

THE LAMPLIGHT

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Message from the President



It is my pleasure to serve as president of OAFCS, following in the footsteps of Donna Anderson. I look forward to having a great year. As you review our website, you will notice our board members are hard at work to maintain an association we can take pride in. Be sure to check the “News & Info Blog.”

In addition, review the community sections for current information and ways to get involved. Your board members are working hard to provide the resources needed to be successful professionals. We are also posting board reports for the first time and encourage you to review them.

Notice the initiative to sustain FCS education programs and the emphasis on obesity prevention. Awards and scholarship applications are now posted (due January 31) – nominate a professional and encourage students to apply for scholarships! You may review the strategic plan to see our goals for the year.

Please let us know how we can best serve you.

All best wishes,
Deborah Sullivan

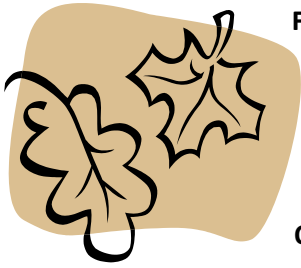
2012 Awards – Eileen Ptacek

OAFCS recognizes member contributions to the profession in a number of ways. Leader, New Achiever, Student Leader and Distinguished Service Awards are awarded annually to members whose work in the profession or service to the organization is meritorious. Outstanding educators are eligible for the Teacher of the Year Award.

OAFCS also honors a Friend of the Family each year at the annual meeting. The award is presented to an individual or organization involved in making decisions affecting the well-being of families. Its purpose is to recognize leaders whose work over time has made a significant contribution in policy areas affecting the family.

Applications for awards are available at oafcs.org and should be submitted to Eileen Ptacek, awards chair, at eptacek@hotmail.com.





FALL District D Meeting

See the OAFCS Website for a flyer about the upcoming Fall District D Meeting.

<http://www.oafcs.org/wp-content/uploads/2011/12/Fall-Mtg-2012-District-D-Flyer-for-Newsletter.pdf>

OAFCS Scholarships . . . APPLY NOW!

Need money for school? Now is the time to start thinking about applying for the OAFCS scholarship!! Applications and information are available on the OAFCS website.

The deadline to apply is January 31st, so start early to avoid the last minute rush. You will need an application, letter of recommendation from a faculty member, a transcript of your grades, and a copy of your OAFCS membership card. We are currently awarding (3) \$1000 scholarships every spring to undergrad and/or grad students.

Students Reporting from Indy

A BIG THANKS to the OAFCS board for sending Catherine Sustersic (last year's student unit chair) and Katie Jordan (the current student unit chair) to this conference. Thanks to the donations of so many they were able to explore the city of Indianapolis and stay in the hotel where the conference was held. "All expenses being covered really gave us the opportunity to see and try things within the city we may not have gotten to without it. We could never be thankful enough."

From AAFCS Student Unit to the OAFCS Student Unit which will help Ohio

- The student unit ran meetings monthly using Skype and other social media tools
- Recognizing each other's voices and faces before conference
- Meet in person for a meeting
- Skype
- AAFCS student unit Facebook Page - We do not have one but it could help with spreading information.
- Last year no student applied for the scholarship, not many under classman knew about it (at least from my perspective)



Ohio State Fair News

Kathy McGrath, Virginia Draa, and Meta Van Nostran
Nutritious and Delicious Committee

The following individuals were the first place winners in the Ohio State Fair, Nutritious and Delicious competitions.

- Healthy Brown Bag Lunch – Theresa Maher, Pizza bagel w/zucchini
- Healthy Cookies w/ Fruits and Vegetables – Bernadette Harvey, Improved Cranberry Orange Bars
- Heart Healthy Muffins – Ruth Ealy, Carrot Ginger Muffins, Nutritionally Improved
- Locally Grown & Healthy – Bernadette Harvey, Roasted Ratatouille with Orzo

There were no entries in Healthy Cookies with Fat Alternatives and Sugar Substitutes. There were a total of 21 entries.

