



Kentucky Association of Family and Consumer Sciences

NEWSLETTER

Fall Issue 2010



President's Message Sarah Raikes KAFCS President

As AAFCS begins its second century, a new commitment has been made by branding the association and getting our message across to the public domain. This message can best be illustrated by the new tagline: "Connecting Professionals—Touching Lives". Thanks to our affiliates, conferences, publications and other technologies we are able to connect with other professionals and strengthen our knowledge. Whether it is a sustainability-based conference, a financial security focused issue of the Journal, or an in-school H1N1 education program, AAFCS helps its members create better outcomes for people. I believe it is critical that we accept this new branding initiative and use our new tagline to educate others about our commitment and importance to today's society.

As members of the American Association of Family and Consumer Sciences we can be the driving force in bringing people together to improve the lives of individuals, families and communities. Our profession is truly the perfect applied science for helping people thrive in our complicated world.

Members are able to address the issues most important to our quality of life through early childhood, elementary, secondary, university/college and extension educators, administrators and managers, human service professionals, researchers, community volunteers, business people and consultants. It is critical that we continue to work toward achieving a healthy and sustainable world. We all have different responsibilities and focuses but we share the commitment to help improve the lives of others.

As we begin mapping out our new century, I encourage you to make AAFCS a priority, so that we can continue to make a difference. To quote Oliver Wendell Holmes—"The great thing in this world is not so much where we are, but in what direction we are moving." As FCS professionals, we need to continue moving in the direction that will strengthen our neighborhoods, communities and cities. By binding together we can ensure that we can have a positive impact on our quality of life now and in the future.

Save the Date! 2011 KAFCS Annual Meeting

Please mark your calendars for the 89th KAFCS Annual Meeting to be held in Lexington on March 25-26, 2011. The Executive Board will meet on the evening of March 24, the bulk of the annual meeting will take place on March 25, and the morning of March 26 will likely be used for educational excursions and other experiential activities.

If you are interested in serving on the Annual Meeting Committee, please contact Amelia Brown Wilson at amelia.brown@uky.edu.



Events Calendar

October 29, 2010	KAFCS Fall Workshop, Bath County Cooperative Extension Office, Owingsville
November 1, 2010	KAFCS Board of Directors Meeting, Fayette County Extension Office, Lexington
March 25-26, 2011	KAFCS Annual Meeting, Crowne Plaza Campbell House, Lexington
March 30-April 1, 2011	FCCLA State Meeting, Louisville
June 23-25, 2011	AAFCS 102 nd Annual Conference, Phoenix, AZ

2010–2011 KAFCS Executive Board

President: Sarah Raikes,
sarah.raikes@washington.kyschools.us

President-Elect: Mary Ludwig, mwludwig9th@live.com

Vice President Professional Development: Amelia Brown Wilson, amelia.brown@uky.edu

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Vice President Program Planning: Anna D. Sullinger,
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Treasurer: Kim Henken, khenken@uky.edu

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bjenkins@uky.edu

Eastern District President: Kim Henken,
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Western District President: Elizabeth Creed,
elizabeth.creed@uky.edu

Chair-Student Unit: Kelli Willis, kelli_willis8@eku.edu

Student Unit Advisor: Susan Kipp, susan.kipp@eku.edu

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melorensen@uky.edu

Committee Chairs

Awards and Recognition: Luci Hockersmith,
luci.hockersmith@uky.edu

Bylaws, Policies, and Handbook: Marjorie Baker,
marjorie.baker@uky.edu

Certification Coordinator: Pat Margolis,
pmargoli@uky.edu

AAFCS Development: Mary Ludwig,
mwludwig9th@live.com

Finance: Kim Henken, khenken@uky.edu

Archives: Betsy Ann Tracy, betsy.ann.tracy@uky.edu

Newsletter: Celeste Moore, itsmeceleste@hotmail.com

Nominating: Brooke Jenkins-Howard, bjenkins@uky.edu

Public Relations and Marketing: Myra Rouse,
myra-r3@insightbb.com

Annual Meeting Arrangements: Amelia Brown Wilson,
amelia.brown@uky.edu, Marissa Aull

