

HDFS NEWSLETTER

SPRING 2017 | Newsletter of the Department of Human Development and Family Science

HDFS SCORES

Students in the Department of Human Development and Family Science were well represented among winning sports teams during this academic year.

WOMEN'S BASKETBALL

Gillian Glackin (HDFS '17) ended her college career on a high note. The Messiah Falcons basketball team won the MAC Commonwealth Championship for the 10th time in program history. Glackin received MVP of the MAC Commonwealth Tournament and was also named All-MAC Commonwealth First Team for the third-straight season. Glackin says, "I'm so thankful for my experience playing for Messiah. Thank you to all my family, teammates, coaches and fans for all their support and encouragement." After graduation, Glackin hopes to work on behalf of victims of human trafficking.

FIELD HOCKEY

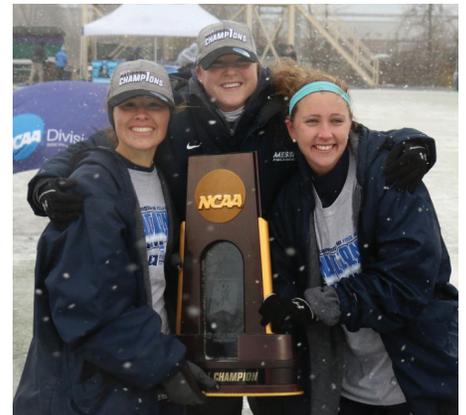
For the past four years, we have had the opportunity to be members of the Messiah College Field Hockey team; and the past two years, serving as the team's captains.

"We have been able to take what we have learned as part of the field hockey team and use that toward our field of study in HDFS. Being a student-athlete has taught us great time management skills as well as the ability to work with others, which will serve us well in our future careers."

—Sara Brooks (FCS '17) and Lindsay Bowers (HDFS '17)



Clockwise from above: Gillian Glackin (HDFS '17), Lindsay Bower (HDFS '17, on left), Sara Brooks (FCS '17, on right), Josh Whitelaw (HDFS '19)



Photos courtesy of Messiah College Athletics

This past fall, we were blessed with a great capstone achievement, as we ended our careers as being the 2016 Division III Field Hockey National Champions. Our team has had a lot of success throughout its history, and throughout our four years as a part of the program, we have seen some of our own success as well. From freshman to senior year, we have made it one step closer to our end goal, the national championship; and finally, in our senior season, we achieved it! We have been able to take what we have learned as a part of the field hockey team and use that towards our field of study in HDFS. Being a student-athlete has taught us great time management skills as well as the ability of working with others, which will serve us well in our future careers.

—Sara Brooks (FCS '17) and Lindsay Bowers (HDFS '17)

WRESTLING

Being on the Messiah wrestling team has made my faith much stronger. Our coach

emphasizes acting as ambassadors of Christ everywhere we go and showing the love of Christ to all of our opponents. We compete hard and are always working to be the number one team in the nation, but that's not where our identity is. Our identity is in Christ and that is much more solid than any wins or losses we receive during the season. We have fun with wrestling because we know that Christ is the same Lord no matter what we do on the mat and we will continuously glorify Him in our actions.

—Josh Whitelaw (HDFS '19)

FROM THE DEPARTMENT CHAIR

Dr. Raeann Hamon



I frequently talk to prospective and current students who are searching for a major and this is what I often say to them. “Your major should be like a huge

pile of leaves in autumn. You should want to dive in and roll around in it.” In other words, your major should be enlivening and engaging. You should be excited to dig into the readings, assignments and other opportunities in your field. In this column, I plan to share a few of the many ways in which we encourage students to “roll around” in their program should they choose to major in human development and family science or family and consumer sciences.

One of the most obvious places for students to get involved is in our student club and professional organization, the Messiah College Council on Family Relations (MCCFR). MCCFR is a student-affiliated council of the National Council on Family Relations, the premier professional association for understanding families through interdisciplinary research, theory and practice. MCCFR’s mission is threefold: coordinating service opportunities to assist families, promoting professional development of its student members, and fostering social networking. Being an officer in MCCFR serves as a great training ground for leadership roles in state, regional and national professional organizations. MCCFR events are incredible opportunities to develop relationships with faculty and students in the department, as well. “Like” the Messiah College Council on Family Relations on Facebook and see what they do. Also, be sure to read the article about this group’s service projects on page 8.

