

The Family, Consumer, and Nutrition Sciences Newsletter



Dr. Pavkov Joins NIU Administration as FCNS Chair

The school of Family, Consumer and Nutrition Sciences welcomed Dr. Thomas Pavkov as the new Chair this past year. He came to NIU from Purdue Calumet where he had been a professor and acting head of the Department of Behavioral Sciences for 20 years. His interest in moving to an institution with a broader research mission led him to pursue his current position as Chair of FCNS. He was appointed in July, 2012. It's been a "challenging but invigorating" first year, he says, as he's gotten to know the department and adjusted to his new position. Excited to be part of the new leadership in the University, which he says, "Bodes well for the College," Dr. Pavkov believes the department, the college and the university are headed in a promising direction. "We have an excellent new Dean," he said as he described his optimism about the future of FCNS.

Dr. Pavkov has come to NIU with a strong background in Child and Family studies. While at Purdue, he was involved in a number of funded projects. His primary research focus was on child-serving systems such as mental health, child welfare and juvenile justice. He established the Institute for Social Policy and Research at Purdue Calumet and was deeply involved in a number of community-based initiatives related to children and families. He's brought his vigor for research to FCNS, but this year he dedicated himself to start-up issues within the department. Most challenging this year was assimilating to the complexity of a new organization while simultaneously engaging in academic review. However, he has seen this challenge as an opportunity to really learn the detailed nuances of the department. Looking forward to his second year, the academic review process will be ending and academic programs will be in the spotlight. As Chair of the department, Dr. Pavkov has declared that he will work to make "necessary changes that are feasible in an economic environment where additional resources are not likely to materialize." Given that context, he has some exciting plans for Hospitality, Nutrition and Dietetics and also the College of Health and Human Sciences' proposed doctoral program in Health Sciences.

As Dr. Pavkov is working to help make FCNS the best it can be, he's slowly but steadily reengaging in his program of research. He is confident that his research will flourish at NIU. In particular, his feeling is that graduate level research sets the tone for research in the department and FCNS graduate students are engaged in strong thesis work. He believes that "The department faculty need the synergistic process that involves the grad student to be intrinsically connected to the research and out of that should

evolve the mentoring and discovery process, with faculty and student both learning and contributing intellectually." Dr. Pavkov has experienced this dynamic over the years during his own research project. He has learned a lot from his graduate students, including Dr. Julie Ramisch whom he was pleasantly surprised to see being welcomed to the FCNS faculty right alongside him. As he expressed his joy to be working with Dr. Ramisch once again, it was also apparent that he is proud of how a former student of his has grown and become very productive in her own right.

One of the strongest impressions he's had of FCNS is the hard work and dedication of the faculty within the school. "The culture within FCNS is very student-centric and this is because faculty are primarily concerned with the success of our students at both the undergraduate and graduate levels," he said. As he's gotten to know the people who make it all happen, he's been impressed with the school as a complex organization that serves a variety of constituents. From the Child Development Lab, to Ellington's and the Family Therapy Clinic, the department is making a difference. Dr. Pavkov is enthusiastic about how the department has been successful thus far and he's looking forward to Chairing a prosperous department for years to come.

Please stay in touch!

**Send updates to tpavkov@niu.edu or
use the reply form on page 24. Thank you.**

Greetings from the New Chair



At this time last year, I was just starting in my role as Chair for the School of Family, Consumer, and Nutrition Sciences. After working 20 years in the Purdue University system, my primary focus was to learn the systems and organizational culture at NIU and within the School. Having completed this yearlong cycle, I am pleased with the progress we've made in FCNS and am excited about the future.

The faculty and staff of FCNS have addressed major challenges this year. Two of our programs have successfully completed the accreditation process (Didactic Program in Dietetics and the Dietetic Internship Program) from the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Resignations and retirements in the front office staff have required hiring a completely new staff. In September of 2012, we commenced with the process of academic program review. Academic program review is completed every 8 years at NIU and runs the course of two academic years start to finish. The first draft of our review

documents were submitted in April 2013. The review process has already resulted in a number of changes within the School.

In this issue of the newsletter, you will read about new and exciting things happening in each of our three program areas. One of the things that I am particularly excited about is working with our advisory boards. FCNS advisory boards provide a source of invaluable input for our academic programs. Engaged advisory boards exist in the areas of Hospitality and Nutrition. During this past year, FCNS faculty members have established a new advisory board for the Textiles and Apparel Merchandising area and have laid the groundwork for a new advisory board in the Family and Child Studies area. Members of these boards include representation from community colleges, representatives from industry, alumni, and community members. I am looking forward to working with members of these new boards as we engage with industry and community partners in each area.

At the end of the year, Dr. Beverly Henry moved to her new position as Associate Dean for Academic Affairs, we received retirement notice from Dr. Aimee Prawitz, and received resignations from two additional faculty. While these openings will require FCNS to make adjustments in the new academic year, the changes also provide opportunities for FCNS as we search for replacements. With the combination of four faculty changes and an additional faculty line in the Hospitality area, FCNS faculty members will be very busy completing multiple searches in the coming academic year.

FCNS has just completed a very busy and productive academic cycle. FCNS faculty members are among the hardest working and most productive with whom I have ever worked. I am very excited about the upcoming academic year as we join with new leadership at NIU to make a better School!

Thomas Pavkov

CHHS Welcomes Dr. Derryl Block as Dean



The College of Health and Human Sciences welcomed its new dean, Dr. Derryl Block, on July 16, 2012. Dr. Block joined NIU from University of Wisconsin-Green Bay, where she most recently served as interim dean of the College of Professional and Graduate Studies. With an academic background in Nursing and with experience leading a complex college,

Dr. Block is an excellent fit for CHHS. She also brings extensive experience with on-line learning at a time when NIU's Vision 2020 strategic plan has the goal of expanding on-line learning.

"I'm very excited. It's a great opportunity, personally and professionally. I love NIU's array of programs, and there are many opportunities for growth and inter-professional collaboration. NIU has strong faculty and staff and a wonderful student body," Block said.

Dr. Henry Becomes New Associate Dean



Dr. Beverly Henry, newly appointed Associate Dean for Academic Affairs in the College of Health and Human Sciences, was awarded the annual Lankford Award for Teaching Excellence, in fall 2012, from the College of Health and Human Sciences (CHHS). The award was given in recognition of her exceptional contributions to the College in

the area of teaching. Dr. Henry's teaching philosophy, evaluations from students, and the support she's received from the department of FCNS have been essential to her success thus far. Her many years of teaching in FCNS were preceded by an administrative background and she embraces her new administrative position, as she is ready to be part of what she feels is positive leadership within the College.

Dr. Henry's teaching philosophy is rooted in the education philosophies of educators such as Ernest L. Boyer, whose perspective is that teaching is only one of four kinds of scholarship, alongside discovery, integration and application. "Knowledge doesn't just go one way," Dr. Henry explained, "it is returned through teaching and learning." She recognizes that teaching occurs in the context of learning and both change everyone involved in the process. "Education should be formational, not

informational," she stated. She went on to describe how she understands learning- as a process that changes how one thinks and behaves. She believes it's important to operate under the assumption that everybody wants to be successful. Her goal has been to facilitate that success by helping to create a path that makes achievement possible for students, without lowering standards. Additionally, in her research, Dr. Henry has tackled teaching from another angle- teaching teachers how to teach. Her work on the research project "TAKE Action for Healthy Preschoolers," an ongoing project to develop nutrition training for Head Start teachers, has demonstrated her commitment to applying her teaching philosophy beyond the confines of her own classroom.

Dr. Henry's new position will also allow her to administer her teaching philosophy more broadly. As Associate Dean for Academic Affairs, she is the CHHS Chair of the Curriculum Committee, which is also the Assessment Committee. At the College level, she is now head of undergraduate academic advising, responsible for course administration, and oversees academic policy. Her many roles and responsibilities are part of what she's excited about as she moves forward within the College. In particular, she would like to see the development of more interdisciplinary activities and programs. She believes that these types of activities would encourage students to cultivate an identity of belonging to a College, in addition to their degree program and School. An interdisciplinary identity is more likely to reflect the professional identity that students will need to develop in the real world, after graduation. Developing such activities is a process that takes effort from each discipline and measuring their impact will be an important part of getting them established.

Though her faculty role is changed, she is excited about continuing her administrative career and she is welcoming the new opportunities. She will miss the close connection she had to the learning process as a professor but, no matter what her position- professor, practitioner, or administrator, her ultimate goal is that patients get the best care they can get. She feels strongly that although her position within CHHS is now different than it has been, she is still working to accomplish this goal. Also, she is still advising several FCNS graduate students on their thesis projects and will remain connected to FCNS faculty, a team she was part of for many years.

Dr. Henry's recent accomplishments shine brightly on FCNS. The department is both proud and excited as she accepts her award and new position. Her time-tested teaching philosophy, dedication to her new roles and responsibilities and ideas for the future of the College will undoubtedly serve to keep FCNS shining.

Family and Child Studies

Coordinator: Shi-Ruei Sherry Fang, Ph.D.



Greetings from Family and Child Studies

Welcome to Dr. Julie Ramisch

The Family and Child Studies (FCS) area welcomed a new colleague! Dr. Julie Ramisch joined our program on August 16, 2012. Dr. Ramisch is in the Specialization of Marriage and Family Therapy replacing Dr. Brent Atkinson who retired in 2012. Upon arriving at NIU, Dr. Ramisch has taught FCNS 383, FCNS 693, FCNS 693, and FCNS 705 in the past academic year and provided her expertise in many areas. She received her Ph.D. from Michigan State University in 2012, Dr. Ramisch has been working diligently on her research and grant projects. We really are happy to have Julie join us in the area.

Gratitude

FCS thanks Dr. Xiaolin Xie for her service to the area as the area coordinator in the past four years. Under her leadership, FCS was able to increase our enrollment and made many advances in both the undergraduate and graduate areas. When I took the position as the area coordinator in the fall 2012, I knew I had a big shoe to fill. Since then, I developed a profound sense of respect and gratitude for the dedication of the area faculty members and the hard working staff at FCNS. Area faculty members are constantly advocating for the students and finding ways to make the learning environment more interesting for the learners. They care deeply for the students and work tirelessly to provide better preparations for our students to succeed in an ever changing global society. I consider myself to be fortunate to work among such devoted colleagues.

