

The NEWS in Family and Consumer Sciences

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NEWSLETTER

From the Director

Cynthia Arendt, Ph.D.

Director, Family Consumer Sciences and Human Services



From the Director's Corner

Cynthia K. Arendt, Ph.D.

DO WE REALLY WANT TO BE TOP 10 by 30?

A national report on the obesity of the nation was released September 18, 2012. The projections for 2030 predict Missouri will be the ninth fattest U.S. state by then as compared to being number 12 in 2011. The report lists the current adult obesity in Missouri as 30.3 percent of the population and predicts it might go as high as 61.9 percent by 2030. This will result in more deaths and higher medical costs related to diabetes, heart disease and other obesity-related health issues. Even more disturbing is the 13.6 percent of childhood obesity reported for Missouri ranking us at number 31 for childhood obesity. Mississippi is at the top of the list for an obese population while Colorado comes in at the 50th spot. In this case it is desirable to be at the bottom of the list.

As many of you are aware, the State Board of Education has as a goal that Missouri should rank in the top 10 by 20 based on four goals. These goals are 1) all Missouri students will graduate college and career ready, 2) all Missouri children will enter kindergarten prepared to be successful in school, 3) Missouri will prepare, develop, and support effective educators, and 4) the Missouri Department of Elementary and Secondary Education will improve departmental efficiency and operational effectiveness. I would like to see a goal stating something to the effect that every individual will find happiness and satisfaction in life, but then I do live in an "Ivory Tower".

When it comes to ranking states for adult obesity, being in the Top 10 by 30 is a goal we do not want to reach. The number of obese adults, along with its related diseases and health care costs, are on course to increase dramatically in every state in the country over the next 20 years, according to the report, *F as in Fat: How Obesity Threatens America's Future 2012*, released by Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). The nation is failing to address the obesity crisis with the urgency it deserves. TFAH recommends a national *Strategy to Combat Obesity* be created with roles for individuals, families, communities, schools, employers, businesses, insurers, and government. Hopefully the report is eye opening for school districts as well as parents. Recommendations for reducing obesity rates include improving nutrition and physical activity in public schools.

As Family and Consumer Sciences teachers we are the best prepared educators to provide nutrition and wellness education. The content taught in FCS courses directly address healthy eating habits and physical activity to reduce and prevent health problems not only for the individual but also for family members. Students look to us to do as we say, we are their role models. We have a responsibility, as the DESE mission states, to guarantee the superior preparation and performance of every child in school and in life. Rising obesity rates have significant health consequences, contributing to increased rates of more than 30 serious diseases. These conditions create a major strain on the health care system.

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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.



From the Director—*continued*

More than one-quarter of health care costs are now related to obesity. By giving students the tools needed to live healthy lives, we have provided them with an opportunity to hopefully avoid serious illnesses and diseases such as diabetes and heart disease. They are also the ones that will bear the high health care costs as we become a more obese state and nation.

Some efforts are in process to educate the public regarding this epidemic. In October, two FCCLA students, Ceryiarra Tomlin, Normandy School District and Forrest Hall, Troy School District will be accompanying me to the Southern Obesity Conference in Charlotte, North Carolina. A group called YES, Youth Empowerment Solutions, provided funding for two students from the St. Louis area to attend the conference. As a state team we will be looking at ways youth can become involved in educating other youth about the risks of obesity. They will explore options for providing education to break the upward spiral.

If you follow the list serve you know that Region 10 FCCLA organized a health fair for the surrounding community. The FCCLA program Student Body is a national peer education program that helps young people learn to eat right, be fit, and make healthy choices. Its goals are to: help young people make informed, responsible decisions about their health, provide youth opportunities to teach others, and develop healthy lifestyles, as well as communication and leadership skills. The STAR Event, Nutrition and Wellness, is an individual event where students track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health. These FCCLA programs are an integral part of the curriculum supporting content in nutrition and wellness and family and individual health.

