THE LAST 40 YEARS AND THE EVOLUTION OF THE SCHOOL OF FAMILY, CONSUMER, AND NUTRITION SCIENCES

By Pamela Roesner, Secretary to FCNS

Who has stood the course of time, a quiet symbol of the NIU School of Family, Consumer, and Nutrition Sciences for the past five decades? For the past 43 years Pat Siebrasse, staff secretary, has seen FCNS through three name changes and all of the transformations that have transpired along the way.

In 1962 Northern's first master's degree in home economics was awarded to Helen Green. Siebrasse began employment at Northern Illinois University that same year as clerk steno II for the Department of Home Economics in the College of Fine and Applied Arts. "In the early days, you were designated 'stenographic' or 'transcribing,' depending on whether or not you took shorthand," Siebrasse said. "This position has always been as a secretary to the chair," she said, "although I assisted wherever I was needed." The chair at that time was Professor Catherine Rockwood. "Many changes have been made and as I added new items to the list, promotions took place," Siebrasse continued. "Probably the biggest change was from the typewriter to the computer. I started with a Royal Electric typewriter, dittos, stencils, and all that neat stuff. We had to pick up the mail from the post office, which was then housed in Altgeld Hall."

The Department of Home Economics was located on the second floor of Davis Hall with a Home Management House for education majors and family life and child development majors. Seniors lived in the house for nine weeks for hands-on experience in running a household. The Child Development Lab was directly across the hall from the main office.

In 1965 home economics moved into the brand-new Wirtz Hall and added one additional secretary. When Rockwood started as chair in 1958, there was a faculty of six. By 1965 the faculty size grew to 16, with 250 undergraduate students and 30 graduate students in the program. The Child Development Lab was on the first floor at the north end of the building, and at the northwest corner was the playground. In 1966 Siebrasse's position was reclassified as secretary II, and in 1968 the university went from a monthly pay period to an hourly pay schedule. In 1970 Siebrasse's position was reclassified to secretary III.

"In 1971 the child development area added a daycare center, which was housed at the old Notre Dame High School on Gurler Road," Siebrasse said. "We acquired space in Adams Hall for the quantity foods class and lunches were served in the basement area, which could seat approximately 15 to 20 people. We also had home economics education offices and classroom space in a house on Normal Road for many years," she added, "before it was moved to the basement of DuSable."

The Department of Home Economics grew from 475 majors in 1971 to 817 in 1973. The growing school required more from Siebrasse, which earned her a reclassification in 1973 to secretary IV.

"In 1973 the Child Development Day Care Center was moved to the then Unitarian Fellowship at the corner of Garden and Hillcrest. It closed later that year," Siebrasse said. From this point the Department of Home Economics maintained the Child Development Lab, but no longer had the second facility that was the Day Care Center. Admission to department programs now needed to be restricted since more faculty and space were necessary yet unattainable at that time. In 1974 the department had 700 undergraduates enrolled as home economics majors.

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Laura Smart Wins Fisher Award for Excellence in Service

Professor Laura S. Smart, C.F.L.E., won the Fisher Award for Excellence in Service in 2004. Granted by the College of Health and Human Sciences, the award is given to a faculty member whose professional service activities have contributed to the stature and growth of the profession. Smart has been active in the two leading organizations of her profession, family science, since her student days. She joined the National Council on Family Relations when she was an undergraduate student and has served as its student news column editor, nominations and elections committee chair, and as secretary/treasurer and chair of the Family Science Section of the organization. She joined the Groves Conference on Marriage and Family as a graduate student and has served as its secretary. She also serves as the membership chair of the Illinois Council on Family Relations. Smart has also served the School of Family, Consumer, and Nutrition Sciences as area coordinator, graduate faculty chair, and currently as school chair. She has served the community as president of the board of directors of Creative Interventions.

According to Smart, our professions rely on the voluntary service of their members. In return, service provides opportunities for networking, support, and professional growth. More experienced professionals encourage new professionals to get involved and develop their talents within the professional organization. "Students and new professionals may not realize that they have what it takes..."
to chair a meeting or a subcommittee, and may be hesitant to join in,” she said. “By encouraging them to do so, a mentor

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can help both the organization and the budding professional to grow.”

Aimee Prawitz, Louisiana State University Keynote Speaker

In February 2004, Associate Professor Aimee Prawitz was invited to Louisiana State University to speak to faculty and alumni of the School of Human Ecology. The “Krewe of Human Ecology” held a Mardi Gras Carnival Luncheon and Graduate Alumni Reunion in celebration of the 10th anniversary of their Ph.D. program. As the first Ph.D. graduate of the program, Prawitz was invited to serve as keynote speaker and honorary Mardi Gras Queen. With her tiara, scepter, and Mardi Gras beads, she held her head high as she spoke of her experiences in the program and her professional development over the past 10 years. In attendance were more than 120 alumni, graduate students, faculty, and staff.

The Last 40 Years

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The expanding department needed to acquire more space; they were now able to house the education classes in Gabel Hall. Home Economics also ran a Head Start office in Altgeld Hall. “We added the Family Center in the Coar House as well as some offices in a building which sat where the current Campus Life Building parking lot now sits,” Siebrasse said of other changes transpiring at that time.

With the formation of the College of Professional Studies in 1974, some of the units in the College of Fine and Applied Arts became the current College of Visual and Performing Arts. Home Economics was now under the new College of Professional Studies, and a third secretary was added. Home Economics had a new chair, Professor Betty Jane Johnston, until 1981 when Professor George Hughston took on the position. Professor Earl Goodman came on as chair in 1983 and 1984. In 1984 Home Economics changed its name to Human and Family Resources. For Siebrasse it was time for a classification change as well. “In 1986 the staff secretary classification was established, and my position was eligible for reclassification. I did have to pass the test and again was designated as stenographic. They removed the split designation in 1989,” Siebrasse said.

In 1990 Siebrasse received an Outstanding Civil Service Award. Besides her vital role within the department, now school, Siebrasse has enjoyed holding a leadership role outside her position. She served on the Operating Staff Council for many years and currently is on the Secretarial Advisory Council.

