

Little Rock, Arkansas
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Inside this issue:

AAFCS 100th Birthday **1**

Ellen Swallow Richards **1**

ACTE Awards **2**

Culinary Creations in 30 minutes or less **3**

Student/Teacher Awards **4**

FCCLA Highlights **5**

Upcoming Events **6**

FACS of life

Happy 100th Birthday

An entire century has come ... and an entire century has gone. Times have changed, cities have been erected, electronics have catapulted us into the next millennium, but one thing remains the same; Family and Consumer Sciences is still focused on improving the quality of life for individuals, families and communities. From the beginning concerns with sanitation and water quality, to home economics with home management houses and clothing construction classes, to the current curriculum which builds on family strengths while researching childhood obesity, brain function in infants, global

positioning community mapping, and the political, economic and social impact of changing immigration laws, the profession has been an influencing force in modern society.

Deciding on a career in Family and Consumer Science has one distinct advantage over many career options: *if you choose to never work in a professional capacity you will use your education every day of your life.* The skills you acquire from the core classes in nutrition, child and family development, clothing, interior design, housing and management are useful in everyday living environments.

However, for those of us who have chosen to become Family and Consumer Science professionals we have a rich heritage upon which to build.

In the early 1900s, there was a need to teach growing and canning of vegetables; in the mid 1900s the need was for food preparation, meal planning and service; by the late 1900s the focus had changed to nutrition, food safety, and healthy diets. Today, the focus may be on GMOs (genetically modified organisms) in food, growing green, and disaster preparedness. The mission remains the same—

cont. on pg. 3



Welcome to the first issue of FACS of Life. We (the FACS Staff) are excited to be able to bring this newsletter to all FACS teachers in the state. Years ago the state office had a publishing budget and was able to produce a hard copy of the newsletter *Vocational Visitor*. We no longer have a budget for this and in our world of technology today we now have the ability to produce a newsletter and either email or place it on the FACS webpage. This newsletter will provide up-to-date information about what is happening in Arkansas. Jennifer Snyder, FACS secretary, is in charge of organizing and developing the newsletter. We hope that you will submit to Jennifer articles, information, and/or pictures about your program so that we can share with others throughout the state. Thanks for all you do to make your programs relevant to you students, school, and community.

Suellen Ward, FACS Program Manager



Ellen Swallow Richards

Ellen Swallow Richards was a remarkable woman of the 19th Century. She was the first woman to enter the Massachusetts Institute of Technology as a student, and the first woman professor at MIT. She believed that science served an applied purpose to improve the quality of life for all, and she worked to teach others the “Art of Right Living.” She spent most of her life working to open doors for women in education and became a world-renown expert in water-quality testing as well as providing much of the first writing on nutrition in the 1900s. She worked tirelessly to elevate the discipline of home economics to a standardized, systematized, and professional discipline, and she founded the American Home Economics Association in 1908. Ellen died before solidifying her real love: the “Oekology” movement, an intricate discipline linking science, the environment and human interaction.

FACS Teachers Sweep ACTE Awards

FACS Teachers are awesome...at least that is what ACTE thinks! The proof is in the awards given at their conference August 2-3, 2009 when all 3 of the ACTE awards went to our FACS Teachers.

Outstanding New Career & Technical Teacher / Kristal Draper, Sheridan Freshman Academy

Outstanding Teacher in Community Service / Anna Goff, Farmington High School

Teacher of the Year for ACTE / Sheila Sartin, Hamburg High School

What could be better??? How about a trip to San Antonio next April where they will represent us at Region IV ACTE? Let's not only wish them congratulations but the best of luck!

In addition to the awards above, AATFACS presented the following:

AATFACS Outstanding Career & Technical Educator / Dr. Mary Harlan, UCA

AATFACS Policy Maker of the Year / Bryan King

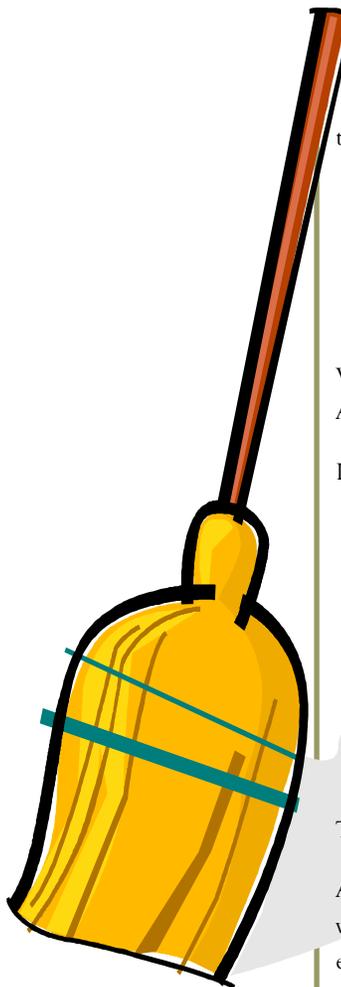
AATFACS Pride Award / Pamela Pruett, Blytheville High School