Annual Meeting Program: Amelia Brown Wilson,
amelia.brown@uky.edu, Marissa Aull

Scholarship Funding: Pam Sigler, psigler@uky.edu

KAFCS Fall Workshop: Holding onto our Heritage in a High Tech World Friday, October 29

Bath County Cooperative Extension Office
*Also accessible from UK video conferencing
centers around the state.*

Last year, an ad hoc committee was appointed to examine the professional development opportunities and current meeting structure of KAFCS. The committee has recommended hosting a fall workshop for all members instead of sponsoring separate district meetings. The hope is that the fall workshop could be a professional development opportunity for members from across the Commonwealth. We will be piloting that idea this year and look forward to your participation and feedback.

“Holding onto our Heritage in a High Tech World” will take place at the Bath County Cooperative Extension Office on Friday, October 29, from 10 a.m. until 4 p.m. with registration beginning at 9:30 a.m.

Part of the afternoon session will be a distance learning session by Roger Brown, professor of Agricultural Economics, who teaches with a variety of distance learning techniques and has debated on the effectiveness of distance learning. This will be an interactive session where members can not only learn about emerging technologies but can also put that learning into practice!

Other plans for the day include a silent auction, speakers on the farm-to-school initiative being implemented in Bath County and a few other counties in Kentucky, Value Added Farm Products, and use of the commercial kitchen.

In addition to an array of other speakers and activities, there will be a tour of the Bath County facility which is scheduled to have its retail center open, and we will learn about the grant funding that made it possible.

Colleagues across Kentucky who cannot join us in Bath County will be able to access the meeting from UK video conferencing centers around the state. If you would like to view the meeting from one of the centers, please tell us in advance so that the location(s) can be reserved. Locations can be found at <http://agcommsvs.ca.uky.edu/videoconferencing/?q=node/3>. Registration forms for all participants and requests to participate via distance should be sent to Debra Cotterill. See registration form on page 3 for additional information.



Holding onto our Heritage in a High Tech World

KAFCS Eastern District

Fall Meeting

Friday, October 29, 2010

Bath County Cooperative Extension Office

2914 East Highway 60

Owingsville, Kentucky 40360

Registration Form

(Please return by October 15, 2010)

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

● Registration Fees:

● _____ Meeting Registration \$25.00 (\$10 for Student Members)

● _____ Video conferencing sites (no cost)

Sponsorship Opportunities:

_____ HUGS Sponsor \$30.00

_____ Student Member Meeting Registration Sponsor \$15*

TOTAL ENCLOSED: \$_____

Your registration includes meeting facilities, morning beverages, and lunch.

* We are encouraging student attendance by offering a reduced registration fee.

Members can help support student attendees by signing up as a meeting registration sponsor.

Please send registration form and fee to: (Make checks payable to Eastern District KAFCS)

Debra Cotterill

Mason County Cooperative Extension

800 US Hwy 68

Maysville, KY 41056-1141

HUGS: Helping Undergraduate & Graduate Students

The new school year has begun! That means that our Family & Consumer Sciences students have returned to campus—along with many new faces! As we recruit students into KAFCS/AAFCS, it's wonderful to be able to offer them financial support and mentoring opportunities as part of their membership. This is where you come in! If you are not currently a HUGS sponsor—and even if you are—please consider sponsoring some of our new and renewing student members. With a contribution of \$30, you can support half of a student member's annual dues and develop a relationship that could last a lifetime.

When you were a student, you probably had an instructor, supervisor, or mentor who impacted your personal and professional life. You probably also thought, at some point, that there was no way you could ever really repay them for all that they had given you. Maybe not, but you can pay it forward by becoming that kind of support for a current student.