Taking the role as the area coordinator is challenging but it is part of a learning process for my personal and professional growth. I have much more learning to do with a sense of gratefulness to all those who came before me. I benefitted from the wisdom they provided. Also to all the students from FCS, you bring the energy and enthusiasm to the classroom and beyond. You also contributed to my growth as a better person and a professional.

Best Wishes for the continued success of the faculty and students in the Family and Child Studies Area.

Dr. Shi-Ruei Sherry Fang
Professor and FCS Area Coordinator

Dr. Prawitz Retires from FCNS



Dr. Aimee Prawitz's 19 year term with NIU ended with her retirement this past May. She performed several important roles as both a professor and a researcher. The School of Family, Consumer and Nutrition Sciences has greatly benefited from her expertise in Consumer Science, and research in the College of Health and Human

Sciences has profoundly advanced due to her dedication.

Throughout her career, Dr. Prawitz taught several courses in consumer sciences including what is now FCNS 343: Family Financial Planning and FCNS 445: Management of Human and Family Resources. She also taught the graduate level research methods course, FCNS 604, for over 10 years. For the duration of her time at NIU, she was heavily involved in FCNS service and committee work, including serving on the University Academic Planning Counsel for 16 years as the CHHS representative. She has also been an incredible resource for numerous students as an academic advisor and a thesis director.

In 2006, Dr. Prawitz's role at NIU became much broader as she was appointed the director of research for the Washington D.C. based Personal Finance Employee Education Foundation (PFEEF), which promotes provision of financial education in the workplace by employers for employees. As her work in this position became increasingly important and research was her primary professional focus, in 2009 she was jointly appointed as Assistant to the Dean for Research in the College of Health and Human Sciences. In this position, which was her favorite while she was at NIU, she worked to mentor mostly new faculty as they moved their research toward publication. In some cases, she also assisted with study design and analysis. Mentoring has been such a fulfilling role for Dr. Prawitz that she has agreed to return to continue being a mentor to faculty in the college during her retirement.

In her own research, which focuses on the effects of financial education on financial distress/financial well-being and on financial practices, she has published over 50

Continued on page 5.

Welcome to FCNS, Dr. Ramisch!



This past year, FCNS has welcomed Dr. Julie Ramisch as an Assistant Professor in the Family and Child Studies (FCS) program. She comes to NIU from Michigan State University, where she completed her Ph.D. program in spring 2012. She is very excited about her new position and believes it has already been a good experience for starting her career. Her

passion for research in particular, is allowed to flourish here as she gets substantial support from her new department. Additionally, she has settled into her new locale nicely and has declared DeKalb a great place for her to live.

During her first semester here, Dr. Ramisch taught several courses, including the undergraduate course FCNS 383: Clinical Applications in Family and Social Services and two graduate level courses. Additionally, she has been working with graduate students through the clinical portion of their program and advises about 12 students enrolled in the Specialization in Marriage and Family Therapy program.

Dr. Ramisch has already received a small grant through the DeKalb County Community Foundation, which is allowing her and her students the opportunity for a unique research project. Since her real interest is in therapy that is specifically designed for families of disabled children, she and her graduate assistant Vednidhi Teeruthroy, have been developing a program that trains student therapists for working with these families to better meet their unique needs. Implementing this training program will allow Dr. Ramisch to utilize her grant for providing about 15 families with 4 free sessions of this special type of family therapy. She's very eager about the possibilities of this project,

especially since it includes a therapeutic component, which she enjoys. Her goal is to better help these families, particularly those who have children with autism. She hopes the results of this project will demonstrate the benefits of this type of family therapy, principally the development of family coping skills.

Part of Dr. Ramisch's blossoming success, she feels, comes from the strong support she has received so far within the department of FCNS. She has really enjoyed "the fresh ideas and perspectives of others," including students and faculty. She's found the office of special projects and the FCNS chair, Dr. Pavkov, are particularly excellent resources for her. She and Dr. Pavkov have worked on research together in the past, when she was a student at Purdue University Calumet and he was her advisor. She was pleasantly surprised to be working with him again as they arrived at NIU together. Dr. Ramisch has discovered that her research endeavors are primarily qualitative in nature but she feels that there is a nice blend of faculty and support here so that she could be successful with whatever research she decides to do.

Dr. Ramisch describes herself as a "small town person" and has decided that DeKalb is quite a perfect fit for her. She feels that NIU has done really well integrating her into university life. Although she considers herself to be introverted, she's joined the DeKalb YMCA and has been participating in Zumba classes there, to become an active part of the community. As an aside, she has a love for senior dogs and has made a hobby of adopting them. Her natural ability to care for these dogs parallels her desire to help families through therapy and students with their growth and development as they go through the FCS program. She is certainly welcomed as a unique and exciting asset to the FCNS team and as a new member of the NIU community.

Dr. Prawitz . . . continued from page 4

articles in peer reviewed journals and conference proceedings. She has made over 50 presentations at national and regional conferences that have mostly focused on financial issues and concerns. Her most recently accepted article titled "Workplace Financial Education Facilitates Improved Personal Finance Behaviors" is to be published in 2014 in the Journal of Financial Counseling and Planning. Additionally, she was part of the national team of scholars who developed the Personal Financial Wellness Scale™ (PFW Scale™), an eight-item, self-report measure of people's perceptions about their current financial situation. Her research demonstrates that financial distress is best measured by determining how a person feels about his or her financial situation, not just by examining income to spending ratios. Development for this tool was finalized in 2006, at the beginning of her appointment as Director of Research for PFEF. Since then, it has been broadly used in the field by over 250 scholars and practitioners in 14 countries.

Among these, her many contributions to research and to NIU, she has also been in nutrition publications as she has assisted researchers and worked as a statistician in that area. Clearly, her career has impacted hundreds of students, researchers, employers, practitioners and faculty in various professional areas. More specifically, the contribution she's made to FCNS is immeasurable and has been an essential part of its development and success.

FCS Alumni Teaches the Benefits of Humor and Play



Mary Kay Morrison, M.A., alumni of what is now the Family and Child Studies (FCS) program in FCNS, is an educator on the neuroscience of humor, with over 30 years of experience as an educator. She has two published books, serves on the Board of Directors for the Association of Applied and Therapeutic Humor (AATH), directs the

international AATH Humor Academy graduate study and certificate program and is the founder and director of Humor Quest- her own company dedicated to bringing humor to classrooms and lives around the world.

Ms. Morrison first graduated from NIU in 1968 with a degree in Early Childhood Studies, now FCS, from the Department of Home Economics, now FCNS. She went on to earn an Elementary Education Certification and her M.A. in Adult Education, also from NIU. Afterward, her career began as a kindergarten teacher but has since broadened and developed in a way she hadn't expected. Her background in education is extensive and diverse. It includes educating adults at Kishwaukee College, facilitating gender equality programs through the Illinois State Board of Education, and improving schools by implementing "No Child Left Behind" through the Regional Office of Education in Rockford, and much more. These experiences gave her first hand knowledge of what works best for facilitating learning. In particular, her time as an educator has taught her about the power of play and laughter.

Her interest in neuroscience and its connection to learning began with a curiosity about education for kids with special needs. She began by attending workshops on how the brain works and became educated in the new field of neuroscience. Her background in adult education, founded in counseling and psychology, and her experience working as an educator culminated with her new knowledge of the brain to set her on a path to bring humor into the lives of educators and laughter to their students.

She has been incredibly active as an educator on the neuroscience of humor. Her two books, "Using Humor to Maximize Learning; Exploring Links between Positive Emotions and Education" and "Using Humor to Maximize Living" are being used as texts for the study of humor at several universities and are both available at NIU's Founders Memorial Library. She also uses both as texts for the international AATH Humor Academy graduate study and

certificate program that she teaches as part of an intensive research-based conference, for graduate credit. "Students from all over the world attend this course and anyone can benefit from it," she said as she described the course. She founded and directs the course through AATH, which is an organization for people from all walks of life that wish to study humor and its benefits. "The original Patch Adams was a part of this association," she said, explaining the diverse composition of the association "we have neurohumorists on the board as well as a former navy officer who teaches humor to wounded veterans and several doctors." Ms. Morrison has volunteered as AATH conference chair from '09-'11, is currently on the Board of Directors and is 2015 President-Elect.

Humor Quest, Ms. Morrison's own professional outlet for educational services, offers unique workshops and handouts for "Using Humor to Maximize Living" and other uses for the study of humor. Ms. Morrison's work has been published in Psychology Today and other journals and she has appeared on several television broadcasts. Her unique work in this field is gaining attention as the field becomes more established. There have been recent discoveries about the benefits of laughter, including its ability to fight depression and its role in recovery processes. "Humor can be used in all aspects of life," she says, "even in the grieving process- you know you are learning to heal when you can laugh about something." Her studies have taught her that laughter releases pain, evokes strong emotion and puts information in long-term memory. She's also a strong advocate for the evidence-based power of play, especially in early childhood education but essentially throughout the lifespan. "I believe play should be integrated and humor should be used in the assessment process as it can be linked to every aspect of the learning process," she stated. Her strong belief in the power of play affects her own personal practices as well. "I think you're never too old to play," she declared, as she then described how she incorporates play into her lifestyle by swinging at playgrounds, pogo-sticking and jumping on trampolines. The optimism and energy that comes from play and humor are what she advocates for and works to help people develop. She sees herself as a pioneer, fighting to keep smiles on people's faces, especially at school because "education becomes more and more content driven but the process of getting through content needs to be through play and laughter." Her successful career has aided people all over the world in improving their own humor practice.

By globally spreading the happy truth about the power of laughter, humor and play, Ms. Morrison has brought smiles to the faces of thousands and has put a proud smile on the face of NIU, her alma mater.