AATFACS Award of Merit / Linda Callaway, Pine Bluff High School

AATFACS Champion for FACS—Arkansas Beef Council / Travis Justice & Donette Stump

The latter 3 will be submitted to NATFACS! Wow, FACS Teachers ARE awesome!!!

Also, a BIG Thank You to Wanda McMahan of Berryville for leading as AATFACS President. The meeting was a great success in part due to her fine leadership. We are also thankful for Debbie Anselmi (ACTE Executive Director) and Ray Winiecki (2008-09 ACTE President) for a great conference.



Tammy Elliott for President!!!



Time to get your votes in! Our very own Tammy Elliott from Nashville Jr. High is running for Arkansas ACTE President-Elect. Voting is simple:

1. Go to www.arkansas-acte.org
2. Click [vote for president elect](#)
3. Enter your ACTE member # and last name
4. Vote for TAMMY!!

Tammy has taught FACS and served as an FCCLA adviser for 25 years. She is a National Board Certified teacher and has served

as AATFACS state president. Tammy has not only served a 3-year term on the ACTE state board but also on the Region IV ACTE Strategic Planning Committee. In addition to serving on the NATFACS Membership Committee, she has attended and presented on the state, regional & national levels.

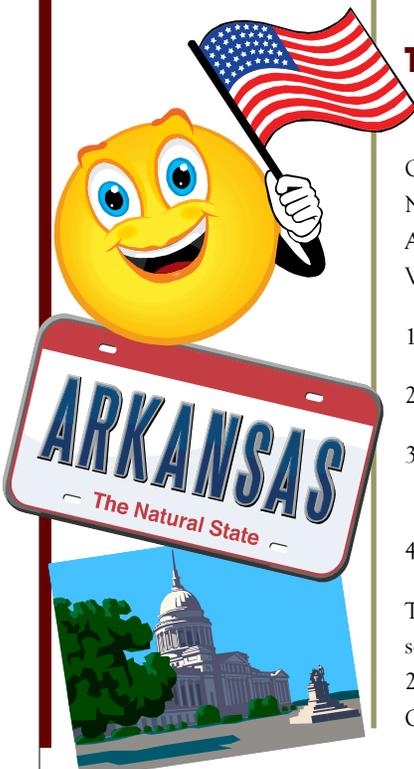
Tammy believes that we need to be stronger advocates for our programs and CTSO's. She believes in the need for increased publicity and for keeping our communities and the public

informed of the many positive things happening in our classrooms and student organizations.

She is excited about this candidacy and wants to lead Arkansas ACTE in the capacity of president.

To vote for Tammy, you must be a member of ACTE. Contact R a e l y n e M a s s e y at raelyne.massey@bobcats.k12.ar.us for more information.

Voting ends August 25 so don't wait! GO TAMMY!!!



Culinary Creations in 30-minutes or less



Parmesan Garlic Chicken and Fettuccini

6 oz. fettuccini noodles
2 c. fresh spinach leaves
1/4 c. olive oil
1 heaping Tbsp. minced garlic
1 Tbsp. butter

1 lg. boneless, skinless chicken breast
1 roma tomato
1/8 c. parmesan cheese
1 tsp. Italian seasoning
Salt and Pepper to taste

In large pot, bring 8 cups of water to boil. Add fettuccini and boil 8-10 minutes, until desired doneness. While pasta boils, dice chicken into bite-size pieces. Add chicken, garlic, and Italian seasoning to a skillet sprayed with Pam. Dice tomato and measure spinach leaves. Saute' chicken pieces on med-high for 6-8 minutes until done thoroughly. Add tomato and spinach leaves. Saute' for another 5 minutes. Drain pasta and add to chicken. Toss with butter, olive oil, parmesan cheese, salt and pepper. Serve with garlic bread and a tossed salad. Yield: 2 servings

Food Lab FACTS

Using different colored cutting boards can help reduce cross-contamination. It is helpful to have color coordinating knives also. This way, students know which supplies to use for beef, chicken, fish, vegetables, and fruit.

