Greetings Alumni and Friends,

Within each academic unit, each year brings with it a process of change designed to make academic programs stronger and to improve the educational experience for students. During this past year, the School of Family, Consumer, and Nutrition Sciences has begun the process of change in many significant ways. Within the College of Health and Human Sciences, the process of change has taken the form of reorganization. The reorganization process is intended to bring new resources to the College and to leverage new synergies across the College’s many programs. As such, this newsletter reflects the last time that the Nutrition and Dietetics program is included as part of the School. Effective July 1, 2016, Nutrition and Dietetics programs became part of the new School of Health Sciences. We will miss our colleagues from Nutrition, but we will continue to work closely with them as colleagues who continue as part of the College.

Simultaneously to the College reorganization, the University has been engaged in a process of program prioritization. As an academic unit, the School’s academic programs fared well. Reviewers noted strong enrollments in most programs, and the potential for growth in both the new Hospitality and Tourism Management program and the Fashion Merchandising program. Our Hospitality and Tourism Management program began enrolling its first Degree Completion students in the Fall of 2016 and we continue to work with local community colleges to strengthen referrals from those sources. Reviewers also noted the strength of our Child Development Laboratory and the Couple and Family Therapy Clinic both as resources for supporting our academic programs, but also as needed resources for the community.

As always, the newsletter is filled with success stories of School alumni. We are proud of the success we observe in our FCNS graduates and the impact that they have in their communities. For alums who read this newsletter, please let us know about your successes as we always love to hear and remain connected.

Please contact me with any questions you might have about FCNS and let me know of any exciting developments that would be of interest to our students, faculty, and other FCNS alumni!

Go Huskies!
Thomas Pavkov

Please stay in touch!
Send updates to tpavkov@niu.edu
or use the reply form on the last page. Thank you.
FCNS Welcomes New Faculty and Staff

Kristine Radtke Begins with FCNS

FCNS welcomes their newest Office Support Specialist, Kristine Radtke, to fulfill the role of secretary of curriculum, scheduling, registration and enrollment. Kristine comes to us with 11 years of volunteer experience as Coach Administrator for her local AYSO organization, and with 15 years of experience of being a stay-at-home mom of two teenage children. She graduated from NIU in 2001 with a Bachelor’s of Science degree in Business Administration, and her skills have already been put to good use. We welcome Kristine as she accepts this challenging new role.

Pat Siebrasse Returns to FCNS

Pat Siebrasse has returned to the FCNS department in the role of Office Manager. While she officially retired in July of 2012, Pat continues to help and return to the department intermittently. Pat previously filled the role of Office Manager for FCNS, and worked with students and faculty within the main office. In her spare time, Pat enjoys reading and completing crossword puzzles. She also volunteers at the Glidden Homestead, former home of Joseph Farwell Glidden, which is currently preserved by a not-for-profit organization founded in 1995. At Homestead, Pat greets visitors, helps manage special event days and takes on other tasks as needed. FCNS is happy to welcome Pat back this summer and appreciates her continued support and service to the department.

FCNS Says Farewell to Wendy Thomas

The FCNS department said goodbye to Wendy Thomas this summer, as her journey takes her onward to the state of Oregon. NIU support staff member since 2012, Wendy assumed the role of Office Support Associate in the Family, Consumer and Nutrition Sciences department, where she was later promoted to Office Support Specialist in 2014. In the Spring of 2015, Wendy accepted the role of Office Manager, where she continued to be a reliable problem solver and communicator for the FCNS department. Wendy will be pursuing a new role in Willamina, Oregon. She will be missed greatly and FCNS would like to wish her luck in her new endeavors!

Dr. Mark Killmer Welcomed as Program Director

Mark Killmer, PsyD, LMFT, has assumed the role of Director of the Specialization in Marriage and Family Therapy Program. Dr. Killmer joined FCNS in Fall of 2015 as an Interim Program Director and Visiting Associate Professor, and in Spring 2016 he assumed full teaching and administrative duties for the program.

Dr. Killmer received a Bachelor of Arts in Religion from Duke University in 1975. From there, he ventured to Vanderbilt Divinity School in Nashville, Tennessee where he was awarded a Masters of Divinity in Pastoral Counseling. He went on to receive his PsyD in Family Counseling in 2007 and started a role at Adler University in Chicago as an Associate Professor and Department Chair in the Couple and Family Therapy Department. Within the department, Dr. Killmer also served on many dissertation committees and taught the integration of spirituality in therapy.

Some of Dr. Killmer’s previous roles included working as a Staff Therapist and Executive Director at the Samaritan Counseling Center in Munster, Indiana. There, he worked to integrate spirituality in counseling and extended therapy and counseling to the community, regardless of economic resources. During his seventeen years as director, center services increased significantly and successful therapy programs for the homeless, indigent and disabled were developed. Today, Dr. Killmer continues to maintain a small caseload and works to provide individual and group supervision for MFT students placed at the center.

With almost 40 years of experience, Dr. Killmer has continually served as a role model and mentor for students entering the Marriage and Family Therapy field. He has presented at numerous conferences and has been featured in many different publications related to religion, spirituality, and family therapy. FCNS is excited to see his unique perspective and immense passion for the field translate to future students and faculty within the department.

MaryAnn Lorenz Brings Industry Background to Fashion Merchandising Students

The Fashion Merchandising program welcomed MaryAnn Lorenz to their staff this year. As an adjunct instructor and co-advisor for the department’s Fashion Industries Organization, Lorenz brings with her a diverse background in the fashion industry, as well as a passion for teaching students about the field.

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For the past nine and a half years, Lorenz has been teaching fashion marketing at The Illinois Institute of Art in Chicago. In addition, she also teaches as an adjunct online at The International Academy of Design and Technology.

In addition to her teaching experience, Lorenz also possesses a background in fashion, where she has worked in purchasing at Macy’s and at Claire’s Accessories. She has also worked in visual merchandising for Polo Ralph Lauren, and in product development at Jockey International.

An avid reader and traveler, Lorenz enjoys teaching the skills, trends, and best practices of her field.

“I enjoy working and teaching the Adobe programs, specifically Photoshop, Illustrator and InDesign. I (also) enjoy creating trend boards, catalogs, line plan summaries with drawn flats, and look books. I created an e-commerce business for my graduate thesis and enjoy researching e-commerce trends and best practices.”

