

January 2014



# KEAFCS NEWS

Dear KEAFCS Members,

Happy New Year! I look forward to a productive year as KEAFCS President and appreciate all the help I have received so far from officers, area counselors and committee chairpersons. To be a strong organization we need input from all members. I welcome your questions and concerns. I will be happy to discuss issues with you and bring them to the attention of the board or the full association for further discussion and action.

I have set two goals for the coming year:

- **External Marketing:** Use the rich history of Family & Consumer Sciences to market to our constituents why our profession is relevant today. This year will be marked with a focus on Extension's history and the 1914 signing of the Smith-Lever Act which created the Cooperative Extension Service. Learn more about our history by registering for the NEAFCS members-only webinar on Tuesday, February 25, 1 - 2 pm Central Time. Register on the NEAFCS website.
- **Internal Marketing:** Are we stronger in numbers? How do we keep our association relevant to meet the needs of our agents? This year I will initiate conversations to explore what is most valued by association members and what changes could be implemented to add value to our organization.

Thank you for allowing me to serve as KEAFCS President in 2014. I look forward to working with each of you!

Sincerely,

Cindy Evans  
2014 President

## What's ahead for 2014:

- **Winter KEAFCS Association Meeting:** We will have a meeting of the full association during the February Update in Manhattan. Save the Date: February 11th, 5:15 pm (immediately following training at the Alumni Center).
- **United Association Conference March 6-7, Wichita.** This annual conference is a joint effort of KATFACS (Kansas Association of Teachers of Family and Consumer Sciences), ESP (Epsilon Sigma Phi), KEAFCS (Kansas Extension Association of Family & Consumer Sciences) and KAFCS (Kansas Association of Family & Consumer Sciences). