

Family & Consumer Sciences

TODAY

Learning is a plus for both the educator and the students

Denise Bertoncino, Interior Design

My students will only be leaders if I am a leader to them. I find myself constantly searching to develop projects that are current and challenging for the interior design students. As an interior design educator, I have to change as the profession and the world continues to change. A good example of this is the recent focus with the issue of green design. Both commercial and residential design is looking towards creating and maintaining a more eco-friendly, sustainable environment. Therefore, education has to change to make our students competitive in their professional field.

That challenge manifested itself in a project for the senior residential design studio in fall of 2009. The students were to design an 800 square foot, alternative constructed home that had to be off the power grid with its utilities. In the process of this project, the class, including myself learned about straw bale, cordwood masonry, and rammed earth construction. We read research about such topics as gray water, living roofs, solar panels, wind turbines, and indigenous plants. It was a complete new set of language terms for this program. These topics have been

around for quite some time, but they were terms used by few and not understood by many. As a class, we found out that this is not the case anymore. Green design and these terms are going to be in the forefront of design planning and will eventually be incorporated into all design without needing extra effort.

In the spring semester our learning and research was just

a catalyst for learning more about sustainable design. LEED (Leadership in Energy and Environmental Design) is a current certification program for commercial and residential construction. The program is run by the U.S. Green Building Council. LEED concentrates its efforts on improving performance across five key

(see, Learning, pg. 3)



Charissa Robinett, FCS Interior Design spring 2010 graduate, won second place in an international design competition sponsored by the Retail Design Institute. The project was to develop a "green" convenience store and gas station using sustainable products. Her work represents the high quality of our graduating senior's knowledge and skills.

Celebrating leadership

Duane Whitbeck, chairperson

This has been an outstanding year for the Family & Consumer Sciences department with both



Whitbeck

the recognition of leaders from and within our program. At the Spring 2010 graduation two alumni of our program, Inez Yeargan Kaiser, Class of 1941 and Paula Carter Baker, Class of 1980 were honored by the university with the Meritorious Achievement Awards. In March, Dr. Lynette Olson, former chair of Family & Consumer Sciences ('96-'01) was named Pittsburg State's Provost and Vice President for Academic Affairs. In addition to those, faculty and alumni of the program are actively involved in leadership positions both within the state and on a national level.

Within the department students also take advantage of opportunities for leadership through working with their peers in student organization activities and class group projects. These experiences lead to increased confidence after graduation and provide the basis for future leadership roles. I invite you to read through our newsletter and celebrate our past and help us in promoting a strong future.

Meritorious Achievement Award recipients

The Department of Family and Consumer Sciences was honored to have two of three PSU's 2010 Meritorious Achievement Award Recipients as graduates from our department.

Inez Yeargan Kaiser, Class of 1941

Throughout her life, Dr. Kaiser has been a woman ahead of her time, accomplishing many firsts for both females and minorities. She was the first African-American to open a business in downtown Kansas City. She was the first African-American woman to open a public relations firm. She served as advisor to Presidents Nixon and Ford on issues affecting minority women in business. She has published books and numerous articles. She was honored with an extended standing ovation as the keynote speaker at PSU's 2010 Apple Day Convocation.

Dr. Kaiser has an impressive list of awards and accomplishments including National Association of Media Women Inc.'s Woman of the Year in Mass Communications, the Golden Mike Award, the KOOL Achiever Award, Pioneer Business Award, as well as the 1997 National Minority Advocate of the Year by the US Department of Commerce's Minority Business Development Agency.

Dr. Kaiser earned a bachelor's degree in home economics from the former Kansas State Teachers College (currently Pittsburg State University) in 1941 and a master's degree in home economics from Columbia University in New York in 1958. She is owner of Kaiser and Associates, Inc. in Kansas City.

Paula Carter Baker, Class of 1980

Paula Baker is the Chief Executive Officer for Ozark Center as well as concurrently serving as Chief Clinical Officer for Freeman Health Systems, both in Joplin, Mo.

