

- Articles from Subject Matter Chairs
- Information about Summer Conferences
- News about our members
- Articles about our history

INSIDE THIS
ISSUE:

Celebrating 100 Years!	2
What's "In" in the world of home design?	3
What would Ellen Think?	4
Call for Articles	6
Foods & Nutrition Update	7
Lighting in the Home	9
Update on Certification	11



From the President

It's hard to believe it's officially summer now, isn't it? Spring really flew by quickly. Spring is my favorite time of the year. All the signs of new growth around us is inspiring. I spent a week in April helping my parents on their sheep/goat ranch in Montana with lambing and kidding. It's hard, tiring work, but there is absolutely nothing as cute on this earth as a newborn lamb or kid.

I think of ranching in similar terms as I do our work in the Family & Consumer Sciences area. It is sometimes unnoticed and undervalued, but couldn't be more important. As we finish up our 100 year celebration this year, let's take a moment to celebrate what we've done in the past, but even more importantly, to look forward to the new growth that we have to look forward to.

In these tough economic times, I am a firm believer that what we teach couldn't be more important. Tight on money? Knowing how to prepare a nutritious inexpensive meal at home is an invaluable skill. Can't afford to buy new clothes? It's essential to know how to care for and repair the clothing you have. I could go on and on. Listening to my granny talk about living through the depression, I think back about how many what she talked about revolved around the Family & Consumer Sciences field. She had a solid background in FCS things, and she attributed this to her ability to survive on

very little money and resources. I want to encourage you to keep doing what you are doing. Your work couldn't be more important! I look forward to serving this year as your President.

The UAFCS Board is working on several new and exciting things. One of those things is that an editorial board has been formed and the UAFCS journal is once again active. For those of you who have been in the association for a number of years, you know that the journal has not been active since 2003. **The UAFCS Home and Family Perspective: Journal of the Utah Association of Family and Consumer Sciences** will be an on-line publication. Journal articles will go through a blind peer review process of at least 2 out of state reviewers. **Please consider submitting a journal article by the deadline of June 30th.** The submission guidelines are included in this newsletter. Please make sure to follow the guidelines closely.

Besides myself, other members of the editorial board include: Pearl Hart, Joanne Roueche and Lindsey Shirley. If you are interested in serving on the editorial board, please contact me.

The board is also looking at the possibility of offering professional development in the subject matter areas throughout the year. This would give you the opportunity to benefit from



professional development not only during the fall conference, but through other means and methods. Be looking for more information about this. Carolyn Washburn, Housing & Interior Design Subject Matter Chair, has already offered a workshop FREE of charge to all UAFCS members during April. I hope some of you were able to take advantage of it. E:mail or call me at darlene.christensen@usu.edu or 435-277-2406 or 435-840-4404 (cell) if you have any questions about journal submissions or if you have other great ideas for our association.

Before I close, I would like to take a moment to thank Kathy Croxall, a dedicated UAFCS member, and one of our "pillars" of strength throughout the years. Many of you probably heard that Kathy will be relocating this summer to a new state. Kathy, we are sad to see you go and mourn the loss of your program at Southern Utah University. Please know that we are fully aware of how much you have given our organization and we look forward to seeing you at future national functions. Good luck!

Darlene Christensen
UAFCS President

Darlene Christensen

Batik Textile Nanotechnology Information

Quite often I visit South East Asia during the summer months. It is a Mecca of textiles. So many colors and textures (and I always buy my 5" zippers for CTE intro @ about 5 cents each – I love it!)

Seeing people actually work through the process of making Batik fabric was something I have wished to do for some time. In Bali, Indonesia, I got that chance – it is fascinating. The process for the real McCoy, "Batik Tulis", looks so time consuming! Wax is hand painted onto every part of the fabric that is not to be dyed. Then the fabric is dipped into the dye. The wax is then boiled off and ready for the next layer

of wax. This process can be repeated several times. The Batik Tulis has a very distinct smell. It will berbau malam (smell of the particular type of wax used). A second type of Batik is a stamping process called "cap" (chop) where a big brass stamp is dipped into wax and then stamped on the fabric. Then the process of dying continues. A third type is a printed fabric that looks like Batik that does not use any wax in the process! This 3rd type has become quite popular in the fabric stores today.

As I traveled to Malaysia, I struck up a conversation with one of my tour guides from Penang about nanotechnology

and fibers. He gave me a web site that has helpful information from the "Smart Garment People Ltd."

<http://www.smartgarmentpeople.com/index.php?q=Nanotechnology>.

This web site helps explain more about what nanotechnology is.

There is so much going on with new developments in textiles, it's exciting & fun to talk to students about! (Kathy Croxall has a great PP about new textiles). Also, check out the article that appeared in Scientific American, August 2008 about Self-cleaning materials modeled after the dirt repelling properties of the Lotus plant, by Peter Forbes.

I believe we are entering a textile revolution! Textile teachers have fun with it!

Jerilyn M. Brown,

CFCS

Clothing & Textile

Subject Matter

Chair

Assistant Director,

CTE American

Leadership Academy

Celebrating 100 Years

Debra Proctor

As we approach the 100th year celebration of our founding, it gives cause for reflection on our history. Have we made progress? Have we achieved the goals set forth by our early founders in Lake Placid? What would Ellen Richards think?

At our early beginnings, the job of homemaking was elevated to the status of domestic science. Ellen championed the notion that what women did in their homes was paramount to what scientists did in laboratories. Preserving food, developing recipes, and rendering drinking water safe for consumption, were tasks that involved the application of scientific principles. Attention was drawn to the importance of these household tasks for the well being of families.

Ellen brought the importance of "Home Economics" to the forefront. The role of the homemaker was dignified and revered. Companies wanted to hire women as models to encourage women to patronize their business. Test kitchens were built and women hired to run them. Cooking schools sprang up around the country.

The country rallied around the concept of the importance of home. Schools embraced a well-rounded education, which included industrial arts and home economics courses in tandem with academics. It was well into the 1960's when the women's movement began to examine traditional roles of women and home with critical eyes. Many saw the role of women in the home as being "oppressive" under the influence of a male dominated society. Opportunities for women to find fulfillment outside of the home sprang forth (Zimmerman, 2003). Along with women working outside of the home, came the challenges of maintaining the home. Fast foods, precooked meals, microwave meals, and other quick substitutes for an "old fashioned" home-cooked meal soon sky rocketed into mainstream society. Families no longer ate together; fast food became a way of life. With the conveniences, came poor nutrition, fragmented families, and the lost art of a "home cooked meal" (Weinstein, 2005)

One constant throughout our 100 year history was the voice of the Family and Consumer Science profession. We have held on to those principles that Ellen so relentlessly

embraced.

Families now are beginning to understand our message in what our earliest beginnings set into motion. There is power in those simple tasks that have root in the home. Families are physically and mentally healthier embracing those ideals. We have never abandoned our earliest message in the power of home, creativity, and good, old-fashioned "elbow grease." Zimmerman states it beautifully: "The world is too threatening a place for people not to see the urgency of reclaiming the pleasures we are in danger of losing, and along with them, the self-respect and balance and order that naturally follow... domesticity comes down to connection with the past, with the family, and community, and with the self." (pg 241) I think that Ellen would be proud that we have never let go of the vision.

References:

Weinstein, Miriam (2005). *The Surprising Power of Family Meals*. 1st Edition. Steer Forth Press: Hanover, New Hampshire.
Zimmerman, J. (2003). *Made From Scratch: Reclaiming the Pleasures of the American Hearth*. Free Press: New York.

What's "In" With the World of Home Design?



Carolyn Washburn
Washington County
Utah State University Extension
FCS Agent
Housing & Interior Design
Subject Matter Chair

It is said that what's cool in fashion changes overnight and while the world of **interior design** is not that overly dynamic, the trends for your interiors do change with passing time. Each year brings new designing tips, shades of color that reinvent the space you live in and accessories that add new dimensions to your home. So what's in for 2009 is that this year's designing styles and trends seem to be following the global recession and people are taking to heart new ways to save and even become environmentally friendly. According to Freshome.com the trends are:

1. Comfort and Cozy are "In"

Modern architecture and special arrangement looks for a fine balance between cozy interiors and a sleek and sensuous look. Utility and practical value is the latest mantra.