Another special opportunity for select students includes the Smith Scholar Internship and the Teaching Internship grants. Faculty in the HDFS department frequently submit proposals for these grants with students. A committee selects the recipients on a competitive basis and

the students receive a stipend to assist the faculty member with research or teaching projects. For instance, this year Lindsey Bower (HDFS ’17) received the Teaching Internship grant to assist Dr. Erin Boyd-Soisson in assessing the Preschool Observation and Interpretation assignment, providing feedback on her teaching, and identifying objectives for each topic. Lindsey will also teach a class on childhood grief since this was the topic of her strategies project and since she will pursue grief counseling with children in graduate school. Alexis Phillippi received the Smith

Your major should be like a huge pile of leaves in autumn. You should want to dive in and roll around in it.

Scholar Internship to work with me in planning the Family Science Association’s 2017 Teaching Family Science Conference. She created the call for proposals, drafted a conference schedule, maintains the list of registrants and associated special dietary needs, and communicates with conference attendees regarding conference details. She is also co-authoring a presentation that I will make at the conference entitled “Evaluating a Family Life Education Methodology Course: Student Self-Assessments and Personal Reflections.” These students, like many before them in these roles, glean many insights into the field of family science, as well as new skills as a result of this collaborative work with faculty members.

Despite significant budget cuts, students are still able to benefit from their experiences in department work study positions. In these paid roles, students assist in planning departmental events, communicating with prospective students, updating our department website and Facebook pages, collecting research for faculty projects and course preparation, creating alumni career profiles, managing department photos and social media, assembling packets of material for open houses and other events, and offering

insights to faculty about teaching ideas. These students offer indispensable support to the work of the department and in the process, benefit from deep mentoring relationships with HDFS department staff and faculty.

Students also benefit by joining faculty on their special projects. For instance, Professor Paul Johns has been offering “Are You Serious?!” a weekend retreat for intentionally dating and engaged student couples for the past ten years. Paul invites interested students to join him in planning this couple relationship program. Students help with promoting, planning and coordinating the event. The great success of this event over the years is due in large part to the many student volunteers that have given of their time and giftedness. Our students are great at looking for ways, great and small, to help strengthen relationships!

The final special opportunity that I will highlight in this newsletter is attendance at conferences. Our department strongly encourages students to attend at least one state, regional or national conference in their field prior to graduating. Thus, you will see regular reports on the amazing experiences students have at the National Council on Family Relations Conference or the Pennsylvania Family and Consumer Sciences Conference. This spring, our department is even hosting the Mid-Atlantic Council on Family Relations Conference on our own campus, making it extremely affordable and easy to attend. Nothing compares to meeting the authors of one’s texts, hearing the latest research and practice, learning about topics of personal and professional interest, bonding with classmates from your program, and assembling and conversing with professionals in your field. Read more about these conferences in this newsletter.

In conclusion, the HDFS team and I plan to continue to rake a variety of gorgeous leaves into a massive pile and invite our enthusiastic and talented students to jump in and enjoy!

Raeann R. Hamon

Raeann Hamon, HDFS department chair

STUDENT SPOTLIGHT



Art Beyond the Classroom leadership team (L to R): Lindsey Markle, Ally Morgret (co-founder), Dani Kepner (co-founder) and Katy Trice

ART BEYOND THE CLASSROOM

By Ally Morgret (HDFS '17)

My friend, Danielle Kepner, and I co-founded a creative arts intervention program named Art Beyond the Classroom in 2015, during the spring semester of our freshman year at Messiah. With a shared passion for art, children and helping the greater community, we launched our program at Penn State Children's Hospital. During our sophomore year, we visited the Children's Hospital for monthly group art lessons, and we were later promoted to Child Life volunteer status in order to allow us to visit individual patients' bedsides. Currently, Art Beyond the Classroom serves at the hospital twice a week for two hour sessions. We are grateful to be able to spend time with children in dire circumstances; the kids truly touch our hearts, and we are forever changed by their fighting spirits.

Last fall was a season of change as we added two new leadership members, Katy Trice and Lindsey Markle, to our team as well as ten new volunteers, waiting to be stationed at new locations. This spring, we opened a second branch of Art Beyond the Classroom at NHS Carlisle Autism

School, and two of our volunteers visit the school weekly to conduct an art lesson. We also entered the business competition on campus called Impact Venture Challenge and have made it to the final round, which takes place in April. Impact Venture Challenge allows us to look forward to the future of potentially creating a business out of our program; we are currently following a hybrid for-profit and not-for-profit model, which would allow us to provide services to locations that could not afford the arts otherwise.

My involvement with Art Beyond the Classroom as a human development and family science major has not only allowed me to grow in my love of art and people but also my faith. Seeing children suffering yet being able to give them an opportunity to freely express themselves and smile with me is so rewarding. Through my experience with my program at the hospital, I decided to pursue Child Life as my future vocation. Volunteer work has taught me what my true purposes in life are: seeing people through the lens of Christ and serving them with my entire heart.