There were more changes of faculty holding the chair position of the Human and Family Resources Department in the 1980s and 1990s. From 1984 to 1987 Professor Raymond Yang held the position. Professor Earl Goodman was chair from 1988 to 1991, and from 1992 to 2003 Professor Mary Pritchard headed up the department. In 1995 Human and Family Resources received a name change and became a school: the School of Family, Consumer, and Nutrition Sciences (FCNS). The same year our college also changed to the current name: College of Health and Human Sciences.

“In 1995 Wirtz Hall (College of Business and FCNS) was vacated to allow for renovation of the heating/cooling system. Following renovations, the College of Business offices returned to Wirtz along with FCNS classrooms, but FCNS offices stayed in Gilbert Hall. It was then time to vacate Altgeld Hall, which led to remodeling in Willis ton, so the college office along with allied health and others joined us in Gilbert Hall,” said Siebrasse.

In 2003 our school’s chair, Professor Mary Pritchard, was promoted to associate dean of the College of Health and Human Sciences, and Professor Laura Smart advanced to the position of chair for the School of Family, Consumer, and Nutrition Sciences. It was also in 2003 that FCNS moved once again.

“Following completion of Barsema Hall, the new College of Business facility, the Gilbert offices comprising the College of Health and Human Sciences were moved back to Wirtz Hall,” said Siebrasse.

“Home economics to many was referred to as ‘cooking and sewing,’ which was a very difficult stigma to overcome,” Siebrasse went on. “As the years evolved and the local high schools changed their curriculums, so did we. The beginning foods lab has remained but the clothing construction, tailoring, and flat pattern classes are no longer.”

The days of millinery (hat making) classes and miniature historic costume making are over. Nutrition-minded cooking in Principles of Food Preparation has taken the place of teas and formal dinners of the past. A lot of programs and buildings have been added.

Siebrasse summarized the metamorphosis of the School of Family, Consumer, and Nutrition Sciences succinctly: “FCNS has changed the focus of its programs to meet the changing needs of society.”

Alumni Updates

Angela (Brimage) Dougé (B.S. food systems administration 1999, D.R.D. Loyola University Chicago, 2004) is pursing a master’s degree in public health from Benedictine University in Lisle, Illinois. She is currently working for WIC, where she has co-created a wellness program called “Wellness Works,” a three-hour class based on nutrition, physical activity, and cooking demonstrations. In addition, Dougé received certification from CEDA in 2003.

Tina Stullone (B.S. textiles, apparel, and merchandising, 1999) has begun work on a master’s program at Roosevelt University in integrated marketing communications. She is currently working for The Chamberlain Group Inc. as a promotion planner.

Mary Beth (Drinka) Lessman (B.S. home economics education, 1971, M.S. University of North Carolina, 1975) has been a science teacher along the border of Mexico for many years. She works with a mainly Hispanic population and refers to them as “The wave of the future!” She currently resides in Las Cruces, New Mexico.

Wendy Hamilton (B.S. child development, 1990) recently accepted a position at WESTAT as a contract administrator. She currently resides in Gaithersburg, Maryland.

Liz Rice-Conboy (M.S. applied child and family studies) is now the project supervisor for the Foster Family Support Project through Family Focus in Aurora.

Please stay in touch!
Send updates to lsmart@niu.edu or use the reply form in the back of this newsletter.
It is a pleasure to send my greetings and the greetings of faculty and staff to friends and over six thousand alumni from the NIU School of Family, Consumer, and Nutrition Sciences. I am honored to continue as chair of the school. Taking on a new role has provided many opportunities for me to learn, as I am sure all of you alumni have also discovered.

In 2004 we were able to completely renovate our clothing and textiles teaching laboratory (see story on page 6) and also provide upgrades to the Child Development Laboratory facilities. Improvements to the latter included up-to-date cord-free blinds, window screens, metal kitchen cabinets, and a keyless security system that allows parents in and keeps strangers out. We also purchased a beautiful new set of 100 place settings and an ice machine for the Chandelier Dining Room.

Enrollments remain strong with a record 749 undergraduate students, 108 minors, and 84 graduate students. We have added a new faculty position in textiles, apparel, and merchandising, which allows us to expand our offerings. Currently, we are conducting searches for tenure-track faculty in nutrition and dietetics, child development, and family social services.

The School of FCNS celebrates its 100th anniversary in 2005. In 1905, when Northern was only 10 years old, the domestic science department was founded. Across the nation and the world at that time, women had few opportunities to learn and teach about science. In the domestic science program at Northern, women learned chemistry and biology and the newer disciplines of psychology and sociology. Faculty taught students to apply scientific principles derived from these fields to the study of nutrition, food preparation, and apparel design and production. Child development and family relations (with roots in developmental psychology and sociology of marriage and family) are two interrelated fields which completed the colleges and departments known in mid-century as home economics.

Whether or not it was explicitly stated, the mission of this academic unit has always included the application of scientific findings to support individuals and families. In 2004, faculty updated the school’s mission statement and developed the following goals:

1. integration of theory into practice to maximize health and human potential and life-long learning;
2. cultivation of respect for the dignity, strengths, and rights of people in our diverse global society;
3. empowerment of students to attain a level of academic and professional competence sufficient for productive employment and citizenship;
4. utilization of scholarship as a means of improving the quality of life.

Thank you for your generous financial support, and for letting others know about our programs.

Please remember that we need you to complete and return alumni surveys (sent each year to students one year after graduation and occasionally to students five and 10 years after graduation). Your academic experience within this department/school gave you a foundation for your continued development.

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

**FCNS Publishing Circle**

After attending a faculty development workshop conducted by Professor Tara Gray of New Mexico State University, Associate Professor Aimee Prawitz formed and began facilitating the FCNS Faculty Publishing Circle. The group consists of FCNS faculty scholars working on research manuscripts, and has met on a weekly basis since the summer of 2004. The purpose of the circle is to offer collegial support and critique of scholarly works in a structured writing environment. The group has achieved a 100 percent acceptance rate for all manuscripts sent forward for consideration in scholarly journals. The group's size is increasing as word of their success spreads, and has expanded to include faculty members in other stages of the research process, such as conceptualization and statistical testing.