If you currently work on a college campus, please also encourage your colleagues to join KAFCS/AAFCS and to become HUGS mentors. The Helping Undergraduate & Graduate Students program has been a signature program of our association for many years. To become a part of it, please e-mail melorensen@uky.edu for more information or send a \$30 check (made payable to KAFCS), along with your current contact information, to the address below:

KAFCS HUGS
c/o Marianne Lorensen
P.O. Box 632
Lexington, KY 40588

KAFCS.com: Your Source of All That's KAFCS

The flame of our Betty Lamp points the way to much helpful information on our KAFCS website. Here's what's in store for you as you surf the web:

Governance:

Bylaws
Handbook

Forms/Awards:

Centennial Membership Forum
Awards Nomination/Criteria 2010
Scholarship Application/Criteria 2010
HUGS Application 2010-11

Mission/History of KAFCS**Leadership:**

President's Address
Board Roster
Committee Chairmen
District Presidents

News and Events:

Copies of Recent KAFCS Newsletters
Calendar of Events

Betty Lamp Shoppe:

Catalog of Betty Lamp Items
Order Form

Student Unit Officers

The following students are serving as officers of the KAFCS Student Unit. Feel free to contact any of them if you have committees on which you would like student input or if you have ideas or other opportunities for them to network with professionals.

Chair:
Kelli Willis
124 Mahogany Drive
Richmond, KY 40475
kelli_willis8@eku.edu

Chair-elect:
Jessica Dillow
218 E. Maple Street
Irvington, KY 40146
jessica.dillow@uky.edu

1st Vice-chair:
Grace Garland
P.O. Box 932
Richmond, KY 40476
grace_garland2@eku.edu

Secretary:
Jessica Sharp
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Lexington, KY 40505
jessica_sharp24@eku.edu

Treasurer:
Whitney Johnson
2248 Belmont Drive
Lexington, KY 40516
whitney_johnson55@eku.edu

The Search Is On!

As reported in the July 2010 KAFCS Member Update (via e-mail), Marianne Lorensen advised the board that this year's contract will be her last due to her full-time workload and the variety of other professional commitments she maintains. President Sarah Raikes will be coordinating the search for Marianne's successor.

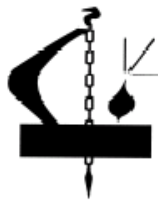
If you have an interest in learning more about the position and/or making a recommendation about possible candidates, please feel free to let Sarah or Marianne know (contact information on page 2).

2010 KAFCS Annual Meeting

The 88th Annual Meeting of the Kentucky Association of Family & Consumer Sciences was held March 3–4 in Louisville. Members gathered at the Holiday Inn Hurstbourne to engage in service, celebrate the profession, and renew their ties with friends and colleagues.

This year, fifty-five Family and Consumer Sciences professionals participated. Individuals had the opportunity to hear fantastic speakers, such as First Lady Jane Beshear, as well as nationally recognized speaker Don Colliver. A special thank you goes out to all of the annual meeting committee especially the meeting co-chair, Marisa Aull.

--Amelia Brown Wilson
Vice President Professional Development



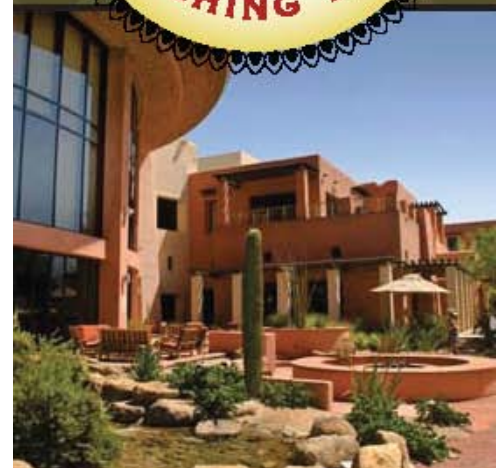
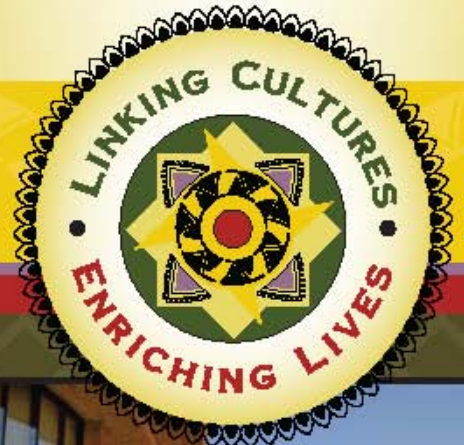
IN MEMORIAM

Abby Marlatt
March 3, 2010

Joan Scott Veazey
April 11, 2010

PLAN FOR PHOENIX!