Lorenz is excited to use her role within the Fashion Merchandising program to continue to translate these skills in the classroom, and to inspire current students to pursue a successful career in the fashion industry.

The top scholars in FCNS are invited to membership in Kappa Omicron Nu. For Omicron Beta Gamma chapter, undergraduate students must have attained at least a 3.0 GPA and rank in the top 20% of their class. Graduate students must demonstrate a 3.75 GPA. Professional members must demonstrate a distinguished contribution to the profession in scholarship, leadership, and research. Omicron Beta Gamma Chapter initiated 51 members in the 2015-16 academic year. Alumni can help the chapter by paying chapter dues and participating in the cost-sharing scholarships to help prospective members pay initiation fees.

Kappa Omicron Nu, a national honor society established February 21, 1990 by the consolidation of Kappa Omicron Phi and Omicron Nu, is headquartered in East Lansing, Michigan. Omicron Nu was established in 1912, and Kappa Omicron Phi was established in 1922. Kappa Omicron Nu gives voice to advocacy for scholarship, research, and leadership to a sizable scholarly community for critical dialogue, collaboration, and networking.

Omicron Beta Gamma was installed on November 13, 1976 as Beta Gamma Chapter of Omicron Nu and later renamed to Omicron Beta Gamma after the consolidation. Chapters are named in order of the Greek alphabet. Fifty-three members were initiated that day, including past graduates, which is done when a new chapter is installed. Our national president installed the chapter. Since then, nearly 1,500 undergraduate students, graduate students, and faculty members have been initiated into Omicron Beta Gamma Chapter.
Peer Advocates Building Successful Students and Future FCNS Grads

The Peer Advocates and Student Ambassadors of the FCNS program work to promote student success within the department. In developing meaningful relationships with students and faculty, they seek to provide a rich and supportive learning experience. Together, they help students acclimatize to the university culture and community, serving as a liaison to a wide variety of campus resources.

This year, the FCNS Peer Advocates continued their hard work through many different events and activities, such as the 42nd annual Achiever’s Reception, Academic Career Expo, Admitted Student Days, and NIU Open Houses. At each event, they answered questions about the university and their majors.

For current Peer Advocate, Shawna Johnson, this provides a fun opportunity to share her passion for her studies.

“I love my major (Child Development) and therefore, I love to talk about it!”

In addition to the campus level, Shawna and other Peer Advocates also help host events for the FCNS office. Fall 2016, they organized presentations on professional membership and development. Presidents of FCNS student organizations such as Huskie Alternative Breaks and the Association for the Education of Young Children Student Satellite, came to discuss what they do in order to promote membership and involvement. At this event, students also got to hear from members of Career Services who gave a presentation about LinkedIn and how to use it professionally to network and find jobs.

The Peer Advocates of FCNS have also helped develop scholarship workshops for students, assisted with the New Majors Meetings, and worked to keep current students up-to-date on important deadlines and events.

With the help of these dedicated advocates, FCNS students are poised to receive the support and guidance that they need to be successful in their time at NIU, as well as beyond graduation.
Greetings from Family and Child Studies

It is a pleasure to welcome new colleagues to FCS. We are thrilled that Dr. Scott Sibley joined us in fall of 2015. Dr. Sibley came to us from Kansas State University. He completed his Ph.D. in Human Ecology, Marriage and Family Therapy program in 2015. Currently, Dr. Sibley is teaching in both the Family and Individual Development and Family Social Services programs. He also provides the invaluable connection between the Specialization in Marriage and Family Therapy (SMFT) program with the rest of the FCS. A native of Utah, Dr. Sibley has a special research interest in the Emerging Adulthood period of development. His work complements the area’s focus on life-span development and family relations.

2015 marked the departure of Dr. Julie Ramish. After three years of being at NIU, Dr. Ramisch decided to pursue other opportunities outside of NIU. We wish her well.

Last year was another busy one for the area. After many months of preparation and hard work, in November, the Specialization in Marriage and Family Therapy program received its re-accreditation from COAMFTE. I want to express my heartfelt appreciation to all the faculty and students who worked hard and helped to make the process successful. Under the new leadership of Dr. Killmer, I am confident the program will continue its success in all aspects. The area also received the renewal of our Certified Family Life Education (CFLE) program from the National Council on Family Relations. NIU is one of two universities that offer a CFLE program in IL.

In the Spring of 2016, our Child Development Lab (CDL) received another Gold Circle from ExceleRate IL. The Gold Circle indicates that CDL has met the highest quality standards in all areas of a child care program. Congratulations to all the CDL staff for their commitment in providing excellent care and education to the children and families it serves. CDL also received the site visit from DCFS for relicensing and the re-accreditation site visit from the National Association for the Education of Young Children (NAEYC) in the spring semester. Both events went well. CDL was successful in being relicensed and receiving re-accreditation from NAEYC.

In spite of the changes, we’ve continued our long-term successes in research and publication, teaching at both the undergraduate and graduate levels, and service to the University and beyond. Some of the highlights were:

- The creation of a Graduate Certificate in Family and Child Development (15 credit hours)
- Through the Early Childhood Educator Preparation Program Innovation Grant from the IL Board of Higher Education, Dr. Bowers successfully completed articulation plans with four community colleges in the Child Development programs.
- In addition to her other research endeavors, Dr. Xiaohui Sophie Li joined four other scholars in the field of Family Economics who wrote a family finance textbook that can be used in universities at a low-cost to the students.
- Dr. Sibley published five peer-reviewed journal articles in 2015. He also presented his research in two national conferences.
- Dr. Njue completed a one-year sabbatical. She returned to her home land-Kenya to serve the community and to continue her research.
- CDL welcomed Jamie Kenney as the Child Development Supervisor in the Preschool classroom.
- Dr. Shi led a group of students who presented at the International Marriage and family Therapy Program in Hawaii.
- The Couple and Family Therapy Clinic hosted the fourth annual “Fall Back in Love” workshop in November. Once again, the workshop was well received.