**Student Notes**

**Student Advancement Committee Organizes T-shirt Fundraiser**

Sophomore *nutrition and dietetics* major Jessica Montana, president of the Student Advancement Committee, headed up a T-shirt fundraiser for the School of Family, Consumer, and Nutrition Sciences during fall 2004. The shirts were long-sleeved and offered in colors of red or white. Proceeds from the fundraiser will be used in the upcoming service project “Relay for Life,” which benefits the American Cancer Society. Students from FCNS will be running on a course for an entire night while raising money to fund further cancer research. Montana is currently working on ordering T-shirts for spring 2005, and she reports there will be a brand-new design for this semester.

Senior *family social services* major Amanda Jackson was selected by the College of Health and Human Sciences to participate in a week-long Leadership Honors Bootcamp held in Washington, D.C., in May 2004. The purpose of the bootcamp was to develop leadership skills in undergraduate human sciences students. Jackson joined one other student from the NIU College of Health and Human Sciences and 24 other students from around the United States.

“A main goal of the bootcamp was to teach us how to work with groups. Some of the most important things I learned were:

1. Become aware of and seek out resources
2. Learn from anyone and anywhere; be open to one another
3. Know other people's strengths
4. Create relationships with others through leisure activities
5. Lead a group where the time is divided between 65% task and 35% process
6. Recognize that change is good and learn how to encourage change in an organization
7. Know yourself first
8. Be confident but not controlling
9. Give two positives for every piece of constructive feedback
10. Know how to receive feedback and grow from it
11. Maintain confidences to ensure trust
12. Create a relationship and familiarize yourself with one another as the foundation to building trust and, ultimately, an effective team
13. Assign tasks to others
14. Never judge a book by its cover and don’t hold on to your initial first impressions.”
NDHA program develops new ways to enhance future career options (article adapted from Northern Star)

The Dietetic Internship at NIU received grant funding from Novo-Nordisk Pharmaceuticals Inc. in summer 2005 to provide a one-day program on diabetes education for dietetic interns. The program was held at Rochelle (Illinois) Hospital and provided sessions on diabetes management issues including counseling strategies, diabetes medications, interdisciplinary teamwork for optimal patient care, and gestational diabetes. Rajni Sud, R.D., M.S. (nutrition and dietetics, 1987), C.D.E., from Rochelle Hospital and DeKalb Clinic, coordinated the event and presented with Susan Dunlop, R.N., C.D.E., also from DeKalb Clinic. Janet Hoffman, R.D., C.D.E., from Rockford Memorial Hospital, presented a session on gestational diabetes. In addition to this program, Novo-Nordisk generously funded additional instructional materials for the study of current practice guidelines for optimal diabetes care. Lucy Robinson, M.S., R.D., director of the Dietetic Internship, reported that the NIU School of Family, Consumer, and Nutrition Sciences is most grateful to Novo-Nordisk for their generous support of the dietetic internship program.

Child Health and Nutrition Highlights—Nutrition Design Contest

This fall students in FCNS 405, Child Health and Nutrition, were offered an opportunity to develop their own nutrition design to send a health message they thought important. Of the 60 students in the class, 20 students submitted their nutrition design with an explanation of the health message and target audience. They responded with great creativity and variety. For the next step, several FCNS faculty judged the entries including Associate Professors Linda Derscheid and Shi-Ruei Fang, Assistant Professor Judith Lukaszuk, R.D., Martha O’Gorman, M.S., R.D., and Lucy Robinson, M.S., R.D. The designs were assessed based on the clarity of the health message and the creativity and attractiveness of the design. Finally, all entries that received at least one vote as “winner” were displayed for the class. Patty Morse, R.D., the guest speaker at the next class session, drew one name from all winning entries. Meghan Hall won the competition with her design, “Keep the Bacteria Out of the Cafeteria.” She thinks the NIU School of Family, Consumer, and Nutrition Sciences is most grateful to Novo-Nordisk for their generous support of the dietetic internship program.

FCNS 424 Cultural Foods

In spring 2004 and again this spring, a new/old class was taught in the area of nutrition, dietetics, and hospitality administration. The class is listed in the catalogue as FCNS 424, Cultural and National Food Patterns, but is more commonly referred to as Cultural Foods. The course description is “The study of food practices within the U.S. through exploration of cooking, foods, cultures, and markets of specific non-dominant U.S. cultures and societies.” The fun part about the class is that it includes weekly cooking labs, field trips to ethnic restaurants and food markets, as well as active learning through presentations on various cultures.

Students are each assigned a specific culture to research and present. The class, which meets one evening a week from 4-8:40 p.m., begins with about an hour-long presentation on the culture to be explored that evening. After the presentation, the group heads into the foods lab in Wirtz Hall to prepare the meal that the presenter has chosen to represent foods typical of that evening’s culture. Each student prepares one or two recipes, with the cumulative effect being a full three- to four-course meal. As soon as all items are prepared, the class sits down as a group to enjoy the meal, with the presenter setting the dining room atmosphere to represent the culture. In addition to the cooking labs and presentation, the class also chooses culturally diverse restaurants that they would like to visit. In spring 2004 and 2005, we began the semester with a visit to Taco Mexican Restaurant in Sycamore, to enjoy authentic Mexican cuisine prepared especially for us by the owner, Jesus Romero. This year we were also serenaded by a Mariachi band as we ate our meal. Last year we also visited Its Greek to Me, an authentic Greek restaurant in DeKalb. This year’s plans include at least three field trips, one being to Asian and Latino markets in Rockford, plus a couple additional restaurants to be chosen by our class. The goal is to find the most authentic ethnic restaurants in the area and experience something beyond what we normally encounter. We are usually warmly received by the owners/managers of the restaurant, who are happy to share the foods of their culture.

Students in Cultural and National Food Patterns come away from the class with an increased appreciation of the relationships between food and cultures, and an understanding of how U.S. food has been influenced by various cultural groups. This can only add to our tolerance and awareness of the global nature of the world today, and help us embrace the diversity around us.

FCNS Standardized Client Project

Last fall, students in FCNS 429, Strategies of Modifying Nutrition Behaviors, faced a variety of new challenges as they developed their nutrition counseling knowledge and skills. Some had not yet worked with clients receiving medical nutrition therapy, and others looked for constructive criticism on their behavior intended to help people improve their health through dietary practices. A simulated counseling session seemed the best option for a realistic and low-risk exposure to counseling with opportunities for targeted feedback. The solution came from within the school, as applied family and child studies (AFCS) master’s students in the specialization in marriage and family therapy (MFT) volunteered to be trained by Assistant Professor Beverly Henry as “clients” for the nutrition students to interview and counsel in the Family Center. Five MFT students played the role of “Susan,” a college athlete with worrisome nutrition habits. The nutrition students made the most of each standardized counseling simulation and critically reviewed their own and their classmates’ videotaped sessions. Benefits were felt on both sides. Nutrition master’s student Melissa Johlgren said, “I feel this exercise gave me a good idea about what to expect in the future … it was closest to a real-life example we could experience … an excellent learning experience and opportunity for growth.” AFCS student Katy Sebastian agreed: “I learned more about how it must feel to be a client in the therapy room and how vital it is for a connection to be made between the client and therapist.” Both students said that it was very positive to meet other graduate students and expand their outlook on counseling.
In Memory—

Sondra King
Professor Emeritus of Nutrition, NIU

We are saddened to report that Professor Sondra King died on March 16, 2005 after a very brief illness. She had just returned from an international trip and had planned to leave soon for another.

Professor King joined the faculty in nutrition and dietetics at NIU in 1976 and retired in the fall of 2002. She was an outstanding teacher who was committed to her students and our nutrition and dietetics program. King modeled effective teaching when she dressed up as Miss Piggy and agreed to be interviewed on her dietary habits in that role. This lesson on dietary intake interview procedures exemplified the creative approach to teaching that became her trademark.

For sentimental reasons, Professor King kept every grade book she had ever used. She also kept a copy of every syllabus and test key that she used over the 26 years, well-organized in notebooks at home. Her strong teaching was based on love and respect for her students and a thorough understanding of the science of nutrition.

Research was also an area of Professor King’s work. At the time of her death she was working on a ground-breaking research project on a new way to reduce malnutrition in weaned infants residing in impoverished areas of the world. This project will be completed by her colleagues at NIU.

Her international work began in 1981 when she taught Peace Corps volunteers who were preparing to work in West Africa. At the time of her retirement, Professor King had traveled to 31 countries. She spent one sabbatical leave in Nicaragua and one in Ghana, where she worked on projects that promoted child nutrition. The Resource often included pictures of King with these children. (Please visit the FCNS website to view back copies of the Resource).

More recently, Professor King was sent to Uzbekistan, where she oversaw the translation of the Food Pyramid into Russian. Working with Associate Professor Aimee Prawitz, King converted menus at an Uzbek orphanage to a nutritious diet which cost the same as the diet of bread and water that the children were being fed. Professor King also worked in Panama on a project that used a by-product of the brewing industry to improve the nutritional status of nutritionally at-risk children.

Professor King’s professional service is legendary. When recognized by the College of Health and Human Sciences as the first recipient of the Fisher Award for Faculty Excellence in Service, she donated the monetary part of that award to nutrition projects in Nicaragua and Ghana. She also made a difference in DeKalb with her work with the First United Methodist Church, the DeKalb Area Food Pantry, Bread for the World, and Hope Haven homeless shelter; and in the State through the Illinois Hunger Coalition, the CROP/CWS hunger walk advisory board, and many others.

She is survived by her mother, two brothers, two daughters, a granddaughter, and her fiancé.

A memorial fund will be established in her name to support the thesis research of a nutrition and dietetics student whose work will contribute to the elimination of world hunger.

The Nutrition Mission at Wright School

Through the NIU partnership with the DeKalb School District, opportunities have arisen for nutrition activities at Paul T. Wright School in Malta, Illinois. Last fall, one program assessment project by nutrition graduate students included a nutrition session for the kindergarten classes. The activity focused on improving the kindergartners’ understanding, knowledge, and recognition of healthy foods—especially fruits and vegetables. Besides linking with key health issues for the school, the students’ success included demonstrating a teaching model that is a central goal at Wright. Scott Kubleka, principal at Wright School, shared his pleasure at the success of this first step in bringing NIU nutrition studies into the classroom:

“The lesson was designed in alignment with Sternberg’s triarchic theory of instruction because it incorporated analytical, practical, and creative aspects.” Upcoming events for nutrition students at Wright School include practical observation of school lunch patterns by FCNS 410–Nutrition in the Community students and afterschool nutrition activities led by FCNS 310–Applied Nutrition students with support from dietetic interns.

Scholarship and Mentor Opportunities for Hospitality Administration (HA) Emphasis in School of FCNS

With the support of Hyatt International Corporation, Marriott International Corporation, and the Illinois Restaurant Association Education Foundation, NIU students in the hospitality administration emphasis will receive six scholarships each year from the Illinois Restaurant Association Education Foundation. Jeffrey Wolff, vice president of Select Service and Extended Stay Hotels for Marriott International Corporation, and Wendy Strachan, vice president of human resources for Hyatt International Corporation, assisted Associate Professor Lan Li in securing scholarship support from the two corporations. They both serve on the advisory board of the NIU hospitality administration emphasis. In addition, the Illinois Lodging Association also provides scholarships to NIU hospitality administration students. Tracy Garland and Sunne Vanwyk received the Illinois Lodging Association Scholarship for the 2004-05 academic year.

The hospitality administration emphasis also developed a mentoring program in fall 2004. Li matched each of the 12 students with an industry mentor in the area of the student’s interest. Students and mentors are required to communicate regularly through phone calls, e-mails, or meetings. Mentors will invite their protégés to observe them in the workplace. The mentor program will help students gain knowledge about the industry and develop their career paths.