2. Mix and Match Styles and Shades are "In"

One of the major impacts on the designing styles of 2009 will be that of the global economic meltdown and how people will think twice before they part with their cash. The trend will be to mix and match the old stuff that is still useful with new accessories that are affordable and add a little something to the space. Excessive and extravagant spending of cash and throwing away everything old as it does not match the new look will be a thing of the past for some time

now.

3. Clean and Clear are "In"

Going with a simple and stylish look seems to be the way forward for 2009 as a clutter-free interior is the popular choice among both consumers and designers. This gives the room a more sophisticated look along with saving on the cash. Only keep what's needed and arrange it with style. This concept is being used for design and structure of most modern homes. People are beginning to think about sustainability and accessibility instead of having duplicate appliances. The further you go green, such as floor coverings or renewable materials, the more you will reap its benefits in the longer run. It is not just a healthy initiative that you can take, but something that you can be really proud of.

4. A Minimalist Look with Contrast is "In"

There is no doubt that the minimalists look of sleek lines and token colors is the most popular style that is going around today. The minimalist design saves on space, looks futuristic and with contrasting bright and bold accents the look just gets accentuated further. If you look around any modern home design today, you are most likely to find something in lines with this fast catching trend.

5. "Going Green" is "In"

Going green with energy usage in your home is a

great way to invest in the future. This concept is being used for design and structure of most modern homes. People are beginning to think about sustainability and accessibility instead of having duplicate appliances. The further you go green, such as floor coverings or renewable materials, the more you will reap its benefits in the longer run. It is not just a healthy initiative that you can take, but something that you can be really proud of.

6. Bright Colors to Flavor the Seasons - "In"

The blacks, whites and grays are always popular and go well with the more modern look, but it is the bright shades such as vibrant oranges, cool blues and exciting yellows that will rule the year. So go all out and paint the interiors in the bold and bright shade that you love. You can be also sure that this will lift your mood when you are a bit down.

As you think about how to bring the 2009 styles to your home, work with:

- Fabrics
- Floral Designs
- Furniture
- Artwork
- Mirrors
- Accessories
- Window Treatments
- Re Upholstery

These elements of design can freshen and add new direction to homes and offices.

Utah Shines in San Diego ProStart Competition

Congratulations to Provo High School who placed third at the National ProStart competition in San Diego, California. We are proud of the outstanding job they did representing the Utah ProStart program nationally. Congratulations to Diane Cluff the ProStart teacher at Provo High.

- 1st Place Provo High
Diane Cluff
- 2nd Place Team Murray High
Kay Morgan
- 3rd Place Team American Fork
Kristi Belliston

- Best Entree Brighton High
Barbara Scrafford
- Best Plate Presentation Jordan High
Shauna Young
- Best Knife Skills Pleasant Grove
Melody Anthony
- Best Menu Taylorsville High
Carol Anne Rockwell
- Best Dessert Park City
Katie Marshall
- Best Appetizer Lone Peak High
Becky Cox
- Best New School Carbon High
Daphne Stockdale
- Best Team Work Cedar High

- Mary Christensen
Best-Dressed Canyon View High
Julie Willis
- Best Food Handling Murray High
Kay Morgan
- ProStart Teacher of the Year,
Mary Christensen, Cedar High School, Cedar City, Utah.
- ProStart Student of the Year,
Thomas J. Cook, Carbon High,

“Congratulations to Provo High School who placed third at the National ProStart competition in San Diego”



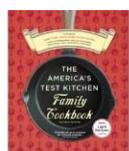
What would Ellen Think?

Chris Moore

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FACS EDUCATION....

100 Years and Going Strong

FAMILY AND CONSUMER SCIENCES SUMMER CONFERENCE 2009

Sponsored by the Utah State Office of Education, Career and Technical Division

June 17 - 18, 2009

**Brigham Young University
Wilkinson Student Center
Provo, Utah**

**Guest
Speakers**

Joyce B. Miles CFCS, Retired

Leader and Professional in Family and Consumer

In celebration of the AAFCS Centennial, Joyce Miles will be talking about the history of Family and Consumer Sciences to audiences across the country by telling the remarkable story of Ellen Swallow Richards (1842-1911), a pioneering visionary in this field. Joyce brings to life this progressive woman whose achievements a century ago seem surprisingly contemporary - nutrition education, water-equality testing, and promoting science education for woman, to name just a few.

John Johnson, CEC, CCE, AAC

Excellence in Education

**Conference
Information**

For Registration Information, Conference Schedule, Quilt Show, Vendor Exhibit, and Lodging Information visit the summer conference link on the FACS/USOE Website: http://www.schools.utah.gov/cte/facs_summer.html

ONLINE REGISTRATION AVAILABLE NOW!

Register Early!

\$40 (received at USU before May 8, 2009)

\$45 (received at USU after May 8, 2009)

Call for Home & Family Perspective Journal Articles

JOURNAL OF THE UTAH ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

SUBMISSION GUIDELINES

The submission deadline for the 2009 issue is **June 15, 2009**. Articles must be submitted electronically as an attached Microsoft Word document to Darlene Christensen at darlene.christensen@usu.edu. Authors must submit 2 attached documents; one with the author information and another **without** the author page or any reference to the author, state or institution in the text. The author(s) is solely responsible for the content, accuracy, and clarity of the entire submission. Articles not formatted correctly or found with grammatical and spelling errors will be returned to the author. Changes may be made, but will not be reviewed again until 2010 call for paper appears.

Author Page: The title of the article, author name, title,

affiliation, postal and e-mail addresses, telephone and fax numbers should be provided on a separate author page.

Authors will be listed in the order they are submitted on the author page.

Following the author page, two to eight pages of text may be submitted on 8½" X 11"

paper with 1" margins. Text must be double spaced in 12 font, with the title of the article

appearing at the top of the first page. Text of the article should be divided into subcategories corresponding to: introduction, objective

(purpose or hypothesis), method, findings and summary. No more than one additional page may be included with

references, charts, and graphs. Each table or figure, formatted using current APA style,

should be placed on a separate page. References should be alphabetical by author,

cited using the current APA

style and left-justified. List only those references cited within the article.

The review process will be completed by July 30, 2009. Each article will be read by two

or more blind reviewers. Comments will be sent back to the author to improve the article. Authors will be requested to make revisions and changes by August 30, 2009.

The Journal of the Utah Association of Family and Consumer Sciences only accepts articles that have not been previously published.

The journal is an electronic publication and will appear at www.uafcs.org by September 30, 2009.

Editorial Board:

Darlene Christensen, Utah State University Extension
 Pearl Hart, Utah Office of Education
 Lindsey Shirley, Utah State University
 Joanne Roueche, Utah State University Extension

"The submission deadline for the 2009 issue is June 15, 2009"

Congratulations Kathy Croxall

Kathy Croxall will receive the AAFCS Leader Award at the AAFCS Annual Meeting in June. She also has accepted a teacher education position at Western Kentucky University.

We would like to wish her a heart-felt good-bye

and wish her well. Thank you for your years of hard work for our organization and your fellow professionals in the state.



A Call for News

Family and Consumer Sciences Professionals:

We are looking for "News About You" for our Fall Edition of the Utah Association of Family and Consumer Sciences Newsletter.

Are you new to the state? Did you just finish a degree? Are you starting a new program or continuing a highly successful one? Did you recently receive an award, publish an article, or serve on a committee? Do you have a new job? Did you just have or are you expecting a new baby? Did you get married? Are you retiring? Did you run a marathon, or start a new business? What is it about life that you are enjoying? etc., etc., Please let us know. Send "News About You" to tjdenison23@msn.com

One or two liners will do!

Foods and Nutrition Update

Increasing obesity in the adult population of the U.S. is well documented. Unfortunately, the trend towards overweight children and young adults is reaching epidemic proportions as well. "Epidemic is absolutely the correct word for what we are seeing" says Dr. David Ludwig, Director of the Obesity Program at Children's Hospital in Boston, Massachusetts. When discussing children the word obesity is generally not used, but children may be defined as being "overweight" if they have a BMI greater than the 95th percentile or as being "at risk of overweight" if their BMI is between the 85th and 95th percentiles. Over the last 25 years the percent of overweight children and teens in the U.S. has risen steadily. Utah is not exempt from this problem. A study conducted in 2002 by the Utah Dept of Health showed that 1 in every 4 Utah children grades K -8 was overweight or at risk of becoming overweight. So why is this a concern? The list of health related problems associated with being an overweight child is lengthy and includes, among others, elevated cholesterol and other lipids, hypertension, type II Diabetes, sleep apnea, liver abnormalities, orthopedic problems, asthma, and depression. Equally lengthy is the list of possible causes for this increase in overweight children. While genetics and medical conditions have always been with us, some of the other reasons postulated include: lack of exercise and physical activity, outdoor play being replaced

by entertainment with video and computer games, increased calorie intake due to high fat or high sugar foods, a general increase in size of portions served, easy child access to food with no set limits, meal skipping, lack of family meals, and eating for non-food reasons. Perhaps more important than the reasons why overweight is increasing is the question: what can we do about it? Nutrition education of the youth and their parents is essential, helping individuals have increased physical activity is critical, and facilitating changes in behaviors associated with foods and eating is imperative. Perhaps, as suggested by Mark Fenton of the UNC Pedestrian and Bicycle Center, we need to change the conversation. He stated: "It's not just an obesity epidemic. It's an epidemic of physical inactivity and poor nutrition." What are some specifics we can advocate to change the conversation? A partial list might include:

- Encourage breastfeeding
Infants who are breastfed are less likely to be overweight later on
- Make meals together as a family a priority
Studies show this has significant benefits in many areas of a child's life including better nutrition
- Insist on breakfast
- Turn off the TV while eating
- Limit eating in the car or in combination with other activities
- Make a shopping list and be sure to have fresh, wholesome foods readily available
- Avoid "super-sizing" and be aware of "portion distortion"

- Do not restrict or dictate food choices, but rather, provide guidance
 - Don't use food as a reward or bribe
 - Use lower fat milk options
 - Encourage water as a beverage while making sodas, sports drinks, and juice consumption in excess of ½ cup daily less available]
 - Find other ways to deal with feelings besides food
 - Have a positive attitude about eating
 - Develop self-esteem and a positive body image
 - Don't forget physical activity as a fun family activity
 - Decrease "screen" time to less than 2 hours per day for older children and follow the American Academy of Pediatrics guideline of no TV time for children less than age 2
Be a role model by doing these things yourself
- It behooves us as professionals and as parents to look at the issue, set goals, and get involved in helping our children to be healthy. These actions can forestall the prediction of many that the youth of today may well be the first generation to have a shorter life expectancy than that of their parents.

Artis Grady
Food & Nutrition
Subject Matter
Chair

CTE Intro New Teacher Training

CTE Intro New Teacher Training - August 6-7., 2009
8:00 a.m. to 4:00 p.m. both days
1.0 USOE credit for attendance at **both days**
7 hours Professional Development credit for one day attendance.

Location for August 6:
Granite Technical Institute
2500 South State Street
Salt Lake City, Utah
No registration fee - lunch will be provided. Last day to register: August 3, 2009
At our FACS website under the calendar link you can find the

registration link for the August 6-7 training.
http://www.schools.utah.gov/cte/facs_calendar.html



**MONDAY & TUESDAY
JUNE 15-16, 2009**

**Annual
FACS
Nutrition &
Food Science
Conference**

8:00 AM—5:00 PM

BYU HARMON

The goal of the Annual Nutrition and Food Science Conference is to provide teachers with:

- Current nutrition research
- Nutrition teaching resources

To accommodate these goals, the format of this year's nutrition conference will feature nutrition research updates and nutrition teaching resources.

**Theme:
Healthy Families
in a Sustainable
Environment**

Featured Keynote Speakers:
Pamela Hansen, author of *Running with Angels* & Pauline Williams from Primary Children's Hospital

**Registration available:
<http://facs.usu.edu>
\$35 Pre-Register**



- Questions? Please contact USU Extension Agents:
- Jana Darrington (Utah County 801-851-8468 or jana.darrington@usu.edu)
 - Joanne Roueche (Davis County 801-451-3404) joanne.roueche@usu.edu)

Individuals who attend the two-day conference on June 15th & 16th will receive USOE credit. During the workshop, participants wishing to do so may register for university credit from BYU. Credit will vary from 1 hour and will be explained further during the final conference session on Tuesday

Utah State University is an affirmative action/equal opportunity institution.

Lighting in the Home

The majority of lighting in homes is done by either incandescent or fluorescent lights, but that is soon to change. Why?? The incandescent light bulb has been deemed too inefficient to continue to use, so will be phased off the U.S. market beginning in 2012 under the new energy law just approved by Congress. Although this will reduce electricity costs and minimize new bulb purchases in every household in America, you may be feeling a bit "in the dark" about the losing your old, relatively reliable source of light. Here's some information that may help.

Why is this move being made?

More efficient lighting is one of the lowest-cost ways for the nation to reduce electricity use. A 60 to 70 percent reduction in light bulb energy use will save as much energy *annually* as that used by all the homes in Texas last year. That's a big savings. Along with that savings, it will actually save households money because of lower utility bills. Ninety percent of the energy that an incandescent light bulb burns is wasted as heat. And yet, sales of the most common high-efficiency bulb available—the compact fluorescent (CFL)—amount to only 5 percent of the light bulb market. Earlier this year, Australia became the first country to announce an outright ban by 2010 on incandescent bulbs. The change-over in the United States will be more gradual, not mandated to begin until 2012 and phased out through 2014. However, some manufacturers may phase out earlier.

Where are the savings?

Each cone-shaped spiral CFL costs about \$3, compared with 50 cents for a standard bulb. But a CFL uses about 75 percent less energy and lasts five years instead of a few months. A household that invested \$90 in changing 30 fixtures to CFLs would save \$440 to \$1,500 over the five-year life of the bulbs, depending on your cost of electricity. Look at your utility bill and imagine a 12 percent discount to estimate the savings.

Do they really last longer?

The answer is "Yes", IF.....Turning a CFL on and off frequently shortens its life, which is why the government's Energy Star program says to leave them on

for at least 15 minutes at a time.

Also, if you have dimmable light fixtures, make sure to buy CFLs labeled "dimmable." All CFLs that carry the government's Energy Star label are required to carry a two-year limited warranty, so contact the manufacturer if your bulb burns out prematurely. The Energy Star website has a good FAQ on CFLs.

The lighting color is not the same, now what?

When they first hit the market, CFLs had a limited range of tones. Now, manufacturers offer a wider variety, but there is not an agreed-upon labeling standard. The Energy Star program is working to change that. But for now, look for lower "Kelvin temperatures" like 2,700 to 3,000 for "redder" light, closer to old-fashioned incandescent bulbs, while bulbs with Kelvin temperatures of 5,000 and 6,500 provide more "blue" and intense light.

Don't CFLs have mercury in them?

Yes. The toxic substance mercury helps CFLs produce light. Even though the amount sealed in each bulb is small—one old-fashioned thermometer had about 100 times as much mercury—contact local trash collection for disposal instructions. Environmentalists agree that more work must be done on bulb recycling programs. Right now, you can return any CFL to any IKEA store for recycling, and the Environmental Protection Agency and Earth911 have sites you can search for other recycling programs near your home.

How do I handle a breakage?

Maine's Department of Environmental Protection has developed the best advice on the procedures to follow if a CFL breaks. Don't use a vacuum. Maine officials studied the issue because of a homeowner in that state who received a \$2,000 light bulb clean-up bill from an environmental hazards company—a story that has circulated around the country and increased consumer concerns about CFLs. It turns out

that the company's advice was overkill, and a subsequent analysis showed no hazard in the home. But the bulbs must be handled with caution. Using a drop cloth might be a good new routine to develop when screwing in a light bulb, to make the clean-up of any breaks easier. By the way, don't think that incandescent bulbs are mercury free. In the United States, the chances are at least 50 percent that their light is generated by a coal-powered plant featuring mercury as well as other types of pollution. *Popular Mechanics* recently crunched the numbers to find that even if the mercury in a CFL was directly released into the atmosphere, an incandescent would still contribute almost double that amount of mercury into the environment over its lifetime.

Isn't there efficient lighting without mercury?

Yes. By 2012, the chances are good that consumers will have many more options to replace incandescent bulbs. Manufacturers already are deploying advanced incandescent bulbs that are efficient enough to stay on the market after 2012, although they are not yet as efficient as CFLs. Even more exciting are the developments with light-emitting diodes (LEDs), which are jazzing up holiday lighting. The European electronics firm Philips this year acquired several pioneering small technology companies and plans a big push to make LEDs practical for ordinary lighting purposes. The lights on the New Year's Eve Times Square Ball could one day brighten your home. LEDs last even longer than CFLs and will make bulb buying more like an appliance purchase than a throw-away item.

Hope this sheds a little "light" on the subject of the new lighting changes underway!!

(Source: Edited from **US News and World Report**, Sept. 18, 2008)



Teresa Hunsaker

ProStart Summer Trainings



ProStart Professional Development Training

For: ProStart Teachers

- New (5 years)
- All interested in starting ProStart

When: Thursday, June 18, 2009

Time: 4:30 p.m. - 7:00 p.m.

Where: Wilkinson Student Center (WSC), BYU, Provo UT

This meeting is for new ProStart teachers and teachers who have taught ProStart up to 5 years. This meeting will cover what you need to know to run your ProStart program and Tips and Tricks of the trade. Great time to come with all your questions about ProStart and learn from other new teachers. Dinner will be served.

Please RSVP to Susan Schumacher:

Cell: 801-830-3776
Home: 801-785-4981
E-mail: firstbend@firston.com

ProStart August Training

For: ALL ProStart Teachers (0-15 years)

When: August 3-7, 2009 (Full Week of Training)

Time: 7:30 a.m. - 7:00 p.m.

Where: Culinary Arts Institute, Utah Valley University, Orem UT

Hands-on training with university instructors and industry culinary specialists. Trainings for the new management competition. Information on 3rd edition ProStart Textbooks/ Curriculum and online testing with the NRA. The UVU registration cost of \$575, meals and materials will be paid by URA/USOE. Contact Susan ASAP if you have not already notified her to reserve your spot for this training.

Please RSVP to Susan Schumacher:

Cell: 801-830-3776
Home: 801-785-4981
E-mail: firstbend@firston.com

Nominate Your Colleagues for a UAFCS Award

The UAFCS Awards Committee is seeking nominations for the 2009 UAFCS Awards. Take some time to contemplate who among your colleagues deserves recognition.

UAFCS awards include:

- Distinguished Service Award
- Outstanding Leader Award
- Outstanding FCS Professional in Extension Award
- Teacher of the Year Award
- New Achiever Award
- Friend to Family and Consumer Sciences Award



With the exception of the Friend to Family and Consumer Sciences Award, all nominees should be current AAFCS Members. Many award recipients become Utah's nominee for the corresponding AAFCS National Award the following year, provided the awardee submits the appropriate paperwork.

UAFCS also awards five scholarships to FCS students; one graduate scholarship, three undergraduate scholarships, and one high school graduating senior scholarship.

Be thinking of who you would like to nominate. More information will be sent out in early fall. Nominations will be due the end of September 09.

Nominations for these awards and scholarships should be submitted to the UAFCS Awards Committee. Susan Smith, Grantsville teacher and Susan Haws, Summit County Extension Agent are the awards/scholarship committee.

Kathy Croxall Going Away Memory Quilt

As most of you know, Kathy Croxall, a dedicated UAFCS member, and one of our "pillars" of strength throughout the years will be relocating this summer to a new state.



We would like to acknowledge all Kathy has done for us by making her a memory quilt. **If you are a quilter, we ask that you make a 9" quilt block that in some way represents what Kathy has given to the Family & Consumer Sciences field. Please bring quilt blocks to the annual fall conference.**

We will also have quilt blocks available for you to embroider on or design with fabric markers during the annual conference. **If you don't quilt, don't worry. You will still be included in the project in this way.**

We will mail the quilt to Kathy once it is complete. Questions? Please contact Darlene at darlene.christensen@usu.edu

An Update on Certification



Marilyn Albertson,

UAFCS
Certification
Chair

Certification fee changed from \$35 to \$50.

CFCS Renewal can now be done online.

You may do so online at https://secure1.podi.com/aafcs/maintenance_form.cfm, or you can send in the \$50 maintenance fee to AAFCS, PO Box 79377, Baltimore, MD 21279.

Retired Professionals. Those who meet the eligibility criteria and have requested a change to the "Retired" category for their CFCS credential are no longer required to report PDUs to maintain their certification.

Certification for Pre-Professionals. AAFCS is pleased to announce the Pre-Professional Assessment and Certification (Pre-PAC) program, creating the premier family and consumer sciences pre-professional assessment and certification system in the nation.

Product Portfolio and Development Schedule The Pre-PAC program will initially develop pre-professional assessments and industry-recognized certifications for those areas of family and consumer sciences where there are current voids. Eleven general career areas are currently targeted for development by early 2010.

Subsequently, additional development will occur based on need and feasibility. Areas being developed include: Personal and Family Finance; Early Childhood Education; Broad Field Family & Consumer Sciences; Education Careers; Nutrition; Interior Design; Fashion, Textiles and Apparel; Culinary Arts; Family Sciences; Housing; Food Science.

Product Launch 2009 - The personal and family finance assessment and certification, part of the pre-professional level assessment and industry-

recognized certification products

currently under development by AAFCS will be available for use during the late 2008/early 2009. For further information please contact: Gay Nell McGinnis; Division Director of Credentialing, Professional Development and Public Policy; 703-706-4600;

gmcginnis@AAFCS.org; www.aafcs.org. Food Science.

For those UAFCS Members who are not yet Certified:

You Can Access the new FCS examination Study Guide, Candidate Information Bulletin and Special Use Administrative Guide Now! (<http://www.aafcs.org/certification/achievement.html>)

To become certified, an individual must earn a minimum of a baccalaureate degree and successfully complete one of three available National Family & Consumer Sciences Examinations. The [study guide](#) for the National Examinations provides information about the content of the examination, sample test questions and a list of publications and textbooks in each of the content areas covered by the examination. The three examinations are:

- Family & Consumer Sciences (FCS) – Composite Examination
- FCS – Human Development & Family Studies (HD&FS) Concentration Examination
- FCS – Hospitality, Nutrition, & Food Science (HN&FS) Concentration Examination

These examinations serve multiple purposes. Colleges and universities can use them to test the subject matter

competence of their graduates, credentialing agencies can use them to test subject matter competence of candidates, and employers can use them to determine subject matter competence of potential employees and professional development needs of employees. Achieving a passing score on one of the exams is a way of assuring others that a family and consumer sciences professional has attained a threshold level of knowledge about the field.

Passing one of these examinations is a requirement for national certification in family and consumer sciences, known as Certified in Family and Consumer Sciences (CFCS). Becoming a CFCS, CFCS-HDFS, or CFCS-HNFS provides an important statement to others of your commitment to professionalism. Earning the right to use the credential designations after your name affirms your competence in family and consumer sciences and your commitment to continuing professional development. It assures others that you have current knowledge, skills, and abilities that enable you to improve the quality and standards of individual and family life through education, research, cooperative programs, and public information. See www.aafcs.org for more information about achieving CFCS certification status after passing the examination.

As a, former teacher, and current Family & Consumer Science Agent and educator with Utah State University Extension, my administrators, colleagues and clients have seen me as a much more credible professional being certified. They are assured that I am continuing to keep my knowledge and skills base current. I encourage you to consider the long-term benefits of staying on the cutting edge of the profession by becoming certified.



Utah Association of Family & Consumer Sciences

.... at the heart of home and beyond.

Teresa Denison, PhD
UAFCS Newsletter Editor

801-756-0828
tjdenison23@msn.com

The Utah Association of Family and Consumer Sciences (UAFCS) is a state affiliate of the American Association of Family and Consumer Sciences (AAFCS). AAFCS was founded in 1909. UAFCS is a non-profit professional organization whose purpose is to improve the quality of individual and family life.

The AAFCS is the only national organization representing family and consumer sciences professionals across practice areas and content specializations.

Who Belongs to UAFCS

Members of the Utah Association of Family and Consumer Sciences represent a comprehensive cross section of the family and consumer sciences profession. Opportunities for involvement in the association occur at the national and state levels, as well as with colleagues in professional sections and subject-matter oriented divisions. Examples of career specialty areas in the professional sections and divisions include: It would also be useful to include a contact name for readers who want more information about the organization.



UAFCS Fall Conference, Mark the Date!

Mark Your Calendars!!!!
UAFCS Fall Conference
Friday October 23-Saturday October 24, 2009
Tooele, Utah
(a short 30 minute drive to downtown SLC)

“Tempering Tough Times”
Cost: \$50 Non-Professional
\$40 Professional
\$25 Student

Details/Agenda Coming Soon!

As a Board we know times are a bit tough right now so we wanted to have a conference to help us help others “weather the storm”, and gather strength as an organization.

