Julie Hillery Receives NIU Excellence in Undergraduate Teaching Award

Julie Hillery, associate professor of textiles, apparel, and merchandising, was one of four NIU professors who received the 2005 Excellence in Undergraduate Teaching Award. Winners of this prestigious award are nominated by students and alumni. The award honors excellent undergraduate teaching in the university, encouraging improvement of instruction and promoting discussion among members of the university community on the subject of teaching.

Hillery was a non-traditional student who became passionate about education while continuing to work and succeed in the apparel industry. Hillery recalls waking up one night and thinking, “I really just want to teach college. What an impact those teachers made on me. I followed my dream and my passion, and every day I see the rewards of that.” Hillery strives to make an impact on the students she teaches. In addition to her academic appointment in the School of Family, Consumer, and Nutrition Sciences, she holds a courtesy appointment as the Kohl’s Professor of Retailing and Apparel Merchandising in NIU’s Department of Marketing. “Many of my students get a lot of pressure from their parents or friends that they should choose a different major because they do not understand all the possibilities the fashion industry offers. I try to show a lot of enthusiasm for what I do, because that’s the key,” says Hillery, who began her career in retailing at the age of 16. “I use humor. I’m in your face. We laugh and have a good time, and we learn something at the same time. I tell my students to find something they love to do and build a career around it. I hope that I am an example of this, and they see the passion I have for teaching.”

Hillery has been key in establishing and maintaining a solid working relationship between NIU and Kohl’s since 1998, when she began cooperating with Kohl’s to place interns from the textiles, apparel, and merchandising program in their stores. Since this time, NIU has seen its percentage of interns in the Kohl’s executive training program rise above the national average. NIU is now the number-one recruiting university in the country for Kohl’s, and her association with the department store keeps Hillery up to date on the latest industry trends. As part of the Kohl’s partnership, students in Hillery’s Principles of Retailing class are awarded a total of $3,500 in scholarships for the best class projects.

Hillery has also co-authored a textbook with Ann Paulins at Ohio University entitled CAREERS! Professional Development for Retailing and Apparel Merchandising. This textbook is used in professional development classrooms across the country. Hillery’s future plans are to continue to help the TAM faculty build the undergraduate program and the relationship with Kohl’s, and she is currently working on another textbook examining ethics in the apparel merchandising field.

Charline Xiaolin Xie receives the Lankford Award for Excellence in Teaching

In fall 2005, Associate Professor Charline Xie received the NIU College of Health and Human Sciences Lankford Award for Excellence in Teaching. Xie’s philosophy of teaching has been greatly influenced by her family, which includes many teachers, and by her students. In the following paragraphs, Xie shares her teaching philosophy.

Teaching is more than imparting information and knowledge. It is to instill motivation, curiosity, and interest in lifelong learning. It is to cultivate critical thinking skills in each and every student. Teaching is by no means unidimensional. It is reciprocal. The more motivated students become, the more investments I put in class preparation. Over the years, in my vanity moments, I wanted to say I have done a decent job as a teacher, but the fact is that my students have taught me much as well. I have been asked numerous times why I can teach a family relations class for so many times. “Don’t you get bored repeating the same materials semester after semester?” My answer is that I have new students every semester, and my focus has always been on students. I don’t just share information. I interact with students, I challenge them, and last but not the least, respect and encourage them every chance I have. Students energize my teaching and motivate me to continue on this journey. So, the answer is no. I don’t get bored. At least, not yet.

Teaching is student-centered. As a professor, my role is to facilitate. To achieve this goal, I have actively adopted the interactive and engaging style where I do not only lecture, but provide students opportunities to discuss in class, and in small groups. I am also aware of the different learning styles.

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Send updates to lsmart@niu.edu or use the reply form on page 14. Thank you.
that students have, so I utilize a variety of teaching methods that have visual and auditory components. Teaching is also about bridging the connection between classroom and the outside world. With my teaching topics on parent education, family relations, and family theories, I diligently encourage students to not only apply what they have learned in class to the world they live in, but also share their stories, their voices, and their experiences in the classroom. Assignments pertaining to this include writing focus papers with a theoretical component, and interviews. The latter includes interviewing their classmates and/or their parents on related issues. Coming from a different culture, I honestly and openly share my stories and growth as an international student, a professor, a spouse, a parent, and a Chinese American, and bring in the discussion of diversity and global perspectives germane to family studies. It is my goal to teach students respect and acceptance of diversity.

To “sharpen my saw” and be an effective professor, I constantly attend teaching workshops organized by the faculty development department on campus to brainstorm new ideas and strategies. I find the workshops stimulating and informative. Many of the strategies have been adopted in my classes.

Teaching is my passion. Growing up in a teachers’ family, I was fortunate enough to have many role models—my mother, my uncles, aunts, and my cousins, who considered themselves gardeners and had many young minds to mold and to stimulate. Their commitment to their teaching careers, their satisfaction resulting from diligent work, and their pride in seeing their “gardens” grow impressed me and helped plant my wish at a young age to choose teaching as my career.

Teaching is never an isolated piece of artwork. It is about teamwork. Though I may be the one who carries the brush at the podium, there are so many other people whose contributions help make it a success. I want to take this opportunity to express my sincere thanks to FCNS secretaries who make sure I have smart classrooms for my classes; to the coordinators who work hard to facilitate class schedules to meet our preferences; to my favorite undergraduate student advisor, Sharon Louis, who seems to have answers to all my advising questions; and to the NIU teaching workshops to which I gravitate. At these workshops, I have met many kindred spirits. Without all this support, my teaching wouldn’t go as smoothly.

I know I will continue on this journey, and find much enjoyment along the way.

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**Aimee D. Prawitz receives the Sullivan Award for Research**

In fall 2005 Associate Professor Aimee Prawitz was the recipient of the NIU College of Health and Human Sciences Sullivan Award for Research. Prawitz not only has a very strong publication record, she also regularly teaches research methods and has been a mentor to other faculty members. Prawitz shares her philosophy of research in the paragraphs that follow.

The expansion of knowledge through research is critical to the mission of a university. Research, or the discovery of truth, not only renews intellectual vitality—more importantly, it serves to expand the instructional mission of the university. Thus, my philosophy of research comprises four facets: a) attention to the scientific method, b) collaboration among researchers, c) mentoring of student researchers and support of fellow researchers, and d) appropriate dissemination of research findings to the public.

If research is pivotal to the mission of the university, then good research is crucial to the process. The worth of the findings hinge on the scientific methods employed. Hence, attention to the plan for the research is vital to the worth of the endeavor. To that end, in my own research efforts I dedicate substantial time and energy to the up-front work. In the teaching of research methods to graduate students, I emphasize the adage, “Pay me now or pay me later.” That is, toil over the proposal or agonize over meaningless findings. Claude Bernard, a French physiologist, has said, “Man can learn nothing except by going from the known to the unknown.” A thorough review of the body of knowledge comprising what is already known can guide us to appropriate questions about what we do not yet know. After that, the scientific method is an organized process—to approach it otherwise is folly.

