

FAMILY SCIENCE & HUMAN DEVELOPMENT

FEBRUARY 2022

Scholarships Available to FSHD Students

Through our annual scholarship program, the Family Science and Human Development Department is offering four tuition-based scholarships to undergraduate FSHD students. Recipients must have at least one semester remaining at MSU. Awards will be applied to Fall 2022 tuition, and recipients will be recognized during the CEHS Awards Ceremony on Thursday, April 28, 2022.

The application deadline is Monday, February 21, 2022. Download the application [here](#).

Dalila Reid Award

This year we proudly introduce a new award in memory of Dalila Reid, the mother of FSHD Professor Robert Reid. When Mrs. Reid passed away in 2021, the FSHD Department rallied together in support of her family, and established this award to memorialize her humble, faithful heart and caring spirit.



The \$500 scholarship will be awarded to a full-time or part-time undergraduate student majoring in Family Science and Human Development, with a concentration in Family Services and a minimum 3.0 GPA. Preference is given to students who have exhibited

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DATES TO REMEMBER

February 1

Deadline to [Apply](#) for Teacher Education Program

February 21

Deadline to Apply for FSHD Scholarships

March 1

Deadline to Register for Summer Internships

Department Chair's Message



Dr. Lyndal Khaw

It's that time of the year again when most of us are probably counting down to the start of spring, wondering whether and when winter will ever end! For me, February is the start of a new beginning, as for many Asian families here in the U.S. and around the world.

I am referring to the Lunar New Year, which my family and I celebrate every year. The first day of Lunar New Year 2022 falls on February 1st, and you may be surprised to learn that the festivities typically last for 15 days!

Some may not know this, but I was born and raised in Malaysia, and the Lunar New Year is one of Malaysians' major cultural holidays. The Lunar New Year rings in a year filled with renewed hope, prosperity, health and togetherness, and of new beginnings with your loved ones. Some of my most cherished traditions which I've shared for years now with my own children are:

- 1) Cleaning the house on the eve of the Lunar New Year (to ward off the bad luck) and then not cleaning the house on the first day of Lunar New Year (to keep in the new

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Register for Your Summer Internship by March 1

If you're planning to do your FSHD 409 Internship this summer, you must submit your Internship Registration form no later than Tuesday, March 1.

You do not need to have a site confirmed by that date. If you have any questions about the process or need help finding a site, contact interim Internship Coordinator Ava Aulisi at AulisiA@montclair.edu or call 973-655-7866.

Faculty Spotlight

Treasure Cohen

Treasure Cohen joined the FSHD Department as an adjunct professor in 2005, following a career as an early childhood teacher, special educator, and Jewish family educator. After teaching our Child Development I course for



the past 16 years, Professor Cohen has decided to close her laptop and log off from higher education.

The FSHD staff, faculty and students are tremendously fortunate to have worked with her and learned from her. We will miss Professor Cohen greatly and we wish her happiness in the next leg of her journey.

Her Career: I have loved my experience at Montclair. My students were top quality, not only academically, but in how much care and commitment they put into their studies. Many of them carried a full academic load, and had jobs and family responsibilities in addition. I feel that I have learned as much from them as they did from me. During my 16 years on campus, technology changed dramatically and I am proud that I was able to adapt from written notes on the board to fully digital presentations and grading, culminating in teaching remotely by zoom.

Fun Facts: I am the mother of 4 and grandmother of 11, so I was able to do a great deal of “field work” during my career teaching Child Development. My husband and I have a special avocation doing puppet programs with music to teach and entertain young children and their families.

Words of Wisdom: “Think of the children you work with as Play-Doh. You can mold and shape them, but you cannot change who they are and what they are made of. As a change agent, your mission is to help them grow, but also appreciate the special individuality of each child.” ■

FSHD Brown Bag Series

Variations in Consensual Non-monogamy Practices across Gender and Sexual Orientation

Monday, February 21

12:00—1:00 pm



The next program in our virtual Brown Bag series on Gender and Development will be led by FSHD Assistant Professor Dr. Brad van Eeden-Moorefield. To participate, click on the title of the event to access the Zoom link.

International Holocaust Remembrance Day

A Conversation with Holocaust Survivor

Baruch Hollander

Thursday, February 3

12:00—1:00 pm



“People were able to survive because of their beliefs and hopes.” Hear his story about being born during World War II, and how his parents tried to escape from Warsaw. Click on the title of the event to access the Zoom link.

Scholarships

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significant contributions in the area of community service with families and/or children, and with demonstrated financial need.

Katharine B. Hall Scholarship

This \$2,000 scholarship recognizes the professional and academic accomplishments of a full-time undergraduate prospective senior student with a minimum 3.5 GPA. Preference is given to students who are active participants in FSHD department activities or members of a professional organization affiliated with their course of study.