Dr. Shi-Ruei (Sherry) Fang
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National Council on Family Relations Update

With a tagline of “catalyzing research, theory and practice,” the National Council on Family Relations (NCFR) is the premier professional association for the multidisciplinary understanding of families. Members’ interests are as diverse as their careers and backgrounds, yet all focus on topics and efforts that yield a common benefit in understanding and strengthening families. NCFR publishes three major scholarly journals, offers the Certified Family Life Educator (CFLE) credential and connects members by interest area and location. In addition to ten “sections” which focus on broad topics of interest, NCFR is also comprised of local affiliates or “chapters” for professionals as well as students.

Each year NCFR hosts a premier annual conference, which offers professional development as well as presentations by leading professionals, break-out sessions and informal networking. The conference provides an opportunity to grow professionally, establish new contacts and build lasting relationships.

NCFR held their annual conference in November 2016. Several FCNS faculty were accepted and attended. Dr. Sophie Li, Assistant Professor in the Family and Child Studies, presented A couple-based personality prototype based on big five: A latent class analysis.

NCFR continues to be an excellent resource to FCNS faculty as well as students within the family studies field.

Child Development Lab Brings Hands-On Learning Experiences to Students

The Child Development Lab (CDL), housed in Gabel Hall administered by the School of Family, Consumer, and Nutrition Sciences, is helping to bring a hands-on learning and training experience to students and staff.

In addition to facilitating faculty and student research in child development and early childhood studies, the CDL provides students with a supportive mentoring experience, which enhances their understanding of young children and their families through observation, participation, and research.

In addition, the CDL strives to provide an exemplary model of care and education for children within the community, offering inclusive, full-day, child care (up to age 5) to the public. The curriculum is described as one that “fosters the development of the whole child including language, cognitive, emotional, social and physical domains.”

Serving as a teaching and research facility for child development and early childhood professionals, the CDL aims to provide students with unique and interactive experiences to help them build their skills and learn how to handle the unique situations that occur in early childhood. Recently, the CDL collaboratively partnered with the School of Nursing. Together, they conducted crisis-response simulation experiences for practicum students. Facilitated by the Nursing Simulation Coordinator, these innovative experiences placed students in life-like emergency scenarios such as a choking child, a staff member getting hurt in the classroom, sudden illness etc.

While the students participating in the CDL are all certified in pediatric and adult CPR and first aid, the simulations provided critical hands-on learning experiences that they would not have experienced in other early childhood settings.

“We learned how important team work is in an emergency situation. Responding quickly is critical,” said one student.

Other comments included: “I had to think quickly on my feet, I tried remaining calm;” and “I (had to) use a direct and clear voice when I gave directions (to others).” Of all the students participating, one hundred percent of them reported that the simulations made them feel more prepared and less anxious for emergency situations.

This partnership is just one of the many ways that the Child Development Lab continues to strive to provide the most up-to-date and relevant training experiences for students and faculty. Partnerships with programs such as the School of Nursing offer unique additions to the CDL, ultimately supporting their mission of not only preparing students, but also offering quality care for children.
FCS Featured Faculty Scott Sibley

Dr. Scott Sibley Brings Experience and Passion to Marriage and Family Therapy Program

Dr. Sibley, Assistant Professor for Family and Child Studies, brings a wide variety of interests and resources to the program. Originally from Stansbury Park Utah, he holds a Bachelor’s degree in Psychology, a Master of Arts in Professional Communications and a Master’s degree in Child, Youth and Family Studies: Marriage and Family Therapy. In addition, he recently received his Ph.D. in Human Ecology, with a specialization in Marriage and Family Therapy from Kansas State University. Since beginning his role at NIU in 2015, Dr. Sibley has brought with him a wealth of knowledge and experience, as well as an evident passion for research in his field.

“Much of my research has involved commitment in couple relationships,” stated Sibley. “For instance, the project that really got my research program started was during my first Master’s degree. I interviewed 15 newly married couples about how their commitment was constructed during courtship, how their beliefs about commitment were developed, and how they communicated commitment with their spouse.”

The findings from Dr. Sibley’s initial study were published this past year in the journal Marriage & Family Review, and the data has led to a second qualitative analysis to be submitted for publication.

Dr. Sibley’s other research areas of interest center on romantic relationship formation, decision making in emerging adults, Marriage and Family Therapy theories and Medical Family Therapy. Currently, he is working on several projects, hoping to contribute more to current research, articles and manuscripts. In addition, Dr. Sibley is also working to write a book called ‘Contextual Therapy for Family Health: Clinical Applications.’

SMFT Receives Re-Accreditation

The Specialization in Marriage and Family Therapy Program (SMFT) is pleased to announce that the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) voted to grant the full six-year re-accreditation of the SMFT, which will run through November 1, 2021. The Specialization is one of the oldest M.S. degree programs in marriage and family therapy in the United States and has been accredited since 1983.

“We were very pleased to learn that our program has received full accreditation,” commented Thomas Pavkov, PhD, the Chair of the School of Family, Consumer and Nutrition Sciences, “and that COAMFT recognized the quality of its education and training.” The re-accreditation was the product of the hard work of SMFT faculty members Julie Ramisch, PhD, Lin Shi, PhD and Barb Cuppett, MA along with Dr. Pavkov, Chair and Dr. Fang, Family and Child Development Coordinator, Dr. Beverly Henry, Associate Dean CHHS, and the NIU Office of Assessment.

In the process of re-accreditation, COAMFTE made a number of recommendations to strengthen the program. Dr. J. Mark Killmer became the new SMFT Program Director on October 1, 2015 and has collaborated with program faculty to implement these recommendations. Dr. Killmer reports, “I believe that the improvements we are implementing are making a program with a long history of excellence in training, even stronger.”
Greetings from Nutrition, Dietetics, and Wellness

2015-2016 was just as busy as the previous year! In last year’s newsletter we reported that we had applied to have the emphasis in Hospitality Management be converted into a bachelor of science degree along with a name change to Hospitality and Tourism Management. This year both requests were approved thus officially separating the two emphases Nutrition and Dietetics and Hospitality Management into two stand-alone bachelor of science degree granting programs. This comprehensive degree program has been in existence since the school of FCNS was established, however, this separation was needed and is good news for both the students and the individual programs. This move is exciting as it facilitates growth of each program by allowing faculty to focus on needs of each program. The Nutrition Health and Wellness became officially known as the Nutrition, Dietetics, and Wellness (NDW) program, retaining the two areas of study, the Didactic Program in Dietetics (DPD) and Nutrition Health and Wellness.