The Department of Human Development and Family Science

MISSION

The Department of Human Development and Family Science equips students with the knowledge, skills and expertise to enhance the well-being of individuals and families across the lifespan in diverse social and cultural settings. Within the context of Christian faith and values, the department prepares students, through experiential and application opportunities, to pursue leadership, service and reconciliation locally, nationally and globally.

DEPARTMENTAL PROGRAMS

Majors

- Human Development and Family Science (B.A.)
- Family and Consumer Sciences Education (B.S.)
- Graduates of both the HDFS and FCSE majors are eligible to receive the provisional Certified Family Life Educator (CFLE) designation from the National Council on Family Relations.

Minors

- Children and Youth Services
- Disability and Family Wellness
- Gender Studies
- Gerontology
- Human Development and Family Science
- Multicultural Families
- Pre-Counseling and Therapy

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Like the Messiah College Department of Human Development and Family Science on Facebook!
facebook.com/Messiah.HDFS

HDFS ANNOUNCEMENTS

2017 HDFS OUTSTANDING ALUMNI AWARD RECIPIENT



JOEL GIOVANETTI (HDFS '98)

One of our greatest privileges as a department is identifying outstanding alumni to acknowledge with our alumni award. Initiated in 2012, the Department of Human Development and Family Science Outstanding Alumni Award is designed to recognize HDFS and FCSE alumni who demonstrate significant professional leadership and a legacy of distinguished contributions to the service of individuals and families. We are pleased to announce that Joel Giovanetti (HDFS '98) is the 2017 HDFS Outstanding Alumni.

Upon graduating from Messiah College in 1998, Giovanetti accepted a position at Philhaven Hospital as a residential counselor at a day hospital for children and teens and as a case counselor at two different schools (high school and an elementary school) in York. In 2002, he transitioned to a post at New Hope Ministries where he remains today. From 2002 to 2010, Giovanetti worked in Dillsburg coordinating an after school program for teens and children. In 2010, New Hope Ministries named him the after school program manager. In this role, he initiated five new after school programs and increased program days from two days per week to five days a week.

As after school program manager for New Hope Ministries, Giovanetti oversees eight elementary after school programs—one in New Cumberland, Lemoyne, Mechanicsburg, Wellsville, Dillsburg, Dover and two in Enola. He manages part time staff that coordinate these programs that provide snack, prayer, homework help, reading skills, educational enrichment activities, life skill lessons, Bible/Jesus lessons, fitness, teambuilding activities, healthy lifestyle choices and monthly parent meetings. His programs enroll anywhere from 10 to 25 elementary aged children at each location. Joel also networks with local school districts, churches, businesses, local municipalities, Messiah College, The United Way, and recruits volunteers. He tracks outcomes that measure attendance, poverty level, life skills learned, job skills taught, service projects, character development, academic performance and passing to the next grade.

He is married to Marcelle Giovannetti, who works at Messiah College's Engle Center as a counselor. They have a 9-year-old son who loves baseball and karate. Their other "child" is a 140 lb. Bernese mountain dog named Vader. Vader has made a few guest appearances on campus himself in the last couple of years! Giovanetti has lived in the local area ever since his graduation from Messiah. Congratulations to Joel for his committed service to children and their families.

2016–2017 SOCIAL SCIENCE FELLOWS IMPACT COMMUNITY

This academic year, the School of Business, Education and Social Sciences initiated the Social Science Fellows program to promote student engagement with the local and Harrisburg communities. Social service/community agencies, schools and churches applied for an intern to help them accomplish various initiatives. The projects focus on creating strong families and strong communities. Of the eleven fellows selected, three students were from the HDFS department.



VERONICA KELLY (HDFS '18)

served as a fellow at the Latino Hispanic American Community of Greater Harrisburg (LHACC). As part of this assignment, she helped coordinate and implement the 2017 LISTO program. The LISTO, or "Leadership Institute Star Training," focuses on developing leadership skills for Latino high school students from disadvantaged backgrounds, as well as provides assistance in exploring new directions for the future. To accomplish this task, Kelly worked closely with Ms. Gloria Merrick, executive director of LHACC and Dr. Robert Reyes, professor of human development of family science at Messiah College.