This year, judging was held in the DiSalle Building and ribbon awards were presented in the Taste of Ohio food pavilion. Ohio First Lady, Mrs. Karen Kasich presented the awards with FCCLA State Officer, Blake Miller. During the Judging preceding the awards presentation, Mrs. Kasich, two FCCLA students from the Lorraine County Career Center Culinary Arts program, and Chef Jim Chakeres, Director of the Ohio Poultry Association, demonstrated an Ohio poultry and Ohio corn recipe for the public in the food pavilion.

This competition is truly a learning experience to analyze recipes for more nutritious eating. Every OAFCS member should enter one of the above classes next year and learn through this experience how to easily spread the word for using the website given in the contest notes to easily analyze family recipes. It is worthwhile and quite interesting.

There were 6 judges this year, four from Ohio University and two from Ohio State. Judges were professionals in the field of food science, food preparation and nutrition.

This year, we will be compiling the winning recipes with the nutritional analysis in a small cookbook for promotion of this event.



Announcing the Fall 2012 Webinar Schedule!

Earn up to 15 PDUs (1.5 per webinar) before the end of the year!

All Webinars are now crosswalked to the FCS National Standards for Secondary Education, Teacher Educator Standards and Pre-PAC Competencies.

Check with your state or district to see if they are approved for CEU credit!

Wednesday, September 19, 4pm ET

Victims, Bullies, Bystanders and Their Families:

The Unique Role for Family and Consumer Sciences in the Bullying Epidemic

Presenter: Lorna Browne, PhD, developed this presentation as a result of research she conducted for Kappa Omicron Nu Honor Society, in preparation for a service-learning initiative on bullying introduced in August 2012.

Bullying is not only a school problem--it is a societal issue that needs more foot soldiers...and a family-oriented strategy. Learn how bullying can be identified, addressed, and prevented.

[LEARN MORE](#)

Tuesday, September 25, 4pm ET

Motivating K-12 Students for Content Mastery: Empirically Proven Strategies that Work

Presenter: Colleen T. Mantell, M.S., has taught at the primary, intermediate, and secondary levels in PA and MD schools. The outcome of her research on student motivation continues to have a significant impact on the success of her students.

Learn how to dramatically increase student motivation with a new 5-step process that works! After this webinar, you will be able to develop a creative and fun learning environment using a new model that works in today's diverse classrooms. Students embrace content in a way that is meaningful to them, enabling deeper levels of comprehension.

[LEARN MORE](#)

Thursday, October 4, 4pm ET

Healthy Family and Consumer Sciences Classrooms: New Perspectives on Social and Cultural Factors

Presenter: Candace K. Fox, PhD, CFCS, CFLE, has been teaching FCS content courses, including Nutrition, at Mount Vernon Nazarene University for 28 years. The applied focus of her work requires her to stay up-to-date on current research and resources.

The guidelines for living a healthy lifestyle change with new research and as we age. And today, social and cultural factors influence lifestyle choices in areas such as nutrition and physical activity more than ever before. Learn how to use the latest research-based information and resources to showcase a healthy lifestyle.

[LEARN MORE](#)

Wednesday, October 10, 4pm ET

Clothing & Textiles: Using Technology to Advance the Content Area

Presenter: Lindsey Shirley, PhD, is an Assistant Professor of Family and Consumer Sciences Education at Utah State University. An integral part of her position is serving as a Clothing and Textiles Extension Specialist.

From Pinterest boards to YouTube videos, technology is being integrated into clothing and textiles presentations and lessons at a rapid pace. Learn more about the latest free resources and innovative teaching strategies involving application of technology to clothing and textiles.

[LEARN MORE](#)

Tuesday, October 23, 4pm ET

Evaluating Family and Consumer Sciences Programs (K-12): Data, Documentation, and Decision-Making

Presenters: Lois Lewis, CFCS, 2012 AAFCS Teacher of the Year, Family and Consumer Sciences Educator at Indus School, MN, Helen Fuqua, Family and Consumer Sciences Program Specialist at the Virginia Department of Education and Lori Myers, PhD, CFCS, Director of Pre-Professional Assessments and Certifications and Managing Director of the Family and Consumer Sciences Research Center, AAFCS.