Social scientists tend to see and explain things in terms of a specific and sometimes narrow set of concepts. Economists, for example, explain phenomena in terms of economic variables, sociologists in terms of sociological variables. Such reductionism suggests that particular variables are more relevant than others. One option to address this concern is the undertaking of collaborative research across disciplines.

My most rewarding research endeavors have involved working with colleagues who bring to the table their different perspectives. Looking at phenomena from a number of viewpoints expands the research possibilities and promotes growth of the individual researchers. As a consumer scientist, I have had the privilege of working with researchers in the areas of nutrition, gerontology, child development, public health, and fashion merchandising. In the past, I have worked with researchers from the Federal Trade Commission, the Food and Drug Administration, a psychology colleague from the University of South Carolina, and a nutrition colleague from my own school to explore deception in advertising related to weight loss products and services. Currently, I am involved as a research scholar with colleagues across the nation as we develop and test an instrument to measure financial distress and financial well being. Such experiences have been both rewarding and growth-promoting. With each study, I have learned from my colleagues, and they, I like to think, have learned from me. In viewing families and individuals in their role as consumers, then, I have learned to consider a number of theoretical and pragmatic perspectives.

One of the most enjoyable and growth-producing aspects of my profession has been the opportunity to mentor students as they learn to conduct research. The graduate research methods course has been a part of my regular teaching load in FCNS since 1995. Additionally, I have taught research methods to the public health graduate students during two semesters. Working with beginning researchers such as these students is at the same time challenging and rewarding. The fulfillment I feel when helping students work through fledgling attempts at proposal writing helps me realize that indeed I have chosen the right career. The true pleasure comes, though, when I am asked to direct a student through the completion of a research project. It is satisfying to offer my support and expertise from the beginning of a student’s idea to its culmination as a published research study. Both undergraduate and graduate students benefit from the hands-on learning that takes place throughout the process. Seeing their names in print as published researchers validates students’ hard work and their potential to succeed as social scientists.

Another endeavor I have undertaken is the initiation of a “Publishing Circle” within the School of Family, Consumer, and Nutrition Sciences. The initiative provides a forum for the support of colleagues’ research efforts through critiques of written work and verbal feedback. Participants pledge to write for 15-
30 minutes each day, providing continuity and renewed energy for their work. The Publishing Circle, started in summer 2004, is gaining momentum across the school. Members of the group have enjoyed a 100% acceptance rate for all manuscripts developed through the initiative and submitted for publication.

Ultimately, the end goal for all research should be the dissemination of the findings to the public. This concept further validates the connection between the seeking of knowledge by researchers and the education of students through instruction. Universities are the origin of much of the new information available; what sense would it make if university professors were to not share this knowledge? Therefore, publication in respected professional journals and dissemination of new findings in professional forums is essential to the mission of the academic unit. The imparting of new information in the classroom, both from one’s own research and that of other scientists in the field, is pivotal to intellectual vitality. Continual updating of my course work with new research findings is crucial to my role as a teacher as well as to my integrity as a researcher.

An important component of publication in respected professional journals is the peer review process. It is the responsibility of researchers to serve as peer reviewers of the work of others, offering a fair evaluation of their efforts along with constructive critiques to encourage publication of appropriate works. Given this philosophy, I serve on the editorial boards of three journals and as a reviewer for the conference proceedings of several professional organizations. I have served as a conference proceedings editor, and am currently the editor of the Journal of Consumer Education.

In summary, my philosophy of research is simply this. It is impossible for me to separate the facets of my role as a researcher—I teach and I learn as I mentor, conduct, collaborate on, evaluate, support, and disseminate what I hope is good research in search of truth.
Student Notes

Two FCNS Students Attend Bread for the World Institute

Amy Dyer and Natalie Yeagle attended the Bread for the World Institute (BFW) in Washington, D.C., from June 4-7, 2005. Yeagle is earning a Master of Science degree in nutrition and dietetics, and Dyer is working toward a bachelor’s degree in hospitality administration. The two were selected because of their volunteer work with underprivileged adults, children, and families.

Bread for the World is a nationwide movement that seeks justice for the world’s hungry people by lobbying our nation’s decision makers. Titled One Table, Many Voices, the conference included policy briefings, exhibits, workshops on anti-hunger strategies, and much more. Among the featured speakers were Archbishop Njongonkulu Ndungane, Anglican Archbishop of Cape Town, South Africa; Dr. Jeffrey Sachs, director of the U.N. Millennium Project; and Ben Cohen, founder of Ben and Jerry’s Ice Cream (speaking on “Oreo Cookies and the Federal Budget”). Participants also enjoyed a reception at the French Embassy to honor countries that have qualified for Millennium Challenge Account (MCA) funding.

The two women were able to attend this event due to a scholarship created by the DeKalb Chapter of the BFW in memory of Barbara Skelley and Sondra King. Skelley and King both spent their lifetimes devoted to ending poverty. When asked what she learned from the gathering Yeagle wrote, “As a result of attending the Bread for the World conference, I have been challenged to learn more about these issues and be an advocate for the people. Whether we realize it presently or not, these matters will affect us in the future. The problems will not go away...they will only get bigger.”

Montana Attends Health and Human Sciences Leadership Bootcamp

Jessica Montana, nutrition and dietetics major, attended the 2005 Envision Institute’s Honor Leadership Bootcamp. The Leadership Bootcamp is a program for university students that gives them the skills needed to lead others effectively. Program participants gain new insights into leadership theories and group behavior. They also acquire the capabilities and confidence to lead in a variety of challenging group or team situations.

“The experience gave me the confidence and the communication skills to work efficiently in groups and teams,” Montana stated. “During the Leadership Bootcamp we discussed different leadership styles and many personalities that people have. The experience gave me skills and enabled me to see different perspectives that people can have. Overall, I think I am better able to relate to people and certainly enjoyed this experience.” The Leadership Bootcamp was held May 21-26 in Washington, D.C. Funding for Montana to attend was provided by the College of Health and Human Sciences.

2005 Kappa Omicron Nu Conclave and Undergraduate Research Conference

Tracy Ash attended the 2005 Conclave and Undergraduate Research Conference held in Chicago on August 4-7, 2005. The Conclave is a biennial meeting of the Assembly of Delegates, the governing body of Kappa Omicron Nu, national honor society for family and consumer sciences.