CARA PETERSON (HDFS '17) served as a fellow at The Neighborhood Center of the United Methodist Church in Harrisburg. Peterson tackled her assignment to assess and update promotional materials about The Neighborhood Center and



the programs it offers. She took many new pictures, reviewed the Center's website, updated the Facebook page and drafted a new brochure. Kyla Harvey, executive director of The Neighborhood Center, and Dr. Raeann Hamon, professor of family science and gerontology, guided her in her work.



LIBBY ADAMS (HDFS '19) served as a fellow at Mission Central in Mechanicsburg under the direction of Rob Visscher, executive director, and Dr. Raeann Hamon. Mission Central is a mission warehouse of the Susquehanna Conference of the United Methodist Church. Its goal is to "connect

God's resources with human need," assisting people locally, nationally and globally. Adams facilitated the implementation of a grant to provide nutritional meals and snacks to the many volunteers at Mission Central. She developed processing systems for ordering food and distributing it to volunteers, along with the provision of regular nutritional educational programs.

Congratulations to each of these women. We hope that they contributed in meaningful ways to individuals and families served by these agencies.

RAEANN HAMON HONORED WITH MENTORING AWARD

The National Council on Family Relations (NCFR) recognized Dr. Raeann Hamon, chair of the Department of Human Development and Family Science, as the 2016 recipient of the NCFR Felix Berardo Scholarship Award, given to an NCFR member for excellence in mentoring of junior colleagues and students. Dr. Erin Boyd-Soisson and former and current students provided a compelling case for Hamon's nomination. Boyd-Soisson noted "As a mentor, Raeann believes that her students should be recognized for their achievements, and is known to be one of her students' biggest advocates in making sure they are recognized." Professor Paul Johns, a former student and now a colleague in the HDFS department, wrote: "I believe what truly makes Raeann unique and special is her genuine care and concern for those she works with and teaches. She embodies, if I might say, a gentle intensity that is welcoming and nurturing to those she guides, yet also

inspiring and motivating." Dr. Fabienne Doucet, a former student wrote "Raeann is one in a million. I deeply respect her, and if all of her professional qualities and accomplishments were not enough, she happens to be an incredible human being." Dr. Lyndal Khaw, Awards Committee Chair, wrote "The Berardo Award committee was particularly struck by the way your nominators described you as an inspiring and visionary leader, mentor and teacher who is fully committed to advancing students' careers and maximizing their potentials (and who tirelessly finds ways to pave opportunities for them to do so). We were equally impressed by your role as a fierce advocate of the family science field through your dedication to family life education and your initiative which lead to the establishment of the NCFR Honors Recognition Program. . . . It is very obvious that you go above and beyond the call of duty." Congratulations to Dr. Hamon for receiving this national award!



Dr. Lyndal Khaw presents the Berardo Award to Dr. Hamon at the 2016 NCFR Conference.

REISTE (FCS '18) SELECTED FOR PAFCS SCHOLARSHIP



Congratulations to Dan Reiste (FCS '18) for being selected as the PA Association of Family and Consumer Sciences (PAFCS) 2017 Undergraduate

Scholarship recipient. The scholarship, in the amount of \$1,000, is awarded to a college student in his or her junior year who is majoring in family and consumer sciences. Reiste was honored at the PAFCS Annual Conference Awards Luncheon on April 28, 2017. Raeann Hamon, his advisor, noted that "Dan is an extraordinary man of character who is bound to be an incredible role model for all of his FCS students. He will be an amazing teacher."

Congratulations,
Dan!

REYES RECEIVES ELLA FRAZIER AWARD



Dr. Robert Reyes was one of the recipients of the 2016 Ella Frazier Award for his participation and contribution to the regional leadership seminar entitled "Let's Talk: A

Conversation about Race." The Ella Frazier award is given every year by the YWCA of the Greater Harrisburg in recognition for the dedication of time and effort towards the elimination of racism and the promotion of diversity in central Pennsylvania. We are proud of Dr. Reyes!



Dr. Robert Reyes is recognized with the Ella Frazier Award.

CONFERENCE HIGHLIGHTS

STUDENT REFLECTIONS ON ATTENDING THE NATIONAL COUNCIL ON FAMILY RELATIONS CONFERENCE

Twelve human development and family science students joined Dr. Robert Reyes and Dr. Raeann Hamon in attending the National Council on Family Relations Conference in Minneapolis, Minnesota, Nov. 2-5, 2016. The conference theme was Families and Human Rights: Promise and Vulnerability in the 21st Century. Students selected from hundreds of sessions including concurrent sessions, roundtables, posters, plenaries and sessions designed for students and new professionals. They were also able to attend a university reception that featured a ballroom full of graduate program representatives and related information. As part of our tradition, the department treated the students to dinner one evening. This provided time to fellowship, reflect and process all that they were experiencing. Unfortunately, Dr. Erin Boyd-Soisson was not able to attend at the last minute due to a death in her family. Since she was scheduled to present a paper, she asked her work study student, Annie Insley (a sophomore), to present the paper for her. Insley accepted the challenge, performing extremely well, especially considering the symposium of which she was a part had standing room only with more than 80 people in attendance. Here are some reflections from some of the students, including Annie.