The Child Development Lab (CDL) Provides Students Unique Opportunities

The mission of the CDL is to 1) provide students with a supportive mentoring experience to enhance their understanding of young children and their families through observation, participation, and research; 2) facilitate faculty and students' research in child development and early childhood; and 3) provide an exemplary model of care and education for children from families whose parents are students at NIU, work at NIU, or live in the community. The CDL was able to meet its mission in a variety of ways by training practicum students on use of a screening tool, serving as a clinical site for nursing students, maintaining accreditation, and achieving a four-star rating through the Illinois Quality Rating System, an achievement only 1% of star rated centers have accomplished.

During the fall 2012 semester, practicum students were trained on how to administer the Ages and Stages Questionnaire (ASQ). The ASQ is a developmental screening tool utilized by early childhood professionals, physicians' offices, and pre-k screening programs as a way to see how children are progressing and identifying any red flags in a child's development.



A Practicum Student provides preschool student with paper, scissors, pencil, and crayons to screen fine motor development.



A Practicum student screens a child's problem solving capabilities using a set of small blocks.



A nursing student talks to a preschool student about medical equipment and how to use it.

The CDL received official notification of achieving a four star rating through the Quality Rating System in January 2012. The CDL staff was happy to start of the year with such a big accomplishment! The CDL received the Quality Counts Grant in February which assisted in maintaining a high quality learning environment. The CDL received just under \$4,000 and was able to purchase a variety of age appropriate equipment and furniture.

NIAEYC

The Northern Illinois Association for the Education of Young Children (NIAEYC), a student satellite of the National Association for the Education of Young Children, from fall 2012 through spring 2013 sponsored a winter clothing drive for the homeless shelter in DeKalb as well as raised money for new books for Head Start Agency in Sycamore. We set up a bake sale on NIU campus selling good healthy treats and some sweet treats. From the bake sale, Head Start was able to buy 28 new and exciting books from the Scholastic Book fair held at a local child care center. All FCNS students are encouraged to join the NIAEYC student satellite and we are hoping to grow our numbers this coming year.



Nutrition, Dietetics, and Hospitality Administration

Coordinator: Josephine Umoren, Ph.D.



Greetings from Nutrition, Dietetics, and Hospitality Administration

NDHA began the school year on a celebratory note. At the undergraduate level, our DPD program and at the graduate level the dietetic internship were both granted ACEND accreditation status for another ten years! The site visits were conducted in April 2012 and we were notified in September 2012 about our accreditation status. Great news indeed! However we are not resting on our laurels we continue to work to improve and strengthen our programs.

In addition to this very exciting news we welcomed a new FCNS Chair, Dr. Pavkov. Not only did we have a new chair but our college also welcomed a new Dean. So we experienced change at all levels of our administration. They both arrived in July 2012 just in time to start work on the FCNS program review. The coordinators began writing the program review in September 2012 and continued through spring 2013. The final document is due March 2014 and requires lots of writing, meetings, and input from various constituents within the school, college and university. Thus this academic year started on an exciting note but turned out to be a very busy year.

In fall 2012 Dr. Beverly Henry came back from her year-long sabbatical. We were still down one faculty as Dr. Ozier was still on her sabbatical leave. In spring 2013, Dr. Beverly

Henry took an administrative position. She is now the college of Health and Human Sciences Associate Dean of curriculum. Now a search for her replacement is underway.

More exciting news! In recognition of the growth in Hospitality, the emphasis received a new faculty line. The hospitality emphasis was revised to accommodate the growth, student and industry needs. The revision resulted in development of two areas of study, 1) Restaurant Management and Event Planning and 2) Hotel, Lodging and Tourism. The HA faculty (Dr. Li and Dr. Myung) revised and developed new courses for the two areas of study, and wrote and prepared a position announcement for the new position. We anticipate both the new faculty and the new Hospitality curriculum to be in place by fall 2014.

A good thing about writing reports for program review and accreditation is that it helps you examine the assessment results in more detail. Based on these results, the nutrition and dietetics emphasis revised the emphasis so that students can elect to earn their B.S. degree with or

without DPD verification. To reflect this change the nutrition and dietetics emphasis was changed to *Nutrition, Health and Wellness*. As with the Hospitality emphasis, this required new course development. One new course, *Nutrition and Community Food Systems* was offered this summer by Dr. Beverly Henry and Joan Quinn as a workshop.

To sum up, I am writing the self-study for the program (Nutrition, Dietetics and Hospitality Administration), we are revising both emphases, creating new courses and have two searches going on! A busy year indeed! Oh we continue to grow.

We thank you for your continued support and we want to hear from you all the time to learn what you are doing so please let us know.

Dr. Josephine Umoren,
NDHA Coordinator

Dietetic Internship News

The dietetic internship (DI) program at NIU has been established for over 20 years. It received full accreditation for the first time in 1994 and thanks to Nancy Prange (DI program director) and the many interns, graduates, faculty, preceptors and administrators who participated in last year's accreditation, it will continue for another 10 years. In 2012, the DI program sought full accreditation from the Accreditation Council for Education in Nutrition and Dietetics (ACEND) for a degree granting Dietetic Internship with a Community Nutrition and Health Promotion concentration. The 10-month process of preparing for the accreditation was worth it, as this past April, ACEND visited NIU, liked what they saw, and passed the program. The DI program is housed in Nutrition, Dietetics and Hospitality Administration (NDHA) in the School of Family, Consumer and Nutrition Sciences (FCNS), which is located in the College of Health and Human Services (HHS). ACEND determined that the facilities and resources within these departments met, if not exceeded, those needed to continue the DI program. They cited the "strong support from administration at all levels, Chair, Coordinator, Dean and Provost" as a strength of the program. The internship includes participation at a variety of on and off-campus locations, some of which ACEND visited including Neptune Dining Hall (a food service rotation site), Kishwaukee Hospital (a clinical rotation site) and HyVee Grocery (a community rotation site) where they met with the primary preceptors and some of the interns. ACEND noted strengths related to the program's rotation sites such as "Clinical, community and foodservice preceptors who are committed to training interns" and

"Flexibility for interns with the ability to participate in community rotations of their choice." These are incredibly strong pieces to the program that not only allow for accreditation but also bring interns from across the country to get a unique experience that's grounded in support from both the institution and the community. The program wouldn't be what it is without its director, Nancy Prange, who puts all the pieces together. She has been directing the program for 4 years and absolutely loves what she does. ACEND saw her passion for



the program as a strength and cited her as an "Innovative, creative and organized Program Director." She was able to come into the already well-established program and keep it consistently evolving into a stronger experience.. She is very excited about what her interns are doing and how the program is developing. Several changes have happened over the past year, including the addition of 300 internship hours from the already 900 required, making a 1200 hour requirement part of the program.

With this change came a new rotation known as the lifecycle rotation, which utilizes contracts that were previously part of the community rotation, the NIU campus REC and WIC (Women, Infants and Children) programs, as well as two new contracts with the DeKalb county school system and Oak Crest retirement community. The lifecycle rotation is allowing interns to experience working with people to establish healthy diets and lifestyles at every age, through the various stages of life. The two new contracts are providing the interns with particularly important experiences, as well as giving back to the community. The DeKalb county school system's participation is particularly exciting as it is integrating the interns into a new program called CATCH (Coordinated Approach To Child Health), which is a collaboration between the county school districts, NIU, the hospital, the YMCA and the Live Healthy DeKalb County Initiative. The interns are grouped with other NIU students from the School of Nursing, Public Health and Kinesiology & Physical Education to teach students at various grade levels about health. To promote healthy living, each intern and their multi-disciplinary group, visits local schools to give short lessons with messages about nutrition education, increasing physical activity and reducing screen time. Eventually, these lessons will be fully adapted to meet the needs of everyone involved. This summer, the stakeholders are conducting a "CATCH Academy" which will focus on tying the CATCH lessons together with the learning standards teachers already have in place in their classroom curriculums. Looking forward, PE teachers and lunchroom staff will be attending future CATCH Academy sessions to establish a truly

Continued on page 11.

NIU Students Help to End Hunger:

One Step at a Time

This past year, FCNS Instructor Joan Quinn, MEd., RD was the liaison between the community coordinators the DeKalb Sondra King Memorial CROP Hunger Walk. The walk is a community-wide event held on the 3rd Sunday in October. In 2012, NIU students really stepped up to help raise funds, promote the event, make healthy snacks for participants, coordinate the walk and participate in walking. Professor Quinn's Global Food and Nutrition Issues course, FCNS 406, was deeply involved. Students in that class raised over \$600 for the effort to feed food insecure and hungry people both internationally and locally. Participation in this event gave students a hands-on opportunity to help in the fight against world hunger. The Student Dietetic Association (SDA) and the NIU student chapter of Bread for the World were also active in making the NIU presence felt at the event, which is named in memory of the late Dr. Sondra King, a retired associate professor in FCNS who was a champion in the effort to feed hungry mouths across the world. NIU student participation in this event has kept her memory and her efforts going.

For more information, visit: hunger.cwsglobal.org.

"It feels really good to be out there walking with a bunch of people that are interested in this particular subject of hunger, malnutrition and food insecurity. The funds that are raised are really well used by Church World Services and it's one of the most upbeat events that you're ever going to be involved in, it's really fun," said Ms. Quinn

Filling Empty Bowls

This past school year, NIU completed its 15th annual Empty Bowls project. The Empty Bowls project is an international grassroots effort to fight hunger and thanks to Joan Quinn, who brought the project to NIU 15 years ago, it's also a local effort. The Student Dietetic Association (SDA) coordinates the whole event. The ceramics department at NIU donates beautifully handcrafted ceramic bowls, local businesses make raffle donations, bread is donated and the SDA makes tremendous homemade soups. The day of the event, NIU students from SDA, Bread for the World NIU Student Chapter and other student volunteers have clean bowls and hot soup set up in the Chandelier room, 143 Adams Hall. People come in and they pick out a bowl and they pay \$15 dollars for that bowl and they can have as much soup as they want in that bowl. The bowls provided by the ceramics department come in all shapes, sizes and colors and are truly beautiful ceramic pieces. There are also donations of bowls from a local high school. "The premise is that

they are supposed to take that bowl home with them and always remember that there are empty bowls somewhere" says Joan Quinn. This year's menu included chicken noodle, broccoli-cheddar, vegan minestrone and taco twist soups, as well as a variety of breads and beverages. The option to eat and drink without receiving a bowl is available for \$10. There are two seatings, 4:30 and 6:00 and all proceeds benefit Hope Haven in DeKalb. This past year over \$2,000 was raised.