Hopefully, Ceryiarra and Forrest we will have more ideas for educating youth on the risks of obesity upon our return from the summit. For more information about policy recommendations, the rising high price of health care and the impact an obese population has on the quality of life and productivity of America and Missouri can be found at <http://healthyamericans.org/report/100/> and <http://www.healthyamericans.org/states/?stateid=MO>

Obesity, its causes and prevention is something we are equipped to address. We need to step up to the plate (pun intended) in our school districts to help Missouri drop to number 50 by 2030. This is one goal where being at the bottom of the list is great.

Missouri Says Goodbye to State ProStart

Coordinator

From: Leone Herring

Supervisor, Family Consumer Sciences and Human Services



On August 31, 2012, Hank Huitt officially resigned as the Missouri ProStart Coordinator. Hank served the Missouri Restaurant Association and Family Consumer Sciences and Human Services as the coordinator for almost 5 years. During Hank's tenure the ProStart program has grown to over 100 schools using the culinary curriculum. We thank Hank for his hard work and dedication to ProStart and wish him well in his new adventure. Thank you Hank and GOOD LUCK!

Missouri ProStart Welcomes a New State

Coordinator

From: Leone Herring Missouri ProStart State Coordinator

Supervisor, Family Consumer Sciences and Human Services



We are very pleased to welcome Jerry Vincent as the new State Coordinator for ProStart. Jerry began on September 1, and has been working very quickly since then to get the fall leader training organized.

Jerry graduated from Oklahoma State University with a degree in Hotel-Restaurant Administration. He has a Master's Degree in Human Resources from Central Michigan University. He is a Certified Culinary Educator and a Member of the American Academy of Chefs.

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ProStart—*continued*

Jerry's industry experience includes Chef positions in Oklahoma City, Tulsa, Dallas, San Antonio, and Santa Fe. He began working for Johnson County Community College in Overland Park, Kansas, when the present campus first opened. He managed the Food and Vending Services at the college. Later Jerry implemented a Hospitality Management and Chef Apprentice Program. Starting with nine students in 1975, Jerry expanded the Hospitality/Chef Apprenticeship Program to more than 500 students when he retired in year 2000.

During Jerry's tenure as an Academic Director at the college, the Johnson County Chef Apprenticeship Culinary Team won two national titles and placed second in the International Culinary Competition in Erfurt, Germany, competing against all the major countries in the world.

Jerry served as the National Apprenticeship Chairman for the American Culinary Federation Educational Institute expanding the Apprenticeship Program from 37 cities to 129.

Later Jerry served as the Chairman of The American Culinary Federation Accreditation Commission that supervised programmatic accreditation of 100 Post Secondary Schools.

After retirement from Johnson County Community College, Jerry began working for the Missouri Restaurant Association Educational Foundation as coordinator of the Missouri ProStart Program. Later he transitioned from ProStart to becoming the Membership Director for the Missouri Restaurant Association. His replacement was Hank Huitt, who retired August 31, 2012. Jerry is again resuming the role of the Missouri ProStart Coordinator and looks forward to working with all the Missouri ProStart Programs.

Missouri's National Officer Candidate Caleb Hearon Wins National Office *Chillicothe FCCLA Chapter Advisor to Serve on National Executive Council Advisor (NECA)*

*From: Gayla Westergaard
Missouri FCCLA State Advisor*



Caleb Hearon, a senior at Chillicothe High School, has been elected the 2012-2013 National Vice President of Membership of Family, Career and Community Leaders of America. Hearon is one of 10 national officers elected during the 2012 National Leadership Conference, held July 8-12 in Orlando, Fla. Being elected a national officer is the highest leadership honor an FCCLA member can achieve.

Hearon's election took place during a five-day leadership event centered on the theme, "#realitycheck." During the week, more than 6,800 FCCLA members, advisers, alumni, and guests attended workshops and sessions on relevant youth issues such as career preparation, financial literacy, environmental education, traffic safety, community service, social media, and the changing roles of men and women in the home and workplace.

Along with nine other members of the national executive council, Hearon will travel to FCCLA national headquarters in Reston, Va., during the year to attend training and program planning sessions. He will also help set policies and develop future goals for the organization as a committee member of the FCCLA National Board of Directors.



Caleb Hearon and Kristi Christy are pictured after Caleb was announced a new national officer at the National FCCLA Leadership Conference in July at Orlando. (DESE photo)

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Missouri FCCLA National Officer—*continued*

He will also help set policies and develop future goals for the organization as a committee member of the FCCLA National Board of Directors. During the year, Hearon and the other national officers will represent the organization by leading workshops and giving speeches locally and throughout the country. Caleb will be attending the two National Cluster Meetings in Reno, Nevada (Nov. 9-11) and Indianapolis, Indiana (Nov. 16-18).

During the year as FCCLA Vice President of Membership, Hearon will help plan the focus and content of FCCLA's 2013 National Leadership Conference, to be held July 7-11, in Nashville, Tennessee.

For more information, visit the National FCCLA website at: <http://www.fcclainc.org/content/20122013-national-executive-council>.

Kristi Christy to Serve as a National FCCLA Adviser

Kristi Christy, Chillicothe FCCLA Chapter Advisor, will serve as a National Executive Council Adviser (NECA) for National FCCLA, in conjunction with Caleb's role at the national level. Along with nine other National Executive Council Advisers and the 10 national officers, Mrs. Christy will travel to FCCLA national headquarters in Reston, Va., to attend program planning sessions. She will receive professional development training, discuss her responsibilities as an NECA, participate in team building exercises, and assist their national officer. During the year Mrs. Christy will help plan the focus and content of the adult sessions at FCCLA's National Cluster Meetings in Oklahoma City, Oklahoma; Reno, Nevada; and Indianapolis, Indiana. The NECA also will assist national staff at the 2013 National Leadership Conference.

Congratulations Caleb and Mrs. Christy!

FCCLA News Briefs

By Gayla Westergaard, Missouri FCCLA State Advisor



Capitol Leadership Program



The FCCLA Capitol Leadership event is scheduled for Sept. 30-Oct. 3 in Washington, D.C. The event is a great way for members to develop leadership skills, learn about government relations, and meet with elected officials to advocate for Family and Consumer Sciences education and related topics.

The state association awarded scholarships to the following state officers and advisors to attend and represent Missouri:

- Kelly Gillock, Puxico, Vice President of Elections
- Paige Grimes, Thayer, Vice President of Alumni & Associates
- Natalie Hawkins, South Shelby, Vice President of STAR Events
- Hannah Thieme, Chillicothe, State President
- Nancy Bridges, Puxico
- Kristi Christy, Chillicothe

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FCCLA News Briefs—*continued*



Fall Leadership Conference

More than 950 advisors and students are registered for the Missouri FCCLA Fall Leadership Conference, which will be held Oct. 28-29 at Tan-Tar-A Resort in Osage Beach.

The annual Fall Leadership Conference is an in-depth training conference and one of the most beneficial conferences members can attend. The fall conference consists of three separate student conferences and advisor training held at the same location. Students choose *one* of three tracks to attend: Take AIM (Active and Involved Members); Leadership Unlimited and Chapters in Action. Advisors attend the advisor training and sit in on the different conferences as needed. This is a cost-effective conference that provides a more intense and personal experience with FCCLA concepts and with state and regional leaders.

National Cluster Meetings

National Cluster Meetings will be held the following dates and locations:

November 9-11 – Reno, Nevada

November 16-18 – Indianapolis, Indiana and Okalahoma City, Oklahoma

Missouri's own Caleb Hearon, National Vice President of Membership, will be attending the two National Cluster Meetings in Reno and Indianapolis.

Registration materials are available at <http://www.fcclainc.org/content/national-cluster-meetings-ncm>.



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FCCLA News Briefs—*continued*

Missouri's Career and Technical Student Organizations Team Up to Conduct Statewide Food Drive



Missouri's Career and Technical Student Organizations are coordinating a community service project for the 2012-2013 school year. The project is titled "Show-Me Hunger: Unite the Fight" and is a partnership with the Missouri Food Bank Association. The goal of the Show-Me Hunger project is to help feed hungry Missourians and to raise awareness for hunger in local communities.

The Missouri Food Bank Association is a coalition of six regional food banks operating to provide hunger relief to every county in the state. Statistics show one in eight Missourians receive emergency food assistance every year, and 24.8 percent of Missouri children live in households experiencing food insecurity.

The CTSOs plan a food drive during February 2013, in conjunction with Career and Technical Education Month. Missouri FCCLA State President Hannah Thieme, Chillicothe High School, and Vice President of Community Service Taylor Washburn, North Harrison High School, are representing FCCLA on the steering committee.

FCCLA Chapters wishing to participate in the project should use the donation form on the campaign's website. Please report your donations by March 8, 2013. Visit: <http://www.show-mehunger.org>

Legislative Shadowing Program

The 13th annual FCCLA Legislative Shadowing Project is set for February 19-20, 2013, in Jefferson City. The program provides an opportunity for junior and senior high school students to spend a day with their state representative, senator or other public official. The students observe hearings, meetings and other public duties.



The objectives of the Legislative Shadowing project are:

- Increase FCCLA member awareness of state government and the political process
- Interpret the duties of elected officials or policy makers
- Develop awareness of current issues, especially those relating to families
- Explore career options within public service
- Practice effective communication skills with legislators
- Educate local chapters, school, and/or communities about the impact of the shadowing experience

The Missouri Bar will sponsor a dinner banquet and speaker on February 19,

Please encourage your 11th- and 12th-graders to apply for the program. Application deadline is January 15. The online application materials are available at: <https://sites.google.com/site/missourifccla/home/legislative-shadowing-project>.

FCCLA News Briefs—*continued*

State Leadership Conference

The 2013 State Leadership Conference is scheduled for April 7-9 (Sunday-Tuesday), at the Holiday Inn Executive Center in Columbia.

The conference theme is “Mission Possible.”

Conference information will be available in early January 2013. Please visit: <http://www.dese.mo.gov/careered/fccla.htm>.



Missouri Educators of Family and Consumer Sciences (MoEFACS) Summer Conference

From: Kathy Nash

President –Elect MoEFACS

Lee's Summit North High School



“Family Consumer Sciences and Human Services-The App for Life” was the theme for the 2012 Summer MoEFACS Conference held in Springfield, Missouri at the Howard Johnson Hotel and Convention Center July 26-28.

Four Preconference sessions were offered on Monday, July 25. The sessions covered a broad range of topics including Serve Safe workshop, Foldables workshop, New and Returning Teachers workshop, and Renew and Rejuvenate workshop for experienced teachers. The preconference offerings provide opportunities for professional growth in areas of instructional practices and curriculum.

Following the Opening Session of MoACTE on Tuesday morning, MoEFACS members returned to the Howard Johnson Hotel and Convention Center and opened the division conference with a business meeting followed by an Awards and Recognition Reception. Michelle Shearer, 2011 Teacher of the Year was the Opening Keynote speaker at the reception. Her topic, “**Connecting Common Core with CTE: “Signposts” to Guide the Journey Toward College and Career Readiness**” provided strategies that connect the Common Core Standards to all discipline areas. Awards and recognition were presented for Outstanding New Career and Technical Teacher, Teacher of the Year, College and High School Scholarship, and retiring teachers from the division.

MoEFACS - *continued*



Gayla Randel, CFCS Education Program Consultant for Family and Consumer Sciences with the Kansas State Department of Education opened the Joint MoEFACS Division Meeting on Wednesday with “**The Importance of Family Consumer Sciences Education Today and Tomorrow - What will the Role of Family Consumer Sciences Be in the Next 5, 15 or 25 Years?**”

Twenty- six concurrent sessions, as well as sessions for the Human Services Cluster-Cosmetology and Massage Therapy and the Hospitality Cluster-Culinary Arts were offered over the course of the conference. Topics in the Culinary Arts area included 2 hour sessions on Knife Skills and Creating Food Art. The concurrent sessions covered a myriad of topics from STEM in FCS, to Personal Finance and Children and Obesity. Curriculum, Instructional Practices, Assessment and Leadership were all professional development areas covered by concurrent sessions.