ANNA ZEIGLER (HDFS '20)

I think having HDFS majors be encouraged to go to at least one or more conferences is a good idea. The research can inform me and better prepare me for what I want to do and how I can be conscious of issues

“Often I felt that the presenters told us what they found in the study but could have provided us with the ‘what do we do now?’ answer. The conference makes me aware of how I personally can work towards the solutions.”

— Anna Zeigler '20



L to R: Dr. Robert Reyes, Jamie Armstrong, Anna Zeigler, Annie Insley, Kornei Confer, Julia Thomson, Madison Groff, Rebekah Mowea, Hannah Fogle, Dr. Raeann Hamon, Mackenzie Luce, Markell Kunzelman, Morgan Luce and Julia Baker

in the community. Often I felt that the presenters told us what they found in the study but could have provided us with the “what do we do now?” answer. The conference makes me aware of how I personally can work towards the solutions.

I also felt that the conference was good for building relationships with other people in the major. I would not know some of the upperclassman as well or at all if I had not gone to the conference. I think the networking and relationship building is as important as the research is. I went as a freshman but felt that overall it was a worthwhile experience. I will definitely want to go to another conference!

HANNAH FOGLE (HDFS '19)

This conference was a learning experience that taught me many things, including how to plan ahead, manage time wisely, try unfamiliar things and communicate with all kinds of people. When attending the sessions, I was excited to hear phrases I recognized from class, such as when presenters discussed their regression model or examination of self-efficacy. Being able to meet the faces behind the research and hear them speak with such passion about their topics was definitely a highlight for me. I was also grateful for the opportunity to make connections with professionals who have similar interests as myself, including those who study youth or work

in extension. I also really enjoyed being able to experience a different pace of life in the city of Minneapolis and explore the feeling of being an autonomous adult in the academic/professional world.

KORTNEI CONFER (HDFS '19)

Attending the National Council on Family Relations Conference was an overall beneficial experience for me professionally. Throughout the duration of the conference, I was introduced to many accomplished and important figures in the family science field. I attended sessions on multiple topics of interest in order to gather insight and information on a variety of issues.

A few of my favorite sessions included a concurrent session, the University Reception and the Speed Mentoring workshop. The topic on the first Concurrent Session was obesity and weight conversation. It was very interesting to hear how couples and families viewed weight conversations and how those conversations influenced their relationships. The University Reception opened up my graduate school search further. I was able to explore grad programs at schools I had not previously considered. Finally, the workshop that included speed mentoring was one of my favorite experiences from the conference. The workshop made me more comfortable with presenting myself professionally. One of the people I was paired with was a

professor at a university I had never heard of, but after that evening I was highly considering and researching the grad program in which he works.

ANNIE INSLEY (HDFS '19)

Attending the NCFR conference this year was by far one of the best experiences that I have been given while being at Messiah. Prior to attending the conference I thought that I would gain knowledge and facts but I learned much more. At NCFR I was given opportunities to gain professional development that I wouldn't have anywhere else. I had the opportunity to present Dr. Boyd-Soisson's research at the conference. [Annie presented Dr. Boyd-Soisson's paper for her since she was not able to attend due to a death in the family.] From this experience, I gained a lot of confidence as well as speaking skills that I can apply to my future career. I learned that I can present in front of a large group of well-educated individuals and not throw up (which I thought I was going to do!). At NCFR, I

was able to make connections with people who could potentially help me with jobs or grad school. The NCFR conference also gave me the opportunity to get to know other students in the HDFS major as well as the professors in the department. Overall, attending the NCFR was a great opportunity and I look forward to attending next year.

JULIA THOMSON (HDFS '17)

This conference was important because it allowed me to make connections and network. In addition, it allowed me to see different aspects of family science. I definitely learned so much! My favorite session was on trauma informed therapy. In addition, I really liked the session on human trafficking. I talked to a graduate school there, Wheaton College, and learned a lot about program options. I had no idea that there were so many areas to go into after college! I was very happy with the conference and cannot wait to return next year!



Annie Insley (HDFS '19) presenting at the NCFR conference.

“The NCFR conference also gave me the opportunity to get to know other students in the HDFS major as well as the professors in the department.”