Bread for the World

The NIU student chapter of Bread for the World has been stronger this past year than it's ever been, according to Joan Quinn. "Bread for the World is a nation-wide Christian movement that seeks justice for the world's hungry people by lobbying our nation's decision-makers." The student organization is relatively new. It started as a branch from the DeKalb community chapter, which has since dissolved with the passing of Dr. Sondra King. This past year the NIU chapter has done a variety of activities in the community including volunteer days at the food bank, bake sales, helping with Empty Bowls and the CROP Walk and participating in a Feeding America event for creating ration packages to be sent overseas. They also had a very successful letter writing campaign, where they encouraged students to write emails to their congressmen and senators to gain support for pieces of legislation that will affect world hunger. This year, there were over 200 hundred letters generated. One reason for this year's exceptional involvement is the level of commitment from the student president, Christie Nagel, a recent graduate of the undergraduate dietetics program at NIU. She will be attending NIU in the fall as a graduate student and dietetic intern.



Dietetic Internship News . . .

continued from page 9

coordinated effort for the health of every child in every district at every grade level. The superintendent, Jim Briscoe, has been onboard from the very beginning and with his support and Nancy's enthusiasm, the DI program will continue to benefit from participation in this project, which "as it really gets integrated is going to be fantastic." –Nancy Prange, Dietetic Internship Program Director.

The other new site is the Oak Crest Retirement Community, which allows the interns a chance to work with people ages 55 and older that require varying levels of nutrition care. Many of the residents live in townhomes or apartments, where they connect with each other and participate in classes and activities together. Interns provide nutrition education to these residents. They also get a chance to experience nutrition care at Oak Crest's assisted living and long-term care facilities. These experiences are invaluable as the interns gain exposure to the various aspects of the field of nutrition and dietetics. These changes have added to the valuable experience provided by the DI program, which prepare interns for the national Registration Exam and of course, the profession. With the accreditation and the lifecycle rotation, 2012 saw 8 summer graduates, 4 fall graduates and a 100% pass rate on the Registration Exam. Also, 14 new interns were accepted into the program.

Hospitality Administration Updates

Mark Workman – Chair-Elect of HA Advisory Committee



Mr. Mark Workman is the new Chair-Elect on the Hospitality Administration Advisory Committee. Mr. Workman graduated from the University of Akron with a BS in Human Resources. He began his hospitality career as a night auditor at Holiday Inn Downtown Akron and moved up to general manager, regional director and then vice president of operations at Red Roof Inns/Accor North America. He transitioned to La Quinta and assumed the role of the Regional Vice President the Executive Vice President of Operations overseeing the company's 200 properties in the eastern half of the country. In January of this year, He moved into the role of the Asset Manager for a new portfolio of hotels recently acquired by the Blackstone Group, which is the parent company of La Quinta.

Ross Barker– Mentor of the Year



The goal of the mentor program is for the students in the hospitality program to gain knowledge about the industry and develop their career paths by learning from industry mentors. The mentor program is offered in the fall semester. Students are selected through an application process. Dr. Eunha Myung paired the hospitality industry professionals with students whose interests match mentors' professional areas. In 2012, seven students participated in the mentor program in the areas of lodging operation, and meeting and event management. Mentors were managers or senior managers from Omni Hotels Chicago, Q-Center, Schaumburg Renaissance Hotel & Convention Center, Chicago Marriott O'Hare Airport, Chicago Downtown Marriott, and Hotel Hyatt Regency Chicago.

Based on students' mentor evaluation report and survey, Ross Barker was selected as 2012 mentor of the year. Ross has worked at Marriott for 13 years and currently is the Director of Event Management at the Chicago O'Hare Marriott. Ross also holds the CMP industry certification and currently leads the Chicago Event Council for Marriott which meets quarterly with all event leaders for Marriott in Chicago.

Honor Capstone Project

Gina DeFano and Christina Allen completed their honor capstone project entitled: "Challenges and Opportunities of Hospitality Administration Program in Illinois Higher Education" under the supervision of Dr. Lan Li and Dr. Eunha Myung. They presented their research findings at the HA Advisory Committee Meeting in April 2012 and committee members had very positive responses to their presentation. Both Gina and Allen graduated with honors in May 2012. Gina is now a resort service manager at Disney World and Allen is a regional sales manager for Marriott International.

Continued on page 12.

Hospitality Administration Updates . . . continued from page 11

The Hospitality Ambassador Program

Dr. Lan Li, Ms. Samantha Schneider, SHA president and Ms. Michelle Teta, PCMA President developed the Hospitality Ambassador Program in 2012. The Hospitality Ambassador Program provides students opportunities for professional development, recognition, and peer support through activities supporting the university and broader community. The mission of the program is to promote the hospitality profession and learning teamwork while preparing students for positions in the hospitality industry. On Nov. 29, 2012, Hospitality Ambassadors had their first event by hosting a campus visit of 30 high school students from Kishwaukee Education Consortium. The Ambassadors presented the high school students the career opportunities of the hospitality industry and introduced the hospitality administration program at NIU. The Ambassadors took students touring the food lab and guest room in Holmes Student Center Hotel. The visit ended with a lunch at Ellington's where visitors saw how a student-run restaurant was operated. 2012 Hospitality Ambassadors are:

Preeti Hinglokwal
Stephanie Schwartz
Michelle Farr
Kistin Ihrke
Laura Schoer
Lauren Kening
Sarah Crost
Michelle Teta
Samantha Schneider

J. Willard and Alice Marriott Foundation Scholarship Recipients

Jeffrey Grezlik and Angela Skrzypiec are the recipients of J. Willard and Alice Marriott Foundation Scholarship in 2013-2013.

Recruitment Day

HA Recruitment Day was held on Feb 16, 2012 and Feb 4, 2013. 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:

Marriott	Goose Island
Hyatt	Kane County Cougars
Q Center	La Quinta LLC

Professional Convention Management Association NIU Chapter

In August 2012, PCMA, a new student association in Hospitality Administration, started as a NIU student chapter. PCMA is the leading organization for meeting, event, convention, and tradeshow industry professionals throughout the world. As a member of PCMA, our students gained many benefits such as building relationships with industry professionals, as well as practical experiences like organizing events and community service projects. In addition, our PCMA students have been involved in several events such as 2012 GMC PCMA Student Program Conference at NIU Convention Center Naperville, 2013 Great Midwest Chapter PCMA March Education Program, FCNS faculty retirement party planning and coordination, and three fundraising events. The students also were able to access numerous networking resources by attending the association meetings and inviting industry guest speakers. The 2012-2013 PCMA executive members are: President: Michelle Teta, Vice President: Clifford Hight, Secretary: Candice Henderson, Treasurer: Kristy Kumm.

Hospitality Administration Alumni Updates

Christina Allen (2012), is a Sales Manager at Marriott International
Ryan Baron (2012) is the Assistant Front Office Manager at Tan-Tar-A Resort
Jennifer Kurland (2012) is the Program Coordinator at ACCESS Chicago
Emily Capone (2011) is the Resort Assistant Manager at The Four Seasons Maui.
Petros Papatheofanis (2011) is the restaurant manager of Sable Kitchen & Bar, Chicago
Racheal (DeMoss) McInerney (2008) is now the Catering Sales Executive at Marriott International

Hospitality Administration alumni, please contact Dr. Li at lanli@niu.edu to update your current information

EDOC Graduate Treating Eating Disorders at Linden Oaks



Two time NIU graduate Megan Raupp MS, RD, went through both the undergraduate and graduate Nutrition and Dietetics programs offered through the department of Family, Consumer, and Nutrition Sciences (FCNS). She recently completed her Master's degree and Dietetic Internship in 2012.

Notably, she completed the

Eating Disorders and Obesity Certification (EDOC) and received the Nutrition and Dietetics Outstanding Dietetic Intern Award, while at NIU. Currently, she is employed as a Registered Dietitian (RD) in the Eating Disorders Program at Linden Oaks Hospital at Edward in Naperville, IL. Additionally, she is the sole RD who completes nutrition programming at Arabella House, which is Linden Oaks' transitional living group home for women undergoing treatment of an Eating Disorder. She feels extremely lucky to have landed her "ideal job" immediately after becoming an RD and offers advice to current students who are interested in pursuing a similar career.

Not long ago, Megan Raupp, MS, RD, was Megan Laurent, dietetic intern and graduate student. Before that she was an NIU undergrad in FCNS, hoping to land an internship at NIU after graduation. Recently married, she's changed more than just her last name. Her hard work during her student years paid off and she is currently working at her dream job as an eating disorder specialized RD. Previously her preceptor, Jane Verik, RD, was impressed with her work as an intern and is now her colleague. Mrs. Raupp's since-high school goal of working with people who struggle with eating disorders has been accomplished. As I talked with her, it seemed she had so much to say about all that she does at Linden Oaks and Arabella House that she would never be able to fit it into one conversation. Her passion is evident and inspiring, especially to current FCNS students.