Lois J. Guthrie Scholarship

This \$450 scholarship will be awarded to a full-time undergraduate junior with a minimum 3.0 GPA. Preference is given to students who provide evidence of involvement in community service with families and/or children.

Doris Ruslink Scholarships

Two \$1,000 scholarships will be awarded to full-time or part-time undergraduate students with a minimum 3.0 GPA. Preference is given to students who provide evidence of financial need. ■

Social Justice Initiatives

Our Social Justice Advisory Board is working diligently toward fulfilling the three overarching commitments outlined in the [Social Justice Strategic Plan](#) that was formally adopted in December 2021. We will report our progress in subsequent newsletters.



Helpful Resource

Students going into teaching and facilitating community programs will find this resource on [anti-racist teaching](#) from Brown University helpful. It highlights five key points for creating anti-racist classrooms: goals, content, discussions, assessment, and knowing.

Social Justice Concept

In each newsletter, we are defining a different social justice concept. This month's term is:

Ableism

"The individual, cultural, and institutional beliefs and discrimination that systematically oppress people who have mental, emotional and physical disabilities."

Share Your Thoughts

As a reminder, we have created a virtual feedback form to ensure everyone has an anonymous way to provide feedback and/or make suggestions related to the FSHD community's social justice work. It can be found [here](#) or you can cut and paste this link: https://montclair.co1.qualtrics.com/jfe/form/SV_3JHboG6J8W0D04J

Be empathetic.

Be compassionate.

Be kind.

Be you! ■

Department Chair's Message

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year's good luck)... as you may guess, that is my most favorite day of the year!

2) On the eve of Lunar New Year, we gather as a family for a reunion dinner. In the absence of being able to be home with my family of origin, I have been fortunate enough to gather with my created family as well as my chosen one with some of my wonderful colleagues and friends.

3) We wear red and we give *hong pao* (translation: red packets) filled with money to our kids, for good luck. In fact, there are many symbols of good luck during the Lunar New Year!

4) And finally, I'd like to share a tradition that is uniquely Malaysian, called the prosperity toss or *lou sang*. We gather around the dining table, with chopsticks in hand, to toss a bunch of ingredients together to make a "salad," the main star of which is smoked fish (fish also is a symbol for good luck!). As we toss, we heartily wish for what we hope for this upcoming year: A lucky year! A promotion at work! A healthy school year! For Covid to be over! How we wish!

Now, there is intentionality behind my inclusion of this story of my heritage and family traditions. Because even in the coldest, darkest days of the year, there is still a whole lot of light and celebration all around us. Likewise, in a world where anti-Asian sentiments, racism, and harassment are at an all-time high, there is no time like the present to recognize beauty in all cultures and to appreciate the diverse beliefs and practices of the members of our community. As family scientists and developmentalists, we know that traditions can help families stay resilient and emotionally connected during tough times, even if they are miles apart.

So now you know why I will be wearing red for the first weeks of February (and it's not for Valentine's Day)! If you are celebrating too, we would love to hear about your time-honored traditions. And on that note, I wish everyone in our community a healthy, happy, and prosperous year, filled with an abundance of good luck. *Xin nien kuai le!*

Warm regards,
Dr. Khaw



My kids and my parents were able to celebrate their first Lunar New Year together in February 2020, right before the pandemic.

