

UAFCS

Newsletter of the Utah Association of Family and Consumer Sciences

AAFCS Vision

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"Individuals and communities are achieving optimal quality of life assisted by competent, caring professionals whose expertise is continually updated through AAFCS."

Scholarship Winner

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Carly Vanderhorst, FCS Undergraduate Student Carly will be a spring graduate in the Family Consumer Sciences Field. She is a student at USU and has served as a summer intern for USU in Washington County. Carly has served a LDS mission and recently married. She looks forward to teaching in the FACS discipline. Carly was awarded the FCS Student -scholarship for 2014.

Save the Date!

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Save the date for our Fall 2015 Conference!

President's Message

Carolyn Washburn

A united UAFCS association can increase the economic, social, and political well-being of our Utah families. The FACS discipline provides education for better health, happier families, and encourages financial stability. We are not an

"elective "or an outdated profession. We are the backbone and strength of society which empowers families. Family Consumer Sciences educators can assist in helping individuals and family meet the challenges of everyday life. We provide valuable resources for all communities. We are the best!

The Utah Association for Family Consumer Sciences is a mixture of public and university educators and community people who desire to be involved in this discipline. Mingling with individuals from different avenues is a great strength.

An additional opportunity within the FACS discipline is mentoring new educators. What a great resource YOU can become to new individuals entering this discipline. To be part of an organization who encourages students to become FACS educators. I take this opportunity to invite you to participate in this organization. Mark your calendars to attend the BYU FACS summer conference June 16-18, 2015, and to attend the fall 2015 conference at the BYU Center in SLC. We need and want your participation.

If not a member, please consider becoming one. If a member, encourage a friend or colleague to join. It is an excellent opportunity to meet fellow educators, and to keep in touch with what is happening in the FACS field.

Remember: United, FACS educators can make large differences for today's families. Become part of the movement to provide quality lifestyles.





The Latest Financial News

Julie Wheeler
Family Economics and Home Management Chair

Thieves are even stealing children's identity. If they can get a child's SS#, they can open an account in their name. The child (or parent) has no idea there is a problem because the child normally wouldn't even have a credit report to monitor. There is a way to stop that from happening. A parent can put a security freeze on a child's credit report before they even have one. Go to:

<http://idtheft.utah.gov/>
and click on "Child Identity Protection." Then follow the directions to put on the freeze.

There is no end to the new ways scammers find to make our lives miserable. Keep current and stay informed.

Nutrition and Food Science: Fact or Fad?

Artis Grady
Nutrition, Health, and Food Management Chair

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>

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



“How Great Their Art”

Rea Gubler

Family Relations and Child Development Chair

As FCS professionals, we have been trained to encourage and embrace creativity in many forms beginning in the very early years. We know that children’s art is much more than scribbling and that it is indeed, an important way for children to communicate thoughts and feelings that a limited vocabulary might not allow at an early age. Working with creative materials is a critical part of early childhood development as it enriches and increases growth in social, cognitive and physical domains because as the saying goes, ‘A Child’s Play Is His Work!’

The National Association for the Education of Young Children (NAEYC) sponsors the “Week of the Young Child” annually. The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we—as citizens of a community, of a state, and of a nation—will better meet the needs of all young children and their families.

This year, the Week of the Young Child is being celebrated April 12 through 18, with the theme of “Celebrating Our Youngest Learners”. The Utah System of Higher Education Early Childhood committee decided to commemorate this week as a state-wide effort. The faculty of all of our colleges and universities are promoting a fun challenge for all of our university and college presidents. Each president will challenge, or be challenged by another president, to **“Fingerpaint with a Child”**.



On March 28, the annual Utah Early Childhood Conference will be held at Weber State University. The challenge to Utah’s higher education presidents to **“Fingerpaint with a Child”** will be made during the opening session that day. We are hopeful that either Gov. Herbert or Richard Paul Evans (keynote speaker) will initiate the challenge, in celebration of our youngest learners! The challenge is open to all and could certainly be implemented into most FACS programs, classes and associations, so take the challenge and issue the challenge in your FACS program to help focus and increase public attention on the importance of young children and families!

What's Ahead for Spring Fashion 2015

Dawna Baugh

Clothing and Textiles Chair

Spring is the season of new beginnings and renewed energy. We are excited to start planning some spring planting, or to get outdoors and take a walk in the park, or maybe doing a little spring cleaning. Of course, what's on all of our minds at this time? The inevitable question; Will our summer clothes still fit? Or how about; What can we do to update our spring wardrobe? Well, I can't really help you much with the first question other than a few tips on altering ready-to-wear clothing, but I could give you a few ideas on some fun summertime fashion trends. Hopefully there will be something that sparks your interest. Here are a few top trends.

(1) Gingham everywhere - lots of colors and different styles from dresses to jackets and shorts. It could be flowy and drapery, or more tailored and classic. Lots of different sizes and even some gingham look-a-likes. You could redo your favorite gingham tablecloth into a fun outfit!

(2) 70's all over again - you know what they say, "if you've worn it once you don't have to wear it again." This time around you might want to wear it again. Lots of denim in shirts, tops, skirts and yes, jeans. Jeans that are reminiscent of days gone by (for a few of us). Try flared, full, wide legged and cropped. Don't forget to add a little eyelet to the mix.

(3) Animal prints extraordinaire - we're not talking about your basic leopard prints, No these animal prints are very unusual, such as animal faces, creepy crawlers, seahorses, jelly fish, peacocks, etc. The more detailed and ornate the better. You can have some real fun with these.

(4) Stripes Rule - make a statement with statement stripes. These stripes are not just big and bigger. No, these stripes are all about placement and positioning. They can go every which way, across, up and down, diagonal. They can change up hemlines and necklines. Pair them with prints, colors, you name it. Go crazy!

I hope these summer trends give you some creative and fun ideas of how to update your wardrobe this spring. Go shopping, I say, it's good for what ails you. And have a fun summer.

Corn and Black Bean Salsa Pearl Hart USOE

Ingredients:

1 can (15-1/4 ounces) whole kernel corn, drained
2 can (15 ounces) black beans, rinsed and drained
2 can (15 ounces) diced tomato, one with green chilies
2 large tomatoes, finely chopped
1 large red onion, finely chopped
1/4 cup minced fresh cilantro
2 garlic cloves, minced

Dressing:

2 tablespoons Orange Juice concentrate
1-2 tablespoons canola oil
1/4 teaspoon salt
1/4 teaspoon ground cumin
1/4 teaspoon pepper

Directions

In a large bowl, combine the first six ingredients. In a small bowl, whisk the dressing ingredients; pour over corn mixture and toss to coat. Cover and refrigerate for at least 1 hour. Stir before serving. Serve with a slotted spoon. Yield: 8-12 servings. Optional: Add 1-2 diced avocados.