Interdisciplinary Collaboration at NIU

The problem of obesity is not just a national and state concern. It is a local and regional concern that demands attention from health professionals who need to facilitate change in diet and physical activity. With health promotion in mind, it seems that the families of preschoolers would be a good place to start. NIU professors hope to make some headway in this area through an interdisciplinary effort with nutrition and dietetics, family and child studies, and kinesiology and physical education.

The first step is to determine the need in this area for practical information about food and physical activity habits with the intent of changing family behavior.

In 2005 Ash was the secretary of NIU’s KON chapter. The theme of the 2005 Kappa Omicron Nu Conclave, “Integrating Academic and Co-Curricular Goals,” was implemented through the workshops and the banquet address. Practical sessions on the application of Reflective Human Action to organizational and personal issues were presented for the benefit of students and professionals. During the Assembly of Delegates Meeting, voting delegates elected student board members, considered business of Kappa Omicron Nu, and participated in a forum to determine priorities for the “ends” (to achieve the mission) of Kappa Omicron Nu. The required program initiatives, “A Matter of Ethics” and “Kids & Careers in Human Sciences: Career Awareness for Schoolchildren Ages 9-12,” were explored as service learning programs for chapters.

Also part of the Conclave was the Undergraduate Research Conference. Presentation topics were in the areas of resource management, child attachment, and nutrition.

“The conference was a gathering of amazing leaders,” stated Ash. “I was honored to be chosen to judge the presentations in the undergraduate research conference and was impressed by the quality of research these students had conducted. The KON Conclave made me reflect on my leadership potential and my current leadership ability.”

In fall 2005 the faculty team of Associate Professor Linda Derscheid (FCS), Assistant Professor Beverly Henry (NDHA), and Lauriece Zittel (kinesiology and physical education) began a research project to develop a process to screen parents of preschoolers regarding their concerns about their children’s nutrition and physical activity. The team has preliminary approval to collaborate with a Canadian nutrition team that created a survey called NutriSTEP (Nutrition Screening Tool for Every Preschooler), which is being validated in rural areas of Canada. As their first U.S. partner, the NIU team will adapt the survey by including questions about families’ physical activity habits—particularly about their children’s daily physical activity experience—and pilot test the survey in this locale. Parents of preschoolers in the tricounty region (DeKalb, Lee, and Ogle Counties) surrounding NIU will be surveyed. A research proposal was submitted to the Illinois Council on Food and Agricultural Research, and other funding sources will be investigated.
Award Winning Teacher Shares Her Teaching Philosophy

By Pamela Roesner

“Society, as we know it, cannot survive unless we recognize the importance of children, schools, families and communities and the need for them to nourish and nurture each other,” says Helen Westlake, NIU alumna of 1949 in home economics. Having taught preschool age through graduate school, Westlake is author and coauthor of five books and many articles, and has presented at conferences across the country. She shares with us some of her philosophies of teaching family and consumer science.

“We need to understand where the youngsters are and where they’re going to go,” Westlake says. One of her favorite writings is by Carl Sandburg:

One thing I know deep out of my time: youth when lighted and alive and given a sporting chance is strong for struggle and not afraid of any toils or punishments or dangers or deaths.

What shall be the course of society and civilization across the next hundred years?

For the answers read if you can the strange and baffling eyes of youth.

Yes, for the answers, read if you can, the strange and baffling eyes of youth.

She explains, “The students are always the young strangers. That’s probably the most exciting thing about having taught preschool children through graduate students.” Westlake believes that we must hold on to hope until it takes over our fears and negative thinking. We gain enough confidence in ourselves to turn our ideals and potentiality into reality.

“Students need to be heard,” she notes. “Make them a part of their own learning. Help them find the facts through conclusions.” She says to let the students experience the joy of discovery.

Family and consumer sciences classes provide many opportunities for students to apply concepts from math, social science, biological and physical sciences to everyday situations, Westlake notes. This gives students the opportunity to be more well-rounded in their lives.

Westlake thinks that standardized testing leads to teaching the test, and that doesn’t teach anything the student needs to know. Students study individual subjects, but need to relate the facts from the different subjects and connect them to one another so that they can deal realistically with the problems they will face. “You can’t teach a part of a child, but must teach the whole child,” she says.

According to Westlake, because of the changes occurring in our society it is important for young adults to study the range of individual and family relationships. The ability to relate to others is important to everyone, no matter what occupation a person holds. Westlake says that students need to have a basic understanding of the principles that function in their relationships.

To help growing people handle change in a family or educational setting, a communication system must be built.

In her book Relationships: A Study in Human Behavior, Westlake writes, “A valid communication system is a system of behavior that enables people to somehow say what their feelings really are, what it is that they really wish to share, and what it is that they must share in order to function.”

“Communication interaction works with a student’s growth, handling changes, being challenged and making choices,” she says. Through this communication process a student learns his or her potential. Students work with their own ideas and those of others. They learn to express and defend their own viewpoints.

According to Westlake, being able to accept other people and to communicate acceptance builds trust. “It is the giving to other people the sense of being received, heard, and welcomed into one’s existence without the desire or need to change them,” she mentions in her book.

For 57 years, Helen Westlake has been teaching students in all levels of study in family, consumer, and nutrition sciences. Always looking at the future of the field, she and her husband also fund a scholarship program for students in family and consumer science education. She believes that all students should have the opportunity to study family, consumer, and nutrition sciences. It is the core curriculum, and we will constantly use this knowledge to help us live our lives as individuals and members of families.

Past Professors; Where are they now?

Teresa McDowell, Ed.D.

Teresa McDowell, former director of NIU’s Family Center, is an associate professor and director of the marriage and family therapy master’s and doctoral programs in the School of Family Studies at the University of Connecticut. Teresa is also the director of the Humphrey Center of Individual, Couple, and Family Therapy. She can be contacted by e-mail at teresa.mcdowell@uconn.edu.
New Faculty

The family and child studies area is pleased to welcome two new faculty members to Northern Illinois University.

Assistant Professor Jane Rose Njue, Ph.D., C.F.L.E., began at NIU in fall 2005. Njue completed her doctorate at Iowa State University in 2005 with the defense of her dissertation, “Effects of Boundary Regulation on Children’s Academic Performance: A Systems Perspective of Family Functioning.” Njue is one of two faculty liaisons for the family social services emphasis and teaches classes in human development and family studies.

Barb Cuppett, M.A., L.M.F.T., holds a supportive professional staff appointment and is the director of NIU’s Family Center, the training clinic for our accredited marriage and family therapy program. Cuppett has 22 years of clinical experience, 11 years of experience as a clinical and administrative supervisor in two multidisciplinary mental health agencies, and on Non-Profit/Metro County collaborative project; 19 years of experience in professional training; and 12 years of teaching experience. Cuppett’s areas of interest include the interface of dual roles in supervision, supervision effectiveness, developing self-of-therapist in supervision, child abuse and neglect, adult abuse, working with abuse survivors, dynamics of blended families, developmental disabilities and their impact on family functioning, and the impact of trauma on relational functioning.