Program evaluation can provide the data and documentation necessary for assessing the quality of Family and Consumer Sciences programs. With increasing accountability and diminishing resources, Family and Consumer Sciences programs must be equipped to review curricula, evaluate programs, make decisions to respond effectively, and communicate the results to stakeholders. This webinar will discuss the need for evaluating Family and Consumer Sciences programs and provide strategies and suggestions for appropriate evaluation.

Tuesday, October 30, 4pm ET

Understanding the Behavioral Side of Finances

Presenter: Syble Soloman, a frequent presenter on the psychology of money - how people interact with and relate to money. Her popular money communication methodology, Money Habitudes(R), has been used by tens of thousands of people in three dozen countries and was named a personal finance book of the month by The Washington Post.

Money affects almost every part of your life. Learn how to brain functions when making money decisions and why a deeper understanding of the unique habits and attitudes that influence our financial choices can help us develop financial competency.

[LEARN MORE](#)

Wednesday, November 14, 4pm ET

What Families Need to Succeed: New Research Identifies 21 Critical Assets

Presenter: Eugene C. Roehlkepartain, PhD, Vice President of Research and Development for Search Institute (R), a nonprofit organization dedicated to discovering what kids need to succeed in their families, schools, and communities.

The results of this brand new study of 1,511 youth ages 10-15 and their parenting adults offers a fresh, positive, and actionable framework of Family Assets for understanding and supporting diverse families.

[LEARN MORE](#)

Wednesday, November 28, 4pm ET

U.S. Farm-Raised Seafood and a Healthy Diet

Presenter: Linda J. O'Dierno, Outreach Specialist for the National Aquaculture Association, has over 20 years of experience working with the fish and seafood industries, including positions with state governments.

We all know that seafood should be a part of a healthy diet but many professionals don't feel comfortable presenting information on purchasing, consuming, and handling seafood safely. Farm-raised vs. wild harvest fish . . . mercury . . . allergies . . . storage. Get the latest facts at this webinar.

[LEARN MORE](#)

Wednesday, December 5, 4pm ET

The Top 10 Nutrition Resources Extension Educators Use - And Other Educators Can Too!

Presenter: Jan F. Scholl, PhD, CFCS, is an Extension FCS educator and 4-H curriculum specialist who has been teaching foods and nutrition content for 25 years. She is currently in the Agricultural and Extension Education Department at Penn State.

Looking for tried and true foods and nutrition resources to use in your middle/high school or Extension classroom? Save time by using current resources that already have been discovered, evaluated, and used by Extension professionals. Hear about these practical, award-winning, problem-solving resources that every FCS teacher should have but may not be able to find.

[LEARN MORE](#)

Tuesday, December 11, 4pm ET

20 Steps to Becoming a Millionaire: A Research-Based Approach to Building Wealth

Presenter: Barbara O'Neill, PhD, CFCS, is an Extension Specialist in Financial Resource Management for Rutgers Cooperative Extension. She has 38 years of experience as a Family and Consumer Sciences professional and is a frequent presenter at AAFC and other national conferences.

Americans have always been fascinated by millionaires, and their ranks actually have been increasing in recent years despite the financial crisis. The million dollar goal is attainable for most of us! This webinar will provide a solid path to wealth accumulation - the Family and Consumer Sciences way. [LEARN MORE](#)

Can't pick just one? Sign up for a Bundle of 3 webinars and SAVE! REGISTER FOR BUNDLE
Don't forget to view the Webinar Archives for more titles, accessible any time at the same price.
We hope to "see" you online this fall!

Sincerely,

Daila Boufford

American Association of Family & Consumer Sciences

dboufford@aafcs.org

703-706-4600



American Association of Family & Consumer Sciences

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