However, another opportunity for change was in the works and this time our College was preparing for reorganization for better alignment of programs within its schools. It was decided Nutrition and Dietetics aligned better with Medical Lab Sciences (MLS) and Public Health and thus a new School was born - The School of Health Studies (SHS). This meant that not only did the nutrition and hospitality emphases become two distinct bachelor of science offering degree programs, they would also be housed in two different schools within the college. Nutrition will move out of the School leaving Hospitality in FCNS.

One thing that did not change is the high quality of our students and the high graduation rate at both the undergraduate and graduate levels. 82% of the DPD students who applied to dietetic internship programs were accepted.

We congratulate faculty and students who received honors and recognitions this year. Congratulations to Sarah Driefke who was recognized as one of the Outstanding Northern Illinois graduate students for the 2015-2016 academic year. Our congratulations also go out to the MS-DI December 2015 graduates for achieving 100% pass rate on the qualifying exam for registered dietitian nutritionists (RDN).

We, the NDHM faculty are grateful for our advisory board committee members who are a constant source of support for our program and believe that support will continue as we move in different directions. Again we ask that you keep in touch and respond to any and all surveys we send out. Let us know if you plan to attend any functions on the NIU campus so we can get together.

Dr. Josephine Umoren,
NDW Coordinator
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Nutrition, Dietetics, and Wellness cont.

Dietetic Intern Rachel McBride Broadens Worldview with Pearson Internship Award

From Mexico to Tanzania to Rome, dietetic Intern Rachel McBride continues to spread her passion for global health. Graduating from the Nutrition, Dietetics and Hospitality Administration program in 2013 as part of the Honors Program, Rachel went on to start the Masters and Dietetic Internship program in Nutrition and Dietetics.

From April to December of 2015, Rachel spent her working hours as an intern in the Nutrition Division for the UN's Food and Agriculture Organization (FAO) in Rome. Receiving the Pearson Worldview Internship Award through the College of Health and Human Sciences, Rachel had the opportunity to contribute to both school nutrition and improved complementary feeding projects abroad.

In 2002, the Millennium Project was commissioned by the United Nations Secretary-General in order to develop a concrete action plan to achieve the Millennium Development Goals (MDG) and to reverse the grinding poverty, hunger and disease affecting billions of people. During her time working for the UN, Rachel saw the current MDGs expire, and the new Sustainable Development Goals put into place. These SDGs were largely developed by the Director of her division.

As Rachel put it, “when the funding and project prioritization for nutrition and agriculture is being influenced by people sitting just down the hall from you, you know you’re in the right place.”

Rachel was involved in planning technical meetings linking nutrition education and agriculture in infant and young children feeding projects for over 60 experts, and assisted at the Global Child Nutrition Forum in Cabo Verde.

“Working with people, bosses and peers, who view the world from a different angle and who have different skills than you, can only make you a fuller, more well-rounded person. This internship really opened not only a door to Europe, not only to the UN, but it has altered my worldview in such a way that I will never look at it the same again.”

Rachel's resume continues to expand, including local volunteer work, membership in the Phi Beta Delta International Honors Society and numerous awards and publications. This past year Rachel was honored as both the NIU Career Services’ Intern of the Year and as the FCNS Outstanding Graduate Student.

When asked what she plans to do following her graduation, Rachel stated: “The million-dollar question! My plans post-graduation are essentially to work towards making the world a better place, while using this MS and RD in nutrition. I’m not sure where that will be or with who, but I trust that the need is strong and I’m ready to hit the ground running!”
Dr. Judith Lukaszuk Translates Passion into the Classroom

Lukaszuk discovered her love of teaching while working as a graduate assistant at the University of Pittsburgh. There, she received her MS and PhD in Nutrition and Exercise Physiology. Later, she honed her skills working for a company that sent her all over the United States, presenting six-hour lectures on nutrition and dietetics to health care professionals.

Coming to NIU in 2000, Lukaszuk has continued to put her passions at the forefront in the classroom. Currently a nutrition and dietetics professor within SHS, she teaches multiple undergraduate, as well as graduate courses, focusing on basic human nutrition, nutrition support in clinical care, and nutrition in relation to health, exercise, and sports nutrition. In 2007, Lukaszuk received the Excellence in Undergraduate Teaching Award.

Outside of the classroom, Lukaszuk’s research interests center on sports nutrition and exercise performance, specifically, the effect of nutritional supplements on exercise performance or on strength gains in the weight room. Her research has also made strides in other areas, such as the efficacy of herbal medicines and antioxidants to preserve quality of life, as well as the impact of diet components on inflammation of the body.

Lukaszuk went on sabbatical in fall 2016 to continue her research. During this time, she will be looking at the effects of proton pump inhibitors on vitamin B12 levels in the elderly population, aged 70-90 years old.

“This study will be a follow up to studies we have done on 30-50 year olds and 50-70 year olds, in which we found no differences in vitamin B12 levels in those taking proton pump inhibitors and those not taking proton pump inhibitors. We know that stomach acid decreases as one gets older, so we may see different results in older individuals.”

Lukaszuk continues to strive to motivate and inspire students to become “dietitians of the future.” Through her years at NIU, her passion and experience have been evident, and have helped many students continue on to be successful in the field of nutrition.
Greetings from Hospitality and Tourism Management

The Hospitality and Tourism Management (HTM) program was derived from a Hospitality Management emphasis in the Nutrition, Dietetics and Hospitality Management comprehension major. Starting in Fall 2016, with the approval of the Illinois Board of Higher Education (IBHE), NIU became the only state-funded higher education institute that offers a baccalaureate degree program in Hospitality and Tourism Management in the Chicagoland area. With this, the HTM curriculum was revised in accordance with the changing expectations of students and the industry. The comprehensive curriculum integrates business and hospitality education, with students receiving a balance of both practical and theory-based instruction. A series of new courses such as Data Analysis, Yield Management and the Leadership Seminar were added to the program to reflect the needs of the industry. In addition, the Distinguished Speaker Series invites industry executives to share their expertise with students on the current trends affecting the complex business environment of tourism and hospitality. Interaction with executives who face these issues daily enriches the educational experience and complements the program’s curriculum.