Linden Oaks offers inpatient, partial hospitalization (PHP), and intensive outpatient (IOP) treatment, as well as transitional living at Arabella House. There are 14 beds for those with eating disorders who qualify for the most intensive treatment. Mrs. Raupp is part of a multidisciplinary team that works together for treatment of these patients. Outpatient clients are treated in a separate location but undergo similar therapies. The goal of the treatment team is to meet the client where they are in their recovery process. Mrs. Raupp's role with these clients is to develop individualized meal plans, monitor weight progress and

trends, role model healthy and balanced meal time routines, individual nutritional counseling, facilitating a nutrition education group twice a week and "practice foods" group, where she helps them normalize their view of foods to work toward a diet where all foods fit, without leading to eating disorder behaviors. The clients she works with in these settings are very diverse- all ages, genders, ethnicities and levels of socioeconomic status. Her clients at Arabella House are less diverse- all women, typically teenage to late twenties, Caucasian and middle-class. The house has an 8 person capacity and has been open since 2007. It is unique because their program allows patients to "taper off" their stay at Arabella house as their treatment progresses. Mrs. Raupp's role in working with these clients is extensive, as she is responsible for helping them learn and apply the food-skills they will need to be successful when they leave the treatment process and become one hundred percent responsible for their own recovery. She works with them to make shopping lists, visit the grocery store, cook, eat at restaurants, and eat as a group. Additionally, these clients get extensive therapy and participate in group activities such as nutrition education, equine therapy, exposure therapy, menu planning, volunteering and healthy and normalized fitness. Mrs. Raupp is an essential part of the treatment team and thoroughly enjoys her role at Arabella House. She stated that "when dealing with this population there can be many struggles and mentally/ emotionally draining situations that occur, but once the clients begin to reach their goals and start working towards recovery it can be very rewarding; where the pros outweigh the cons." She particularly loves when she experiences a client who becomes very engaged in her treatment and utilizes the program to her advantage. One of the key components to success for these patients, and Mrs. Raupp's ability to perform her job as needed, is presence of the good working relationships within the multidisciplinary team. She relies on doctors, nurses, therapists and behavioral health associates as they rely on her and the other dietitian. This is so important, she says, because "Eating Disorders are biopsychosocial disorders; meaning they are derived from the mind, affect all physiology of the body and impact all social interactions." Every person brings their scope of practice to the treatment process. However, Mrs. Raupp does have some knowledge of psychology, as she took several psychology courses as an undergraduate at NIU. She feels that the multidisciplinary approach empowers the treatment team so that "any situation that arises can be handled appropriately."

Continued on page 14.

NIU Hospitality Administration Featured Alumna



Rachael DeMoss graduated from NIU's Hospitality Administration (HA) program in 2008 and has had a number of professional experiences since. Currently, she is Catering Sales Executive at Lincolnshire Marriott Resort North Shore Chicago. She attributes her success in part to her experience in the HA program, which prepared her

by providing her with exceptional experiences, resources and opportunities.

Rachael's interest in the industry began in high school, when she was an employee at Chuck-e-Cheese, a job that she loved. Her passion for planning parties and events was noted by a career counselor who advised her to follow her current career path. Although Rachael still loves planning social events and occasionally gets an opportunity to do so, her current focus is working to make corporate events a success. Her passion for planning is really about the people she's planning for because their events are important to them. "I love helping other people be successful" Rachael said. She has discovered that building a relationship with clients to effectively make their event happen is her favorite part of the job.

While at NIU, Rachael's experience in FCNS 320 the food production, service, and management course, was invaluable. In that course, she learned the importance of working as a team to give the customer the best experience as well as getting hands-on experience with how to run a food service operation (the course takes place in Holmes Student Center at Ellington's). Her participation in this course especially prepared her for the required internship, which she completed with the Holmes Student Center. She

worked with the Holmes Hotel, banquet and catering and at Ellington's. The internship proved to be an exceptional opportunity for Rachael and she recommends that HA students get as involved with Holmes Student Center whenever possible, especially with banquets and catering.

While at NIU, Rachael was part of the HA mentoring program, which connected her to the Human Resources department at Hyatt. She found that connection, provided by Dr. Li, to be instrumental in getting her first position after graduation, which was with Hyatt. While she was with them she was first a corporate management trainee with a focus on food and beverage. During that time she spent six months shadowing in every department Hyatt had, which provided her with a full perspective of their services before she was promoted to Assistant Food and Beverage Manager. She also worked as the Catering Manager before leaving Hyatt in November, 2011. She became the meeting planner for CDW, a leading provider of technology solutions for business, government, education and healthcare. Her experience working with clients in a corporate capacity grew as she developed her skills for marketing services, which she explains is really "selling an experience." Her position at CDW paved the way for her current position at Marriott, which she's had since February.

Rachael's enthusiasm for her career path is evident. She feels that NIU's HA program has prepared her to achieve her career goals, which she is certainly on a path to accomplishing. According to Rachael, HA has a lot of great resources and she has remained in contact with Drs. Li and Myung, whom she still considers valuable resources. While at NIU, Rachael decided to take every opportunity she could to gain hands-on experience. She advises current students to do the same by working at a local restaurant, hotel or catering. For Rachael, HA is a "fun but tough" choice due to the long hours and required weekend and holiday hours. "You have to love what you do" she says, and there is no doubt that she does.

EDOC Graduate . . . continued from page 13

Mrs. Raupp's encouraging advice to current dietetic students is simply to get experience however possible and take advantage of the knowledge base within FCNS. She believes that the nutrition and dietetics faculty are open to answering questions about oral comps, the RD exam and anything else a student may have questions about. Additionally, when it comes time to start thinking about jobs, she recommends utilizing career services, as they have a lot of help to offer including workshops on interviewing, resume building and how to move from school-life to work-life.

Megan Raupp, MS, RD, has spoken for the West Suburban Dietetic Association and high schools regarding eating disorders. She will be speaking this fall at the Chicago Dietetic Association and North Central College. Long term, she hopes to open a private practice to work with those suffering from eating disorders, as well as any other nutritional concern. For now, she believes her career is exactly where she'd like it to be. Her achievements are inspiring and she is a wonderful example of how FCNS can perfectly prepare dietetics students to follow their dreams.

Nutrition and Dietetics Alumni: Proprietor of MedFitness



Mr. Richard Wolff, RD, completed his undergraduate studies and dietetic internship at NIU in 1988. He finished the coordinated undergraduate program (CUP) in dietetics, which is now offered in FCNS as two separate programs, then gained professional experience as a Medical Nutrition Therapist at

Advocate Sherman Hospital in Elgin. Soon after, he went on to become a Behavioral Health Educator at Health Management Resources (HMR), a national healthcare company specializing in lifestyle medicine. Through HMR, he taught classes and coached obese patients within the medically supervised weight management program at Cadence Health - Central DuPage Hospital. Additionally, he was a managing partner of Wolff Fitness; a family owned and operated fitness business with centers in Elgin, Hampshire, Geneva and St. Charles for 21 years. In 2009 Richard purchased Wolff Fitness of St. Charles and founded MEDFITNESS. He has been devoted to making MEDFITNESS the best it can be ever since.

Mr. Wolff loves to teach and his company operates on the premise that people can learn how to improve their health by making simple changes in their lifestyle. MEDFITNESS is a personal training company that specializes in building healthy lifestyles by providing their members with supervised strength training and weight management coaching. When the St. Charles studio first opened, many members voiced their concern that the cost of the appointment-based training wouldn't allow them to continue. In response to his members concerns, Mr. Wolff redesigned the way his company operates. MEDFITNESS now offers their trademarked "membership-based personal training." Through this model a member pays approximately \$99/month for personal training, which is significantly less than the previous appointment-based model. This new model eliminates the need for scheduled appointments, allowing members to work out with a trainer when they want. Mr. Wolff has been able to follow this innovative model by creating a proprietary "supervision system" and training his team to be capable of working with multiple members at the drop of a hat. "This model allows the average American to experience the benefits of supervised strength training

without spending a lot of money or having to be overly scheduled," he said, as he explained the "member-care" mindset that his business is founded on. Mr. Wolff and his team are extremely dedicated to the process. "Our goal is to serve the community," he stated with conviction, "and I like seeing the whole system work." He described how a person could come try the MEDFITNESS Workout and immediately start feeling better. Once that person becomes a member they often refer family and friends to MEDFITNESS. Through this process healthy lifestyles and communities are created.

Although Mr. Wolff always knew he wanted to work towards promoting health and wellness, he hadn't always known he'd become what he is today. He believes that "pursuing your passion and doing what you love for a career [...] will give you the energy and drive you need to do well." He is an exceptional role model for this advice, as he is equally energetic and passionate about his work at MEDFITNESS. With that in mind, he offers alternative words of wisdom that ought to be considered within the context of the current economy- "Take opportunities to gain general professional skills," he advised, "get to work first and keep your eyes open." With sound reason he offers the following consolation to current FCNS students: "You don't have to have it all figured out when you graduate." For many students and recent graduates this is likely to be reassuring guidance, especially coming from a successful registered dietitian and entrepreneur, who has found a career that fits him perfectly.

MEDFITNESS operates with several core values that support the work they do. One of those values is "continuous improvement." Since the founding of the company in '09 MEDFITNESS has made over 600 improvements to their business model and strives to get better every day. Mr. Wolff's incredible ability to motivate people fuels the desire for continuous improvement. To students and new members, he offers the basic motivational statement- "this is the beginning of your learning." He suggests that there is an incredible amount of opportunity, particularly in the public health arena. If you're committed to doing good work and take advantage of available resources, you can do what you love for the rest of your life. "It's an ongoing process," he shared, "I'm still learning every day." Mr. Wolff will continue to learn as he inspires clients, students and his team for years to come. His energy, encouragement and willingness to grow will continue to promote hope that good things exist as he motivates people to work in the direction of their dreams.

Textiles, Merchandising and Educational Services

Coordinator: Bette Montgomery, Ph.D



Greetings from Textiles, Merchandising and Educational Services

A commitment to our NIU students remains strong in each of our programs within the School of Family, Consumer and Nutrition Sciences.

Textiles, Apparel and Merchandising

The Textiles, Apparel and Merchandising (TAM) program continues to be committed to preparing students for careers in the fashion industry. To fulfill this commitment, a Textiles, Apparel and Merchandising (TAM) advisory board meeting was formed and a first meeting held on April 18th, 2012. This board consists of both industry professionals and community college representatives. The purpose of the advisory board is to serve as a resource in the professional development of students majoring in the TAM. It is anticipated that board members will provide support in one or more of the following areas:

- Development of essential learning objectives and experiences for students enrolled in the program in keeping with industry developments and changing needs.
- Overall program quality and competitiveness with comparable programs in the geographic area.

