



UAFCS NEWSLETTER

Volume 92 Issue 2

Fall 2002

UAFCS Board

2002-2003

President—Sue Dalley—435-283-7490

President Elect—Julie Ingersol -435-644-4917

Past President—Pearl Philipps—801-768-0241

Secretary—Kathy Riggs— 435-586-8132

Treasurer—Tracie Bradley—435-283-4786

VP of Work—Ann Parkinson—435-893-0471

VP of Work Elect—Connie Bott—801-860-3018

VP of Membership—Carol Williams—435-836-2662

Subject Matter Chairs

Mardene Fernandez—801-227-8756

Wendy Curtis—801-484-4343

Judy Harris— 801-370-8468

Debra Proctor—435-654-2079

Jason Skidmore—801-256-5068

Nominating Committee

Ch -Mary Thompson—801-422-7171

Dawna Baugh

Tina Huskinson—435-638-7915

Scholarship & Awards Committee

Chloe Merrill—801-626-7110

SuzAnne Jorgensen—435-652-5812

Public Relations—Cindy Wright—435-586-7798

Certification Chair—Jenefer Rowley—801-263-6165

USOE Rep—Renee Hyer—801-538-7853

UATFACS Rep—Rachel Gonzalez—801-227-8752

UEAFCS Rep—Margie Memmont—435-623-3451

Preprofessional Adv—Bonnie Bishop—435-586-7795

Research Journal Committee

Sandra Sandberg—435-652-7742

Nancy Thompson—435-797-3410

Development Committee

Tamara Marcroft—801-768-7000

Legislative Committee

Maxine Rowley—801-422-3915

Newsletter

Becky Low—801-487-9976

Debra Paull—801-402-4200



Annual Meeting—Nov 1-2

We invite you to join us for the UAFCS Annual Meeting “Building Community” to be held at the Aspen Lodge Conference Center which is part of the Aspen Grove BYU Alumni Association Family Camp on the south-end of the Alpine Loop (up Provo Canyon) just north of Sundance. Aspen Lodge is a brand new conference facility that contains extremely comfortable and modern accommodations. Located at the base of towering Mt. Timpanogos, Aspen Grove provides the perfect western landscape for an unforgettable rejuvenating retreat. Leave



Aspen Lodge Conference Center, Aspen Grove

behind the pressures of your work and family life, dress casual (warm mountain attire), and relax in the refreshing ambiance of pine and aspen

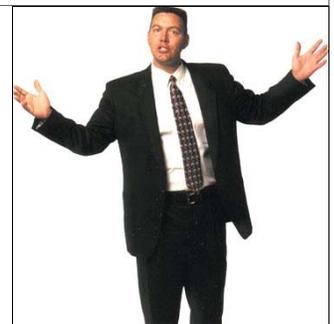
filled mountainsides for an educational filled program along with quality food services for Friday dinner and Saturday breakfast and lunch.

Don't miss Kirk Weisler

Friday evening workshop – 4:30-6:00 pm. Don't miss this fun and informative hands on time with Kirk Weisler. Kirk will be showing us some activities to build community in our classes, families, and with those we associate professionally. He will also be our key-note speaker Friday evening after dinner.

Kirk Weisler, “CMO” (chief

morale officer) is employed by Echopass. He is also a widely sought-after presenter at corporate conferences. Kirk's passion and enthusiasm is infectious at Echopass. He keeps morale high with unique recognition programs, team-building events, and weekly story-time. Ownership, Vision, Passion and Personal Excellence are the central themes of Kirk's message.



Kirk Weisler, national speaker
Supporter of the frontline agent

Kirk can often be heard saying "This isn't about your job, this is about your life."

President's Message

Dear Friends,

I hope this message finds each of you well and enjoying life. As summer comes to an end and we look forward to a new season, I reflect on the experiences that summer provides to allow us to spend time with loved ones and friends. I have had the opportunity to spend some valuable family time recently and have again realized how important the goals and values of our profession are to the success of individuals and families. As I look at professionals in Family and Consumer Science, I am impressed with the contributions that each of you make in your professional and personal lives and to your community.

The AAFSC year was kicked off in Dallas at the annual convention on June 22-25. In Utah we will continue the theme "Building Community" which was so successful for the annual AAFCS convention. Developing this theme in the things we do throughout the year will be a great opportunity to further the goals of our organization and our profession, while at the same time helping improve our own lives and the lives of those around us.

Our annual UAFCS Conference, to be held November 1 & 2, will center on the theme of "Building Community" in all aspects of our lives. It will be held at Aspen Grove near Sundance in Provo Canyon. It will be a beautiful setting and a great facility for our conference! I hope all of you are planning to attend and bring a colleague with you. A great conference is planned that you won't want to miss!

See you soon!

