



Pittsburg State University • Spring 2019

# Family & Consumer Sciences

# TODAY

## Opening a New Door – Nutrition and Wellness

Over the past five years, we advocated for a new program in the FCS Department in the area of Nutrition and Wellness. This was recently approved by the University and we are moving forward with hiring a faculty member to lead the program.

The focus will be on nutrition education in community settings and will allow the teaching of courses such as community nutrition, sports nutrition and nutrition for specific age groups. The full program will be determined after the new faculty member arrives.

Go to [pittstate.edu/fcs/programs](http://pittstate.edu/fcs/programs) to learn more. The program will not be a dietetics program, but will focus more on preparing students for nutrition areas that do not require a licensed dietitian.



## Family & Consumer Sciences and FCCLA

Each year our department participates in regional and Kansas' Family, Career and Community Leaders of America (FCCLA) Star Events Leadership Conferences. Our students and faculty have been serving as judges for events for the past five years in Kansas. On the closing day we have our students staff a recruitment table where they share information about the educational opportunities at Pittsburg State and in the Family & Consumer Sciences Department.

Beginning last year, we have also attended the Missouri FCCLA Leadership Conference. Between these two events it has put our faculty and students in contact with over 2,400 students taking Family & Consumer Sciences classes at the secondary level and allowed our students to use their promotional skills in sharing information about our programs and PSU.

If you are a teacher at one of these events, stop by our table.

## The End of an Era

Dr. Lynette Olson is a name familiar to many at Pittsburg State University as our current Provost and Vice President of Academic Affairs.

Prior to that position, she spent years as the Dean



Olson

of the College of Arts & Sciences, and before that she was the Chair of the PSU Family & Consumer Sciences department. After 22 years at Pittsburg State University, Dr. Olson is retiring and will leave the university this summer. She is one of us.

She has been a mentor for many and is an avid supporter of Family and Consumer Sciences at the local, state and national level. She has served in Phi Upsilon Omicron as a past president and is a current Phi U Foundation Board of Directors member. Dr. Olson endowed a scholarship in the

*(see, Olson, pg. 4)*



## Student Feature: Alexis Dewey



Dewey

A little over a year ago, Alexis Dewey felt the call to fight against human trafficking, in any way, shape, or form. During Fall Semester 2018, she had the opportunity to do her internship with Rapha House International in Joplin, Mo. Rapha is the Hebrew word for “healing”. Rapha House fights against child sexual slavery in Cambodia, Thailand, and Haiti with their Safe Houses and Kids Club Prevention programs.

Combining her enjoyment for fashion merchandising and passion for fighting for women/children that have been sexually exploited, Alexis has fulfilled the role as the Order Fulfillment and Inventory Control Management Intern. She has the pleasure of overseeing the merchandise that the girls in Cambodia create in their sewing program. Rapha House’s mission and motto is “Love. Rescue. Heal.”

To find out more about Rapha House, visit [facebook.com/rhfreedomboutique/](https://www.facebook.com/rhfreedomboutique/)

Alexis Dewey is a junior majoring in Fashion Merchandising with a minor in Women’s and Gender Studies.

## Conclave 2018, Boston



Back: Ms. Prelogar, Dereka Swaim, Amy Gideon. Front: Erika Lundstrom, Molly Lundberg, Cassidy Bingham

The Eta Chapter of Phi Upsilon Omicron (Phi U) made quite the showing at Conclave in Natick, Mass. September 27-29, 2018. Co-advisor, Goldie Prelogar took five students. The Eta Chapter was able to send so many students because of dedicated fundraising on the part of the students. Over \$1,500 was raised for the trip with car clean-out events. Also in attendance was Dr. Lynette Olson, Pittsburg State University’s Provost in her new role as a director for Phi U’s Educational Foundation.

The 2016-2018 theme for Phi U was “Leadership Through Service” which was the emphasis of the conference as well. In addition to an on-the spot service project of making over 100 fleece blankets for the local homeless shelter “Blankets for Pearl Street”, there were many other highlights. There was the walking tour of Boston narrated by Dr. Benjamin Franklin (who never broke character), Service and Leadership themed roundtables during breakfast, the honorary induction of Dr. Juliana F. W. Cohen who studies childhood nutrition and teaches at both Merrimack College and Harvard, and her keynote speech. Dr. Cohen’s research into children’s food choices and school policies was extremely fascinating and she also graciously hosted several breakout sessions.

In addition to the knowledge gained, there were plenty of opportunities for the students from various universities to meet and network. New friendships were forged. There were moments to see old friends and colleagues and competitive fundraising for scholarships in the “Silent Shakeup”. Many were brought to tears during the awards ceremony, the honoring of the 50 year members who came with their families and friends, as well as the heartfelt farewell address of the outgoing National President, Dr. Michelle Toews.

The conference ended with a powerful candle-lit charge, “Our Light Shines Brighter Together in Leadership and Service”.