- Student recruitment and retention, program visibility, and community involvement.
- Guidance toward additional resources and/or opportunities that will advance students' professional development.

After the advisory board meeting, members were invited to attend the "Kohl's Kotour" fashion show sponsored by Kohl's Department Stores. The fashion show was organized by students in the Fashion Industries Organization (FIO) (advised by Ms. Nicole Weiler).

Family and Consumer Sciences Education

Over the past academic year, FACS education curriculum has been revised in order to meet the requirements of the new Illinois Professional Teaching Standards. The standards place further emphasis on addressing the learning needs of diverse adolescents, and using assessment to make data-based decisions in order to improve student learning.

In addition to meeting state standards through college course work, teacher candidates are also required to pass the Test of Academic Proficiency, the FACS Content Test, and Assessment of Professional Teaching test. As well, NIU has begun to prepare candidates for the Teacher Performance Assessment (edTPA) in which the candidate develops an in-depth portfolio focuses on the tasks of planning for instruction and assessment; instructing and engaging students in learning; and assessing student learning.

Our commitment to our NIU students continues as we enter the next academic year and we look forward to future program developments and growth.

Dr. Bette Montgomery,
TMES Area Coordinator

Fashion Industry Organization Contributes to the Community



The Fashion Industry Organization, FIO, had an amazing and exciting year including re-writing their constitution, industry trips, workshops/seminars, volunteer events, and an end of year Fashion Show with Kohl's! The members teamed up to make changes to the Organization by gaining a clear focus and goals in order to lead change and create an environment of passion, excitement and most of all ways to network in their industry and create relationships to help them become leaders in their careers. The FIO members took some industry trips including attending a Styling Event at the Sears Holdings headquarters, going to Chicago to "Career Days," at the Merchandise Mart, and networking with professionals. FIO also decided to take charge and do independent research of their own by creating PowerPoint presentations on "How to Find a Job, and Where," "What

Careers are out There," and "How to Dress for an Interview." These presentations were all created by the board of FIO and presented to the members in order to have interactive learning, including discussions and debates about their industry. Volunteering has become an important aspect in big corporations in order to create a team environment as well as help employees to get to know each other. The FIO Members made cards for the children of St. Jude's Hospital for Christmas and in the spring took the train to Chicago to help underprivileged girls pick out their prom dresses. FIO held a donation event in the Holmes Student Center to collect the Prom Dresses to donate. The members then took the train to Chicago for the day and helped setup a space, creating a shopping experience for the girls. As the doors opened and filled with young high school girls, all hoping to find a dress to wear to their prom, FIO members were ready to help and they had an experience they will never forget.

FIO finished up the year by working on a Fashion Show. The show focused on what to wear to work

or interview based on the type of company, and the clothes were all donated from Kohl's. The students did everything for the show including, finding sponsors/vendors, models, picking out the clothing by category, lighting, music, and in the end creating a "red carpet" event with over 150 people. The Fashion Industry Organization is excited about this upcoming year. The planning has already begun and includes more industry trips to Chicago, workshops on how to write a resume, network with professionals, industry speakers, and having an overall focus on interactive learning to prepare for their future.



FCNS Graduate Students Work Toward Success

Marriage and Family Therapy Program – Vednidhi Teeruthroy



Vednidhi Teeruthroy, known as “Geerish”, is a second year graduate student in the Marriage and Family Therapy (MFT) program in FCNS. He is an international student who came to NIU from the small island of Mauritius, which is located in the Indian Ocean off the coast of Madagascar. He has appreciated

his time in the U.S. so far and truly feels that NIU has been the right place for him. In particular, he feels that the people in FCNS have made him feel welcome and are very helpful. For over a year, he has been working as a graduate assistant to Dr. Julie Ramisch. This year, he will begin working at his internship. His own research interests are in Adult Attachment Theory and part of his decision to come to NIU for his graduate work was based on Dr. Shi’s research. Dr. Shi has been researching attachment and using very similar measurement tools to those that Geerish is hoping to utilize for his thesis project. By working with Drs. Shi, Ramisch and Surjadi, he has been able to learn a lot about his thesis topic. He’s also learned a lot from integrating himself into FCNS and the NIU community overall by getting to know various faculty members, fellow students and programs that NIU has to offer.

Geerish is currently in the process of writing his thesis proposal for a project that will explore how romantic relationships are affected by individual perceptions of the relationship between one’s parents. He plans to use questionnaires to collect data from around 300 participants. Based on his findings in the literature thus far, he hopes to find that stronger relationships and better coping strategies correlate with positive perception of the parental relationship.

Coming to the US has been a very positive experience that he didn’t necessarily expect. “I’ve met really wonderful people, I wouldn’t have believed it,” he said as he talked about his experience, “I think that’s been the best part of it.” Though he applied at schools across the country, Geerish is happy with his decision to move to DeKalb and attend NIU. He believes the administration, faculty and his classmates have been extremely helpful and genuine. “They’ve really wanted to help me, not just because it is part of their job,” he said, smiling. Also, he feels that the high quality experiences he has had here have been very beneficial. He described the unique transitional practice experience that he will be getting and how valuable that type of supervised practice is to him; “I wouldn’t have had that opportunity, to get field experience, and academics aren’t the only thing.”

Other experiences have also made Geerish feel that coming here was the right choice. He’s attended the Network of Nations’ International Café that is held for international students by American families at Immanuel Lutheran Church on Friday evenings. He’s also volunteered with the Doorstep Project, which is a non-profit that works to help international students. He believes that being outgoing in the community and at NIU has really benefited him. Within FCNS, he has “had some wonderful conversations with faculty” and he recommends that others do the same. “Don’t hesitate to meet people and be open to talking to others,” he said, “The department becomes your home, feel good about seeing people who you are meeting with every day.” His positive attitude has made his first time away from home very constructive for him in various ways. He has been able to grow by meeting others, making healthy changes and getting out of his “safety zone” by allowing himself to take risks. He’s really learned how to take care of himself, he says. And even though he loves his beautiful homeland, he is really happy about being here. “It’s kind of a dream come true for me,” he said, explaining that he’s always wanted to live in a quiet, green place like DeKalb. Overall, his experience has been what he was looking for and he continues to be successful as he moves through the program.

Nutrition and Dietetics Program – Dietetic Intern – Amber Rosalez



Amber Rosalez has completed her first year as an FCNS graduate student and in fall 2013 will begin the lifecycle portion of her dietetic internship rotations. She came to NIU from Michigan State University where she completed a Bachelor’s degree, in spring 2012, with a major in

dietetics. Previously, she completed a Bachelor’s degree, with a major in Psychology at Central Michigan University, in 2004. She took an academic break between the two undergraduate degrees, which allowed her the time she needed to determine which career path she wanted to follow. Since deciding to pursue a career in dietetics, she’s worked diligently to be as involved as possible in a variety of areas including research, the community and academic affairs. She’s very excited about her thesis project and is currently working on the proposal. Her primary area of interest is how dietitians and other health professionals can use a non-diet approach to increase health and wellness in people of all shapes and sizes. She is working to complete the Eating Disorders and Obesity certification, which is one of the things that drew her to NIU’s MS/DI program. She also has a keen interest in

child feeding and the application of Ellyn Satter's Division of Responsibility in child care and home settings. She has benefitted from being involved in research in these areas. She has also gained valuable experience in community nutrition with the Northern Illinois Food Bank and in foodservice with Q-Center.

While at Michigan State, she was hired by the Department of Food Science and Human Nutrition (FSHN) to work on a research project called "Eat Healthy, Your Kids are Watching," which was a project through the local Head Start to help parents with feeding their preschoolers. Their research team developed lessons, workbooks and videos for parents, to facilitate their understanding of parent feeding styles and Satter's Division of Responsibility. They saw positive results from the project and Rosalez grew personally and professionally from her involvement. During her second year on the team, she was the project manager, which was a meaningful experience for her. She also volunteered for a variety of food and nutrition related projects and was an active member of MSU's student Food and Nutrition Association. In her last year there, she was appointed the dietetics liaison to the Undergraduate Curriculum Committee for FSHN, which was also a unique and valuable experience for her.

Since coming to NIU, she has had a number of great opportunities and states that she has tried to take full advantage of every one. She applied for a graduate assistantship and this past year worked as a student member of the TAKE Action for Healthy Preschoolers research team, which is working with Two Rivers Head Start to develop nutrition training materials for Head Start teachers. Additionally, she was appointed as the student representative for the College of Health and Human Sciences on NIU's Graduate Council. Through that appointment, she was an active student member on the Committee for Graduate Appeals, the Syllabus Reconciliation Subcommittee, the Survey of Graduate Assistants Subcommittee and the Graduate Student Advisory Committee. "It was very rewarding to be involved in these academic committees and I hope to continue to be involved as I move into my second year" she said, in anticipation.

This summer, she joined the Society for Nutrition Education and Behavior (SNEB) and attended the annual conference in Portland, OR. She is very excited to be involved with this organization, particularly her appointment as the Weight Realities Representative on the Membership Committee. "Weight Realities" is a division of SNEB members whose mission is to promote "the Health At Every Size® paradigm that advocates health and quality of life for individuals of all sizes and shapes." Additionally, their vision is that "health professionals embrace a health-centered rather than a weight-centered approach to wellness." Although new to this group, she

says she could not be more excited to be a part of it. In fact, she plans to use their newly developed Health At Every Size® curriculum for her thesis project, which will focus on reducing weight bias in future dietitians. Amber seems to have gotten a lot out of her first year in FCNS at NIU, and she is definitely looking forward to her upcoming semesters as she moves through the program.