American Association of
Family & Consumer Sciences
**102ND ANNUAL
CONFERENCE & EXPO**



JUNE 23 – 25, 2011
Phoenix, Arizona
Sheraton Wild Horse Pass
Resort and Spa

WWW.AAFCS.ORG
800-424-8080

AAFCS Excellence in Extension



Martha Perkins received the American Association of Family and Consumer Sciences Excellence in Extension award at the AAFCS annual meeting held in Cleveland June 24-26. Perkins was honored for her role in the planning and implementation of the Mental Healthiness and Aging Initiative (MHAI), a program that was piloted in eleven counties in Extension District 1 in northeastern Kentucky. The MHAI program demonstrated that community interventions on mental health awareness and knowledge are feasible in rural areas, with Extension Agents as the gatekeepers, promoting positive messages about mental health and aging, and reducing the stigma associated with mental health issues.

Perkins began her Extension career in Rowan County, where she served as the Extension Agent for Family and Consumer Sciences for 31 years. In October 2009, she transferred to the Bath County FCS position. She received her BS and MS from the University of Kentucky.

KSU Researchers Receive Award for Child Nutrition Project

Former Kentucky State University (KSU) researchers/authors Susan B. Templeton, Martha A. Marlette, and Myna Panemangalore won top honors for "Assessment of Body Weight Status and Macronutrient Consumption Patterns of Preschool Children," chosen as 2009 Outstanding Article in the *Family & Consumer Sciences Research Journal (FCSRJ)*. The award came on Thursday, June 24, 2010, during the AAFCS 101st Annual Conference & Expo in Cleveland, Ohio.

In addition to the award, the winning team received a \$500 check from sponsor Wiley-Blackwell, Inc. Dr. Sharon A. DeVaney, *FCSRJ* editor and professor emeritus, Purdue University, made the presentation. The outstanding article was selected from 32 submissions evaluated on the originality of the topic, research design and methodology, and potential to make a lasting contribution to theory and/or practice in family and consumer sciences.

"This recognition reflects not only the quality of our individual efforts, but also the value of community-based research programs in addressing a national health issue," said Templeton. The KSU Preschool Nutrition research project was funded by a United States Department of Agriculture Evans-Allen Grant, which supports faculty and staff conducting quality research at historically black land-grant institutions. With the cooperation of Dr. Joanne Travis, the Bluegrass Area Director, and Ms. Kelley McMichael, the Franklin County Site Director, plate waste and food intake data was collected over a two-year period at the local Head Start Center.

The study measured the protein, fat, and carbohydrate intake of preschool children, whose food choices were carefully monitored. The children, 37% of whom were overweight or obese, obtained relatively little of their daily energy requirement from the meals they ate at preschool, even though school meals offered 90% of recommended calories and far more than the minimum amount of protein recommended. Though children in the morning preschool session had significantly higher nutrient intakes than those in the afternoon session, children in both sessions preferred energy-dense and familiar foods over fresh fruit, raw vegetables, and cooked vegetables. In conclusion, the authors recommend that preschool programs offer learning activities focused on increasing students' acceptance of unfamiliar foods, especially fruits and vegetables.

As a result of these findings, Dr. Panemangalore provided the Head Start teachers with curriculum materials on improving the preschoolers' food choices and increasing their physical activity; Mrs. Templeton and Mrs. Marlette conducted a training program on using these materials to prevent childhood obesity. "Early identification of at-risk children and early intervention through educational programs hold the greatest hope for halting the 'obesity epidemic' and avoiding related negative health consequences," said Templeton.

"The Head Start teachers who made room for us in their classroom, the parents who gave permission for us to interact with their children, and the children who participated in the study all helped to make this research successful," Ms. Templeton said. In appreciation of this cooperation, the authors have donated the \$500 award to the Bluegrass Head Start Center to enable the purchase of additional curriculum materials.