Hospitality Administration Program Advisory Committee

The Hospitality Advisory Committee (HAC) was introduced in the 2004 Resource as “the committee that serves to offer advice on courses and curriculum and create internship and scholarship opportunities for students in the program.” Since that time, it has made huge advances in meeting its goals for the year including securing two scholarships and the formation of the mentorship program. Jeff Wolff, vice president of Select Service and Extended Stay Hotels for Marriott International and active member of the HAC, says that a priority of the committee for this upcoming year is to “build awareness around the NIU hospitality administration program from both potential students as well as from the hospitality community.” He says the committee will continue to work towards their goals, which include refining their progress with the mentorship program, offering advice for the hospitality administration curriculum, working aggressively to obtain scholarship money to assist and reward deserving students, expanding the internship sites available within the hospitality industry, and providing guest speakers and experts from the industry to assist when requested. Wolff sees the committee as “an opportunity to build on the success of an already strong program.”
Improved Learning Facilities for Textiles, Apparel, and Merchandising

The past academic year has been another eventful one for the textiles, apparel, and merchandising program. This summer, the textile lab in Wirtz 210 experienced a major renovation with the goal of making the room serviceable to more courses in the program. The remodel included removal of old testing equipment, installation of smart classroom technology, changes to provide for electrical access through table-top outlets, and additional improvements including new paint, carpet, tables and chairs, whiteboards, and lighting. Returning students could not believe their eyes as the fall semester began!

Adjacent to the new lab, a costume and textile conservation room was created to house the program’s growing collection of apparel and textile pieces. Cabinets were relocated from the lab to this room for storage of the collection items. The temperature and relative humidity of the room will be controlled and monitored to help preserve the collection, which includes several 19th century garments as well as 20th century designer pieces.

Balenciaga Pieces Donated to the Costume Collection

The TAM faculty were extremely pleased to receive several suits and dresses by Cristobal Balenciaga, prominent couturier of the 1950s and 1960s, from the Fashion Institute of Technology Museum in New York last spring. As an added surprise, the museum had included with the shipment a few pieces by the legendary Gabrielle “Coco” Chanel!

Student Achievements

Students from the textiles, apparel, and merchandising program continue to make their mark on campus. TAM major Mary Bejanpour received the College of Health and Human Sciences Dean’s Award in a special ceremony on University Honors Day last April. Mary’s perfect 4.00 grade point average was instrumental in her being selected from all the undergraduates in the college.

In addition, Samantha Micheyta, (left) a TAM senior, was chosen as the Silver Co-op Student of the Year for 2004 by the Northern Illinois University Cooperative Education/Internship Program. Having been selected by both faculty and internship supervisors, Micheyta earned the award by demonstrating superior performance at her internship, as well as maintaining a high grade point average in her classes. Samantha served her executive team leader internship at Target in Broadview, Illinois, for summer 2004. After completing her internship, Micheyta accepted a full-time position with the company. She says her internship definitely gave her the experience she needed in the field to know what she wanted to do after graduation. She encourages all students to do an internship to learn about their field in a practical way and to network with other professionals.

Profiles

Professors Cosbey, Hillery, Joung, and Montgomery were pleased to welcome Assistant Professor Andrew Reilly (below) to the textiles, merchandising and educational services faculty in January. Reilly completed his doctorate at The Ohio State University in spring 2004 with the defense of his dissertation, “Risk, Body Image, and Internalized Homonegativity among Gay Men: Bodybuilding, Eating Disturbance, Tanning, and Unsafe Sex.” Reilly has three publications in press. He will be teaching courses in the apparel product development area, some of which will be new to the TAM curriculum.

In addition to winning the FCNS Excellence in Undergraduate Teaching Award in fall 2004, Associate Professor Julie Hillery has co-authored with V. Ann Paulins of Ohio University a book entitled CAREERS! Professional Development for Retailing and Apparel Merchandising. The book was released by Fairchild Publications in January 2005. Hillery will be using her book in the course Professional Development for Apparel Merchandising, which she developed and introduced into the TAM curriculum. The text provides students with a sound foundation in professional development issues specific to the industry and serves as a guide to the variety of career opportunities associated with apparel merchandising. Throughout the text, the careers of recent alumni from both Ohio University and Northern Illinois University are highlighted. In addition, a unique feature of the book is the accompanying CD-ROM, which contains a variety of interactive activities, video clips, and real-world scenarios. The book will be a valuable reference for anyone interested in the apparel merchandising field.

TMES Featured Alumna

Following her graduation in May 2000, textiles, apparel, and merchandising alumna Donna Brennan began a four-year career with Spiegel Inc. In October 2004, Donna began a new position with The Art Institute of Chicago as a buyer and product developer. Her current position involves working with vendors to build product development within the museum shop. All store merchandise—whether jewelry, apparel items, books, or posters—must be related to the museum’s art collection. Donna enjoys the challenge of the position as well as the opportunity to make valuable professional contacts.

In reflecting on her college days at NIU, Brennan said that her professors’ love of what they do served as her inspiration. In particular, Associate Professor Julie Hillery stood out because she “knows her stuff.” Brennan’s advice to current TAM majors is to “make sure you really love what you are doing. It makes every day a little bit easier.” Her plans for the future include going on for a master’s degree either in art history or a fashion related program of study. Further down the road she may open her own store.

Brennan currently resides in Wheaton, Illinois, and takes the train to work every day. She believes in striving for an equal balance between work and leisure. She says that her three favorite things are people, fashion, and friends.
Kohl's Scholarships

As part of her responsibilities as Kohl's Professor of Retailing and Merchandising, Associate Professor Julie Hillery worked on the development of a project that awarded $3,000 in scholarship money donated by Kohl's to NIU students. Part of Hillery's Principles of Retailing course, which serves both TAM and marketing majors, included a project which required students to do a market analysis of Kohl's and their customers as well as the cosmetics industry. Evaluations of the final projects were carried out by a team of Kohl's executives, NIU faculty, and students enrolled in the course. Hillery observed that "when the students learned that their project would be evaluated by industry professionals and other faculty, they really 'stepped it up' as far as the quality of their projects went. Overall, the projects were a great opportunity for students and other faculty, they really 'stepped it up' as far as the quality of their projects went. The overall projects were a great opportunity for students and other faculty, they really 'stepped it up' as far as the quality of their projects went."

