



Pittsburg State University • Spring 2020

# Family & Consumer Sciences

# TODAY

## Student organization provides community support

The Early Childhood Student Organization (ECSO) partnered with Madalyn Hale, a PSU Early Childhood Development (ECD) graduate who works with Communities in Schools at George Nettels, to sponsor a pajama drive. Ms. Hale was invited to an ECSO meeting where she gave a presentation about the mission of Communities in Schools. ECSO members chose to support George Nettels children and families. The pajama drive was advertised on campus, through social media, and through word of mouth. ECSO was excited to collect over 30 pairs of pajamas ranging in size from newborn to adult. The Little Gorillas Preschool was able to assist by providing a book to be given with each pair of pajamas.

Meredith Taylor, ECSO President is pictured presenting the pajama and book sets to Madalyn Hale.



## From the Chair

*Dr. Duane Whitbeck, chairperson*

Many things are happening in the department every year. Sometimes it is good



Whitbeck

just to reflect on what has been accomplished. A little over a year ago we started the FCS Connect program where secondary teachers could sign up for monthly mailings of resources for use in their classrooms. We have participating teachers from Kansas, Missouri, Arkansas, Oklahoma and Wisconsin. There are multiple goals for a program like this.

We want to get resources in teachers' hands more quickly so they don't have to do a lot of searching. We also want to provide them with information about our programs so they can help us to promote Pittsburg State University and Family & Consumer Sciences as a major. As of today, we have 166 teachers participating.

Program Changes: We discontinued our Fashion Merchandising program and instituted a Nutrition & Wellness major and minor. This degree focuses on Nutrition Education as there is an ever-increasing need for those with this specialization working with

*(see, Chair, pg. 7)*



## Phi U Service Projects

As part of their professional project, several Phi Upsilon Omicron students put their sewing skills to use by making around 20 pillows. These soft pillows were donated to a local animal shelter.

In addition to making pillows, the students held a feminine hygiene drive where students donated hygiene products or cash. Students spent time



Ashlee Setina, Courtney Ross, Hope Wilson, Rebecca Stone, and Molly Lundberg with pillows for a local animal shelter.

on campus asking for donations. Students also distributed pamphlets related to women's health and hygiene. Phi U was able to donate the following to Wesley House, a local outreach program: over 4,000 feminine hygiene products and over 150 other items, such as shampoo, conditioner, razors, hand sanitizer, perfume, and soap.



Ashlee Setina, Natalie De La Rosa, Ariel Leone, Auguste Brown, and Molly Lundberg on the oval for the hygiene drive.

## KC trip

In October, Mrs. Sheila Cook and Mrs. Goldie Prelogar took a group of 10 students for a day of experiential learning in Kansas City, Mo. Of the 10 students, two were exchange students from South Korea, both enrolled in FCS 355: Construction Techniques.

In the morning, the group had a tour of the Federal Reserve Bank of Kansas City. Highlights of the tour included a peek into the vault, seeing large amounts of cash sorted and flagged to be destroyed, and students' attempts to lift a solid gold bar with one hand. Following the tour, they met with an economist for an in-depth discussion on the role of the Fed in today's economy and the impact on consumers.

Following the visit to the Federal Reserve Bank, the group headed to Rightfully Sewn. Rightfully Sewn is a non-profit with lofty goals. They provide seamstress training to at-risk women as well as job placement upon their graduation from the program. Additionally, they serve designers with an atelier space (workshop or studio) and aspire to reestablish Kansas City as an epicenter of garment manufacturing. After discussing the social and ecological impacts of fast fashion, founder and President



Back: Mrs. Prelogar and Mrs. Cook. Front: Courtney Ross, Ashlee Setina, Kristen Wewe, Hyojeong Seo, Jisoo Choi, Natalie De La Rosa, Hanna Hurt, Adrianna Ayers, Breann Qualls, Alisha Houk.

Jennifer Lapka introduced Pamela Lucas, the Director of Curriculum and Instruction at Rightfully Sewn. Lucas, a graduate of the Fashion Institute of Technology (NYC) and a 20-year veteran educator, spent over two hours showing the group the industrial sewing machines, activities, and teaching techniques for garment construction.