Grading from a Feminist Perspective

In November 2005, Associate Professor Elizabeth Miller presented a roundtable at the National Council on Family Relations with Katie Ditch and Michelle Stocker-Barkley, graduate students in applied family and child studies. The topic was “Grading from a Feminist Perspective: The Deconstruction of Power in the Classroom.” Along with other students in Miller’s classes, Ditch and Stocker-Barkley—who both have undergraduate backgrounds in feminist studies—kept journals, documented their learning through learning portfolios, collaborated on assignments, and decided their final grades. In Miller’s classes, students explored power and authority in the context of grading. Through continual reflection and collaboration, students deconstructed power and authority. The presentation included analyses of student satisfaction and examples of reflective portfolio work and classroom work.

C.F.L.E. Program Re-Approved

Since 2000, students pursuing the B.S. in family and child studies have been eligible upon graduation to apply for provisional certification as a family life educator. Specific course work in 10 areas must be completed by the students. In June 2005, the program was re-approved by the certifying professional organization, National Council on Family Relations. Students who entered the B.S. in family and child studies after June 30, 2005, must now complete an internship in family life education. Students may apply using the abbreviate process within two years of receiving their B.S. degree. Information about the certification process is available at http://www.ncfr.org/cfle/c_certification.htm

Students Attend National Conference and Showcase Program

In October, graduate students in the applied family and child studies program with a specialization in marriage and family therapy (MFT) attended an Accredited Program Showcase at the annual meetings of the American Association of Marriage and Family Therapy in Kansas City, Missouri. Assistant Professor Lin Shi accompanied eight of the MFT students. The showcase is intended to distribute information about marriage and family therapy programs to prospective students from around the country. Shi states that the conference is valuable in networking and enabling past students to reconnect with their alma mater. “The students who attended the showcase were excellent ambassadors for NIU’s marriage and family therapy program,” she says. Shi is very excited about next year’s showcase and is anticipating this event becoming an annual event for the program.
**FCS Featured Alumnus**

**Paul Weiss** (B.S. in family social services, 1997; M.S. in applied family and child studies with a specialization in marriage and family therapy, 2000) is a youth and family therapist as well as the clinical director of DeKalb County Youth Service Bureau (DCYSB) in DeKalb, Illinois, [www.dcysb.com](http://www.dcysb.com). Weiss is also a therapist and faculty member of the Couples Clinic and Couples Research Institute in Geneva, Illinois.

At DCYSB, Weiss's job duties include providing therapy to adolescents and families, serving as the direct supervisor for the program coordinators (YSB has nine programs—youth and family counseling, drug and alcohol early intervention, and active parenting of teens, to name a few), providing training and clinical supervision for staff and interns (both undergrad and grad), and assisting the executive director and board of directors in overall agency growth and planning. Weiss especially enjoys working with adolescents and families. He also finds it very exciting to assist in the growth and planning process of the agency.

At the Couples Clinic, Weiss provides therapy using PET-C (Pragmatic Experiential Therapy for Couples), which applies recent research about how the brain processes emotion into practical methods for improving relationships and increasing personal success. Weiss conducts seminars and workshops for couples, and provides training seminars to professionals who are interested in learning the PET-C approach. "It is very rewarding helping couples gain tools to strengthen their relationship," he says.

Both of Weiss's jobs are very collaborative and are in supportive environments. Each has provided exciting opportunities that have helped him accept new challenges and develop his clinical abilities. "The training and supervision I received at NIU built a solid foundation to help me achieve my professional goals," Weiss says.

Faculty from Northern who had an impact on Weiss both professionally and personally were Aimee Prawitz and Brent Atkinson. During his first year in the program, Weiss was Prawitz's graduate assistant. "I enjoyed working for Professor Prawitz and learned a great deal from assisting her with her undergrad classes and research projects," states Weiss. And he recalls the individual supervision and courses with Associate Professor Atkinson as having a "tremendous influence on my personal and professional growth." He notes, "It was fascinating learning about neurobiology and the importance of recognizing emotional states in my clients, but also for me as the therapist to be aware of my own state in session."

Weiss lives in St. Charles with his wife, Jane, and 2½-year-old son, Colin. Weiss and his wife are very excited, as they are expecting their second child in October.

In the future, Weiss would like to continue to develop his therapeutic skills. He enjoys attending seminars and conferences and feels reenergized with new ideas. Also, he would like to do more seminars for the public as well as professionals. Weiss is in training to become an approved supervisor, and he is finding more and more that he enjoys in providing supervision, but recognizes that there is so much more he can learn.

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**Shi's First Year as Marriage and Family Therapy Director**

Assistant Professor Lin Shi's first year as the director of NIU's specialization in marriage and family therapy was busy and productive. The MFT program is an excellent program that is growing every year. Shi is excited about the quality of student applicants to the program. "The marriage and family therapy students are highly motivated," she states, "and faculty who work with them are mentors, training the students to be the best therapists possible." Shi enjoys working with the students and is looking forward to beginning a new mentor relationship with the next group of MFT students.

**Atkinson Writes Book**

Emotional Intelligence in Couples Therapy, Advances from Neurobiology and the Science of Intimate Relationships, by Associate Professor Brent Atkinson, family and child studies, was published in October 2005 by Norton. The book presents a theory of the practice of family therapy and family therapy supervision, which utilizes recent research on neurology and close relationships. Atkinson is excited about his book and the implications of its application to helping couples maintain healthy, loving relationships. According to Atkinson, understanding the brain's neural operating systems is essential for practitioners who want to understand relationships in distress and why partners often continue self-defeating interactions.
Hospitality Administration Emphasis

The year 2005 has been great for the hospitality administration (HA) emphasis. With the support of our HA advisory committee, our students have accomplished so much. Here is the good news.

Jeff Wolff, Chair of HA Advisory Committee (2003-2005)

Jeff Wolff is regional vice president of market operations, central region, Marriott International Corporation, and founding chair of the NIU HA Advisory Committee. In spring 2003, he was willing to take on the committee chair leadership when the HA program had only a few students and was hardly known on campus. During the past three years, under Wolff’s leadership, the HA Advisory Committee has been building awareness around the NIU HA program from both students as well as from the hospitality community. Each year the committee has sponsored about $9,000 in scholarships for students in the program, and about $1,000 for students attending the National Restaurant Association Show in Chicago. The committee has also offered advice for the curriculum and expanded industry internship sites.

Additionally, a mentor program was developed in fall 2004 to match students’ interests with industry leaders. Students in the mentor program are able to gain knowledge about the industry and develop their career paths by learning from industry mentors on a one-on-one basis. In addition to the support of the HA committee, hospitality companies attended HA recruitment day for the first time on February 22, 2006. Students were able to get job and internship interviews right on campus. This year Wolff completed his term as chair of the HA Advisory Committee, and his leadership has been greatly appreciated by students and faculty in the program.

