



A Night of Research

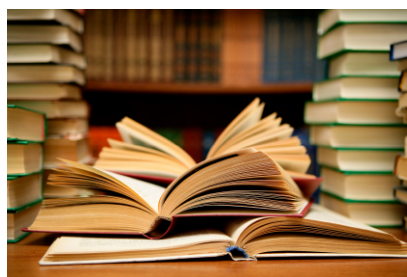
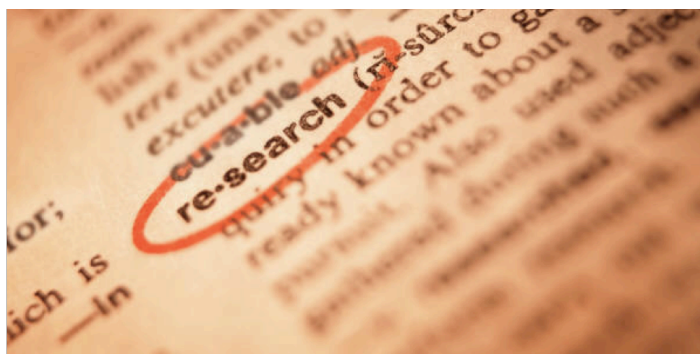
PRESENTATIONS OF YOUNG INQUIRY

By Erin Matthews, MS, Faculty Advisor

Every spring semester, the Kappa Omicron Nu: Omicron Beta Epsilon chapter puts on our yearly Research Night. Research Night is an evening for faculty, students, and administrators to come and listen to researchers discuss their current studies. On April 22, 2010, we had the opportunity to hear four wonderful speakers: two undergraduates, one graduate student and one FCS faculty member. Our two FCS undergraduates were Aron Tiongco and Kabrina Fiekert. Aron is a family studies option in FCS. His research discussed the religiosity and spirituality of Generation Y CSUN students. He found no significance in the connections between the demographics of Generation Y CSUN students and their desires to raise their future children as religious or spiritual. Kabrina is an apparel design option in FCS. She researched the context of color in different situations and found that red was the most powerful hue.

Our third speaker, Lisa Calanni, is a graduate student in nutrition. Her research was on the UCLA Fit program. It focused on conducting an evaluation of the program's success in helping patients prevent and deal with childhood obesity. In order to do this, Lisa looked at the service providers' opinions of the program's strengths and weaknesses. The final researcher was Joyce Marie Brusasco. Joyce Marie is a professor in FCS and a parenting expert. Her research was used to help measure how Nobel Middle School was meeting the needs of families and the community. The research was based on Joyce Epstein's 6 types of parental involvement: parenting, communication, volunteering, learning at home, decision making, and collaborating with the community.

The evening was enjoyable and informative for the audience. I would like to thank all those who attended, those who helped make the event happen (the KON board members), and especially our wonderful and informative guest speakers.



An Interview with Joanne Bloomfield

By Nicole Anderson, Co-Vice President

I recently had the opportunity to interview Joanne Bloomfield, a Kappa Omicron Nu alumna who has been a member of the organization for over 50 years now. Speaking with her gave me a great picture of what one of our organization's proud members has been able to accomplish with her degrees in human sciences.

Joanne completed her undergraduate degree in home economics education and obtained a teaching credential at the University of California, Los Angeles (UCLA), in 1959. Following this achievement, Joanne decided to take some time off from school to raise a family. When she was able to return to school, she went for a master's degree in textiles and clothing at California State University, Northridge (CSUN). It took her seven years to finish her thesis, because she had four kids at home and was only able to take one class a semester, but she completed it successfully in 1984. Her thesis was on the evaluation of polyester home sewing threads, so she spent most of her time in the textile lab, opting to conduct her own hands-on research rather than to use surveys for her inquiries. Joanne was a KON member both at UCLA and at CSUN, but at CSUN she held the secretary and treasurer positions. She explained, "It was nice to be a part of the board because you can get to know the members better and feel like you're a part of the group more."