## Nutrition and Wellness emphasis

In the fall of 2019, the entire faculty worked together to “kick off” the new Nutrition and Wellness emphasis by creating the Wellness Passport Program. These series of wellness activities started with creating wellness journals that doubled as a “passport” for stamps earned from healthy behaviors and choices. On August 28th, Jamie Oliver, the Chair of the Art Department, guided students, faculty, and staff to hand-craft the passports. The passports included journaling prompts and adult coloring pages. On October 3rd, Dr. Shawnee Hendershot presented “Mental Health Awareness.” On October 9th, we partnered with the Gorilla Pantry to host “Healthy Snacking” with plenty of taste-testing. October 16th Mona Rae Jurshak, a community yoga instructor led a yoga session in the historic Chandler Room. Additionally, there were on-going activities like “Fall into Wellness Bingo.” Jennifer Murray, led a session on Healthy Crockpot Cooking on October 23rd. We ended the semester with healthy smoothies made using the Blender Bike which was provided by Tara Solomon-Smith of K-state Research and Extension.



Jamie Oliver displaying how to make the wellness journal passports to Duane Whitbeck, Goldie Prelogar, Holly Viets, and Brittany Johnson.

## FCS Career Day 2019

The annual FCS Career Day was held October 15, 2019. This year’s Career Day theme was “See the Light, Be the Light.” There were 139 students from 29 different school districts who attended presentations that were given by current FCS students and faculty. Presentations included information about food labels, preschool play, how to dress for success, and different careers in the FCS field. The visitors were able to tour campus, including the FCS Building, the dorms, and had lunch in Gibson Dining Hall.



Students and Ms. Amanda Eckols from Webb City High School.

FCS Teachers  
who graduated  
from PSU.



# American Association of Family & Consumer Sciences

This year's conference for the American Association of Family & Consumer Sciences (AAFCS) was held in St. Louis, Mo. The majority of the department's faculty and 3 students attended AAFCS. Each of the faculty presented during at least one session. Dr. Amber Tankersley and Mrs. Goldie Prelogar presented a session titled "Strategies for Connecting with and Promoting the FCS Field Through Social Media". Dr. Duane Whitbeck and Mrs. Sheila Cook presented a session called "20 Years of Innovative, Active Recruitment to Family & Consumer Sciences". Dr. Whitbeck also presented a roundtable called "What Works: What Affiliate Leaders Want to Know". Dr. Shawnee Hendershot presented with other scholars at a roundtable called "Mental Health Issues Impacting the Lives of Children and Families" as well as at a session titled "Families in Crisis: The Role of FCS in Promoting Wellness" where she discussed suicide prevalence and the effects on families



Goldie Prelogar, Sheila Cook, Amber Tankersley, Molly Lundberg, Hope Wilson, Duane Whitbeck, and Shawnee Hendershot at the entrance to the conference.



Shawnee Hendershot, Sheila Cook, Molly Lundberg, Hope Wilson, Amber Tankersley and Duane Whitbeck sightseeing in downtown St. Louis.



Representatives from Kansas met one evening during AAFCS with the CEO, Carolyn Jackson.



Several individuals with connections to PSU were in attendance including current faculty and current and previous students. Shown here (front row) Amber Tankersley, Leah Jolosky, Sheila Cook, and Cassy Dalbom; (back row) Goldie Prelogar, Shawnee Hendershot, Halah Mansour, Hope Wilson, Molly Lundberg, and Amy Bilger.

## Student Feature

In Fall Semester of 2019, Kieran Wilson was given the opportunity to complete her practicum with TFI Family Services in Pittsburg. During her time with TFI, she was able to ride along with caseworkers to observe family visits in the area and attend monthly meetings. Kieran also had the privilege of meeting some fantastic people along the way. Talking with the caseworkers at TFI, she was able to learn more about not only their job with families and foster children, but about the foster care system as a whole.

As someone who wants to work with children and adolescents in foster care, the practicum experience allowed her to see if this was actually a career path that she wanted to take, and “it only made me want it more.” Through seeing the work that the employees at TFI complete, it helped her realize that although working in foster care is an extremely difficult job, it is also very rewarding.

“Many of the classes in our program not only prepare us for our future professions, but also prepare us for life”, Kieran has said. “Everything from management to child development to nutrition will be useful for someone who wants to work with other people, no matter the age, as I do. There are also some classes like Family Violence and Child Abuse that I would whole-heartedly recommend to any student, no matter the major, because it gives invaluable knowledge over a very important subject.”