Ms. Baker provides leadership for all nursing students and ancillary patient services for Freeman Health Systems. She is responsible for directing service development. Ozark Center provides psychiatric and substance abuse care of children, adults, and families. Paula's efforts to integrate behavioral health with primary medical care have been acknowledged at both the state and national level. She is also in demand on the speaker circuit.



Dr. Duane Whitbeck, FCS Chair with Inez Kaiser and Paula Baker at a reception held in their honor for being awarded the Meritorious Achievement Award. This is the highest honor for graduates and is given by the PSU Alumni Association.

Several new facilities and innovative services have been added under Ms. Baker's leadership. She pioneered and implemented Ozark Center for Autism, an innovative preschool program for the treatment of autism. This program is one of only a handful of its kind in the nation and is one of only two entities in the world to be designed in collaboration with the Cleveland Clinic. The program designed by Paula is now being used as a prototype across the nation.

Paula received a bachelor of science degree in Family & Consumer Sciences Education (formerly called home economics) in 1980. She completed her master's degree in clinical psychology in 1999, also from PSU.

2010 Career Day

The Department of Family and Consumer Sciences is pleased to host its 12th annual Career Day on November 22, 2010. We hope that you will help promote our profession to high school students who might be interested.

Events will begin at 10 a.m. and end at 2 p.m. Our students are excited about presenting interesting and up-to-date information to your students about FACS. Each of our major areas will focus on career options, current events and involve participants in their workshops.

For registration information, visit: www.pittstate.edu/fcs.

In addition to Career Day, we also encourage our students to visit high school classrooms to share information about their individual area of study. To ask about a visit contact our office at 620-235-4457.



Alumni Promoting Our Profession—PSU's annual Career Day last November included an impressive number of former graduates who are now teaching FACS. By bringing their own students to our annual career fair, they are demonstrating their commitment to our profession.

Leadership: Taking it from the classroom to the community

Cristine M. Elliott, FCS Teacher Education

FACS professionals recognize the importance of “leadership.” George S. Patton said, “accept the challenges so that you may feel the exhilaration of victory.” Our profession is populated by individuals who accept challenges daily in their schools, communities and workplaces. I remind my FCS Teacher Education students that there’s an expectation in communities that if you are an FCS professional, you will become a community leader. It seems that FACS teachers are a natural when it comes to demonstrating those keen skills of effective communication, respect, organization, sound ethics and hard work.

The Kansas State Department of Education identifies leadership, teamwork, ethics and legal responsibilities as a required competency category. FCS teachers integrate these topics into their curriculum every day through a variety of activities and especially through FCCLA. When visiting with strong leaders in college, it is typical for them to attribute their skills to FCCLA or other career and technical student organizations.

Teaching by example is a powerful lesson. As I look around at our own faculty and some of our former students, I can’t help but be impressed with their commitment to our profession and their own communities. Deborah Noakes, Chanute FACS teacher is

currently serving as the President of the Kansas Association of Career and Technical Education. Renee Mueeting, Eudora, Kan., just completed her term as President of the Kansas

Association of Teachers of Family and Consumer Sciences. Marla Sterling, FACS teacher from Cherryvale, Kan., is currently serving as secretary of the Kansas Association of Family and Consumer Sciences (KAFCS). These are just a few of our graduates and the leadership roles they have taken on.

Within our own department we see many of our faculty serving in leadership roles. Dr. Lynette Olson has served as national president of Phi Upsilon Omicron and is now PSU Provost. Dr. Duane Whitbeck, FCS Chairperson, holds numerous roles professionally including Phi Upsilon Omicron Foundation, KAFCS Foundation, AAFCS Taskforce for Program Advancement. Dr. Amber Tankersley, serves



Dr. Lynette Olson, PSU Provost, presented a dynamic keynote presentation on leadership at the 2010 United Conference in Wichita. She is shown here with PSU students who attended. The PSU KAFCS organization sponsors this trip for it’s members.

on the KAEYC Board and is active on the Student Involvement Committee. Katie Swezey is President of District J, KAFCS, an active member of Kansas Clean Air and is involved in the Pittsburg Area Young Professionals. I am currently President of KAFCS and Chapter CJ, PEO. The list goes on for all of our faculty members. We truly try to teach leadership through our own examples.

