anna Heitz
Alison Hill
Leslie Holliday
Karla Huffman
Kristina Johnson
Caitlin Jones

**Kappa Omicron Nu – Spring 2009**
Teresa Affrunti
Kathryne Armstrong
Cassie Bello
Jenna Bognanno
Mallory Clark
Carla Damicone
Carly Dillon
Fatima Espinosa
Jennifer Forney
Alison Fuller
Kayla Lynne Gagliardi
Ashley Genslinger
Lindsay Genslinger
Amy Hetzner
Tiffany Madison
Renita Millhouse

Heather Gustus
Stephanie Mosquera
Elizabeth Peterson
Coreen Schall
Jennifer Schuett
Victoria Shapiro
Amy Vallaro
Ashley Walters
Karne Krusemark
Megan Laurent
Claire Manthey
Danielle McLaughlin
Dakota Offord
Shaun Palus
Margaret Ann Rosko
Kelly Simpson
Jessie Villanueva
Tina Walter
Colleen Weyers
Collin Wood Perdew
Lisa Young
Karli Nelmark
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Sarah Ninis
Carol Orrego
Jennifer Parks
Nicolle Plachetta
Natalie Sansonetti
Jessica Schultz
Valerie Silverstein
Julie Smetko
Stephanie Smith
Martha Vargas
Marissa Wilkinson
Lisa Zavala
Katie Zeman
Faculty Scholarship

Peer-reviewed articles published in scholarly journals


Peer Reviewed Scholarly Book Chapters


Peer Reviewed Published Abstracts


Peer Reviewed Scholarly Presentations


**Nutrition, Dietetics, and Hospitality Administration** cont.


**Invited International Presentations**

**Miller, J. E.** (2009, March). *Teaching family and child studies: Cross cultural insights (and questions).* National Taiwan University, Taipei, Taiwan.

Seldin, P., & **Miller, J. E.** (2009, March). *The academic portfolio: A new and more effective way to document teaching, research, and service.* National Taiwan University, Taipei, Taiwan.

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School of Family, Consumer, and Nutrition Sciences
The Resource
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Send all information by mail to The Resource, School of Family, Consumer, and Nutrition Sciences, Northern Illinois University, 1425 W. Lincoln Hwy, DeKalb, Illinois, 60115; fax to 815-753-1321; or e-mail lsmart@niu.edu.

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How to Reach Us

Laura S. Smart, Chair
815-753-6342
lsmart@niu.edu

Josephine Umoren, Coordinator
Nutrition, Dietetics, and Hospitality Administration
815-753-6351
jxu1@niu.edu

Charline Xie, Coordinator
Family and Child Studies
815-753-6335
xiaolinx@niu.edu

Bette Montgomery, Coordinator
Textiles, Merchandising and Educational Services
815-753-6338
bmontgomery@niu.edu

www.fcns.niu.edu

Email: FCNS@niu.edu

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