Sue Dalley
UAFCS President
2002-2003



Tax Deductible Gifts!!

Bring your checkbook and an eye for value! For tax deductible gifts and purchases join in the fun of our annual **Silent Auction**, once again to be held at the annual meeting. **Please bring with you donation items for the auction** including handmade treasures, homemade heirlooms, sentimental stationary and pictures, small appliances, tickets to plays and events, books, toys, clothing, restaurant discounts or certificates, calling cards, and ... etc. Place a note on the item suggesting the beginning bid. All proceeds will be used for association scholarships. For questions, call Tamera Marcroft, (801) 768-7000 or email marc735@alpine.k12.ut.us



NOTE ! — Researchers

For the Fall 2002 Annual Conference at Aspen Grove there will be a change in Direction for this years research session. The idea is to provide opportunity for more people to participate, and to have a more interactive session by incorporating a variety of viewpoints. How are you applying the findings of your own or other's research?.

*"A change in Direction
for this Years Research
Session"*

Presentations will be accepted in the following categories.

- A. Research that you are involved in or have completed (i.e. as for an academic degree.)**
- B. Application of research in your practice. Your own or other findings or ideas you are applying.**
- C. Dissemination and discussion of pertinent research findings in other disciplines that are pertinent to our field.**

Those of you wishing to participate should submit a one-page proposal describing your presentation. Please indicate the category in which you would like to make your presentation. The length of time allowed for each presentation will be dependent on the nature of the sessions and the number of proposals. Each accepted participant will be informed shortly after the deadline for submission. Include your name, telephone number and email address where you can be reached. An overhead projector will be available, however additional requirements must be arranged personally. Proposals will be accepted by mail or email inclusive of Wednesday, October 16, 2002.

Mail proposals to:

Dr. S. Sandberg
1068 W. 560 N.,
St. George, UT 84770
Phone: (435) 652-7742
sandberg@dixie.edu

What's CFCS?

... or Certification in Family and Consumer Sciences

WHAT? CFCS is the ultimate credential for a generalist or a specialist in

the family professions. The certification sets an individual apart from the average because it immediately signifies a level of expertise that goes beyond the courses of any particular program in the family field. It also goes above and beyond each state's teacher certification that licenses to teach. CFCS

means qualified as a family professional in teaching and public relations and extension and free enterprise and financial management and others. CFCS easily communicates to employers and colleagues that an individual has passed a comprehensive written examination that is recognized nationally and internationally. This gives the same status to the family and consumer science profession that "Board Exams" bestow on members of the legal, medical or social work professions. CFCS requires a degree and a written exam. For that reason, CFCS exceeds and excels over other certifications by other family professional organizations that do not require an exam by are available by getting a degree and paying a fee.

WHY? The confusion over the many

names that are used in different states, colleges, universities, and even nations, for degrees in home and family disciplines has caused employers to ask college and university career placement centers to specify those candidates who have "CFCS certification." For example; one Texas school district said to a university placement director at a

Utah university, "Now do you understand that I want a Family and Consumer Sciences person - - one with the national CFCS certifications? I cannot risk getting a human development specialist instead of someone who can also teach nutrition and housing." The school districts need the composite major. They need expertise in the composite major. Extension offices and others prefer it. Administrators and executive offices and others prefer it. Administrators and executive are not sure they are getting it unless CFCS appears with the applicant's name. CFCS assures quality and it identifies the composite major.



WHO? YOU!!! If you are a pre-service professional who will graduate within six months, apply now to take the exam and save some money. If you are already in a professional position, or if seeking to re-enter the profession, apply to take the exam. If you are a full-time homemaker, take the exam and with other professionals nationwide whose focus is home and community. If you already have the certification from AAFCS, do not let it lapse. Pay the yearly maintenance fee and send in your annual reporting form on time. (The annual reporting form just asks you to "brag a little" about your accomplishments. Remember, you cannot renew the certification once you let it lapse.

WHEN? NOW!! Go ahead! Go online and submit the application. For questions call Jenefer Rowley, AAFCS certification representative for Utah (801) 263-6165.

*"CFCS is the same status
"Board Exams" bestow on
members of the legal, medical
or social work communities."*

WHERE? Near your home are located specialized computer centers that will let you complete the exam. Undergraduate work prepares you to pass the exam study.