When asked why she chose to pursue a degree in home economics, Joanne revealed that there were not a lot of options for women back then. She said, "You could either go into nursing or teaching... I wanted to teach." That choice, along with the fact that she liked to sew, led Joanne to the degrees she pursued.

After completing her master's degree, Joanne taught for 12 years, working part-time at CSUN and Valley College. Following that, a friend of hers asked if she wanted to teach clothing construction at the Beverly Hills Adult School. Initially, she was not interested in the position, but she visited the school to check it out, anyway. During that visit, the school asked her if she wanted to teach a quilting class. She had never quilted before, but accepted the job anyway. That following summer, she took a quilting class to learn how to do it, and she then used her newly acquired skills to teach the subject for 10 years. She is also a part of a quilting association and has been for quite a while now.

I was glad to have the opportunity to find out about Joanne's life and involvement with KON, and I am happy to be able to share her experiences here. As an active member of the alumni group, even 50 years after first joining KON, Joanne serves as a shining example of where a degree in the human sciences can take you and of the benefits of building leadership skills, a sense of social responsibility, and connections with likeminded individuals through Kappa Omicron Nu.

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2009 Kappa Omicron Nu Conclave

By Amanda Mason, Co-President

Bright and early on the first Thursday of August, I was on my way to the airport. I was joined by Diana, my newly appointed co-president of CSUN's Kappa Omicron Nu chapter, and our destination was the "Conclave," or the Kappa Omicron Leadership Institute and Undergraduate Research Conference, held in Nashville, Tennessee. Having only been in the organization for a year prior to this event, I knew very little about what I'd gotten myself into. All I knew was that we were maybe going to be the only students there from the West Coast and would be without our advisor. However nervous I was, I was also equally excited. I'd never had the opportunity to do something like this before.

We stepped off the plane into the dense heat of Nashville and caught a taxi to the hotel, already late in arriving. We hustled to our room in order not to miss anything further. Thankfully, we arrived just in time for dinner, which gave us a chance to meet a few people at our table before being tossed into the evening's activities. We introduced ourselves to the group of about 30 people and presented our pendant, and the assembled company briefly touched on the "Seven Wonders of the Socially Responsible World" in a short lecture. Our first activity was to make a skit incorporating our FCS option as a sort of ice-breaker. While I was not excited to stand up in front of a room full of people I didn't know, I was glad I did it. All the skits were very entertaining, and we ended the night knowing a few more people than we had when we arrived.

The next day started bright and early at 7 a.m. (or 5 a.m. for us West Coast girls). After breakfast, we had a short lecture about strengthening self-awareness. This turned out to be my favorite part of the Conclave because it taught me something about myself that I didn't really know. I'm a very analytical thinker, while Diana is very assertive. This gave me a good feeling about our upcoming year leading our KON chapter, Omicron Beta Epsilon. We did

some self-reflections and shared with some of the others present what they may not have known about our personalities from looking in from the outside. After this activity, we and our newfound friends spent the rest of the evening roaming around downtown Nashville, where there is music everywhere you turn.

Once again Saturday morning came all too quickly at 7 a.m. We started the day with breakfast and then went straight into our main focus for the Conclave, social responsibility. The Seven Wonders of the Socially Responsible World presented were peace and security, education, environment, health, social justice, prosperity, and innovation/technology. Diana and I collected a great deal of new information from this portion of the conference, and we could not wait to bring it all home to share it with our fellow chapter members.

After a quick nap and wardrobe change, we attended the banquet dinner, which was unfortunately the last event we were able to attend (we could only find a 6 a.m. flight home on Sunday). The dinner was wonderful, and they even accommodated for my veganism, which was quite a treat in itself. Awards were handed out, and every chapter got to stand up and say a little bit about what they had enjoyed most about the Conclave. Diana and I both expressed our gratitude for being allowed to participate in such a wonderful opportunity. I think Diana put it best when she said, "We're going to take what we've learned here, go home, and try to change the world."

I will never forget what a great experience this conference was. It made me realize all that I have learned and have to learn from this wonderful organization, Kappa Omicron Nu.