Given that nine community colleges in the Chicagoland offering the applied associate degree in Hospitality and Tourism Management, HTM faculty have developed a B.S. Degree Completion program in Hospitality and Tourism Management. The Degree Completion Program is uniquely designed for individuals who have finished their Associate of Applied Science (A.A.S.) in hospitality management or related field. The program, which is offered primarily online to accommodate the busy schedules of those who are working in the industry, is a curated selection of advanced courses designed to build on student’s existing knowledge and advance their careers. An online program also provides opportunities for reaching out to the 21 community colleges that are offering hospitality programs in Illinois. In addition, this program is available to A.A.S. graduates who are interested in coming to campus for the quintessential college experience.

All of the HTM faculty members have had international working experiences in the hospitality industry. Their experiences cover the geographic regions of Africa, Asia, Europe, and the Middle East. These experiences are well shared in the classroom with students who need global perspectives in today’s business environment.

As the hospitality industry continues to grow in Chicagoland, the program responds to the dynamics of a growing industry and supports employer needs by equipping students with necessary knowledge, skills, and competencies so that they can support the industry and also succeed in their careers.

Dr. Lan Li,
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Greetings from Fashion Merchandising

Another year has gone by! From a teacher’s perspective, I am amazed at how fast the time flies from when a student begins at NIU to when they graduate. For students it may not seem like the time goes quickly but as a teacher the time passes by in a flash. I’m astonished at how much students grow both professionally and personally during their time at NIU. It is a rewarding experience to be part of a students’ development and witness their excitement as they launch into their career.

This past year, we welcomed Ms. MaryAnn Lorenz as an instructor in Fashion Merchandising. Ms. Lorenz has a diverse background in the fashion industry as well as college-level teaching experience. This past academic year she taught the Introduction to the Fashion Industry and Merchandising Promotion courses, as well as supervised the internship and co-op students during the summer session. In addition, Ms. Lorenz served as advisor for the Fashion Industry Organization (FIO). Ms. Lorenz will continue her work with NIU in the fall of 2016 as an Assistant Clinical Professor. We are very excited to have her in this role!

The Fashion Merchandising advisory board met in April, 2016. The major focus of discussion was on how to best market the major both on- and off-campus. In addition, an exciting networking event was held with the advisory board members and students.

In order to use resources more efficiently, NIU has undergone a program prioritization process over this past year. Sadly, the Family and Consumer Sciences M.S. as well as the Family and Consumer Sciences teacher licensure program will be phased out. Students in these programs will be able to complete their program – but new students will not be admitted.

In both the Fashion Merchandising and the Family and Consumer Sciences teacher licensure program, we have strived for student-centered education. As faculty we continually ask ourselves questions, such as, how can we best engage students in the classroom whether it is face-to-face or on-line? What are the needs of the NIU student and how can we best meet their needs? How can we best prepare professionals for their careers? We hope that this focus has helped lead to your career success.

Please keep in contact with us – we would love to hear about your NIU experiences and where your career path has led you.

Dr. Bette Montgomery,
FM Area Coordinator
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Fashion Industry Organization

The Fashion Industry Organization continues to keep FCNS on top of the industry’s latest fashion, trends and styles. Consisting of 35 student members and three faculty advisors, the organization bridges together individuals from a variety of programs with a common passion for fashion. President Rachel Yordon describes it as “a place where people from every major can come together to share their mutual interest in fashion.”

“(I) am lucky enough to work with a fantastic group of people accomplishing great things. We were really fortunate to have such a big following this year and to be able to put on a successful fashion show.”

In April, FIO put on their annual Spring Fashion Show entitled “Work Week Chic.” The Kohl’s sponsored event brought students, faculty and outside businesses together for a night of fun, networking and fashion. FIO also continues to develop networking opportunities between the organization’s members and professionals including alumni, advisory board members and industry speakers. This year, the organization welcomed Dina Giambrone, Department Manager, Personal Stylist and Personal Shopper for Nordstrom. Dina spoke to students about her position, as well as opportunities within the fashion field.

In addition to these great events, FIO has also worked to educate members on skills and industry opportunities through resume and interview workshops, as well as volunteer work with various charities within the community. As a whole, the organization continues to help students explore their passion and promises them a variety of opportunities to further their future in the fashion industry field.
Nutrition and Dietetics graduate student Sarah Dreifke has found her niche in nutrition.

“I always had a passion for science, health and helping people, but it wasn’t until my sophomore year of undergrad that I saw all of that come together in nutrition. I loved learning about the physiology and biochemistry of the body and how proper nutrition plays a role in everything that we do.”

Sarah completed her undergraduate degree at the University of Wisconsin-Madison with a double major in Dietetics and Life Sciences Communication. From there, she began the Combined Master of Science in Nutrition and Dietetics and Internship Program in 2014. In addition to being a full time graduate student and dietetic intern, Sarah has worked as a graduate assistant at NIU, and as a freelance nutrition writer for various health websites and newsletters. She has also dedicated time to working for the Illinois Extension Office as part of the school lunch program, to the Kishwaukee YMCA’s summer camp and to the STEM program. Sarah’s hard work and scholastic achievements culminated in her honor of being named Outstanding Graduate Student by the Graduate School in Spring 2016.

Over the summer, Sarah worked to complete her 13-week clinical nutrition rotation at Mercy Health in Rockford, IL, a highlight of her time in the graduate program at NIU, thus far. She has also been working to complete her Master’s Thesis project, which analyzes the long-term impact of the child home food environment on diet quality, self-efficacy and weight status in college-age adults.

“Kids are like sponges. There are a lot of studies out there that look at the impact of early exposure to healthy eating habits and nutrition education in children. I’m trying to see if any of that exposure (or lack [there] of) can have a more long-term impact.”

The area of pediatric health and nutrition has become a passion of Sarah’s, one that she hopes to pursue in a future career.

‘I’ve always found working with kids to be extremely rewarding. Whether [it’s] helping them recover in the hospital to get healthy again, or getting them excited about nutrition and being the best version of themselves, I’ve realized that is what I want to spend the rest of my life doing.”