When you become a member of the American Association of Family and Consumer Sciences you become a part of the only national organization representing family and consumer sciences professionals across the areas. Founded in 1909, the Association's mission is to improve the quality of individual, family, and community life through education, research, coop-

Member Benefits

erative programs, and public information. As an AAFCS member, you will receive the latest information that affect family and consumer science professionals, including benefits such as:

- Journal of Family and Consumer Sciences
- Membership in the Utah Association

- of Family and Consumer Sciences
- Networking opportunities outside your discipline
- Annual meetings, professional improvement
- Advocacy Efforts with Congress, media, and among policy makers
- Discounts on meeting registrations and publications
- Certification and Accreditation



Out of Africa by Debbie Proctor

This summer I was able to go to Ngala School for the Deaf in Nakuru, Kenya to start a Vocational Sewing Project. I went with YouthLINC an affiliate of the University of Utah International Center and District 5420 of Rotary International. YouthLINC is a program that encourages young people to develop an intense commitment to humanitarian service both here and abroad. In return for 100 hours of service in their own communities, secondary and college students can receive up to \$1,000 in scholarships toward a service experience in a developing country.



Debbie and Tibi

My daughter, Amy, applied and was accepted to the Ngala School for the Deaf program in Nakuru, Kenya. YouthLINC asked me to join them and chair the Vocational Project.

Rotary clubs from all over the Wasatch Front supported student participation. Twenty-two students and nine adults participated in the program this year. Two Kenyan Rotary clubs were instrumental in providing in-country coordination. American students were involved in repair, maintenance, and painting activities while on site. Students taught lessons on a variety of subjects, including U.S. government, AIDS and personal hygiene.

Vocational training was a key part of this year's program and will continue to be a major focus in the future. Ten treadle sewing machines were purchased for the school



Kids teaching sewing

and I worked alongside the Ngala Home Science teacher to implement the program and teach the Ngala school kids a trade, effectively giving them an employment option that can save them from a life of poverty. Students were also taught how to make knitted hats, which they plan to sell at market. A YouthLINC goal is to establish a cottage industry at the school, where students can work after they graduate. Deaf people are actively discriminated in employment in Kenya.

Interested participants were given the opportunity to assist American medical professionals in their work at Nakuru Provincial Hospital. Desperately needed medical equipment was distributed to hospital personnel and a great deal of love was shared with some to the hospital's tiniest patients. Service at Nakuru Provincial Hospital will continue to be an integral part of this program. Students also enjoyed the opportunity to spend an afternoon with local teens from Menengai High School during which they shared their different cultures through song, dance, poems and drama. Menengai students and teachers accepted our invitation to visit Ngala School to assist with our cultural fair and by day's end had committed to an ongoing mentoring relationship with the Ngala students. Future programs will continue to build bridges between the hearing and the deaf in Kenya.

Applications for June 2003 are due in September. If you or a student are interested in participating in this program or one of the other programs through YouthLINC, please contact me, Debra Proctor, 435 657-3234, or email me at debbiep@ext.usu.edu or check out YouthLINC's website at www.youthlinc-usa.com. It was a great experience and I would recommend it for anyone.

Sewing Conference

There will be a Sewing Conference sponsored by the Uintah County Extension Service on September 26, 2002 at the USU Uintah Basin Campus, 987 East Lagoon Street, Roosevelt, Utah 84066 from 8:30 a.m. to 5:05 p.m. "From Fiber to Fabric" a keynote given by Jeff Vogel will be at 9:00 a.m. The six sessions will start at 10:00 a.m. Topics for the sessions are: Sewing Tools that Make Life Easier, What's New in the Home Sewing Market?, Machine Maintenance & Features, Window Treatments, *Toothbrush Rag Rug, Setting Up a Home-Based Business, Easy Home Decorating Projects, How to Make Pants that Fit, Serger Maintenance & Features,

*Crochet Edge Finishes, Stack & Whack Quilts, Easy Embellishments, Sewing with Children, Quick Lone-Star Quilt, *Hardanger Embroidery, Understanding Commercial Patterns, Making Dance Costumes & Swim Suits, *Basics of Needle Tatting. Each of the sessions will be taught twice in 50 minute sessions. Those topics with an "*" are Hands-On Workshops and have an additional supply fee. A Vendor's Fair will be open from 8:30 a.m. to 1:15 p.m. to see new equipment and products. Some vendors will also be conducting workshop sessions.



Registration Fee with Lunch is \$15.00. One semester hour of college credit is available for \$15.00, registration forms will be available at the conference.

For additional information or Questions regarding the conference contact Ronda H. Olsen, USU Extension Agent, Uintah County, 152 East 100 North, Vernal, Utah 84078, 435-781-5452.

"I don't know what your destiny will be. But one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve."

Albert Scheitzer

“Galaxy” in Salt Lake

By Margie Memmott, President UEAFCs

Salt Lake City will be the site for the GALAXY conference, September 21-25, 2003. Our Utah Extension Association of Family and Consumer Sciences will be actively promoting this joint professional extension associations event at participating national association conferences for agriculture, 4-H, FCS, and Extension workers.

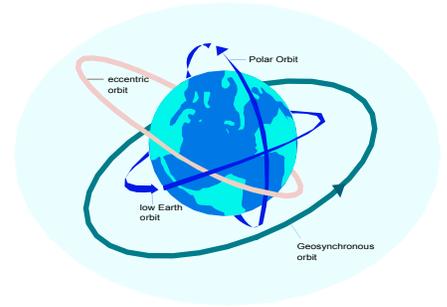
UEAFCS has thirty three active state members, 31 active national members and three life members.

In 2002, two members completed their Promotion and Tenure documents and were promoted to the rank of Associate Professor. Ten members are planning on attending the National Convention in Kansas City, Missouri which will be

held, October 6-10th. The conference theme this year is "Jazzing it up in Kansas City; Catch the Leadership Beat".

As Utah faces hiring freezes and budget cuts across the board, USU Extension FCS professionals are working to cover vacant county positions and at the same time prioritize and streamline programs to effectively serve clientele and continue to meet the needs of the people throughout the state. Utah State University Extension continues to have strong administrative support from our new leaders, Kermit Hall - USU President, and Jack Payne - Vice President

for Extension. We look forward to continue our alliance with the Utah Association of Family and Consumer Sciences to teach these important life skills to all the people of Utah and our great nation.



Teaching—A Job We All Do

by Rachel Gonzales, President UATFACS

In our profession as Family and Consumer Sciences we are all involved in some form of teaching. (Any one of us could take over for Martha Stewart and do just as good a job or better. And we wouldn't mind the money either!) Our subject matter is exciting and creative. Franklin Roosevelt said, "Happiness lies in the joy of achievement and the thrill of creative effort." We get to provide for our pupils, whomever they

may be, in their quest for 'achievement and creative effort.'

Education in whatever form opens so many doors for those who choose to open them. I don't know who said this, but it is a quote I have posted above my desk at school. "Who dares to teach must never cease to learn." By being a part of our professional organizations

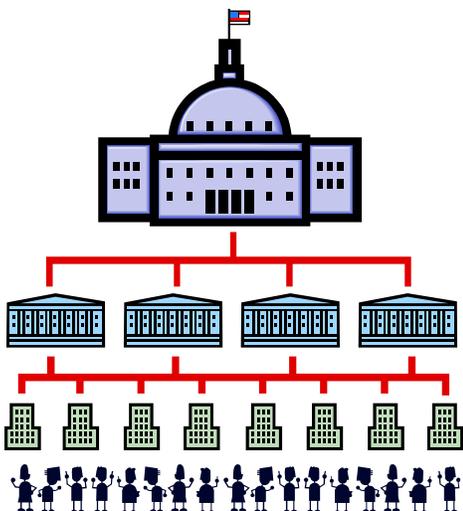
"Happiness lives in the joy of achievement and the thrill of creative effort..." Franklin Roosevelt

and participating in whatever may be offered through those organizations we continue to learn. I want to encourage all of you to be a part of your organizations and continue in your quest to be the best you can be. Many people who help you in that quest donate many hours. Take advantage of the opportunities they provide.

As you begin the school year, whether you are a teacher in education or not, remember, 'attitude is like a paintbrush ---it can color any situation.

Stay Informed...

Maxine Rowley, Legislative Committee



Utah's economic woes put public education, especially at higher education levels, at continuing risk of more budget cuts. Many legislators are looking at additional curtailments in college and university monies. Be ware of news bulletins from organizations that focus on education, such as the PTSA and UEA. Follow the news and be prepared to contact your legislators and encourage alternatives to further limiting monetary support of our institutions of higher learning. This is a time to stay informed, organize tightly and lobby in support of our state educational programs in both the extension and public school arenas. To that end, the UAFCS board is considering organization of a Public Policy Ad Hoc Committee and a Public Policy telephone tree. Look for more information in the next newsletter.

Governor's Proclamation on Financial Literacy

This spring the governor of the state of Utah signed a proclamation furthering the goal of teaching Americans financial literacy. It reads:

Whereas, financial literacy is critical to enabling Utahns to achieve their personal financial goals and maintain a better quality of life for themselves; and

Whereas, many young people find it difficult to manage their first consumer credit endeavor because of lack of knowledge and experience through trial and error; and

Whereas, personal financial practices and habits are developed during one's formative learning years; and

Whereas, public and private partnerships, such as the Utah JumpStart Coalition, seek to improve the personal financial literacy of Utah's youth by promoting educational initiatives and resources in the classroom; and Whereas children who are financially literate and learn the valuable skills of financial management will ultimately be enabled to make informed and responsible financial decisions in the future;

Now, therefore, I, Michael O. Leavitt, Governor of the state of Utah, do hereby declare the month of April 2002, as **Youth Financial Literacy Month** in Utah, and encourage all citizens to promote enhanced learning resources and informed financial dialogue within their schools, families and communities."

Check out our
UAFCS Website
www.uafcs.org

Free Programs for Teaching Kids Finances

by Judy Harris, Chair
Family Economics Subject Matter

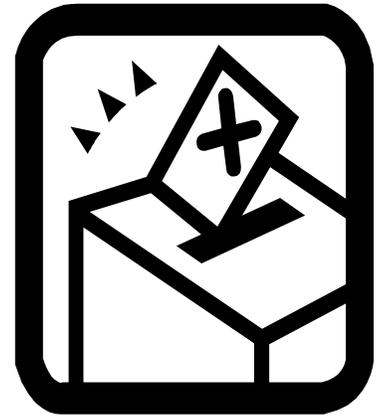
The High School Financial Planning Program (HSFPP) is a free program with an track record of changing the behaviors and attitudes of students. It is strictly noncommercial in content, and it does not promote financial or other products. An Instructor's Manual is provided for each teacher, and every student is given their own student guide all at no cost.

The program uses games, simulations, case studies, and interactive exercises to provide hands-on experience for students to apply the financial principles and concepts being taught.

The program has been designed for and with teachers to ensure easy classroom implementation. Its six units function as "mini" courses that can be completed in as few as 10 classroom hours.

The HSFPP is provided without charge to public and private school teachers and youth leaders nationwide. Although it is generally taught in classrooms, it has also been offered in other settings such as: 4-H clubs, Native American reservations, migrant worker centers, technical schools, juvenile detention centers, inner-city community education programs, summer youth camps for gang members, adult education centers, churches, schools for the deaf, and military installations.

For more information about the HSFPP, visit the NEFE Web site www.nefe.org. And for a comprehensive list of other education tools, visit The JumpStart Coalition for Personal Financial Literacy web site www.jumpstart.org. Or contact Judy at 801-370-8468 or judyh@ext.usu.edu for a list of some other free resources.



Nominations Elections

Dear Members,

It is exciting to be starting a new year in UAFCS. Please know that your involvement in the organization is critical so that we can stay current and be on the cutting edge of what is happening in the field of Family Science/Home Economics.

With that said, please consider the possibility of running for an UAFCS office in the Spring in one of the following areas: President Elect, Vice President of Work, Clothing & Textiles Subject Matter Chair, Family Relations and Child Development Subject Matter Chair, Nominating Committee. Nominations for these positions will be taken from the floor at the annual meeting in November.

Any suggestions for improvement or changes that will make the nominating of members for different positions is welcomed by us. We look forward to seeing everyone at Aspen Grove.

Sincerely,
The Nominating Committee

Pick Your Portions

By **Mardene Fernandez, Foods and Nutrition Subject Matter Chair**

How often do you feel "overstuffed" after a meal? Was the meal in a restaurant? At home? Many factors have led to our obesity/overweight problems, with portion size being one. Portion or serving size has become a major issue in weight control. Some portions are 5-6 servings! This is especially a problem when eating out.

In Feb 28, 2001 Daybreak section of the SL Tribune, Kathy Stevenson said: "While Americans have been obsessed with what they eat to stay

healthy, many have forgotten that how much they eat is just as important. Forget about gambling laws, use a deck of cards and pair of dice to keep the food on your plate in proper proportion. A steak that covers half the plate is not what the USDA had in mind as a single serving of meat. Rather, a serving is supposed to be around 3 oz., or the size and thickness of a deck of cards."

Pauline Williams (USU Extension - SLC) recommends using everyday items to help keep portions in check. For example: A waffle is equal to a CD or one serving. Four cubes of cheese is the same as 4 dice. Double your fist for a serving of broccoli. An apple equals a tennis ball. Anything more counts as more servings. "Measure 1 cup of milk and then pour it into a glass and mark where it is. Be aware of how many servings you actually drink. If you eat cereal, notice where 1/2 cup comes in the bowl, and fill it to that same place each time." The idea is to be aware of how many servings your actually eating.

The next area of consideration is how many servings the pyramid suggests.

Remember, everyone is not required to have the maximum amount. Age, activity level and even gender determine how much you should have. (by Kathy Stephenson)

We have probably heard these things before, but if your like me, we need to be continually reminded and aware of how much we are eating.

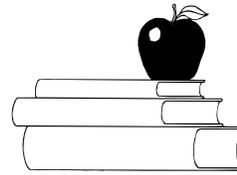
From the Dec. 2001 issue of "Nutrition Action Health Letter" Bonnie Liebman said: "It's no longer normal to be normal-weight in America..... The proportion of Americans who are over-weight has jumped from 45 to

56 percent and obesity has climbed from 12 to 20 percent since 1991, reported the Centers for Disease Control and Prevention in Sept... No wonder. Opportunities to eat tempt us 24/7."

"If we continue on this course for the next decade, the public health implications in terms of both disease and health care costs will be staggering." says CDC director Jeffrey P. Koplan.

What can we as FACS professionals do?

First, Become better informed on the issues. How much is one serving? (Not supersized) What kinds of nutritional choices are we making? What are the health-related effects of poor eating habits? What choices are available for our kids at school? Why are so many people (youth included) getting Diabetes? There is a myriad of information available. We can take advantage of nutrition newsletters, Prof. groups, and conferences for learning opportunities to be better informed. If you do not subscribe to a professional nutrition newsletter, I have several to recommend. My e-mail is Fern459@alpine.k-12.ut.us



Second, Teach our students and those we come in contact with how to make better choices. Share articles such as the one in "Nutrition Action Health Letter" March 2001 issue on "Rate Your Restaurant Diet," or Dec. 2001 on "Defensive Eating."

Third, (This is the hardest) Try to make sure we are modeling and promoting good nutrition habits. If there are any of you who have been successful in getting your school or business to change snacks and menus available, I would love to hear from you so we can share what is being done in our state.

A real success story: The Edith Bowen Elementary School at USU has made some remarkable changes. After 3 yrs. the students are more aware of their food choices, and have been exposed to a variety of nutritional foods not available before. They have also learned to eat with manners and in a more cultured atmosphere than normally found at school. Tammy Vitale' and Rebecca Cole have been working with their dietetic students and the Principal to develop this program.

Last, don't become so paranoid about food that it consumes all our thoughts, time and energy. Just become informed, share with others what we learn, and model good habits. Remember to... ENJOY eating!!! (That is if you can find the time)

Many factors have led to our obesity/overweight problems, with portion size being one.



Study, Learn, Risk, Create, and Enjoy!

By Wendy Curtis, Housing and Interior Design Subject Matter Chair

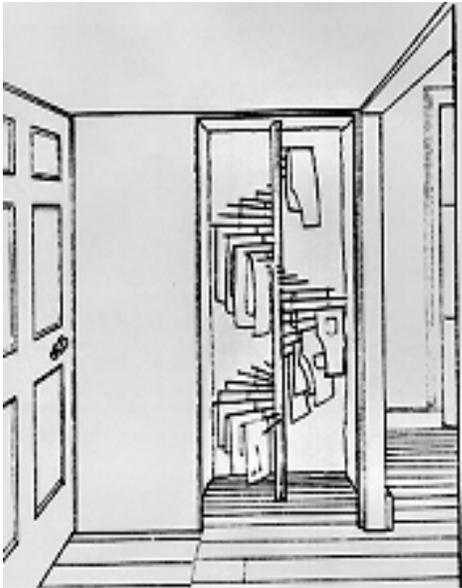
The best part of being in public education is summer vacation! My family and I traveled both coasts, from the crafts at ‘Saturday Market’ in Portland, Oregon to the architecture of Washington, D.C. My favorite stop – Thomas Jefferson’s home in Virginia. He designed, redesigned, built and rebuilt Monticello for more than forty years and loved doing it. It’s the only house in America on the United Nation’s World Heritage List.

President Jefferson studied the masters, knew the theories, and was abreast of the latest in art, politics, mechanics, horticulture, architecture and more. He respected what they knew. Monticello’s exterior is based on the traditions of Europe. Then, he looked at lifestyle and convenience, and went crazy. The dumb waiter and turning pantry kept servants out of the dining room keeping table talk private. Bedrooms are octagonal, the bed in an alcove to keep floor space open. His bed is in the center of a wall so getting out on the right side he’s in his room and getting out on the left he’s in his office. At the foot of the

bed is a closet with a forty-eight arm ‘turning machine’ today’s consumer would envy. Then there is the Great Clock. The exterior face has only an hour hand, good enough for outside laborers. The interior face is exceptionally accurate with hour, minute, and second hands. The seven-day clock is driven by cannonball like weights that hang on both sides of the front door. The weights reveal the day as they fall past markers on the wall. He designed the clock while in Philadelphia and made an error in calculations – there wasn’t room for Saturday. The solution? Drill a hole in the floor and put the Saturday marker in the cellar.

Good design incorporates the same attitude. We must know the theories, the principles, and the elements. We need to study the masters and keep up to date on the latest. Then, looking at lifestyle and convenience, take risks remembering that there is no error a little creativity can’t fix. Last, enjoy what you do. Have fun and keep your sense of adventure, it’s the whimsy and humor that keep designing great!

“Knowledge indeed is a desirable lovely possession.”
Thomas Jefferson



Clothes Horse



Alcove Bed



The Great Clock

Annual Conference Hotels Provo/Orem Area

Best Western Timpanogos 801-768-1400

195 So. 850 E.
Lehi, UT
10 Rms. on hold until Oct. 10 - Call the hotel directly
55.00/night 2 Queen beds
Off Exit 282 in Lehi

Best Inn & Suites 801-235-9555

1100 W. 780 No.
Orem, UT
10 Rms. on hold until Oct. 20 - Call the hotel directly
\$49.00/night 2 Queen beds
Right off 8th No. exit in Orem (Closest to conf. location)

Quality Inn & Suites 801-756-6259 or 763-8383

712 So. Utah Valley Dr.
American Fork, UT
Off 5th E. Exit in American Fork

Best Inn and Suites 801-374-6020

1555 Canyon rd.
Provo, UT

FACS ListServe

If you not enjoying the update information from the FACS e-mail list please read on and follow the directions to keep you up on the latest information. If you wish to send a message to all subscribers on the list, please use this address facs@uen.org
If you are not a member of the list and wish to join just email me and I'll be happy to subscribe you. rhyer@usoe.k12.ut.us

AAFCS—Convention Recap

As the president-elect of UAFCS, I had the opportunity to attend the National Convention held in Dallas, Texas during June. The conference was outstanding, and in spite of the heat, I returned refreshed and renewed. Let me share a few of my thoughts from the conference.

*"The Mission of AAFCS
is to empower
members to act..."*

I appreciated being able to review and focus on the principles of the profession. The mission of AAFCS is to empower members to act on continuing and emerging concerns; to focus the expertise of members for action on critical issues; and to provide leadership among organizations with mutual purposes.

I appreciate more than ever the importance of being certified, and the role of certification in accomplishing our mission as members of AAFCS. Empowerment, focused expertise and leadership skills go hand-in-hand with certification. So many of the critical issues that face Americans today can be addressed by Family and Consumer Sciences professionals. We have so much to offer.

I look forward to meeting with you at our annual meeting in November.

Julie Ingersoll, President-Elect

First 3 Years

by Jason Skidmore, Family Relations, Child Development Subject Matter Chair

If you haven't heard, the first three years of a child's life are the most critical and important in ensuring that that child will be healthy both emotionally and physically. During these years a child needs love and attention, all of its physical and emotional needs must be met. The child must be in a home where parent's love one another and teach values by example. Even a young child during these first years is impressionable as they begin to make sense of the world they live in.



Understanding the importance of these early years in a child's development is very critical. What is surprising though is what a recent census revealed to us. In the year 2000, 62 percent of married American women, or 35 million, were in the labor force. Almost 63 percent (62.8%) of these women had children less than six years of age.

(Source: U.S. Bureau of Labor Statistics, Bulletin 2340; and unpublished data, in U.S. Census Bureau, Statistical Abstract of the United States: 2001 [121st edition], Washington, DC, 2001, p. 373.)

The demands that society faces on a family are great. Balancing the multiple roles of men and women takes effort and strength. It is our duty to encourage everyone both male and female to understand the importance of the early years. Certainly raising a family can be both rewarding and a stressful challenge. As an association we are mentoring those who will teach the next generation.

UAFCS Annual Meeting at Aspen Grove in Utah County **Aspen Lodge Conference Center, Timpanogos Room** **Friday & Saturday, November 1-2, 2002**

“Building Community”

We invite you to join us for the UAFCS Annual Meeting “Building Community” to be held at the Aspen Lodge Conference Center which is part of the Aspen Grove BYU Alumni Association Family Camp on the south-end of the Alpine Loop (up Provo Canyon) just north of Sundance. Aspen Lodge is a brand new conference facility that contains extremely comfortable and modern accommodations. Located at the base of towering Mt. Timpanogos, Aspen Grove provides the perfect western landscape for an unforgettable rejuvenating retreat. Leave behind the pressures of your work and family life, dress casual (warm mountain attire), and relax in the refreshing ambiance of pine and aspen filled mountainsides for an educational filled program along with quality food services for Friday dinner and Saturday breakfast and lunch.

Directions to Aspen Grove

From Interstate 15 (I-15), take Exit 275 - the Utah County Orem 8th North Exit (State Road 52), head east to the mountains. At the east end of 8th North, take Highway 189 North (left turn) up Provo Canyon. Drive up Provo Canyon 6.9 miles to the Sundance / Aspen Grove turn-off. Turn left onto State Road 92 (the south end of the Alpine Loop). Drive up State Road 92, 4.4 miles to Aspen Grove. The Aspen Lodge Conference Center is on your immediate left. Park in the parking lot in front of the conference center, if it is full park in the lot just north of the conference center. Registration is inside the conference center on the main floor. The conference will be held on the 3rd Floor of the Aspen Lodge Conference Center in the Timpanogos Room. Take either the elevator or the stairs to the 3rd Floor.