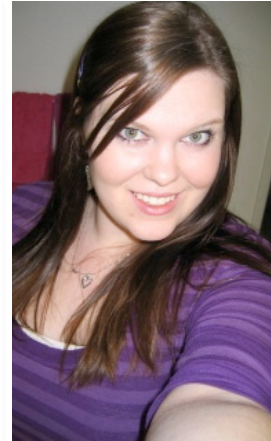


Amanda Mason, left, with others presenting at Conclave

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United Families of Family and Consumer Sciences Relay For Life Team



Secretary Danielle

Relay For Life 2010, CSUN

By Danielle Davies, Secretary

They say you will never forget your first time. I can only hope that the memory of Relay for Life 2010 will stay with me. I learned the stories of many and bonded with a few wonderful women, throughout the delirious and sleepless coffee driven night. It was cathartic, filled with laughter and joy, spending time with friends and sharing sorrow and pain as we told our stories about cancer. This experience brought forth awareness that I had never held before. The crowd was mixed with survivors, those who had cancer, and those who had lost someone to cancer. The disease is tragically powerful; it claims people from every race, gender, and age.

No one is safe from the grasp of cancer. No one is invincible. However, it was through the stories of cancer survivors that I realized just how resilient and strong one could be in the face of a battle against something that is trying to steal their life. They face it head on without fear of knowing the people they love are supporting them, holding them when they are weak, always standing beside them as they fight. It is the hope that through events like Relay for Life, people will become aware of how widespread cancer is; it can affect every part of the body. It is also the hope that raising awareness will lead to prevention and early detection, cancer does not have to be a secret anymore, it no longer has the power to take over a life. Knowing the warning signs is power, power that will one day lead to a cancer free world. This is a pivotal time in cancer research, soon we will have cures, and we will have the capability to stop cancer in its tracks. Those who fight for the cure are an inspiration, without these people there is no hope for tomorrow. Relay for Life is, a call to the community to fight against the disease, to bring awareness and education to people of all ages, to support those in the fight against cancer, and to honor those we have lost.



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An Interview with Claudia Langton Forbes

By Robin Whitney, Co-Vice President

I recently had the chance to ask Kappa Omicron Nu alumna Claudia Langton Forbes about her experiences during college and with our honor society. I discovered that, prior to being a KON member, she attended CSU Los Angeles, where she earned her Bachelor of Science degree and completed the coordinated dietetics program. While taking a break from school, she had heard dietetics would be an excellent field to get into. She had been exposed to home economics through her mother and also desired to obtain a degree in a subject that would be practical outside of work.

Claudia's mother had attended UCLA for home economics and was an active member of Kappa Omicron Nu. Claudia had therefore always been connected to KON as the daughter of a member, and she attended events with her mother as a child. While attending CSUN for her master's in nutrition and dietetics, Claudia became a member of KON herself.

Claudia's career path started with working on the administrative side of dietetics. She has experience in cardiac

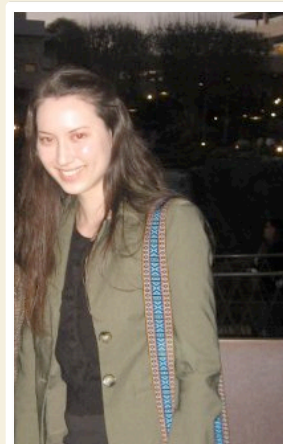
rehabilitation, as well as working with cardiac outpatients. Currently, she works with pregnancy and diabetes at Huntington Memorial Hospital in Pasadena. Claudia has been a certified diabetes educator for 15 years, and her current major area of interest is diabetes. Claudia considers the

most rewarding aspect of her career to be the fact that she can impact lives in a positive way and interact with people who are interested in making healthy changes for themselves.

Outside of her work at Huntington Memorial, Claudia is also involved with a variety of other projects, including a smoking cessation program, consulting with students at Occidental College, a speaker's bureau, and other companies and wellness programs. Her experiences after college demonstrate for

me – and hopefully for you, too – how earning a degree in the human sciences can lead KON members down the path to a career that will not only be successful but also help the individuals and communities around us.

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Officer Robin, Co-Vice President

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