Apparel Studies Program – Jenna Mallars



A recent graduate of the Apparel Studies graduate program offered through the School of Family, Consumer and Nutrition Sciences, Jenna Mallars, M.S., developed a digital historic costume exhibit as part of her capstone project for her degree. Ms. Mallars' interest

in this project began while working in the School's historic costume collection with Dr. Cosby, whose expertise includes fashion history. The collection has significant pieces from such well-known designers as Chanel, Balenciaga, Yves St. Laurent, and others. Due in part to the fragile nature of the garments, students cannot have ready access to the collection, and were not able to benefit fully from this valuable resource. Ms. Mallars' exhibit features 20th century pieces, though the collection includes items from the 19th century, too. Her goal was to get the project launched so that future students would be able to add accessories and additional garments to the digital exhibit. "It's a building block," she says. "I'm really proud of it because I basically created it from scratch, without really knowing much about creating a website."

The focus of the exhibit is designer work and includes about 25 pieces. Ms. Mallars envisions that the exhibit can be used to help teach Textiles, Apparel, and Merchandising students about garment construction, the historical progression of fashion silhouettes, as well as designers and fashions of previous eras. In addition, the exhibit may serve as a foundation for additional student projects. Her hope is that as the digital exhibit becomes established, it will bring greater visibility to the School as well as the Textiles, Apparel and Merchandising undergraduate program and the Apparel Studies graduate program.

Without knowledge or experience in website design, Ms. Mallars found NIU's Web Communications Department particularly helpful. She was able to take one of their free website design courses and credits them with being a critical resource in completing the project. Media Services also assisted with photography of the garments.

Through completion of her project and the Apparel Studies graduate program, Ms. Mallars has gained experience that she will take with her as she moves onto the next

Continued on page 20.

stages of her fashion career. In particular, she believes she has greater confidence in working with technology. At the time of this interview, Ms. Mallars was in the process of looking for her next position, but also mentioned that "I always wanted to go into business for myself." The significant contribution she has made to the School of

Family, Consumer and Nutrition Sciences will benefit many students to come, as well as faculty. The creativity and dedication of students like Jenna Mallars are what keeps FCNS thriving. The website is scheduled to be launched in the near future.

Wirtz 113 Renamed in Honor of Long-Time Staff Member



In April 2012, a retirement reception event was held in commemoration of Pat Seibrasse's 50+ years of service to the School of Family, Consumer, and Nutrition Sciences. At this reception, a plaque was presented designating Wirtz 113 as the 'Siebrasse Conference Room.'

FCNS Welcomes New Office Staff

Abigail Moss – Office Support Associate



After a couple of months of the graduate secretary position standing vacant, we hired Abigail Moss for the position. Abigail started at the beginning of October, 2012.

While learning her new position with our school, Abigail was completing her Associate of Applied Science in Accounting by taking five online courses through a community college in her home state of Indiana. Abigail came from Indiana to Illinois when she married Brad Moss, doctorate student in the NIU mathematics department, back in August 2012.

Although Abigail started out as graduate secretary, she is now moving into the undergraduate secretary position which includes scheduling and curriculum responsibilities. When she has been here a year, her new title will be Office Support Specialist.

Wendy Thomas – Office Support Associate



Wendy was hired in June 2013 to take over the position of graduate secretary due to promotion of other staff.

She is a 2013 Graduate of Kishwaukee College where she earned her Associate of Applied Science in Office Systems.

She is a lifelong resident of Illinois and grew up in the DeKalb area.

Recognized Achievers 2012-2013

Student Advisory Committee Plans Achievers' Reception

One thing that the new chair, Dr. Pavkov, has been working on since his arrival is re-building the FCNS Student Advisory Committee. Several students, and office support Abigail Moss, met with Dr. Pavkov throughout the semester to begin the process, and the small committee worked together to put on the annual FCNS Achiever's Reception. Over 200 students were recognized for their achievements at the reception, which was held on May 2nd this year.

Two students that worked extra hard, sacrificing hours of their time, to help prepare for the event are Denise Fenn and (Robert) Emmett Ryan. Denise is a Child Development senior and president of The Northern Illinois Association for the Education of Young Children (NIAEYC). She helped with the program design and decorated the Chandelier Room in Adams Hall for the event. Emmett is a post-baccalaureate Nutrition and Dietetics student and the marketing manager for the Student Dietetic Association (SDA). He provided an opening and closing speech for the event, and he, along with Denise, also had a hand in presenting awards.

On the following pages you will see the names of the students who were recognized at the 2012-2013 FCNS Achiever's Reception.

2012-2013 Student Scholars

The Dr. Donald G. and Helen Gum Westlake Scholarship for Family Life Studies

Briana Mack

The Celine Neptune Scholarship

Alicia Booth, Madelaine Dickinson, Shantora Walker

The Georgiana W. Sie Scholarship

Jacqueline D. Gray

The Sondra King Memorial Scholarship

Pierra Sobodas

The J. Willard and Alice Marriott Foundation Scholarship

Paige Batzek, Baaqir Davis

The Kohl's Scholarship (Spring 2012)

Lindsay Devinney, Brogan McCarty, Jacqueline (Jackie) Lesnick, Sheena Davis, Alyssa Pociask, Jessie Messner, Katherine (Kate) Pogwizd

Student Nominated Awards

Excellence in Undergraduate Teaching Award

Judith Lukaszuk, Sherry Fang

Excellence in Undergraduate Instruction Award

Beth Lulinski

Student Dietetic Association Service Award

Danielle Willyard

Society for Hospitality Administration Service Award

Michelle Teta

Professional Convention Management Association Service Award

Samantha Schneider

Fashion Industries Organization Service Award

Sandra Swietlik

Student Honors

Family & Child Studies

Academic Excellence

Lindsey Grandt, Megan Tieman, Jacqueline D. Gray, Lisa Gutierrez, Joanna Folta

Outstanding Leadership

Tiffany Bruno, Jessica Collingsgrove

Outstanding Service

Stephanie Baskerville

Outstanding Graduate Student

Jacqueline M. Gray

Nutrition, Dietetics, & Hospitality Administration

Academic Excellence

Tashia Warner-ND, Laura Schoer-HA

Outstanding Graduate Student

Stephanie Young

Outstanding Dietetic Intern

Ana Pruteanu

Alpha Eta

Danielle Bachar

Ellen Parham EDOC

Noell Ealey

Outstanding Service

Rachel McBride-ND, Sarah Crost-HA

Outstanding Leadership

Brittany Hoffman-ND, Michelle Teta-HA, Samantha Schneider-HA

Cup & Saucer

Lindsey Shaffer

Sondra King Outstanding Student Service

Christie Nagel

Textiles, Merchandising & Educational Services

Outstanding TAM Senior

Jennifer Pate

Outstanding FACS Student Teacher

Kristen Olsen

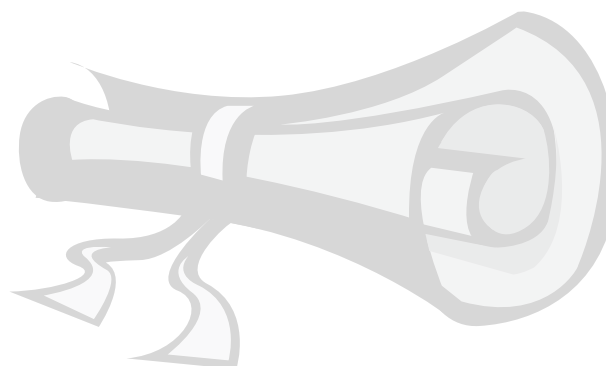
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S = Spring 2012 Dean's List

F = Fall 2012 Dean's List

S/F = Spring 2012 and Fall 2012 Dean's List



Kappa Omicron Nu

Sophomores

Kelsey Johnsen
Autumn Leto
Samantha Yonan
Kelsey Zollinger

Juniors

Paris Anderson
Laura Bell
Alicia Booth
Brittany Cegielski
Margaret Cimarolli,
Megan Corneille
Kelsey Duerinck
Lindsey Grandt
Katie Granger
Tiffany Hervig
Sarah Kestner
Alexandra Kirchner
Sierra Leek
Katlyn McGinnis
Lauren Oppe
Katilyn Ostenson
Stephanie Peterson
Carolyn Prucha
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Angela Skrzypiec
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Carolyn Rehmer
Elizabeth Rogers
Jacqueline Stefani
Kelly Stutson
Allison Thompson
Yvonne Utomi
Carla Young
Steven Ziganto

Graduates

Tiffany Bruno
Jenna Mallars
Katherine Wensel

Faculty Scholarship/Publications

Refereed Articles

Arnett, S. (in press). Diversity needs: Preparing family and consumer sciences teachers for the 21st century classroom. *Journal of Family and Consumer Sciences Education*.

Barrett, S. C., & Huffman, F. (in press). Comparison of a 24-hour recall with two and three days' food recall of Jamaican adolescents. *Caribbean Journal of Home Economists*.

Barrett, S. C., Huffman, F., Roofe, A. J., & Doctor, P. E. (in press). Relationship of physical activity to body mass index in Jamaican adolescents. *Caribbean Journal of Home Economists*.

Bukonda, N. K. Z., Smith, B., Disashi, T. G., **Njue, J. R.,** & Lee, K. H. (2012). Incidence and correlates of diarrhea, fever, malaria and weight loss among elderly and non-elderly internally displaced parents in Cibombo Cimuangi in the Eastern Kasai province, Democratic Republic of the Congo. *Journal of Population Ageing*, 5, 47-66.

Derscheid, L. E., Kim, S., Zittel, L. L., **Umoren, J.,** & **Henry, B. W.** (in press). Teachers' self-efficacy and knowledge of healthy nutrition and physical activity practices for preschoolers: Instrument development and validation. *Journal of Research in Childhood Education*.

Fish, J., **Pavkov, T.,** Wetchler, J., & Bercik, J. (2012). Characteristics of those who participate in infidelity: The role of adult attachment and differentiation in extradyadic experiences. *American Journal of Family Therapy*, 40, 214-229.

Henry, B. W., Smith, T. J., & Ahmad, S. (in press). Psychometric assessment of the behavior and attitudes questionnaire for healthy habits: Measuring parents' views on food and physical activity. *Public Health Nutrition*.

Hock, R. M., Timm, T. T., & **Ramisch, J. L.** (2012). Parenting children with autism: A crucible for couple relationships. *Child & Family Social Work*, 17, 406-415.