Celebrating Black History Month

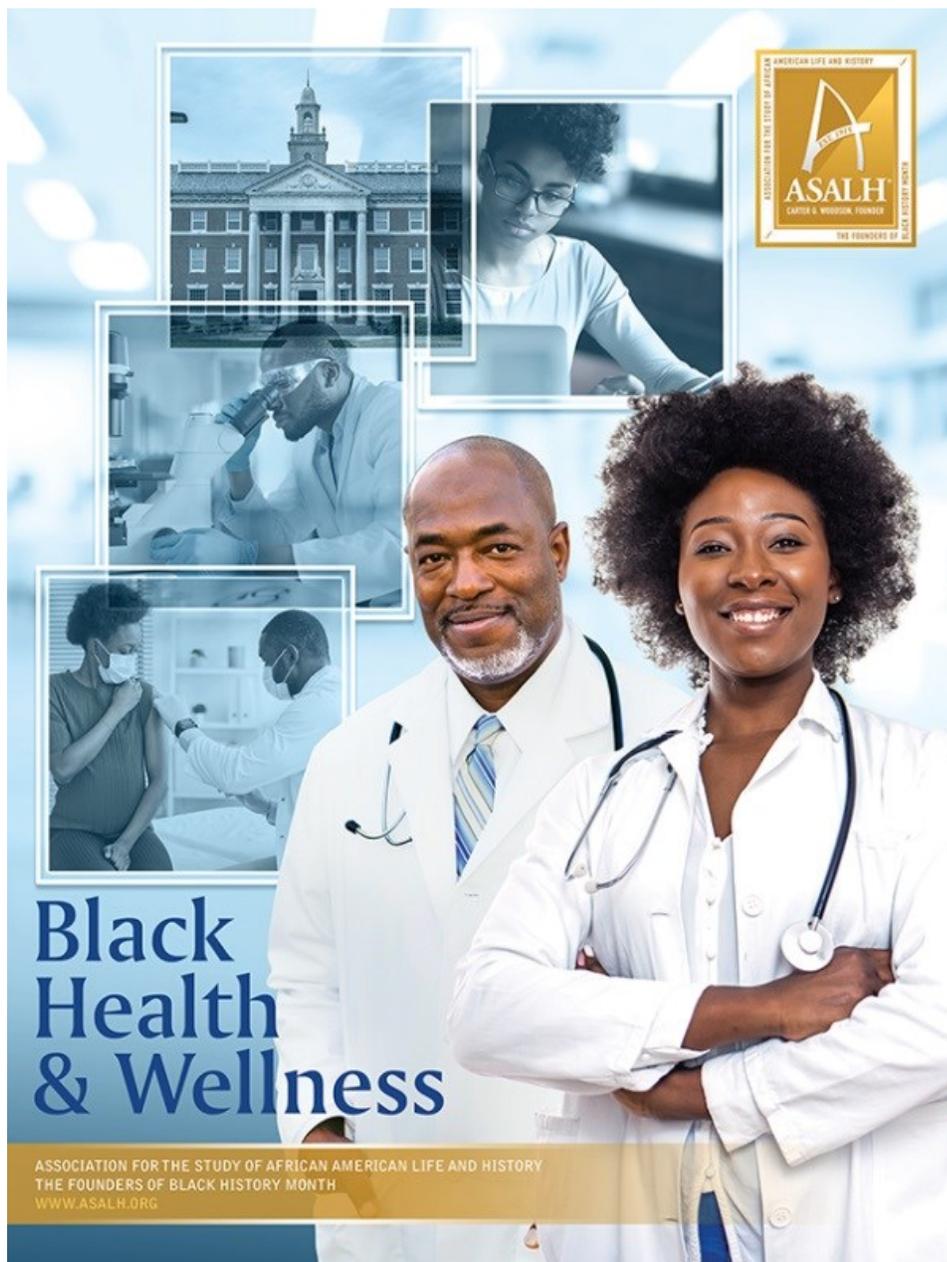
2022 Black History Month Theme: Black Health and Wellness

The 2022 Black History Month theme, Black Health and Wellness, acknowledges the legacy of Black scholars and medical practitioners in Western medicine, as well as the worldwide population of African descendants dedicated to health and well-being, such as midwives, doulas, naturopaths, and herbalists. The activities, rituals and initiatives undertaken by Black communities are the focus of this year's theme.

Initiatives to build hospitals, medical and nursing schools, and community clinics have fostered better health and wellness. Clinics established by individuals, grass-roots organizations and mutual aid societies now provide spaces for Black people to counter the economic and health disparities and discrimination found at mainstream institutions. Efforts to help decrease disparities have centered on several outcomes including employing more diverse practitioners, and representation in all segments of medical and health programs. Even pop culture, such as Disney's *Doc McStuffins* animated series about a young Black girl who plays doctor with her stuffed animals, positively impacted this vital mission.

Education and activism must continue to shine a light on the multiple facets of Black health and wellness, which include not only one's physical body, but also emotional and mental health. The growth of interdisciplinary fields, such as Health Informatics, has led to an upsurge in preventive care and a focus on body positivity, physical exercise, yoga, breathwork, nutrition, dietary options, and gardening. Social media, websites and podcasts, such as *The Read* and *Therapy for Black Girls*, have normalized discussions about mental fitness, therapy, and holistic betterment.

In the 21st century, our understanding of Black health and wellness is broader and more nuanced than ever. There is still much to uncover, question and correct. In the overhanging shadow of COVID-19, Black people should – and do – use data and other information-sharing modalities to document, decry, and agitate against the interconnected inequalities baked into systems to intentionally curtail, circumscribe, and destroy Black well-being in all forms. Moreover, Black communities must look to the past to provide the light for the future, by embracing the rituals, traditions and healing modalities of our ancestors. These ways of knowing require a decolonization of thought and practice. ■



Celebrating Black History Month

Remembering bell hooks 1952—2021

During Black History Month, we remember bell hooks, the prominent activist, author, professor and feminist who passed away in December 2021. Born and raised in a segregated Kentucky town, Gloria Jean Watkins took her grandmother's name as her pseudonym and spelled it in lower case letters to focus attention on her writings and messages rather than herself. Her works examined the connections between race, gender, and class, and often focused on Black women and feminist identities.