Wendy Strachan, Chair Elect of HA Advisory Committee (2003-2005)

Wendy Strachan has been serving as chair-elect of the NIU HA Advisory Committee between 2003 and 2005. As vice president of human resources for Hyatt International Corporation, she oversees a workforce of 35,000+ employees in 42 countries and a team of global corporate/field human resources specialists. In 2005, Strachan and her corporate team at Hyatt Headquarters delivered a series of lectures on global human resources to our HA students. In addition, Hyatt International, along with the Illinois Restaurant Association Education Foundation, contributed three scholarships to the NIU HA program. With Strachan’s assistance, Micros System Inc. donated the OPERA Property Management System to NIU so that HA students will be able to learn the most updated technology right on campus. Hyatt International also sponsored 15 students and three faculty members in attending the 2005 National Restaurant Association Show in Chicago. Starting in spring 2006, Strachan will be serving as chair of the NIU HA Advisory Committee.

Scholarship Recipients

The following hospitality administration students received scholarships for the academic year of 2005-2006:

Hyatt International and Illinois Restaurant Association Education Foundation

- Stacey Huftalin
- Cesare Caldarelli
- Jamie Kresen

Marriott International and Illinois Restaurant Association Education Foundation

- Jodie Hart
- Amy Dyer
- Sunee van Wyk

Ecolab Scholarship from American Hotel and Lodging Educational Foundation

- Jodie Hart

Illinois Hotel and Lodging Association Education Foundation

- Sunee van Wyk

Scholarship Recipients (l to r):
- Amy Dyer (Marriott International), Jodie Hart (Marriott International and Ecolab Scholar), Cesare Caldarelli (Hyatt International), Stacey Huftalin (Hyatt International), Jamie Kresen (Hyatt International).
HA Advisory Committee Members (2003-2005)

We would like to express our great appreciation to our industry advisors who have completed their three-year term serving as HA advisory committee members in 2005.

Deborah Blakeley, Director of Conference and Institutes, Holmes Student Center, Northern Illinois University
Kristina Creed, Manager of College Relations, ARAMARK
Joyce Johnson, Guest Room Manager, Holmes Student Center–Guest Rooms, Northern Illinois University
George Macht, Coordinator of Hospitality Administration Program, College of DuPage
Rex Parker, Instructor, Business Division, Rock Valley College
Larry Riordan, Director of Human Resources, The Peninsula Chicago Hotel
Amy Sheren, Executive Director, Illinois Restaurant Association Education Foundation
Denise Stauder, DMS Marketing
Wendy Strachan, Vice President of Human Resources, Hyatt International Corporation
Matt Volk, Assistant Director of Operations, Northern Illinois University Outreach
Jeff Wolff, Regional Vice President of Market Operations, Marriott International, Central Region

Industry Sponsorship to HA Program in 2005

Marriott International/Illinois Restaurant Association Education Foundation, $4,500 scholarship
Hyatt International/Illinois Restaurant Association Education Foundation, $4,500 scholarship
Hyatt International, $890 travel funds for HA students
Micros System Inc., donation of OPERA Property Management System

Mentor Program

To gain knowledge about the hospitality industry and develop students’ career paths, the HA mentor program was developed in fall 2004. Each student in the program was matched with one industry leader. In summer 2005, the first group of HA students completed the mentor program. We would like to thank the following industry leaders who served as mentors to our students in 2004-2005:

Susan McCabe, Senior Catering Sales Manager, Renaissance Chicago Hotel
Wendy Strachan, Vice President of Human Resources, Hyatt International Corporation
Jeff Wolff, Vice President of Select Service/Extended Stay Hotels, Marriott International Corporation
Ken Jasinski, Director of Human Resources, Hyatt International Corporation
Nancy De Los Santon, Director of Human Resources Operation, Marriott Lincolnshire
Monique Dekker, Executive Assistant Manager of Rooms, Park Hyatt Chicago
Traci Reyes, Catering Manager of Q Center, Aramark Corporation

Bringing new experience to the classroom

Associate Professor Lan Li, facilitator of hospitality administration, participated in the faculty internship at Grand Hyatt Singapore in summer 2005. She was able to attend the executive management meetings and learn the most updated technology on revenue management at the hotel. Li would like to thank the management team at Grant Hyatt Singapore for providing this learning opportunity. She notes that she brought the industry experience back to her classroom, and applied it in her daily teaching.

News from Hospitality Administration Alumni

Neil Bhatnagar (2005) moved back to California for his family business and is now working as partner/owner of three Denny's restaurants in Carmel, California.
Yolanda van Wyk (2005) was promoted as the credit manager in the accounting department at Park Hyatt Chicago.
Amanda Harford (2005) moved from Lincolnshire Marriott Resort to the new Hyatt brand, Hyatt Place, in Itasca, Illinois. Her new position is sales coordinator.

Keep in touch with other HA graduates: please contact Lan Li, facilitator of hospitality administration, at lanli@niu.edu

Student and Faculty Activities

The Society of Hospitality Administration (SHA) is an association for HA students established in fall 2003 with only three members. But thanks to the two SHA presidents, Amy Dyer (2004-2005) and Jodie Hart (2005-2006), SHA has grown into 32 members and was officially recognized as a student association on campus in fall 2005. SHA recently established a partnership with the Holmes Student Center (HSC) to work in the catering department and acquire knowledge and expertise from HSC staff and management. SHA would like to thank Karen Villano, foodservice director of Holmes Student Center, for this support. In 2005 SHA organized the following activities: a Wine Etiquette Workshop, Cake Decorating Workshop, and Table Etiquette Workshop. As a student association, SHA continuously seeks opportunities to serve the local community and its members.

Gaining International Experience – Trip to Singapore

In December 2005 Megan Mickelson and Jodie Hart, senior students in the HA program, visited their mentor, Monique Dekker, executive assistant manager of rooms at Grand Hyatt Hotel in Singapore. During their visit, Megan and Jodie were able to job shadow management and observe management briefings and behind-the-scenes jobs of all departments in the hotel. The staff and management were extremely helpful and knowledgeable, and the Grand Hyatt was an extraordinary hotel with exceptional service and hospitality. Megan and Jodie are extremely grateful to Hyatt International and the staff of the Grand Hyatt Singapore for providing them this opportunity of international experience. Best of all, they got to stay in the beautiful and “grand” Hyatt Hotel, tour the garden city state, and make friends in Singapore.