Happy 100th Birthday (cont. from pg. 1)

only the means change. Flexibility, creativity, ingenuity, and a professional sense of devotion to community assists Family and Consumer Science professionals in the designing relevant and practical educational resources to reach diverse audiences.

There are several ways of how FACS programs might help families throughout the United States and abroad. A county extension agent in the Midwest may be part of the Rapid Response Team. In the event of a natural disaster, her role might be to lead the food safety efforts. This would include communicating information on boiling water, keeping foods cold, preparing foods, or even coordinating distribution of emergency food supplies. A secondary FACS teacher might end up with the County Health Department and Planned Parenthood in her com-

munity to distribute literature as part of her course curriculum.

Lastly, the International Federation of Home Economics (IFHE) provides a worldwide platform for reporting research and an opportunity for sharing strategies that can improve the quality of life for families in every corner of the world. IFHE Sponsored activities include establishing gardens in Moldova, and collecting educational materials and supporting family programs in Botswana, Malawi, Zambia, New Dehli and Liberia. Over 1200 FACS professionals representing over 50 countries combine their knowledge, skills, and expertise for the betterment of mankind.

The impact of the family and consumer science profession is evidenced not only in the people served but in the lives of the professionals themselves. It provides

opportunities for leadership development, recognition, and an outlet for knowledge-based writing. It also brings value to the task of homemaking and volunteer service.

Today, there are more equal numbers of men and women employed in the family and consumer science field, and employment opportunities have expanded to include study in gerontology, exercise science, packaging science, and military service.

If you are looking for a collaborator to help extend the resources of your work, consider partnering with a Family and Consumer Sciences professional and making the next 100 years as memorable as the first. Happy Birthday Family and Consumer Sciences and good luck on your next century!

Way to go!

Pam Pruett, Blytheville High Teacher, was selected as the 2009 Coca-Cola Educator of Distinction. This is a high honor given to less than 50 teachers per year. Be sure to send her a "way to go!" whenever you get a chance.

Neat Idea! Neat Idea!

Glenna Giles at Pocahontas High School has a creative Word Wall. She attaches her words to large cut-outs representative of the terminology rather than plain squares. For example, clothing words were placed on the shapes of t-shirts, etc. This not only gives the students a visual study guide but it definitely makes it easier to remember which words go with which class. Way to make a difference, Glenna!

If you have any creative classroom ideas, please let us know in the FACS

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STUDENTS TAKE TOP HONORS IN COMPETITIONS

NWACC Regional Technology Center in Fayetteville represented Arkansas in the 8th Annual National ProStart Student Invitational culinary and management competitions in San Diego, California on April 24-26. The team placed first in Arkansas's Annual Tyson ProStart Student Invitational.

The two days of competitions were held at the Crowne Plaza Hotel in Little Rock March 4-5

and pitted students from schools across the state in contests focused on culinary, hotel and lodging management. The competition was hosted by the AHA and the programs are funded, in part, by a grant from the Arkansas Department of Workforce Education and the United States Department of Labor Youth Apprenticeship and Training program.

Winners were announced at an awards luncheon Thursday,

March 5, which was hosted by Pulaski Technical College–Arkansas Culinary School.

Participating teams in the culinary competitions included the following: Area Career and Technical Center–Russellville, Area Technical Center–Jonesboro, Conway Area Career Center, Gravette High School, Flippin High School, Northwest Arkansas Community College–Fayetteville, and Pine Bluff High School.

Nashville Jr. High wins Duncan Hines National Bake Sale Contest

The Duncan Hines National Bake Sale Contest
to support **CANCER CARE FOR KIDS FOR A CAUSE**

Group Winners
Corina, Kayla, Taide, Trakandra, Dondra, Jaquala, Jasmine, Adell, Ashley, Roxana, Alyssa, Claudia, Juan, Brittany, and Chris

"Nashville Junior H.S. FCCLA members entered the bake sale as a way to use the cooking skills they've learned in FACS class to help others. FCCLA members raised \$408 for CancerCare through several Cupcakes For A Cause bake sales. We look forward to participating next year."