We should always celebrate the success of others in order to raise the quality of life for all. I am proud of the wonderful leaders we have had within our department and celebrate their outstanding successes. No doubt, we are graduating leaders from Family and Consumer Sciences at Pittsburg State.



Charlotte Smith, KSDE State Adviser for FCCLA, provided an informative workshop to FCS education students this past spring.

LEARNING *(continued from pg. 1)*

areas of environmental and human health: energy efficiency, indoor environmental quality, materials selection, sustainable site development and water savings (to find out more go to: WhatIs.com). Students should be getting their LEED Associates certification which demonstrates their knowledge of green design, construction, and operations. LEED certification information has been incorporated into a one hour course this past spring semester which helps prepare students for the exam. This credential will make the students more desired in the design field.

As a faculty leader, I will continue researching all that is green design. Over the next six months I will be attending workshops on alternative construction and visit commercial and residential spaces throughout the region that have used alternative construction or have implemented sustainable design in some manner. The information gathered will then be applied to future interior design students’ education.

December 2009 Graduates

Chloe Addington Kuhel, Interior Design, Overland Park, Kan. Chloe married Matt Kuhel on August 21, 2010. Chloe is a visual specialist with JCPenney in Pittsburg.

Afton Cowen, Early Childhood Development, Ft. Scott, Kan. Afton is a teaching assistant at New Generations in Ft. Scott. She and Chad Brown will be married on November 13, 2010.

Mandi Jo Gash, FCS Teacher Education, Nevada, Mo. Mandi is a FCS teacher at Greenfield High School in Mo.

Bethany Hartford, Early Childhood Development, Ft. Scott, Kan. Bethany is a substitute teacher at SEK-CAP in Girard, Kan.

Meagan Hastert, Early Childhood Development, Garnett, Kan. Meagan is primary teacher for Bright Horizons at USAA Child Development Center in San Antonio, Texas. Megan and Josh Ingold became engaged on December 22, 2009.

Krystal Henderson, FCS Teacher Education, Frontenac, Kan. Krystal is a FCS teacher at Iola High School in Kan.

Lindsey Julian, Early Childhood Development, Fort Scott, Kan. Lindsey is working with Afton Cowen (former early childhood development graduate) as in-home child care provider.

Ann Marie Keeton, Early Childhood Development, South Coffeyville, Okla. Ann is providing childcare in Okla.

Kelsey Littlejohn, Fashion Merchandising, Oswego, Kan. Kelsey is a sales representative for IBC Bank in Tulsa, Okla.

Megan Merz, Early Childhood Development, Olathe, Kan. Megan is SEK-CAP Lead Teacher in Galena, Kan.

Kylie Parsons, FCS Teacher Education, Pittsburg, Kan. Kylie is substitute teaching while seeking a teaching position.

Robyn Pillers, FCS Teacher Education, Thayer, Kan. Robin is a FCS teacher at Central Heights in Wichita, Kan.

Hannah Combrink Plank, Interior Design, Dodge City, Kan. Hannah is doing freelance and contract design and painting in the Southeast Kansas area.

Sarah Roderique, Fashion Merchandising, Webb City, Mo. Sarah is employed with Dillard's in Tulsa, Okla.

Cassandra Sump, Fashion Merchandising, Ottawa, Kan. Cassandra is a sales associate at Little's in Pittsburg, Kan.

Karla Trotnic Traul, Individual and Family Management, Parsons, Kan. Current information unavailable.

Maleah Yurchak, Early Childhood Development, Paola, Kan. Maleah is substitute teaching and coaching volleyball for Arma High School in Kan.

Spring 2010 Graduates

Laura Anderson, Fashion Merchandising, DeSoto, Kan. Laura is employed with Lawrence Family Vision Center in Lawrence, Kan.

Marissa Ballard, FCS Teacher Education, Lawrence, Kan. Marissa was married on July 10th and lives in Iowa. Employment information unavailable.