Jodie Hart (left) and Megan Mickelson (right) at the Grand Hyatt Singapore.
New Faculty

Assistant Professor
Amy Ozier, Ph.D., R.D., was welcomed to the nutrition, dietetics, and hospitality administration faculty in fall 2005. Ozier completed her doctorate at the University of Alabama in 2005 with the defense of her dissertation, “Development of an Instrument to Assess How One Copes with Stress Using Food as it Relates to Obesity: EADES (Eating and Appraisal Due to Emotions and Stress) Questionnaire.” She is the facilitator of the Certificate of Graduate Study in Obesity and Eating Disorders in the School of FCNS. Ozier teaches courses associated with nutrition as well as in eating disorders and obesity.

How to Eat Healthfully Without Compromising the Cultural Tastes and Flavors of Your Favorite Foods!

During the spring 2005 semester, the NDHA food lab, in coordination with the Health Enhancement Services (HES) Division of Student Affairs, developed a series of cooking classes as part of a Life Enhancing Eating and Exercise Program (LEEEP). These cooking classes were under the direction of Martha O’Gorman, R.D. (NDHA), with publicity and organization by Mary Strohm, HES, and support from the Latino Resource Center and the Center for Black Studies. For the program, four cooking sessions were open to students on campus. Over 50 students took advantage of this offering, which included discussion, hands-on cooking experience, and recipes, and culminated in a tasting session. Students attending these sessions were given a pre-test and a post-test to emphasize the learning objectives—how to decrease fat, salt, or calories in specific foods, and recognizing the rich nutrients found in foods that are traditional Latino or African American favorites. Each session was promoted to a specific ethnic minority group and thus fit well with the campus mission: recognizing diversity and fostering inclusion. Additionally, these classes provided the opportunity for six students from the FCNS 410 Community Nutrition Class to obtain hands-on experience in working with a nutrition education program.

Sessions were open to any student on campus. While obesity is seen throughout the United States, the increase in problems of hypertension and diabetes is disproportionately greater in the Latino and African American communities. The goals of these sessions focused on one primary concept—that ethnic-specific foods high in fat and sodium are also rich in many important nutrients. The menu components for these sessions show these strengths:

For Latino Night:
Home Baked Tortilla Chips, with Bean Dip and Guacamole
Spinach and Mushroom Enchiladas
Chicken with Poblano Mole Sauce
Zucchini with Corn and Tomatoes
Caramel Custard

For Soul Food Cooking:
Sausage and Gravy over Heavenly Angel Biscuits
(turkey sausage with fat-free gravy over light biscuits!)
Steamed Collard Greens
Hoppin’ John
Oven Fried Chicken
Sweet Potato Pie

Graduate Certificate in Eating Disorders and Obesity

The Certificate of Graduate Study in Eating Disorders and Obesity (also known as EDOC) is a 12 semester-hour program utilizing the study of nutrition, family studies, and body image to prepare students to play a role in the prevention and treatment of eating disorders and obesity. Additionally, for professionals already in the field, it provides up-to-date research on the most current trends in treatment and prevention while also enhancing skills. This fall, seven students were accepted into the program, which included marriage and family therapy students along with nutrition/dietetic students. If you are interested in learning more about eating disorders and obesity using the EDOC program, contact Amy D. Ozier, Ph.D., R.D., at 753-6343 or e-mail at aozier@niu.edu.

Soule Bahramis (B.S. in nutrition, 1998) currently works as a nutritionist for the Women’s, Infant, and Children (WIC) program at the Dekalb County Health Department. Bahramis’ duties as a nutritionist for WIC include individual nutrition counseling with pregnant women, and with mothers of infants and children. Because the WIC program focuses on health and nutrition, Bahramis also performs health measurements (anthropometrics) and assessments. She measures height and weight and checks for anemia (hemoglobin check) in WIC clients. Bahramis also teaches health education classes which WIC clients are required to attend. The classes are concerned with breastfeeding, infant feeding, toddler nutrition, prenatal nutrition, and labor and delivery.

Bahramis really enjoyed her time at NIU, and she became close to Professor Sondra King. Both King and Bahramis lived in the same neighborhood and shared a love of nutrition. According to Bahramis, “Professor King was very enthusiastic about nutrition and health and had a strong desire to help those less fortunate in the U.S. and in other parts of the world.” When Bahramis took King’s global nutrition class, she learned that many people in other countries were facing serious nutrition problems. “I told myself I wanted to be like Professor King and help people to improve their health. For that reason I chose to work with WIC.” Bahramis finds the job very fulfilling. She knows that she can make a difference in another person’s life by helping her and guiding her down the right health path.

Bahramis lives in Dekalb, where her family owns a local restaurant, the Junction Eating Place. She has been instrumental in helping with their menu by adding to it some healthy food choices.

Bahramis enjoys her job. She also loves to travel, and is able to take vacations every summer to Greece. She has thought about returning to academia in order to obtain her master’s degree, as the degree would provide more employment opportunities, but right now she is enjoying having weekends free and the vacation time her job as a WIC nutritionist provides.
The textiles, merchandising and educational services area has had another productive year. Faculty members Cosbey, Joung, Montgomery, and Reilly congratulate colleague Julie Hillery in receiving the university Excellence in Undergraduate Teaching Award. Hillery traveled with 18 textiles, apparel, and merchandising undergraduates to New York City in May. Among other things, the group visited Ralph Lauren, the Chaps showroom, and a Chanel exhibit at the Metropolitan Museum of Art. They also took in the Broadway show Chicago. Hillery and Assistant Professor Andy Reilly will conduct a study tour in Florence, Italy, in summer 2006. Please read more in next year’s Resource.

A field trip to Sears’ corporate headquarters in Hoffman Estates was arranged by Assistant Professor Andy Reilly for textiles, apparel, and merchandising students and faculty. According to Sarah Cosbey, one of the faculty members who went on the trip, “We visited several departments and got a chance to see first hand how garment lines were developed and apparel quality was maintained. Students were able to see how the things they learn in their major course work are used in ‘the real world.’”

Assistant Professor Andy Reilly has worked to improve the technology available to TAM students. He attended the U-4ia 7.0 computer aided design software workshop at the 2005 meeting of the International Textiles and Apparel Association in Alexandria, Virginia. Reilly also submitted a grant proposal to the NIU Committee for the Improvement of Undergraduate Education for additional site licenses of Photoshop software to be used in teaching his Computer Applications in Textiles, Apparel, and Merchandising course. The committee awarded the grant to Reilly, which will allow students enrolled in the course to have more first-hand experience using the software in creating items such as textile prints, colorways, and fashion illustrations.

Fashion Institute of Technology Donates Items to Collection

The Fashion Institute of Technology Museum in New York continues its generous donation of items to the school’s costume collection. This year a shipment of items included the work of Pucci, Balenciaga, Mainbocher, Muriel King, Anne Klein, Galanos, Miyake, Halston, Pauline Trigère, Yves Saint Laurent, and Claire McCardell. Alumni donations to the department provided for the purchase of a hygrometer for the costume collection room. This device will monitor the temperature and relative humidity of the room in an effort to preserve the costume pieces in optimal atmospheric conditions.