KAFCS Awards and Scholarships

The Awards and Scholarship Committees always have a tough job when it comes to reviewing applications from our outstanding members. We are very pleased to congratulate the following recipients of 2010 KAFCS Awards and Scholarships:

Leaders Award: Ginny Ellington

New Achievers Award: Allison Lewis

Friend of KAFCS Award: First Lady Jane Beshear

Wiley-Berger Award for Volunteer Service: Amelia Brown

Outstanding Professional in Family & Consumer Sciences: Martha Nall

Outstanding Student Award: Katie Patton, Eastern Kentucky University

KAFCS Scholarship: Kelli Willis, Eastern Kentucky University

KAFCS Scholarship: Candis Cantrell, Berea College

It's Awards Time Already? Yes, Indeed!

As you may already know, the KAFCS awards timeline is changing. In order to be more streamlined with the national awards timeline and to be able to nominate KAFCS award winners for national awards in the same annual awards cycle, 2011 KAFCS awards nominations will now be accepted in the fall instead of the winter.

The nomination deadline for the following KAFCS Awards is **October 15, 2010**:

New Achievers Award*

Leaders Award*

KAFCS Teacher of the Year*

Outstanding Student

Outstanding Professional in Family & Consumer Sciences

Friend of KAFCS

Outstanding Dietitian Award

Karen Davis-Parker Outstanding Extension FCS

Professional Agent Award

**Affiliate winners may be considered for national award.*

Please take time to nominate your deserving colleagues for these awards! We know that KAFCS members are doing great things, and we want to give them a chance to shine! **Please visit www.kafcs.com in September (or pay special attention to the monthly e-mail) for additional information on the nomination process.**

2011 KAFCS Award winners will be notified no later than December 1, and they will be recognized at the annual meeting on March 25, 2011. Those being nominated for 2011 AAFCS Awards will also be notified by December 1 and will work with the Awards Chair to submit national nominations.

KAFCS NEEDS YOU!!

The Kentucky Association of Family and Consumer Sciences will be looking for members to contribute their talents to the work of the association in the following offices starting June 2011:

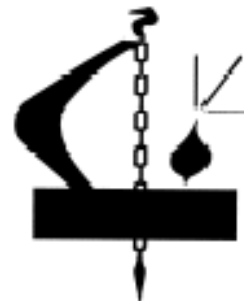
President-Elect: Works closely with the president, selects date and place for annual meeting, responsible for product sales at AAFCS, and attends AAFCS Leadership Conference.

Vice-President Professional Development: Presents a tentative annual meeting program, working with the Annual Meeting Program and Annual Meeting Arrangements Chairpersons. Oversees Certification Coordinator, Scholarship Funding Committee and Research Committee.

Secretary: Records all minutes of the Executive Committee, Executive Board and general membership meetings. Maintains a record of bylaw and policy revisions as submitted by the Bylaws, Policy and Handbook Chair.

The President-Elect position entails a three year commitment to service on the executive board, one as president-elect, one as president, and one as past president. The other offices are for a two-year term.

If you are interested or you know someone that you think would be interested in one of these positions, please contact Brooke Jenkins-Howard (bjenkins@uky.edu). Service on the KAFCS Executive Board is a great opportunity to get to know professionals across the state.



Kentucky Association of Family and Consumer Sciences

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Lexington, KY 40588

KAFCS NEWSLETTER is published once a year as a service to members. Send news, photographs and comments to:

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OR

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Lexington, KY 40588
859-492-9437

www.kafcs.com • www.aafcs.org

If You Received Your Newsletter in the Mail ...

...It probably means that AAFCS does not have a current or correct e-mail address on file for you. The newsletter was distributed electronically more than a week ago. If you would like to receive KAFCS info more quickly—including our monthly e-mail updates—please take a minute to complete the Member Record Update Form and send it to AAFCS.

AAFCS Member Record Update Form

Please let us know if you've changed your name, job, title, address, phone(s), or e-mail. Also, because of a computer crash a number of years back, some of the member "join" dates are incorrect. If you know yours, we'd appreciate that information, too, so we can check that your record is correct. If your records need to be updated, please mail or fax this form to AAFCS Membership Dept, 400 N. Columbus St, Ste #202, Alexandria, VA 22314 Fax: 703.706.4663

Name: _____ Title: _____

School/Company: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____ Country: _____

Home Phone: _____ Work Phone: _____

Fax: _____ Email: _____

Would you like to receive member news and updates by email rather than in a printed version? Yes No

Year first joined as an AAFCS member: _____