Sarah is hoping to carry this passion into her professional practice rotation at the Children’s Hospital of Wisconsin in Milwaukee this fall. Her love for her field is evident, and her motivation to make a difference will undoubtedly carry her far.
FCNS Featured Alumni

Hospitality Administration Alumna Allison Stern Turns FCNS Experiences into a Full-Time Career with Hilton

A recent alumna of FCNS, Allison Stern got her start in the Nutrition, Dietetics and Hospitality Administration program. Together with her hard work and dedication, Allison has turned her studies into a full-time career.

During her time at NIU, Allison participated in NIU catering to help with events on campus, and was also a member of the Society of Hospitality Administration, which offers students the guidance and opportunities needed to become involved in the hospitality field. In addition to her involvement on campus, Allison also worked at Lou Malnati’s Pizzeria in order to get a full food and beverage experience.

Post-graduation, Allison partook of meeting and event planning classes at Harper Community College in order to stay current on trends and explore a different side of the hospitality field. Ultimately, her hard work led her to the role of Sales Manager at a Hilton Garden Inn Hotel. She has since risen to Director of Sales for the hotel, and enjoys the different perspective this position brings.

“When I started at the hotel, I started as a Sales Manager with no sales background. I came from a food and beverage background and wanted to be on the other side of the event. In the position I am in now, I can see an event from start to finish.”

As Director of Sales, Allison works on meetings of all sizes; from corporate events, to weddings, to any other meeting that goes through the Hilton. She also works closely with the General Manager to monitor the revenue system and influencing rates as necessary.

Allison credits much of her success to her time at NIU, where she was able to get the information she needed to get started.

“I was able to get an understanding of the different areas in hospitality and the different jobs that are out there. It really helped me during my first job as I was able to participate in meetings and [understand] items that were being discussed as I learned them in the FCNS program.”

While Allison’s passion and hard work keep her busy, her planning role extends outside of the hotel as well, where she works planning an occasional “Mommy Night Out” social event for moms in her local area. However, at the end of the day, Allison enjoys setting aside her planning roles to spend time at home with her favorite job; being a parent to her son.

FM Alumna Charlene Swanson Transforms NIU Experiences into Career at Kohl’s

Fashion Merchandising alumna, Charlene Swanson, has always had a passion for fashion. After discovering the Fashion Merchandising program in FCNS her sophomore year, she knew she had found the perfect avenue to her future career.

During her time at NIU, Charlene was a member of the Fashion Industries Organization (FIO) which provides students with an interest in the fashion industry the opportunity to facilitate networking and promote leadership. Through FIO, Charlene was also able to model in a “Dress for Success” program, which was a collaboration between the College of Business, the School of FCNS, employers and alumni. The event was attended by hundreds of students and demonstrated how students can “dress to succeed” and stay on a budget.

In 2009, Charlene received the FCNS Kohl’s Scholarship, which ultimately helped launch her career with the corporation in 2011. Until recently, she worked as a Production Specialist in the Young Men’s/Boys 8-20 departments for brands such as Urban Pipeline, Tony Hawk, Helix and Rock & Republic. She also spent some time working with Croft & Barrow in the Missy Knits and Sweaters department. Charlene currently holds the new title of Product Development Specialist with Urban Pipeline in the Young Men’s department. In this role she works with domestic as well as overseas vendors for marketing as well as development.

Charlene credits her time in the Fashion Merchandising program for kick starting her career at Kohl’s. The program not only provided her with product knowledge of textiles and apparel, it also gave her a hands-on understanding of the socioeconomic influences and managerial business skills to successfully market textiles and apparel products.

Charlene will undoubtedly continue to serve as an excellent example of the power of the connections that can be made through the programs at FCNS.
**FCNS Featured Alumni cont.**

**ND Alumnus Tom Jordan Merging Health, Nutrition and Fitness into Lifelong Career**

Tom Jordan, graduate of the Nutrition and Dietetics Program, is taking big strides in the field of nutrition and health.

Tom received his Bachelor’s Degree from Dominican University in Nutrition and Dietetics. During this time, he also enlisted in the U.S. Army for 2 years. After returning to school, Tom worked to complete his Master’s Degree in Nutrition and Dietetics at NIU. While there, he worked part time as a personal trainer and also participated in a graduate assistantship through the nutrition department.

Currently, Tom works as a Registered Dietitian (RD) and Certified Personal Trainer at Lifetime Fitness in Burr Ridge, IL. In this role, Tom works with a variety of clientele, from high school and college athletes looking to improve performance, to young professionals with a goal to improve body composition or strength, to older adults looking to stave off disease to get their health back under control.

“One of the big things I’ve learned is that education and knowledge, while important, has little to do with making a successful change. Really what it comes down to is being able to give people the tools and insight that they need to make the changes that will positively impact their life.”

In addition to his role as an RD, Tom and his brother (also an NIU graduate) have built one of the fastest growing race timing companies in the Midwest. J3 Timing, Inc now times over 150 races per year and continues to experience rapid growth. They focus on providing a scalable set of services which sets them apart from competitors. They are able to provide low cost timing packages for small fundraising events all the way up to big ticket events looking for large finish line structures, course clocks, results kiosks and live results.

In both positions, Tom enjoys being able to see his clients and runners through to the finish line and watch them complete their goals.

“The funny thing about reaching a goal…. it gets you thinking about what else you can achieve next. And I get to be a part of that as well!”

**MFT Alumnus Jonathan Sherman Recognized for Self-Made Business and Work in the Field**

Jonathan Sherman, Licensed Marriage and Family Therapist and alumnus of the FCNS program, is a Relationship Strategist and Speaker, specializing in “creating greatness in relationships.” In the face of daunting divorce statistics, Jonathan specializes in helping motivated people defy those odds by creating lasting relationships through improving their marriages, their parenting and themselves through skill development, life coaching, overcoming depression and anxiety, stress and anger management, and addiction recovery.

Jonathan completed his undergraduate work in Family Sciences at Brigham Young University and went on to receive his Master’s Degree in Marriage and Family Therapy at NIU in 1997. Currently, he is the president of Jonathan Sherman, International and MarriageEnvy.com. His three main areas of focus are self-mastery, couple’s work, and parent training.