Lorenz, F. O., Melby, J. N., Conger, R. D., & **Surjadi, F. F.** (2012). Linking questionnaire reports and observer ratings of young couples' hostility and support. *Journal of Family Psychology*, 26, 316-327. doi: 10.1037/a0028319.

Lukaszuk, J. M. (2012). Vitamin D: Supplementation and sunshine. *Medical Nutrition Practice Group Newsletter*, 32(1).

Lukaszuk, J., Prawitz, A., Johnson, K., **Umoren, J.,** & Bugno, T. J. (2012). Development of a noninvasive Vitamin D screening tool. *Family & Consumer Sciences Research Journal*, 40, 229-240.

McNeil, S., **Pavkov, T.,** Hecker, L., & Killmer, J. (2012). Marriage and family therapy graduate students' perceptions of incorporating religion and spirituality in training and therapy. *Contemporary Family Therapy*, 10, 1-10.

Myung, E., McClaren, A., & **Li, L.** (2012). Environmentally related research in scholarly hospitality journals: Current status and future opportunities. *International Journal of Hospitality Management*, 31, 1264-1275.

Ogden, R., **Pavkov, T.,** Hecker, L. & Seliner, M. (in press). Family dynamics and self-injury: A correlational analysis. *Journal of Marital and Family Therapy*.

Ozier, A. Brasseur, K., & Yao, P. (2012). Perceived benefits and barriers to eating healthfully among school-based pantry users. *Journal of Nutrition Education and Behavior*, 44, A1-A8, S13-S96.

Pavkov, T., Priest, J., & Fox, K. (2012). Implementation of the 3 step interview question testing process: Applications for survey development among American Indian and Alaska Native youth. *Cultural Diversity and Ethnic Minority Psychology*, 18, 82-90.



Pavkov, T., Soloski, K., & Deliberty, R. (2012). The social construction of reality within systems of care: Competing realities across child serving systems. *Journal of Social Service Research*, 38, 672-687.

Prawitz, A. D., Kalkowski, J. C., & Cohart, J. (2012). Responses to economic pressure by low-income families: Financial distress and hopefulness. *Journal of Family and Economic Issues*, 1-12. doi:10.1007/s10834-012-9288-1.

Ramisch, J. L. (2012). Marriage and family therapists working with couples with children with autism. *Journal of Marital and Family Therapy*, 38, 305-315.

Rombo, D., & **Njue, J. M.** (2012). Family Impact Analysis of Section 6 (Sexual Transmission) of the Kenya HIV and AIDS Prevention and Control Act of 2006. *Journal of Child and Family Studies*, 21(1), 14-24.

Stannard, A. B., Brandenburg, J. P., Pitney, W. A., & **Lukaszuk, J. M.** (2011). Effects of wearing a cooling vest during the warm-up on 10-KM run performance. *Journal of Strength and Conditioning Research*, 25(7), 2018-2024.

Stark, M., **Lukaszuk, J.**, **Prawitz, A.**, & Salacinski, A. (2012). Protein timing and its effects on muscular hypertrophy and strength in individuals engaged in weight-training. *Journal of the International Society of Sports Nutrition*, 9(54).

Wickrama, K. A. S., **Surjadi, F. F.**, Lorenz, F. O., Conger, R. D., & O'Neal, C. W. (2012). Family economic hardship and progression of poor mental health in middle-aged husbands and wives. *Family Relations*, 61, 297-312. doi: 10.1111/j.1741-3729.2011.00697.x.

Peer Reviewed Book Chapters

Xia, Y., Do, K. A., & **Xie, X.** (2012). Asian American families' adjustment to the US context: The ecology of strengths and stress. In G. W. Peterson & K. R. Bush (Eds.), *Handbook of marriage and the family* (pp. 705-722). New York: Springer.

Conference Proceedings

Joung, H. M. (2012, November). Factors affecting fast-fashion consumers' post-purchase behavior. *International Textiles and Apparel Association Annual Conference and Published in the Proceeding of the International Textiles and Apparel Association*, Honolulu, Hawaii.

Refereed Presentations

Arnett, S., Kozlowski, P., & Peach, P. (2012, March). Diversity: Preparing teachers for 21st century classrooms. *Annual Conference of Connections Conference*. St. Charles, IL.

Barrett, S. C., Huffman, F., Johnson, P., Campa, A. & Magnus, M. (2012). Risk factors of type 2 diabetes and cardiovascular diseases among Jamaican adolescents. *FASEB J*, 26(819.8)

Geaither, V., Durden T., & **Njue, J. R.**, (2012, May). Survival of the Family in the African Diaspora: Using Rituals to Sustain Identity, Heal, and Bond. *International Conference on Building Family Strengths: South and East Asian Family Issues in the 21st Century*. National University of Mongolia.

Henry, B. W., McCarthy, D. M., Eller, S., Rooney, D. M., & Vozenilek, J. A. (2012, September). Who's in charge? Patient perceptions of team dynamics in the ED. European Association of Communication in Healthcare (EACH). *International Conference on Communication in Healthcare*. Oral presentation, St. Andrews University, Scotland, UK.

Kim, M., **Henry, B. W.**, **Ozier, A. D.**, **Derscheid, L.** (2012, September) Relationships between mothers' weight concerns and eating characteristics with child feeding practices. *Food & Nutrition Conference & Exposition*. Poster presentation, Philadelphia, PA.

Lee, S., Johnson, K., & Lee, S. J. (2012). The relationships among hedonic shopping, compulsive buying, attachment to possessions and compulsive hoarding. *International Textiles and Apparel Association Conference*. Honolulu, HI.

McNeil, S., **Pavkov, T.**, & Tracy, A. (2012). Child maltreatment, exposure to violence, and adolescent delinquency across race. *74th National Council on Family Relations Annual Conference*. Phoenix, AZ.

Ramisch, J. L., Keller, T. E., & Carolan, M. (2012). A qualitative investigation into the relationships between fathers and children with autism. *Annual American Association for Intellectual and Development Disabilities (AAIDD) Conference*. Poster presentation, Charlotte, NC.

Robinson, J., Freeburg, B.W., **Arnett, S.**, & Workman, J. (2012, June). High school students' and pre-service teachers' perceptions of teachers. *Annual Conference of American Association of Family and Consumer Sciences*. Indianapolis, IN.

Shi, L. (2012, March). Integrating Childhood Trauma into Adult Outpatient Treatment: Assessment and Intervention. *XX Family Therapy World Congress*. Workshop, Vancouver, Canada.

Shi, L. (2012, March). What Determines Conflict Resolution Behaviors Among Couples Seeking Marital Therapy—Attachment Style and Its Work Behind the Scene. *XX Family Therapy World Congress*. Oral presentation, Vancouver, Canada.

Thompson, L., **Pavkov, T.**, & Cardwell, T. (2012). Indigenous viewpoints on disability, mental health, and health services in Indian country. *37th Annual National Institute for Social Work and Human Services in Rural Areas*. Nashville, IN.

Zittel, L., **Derscheid, L., Henry, B.,** Kim, S., & **Umoren, J.** (2012, June 18-20). Head Start Teachers' Self-Efficacy of Healthy Nutrition and Physical Activity Practices for Preschoolers. *Head Start National Research Conference*. Poster presentation, Washington, D. C.

Author Invited Presentation

Henry, B. W., & Shield, J. (2012, September). Community Influences to Enhance Childhood Overweight Interventions: Putting Research into practice. *Food & Nutrition Conference & Exposition*. Accepted for oral session, Philadelphia, PA.

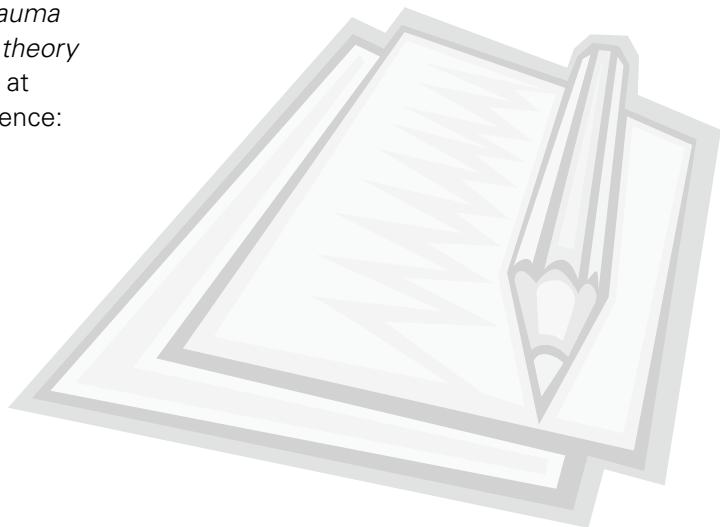
Shi, L. (2012, May). *Through the lens attachment—Why do couples fall into destructive patterns & How to bring them out?* Two-day workshop conducted at the Chinese University of Hong Kong (CUHK). Audience: mental health professionals from Hong Kong.

Shi, L. (2012, May). *Working with child and adult trauma victims: Clinical treatment informed by attachment theory and clinical research*. Two-day workshop conducted at the Chinese University of Hong Kong (CUHK). Audience: mental health professionals from Hong Kong.

Externally Funded Grant Received

Arnett, S. (2012). *Determining best promotion efforts for Illinois family and consumer sciences teacher education programs*. Illinois State Board of Education and Illinois University Council for Career and Technical Education Awards for Innovation Grant. \$14,105.

Henry B.W. (2012). *NIU Nutrition with the Farmers Market and Other Community Food Systems*. Kane County Funders' Consortium. \$4,860.



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We are always interested in what our alumni are doing and encourage you to drop us a line, send a photo, and send a business card to keep us informed. Also, please let us know if your mailing address has changed or will be changing.

Send all information by mail to *The FCNS Newsletter*, 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 tpavkov@niu.edu.

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EMPLOYER/FIRM				

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CITY			STATE	ZIP CODE

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*We have made every attempt to provide accurate information.
We apologize for errors and ask you to send corrections to tpavkov@niu.edu.*