Hillery observed that "when the students learned that their project would be evaluated by industry professionals and other faculty, they really 'stepped it up' as far as the quality of their projects went. Overall, the projects were a great opportunity for students to learn how the real world operates," she said, "while at the same time being rewarded with scholarship money for their hard work."

Textiles, Apparel, and Merchandising Wish List

If you would like to make a donation directly to the School of Textiles, Apparel, and Merchandising that would benefit a specific project, this is your opportunity. Textiles, apparel, and merchandising needs support for its teaching lab, the Textile Lab.

The new Textile Lab is ready and waiting for up-to-date equipment! A fabric drape tester is one of the items needed. Goal: $4,060.

New Registered Dietitians

It is with great pride that we announce the names of our newest group of dietetic interns to successfully complete their registration examinations to become registered dietitians. Now they may use the R.D. designation behind their names, which connotes that they completed a B.S. degree in dietetics, nutrition, and food systems, successfully finished a 960-hour supervised practice program, and passed the qualifying exam administered by the Commission on Dietetic Registration of the American Dietetic Association.

Please join us in congratulating:

- Lisa Butterworth
- Sara Gillenwater
- Alexandria Gooding
- Allison Pernecky
- Teresa Ridolfi
- Julie Yeiser
- Connie Brault
- Pam Whitfield Jacobsen
- Nicole Freiburger

Nutrition, Dietetics, and Hospitality Administration Wish List

If you would like to make a donation directly to the School of Nutrition, Dietetics, and Hospitality Administration that would benefit a specific project, this is your opportunity. Nutrition, dietetics, and hospitality administration needs support for its teaching lab, the Chandelier Room.

A laptop with a DVD player, projector, and screen would enhance the teaching facilities. Currently, a large computer and projector are mounted on an even larger cart, which must be wheeled out for classes and events, and which then blocks the view. Goal: $2,400.

The kitchen adjacent to the Chandelier Room needs to be remodeled, and new equipment needs to be purchased. We have outgrown the kitchen, which can hold only 10 students at a time. Also, the kitchen needs air conditioning, since it is "cooled" only by an exhaust fan. We don't have a cost figure yet for remodeling, but an analysis is underway in spring 2005.
Aimee Prawitz appointed area coordinator

Associate Professor Aimee Prawitz was selected to serve as coordinator for the Family and Child Studies area, and she assumed the position in summer 2004. She said she has enjoyed spending more time with the area faculty, but misses the level of contact she had with students prior to taking the position. Her new role involves a greater amount of administrative duties, and she now teaches fewer courses. However, Prawitz is still teaching her two favorite classes—family resource management and the graduate research methods course.

Graduate Student Presents at Regional Conference

AFCS graduate student Jennifer Mitchell presented her work on the use of the game show “Who Wants to be a Winner?” to teach Family Resource Management at the 2004 Conference of the Eastern Family Economics and Resource Management Association in Tampa, Florida. Her presentation was also published in the Proceedings of the conference. The co-authors of the project were Associate Professors Aimee Prawitz and M.E. (“Betsy”) Garrison (LSU).

FCS Faculty Highlights

Associate Professor Aimee Prawitz is a research scholar with InCharge Education Foundation, a non-profit financial education organization. As part of a national team of research scholars, Prawitz has co-developed a research instrument to measure financial distress and financial well-being. A report on the instrument development was presented at the 2004 conference of the American Council on Consumer Interests, and published in Consumer Interests Annual. The instrument is being tested in two nationwide studies on the effects of financial distress on workplace behaviors.

Associate Professor Aimee Prawitz is working with the Clara Abbott Foundation to evaluate the effectiveness of financial education programs the foundation staff delivers to employees and retirees of Abbott Laboratories.

Associate Professor Xiaolin Charline Xie, Z. Zhou, and Y. Zia were published in the prestigious and inclusive latest volume of Sourcebook of Family Theory and Research. The sourcebook is a collection of scholars’ theoretical writings and research linked to family research from a variety of disciplines and views. After lengthy peer evaluation, their article, “Case Study: Resiliency in Immigrant Families,” was selected and published along with other distinguished developments in family research and theory.

Family and Child Studies Area Wish List

If you would like to make a donation directly to the School of FCNS that would benefit a specific project, this is your opportunity. Family and child studies needs support for its teaching labs.

Webcams for the Child Development Lab would allow parents to view their children over closed-circuit TV and would also allow live shots to be shown to child development students in other classrooms. Goal: $1,300

The Family Center needs to be decorated in an appealing way. Although the new Family Center facility is wonderful, its walls were painted a depressing gray. To make the facility more family-friendly, the students and faculty would like the walls to be more appealing colors. University rules require that union painters be used. Goal: $2,000.

FCS Featured Alumna

Sue Plote, the executive director of Family Service Agency of DeKalb County, graduated from NIU with her undergraduate degree in Family and Individual Development in 1992, and then continued on to complete her master’s degree in Applied Family and Child Studies in 1997. She is a certified family life educator, has taken course work in marriage and family therapy, and has also attended many trainings related to service provision to families and children. After graduation, Plote was an instructor in the NIU School of Family, Consumer, and Nutrition Sciences for three years. During that time, she also worked in a private practice providing counseling services to clients. After several years of personal client contact, she moved into her current supervisory position as the executive director of the Family Service Agency in 2004. Plote says one of her greatest achievements while in the position was bringing the Children’s Advocacy Center (CAC) to DeKalb County. The CAC is the coordination “arm” of a best practice multidisciplinary team response to child sexual and severe physical abuse cases. Recently, Plote has been asked to speak to the Illinois State Bar Association on children’s advocacy centers, and has been asked to be a part of the Illinois State Task Force for Suicide Prevention.