— Annie Insley '19

MID-ATLANTIC COUNCIL ON FAMILY RELATIONS CONFERENCE AT MESSIAH COLLEGE

By Dr. Erin Boyd-Soisson

The annual conference of the Mid-Atlantic Council on Family Relations was hosted at Messiah College on Friday, April 7, 2017. The conference included a variety of round tables lead by experts from Pennsylvania, Maryland and Delaware. The keynote speaker was Dr. William D. Allen, Ph.D, LMFT. Allen spoke to the importance of welcoming male clients by family service agencies. He also discussed strategies practitioners can use to increase male engagement. Prior to the conference, Messiah College students in the Department of Human Development and Family Science were invited to have breakfast with Allen. Students who attended the breakfast appreciated the opportunity to network with him.



L to R: Morgan Luce, Kortnei Confer, Josiah Harmes, Sarah Berger, Dan Reiste, Dr. Robert Reyes, Dr. Bill Allen, Libby Adams, Hannah Fogle, Annie Insley, Veronica Kelly, Leah Wagner and Mackenzie Luce

HDFS ANNOUNCEMENTS

SERVICE PROJECTS FOSTER COMPASSION

By Mackenzie Luce (HDFS '17)

This past fall semester, HDFS department students and members of the Messiah community, both students and faculty, participated in Operation Christmas Child. Operation Christmas Child (OCC) is an event sponsored by Samaritan's Purse. Every year people all over the country fill shoeboxes for children living in places who would not receive a Christmas present. When children receive the shoeboxes, they also receive the news about Jesus and the story of Christmas. We wanted to join in on the project!

In October, we set up boxes all around campus and emailed the community encouraging everyone to collect items over fall break for the boxes. The items to include in a shoebox include hygiene items, hairbrush or comb, hair accessories, books, activity books, markers and pencils, school supplies, small toys and hard candy. When deciding on what to fill a shoebox with, it is important to keep in mind the age and gender of a child. After a shoebox is filled, the label is put on the box marking if it is for a girl or boy and what age groups the

box fits. A week before we sent the boxes, we gathered some of our HDFS department students and packed the boxes full and included little notes to the children. In all we filled 45 boxes! A week later, we delivered them to West Shore E-Free church. They eventually sent them to the main donation center for completion and then shipped to millions of kids around the world.

Every Thursday during the spring semester, a small group of HDFS department students also gather together to knit and crochet for a cause. This is the service project for the spring semester. Each Thursday, we knit and crochet teddy bears and security blankets with yarn bought last year with the service money. Towards the end of the semester, we will donate the items we made to the Capital Area Pregnancy Center located in Camp Hill, Pennsylvania. The pregnancy center runs a baby boutique where moms can obtain clothes, formula, diapers, wipes and many other items for their babies without cost.

Great job, HDFS department students! Keep up the great service!

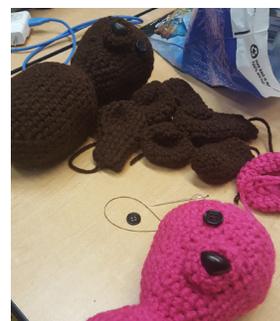
“Messiah Women’s Soccer is way more than just a soccer team. It’s a team of never ending grace and love for one another.”

— Maggie Frey (HDFS '20)

WOMEN’S SOCCER

Messiah Women’s Soccer is way more than just a soccer team. It’s a team of never ending grace and love for one another, always giving each other the benefit of the doubt and challenging each other everyday to improve in our fitness and walk with Christ. Coming into Messiah I thought I had a good idea of what the team was like due to my dad being the coach. However my first couple of months here far surpassed the expectations I brought with me. Living with your teammates and doing everything together builds a bond that I’ve not experienced until my time here at Messiah. My relationship with Christ has grown tremendously thanks to my roommates and teammates who speak truth to me and encourage me every day. There really is no better place to play college soccer in my opinion. Not because of the success on the field but because of the love our team has for one another as sisters in Christ.

— Maggie Frey (HDFS '20)



Top Left: Students assembling gift boxes; bottom left: volunteers with completed boxes for Operation Christmas Child. Top Right: Sarah Berger (FCS '17) knitting a teddy bear; bottom right: assembling a teddy bear.