Wilson

## Teaching Techniques display cases

In the Fall 2019, as part of their coursework, students in Mrs. Sheila Cook’s FCS 479: Teaching Techniques course designed display cases for the FCS building. FCS teacher education majors, Alisha Houk and Ashlee Setina created a “Is it New or Vintage” display case from vintage items borrowed from Margaret Ann Setina, Ashlee’s grandmother.

Anne Cordell and Courtney Ross designed “Weddings of the 80’s”. Both students borrowed their mother’s wedding and prom dresses for their display case.



Top: Pictured (l to r), Ashlee Setina, family friend Gayle Moody, Alisha Houk, and Margaret Ann Setina.  
Bottom: Pictured (l to r), Anne Cordell, Courtney Ross, and Courtney’s mother Stephanie Ross.

## NAEYC 2019, Nashville

In November 2019, Dr. Amber Tankersley and Kari Cronister attended the National Association for the

Education of Young Children Annual Conference (NAEYC) in Nashville, Tenn., with the officers of the Early Childhood Student Organization (ECSO). They had the opportunity to attend many inspiring sessions and explore the exhibit hall.

Sabrina Reyes, Caitlin Roberts, Meredith Taylor, and Kylie Knox (pictured above) served as volunteers at the conference in exchange for complimentary registration. This opportunity allowed them to meet other student volunteers and see the behind-the-scenes action of a national conference.

In addition to attending the conference, the group was able to explore the sights and sounds of Nashville. One highlight of the trip was attending an evening event hosted by Bright Horizons at the Musicians Hall of Fame and Museum.



## Phi Upsilon Omicron Initiations



February 2019: Megan Eckman, Alisha Houk, Ariel Leone, Trace Mosbey, Elienor Pruitt, Courtney Ross, Lauren Stringer, and Kieran Wilson.



October 2019: Rylie Kirch (2nd from right, back row) was inducted into Phi U. In attendance were other members: (back, l-r) Kieran Wilson, Megan Eckman, Ariel Leone, Rylie, Elienor Pruitt; (front l-r) Natalie De La Rosa, Alexis Dewey, Ashlee Setina, and Courtney Ross.



March 2020: Dalia Phelps, Hanna Hurt, Kennedy Meyer, and Kelsi White.

## Interior Design Boards

During Fall 2019, Students in Sheila Cook's FCS 479: Teaching Techniques course created design boards for Dr. Shawnee Hendershot's new home build. Students interviewed the client, Dr. Hendershot, and designed designated rooms pertaining to the client's suggestions and preferences.



Abigail Blick



Adrianna Ayers

## 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:

\$250    \$100    \$50    **\$20 for 2020**    Other \$ \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_

### Please direct my gift to:

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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 FCS building to leave a family legacy.

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

Send to: Mary Jo Meier,  
Pittsburg State University Foundation, Inc.,  
P.O. Box 4005,  
Pittsburg, KS 66762

*Thank you for your continued support!*

**To make a secure donation online, visit: [pittstate.edu/fcs](http://pittstate.edu/fcs)**

## Contributions

These generous donors have given back to the department during FY19. We truly appreciate their continued support!

Louise Baker  
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Arleta Sheets  
Jeff Steinmiller and Kathleen Flannery  
James Truelove  
Ernest and Bonnie Tullis  
Duane and Lisa Whitbeck



Kristen Wewe, in foods science and preparation techniques class demonstrates her knife cutting skills.

## CHAIR *(continued from pg. 1)*

school systems, in community education, FCS extension, and insurance companies and businesses concerned about employee's health.

We are also expanding offerings in family financial planning and the new area of FAID (Fashion & Interior Design) content that teachers need to know. We are never standing still.

We are working with the development

office on an initiative called "Give \$20.00 in 2020." Through donations of \$20.00 or more we hope to continue to enhance opportunities for students, faculty and programs within the department. Donations related to this initiative will be matched by a donor up to \$1,000. We are asking all of our alumni and current students to consider joining us in this opportunity.

# ALUMNI

## PLEASE UPDATE US ABOUT "YOU!"

We are very interested  
in what our alumni are doing.  
Please update us today by  
**RETURNING THIS FORM**

name \_\_\_\_\_

maiden name \_\_\_\_\_

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