Shandi Foreman Barret, Interior Design, Carl Junction, Mo. Shandi recently married Kyle Barret. Employment information unavailable.

Brodi Birch, FCS Teacher Education, Hesston, Kan. Brodi is a FCS teacher in Frankfort, Kan.

Mary Carson, Early Childhood Development, Parsons, Kan. Current information unavailable.

Alycia Dickey, Interior Design, Carl Junction, Mo. Alycia is seeking employment.

Meagan Eisenbarth, Interior Design, McCall, Idaho. Meagan has been working on a residential model in Idaho.

Marshall Estes, Fashion Merchandising, Carthage, Mo. Marshall is employed at Walmart in Pittsburg.

Sheila Foster-Ruckle, FCS Teacher Education, Moran, Kan. Sheila is a Family and Consumer Sciences teacher at Mulvane High School in Kansas.

S. Diann Gambill, Early Childhood Development, Pittsburg, Kan. Diann is an early childhood educational consultant at the Discovery Center, a division of Crawford County Community Health, in Pittsburg, Kan.

Michelle Hodges, Fashion Merchandising and Individual & Family Management, Latham, Kan. Michelle is a case worker for DCCCA in El Dorado, Kan.

Elizabeth Jackson, Early Childhood Development, Mapleton, Kan. Elizabeth is an early childhood teacher at the Heritage Youth Development Center in Webb City.

Emily Kidder Hansen, Interior Design, Leavenworth, Kan. Emily married Lonnie Hansen on June 4, 2010. She is seeking employment in the Belton, Mo. area.

Michelle Krause, Interior Design, Pittsburg, Kan. Michelle is employed at Chatter's in Pittsburg.

Afton Lundy, Early Childhood Development, Pittsburg. Current information unavailable.

Aaren Marsh, Interior Design, Bartlesville, Okla. After completing her internship with Conoco/Phillips in Bartlesville, Okla, Aaren was hired full time as an interior space designer.

Jessica Moore, Individual and Family Management, Girard, Kan. Current information unavailable.

Ashley Nankivell, Fashion Merchandising, Pittsburg, Kan. Current information unavailable.

Rhonda Oestreicher, Teacher Education, Parsons, Kan. Rhonda is director of Chamber of Commerce in Girard, Kan.

Natalie Olds, Interior Design, Anthony, Kan. Current information unavailable.

Jenisa Penn, Early Childhood Development, Clinton, Okla. Jenisa is a behavior therapist at Ozark Center for Autism in Joplin, Mo.

Kristi Phillips, FCS Teacher Education, Kansas City, Kan. Kristi is seeking a teaching position and may attend graduate school at K-State.

Lindsay Posillico, FCS Teacher Education, Overland Park, Kan. Lindsey is a FCS teacher at Gardner Edgerton High School in Gardner, Kan.

Misty Rabel, Interior Design, Wyandotte, Okla. Current information unavailable.

Charissa Robinett, Interior Design, Carl Junction, Mo. Charissa is an interior designer/managing member of Interiors by Charissa in Webb City, Mo. She is also employed at Better Living Store in Joplin, Mo.

Nisreen Siam, FCS Teacher Education, Pittsburg, Kan. Nisreen is a para educator with Meadowlark Elementary School in Pittsburg.

Jessica Snider, Fashion Merchandising, Monett, Mo. Current information unavailable.

Margo Strand, Fashion Merchandising, Frontenac, Kan. Margo is a sales associate at Victoria's Secret in Joplin, Mo.

Lindsey Sturman, FCS Teacher Education, Olathe, Kan. Lindsey is a FCS teacher at Spring Hill High School in Kan.

Laura Youngers, Early Childhood Development, Garden Plain, Kan. Laura and her husband have a son, Noah. She is a substitute teacher for SEK-CAP in Pittsburg, Kan.

Summer 2010 Graduates

Cassandra Boucher, FCS Teacher Education from Augusta, Kan. Cassandra is a FCS teacher at Ulysses High School in Kan.

Sarah Bowers, Fashion Merchandising from Manhattan, Kan. Current information unavailable.