Plote reflects on her time at NIU and says, “I was provided with a solid understanding of child development and of individuals and families, and with this base I have been able to develop and provide the most appropriate services.” She remembers her research methods class as being very challenging, but she uses that information time and time again in her current position. “In fact, there are times when I’m the only person in the room who understands most details of evaluation research, outcome, and so forth.” Plote says that Professor Laura Smart had a great impact on her while she was at NIU. “Professor Smart first helped me to know that I was on target in my understanding of some difficult concepts regarding families, she encouraged me to go to graduate school, and was supportive through graduate school. She is amazing, and I will always be grateful for her friendship and mentoring.”

Plote currently lives on a farm just north of Malta, Illinois, with her husband, Ted, and two children, Megan (19) and Joey (15). In her spare time she enjoys watching her son play football and wrestle. She also likes to do scrapbooking, yoga, and cooking, and says that taking a good nap is always welcome.

For the future, Plote hopes to stay at the Family Service Agency as long as it is good for her and the agency, and someday she would like to get back to face-to-face interactions with clients. She does not know if she will go back to a formal educational setting, but says, “Anything’s possible!” For now she leaves students with her thoughts: “Get as much experience as you possibly can in as many areas as you possibly can. Also, remember that a graduate degree is a stepping stone to learning to ‘do the work.’ Keep current in your field, and get excited about opportunities to learn. Finally, learn how to work in larger systems.”
2004-05 FCNS Scholarships

Celine Neptune Scholarship
  Meghan McCord, Wen-Yuan Shaw
Georgiana W. Sie Scholarship
  Karla Kilpatrick
Kappa Omicron Nu Scholarship
  Jill Tomaszko, Jennifer White
John H. Johansen Scholarship in Family Life
  Jill Tomaszko
Helen Gum Westlake and Donald G. Westlake Family Life Studies Scholarship
  Jennifer White
Early Childhood Studies Scholarship 2003-04
  Tawnya Albert

Dean’s List—
Spring 2003
Kristin Albers
Nicole Armellino
Christine Armstrong
Tracy Ash
Maryam Bejanpour
Natalie Block
Constance Brautl
Sara Bridgeland
Lakesha Cameron
Melanie Carr
Rosemarie Cassioppi
Catherine Coates
Jaime Doering
Holly Dziabu
Amanda Elliott
Jennifer Flahive
Sarah Forrest
Kelly Freeman
Rebecca Gierz
Natalie Givens
Colleen Griffin
Elizabeth Grobe
Laura Hare
Monique Hebda
Marneshia Hiner
Laura Hoots
Staci Hubley
Diana Hunt
Amanda Jackson
Nancy Jansen
Melissa Jolgren
Melissa Karns
Emily Klein
Christina Koonce
Katie Kostock
Melanie Lancaster
Tricia Larsen
Kelly Lee
Jennifer Leitshuh
Tiffany Ludwig
Melinda Lynch
Kimberly Maloney
Tara McDonald
Amy Meister
Amanda Meyers
Samantha Michyeta
Nicole Mittelstadt
Radhika Mody
Jessica Monte
Clorinda Moore
Ashley Olsen
Gina Palmach
Jennifer Parnell
Lindsay Petersen
Carla Petrica
Lilas Pettit-Scott
Brooke Plachno
Marie Prendergast
Noemi Quintana
Sylvia Rahman
Kristin Ramm
Jameelah Rheaves
Latia Robertson
Alyssa Rogers
Rebecca Rogers
Rebecca Sabry
Janet Schulz
Wen-Yuan Shaw
Kimberly Sieracik
Julia Sieram
Michaela Skarbalus
Allison Skinner
Laurel Slack
Lisa Slavik
Kristin Soriano
Michelle Stocker
Rebecca Stump
Jadeda Thomas
Tracy Turcan
Brooke Vendeville
Sara Waggley
Christy Walters
Jill Werner
Jennifer Wessel
Kathleen Wheelan
Jennifer White
Pamela Whitfield-Jacobson
Jessica Wight
Candace Williams
Linsey Wyprych

Dean’s List—
Fall 2003
Tasneem Adkins
Maria Akhtar
Kristin Albers
Robyn Arbetman
Nicole Armellino
Tracy Ash
Maryam Bejanpour
Dawn Bell
Cori Bergquist
Joanne Beynon
Michelle Blum
Jeanette Boland
April Bradley
Sara Bridgeland
Erin Butler
Carrie Cevallos
Katie Chamberlain
Catherine Coates
Lacresha Cirtile
Shannon Crouchman
Chastity Crowder
Maria Dalzot
Marilyn Dejaynes
Margaret Duellman
Gloria Duy
Amanda Elliott
Jennifer Flahive
Virginia Frank
Kimberly Frank
Julie Geretse
Tina Goeks

Megan Golackson
Elizabeth Grobe
Deborah Hammes
Lisa Haske
Monique Hebdar
Julianne Hogan
Rebecca Hudson
Bethany Hurst
Sahrina Ibrahim
Dawn Ingold
Amanda Jackson
Melissa Janke
Michelle Joley
Michelle Kallenberg
Andrea Kiederlen
Karla Kilpatrick
Jennifer Klitz
Jamie Kresen
Jessica Lang
Kelly Lee
Guadalupe Lopez
Margaret Landy
Melinda Lyons
Katherine McCloosey
Sarah McCue
Tara McDonald
Amy Meister
Corinne Meyer
Amanda Meyers
Radhika Mody
Yecenia Mojica
Jessica Monte

University Fellowship 2004-05
  Julie Morrison
NIU Outstanding Women Student
  Carol Friedel
Leadership Honors Bootcamp for Undergraduate Students in Human Sciences
  Amanda Jackson
University Honors
  Corinne Meyer
Alpha Eta Society
  Mary Gross
Golden Key International Honour Society
  Kristin Albers, Tracy Ash, Julia Cavit, Gloria Duy, Michele Miron, Alyssa Roge, Jill Tomaszko, Tracy Tomask, Wen-Yuan Shaw
Mortar Board Honor Society
  Rehana Kurroum, Samantha Michyeta, Kristin Mosbarger, Jennifer White
Phi Kappa Phi
  Gloria Duy, Rachel Lucas, Jennifer White

Continued on page 10.
Recognized Achievers 2004

Continued from page 9.