Sleeping Accommodations

The Aspen Lodge Conference Center contains 20 hotel-type guestrooms. Each room contains two comfortable queen beds and a private bath. One room with disability access is available. To view a picture and layout of the rooms go to <http://alumni.byu.edu/aspengrove/Conferences/Guestroom.cfm>. Reservations for these rooms can be made with your conference registration.

Across the road from the Conference Center we have reserved one family lodge. The two-story family lodge contains eight bedrooms and five bathrooms with 5 queen beds and 13 twin beds. There is also a kitchen, loft area, and front deck. Large windows in the front room over look the tree covered mountainside. To view a picture and layout of the rooms go to <http://alumni.byu.edu/aspengrove/Conferences/Lodges.cfm>. Reservations for these beds can be made with your conference registration.

Other sleeping accommodations can be made on your own in the Provo / Orem area (see pg 9 for suggestions)

Policies

Aspen Grove, a property of Brigham Young University, prohibits the use of alcohol, tobacco, coffee, tea, or illegal drugs on premise. Please plan accordingly. Conference participants are asked to abide by high standards of moral character. Please do not bring pets to Aspen Grove.

For More Information Contact:

Program: Ann Parkinson email: annp@ext.usu.edu 435-893-0471 (of)

Registration: Connie Bott email: bottc786@alpine.k21.ut.us 801-860-3018

Facilities Coordinator: Maribeth Clarke email: maribethclarke@byu.edu 801-378-6682 (of); 801-796-7440 (hm)

UAFCS President: Sue Dalley email: sue.dalley@snow.edu 435-283-7490 (of)

**UAFCS Annual Meeting at Aspen Grove in Utah County
Aspen Lodge Conference Center, Timpanogos Room
Friday & Saturday, November 1-2, 2002
"Building Community"**

Registration Form

Please duplicate as needed for colleagues, new members, students, or friends

Name: _____ CFCS: Yes _____

Organization or Affiliation: _____

City: _____ Email Address: _____

Day Phone: _____ Evening Phone: _____ Cell Phone _____

Registration Options

<input type="checkbox"/> Full Registration (Friday / Saturday / All Meals)	<input type="checkbox"/> AAFCS Professionals	\$60.00	
	<input type="checkbox"/> Non Member Professionals	\$75.00	
	<input type="checkbox"/> Students	\$30.00	\$ _____
<input type="checkbox"/> Friday Only (Friday Conference + Evening Meal)	<input type="checkbox"/> AAFCS Professionals	\$40.00	
	<input type="checkbox"/> Non Member Professionals	\$55.00	
	<input type="checkbox"/> Additional Banquet Ticket	\$20.00	\$ _____
<input type="checkbox"/> Saturday Only (Saturday Conference + Luncheon)	<input type="checkbox"/> AAFCS Professionals	\$50.00	
	<input type="checkbox"/> Non Member Professionals	\$65.00	
	<input type="checkbox"/> Additional Luncheon Ticket	\$15.00	\$ _____

Lodging Accommodations - Reservations on a first-come basis - **Rooms must be reserved by October 2nd**

Other lodging accommodations available in the Provo/Orem area see listing on pg 9

<input type="checkbox"/> Aspen Lodge Hotel Room <input type="checkbox"/> Assign roommate(s) <input type="checkbox"/> Roommates requested:	<input type="checkbox"/> Private Room	\$70	
	<input type="checkbox"/> 2 per Room, 2 Queen Beds	\$35	
	<input type="checkbox"/> 4 per Room, 2 Queen Beds	\$20	\$ _____
<input type="checkbox"/> Aspen Family Cabin	<input type="checkbox"/> Single / Shared Queen	\$15	\$ _____

Other Options

<input type="checkbox"/> Please include me as a participant for the Pre-Conference Workshops	\$ _____
<input type="checkbox"/> Add \$10.00 for registration after October 20 th , 2002	\$10.00
<input type="checkbox"/> Contribution to Student Scholarships	\$ _____
<input type="checkbox"/> Student Registration Sponsorships	\$30.00
<input type="checkbox"/> UAFCS Research Journal	\$ 3.00
TOTAL ENCLOSED	\$ _____

Mail Registration and Payment to: UAFCS Annual Meeting c/o Connie Bott
Timpanogos High School
1450 N. 200 E.
Orem, UT 84057



**UTAH ASSOCIATION OF FAMILY AND
CONSUMER SCIENCES**

1213 E. 2100 S.
Salt Lake City, Utah 84106

Phone: 801-487-9976
Fax: 801-487-6975
Email: becky-utdairy@msn.com
Email: dpaul0602@msn.com

www.uafcs.org

Mark The Date -

November 1-2, 2002
UAFCS Annual Conference
See inside for important details