A Special Function Luncheon on Wednesday provided members an opportunity to hear a former FCS teacher present on the topic “Not “Retired,” But “Redirected.” Susan Faseler shared her journey following retirement to her current role as the Marketing Director of their family-owned hotel in Branson, MO. Jo Manhart from Missouri Egg Council in Columbia, MO presented the William Tell Overture Soufflé. Three people from the audience were chosen to create a soufflé during the playing of the William Tell Overture. Josie Baird from B-Sew In held a Fashion Design Trunk Show during the Special Function Luncheon.

“You’ve Got to Reach Them to Teach Them” was the topic presented by Mary Kim Schreck, Education Consultant at the Closing Session on Thursday. Carousel Sessions followed the closing session with members choosing four 25 minute sessions to attend for information on specific topics.

Approximately 275 MoFACS members attended this year’s Summer Conference. The 2013 Conference is scheduled for July 23-25 at the Howard Johnson Hotel and Convention Center in Springfield.

Summer Conference Update—

New and Returning Teachers Workshop

Committee members: Charlotte Stiens, Past President, Beverly Plymell, Professional Development Chairperson, Marice Ricklefs, and Heather Bratcher committee members.

The MoEFACS Past President and Professional Development Committee planned and conducted two pre-conference sessions for the summer professional development conference. Twenty-five teachers attended the New and Returning Teacher Session and twenty-three attended the Reboot and Rejuvenate session.

Each group received an abundance of resources, materials, and advice from MoEFACS members who presented on topics such as grants, TSAs, FCCLA, technology, curriculum, and professional organizations.

The noon luncheon for the New and Returning Teacher session was sponsored by CEV Presentations.

FCCLA and 2013 LifeSmarts



From: Merilee Thoenen

Supervisor, Family Consumer Sciences and Human Services

Welcome FCCLA Coaches!

Through a new partnership between [LifeSmarts](#) and Family, Career and Community Leaders of America (FCCLA), with funding generously provided by Experian, FCCLA Chapters have the opportunity to win special chapter awards and recognition for participating in LifeSmarts.

Read [The LifeSmarts Experience](#), an editorial written by Hayley Johnson, LifeSmarts participant and FCCLA member originally posted in the November/December 2011 FCCLA *Teen Times*.

FCCLA TeamSmarts Challenge

[TeamSmarts](#), a 100-question multiple-choice quiz that focuses on a single LifeSmarts topic each month, is the newest online LifeSmarts activity designed to be used cooperatively by teams of students. Teams work together at one computer to complete the quiz in an hour. FCCLA Chapters competing in TeamSmarts have the opportunity to win a \$100 cash award for their chapter by being the top-scoring FCCLA team for that month. Points are awarded based on both accuracy and speed -- students have to work together to develop a winning strategy!

For information on how to register, go to the [Missouri LifeSmarts](#) web page.

LifeSmarts FCCLA Challenge 2012: January 23-February 3, 2012

FCCLA Chapters will have the opportunity to compete to represent FCCLA at the [2012 National LifeSmarts Championship](#) in Philadelphia, PA in April 2012!

To qualify, teams must compete in the online LifeSmarts FCCLA Challenge held from **January 23 - February 3, 2012**.

The top-scoring team from the LifeSmarts FCCLA Challenge will be invited to represent FCCLA and compete against LifeSmarts state champion teams from across the country. The winning FCCLA team receives a \$2,500 award to help with travel expenses.

Registration is limited to one team per FCCLA Adviser. Teams competing online may have any number of students, but teams competing in-person are made up of 4-5 students.

Please note that if an FCCLA team has been invited to participate at the Missouri state finals, they can still participate in the LifeSmarts FCCLA Challenge. If they do not win the challenge, they are still eligible for the Missouri in-person finals.

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