Teacher Certification in Family and Consumer Sciences

Program enrollment continues to be good. For the 2005-06 academic year 11 students will complete their FACS teacher certification. Approximately 20 students will be completing their teacher certification in the next year.

The employment outlook continues to be excellent for students. In 2004-05, 100% of students who were seeking employment obtained positions teaching FACS in both middle and high schools.

The FACS education program relies on quality middle and high school FACS teachers and programs to facilitate student’s professional development. In 2005-06, students completed their field and student teaching experiences at approximately 50 schools throughout northern Illinois.
Recognized Achievers 2006

2005-2006 FCNS Scholarships

Celine Neptune Scholarship
  Dorrainne Fenner, Crystal Graber, Sabrina Ibrahim, Karla Kilpatrick

Georgiana Sie Scholarship
  Laurel Slack

Kappa Omicron Nu Scholarship
  Jamie Kresen

John H. Johansen Scholarship in Family Life
  Mary McHugh

Helen Gum Westlake & Donald G. Westlake Family Life Studies Scholarship
  Sheryl Bence

Early Childhood Studies Scholarship 2005
  April Bradley, Kelly Jackson, Alyssa Roge

Dean's List
Spring 2004

Sarah Allen
Christina Anderson
Elizabeth Andresen
Robyn Arbetman
Nicole Armellino
Tracy Ash
Maryam Bejanpour
Rebecca Bennett
Cori Bergquist
Neil Bhatnagar
Michelle Blum
Jeanette Boland
Sara Bridgeland
Carrie Bryl
Erin Butler
Carrie Cevallos
Katie Chamberlain
Cristina Cintora
Renée Ciullo
Dana Coles
Maria Dolzot
Ashley Dubrowski
Margaret Duelman
Tiffany Dwyer
Lindsay Elmen
Erik Emeritz
Jason Estremera
Patricia Evers
Melissa Francisco
Kimberly Frank
Tina Groecks
Kristin Gumkowski
Keith Hays
Amanda Jackson
Teena Jacob
Nancy Jansen
Lindsay Johnson
Michelle Joley
Melissa Jolgren
Andrea Kiederlen
Karla Kilpatrick
Cynthia Klaflf
Brittney Koziel

Courtney Krieger-Brown
Allison Kuhnmich
Dawn Kuhnlohe
Rebecca Kyrouac
Mary Laurence
Tiffany Ludwig
Margaret Lundy
Melinda Lynch
Anna Mattson
Roberta Mead
Stephanie Meisner
Amanda Meyers
Samantha Michyeta
Michele Miron
Jessica Monte
Robert Moore
Janell Newgarrd
Katherine O'Toole
Jennifer Parnell
Christine Peterson
Dawn Kuhnlohe
Samantha Michyeta
Michele Miron
Jeanette Boland
Sara Bridgeland
Carrie Bryl
Tracy Ash
Maryam Bejanpour
Rebecca Bennett
Cori Bergquist
Michelle Blum
Jeanette Boland
Sara Bridgeland
Carrie Bryl
Erin Butler
Carrie Cevallos
Katie Chamberlain
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Nancy Jansen
Lindsay Johnson
Michelle Joley
Melissa Jolgren
Andrea Kiederlen
Karla Kilpatrick
Cynthia Klaflf
Brittney Koziel

Laurel Slack
Michelle Stocker
Jill Tomasello
Jennifer Triumph
Yolanda Vanwuyk
Diana Varga
Jacquelin Vazquez
Allison Wavrunek
Gloria Weisensee
Jill Werner
Jennifer White
Jessica Wight
Michelle Wilson
Brandon Wirtz
Jamie Wise
Kristin Woolbright
Lindsey Wypych
Natalie Yeagle
Monica Zugas
Roxanne Zurawski
Rebecca Burgess
Jennifer Chen
Kristine Co
Alison Connour
Bonnie Coop
Sonal Desai
Heather Diedrich
Kathleen Dienst
Margaret Duelman
Tiffany Dwyer
Lindsay Elmen
Meghan Francisco
Carol Friedl
Jan Gevelinger
Crystal Graber
Christina Greening
Meghan Hall
Briana Havlik
Keith Hays
Anton Henry
Bethany Hurt
Kristi Kaczmarczyk
Andrea Kiederlen
Karla Kilpatrick
Elizabeth Kostelnik
Jamie Kresen