Sara Kratzberg, Interior Design from Greeley, Kan. Sara is completing her internship at Hayslip Design Associates in Dallas, Texas.

Koriney Post, Interior Design from Bronaugh, Mo. Courtney will open an interior design business in Bronaugh.

Carra Shaffer, Fashion Merchandising from Diamond, Mo. Current information unavailable.

First annual PSU fashion week a success

Students in Fashion Merchandising held their first annual Pitt State Fashion Week March 29-April 1, 2010. The events included time in the PSU oval promoting the Fashion Merchandising student organization (FMA), putting on a “live model” merchandising exhibit in the lobby of the FCS building, and a question and answer educational session with regional industry professionals. The week culminated in a fashion show with the theme, “Green is the New Black,” where sustainable, and recycled fashions were showcased. The tentative date for the upcoming show is April 28, 2011. We hope to have involvement with area high schools by including a recycled fashion competition as a part of the event. Save the date, and look for updates on our webpage (www.pittstate.edu/fcs). This event is open to the public.



Students present a live model display in the FCS lobby during Fashion Week.



Students show off their work by displaying handbags created in a Construction Techniques course.

“Yes Man”

Katie Swezey, FCS Teacher Education

For me, maintaining leadership in my field means being a “yes man.” Often times in the work place, a “yes man” is thought of as someone who is willing to do or say anything in order to please a boss. I tend to think differently about this popular expression.

Being a “yes man” doesn’t mean you have to blindly agree with or take on what those around you say or do...that would be unreasonable, and could cause a person to bite off more than they can chew. My version of a “yes man” is someone who is looking for a reason to say any of the following:

- Yes! I want to try something new or different
- Yes! I want to put energy, passion and sweat into something I love to do
- Yes! I am happy to go outside my comfort zone to learn new skills that will make me better at what I do
- Yes! I am happy to try new things that will make me more valuable to those I serve
- Yes, why not

For me as a first year instructor, coming from a place of “yes” has aided me in creating a non-stressful classroom environment as well as provide a foreground for some interesting lessons. When asked by one of my Food Science students if I would demonstrate sushi making, I immediately thought, “yes, why not.” I ended up working “The Art of Sushi Making” in with a lesson on Food Presentation. Not only did this addition add value to the lesson, it allowed me as an instructor to put the extra work into something that I love to do!

Plating like a pro

Left: Jada Furchman, Desiree Pierce, and Carissa Fink proudly pose with their creations. The Food Science and Preparation Techniques class experimented with plating both sweet and savory food items.

Right: Kiley Fast, FCS Teacher Education senior, completes a beautifully garnished fruit pizza in the course, Demonstration Techniques and Teaching Technology.



What it means to be a leader

Dr. Amber Tankersley, Early Childhood Development

A leader in early childhood promotes the values of our profession in a variety of ways. As a leader in the field I feel I promote early childhood by sharing my excitement and passion for teaching children with others who also want to work with young children. Through my experiences as an early childhood teacher educator I have found ways to share my experiences through teaching and guiding students, and providing professional development opportunities for practicing early childhood professionals. Part of my own preparation was increasing my own abilities through my personal goal of obtaining my doctoral degree which provides me the credentials to teach at the university level. To get to the point where you can best help others, you sometimes have to position yourself to have those opportunities through education and experiences.

I also believe it is important to stand up for the early childhood profession through membership in professional organizations and serving on a variety of boards and committees that promote best practices in early childhood. Currently I have this opportunity as a member on the board of directors for KAEYC which is the state affiliate of the National Association for the Education of Young Children. Through my work on the KAEYC board I am able to promote the field to others through conferences, supporting legislation that

impacts families and young children, and by encouraging others to be active in the organization. I am able to contribute to my profession by writing for early childhood publications and presenting at conferences. I am a strong advocate of and encourage participation in clubs and organizations as a path to leadership opportunities. This starts at the high school level and extends into and throughout your professional life.

A commitment to learning is an essential characteristic of a leader. I explore different ways to further my knowledge in the field whether it is attending sessions at a conference or reading articles in journals, knowing more helps to advance the profession. The more I learn about early childhood the more I am able to share with others which hopefully will encourage others to be active and discover their leadership roles in our profession. Come join the in-crowd and get active in your area professional organizations.