Kappa Omicron Nu—Fall 2003
Patricia Anderson
Tracy Ash
Jeanette Boland
Katherine Bowers
Katrina Byndon
Julia Cavitt
Katie Chamberlain
Colleen Doherty
Gloria Duy
Elizabeth Grobe
Alison Hakes
Amanda Jackson
Brittney Koziel
Radhika Mody
JASON NICOL
Latia Robertson
Alyssa Roj
Imelda Ruiz
Julia Siriani
Michelle Stocker
Denise Sullivan
Jill Tomaszewski
Margaret Voorheis
Pamela Whitfield-Jacobson

Kappa Omicron Nu—Spring 2004
Constance Brault
Carrie Cevallos
Renee Ciullo
Ann-Marie Dubois
Kristi Finnman
Jacqueline Gahler
Tiffany Gouldsberry
Meghan Hall
Kelly Horner
Nancy Jansen
Cyndi Klaas
Jamie Kroen
Joshua Lipps
Meghan McCord
Robert Mead
Michelle Miron
Yecenia Mojica

Emily Poe
Noemi Quintana
Thea Sawyer
Hope Sinise
Kelly Westphal
Michelle Wilson

Textiles, Merchandising and Educational Services
Outstanding Student Teacher Award
Marilyn DeJanes
TAM Model Student Award
Alison Hakes
TAM Smiling Face Award
Michelle Fowler, Mazel Tangalin

Nutrition, Dietetics, and Hospitality Administration
NIU Outstanding Master’s Thesis Nominee
Megan Bengston
Academic Excellence
Emily Klein, Yolanda VanWyk
National Restaurant Association
Salute to Excellence
Tim Burton, Sune VanWyk

Family and Child Studies
Exemplary Undergraduate Seniors
FID—Amanda Elliott, Sylvia Rahman, Michelle Stocker
FSS—Catherine Coates, Kimberly Townsend, Michael Werner
CD—Carrie Cevallos, Kristine Co, Denise Sullivan
ECS—Tawnya Albert, Kelly Lee, Natalie Young
Exemplary Graduate Students
AFCS—Fery Farhati, Emily Poe, Darby Stack
SMFT—Katherine Bowers, Jennifer Mitchell, Jason Nicol

Student Organization Officers
Fashion Industries Organization
Renee Ciullo, Alison Hakes, Ashley Olson, Melissa Talley, Tracy Tomasik
Julie Hillery, Sarah Coleby, Advisors
Northern Illinois Association for the Education of Young Children
Erica Youndkin, President; Kimberly Frank, Secretary; Latia Robertson, Treasurer; Guadalupe Lopez, Jennifer Flahive, Board Reps; Christine Co, Euneta Weeks, Fundraiser Coordinators
Linda Derscheid, Shi-Ruei Fang, Advisors

Student Dietetic Association
Katrina Idec, President; Joanne Benyon, Vice President; Veronica Gonzalez, Treasurer; Nicolette Broshous, Secretary
Joan Quison, Adviser
Society of Hospitality Administration
Tim Burton, President; Jessica Barrett, Vice President; Sara Letter, Secretary; Jorge Reyes, Treasurer
Luke Li, Adviser
Kappa Omicron Nu
Diane Varga, President; Kimberly Townsend, Vice President; Samantha Michyeta, Secretary; Jadeda Thomas, Treasurer
Susan Bowers, Julie Hillery, Laura Smart, Advisors

Student Advancement Committee
Jill Tomasello, President and Editor; Jill Werner, Vice President and Co-Editor; Lisa Pisha, Coordinator; Christine Co, Carol Friedl, Board Members
Sharon Louis, Laura Smart, Advisors

Faculty Honors—2004
Lankford Teaching Award and Excellence in Undergraduate Teaching
Shi-Ruei Fang

SAC Special Achievement Awards
Extra Effort Awards—Miyisha Harvey, Karen Aquino
Intensity Awards—Art Youderd, Kristi Finnman

Mentoring Awards—Akhia Palmer, Sara Gillenwater
Role Model Awards—Jamie Carrie, Allen Weimer

Students’ Choice Teaching Award—John Bland

Outstanding Seniors
2004 NDHA Outstanding Senior
Gloria Duy
2004 FCS Outstanding Senior
Kathleen Whelan
2004 TIES Outstanding Senior and Dean’s Award
Maryam Bejanpour

Special Thanks to the SAC Planning Committee and The Chandelier Catering Corp.

Let Us Hear From You!
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, let us know if your mailing address has changed or will be changing.

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

Please check:
❑ Address change only.
❑ Please share this information in the next newsletter.
❑ Please put me on your homecoming mailing list.

News about yourself:

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Students and faculty in the School of Family, Consumer, and Nutrition Sciences thank you for the contributions that you have made to the NIU Foundation. Many FCNS alumni responded to the NIU Telefund Campaign by making a first-time contribution or increasing the amount of their annual contribution.

The NIU Telefund has not only increased funding for vital projects, but has allowed the school to plan the use of the donations. This year, alumni contributions will support several school initiatives, including the Undergraduate Research Apprenticeship Program (URAP), student attendance at professional meetings, the fall faculty retreat, and faculty travel to recruit students and faculty for programs in the school. Your contributions also support the activities of the Student Advancement Committee and production of this newsletter.

When making a contribution directly to FCNS, please let us know which area you would like to support.

If you would like to contribute to one of the Wish List Funds, contact Laura Smart, chair, at (815) 753-6342 or by e-mail at lsmart@niu.edu. If you find an error in this list, please contact Laura Smart so that we may correct our records.
Faculty published articles in the following scholarly journals:


Faculty presented scholarship at the following national conferences in 2004:


Presentations at State, Provincial and Non-refereed National Conferences

Atkinson, B. *The Neurobiology of Love: Rewiring Emotions in Couples Therapy*. Presented at the Annual Conference of the British Columbia Association for Marriage and Family Therapy, and the Annual conference of the Missouri Association for Marriage and Family Therapy.


Atkinson, B. *The Big Seven: Understanding the Modular Brain*. Presented at the Psychotherapy Networker Symposium, Washington D.C.