Vicki Lane
Jessica Lang
Christine Lee
Rebecca Lindstrom
Jennifer Long
Melissa Maliszewski
Andrea Mandala
Rose Marie Callaghan
Katherine McCloskey
Samantha Michyeta
Michele Miron
Nicole Mittelstadt
Yecenia Mojica
Jessica Monte
Roberta Moore
Erik O'Kelly
Denise Papke
Jennifer Parnell
Kimberly Prosc
Lorel Pyan
Noemi Quintana
Kristin Ramm
Jennifer Redmond
Casey Riley
Latia Robertson
Alyssa Roge
Wen-Yu An Shaw
Sara Signa
Samatha Simmons
Hope Sinise
Julia Sirain
Laural Slack
Jenna Stevenson
Yuki Sugisuchi
Melissa Talley
Jill Tomasello
Janet Trunckenbrod
Brooke Vandejen
Brandi Vanmater
Erik Vesely
Margaret Voorhees
Pamela Weiss
Jennifer White
Courtney Wilkinson
Michelle Wilson
Amber Wirtz
Brandon Wirtz
Jamie Wise
Hilary Wittig
Linsey Wypych
Melissa Zdeb
<table>
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<tr>
<th>University Honors</th>
<th>Student Hospitality Association</th>
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<tbody>
<tr>
<td>Amanda Jackson</td>
<td>Amy Dyer, President,</td>
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<tr>
<td>Upper Division Honors</td>
<td>Jamie Kresen, Vice President</td>
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<tr>
<td>Melissa Talley</td>
<td>Advisor - Lan Li</td>
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<td>Lower Division Honors</td>
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<tr>
<td>Jessica Monte, Casey Riley, Latia Robertson</td>
<td>Kappa Omicron Nu</td>
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<tr>
<td>Mortar Board Honor Society</td>
<td>Jaded Thomas, President,</td>
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<td>Jamie Kresen</td>
<td>Beth Gordon, Vice President</td>
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<tr>
<td>Phi Kappa Phi</td>
<td>Samantha Michyeta, Secretary</td>
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<td>Lindsay Elmen, Meghan Francisco</td>
<td>Tracy Ash, Treasurer</td>
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<td>Kappa Omicron Nu (Fall 2004)</td>
<td>Advisors - Andrew Reilly,</td>
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<td>Maria Dalzot, Lindsay Elmen, Patricia Evers, Jennifer Flahive, Virginia Frank, Rebecca Gier, Beth Gordon, Lisa Homiak, Nancy Horton, Karla Kilpatrick, Jennifer Klotz, Jill Kohn, Courtney Krieger-Brown, Mary Lampros, Tiffany Ludwig, Nicole Mittelstadt, Janet O'Connell, Sheetal Patel, Sara Signa, Emily Toth, Erin Vesely, Monica Walsh, Vanessa Young-Lai, Monica Zugaj</td>
<td>Laura Smart</td>
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<tr>
<td>Kappa Omicron Nu (Spring 2005)</td>
<td>Student Advance Committee</td>
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<tr>
<td>Sarah Allen, Rose Marie Callaghan, Mariangela Carr, Patrice Delaney, Kathryn Ditch, Margaret Duellman, Jessica Gadowski, Kathryn Kemmerling, Marissa Kent, Lisa Kinsella, Kathy Kobylewski, Tricia Larsen-SalOvesh, Katherine McCloskey, William Noascono, Lauren Przybylski, Kami Jo Radsek, Katherine Sebastian, Cari Sem, Laurel Slack, Margot Smith, Melissa Souchet, Peter Wenk, Kristin Woolbright</td>
<td>Jessica Montana, President, Nicole Bonkoski, Vice President Katie Kemmerling, Secretary Laura Perales, Coordinator Genny Baltz, Tiffany Coco, Bari Habecker, Jenny Hinton, Andrea Mandala, Margot Smith, Committee Members Advisors - Sharon Louis, Laura Smart</td>
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<tr>
<td>Textiles, Merchandising &amp; Educational Services</td>
<td>Faculty Honors</td>
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<td>Model Student Award</td>
<td>University Excellence in</td>
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<td>Casey Riley</td>
<td>Undergraduate Teaching Award</td>
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<td>Smiling Face Award</td>
<td>Julie Hillery</td>
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<td>Jenny Hinton, Andrea Mandala</td>
<td>Fisher Award for Service 2003-4</td>
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<tr>
<td>Honor's Capstone Recognition</td>
<td>Laura Smart</td>
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| Melissa Talley | SAC Special
| Recognition of | Achievement Awards              |
| Teacher Certification | Extra Effort Award              |
| Rose Marie Callaghan, Kristine Co, Carol Friedl, Bethany Hurst, Kathleen O’Connor, Lori Pyan, Jennifer Parnell, Laura Rup, Rebecca Sisler, Sophia Theodossopoulou, Jill Tomasello, Sarabeth Urech, Jill Werner | Melissa Hui                  |
| Nutrition, Dietetics, & Hospitality Administration | Intensity Award                |
| Alpha Eta Honor Society | Andrea Mandala                 |
| Julie McNamara, Pamela Whitfield-Jacobson | Mentoring Award                |
| NDHA Service Award | Stephanie Nelson                |
| Virginia Pletzke  | Role Model Award                |
| Cup & Saucer Award | Amy Williams                   |
| Mallie Shirk      | Students’ Choice Teaching Award |
| Academic Excellence | Kelly Champion                 |
| Lindsey Elmen, Yolanda van Wyk | Outstanding Seniors             |
| National Restaurant Association | 2005 TMES Outstanding Senior    |
| Salute to Excellence | Samantha Michyeta          |
| Jamie Kresen, Yolanda van Wyk | 2005 NDHA Outstanding Senior  |
| Illinois Hotel Lodging Association Scholarship | Margaret Duellman             |
| Tracy Garland, Sunee van Wyk | 2005 FCS Outstanding Senior & Dean’s Award |
| Family & Child Studies | Rachel Lucas                 |
| Service to Early Childhood Studies Program Award | Special Thanks to the SAC Planning Committee, and The Chandelier Catering Corp. |
Faculty published articles in the following scholarly journals


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**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, please 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.

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- 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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**Degrees Received:**

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**AT NIU: ____________________________________________**

**DEGREE/YEAR RECEIVED**

**OTHER: ____________________________________________**

**DEGREE/YEAR RECEIVED**

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Faculty published the following professional book


Faculty published the following chapter in a professional book


Faculty published the following abstracts in conference proceedings


Thank you for Your Support

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 by contacting 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.

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Kohls Corporation
Merck Company Foundation
Motorola Foundation
PepsiCo. Inc. Foundation
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Thomas and Dr. Beverly Henry
William and Dr. Linda Herrmann
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J. P. and Betty Hieronimus
Stefanie Denise Hill-Jones
Yoshiki and Beth Hirose
Ed Stangle and L. Hollingsworth
Tenisha Humphrey
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M. Moriarty-O’Meara
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Marcia C. Nelson
Luanne G. Neumann
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Mr. Steven and Arlene Merriman
Mr. Galen and Carol Meyer
Ralph and Sarah Morgan
Mr. L. O’Meara and
M. Moriarty-O’Meara
S. Barnwell, III and L. Moss-Barnwell
Hudson and Diane Motley
Margaret Myles
Marcia C. Nelson
Luanne G. Neumann
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Dominick and Leslie Petramale
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Arlyn and Lori Poppen
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Dr. Laura Smart and Roger Cohn
Gene and Shirley Smith
Robert and Doris Snapp
Winifred H. Soucie
Cynthia Spires
Jeannette S. Spies
Lisa L. Sprecher
Patricia Ann Stahl
Jerry and Daria Stephon
David and Donna Stolarek
Margaret Street Glad
Dennis and Cheryl Sturges
Patrick and Denise Sullivan
Michael and Patricia Surman
Linda J. Svanda
Gilbert and Diane Tallent
Paula Ann Taylor
George and Judith Tuider
Toby and Gwen Turner
Kevin and Dawn Turner
Robert A. VanderPal, Jr. and
Chris VanderPal
Ellen L. Vick
Gregory and Pamela Volpentesa
William and Jennifer Voss
Clifton and Sue Walker
Dan and Linda Ward
James and Kathryn Watson
H. David and Lynette Werdin
Tom and Susan Westerman
Dr. Donald and Helen Westlake
Donald and Maryjane Westra
Ed and Maureen White
Marcella H. Whitten
Robert and Janet Wilhelm
John and Mary Wilken
D. A. and N. L. Willetts
Jeffrey and Carole Wolff
Shirley Yates
Howard and Barbara Undt
Sara Zalaga
Bette B. Zellers
Gary and Susan Zies
John and Karen Zott
Faculty presented scholarship at the following national and international conferences


Shi, L. (2005, October). *Trauma recovery in the romantic relationship context: A relational approach to childhood trauma recovery*. Poster session presented at the annual meeting of the American Association for Marriage and Family Therapy, Kansas City, MO.