MY FCS STUDENT TEACHING EXPERIENCE

By Bree Waters (FCS '17)

My name is Bree Waters and I am currently student teaching FCS classes at New Oxford High School! I teach one section of specialty foods where the students learn more in-depth and advanced cooking techniques, and then I teach two sections of child development which covers topics from romantic relationships, to conception, all the way to the development of children up to age five. At this point in the semester we're about seven weeks in now so I'm the lead teacher for all the lessons in all of these classes! It feels a little bit intimidating at times to be in charge of so many classes, but my courses that I have taken at Messiah have done a fantastic job in preparing me for this experience. One of the things that I love the most about teaching FCS is the variety of classes that I get to teach in a day. I'm not stuck teaching the same lesson over three or four different times! In the mornings I've taught students about different yeast breads, food preservation and cake decorating, and then by the afternoon I get to transition into teaching about infant and toddler development and



Bree Waters (FCS '17) with some of her FCS students.

this week we're working on making our own children's books. There are so many different things that I get to teach and they are all things that my students will be using in their everyday lives. It is so satisfying when students come back and say that they replicated a recipe that you made in

class or that they were interested in going into a child life occupation field because of what they learned in class. I've already learned a lot in my student teaching experience and I can't wait to learn even more so that I can (hopefully) have my own classroom in the fall.



HDFS department students and faculty joined Dr. Phipps at Orchard Hill.

DINING WITH THE PRESIDENT

By Leah Wagner (HDFS '17)

Thanks to a generous invitation from President Phipps, the HDFS and FCS students and faculty were invited to share a meal at Orchard Hill this past November! As a senior, I rearranged my plans to attend this special event that has been on my college bucket list. We had a great turn out for this evening of delicious food and fellowship! Some students played games in the basement while others socialized in the dining room with other students, HDFS faculty and President Phipps. After some fun pictures, including this one in her home office, we were sad to see the evening end. Thank you so much President Phipps for inviting our HDFS department to join you in your home and helping us check this memorable experience off our "Messiah College Bucket List." We are truly blessed to be part of such a friendly department with such a welcoming college president!

HDFS AND FCS ALUMNI TALK CAREERS

By *Dr. Raeann Hamon*

Every semester the HDFS department organizes an alumni career panel. Alumni return to campus to speak to current and future HDFS/FCSE students. Alumni are asked to address questions like: Where do you work and what is your job title? Describe a typical day. What courses or experiences at Messiah College were particularly helpful for you in your current work role? How does your faith interface with the work that you do? What tips do you have for current students to make the most of their educational experience at Messiah College? Students in attendance also had opportunity to ask specific questions of personal concern.

On March 28, five of our graduates shared their professional lives with us: Molly Janczyk (HDFS '16) is an admissions counselor at Messiah College; Heather Barnhart (HDFS '13) is an enrichment coordinator/activities director at Essex House, a retirement community; Lenelle Roberts (FCS '82) is a regional nutrition links coordinator for Penn State Extension; Judith McCrea (HDFS '01) is director of social services at Hamilton Health Center; and



L to R: Molly Janczyk (HDFS '16), Heather Barnhart (HDFS '13), Lenelle Roberts (FCS '82), Judith McCrea (HDFS '01) and Lindsey Fye (HDFS '13)

Lindsey Fye (HDFS '14) is a therapeutic support staff at Pennsylvania Counseling Services. After the panel, three panelists joined a group of current students and faculty for dinner and further conversation. Students are always encouraged by the career information and the insights gleaned from our accomplished alumni.

We are incredibly grateful for our alumni who so willingly share their

lives with our current students. Thank you, Molly, Heather, Lenelle, Judith and Lindsey!

We hope that FCS teachers and guidance counselors will bring their promising students to our career panel in the fall: October 24, 2017.

NORTHEAST ADOPTION AND CHILD WELFARE SUMMIT

By *Dani Shover (HDFS '19)*

Bethany Christian Services hosted the Northeast Adoption and Child Welfare Summit on Oct. 7 and 8, 2016 in Lancaster, PA at the Calvary Church. Eight Messiah College students from the HDFS and FCS department were able to attend all day, and it was a fabulous experience. Bethany offered a time of worship in the morning, and the rest of the day consisted of two chances for breakout sessions on various topics that taught about the adoption process related to therapy, preparing families to deal with the trauma of the adoptive child, single parent adoption, disciplining the heart of a child, strategies to manage diversity in foster care and adoption, and many more. Students that attended this conference were able to attend the

breakout sessions along with professionals, and adoptive parents. There were also large group sessions throughout the day where the entire conference came together to hear speakers within the professional field talk about a larger issue. These topics included attachment, trauma and hope for enduring the long haul. Throughout the day of the conference, the lobby was filled with an exhibitor fair that provided opportunities for students to get to know other professional organizations, as well as people working in the field. This conference was very informative for someone interested in working in the field of adoption and foster care, and I was thankful Messiah provided the opportunity for me to attend.