Individual Winner
Yuko

"I entered this contest to teach my kids the importance of charity. This was a great way to combine my hobby as a baker and make a contribution to an important charity. The kids also enjoyed helping me make these cupcakes, so it was a great bonding event, as well. A win for everybody!"

Awesome!

Amazing!

Good Job!

Scholarship Award Winners

Congratulations goes out to Xavier Billingsley, FCCLA member at Blytheville High School and Arkansas State President for 2007-2008, for being awarded the Raye Virginia Allen State President's Scholarship.

This national scholarship is awarded annually to a current or former state president who is a high school senior. The award recognizes academic excellence, outstanding leadership, and vol-

unteerism. The \$2,000 scholarship is applied to college tuition to pursue any field of study. Xavier will receive this scholarship at the National Leadership Conference in Nashville, TN in July.

On the state level, Xavier also received the Rose Marie Willis Leadership Scholarship while Chandra Davis of Heber Springs received the Frances Rudd Scholarship, both equaling \$500.

Congratulations to Xavier and Chandra on these awards.



2008-09 Arkansas FCCLA Conference and STAR Events

Over 800 teachers and students came together on March 24-25 to attend the Arkansas FCCLA State Leadership Conference and STAR Events in downtown Little Rock.

Tuesday, March 24, students from all over Arkansas participated in State STAR Events in an effort to win a bid to compete at the National STAR Events in Nashville, TN July 10-16. Later that evening, the FCCLA general session came

to order, announcing honorary members, scholarship winners, and the theme of the year: Reaching "R" Best, which encouraged all members to be the best they could be, no matter who they are.

On Wednesday, March 25, awards were given for STAR Events and state recognitions, the 2008-09 officers gave their farewell speeches., the 2009-10 officers were inducted and once again, the members were adjourned.

The national outreach project, Feed The Children, generated over \$10,100 and members had the honor of passing out food and necessity boxes to people in need. The members were also encouraged to bring new toys to be donated on behalf of Arkansas FCCLA to Arkansas Children's Hospital. It was an awesome way for FCCLA to give back to the community.



FCCLA



Are you curious...

...how much caffeine YOUR drink has? No one questions the little perk that morning coffee provides. In fact, research supports many positives for caffeine use, including an improvement in long-term memory and faster learning. But research uses moderate amounts of caffeine and doesn't take into consideration the problems young nervous systems encounter with chronic caffeine use. Caffeine mimics a neural chemical which our body produces naturally. Continuous use of caffeine will cause the body's own system to quit making the neural chemical - after all, why bother producing it in the body, when you are providing it artificially.

The addiction to caffeine is becoming more than just an adult problem. We see it moving into younger and younger populations via soft drink consumption which has increased dramatically in the last decade and a half. The use of caffeine in youth causes a great concern as the developing nervous system needs to learn how to produce and balance its own natural neural chemicals.

To the concerns of caffeine use on the developing nervous system, we can now add the National Institute of Health's statement blaming America's obesity on increased soft drink consumption and the new research now linking the high phosphorus content of soft drinks with robbing our bones of calcium - a particular concern to young females.

Who is protecting our children? We are the nation's educators. If we don't take a stand, who will?

The Caffeine Craze of Youth by Dr. Kathie F. Nunley



Caffeine Consumption

1 cup of coffee	135 mgs.
1 can of Mountain Dew	56 mgs.
1 cup of tea	50 mgs.
1 can of Diet Coke	47 mgs.
1 can of Sunkist Orange	42 mgs.
1 can of Dr. Pepper	42 mgs.
1 can of Pepsi	38 mgs.
1 can of Coke	35 mgs.

Other than beverages

1 Excedrin pain reliever tablet	65 mgs
1 cup Ben & Jerry's coffee yogurt	85 mgs.
1 Hershey Bar	10 mgs.

Upcoming Events



<u>SEPT</u>	22-23:	FACS New Teacher In-Service - 4-H Center, Ferndale, AR
<u>NOV</u>	13-15:	FCCLA Cluster Meeting - Washington, D.C.
	20-22:	FCCLA Cluster Meeting - Louisville, Kentucky
	20-22:	FCCLA Cluster Meeting - Salt Lake City, Utah

2010

<u>MARCH</u>	15-17:	State STAR Events and FCCLA Conference - Robinson Center, Little Rock
<u>JULY</u>	4-10:	National FCCLA Leadership Conference - Chicago, IL

If you have any questions regarding upcoming events, please don't hesitate to contact the FACS State Office.