Jonathan was previously the Director of Training and Development for PeopleSmarts—a leadership development firm specializing in the field of emotional intelligence. In addition, he worked as the Youth Substance Abuse Coordinator for Valley Mental Health in Summit County, UT and an instructor for the State of Utah’s Shared Parenting Course for Divorcing Parents. His background also includes residential addiction treatment, domestic violence perpetrator and victim treatment, at-risk youth services, and home-based family therapy services.

Jonathan has also developed an impressive resume through speaking and teaching extensively on a wide range of relationship topics in both the community and professional sectors. He has also written hundreds of articles for his “Great Relationships” newspaper column and blog, and has developed numerous products for professionals and lay people alike.

In 2005, Jonathan was awarded the Outstanding Education Award by The Utah Behavioral Healthcare Network for “recognition of outstanding efforts in presenting the public with accurate, meaningful and current information about mental illness.” Further, he has been nominated for the WEGO Health Activist Award, which recognizes health leaders who make a difference in the lives of patients and caregivers.

When asked, Jonathan states “every day I get to witness courageous people challenge themselves and achieve the kind of greatness that before they only dreamed of. Man, I love my job!”
SMFT Alumna Lauren Dick Pursues Lifelong Passion Helping Children and Families

From a young age, Graduate Student Lauren Dick has always had a passion for helping others. “Through experiences as early as babysitting and extending to include a job working with young children through the Boys and Girls Clubs of Greater Milwaukee, I have been motivated to learn about child development and the greater context within which they are raised – the family system.”

Starting out as a double major in Psychology and Sociology, Lauren pursued a degree in higher education to expand her knowledge in the area of child advocacy and welfare. This brought her to the Master’s program in Applied Family and Child Studies (AFCS) at NIU, with the Specialization in Marriage and Family Therapy (SMFT).

As part of her time at NIU, Lauren worked within the Couple and Family Therapy Clinic (CFTC), an on-campus resource that offers clinical services to individuals, couples, and families. The CFTC clinic offers the experience to train in a real-world setting, helping real families from NIU, as well as the surrounding community.

“I have had the privilege of being supervised by three exceedingly talented, yet humble, clinical supervisors: Barb Cuppelt, MA, LMFT, Mark Killmer, Psy D, LMFT, and Lin Shi, Ph.D., LMFT. I truly feel that my experiences at the CFTC encouraged me to grow professionally, but also personally, making it my favorite experience to date.”

Honored as an Outstanding Graduate Student by the Graduate School, Lauren has excelled in the AFCS program. Upon graduating this past May, she accepted a job offer with the Evangelical Child and Family Agency in Wheaton, Illinois as an Intact Family Services Caseworker. There, she will be assisting families by connecting them with needed community resources, conducting in-home services and assessments, and ensuring the safety of children residing in homes where previous child abuse and/or neglect was indicated.

“I hope to work as an advocate for children, as I view them as very resilient individuals who are also in desperate need for assistance when it comes to having supporters who will be their voice in making sure their basic physical and emotional needs are met.”
Faculty Publications and Presentations 2015-2016


Li, L. (2015, July). How to Build a world-class tourist city: the partnerships between the city government and the hospitality industry. Invited speaker at the Economics and Management School of Wuhan University.


2016 Student Advisory Committee (SAC) Achievers’ Reception Highlights

Student Nominated Awards

Excellence in Undergraduate Teaching Award
Dr. Sherry Fang

Excellence in Undergraduate Instruction Award
Ms. Kelly Champion

Student Honors

Family & Child Studies

Undergraduate Academic Excellence
Rachel Ely
Lorena Gonzalez
Elizabeth Krumm
Leigha Pastorik

Undergraduate Outstanding Service
Shawna Johnson

Undergraduate Outstanding Leadership
Rachel Martin

Outstanding Graduate Student
Lauran Kick

Outstanding Graduate Scholars
Ryan Potempa
Anastasia Thiesen

Outstanding Graduate Assistant
Kirsten Bushman
Macy Grimm

Nutrition, Dietetics, & Hospitality Management

Undergraduate Academic Excellence
Lindsay Flosi – HM

Cup & Saucer
Jordyn Crane – NHW

Undergraduate Outstanding Service
Rebecca Jurevis – HM
Samantha Sandoval – NHW

Undergraduate Outstanding Leadership
Ashley Kyle – NHW
Kyle White – HM

Outstanding Graduate Student
Rachel McBride – NHW

Outstanding Graduate Dietetic Intern
Ashely Ejnik – NHW

Outstanding Graduate Assistant
Amanda Schlink – NHW

Sondra King Outstanding Student Service
Mary Graham – NHW

Textiles, Merchandising & Educational Services

Outstanding Senior
Hilary Wise

Outstanding Student
Rachel Yordon

2016 Scholarship Winners

Student Scholars

The Celine Neptune Scholarship
Jasmine Pease, Hillary Schraufnagel, Cheyenne Sikoric

Deloris Gregory Pourchot Endowed Scholarship
Bethlehem Hailu, Francarlo Resto
Rebecca Vierreckl, Erica Vivaldo, Haley Wilson

The Georgiana W. Sie Scholarship
Leigha Pastorik

Roxanne Isenhart Scholarship
Francesco Ettorre, Leigha Pastorik, Madisyn Rozner

Sondra King Memorial Scholarship
Stefanie Romero

Kappa Omicron Nu Scholarship
Stefanie Romero

Elise A. Brett Scholarship
Jacinda Ayala, Cheyenne Sikoric

Helen Gum and Donald Westlake Scholarship
Rachel Turuc

Kohl’s Presentation Awards
Javier Belmontes, Rickshia Cox, Amy Daukus, Shannon Mercier, Emily Norton, Altese Roman, Kayla Rowlig, Staci Wills