Annie Krause, early childhood development student, helps children practice their writing skills as they work in their journals in the preschool.



Children in the preschool enjoy the classroom library with Heather Maley, early childhood unified student.



Mae Eisenbarth is one of many students who presented at the Interior Design Senior Exhibition in the spring 2010. In the exhibition each student shared their best work. Interior design senior exhibits, held each spring, are open to the public.

Family & Consumer Sciences

Addressing the critical issues of today and tomorrow: child/youth development and education, consumer education, family relationships, housing, merchandising, nutrition and healthy living.

Supporting Excellence

Each year in our newsletters you see a list of the donors to the department. These funds are critical to the growth and success of our department and we are grateful to your continued support. Funds are used for departmental scholarships for students, supporting professional opportunities, purchase of needed resources, recruitment, and maintaining contact with alumni and high school teachers around the region. Your support and contributions are critical to the continued success of the department. We invite you to continue contributing if you are a regular donor. If you have not given in a while or have never made a donation to support our program we ask that you consider it now. While you might feel like you don't have a lot to give every dollar counts. The vast majority of our donors give in the under \$100 category which is less than \$10 per month. Our goal is to double the number of donors to our department in the next year and raise an additional \$5,000 to support students and program efforts. Please join us in making a commitment today.

Family & Consumer Sciences Department Contribution

name _____

address _____

phone _____ year graduated _____

I would like to make a contribution or pledge to FCS in the amount of:

\$1000 \$500 \$250 \$100 \$50 Other \$ _____

Enclosed is my check for \$ _____

Please direct my gift to: FCS Scholarships \$ _____
 FCS Unrestricted Fund \$ _____
 Doris Bradley FCS Faculty Development Fund \$ _____
 Lynette Olson FCS Leadership Fund \$ _____
 Other \$ _____

FCS is included in my estate plans: yes no

Please send information about including FCS in my estate plans: yes no

I would like information about naming opportunities regarding a scholarship, the building or a room within the building to leave a family legacy.

Please make checks payable to the **PSU Foundation**.

Send to: Kris Hartley, Office of Development/Advancement Services,
 Pittsburg State University, 401 East Ford Avenue, Pittsburg, KS 66762

Thank you for your continued support!

Leading the Way

Provost Lynette Olson has long been an advocate for promoting student leadership. Dr. Olson has recently established the Lynette J. Olson Family & Consumer Sciences Leadership Scholarship.



The focus will be to reward outstanding FCS students who are leaders in the department, college and university. We invite individuals, who have an interest in helping us to build this fund, to identify it as a focus for their contributions. Our goal is to have this fund endowed within three years.

Contributions

The Department of Family & Consumer Sciences would like to thank all those who have been so generous with their contributions from July 1, 2009 to June 30, 2010. We sincerely apologize if any names were inadvertently left off the list. If your name was omitted, please let us know so that it can be corrected in the future.

Crimson and Gold Society
 (\$1000-\$4999)
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alumni

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in what our alumni are doing.*
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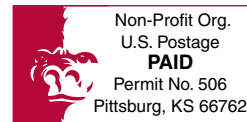
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Alumni News

Mila Little, '09, teaches Family & Consumer Sciences at Pioneer Ridge Middle School in Gardner, Kan.

Kara Craig, '08, is working at Westco in Pittsburg.

Tara Kemp, '08, teaches Family & Consumer Sciences at Bonner Springs High School in Kansas.

Robin Nobles Wahlquist, '08, earned a master's in early childhood special education through Missouri University-Columbia. She is service coordinator with Missouri First Steps providing

early intervention to children birth through age three with special needs and developmental delays. She and husband, AJ, are expecting their first child in August.

Rene Mueiting '02, and husband Doug, became parents to their third daughter, Lillian Rose, on March 24, 2010.

We'd love to hear an update from you! Your name will be listed in the next issue if you e-mail your information to hviets@pittstate.edu.