Back row (L to R): Paige Linton (HDFS '17), Josiah Harmes (HDFS '20), Dan Reiste (FCS '18), Dani Shover (HDFS '19), Eliese Bjerke (HDFS '19) and Allison Schillinger (HDFS '20)

Front row (L to R): Abigail Young (HDFS '18) and Megan Wilson (HDFS '18)

GRANNY GRACE GOES TO BROADWAY

By Kenzie Johnson (HDFS '18)

This past fall semester, I took a Psychology of Aging class. One of the assignments in the class was an “older adult mentor assignment.” For this, we were required to find an elderly mentor to really just spend time with (10+ hours). The goal was to get an older adult’s perspective and apply what we learned in class to what we learned from our mentors. I contacted the local retirement home, Bethany Towers, and was given the location and number of a lady named Grace. I was pretty nervous going into the assignment because I had no idea what to expect, but as soon as I met Grace we hit it off! She was so easy to talk to and had an interesting take on life. I shared with her that I don’t really have a grandma figure in my life, so she was willing to “adopt” me and within the first two hours of us hanging out I began calling her “Granny Grace.”

This assignment quickly blossomed into a great friendship! Overly exceeding the 10 originally required hours, I was able to get to know her and hear many stories from “back in the day.” I learned that she is an extremely outgoing individual which I relate well with! But the thing that I picked up on the most is her passion for theater and music. I had the opportunity to listen to her chorus perform at a senior center which was such a blessing! After many



Kenzie Johnson and Grace during their day adventure to New York City.

conversations about music and theater, I learned that she had never been to Broadway. As soon as I learned this I called my mom and said that what I wanted for Christmas was to take her to Broadway! Thankfully, my mom is awesome and was all about it. So, this Christmas I got to spend an entire day in New York City with Granny Grace and my family. Grace, 89 years old, did phenomenally walking around the city, and I’m pretty sure I was

more sore than her after all the walking. My favorite thing that she said was, “You made a dream come true for me—a dream I didn’t even realize that I had.” I don’t think she realizes how special this experience has been for me as well. I’m so thankful to be a HDFS major and benefit from all of the incredible, and even life changing opportunities it presents!

FCS STUDENTS SERVE AS EVALUATORS FOR PA FCCLA CONFERENCE

By Dan Reiste (HDFS '18)

Four Messiah students recently attended one of the 2017 FCCLA STAR Events at Seven Springs Mountain Resort outside of Pittsburgh, Pennsylvania. STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. STAR Events offer individual skill development and application of learning through accomplishing team or individual goals and competing against other FCCLA members.

The Messiah students served as evaluators for five different events including

knife skills, menu planning, senior portfolios and food art. Each competing FCCLA member was judged on various criteria related to each event and received scores based on their overall performance. The top two members from each event were invited to compete late on in the year at the national FCCLA conference held in Nashville, Tennessee! The competitive atmosphere made for some intense competition throughout the day. Ultimately, the FCCLA Star Event serves as a wonderful opportunity for FCCLA members to display their skills, be recognized for their achievements, and network with others from neighboring chapters.



L to R: Cheryl Steenstra, Sara Brooks, adjunct instructor Sasha Roble, Sarah Berger and Dan Reiste



DEPARTMENT OF HUMAN
DEVELOPMENT AND
FAMILY SCIENCE

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HDFS NEWSLETTER

SPRING 2017

INTERESTED IN HELPING CURRENT AND FUTURE HDFS/FCS STUDENTS?

- Become a mentor for a junior or senior.
- Provide us your job information, so that we might feature you in an alumni career profile on our website.
- Make us aware of any internship or job openings for our students.
- Volunteer to participate on an alumni career panel during fall or spring semester.
- Visit one of our classes as a guest speaker.
- Offer constructive feedback on how we can improve the program.
- Contribute to our HDFS Department Student Professional Development Endowment Fund or the HDFS Department Student Scholarship Fund.
- Initiate an HDFS department-specific endowed scholarship fund.
- Pray for our ongoing work, so that we might offer the best educational experience possible and glorify God in the process.

Feel free to contact me about any of these items or other suggestions that you have at rhamon@messiah.edu.

INVITE PROSPECTIVE STUDENTS TO ATTEND OUR FALL ALUMNI CAREER PANEL.

Tuesday, Oct. 24, 2017 • 4:30 p.m.

For details, contact dchopka@messiah.edu.

ENCOURAGE RISING 8TH THROUGH 12TH GRADERS TO ATTEND OUR FCS SUMMER CAMP.

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