Alpha Eta
Sarah Dreifke, Emily Mitchel
Recognized Achievers

2015 Dean’s List

| Megan Albert                  | Miranda Ellis         |
| Tanya Arriaga                | Rachel Ely            |
| Shakira Barnes               | Cornelia Ervins       |
| Timothy Bautista-Johnston    | Francesco Ettorre     |
| Kirsten Bears                | Kayla Fletcher        |
| Hannah Bialas                | Victoria Flores       |
| Scott Bolvin                 | Lindsay Fiosi         |
| Sarah Brandt                 | Rylie Fuit            |
| Lauren Breen                 | DeAnna Fuller         |
| Kathryn Burghardt            | Michael Gaynor        |
| Alexia Caulker               | Alexis Gill           |
| Angela Coltharp              | Lorena Gonzalez       |
| Natalalee Contreras          | Lorenzana             |
| Andrea Contreras             | Krystina Gould        |
| Zachary Cramer               | Jessica Greens        |
| Jordyn Crane                 | Courtney Grote        |
| Michelle Crudell             | Lisa Hackney          |
| Charlotte Davidson           | Krysta Hanneman       |
| Kristen Daviduk              | Natalie Hart          |
| Lauren DeFries               | Emily Held            |
| Susan Del Fiasco             | Kelsey Hildreth       |
| Emileanne Delaney            | Nancy Hill            |
| Dario Diaz                   | Corey Hing            |
| Katherine Dolan             | Jillian Holmes        |
| Michelle Doran              | Cassandra Hoven       |
| Indy Douglas                 | Zaki Ioannides        |
| Mary Druffel                 | Genevieve James       |
| Eric Eddings                 | Iveta Janusauskaite   |
|                             | Abigail Jenkins       |
|                             | Shawna Johnson        |
|                             | Krysten Jones         |
|                             | Samantha Jones        |
|                             | Showa Kafunya         |
|                             | Stephanie Kester      |
|                             | Layne Kirch           |
|                             | Joanna Kline          |
|                             | Jennifer Komis        |
|                             | Amanda Kostro         |
|                             | Kelly Kristiansen     |
|                             | Elizabeth Krumm       |
|                             | Timothy Kubat         |
|                             | Ashley Kyle           |
|                             | Sarah Lackowski       |
|                             | Grace Lambert         |
|                             | Amanda Lauer          |
|                             | Andrea Loftus         |
|                             | Rachael Martin        |
|                             | Rachael Martin        |
|                             | Jessica Maturrano     |
|                             | Kristin Mirski        |
|                             | Lydia Mitchell        |
|                             | Kathryn Moore         |
|                             | Jovonna Moore         |
|                             | Racquel Morney        |
|                             | Rachel Narofsky       |
|                             | Leia Neberall         |
|                             | Amanda OConnor        |
|                             | Michael O’Halloran    |
|                             | Rosa Okafor           |
|                             | Raven Ormond          |
|                             | Marlene Ortega        |
|                             | Stephanie Parks       |
|                             | Gloria Paris          |
|                             | Leigha Pastorik       |
|                             | Joseph Patzin         |
|                             | Quaylin Peretti       |
|                             | Jasmine Pease         |
|                             | Sabrina Peters        |
|                             | Lisa Petteys          |
|                             | Kelli Phelan          |
|                             | Gelesia Pipkins       |
|                             | James Pniewski        |
|                             | Rebecca Prekwas       |
|                             | Timothy Radley        |
|                             | Vanessa Radosza       |
|                             | Miyuki Rapp           |
|                             | Brittany Rees         |
|                             | Ashly Regalado        |
|                             | Alexandra Reil        |
|                             | Francarlo Resto       |
|                             | Sandra Robles         |
|                             | Magaly Rojas          |
|                             | Stefanie Romero       |
|                             | Rodolfo Rosiles       |
|                             | Anna Rott             |
|                             | Cynthia Sanchez Vazquez|
|                             | Samantha Sandoval     |
|                             | Kristina Scarpitti    |
|                             | Aubrey Schock         |
|                             | Abby Schroeder        |
|                             | Cheyenne Sikorcin     |
|                             | Catherine Simonin     |
|                             | Khy Sline             |
|                             | Maggie Staas          |
|                             | Laura Stangel         |
|                             | Hanna Stoffel         |
|                             | Ashley Terrell        |
|                             | Alejandra Tena        |
|                             | Aaron Tse             |
|                             | Rachel Turuc          |
|                             | Jorden Vermeyen       |
|                             | Echo Vetillo          |
|                             | Erica Vivaldo         |
|                             | Kelsey Walsh          |
|                             | Marihannah Welna      |
|                             | Michael Whitehead     |
|                             | Ryan Wiebe            |
|                             | Joshua Wigget         |
|                             | Taylor Williams       |
|                             | Stephanie Wonders     |
|                             | Katarzyna Wozniak     |
|                             | Samantha Wrzesinski   |
|                             | Nathan Yniguez        |
|                             | Robert Zak            |

Kappa Omicron Nu

**Fall Initiates**

| Hannah Bialas                  | Grace Lambert      |
| Priyanka Chakraborty           | Laura Lawler       |
| Ericka Garza                   | Rachael Martin     |
| Gwendolyn Glasner             | Rachael Martin     |
| Imani Haynes                  | Noelle Mitchell    |
| Kyliegh Heller                | Kathryn Moore      |
| Cherish Jackson               | Samantha Pearson   |
| Ariel Johnson                 | Lisa Petteys      |
| Jennifer Komis                | Kelli Phelan       |
| Melissa Kowalczy              | Miyuki Rapp       |
|                             | Cynthia Sanchez Vazquez |
|                             | Samantha Sandoval  |
|                             | Kristina Scarpitti |
|                             | Amanda Schlink     |
|                             | Kelsey Walsh       |
|                             | Kyle White         |
|                             | Taylor Alexandria |
|                             | Williams          |
|                             | Staci Wills       |
|                             | Katarzyna Wozniak  |
|                             | Mackensie Baldwin |

**Spring Initiates**

| Brandon Bong                     | Lorena Lorenzana Gonzalez |
| Angela Coltharp                  | Jasmine Merritt         |
| Mary Druffel                     | Rosa Okafor             |
| Victoria Flores                  | Vanessa Radosza         |
| Jessica Hango                   | Brittany Rees           |
| Williams                         | Morgan Smith            |
| Staci Wills                      |                         |
| Katarzyna Wozniak                |                         |
| Mackensie Baldwin               |                         |
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We are always interested in what our alumni are doing and encourage you to drop us a line, send a photo, and send a business card to keep us informed. Also, please let us know if your mailing address has changed or will be changing.

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

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