P.S. The Collegiate Eta Chapter members would like to reactivate the Alumni Chapter. If you were initiated as an Eta Phi U member and you would like to join the Eta Alumni Chapter, please email Goldie Prelogar at [gprelogar@pittstate.edu](mailto:gprelogar@pittstate.edu).

## NAEYC

Dr. Amber Tankersley attended the Annual Conference for the National Association for Education of Young Children in Washington, DC during November 2018 with Anasti



Anasti Wilson, Dr. Amber Tankersley, and Rachel Reeder.

Wilson and Rachel Reeder, both Early Childhood Unified students. They had the opportunity to attend many inspiring sessions including one about play by Lisa Murphy and an interactive music session with children's recording artists Greg and Steve. The exhibit hall provided a chance to explore products and companies targeting early childhood, much information and freebies were obtained.

The students served as volunteers at the conference in exchange for complimentary conference registration. This opportunity allowed them to meet other student volunteers and see the behind-the-scenes action of a national conference.

The group was invited to attend a VIP reception honoring the 90th birthday of Barbara Bowman. Barbara Bowman is an early childhood education expert/advocate, professor, and author. Her areas of expertise include early childhood care/education, educational equity for minority and low-income children, as well as intergenerational family support and roles. She has served on several boards and was the co-founder of Erikson Institute, where she pioneered the teaching of early childhood education and administration. The reception was attended by many prominent early childhood figures.

In addition to attending the conference, the group also made time to visit the National Portrait Gallery and went on an evening walking tour that included stops at the White House, Washington Monument, WWII Memorial, Lincoln Memorial, and the Vietnam Memorial Wall.

## Prelogar becomes Certified Personal and Family Finance Educator

In December of 2017, Goldie Prelogar became a Certified Personal and Family Finance Educator (CPFFE). This credential was developed for the American Association of Family and Consumer Sciences by National Financial



Prelogar

Education Leaders to distinguish professionals who have mastered this subject area.

In order to achieve certification, candidates must hold a baccalaureate degree, pass the national certification competency examination assuring others of a threshold level of knowledge based on identified standards, and ascribe to the Code of Professional Conduct. To maintain certification, professionals must complete 75 professional development units (PDU's) during each three-year certification cycle, thus documenting maintenance and growth of professional competence.

Mrs. Prelogar is proud of this accomplishment and continues to look for opportunities to spread financial literacy to individuals, families, and the community.



In June, Dr. Whitbeck, Dr. Hendershot, Yolanda Dyck, and Cassidy Bingham travelled to Atlanta, Ga. for the annual conference for the American Association of Family and Consumer Sciences. Dr. Whitbeck and Dr. Hendershot presented during roundtable discussions. This year's theme was "Cultivating Social and Emotional Competence for Healthy Relationships".

# FCS Connect

The FCS Connect program was established to connect



Family & Consumer Sciences Teachers at the secondary level with our department in a way that is mutually beneficial. As a department, we receive requests for information teachers can share about career opportunities for their students that might be interested in a Family & Consumer Sciences related career, requests for posters and other things to put in classrooms that would help promote our programs. We are also a resource to area teachers looking for curriculum and program resources.

Teachers, please go to <https://goo.gl/forms/SrAO2GhLPpWQliGV2> and fill in the form so you can join to get our monthly mailings/e-mailings. We hope that through this continued contact we can increase the number of students looking at careers in family & consumer sciences professions.

## OLSON

*(continued from pg. 1)*

department for outstanding students and that has the option of being used to help support FCS student travel to participate at AAFCS National Conferences. She has always been a strong advocate for professional development and giving back.

As a department, we invite you to join us in wishing her well on her future adventures. Thank you, Lynette, for your leadership.



Above: Phi Upsilon Omicron-Eta Chapter New Initiates, October 2018. Jenny Barnes, Auguste Brown, Emily Davison, Natalie de la Rosa, Kaleena Meyers, Cameron Moore, Andrea Parsons, Nichole Polk, Ashlee Setina, Lauren Stringer, and Hope Wilson.

Right: During 2018, PhiU completed several service projects. In April, they complete their professional project by coordinating a Parent Resource Roundup. This roundup included local organizations that offered resources to parents. Pictured: Rebecca Bell, Cassidy Bingham, Alexius Amos, Erika Lundstrom, and Yolanda Dyck.



# The End of Fashion Merchandising

After having Fashion Merchandising as a concentration for decades we are now in the process of phasing it out. During the past 20+ years we have had tremendous turnover in Fashion Merchandising faculty which has resulted in falling enrollments and an inability to find a long term solution.

We are currently teaching the last of our fashion courses this semester with the exception of our Construction Techniques course, as it is also a part of the Family & Consumer Sciences Education major. The Textile class will be moved over to Interior Design in the School of Construction, as it is required for that major. We will miss having the program area and the outstanding faculty and students we have had through the years. For those graduates of that program area, "Once a Gorilla, Always a Gorilla." You will always be a part of us.



Previous student Kristin Padilla showcasing her Fashion Merchandising research at AAFCS 2017.