She made her mark on the world with dozens of books including *Ain't I a Woman: Black Women and Feminism*, *Killing Rage: Ending Racism* and *All About Love: New Visions*. She also authored several children's books including *Happy to Be Nappy* and *Homemade Love*.

In 2020, TIME magazine recognized her as one of its "100 Women of the Year," calling her a "rare rock star of a public intellectual."

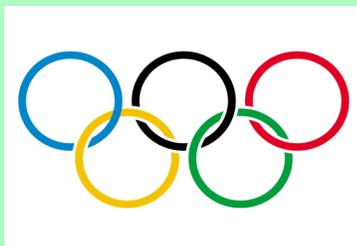
Her teaching career spanned decades at Stanford, Yale, Oberlin and the City College of New York. In 2004 she returned to Kentucky to teach at Berea College, where the [bell hooks center](#) honors her legacy "by supporting students as social justice leaders who are active in the creation of a radical undercommons where their many and varied expressions of difference can thrive." ■

Winter Olympics

February 4 – 20, 2022

Beijing, China

- "Together for a Shared Future" is the official motto of the 24th Winter games.
- The Olympic Flame was lit on October 18, 2021 during a ceremony in Olympia, Greece, and remains burning until the closing ceremony on February 20, 2022.
- The first Winter Olympics were held in France in 1924 with 250 athletes from 16 countries competing in 16 sports.
- Four Winter sports are indoors: figure skating, speed skating, hockey and curling.
- Figure skating is the oldest Winter sport. It began in 1908, taking place in the Summer until the Winter games were introduced in 1924.
- USA has hosted Winter Olympics four times: 1932 and 1980 in Lake Placid, New York; 1960 in Squaw Valley, California, and 2002 in Salt Lake City, Utah.
- Beijing is the first city to host both Winter (2022) and Summer (2008) games.



Fun Facts about Valentine's Day

- ◆ Last year, consumers spent \$21.8 billion on Valentine's gifts for partners, friends, pets and more. Jewelry represented \$5.8 billion of that amount.
- ◆ The first heart-shaped box of chocolates was introduced in 1861.
- ◆ The most popular flavor in chocolate boxes is caramel, according to the National Confectioners Association.
- ◆ Nearly 6 million couples get engaged every Valentine's Day.
- ◆ There is an official Valentine's Day alternative for singles. International Quirkyalone Day celebrates self-love and platonic relationships.
- ◆ February 14th is the second largest card giving day of the year, just after Christmas.
- ◆ Valentine's Day is one of the busiest days of the year for restaurants, second only to Mother's Day.



Campus Happenings

Hamster Glo

Monday, February 7
7:00—9:00 pm



If you've ever wanted to try walking on water, here's your chance. Jump in a giant hamster ball and go! No registration, just show up at the Rec Center pool with your MSU student ID.

Open Ice Skating

Fridays, 4:00—5:20 pm
Saturdays, 1:30—2:50 pm
Sundays, 4:00—5:20 pm

Enjoy free ice skating and skate rentals at MSU's on-campus ice arena. No registration, just walk in with your MSU student ID.

IT'S FEBRUARY!

If you think February is just four cold, dark weeks of winter, think again! Look at all the excitement this month holds in store for us!



[Chinese/Lunar New Year](#)

Groundhog Day

[2022 Winter Olympics](#)

[Harry Potter Book Night](#)

Super Bowl (football)

Valentine's Day

[Random Acts of Kindness Day](#)

Presidents' Day

[Daytona 500 \(car racing\)](#)

Pokemon Day



Make the most of this exciting month!

Red Hawks Athletics



Come out and cheer for your teams!

February Sports:

Basketball

Lacrosse

Swimming & Diving

Check out the [full schedule here](#).

FSHD Offers Two Interdisciplinary Minors

Gerontology minor—To explore the study of aging and how it relates to other fields, [click here](#).

Family Science and Human Development minor— To learn more about this interdisciplinary minor, [click here](#).

Join us for intersectional and inclusive discussions of great feminist works in literature, speech, film, and more!



February 9 & 23

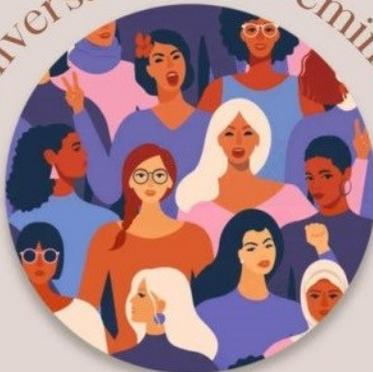
March 16 & 23

April 6 & 20

May 11



Conversations in Feminism



Hosted by GSWS

BI-WEEKLY MEETINGS
UNIVERSITY HALL | ADP CENTER
ROOM 1145 WEDNESDAYS AT 2:30-4 P.M

Open to all genders, identities, orientations, races, etc.

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Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor

