

The NEWS in Family and Consumer Sciences

Volume 30

Volume 30, Issue I

FALL, 2011
NEWSLETTER

Welcome Our New State FCCLA Advisor

Cynthia Arendt, Ph.D.

Director, Family Consumer Sciences and Human Services



Gayla Westergaard joined the state staff November 1 as supervisor and FCCLA State Advisor. Gayla has worked at the Department since 1987. She most recently served as DECA State Advisor in the Business, Marketing and Information Technology section, Office of College and Career Readiness. Prior to March 2009, she was supervisor in the Department's Public Information section, Commissioner's Division. She has a bachelor's degree in vocational home economics and journalism from Lincoln University.

She hit the floor running and is busy creating STAR Event quizzes and tests, planning the Winter Board meeting and learning the FCCLA programs.



INSIDE THIS ISSUE:

New FCCLA State Advisor	1
From the Director	1-2
FCCLA	2
Mentoring	3
ProStart	3-7
LifeSmarts	8
MoEFACS	9
Contact Info	9

From the Director

Cynthia Arendt, Ph.D.

Director, Family Consumer Sciences and Human Services

This summer and fall has been very busy for staff at the Department as I know it has been for each of you. We all know that more and more is expected with fewer resources available to achieve those expectations. We have been down two staff members for almost a year, making it a challenge to provide the service and assistance that we want to give and that you all have come to expect.

I have been truly touched by the individuals who have stepped up to offer their assistance and help during the past few months while we did not have a State Advisor for FCCLA. Not one single person has turned me down when I have asked for help. I am happy to announce that we have hired Gayla Westergaard as the new State Advisor. She immediately jumped in and started getting things organized, and together we will continue to work toward planning and providing a great state conference.

I have always recognized that a lot of details have to be handled to run a large organization. I have great admiration for each of our State Advisors—DECA, FCCLA, FFA, FBLA, SkillsUSA and TSA. The opportunities these organizations provide for students—to build technical skills, practice critical thinking, work in teams and develop leadership skills is facilitated by a well run statewide program. This is even truer at the local level where each of you as teachers and advisors guide those students on a daily basis.

I am not sure where the time has gone since March when Christine announced she had taken a position as the Competitive Event Coordinator for the National FCCLA Association. We are very proud of her. She immediately had to turn her energy towards the management of STAR Events at the national meeting in California and I immediately begin the process of getting things organized for our officers and students going to the National meeting. We had great representation in California; the students participating in STAR Events did a great job! To see just how well they did if you have not checked it out already you need to visit <http://www.dese.mo.gov/divcareer/documents/2011-NLC-STAR-Events-Winners.pdf>



A newsletter for family consumer and human services educators, published three times during the school year by the Missouri Department of Elementary and Secondary Education.



Continued, page 2

From the Director—continued

It has been overwhelming trying to put all of the pieces together, contracts, rules, navigating the mounds of documents—I know how new teachers feel. I am more convinced than ever that a good mentor is a blessing. I am thankful to Jamie and the teachers who have been there to answer questions and share their expertise. While Christine left things very organized figuring out all of the different parts of the whole has been a steep learning curve. In my position as director, I do not have the opportunity or pleasure to work as closely with the students as the State Advisors do in their role. I realized once again how much I miss that relationship with students and why I became a teacher. I am continually amazed at how creative, dedicated and caring they are. All of this is to say, a big thank you to each of you, teachers and students, for your patience and understanding this year. I know that you will give that same patience, understanding and support to Gayla as she assumes her new position.

FCCLA Distinguished Service Award

From Gayla Westergaard

Supervisor, Family Consumer Sciences and Human Services

Cynthia K. Arendt, Ph.D., Director, Family Consumer Sciences and Human Services, was awarded the FCCLA Distinguished Service Award during the National FCCLA Leadership Conference in Anaheim, California. The award is given to those individuals whose service and contributions to the Family, Career and Community Leaders of America (FCCLA) is considered exceptional. Her work on national and state committees, as well as numerous articles regarding the purposes and mission of FCCLA, has provided leadership for the integration of FCCLA into the FCS curriculum not only at the local level but at the national level. At the state level, Dr. Arendt has always been a constant advocate for leadership development and personal growth through FCCLA and Family and Consumer Sciences Education. Her contributions can be measured by the times she has said “go for it, let’s try something new—this is good for programs and students.”

Honor for the National FCCLA Organization

From the Director

Cynthia K. Arendt, Ph.D.

FCCLA Recognized for Our Traffic Safety Programming

As part of the 2011 National Youth Traffic Safety Month, FCCLA was presented with the first annual NOYS Youth Choice Awards at the National Youth Traffic Safety Month press event held in conjunction with the worldwide launch of the Decade of Action for Road Safety on May 11th in Washington, D.C. At the event, the National Organizations for Youth Safety (NOYS) recognized the outstanding efforts of nonprofit organizations, business and industry leaders, and legislative representatives working to make a difference in youth traffic safety. Denise Morris, Chair of the FCCLA Board of Directors and Oklahoma State FCCLA Adviser, received the award on behalf of FCCLA at the event that was moderated by the Honorable Norman Y. Mineta, the former U.S. Secretary of Transportation under President George W. Bush. Other speakers included Senator Amy Klobuchar of Minnesota (D), R. Gil Kerlikowske, Director, White House Office of National Drug Control Policy, and the David I. Strickland, Administrator, National Highway Traffic Safety Administration.

Youth from across the country selected FCCLA to receive the 2011 NOYS Non-profit Organization Youth Choice Award. During the 2010-2011 school year, 103 national affiliated FCCLA chapters worked together to support the FACTS program by creating and implementing projects to educate their peers and community members about traffic safety.

Teachers Mentoring Teachers

From Merilee Thoenen

Supervisor, Family Consumer Sciences and Human Services

Mentoring is not a new idea, but it is an idea worth acting upon. The chance for our new and returning Family Consumer Sciences and Human Services teachers to have a mentor available in those first two crucial years has been invaluable for many of them.

This year we have 28 first year protégés matched with 28 experienced educators. Some of the protégés are recent Family Consumer Sciences and Human Services graduates, others are experienced teachers new to our content area and a few are experienced FCS teachers who are returning after an absence from the classroom.

The first meeting with the first year mentors and protégés was in Jefferson City on September 26. The first meeting with the 28 second year protégés and their mentors was held in July at the annual professional development meeting of the Missouri Educators of Family and Consumer Sciences (MoEFACS) in conjunction with the Missouri Association for Career and Technical Education (MoACTE) conference in Springfield.

The second meeting of the first and second year mentoring teams was held on a snowy, icy day in Jefferson City on December 6. Over 70 of the 100 team members were able to attend. One of the speaking teams at this meeting addressed Differentiated Instruction.



Missouri ProStart Educator of the Year

From Hank Huitt,

Missouri ProStart State Coordinator



BRYAN HATHCOCK, Honored as 2011 Missouri ProStart Educator of the Year,
from South Central Career Center, West Plains, MO.

St. Louis, MO, Missouri Restaurant Association announced that Bryan Hathcock of South Central Career Center in West Plains, is the Missouri ProStart Educator of the Year for 2011. Mr. Hathcock joined 34 other top educators in Chicago, IL, for the National Restaurant Association Educational Foundation's (NRAEF) ProStart Educator Excellence Awards Luncheon on May 21, 2011.

The NRAEF's ProStart Educator Excellence Award recognizes an exceptional ProStart educator from each state. The award is given to ProStart teachers who are leaders within their state program, and have helped elevate the program and their students within their community.

"ProStart unites the industry and the classroom to create a unique and unparalleled experience for students. Our dedicated ProStart educators are working diligently to create that vital bridge for their students," said Bob Bonney, Chief Executive Officer of the Missouri Restaurant Association. "Bryan Hathcock embodies everything that makes ProStart educators successful; he has the ability to inspire and lead the food service leaders of tomorrow. We are honored to have teachers like Bryan in the ProStart family."

Bryan has been in the foodservice industry since 1999 and graduated from Le Cordon Bleu in Minneapolis in 2002. It was obvious during the Missouri ProStart Culinary Competition that Bryan and his students had taken the time and put forth the effort to be true competitors with a desire to showcase the team's creativity and culinary talent. The students demonstrated how "teamwork" plays a key role in winning the state ProStart Culinary Competition.



National Restaurant Association Show 2011

From the National Restaurant Association

General Powell focuses on leadership in NRA Show keynote address

Gen. Colin Powell spoke to a rapt, standing-room-only crowd of restaurant professionals May 22 as the keynote speaker at [NRA Show 2011](#) in Chicago. He delivered insights on everything from the "Arab spring" revolutions in the Middle East to the Information revolution.



He started off his remarks by noting he's a huge fan of restaurants and the National Restaurant Association. "With 13 million people in your industry, you provide jobs that allow people to learn what discipline, hard work, commitment and doing the right thing are they all about. People can go up in those careers or take those basic principles and move into other fields."

He said he also admired the way restaurants interacted with guests each day: "You provide an indispensable service to the American people. You are serving your fellow citizens in a way nobody else can." He praised the NRA's ProStart training for high school students for meeting the goals of the America's Promise youth program he founded 14 years ago and that his wife Alma chairs.

He spoke of leadership lessons learned over the years. "Leadership is all about putting followers in the best possible environment to get a job done," he said. "You have to give them a sense of purpose." He said good leaders recognized performance. While that can come through financial benefits or a promotion, "more often than not, this is just putting an arm around someone, tell them, 'You're doing a great job.'" The best kind of leadership is when you communicate with people, he said. "You have to see every single person as a person of value and of importance." Leaders need to take steps when people are not performing too. They also need the "discipline" and "guts" to retrain, let go or move somebody into a new position as needed, he said.

As the nation's former top diplomat as Secretary of State, Powell cautioned the U.S. not to hunker down out of fear. "We have to be careful," he noted. "We're starting to create an image that says to the rest of the world that we don't want you to come here ... We're seeing fewer tourists coming to our great nation, building up our restaurants and hotels. This is not in our interest."

He also argued for comprehensive immigration reforms that protect U.S. borders but allow people to come to the United States and become Americans. "That's our past, our present and our future. We will continue to be the leader of this world that wants to be free." Asked by one NRA Show attendee for tips on how restaurateurs can turn customers into loyal guests, Powell pointed to respect. "In all my travels and in my personal life, I want to be treated with respect and courtesy. When someone at a restaurant pays immediate attention to me with a smile on their face and seems genuinely interested in taking care of my need or giving me the products and services I want, that means a lot.

"I think it is really just a human interaction between the provider of a service and the person receiving the service: Service is about courtesy, respect, and making sure you're there to help a person. You realize they're spending their money, and you want to make sure they get full value for the money they spend. It's as simple as that."



ProStart Students Join Guy Fieri's Road Show

From Karen Fixsal, Washington K-12 School District



Late in the spring semester, Hank Huitt, the Missouri Restaurant Association and ProStart liaison to high schools, surprised me with a phone call asking if six of my students, an additional chaperone and I would be interested in assisting Guy Fieri with his road tour on May 29. Guy is a huge supporter of the ProStart program and wants to encourage students in the field of culinary arts. He truly believes they are the next generation of great chefs. I, of course, said we would love to and would not want to pass up this opportunity of a lifetime. Since I was the first school, out of several Hank had contacted, to respond, my students got the gig.

Guy Fieri's road tour included 22 cities in 30 days. This year he was performing at UMSL's performing arts center in St. Louis, Mo. As per his website, the road show is Guy mixing the best elements of a live cooking show, the fun of a variety revue, and the nonstop adrenaline rush of a rock concert. Assisting Guy during his show were "Woody" the bartender, his son Hunter, and Gorilla and Panini Pete, both restaurant owners Guy met on Diners, Drive Ins and Dives.



Once the six students were chosen, by randomly pulling numbers, I organized practice days to prepare them for the upcoming event. We were told the students would be responsible for all the mise en place, serving the V.I.P. audience members and cleaning up throughout the show and afterwards. I had the students practicing their knife skills, measuring accurately and applying basic cooking techniques while continuously enforcing proper safety and sanitation.

On the day of the road show, we reported to the Touhill Performing Arts Center on UMSL's campus and met Panini Pete and Gorilla. They showed us around back stage and started the students on mise en place for the show. They worked very well with the students, showing them techniques and having the

utmost of patience. A couple of hours into the prep time, Guy arrived with his wife and children to see how everything was going and to meet the students. His role is to be their mentor.

Guy was very professional and sincere. He asked the students what they wanted to do with their future as he stressed education, hard work, and goal setting. The students were definitely star struck but did an amazing job making sure the ingredients and recipes were ready to go for the live show.

Throughout the event, Food Network filming crews interviewed me and the students for upcoming "webisodes" on Food Network's site that focused on the ProStart program. <http://www.foodnetwork.com/videos/prostart-your-engine/82585.html>

After the show was over and the stage cleaned up, the students were able to have Guy and the whole crew sign cookbooks and aprons. He even signed my chef coat! It was a fabulous evening and definitely a chance of a lifetime.



Missouri ProStart Professional Development Workshop

From Hank Huitt

Missouri ProStart Coordinator

Forty-Nine ProStart High School teachers from around the state met at East Central College in Union, Missouri on October 13-14, 2011, to enhance their culinary and management teaching skills and objectives.

The workshop was sponsored by the Missouri ProStart High School Program, which is supported by the Missouri Restaurant Association Educational Foundation, the National Restaurant Association Educational Foundation and the Department of Elementary and Secondary Education, Family Consumer Sciences and Human Services.

Thursday evening featured a discussion of ProStart Learning Objectives and Testing Procedures led by Greg Beachey, ProStart Senior Academic Relations and Program Manager with the National Restaurant Association Educational Foundation in Chicago.

Friday morning an orientation meeting for new ProStart teachers was conducted by Hank Huitt, Missouri ProStart Coordinator and Leone Herring, Supervisor, Family and Consumer Science.

The remainder of the day was devoted to baking and cooking techniques. Chef Casey Shiller, Certified Executive Pastry Chef and Coordinator of Baking and Pastry Arts, St. Louis Community College-Forest Park presented an educational session featuring a unique array of Artisan Braided and Marbled Rye Breads. Following the demonstration, teachers were given the opportunity to create their own pastry products under the supervision of Chef Shiller.

ProStart instructors were also involved in preparing an elaborate meal of Smoked Scallops and Smoked Trout plus a Seafood Bib Lettuce Salad, under the direction of Executive Chef and East Central College Hospitality/Culinary Arts Program Coordinator, Ted Hirschi.

The teachers also prepared an assortment of hot foods including Chicken Parmesan, Roast Pork with Cranberry Chutney, Grilled Salmon with Pico de Gallo, Cajun Chicken, Fettuccini Alfredo, and Kielbasa with Sauerkraut under the direction of Chef Carla Derakshan, East Central College Culinary Arts Instructor.



ProStart is a nationwide, two-year program created by the National Restaurant Association that unites the classroom and industry to develop the best and brightest talent into tomorrow's restaurant and foodservice leaders.

The ProStart teachers will incorporate the learning objectives, testing procedures and culinary techniques into the classroom to enhance the student's knowledge in the areas of Hospitality Management and Culinary Arts.





Missouri ProStart Highlights

From Hank Huitt

Missouri ProStart Coordinator

All 100 ProStart High School Instructors have been invited to enter their students in the Culinary and Management Competition to be held at East Central College in Union, MO on Thursday and Friday, February 16 and 17, 2012. Lodging will be provided for participants at the Holiday-Inn Six-Flags in Eureka, MO. Instructors are encouraged to bring students to observe the competition even if they are not participating. The event will take place in the gymnasium and is open to the public. This is an exceptional opportunity for students to showcase their Culinary and Management skills and an experience they will remember for a lifetime.

Attention: The ProStart National Certificate of Achievement is an industry-recognized certificate awarded to students who have completed the requirements of the ProStart Program. To earn the ProStart National Certificate of Achievement, students complete the two-year ProStart National exams, demonstrate mastery of foundational skills, and work 400 mentored hours. Students who receive the certificate are eligible for NRAEF scholarship opportunities and course credits at more than 75 of the country's leading hospitality and culinary arts colleges and universities.

As the ProStart Program on the national level continues to grow and enhance opportunities for both students and faculty, the NRAEF is funding more training sessions for teachers while also increasing scholarship opportunities for students who complete the "Certificate of Achievement." In addition, a distinguished panel of hospitality experts is spearheading a campaign to create a major awareness of ProStart among industry leaders and the general public.

ProStart offers life-changing opportunities for students, providing much-needed direction for potential career paths and fostering countless success stories.

Hank Huitt, Missouri ProStart Coordinator

Missouri Restaurant Association Educational Foundation

417-844-1351; hankhuitt@yahoo.com

LifeSmarts

From Merilee Thoenen

Supervisor, Family Consumer Sciences and Human Services

Are You Smarter than a LifeSmarts Participant?

Below are retired national LifeSmarts questions. If you believe these are samples of topics you would want your students to know about, check out LifeSmarts at www.lifesmarts.org for many teaching resources, student activities and a chance for your students to compete with students around the state or even nationally.

If you are going to use a loan to buy a car, it is better to research available loans:

- Before you buy the car
- After you buy the car
- With the assistance of a dealership business manager

How old must someone be to open an IRA?

- 16 years
- 18 years
- There is no age requirement

In selecting a baby's type of diapering, which method is the least expensive?

- Disposable diapers
- Cloth diapers
- They both are equally as expensive

A USDA study found that this meal would generally contain the least amount of sodium:

- A meal eaten at home
- A meal eaten at a fast food restaurant
- A meal eaten at school

You are concerned about biological pollutants in your home. Where are you most likely to find dust mites?

- In the air conditioner
- In the refrigerator
- In bedding

Skipping breakfast will:

- Deplete glycogen stores, leading to a feeling of fatigue
- Contribute to weight loss by lowering daily calorie intake
- Increase your metabolic rate as your body uses its stored calorie for energy

What is the most common blood borne infection in the United States?

- HIV
- Hepatitis C
- Hepatitis B

For more information, contact Missouri LifeSmarts Coordinator: Merilee Thoenen at Merilee.Thoenen@dese.mo.gov or 573-751-6878.

Correct answers: a, c, b, a, c, a, b

Greetings from the MoEFACS Board of Directors

From LeeAnn Tomlinson
2011-12 President MoEFACS



We are working hard to provide our membership with a professional development experience that exceeds expectations. We are trying to secure some great workshops for our next conference. The survey information is being used to do this. If you have any suggestions for professional development that is needed, let a board member know and we will try to arrange it. The MoEFACS website has contact information and registration links. http://dese.mo.gov/divcareered/facs_moefacs.htm

The issues at the Clarion continue to be resolved. They have again experienced new ownership. We will make a visit this spring to check on their progress. Your comfort at an affordable cost is important to us.

On our tour of another hotel last year, we found that the Clarion has the space to meet our needs. We also save money by having the conference in Springfield. After attending ACTE in St. Louis, I found that my hotel room was much more expensive than Springfield hotels. My expensive hotel did not have free breakfast, Wi-Fi in my room, or any more channels to watch. It was nice but not really worth the added expense to me.

Springfield is our conference destination until 2013. MoACTE is working on future bids from other locations. Once we (MoACTE) vote on a location, we will be at that city for several years. If you have a strong opinion on the matter you should work to be at voting meetings and serve on the committees that make these decisions.

As we think about our members, we understand that times are tight, and cost is important to many of our members. Currently we have members who do not attend due to cost. I would like to propose more sharing of rooms, and invitations to your regional members to travel together so they too can attend this fine conference.

We look forward to providing a great conference. Sharing ideas, learning together, and becoming better and better at what we do every day. Seeing the light bulb come on for students is very rewarding.

Family Consumer Sciences and Human Services Contact Information

**Family Consumer Sciences and Human Services
Office of College and Career Readiness
Missouri Department of Elementary and Secondary Education**

**Physical Address:
205 Jefferson Street
Jefferson City, MO 65101**

**Mailing Address:
PO Box 480
Jefferson City, MO 65102-0480**

Fax: (573) 526-4261



Dr. Cynthia Arendt, Ph.D., Director
(573) 751-7964
Cynthia.Arendt@dese.mo.gov

Gayla Westergaard, Supervisor
Missouri FCCLA State Adviser
(573) 522-6543
Gayla.Westergaard@dese.mo.gov

Merilee Thoenen, Supervisor
(573) 751-6878
Merilee.Thoenen@dese.mo.gov

Leone Herring, Supervisor
(573) 751-7965
Leone.Herring@dese.mo.gov

Jamie Iler, Administrative Assistant II
(573) 751-7964
Jamie.Iler@dese.mo.gov

The Department of Elementary and Secondary Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 5th Floor, 205 Jefferson Street, Jefferson City, MO 65102-0480; telephone number 573-526-4757 or Relay Missouri 800-735-2966.