



**Summer 2014
UAFCS Newsletter**

Creating Healthy and Sustainable Families

President’s Message – Ann Hardman

Two years ago, when I was approached by the UAFCS Nominating Committee about running for the position of President Elect, I was at first flattered, and then confused. I was being asked to potentially lead an organization that I respected, but knew very little about. What did AAFCS do for FACS professionals in general? What did they do for me? I was a member because it is important to me to be part of a professional community, and I was surrounded by professional people who were mentors and great examples. What I couldn’t see was a tangible return for my investment. After being elected, I made the comment that I would serve to the best of my ability. However, if I wasn’t converted by the time my two years were up, I would no longer choose to be a member.

Since that time I have searched the national web site, asked questions of national personnel, talked to mentors and past leaders, and gained wisdom from current board members. What I have discovered is this: the return is massive, but we just can’t readily “see” it. Strong families are imperative if we want to teach skills that build strong relationships, strong communities, a strong nation and beyond. Sadly, the world we live in has, to a large extent, lost the vision that family is the basic building block in our society. Schools and communities are losing programs, homes and families are not valued as they once were.

The American Association of Family and Community Sciences is a voice on our behalf. They “represent Family and Consumer Sciences professionals across practice areas and content specializations.” In 2006 they established the FCS Alliance, which is a group of eleven related national organizations, two honor societies, FCCLA, and the USDA Institute of Food and Agriculture, Family and Consumer Sciences. They do research, they track legislation and lobby in our behalf. They provide support and professional development to professionals in all areas of FACS. They produce 10 to 12 professional development webinars each year.

Join us and add your support to the “Voice of Family and Consumer Sciences.”

www.aafcs.org/Membership/Join.asp or link on www.uafcs.org

The AAFCS Vision: “Individuals and communities are achieving optimal quality of life assisted by competent, caring professionals whose expertise is continually updated through AAFCS.”

Our Mission — Association Members:

Believe in the family as a fundamental unit of society
 Support life-long learning and diverse scholarship
 Exemplify integrity and ethical behavior
 Seek new ideas and initiatives and embrace change
 Promote an integrative and holistic approach, aligned with FCS body of knowledge, to support professionals who work with individuals, families, and communities

AREAS of Focus:

Consumer Issues
 Family Finance
 Food Science
 Housing & Interior Design
 Human Development
 Nutrition & Wellness
 Textiles & Apparel

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| <p>Mark your calendar and go “AWOL”!</p> <p>(A Week-end of Learning/ Leisure)</p> <p>UAFCS Fall Conference November 7-8, 2014 BYU Salt Lake Center</p> <p>FIND YOUR TREASURE WITHIN!</p> | <p>By-law Proposals</p> <p>Levels of Membership will be Professional = \$150 Emeritus = \$100 Student = \$50 (was \$60)</p> <p><u>Webinars will be free to members (were \$50 each)</u></p> |
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NUTRITION AND FOOD SCIENCE -- FACT OR FAD?

Artis Grady

We all eat every day. We would also like to be healthy. Consequently, people tend to have opinions, questions, and ideas about what, when, or how they should eat to achieve optimal health.

Much information, and sometimes misinformation, is readily available on the Internet, via social media posts, in advertising, spread through word-of-mouth, or by other means. New ideas are prevalent, but are the latest trends and hot new ideas grounded in truth?

Some examples of nutrition questions and ideas that have been advocated in the recent past include: Is using coconut oil a healthier fat choice? Would most people benefit from eliminating or reducing gluten in their diets? Is supplementing with vitamin D necessary? Should people be increasing their protein intake and decreasing carbohydrate consumption? The list could go on and on.

As educators and FACS professionals we have an obligation to ensure that the messages we share with our students and the public are based in fact. What is the truth about these aforementioned ideas? What does actual research indicate? Before sharing trendy ideas, look to reputable research, not hearsay, for the answers. Evaluate information sources. Make sure you are sharing truth, not fads.

A couple of reputable places you might look for current nutrition information include:

<http://www.eatright.org/Public/>

<http://www.ars.usda.gov/News/docs.htm?docid=1276>

(follow links for Consumer Corner, Recent Food and Nutrition News, Newsworthy Nutrition Issues, and Food and Nutrition Research Briefs)

APPAREL AND TEXTILES

Betty Murri

From the Dry-cleaning and Laundry Institute International HOT PRESS October 22, 2013

VISUAL GUIDE OUTLINES HOW MEN'S SUITS SHOULD FIT

Men's suits can be tricky things, and if you don't have a reason to wear one often, you may not be sure how it's supposed to look once you pull one on. The following visual guide from Real Men Style will help you make sure your suit fits perfectly, from collar to cuffs.

<http://lifehacker.com/this-visual-guide-outlines-how-mens-suits-should-fit-1444682567>

WORTH THE COST OF TUITION

Ann Hardman

When measuring sticky ingredients like shortening or peanut butter, first line your measuring cup with plastic wrap. Pack the ingredient into the cup. Lift out the plastic wrap, invert the wrap, dump the ingredient into the mixing bowl, throw away the plastic wrap, and then put the "clean" cup away.

I tell my SFL 110 students that if this is the only thing they learn in class, it is worth the cost of their tuition.