## FCS Career Day 2018

FCS Career Day is an annual event held at PSU. This year's event was held on October 16, 2018.

This year's Career Day theme was "Calling all Heroes". 126 students from 27 different school districts and 30 teachers attended this day-long event where they rotated to various hands-on sessions taught by current FCS majors. The visitors also received a campus tour and lunch in Gibson Dining Hall.



In attendance were FCS teachers who graduated from PSU.



Local high school students with Gus.

## Dr. Hendershot and Students Conducting Research Relating to Suicide and Mental Health

Dr. Hendershot has begun the process of starting a new research study with the help of 4 undergraduate students: Kali Clingerman, Tayllar Logan, Molly Lundberg, and Morgan Michael. As part of the research study, a survey will be sent to middle/junior/high school Family and Consumer Sciences teachers with regards to their roles in being a resource for students who are suicidal or who are survivors. Survivors could

include friends, relatives, or known acquaintances of those who committed suicide.

The survey will hopefully include questions about teachers' experiences with students disclosing suicidal thoughts being used as a resource for survivors, or other experiences relating to suicide. Other potential questions would be about what types of trainings the teachers have completed relating to

mental health and suicide and whether they feel these trainings are sufficient to help students. Teachers will also be asked what other types of training they feel they would need in order to feel confident in being a resource.

Dr. Hendershot hopes she and her students can present preliminary findings at the annual AAFCS conference in St. Louis in June, 2019.

# FCS “Dine In” Day

December 3rd was the annual FCS “Dine In” Day, which honors founder Ellen Swallow Richards’ birthday. The initiative behind “Dining In” is to provide tools, information, and research about families dining together and eating healthy meals.

The FCS Department celebrates this day by providing students with opportunities to dine together. This is often done by bringing food to share with a class and discussing the benefits of dining with family members. Another unique way the FCS Department has supported this initiative is to provide a meal for students so they have the opportunity to dine with their FCS family.

In 2018, the initiative focused on the emotional and social aspects of family mealtime, and people were asked to “Dine In” device-free. For the 2018 “Dine In” Day, Kansas was one of the top states who had the most people commit to dining in. Way to go, Kansas!



Dr. Whitbeck preparing breakfast for FCS students.

## Hands-On Learning Opportunities



Students enrolled in Sheila Cook’s FCS 401 – Foods Science and Lab Management class present their knife skills with a variety of culinary knife cuts.

Left: Alisha Houk and Shanikqua Timmons. Right: Courtney Ross and Ariel Leone.



Students enrolled in Sheila Cook’s FCS 479 – Teaching Techniques class create and present Interior Design Boards after attending the Kansas Center for Career and Technical Education (KCCTE) Interior Design Workshop in November 2018.

Left: Rebecca Bell preparing her Interior Design Board. Right: Lindy Fike showcasing her Interior Design Boards.

## New Childhood Programs Course

Kari Cronister, the Little Gorillas Preschool Lead Teacher is teaching a new course this semester, FCS 290: Introduction and Overview of Childhood Programs. An effective professional needs to be apprised of all possible programs serving children and their families. This course targets the different kinds of programs and licensing regulations required by the state.

We have the Crawford County licensing surveyor coming as a guest speaker to inform us of the new requirements and fingerprints being added to the regulations. It is important to be knowledgeable about the ever changing requirements for childcare providers and I feel the best way to do this is to bring in the expert. We are excited to have added this class to our program and look forward to feedback from the students on the new course.

### 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:**

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Lynette Olson FCS Leadership Fund \$ \_\_\_\_\_

Cristine Elliott FCS Student Travel 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 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!*

## Contributions

These generous donors have given back to the department over the last two years. We truly appreciate their continued support during FY17 and FY18.

Gary and Lorna Alford  
ASID MO West KS Chapter  
Paul and Louise Baker  
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*attach a separate sheet if necessary*

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Family & Consumer Sciences

Pittsburg State University

1701 S. Broadway • Pittsburg, KS 66762-7556

or email to [hviets@pittstate.edu](mailto:hviets@pittstate.edu)

Pittsburg State University  
Department of Family & Consumer Sciences  
1701 S. Broadway  
Pittsburg, KS 66762-7556



620-235-4457

[pittstate.edu/fcs](http://pittstate.edu/fcs)

## FCS FACULTY



**Sheila Cook, M.S.**

Instructor,  
Family and  
Consumer Sciences  
Education



**Dr. Amber Tankersley,**

Associate Professor,  
Child Development  
Emphasis,  
and Director of the  
Little Gorillas Preschool



**Kari Cronister, M.S.**

Instructor and  
Lead Teacher of  
the Little Gorillas  
Preschool



**Holly Viets**

Administrative  
Associate



**Dr. Shawnee**

**Hendershot,**  
Assistant Professor,  
Child Development  
Emphasis



**Dr. Duane Whitbeck,**

Chair, Family and  
Consumer Sciences  
Department



**Goldie Prelogar,**

Ed.S., CPFFE  
Instructor,  
Community  
and Family Services  
Emphasis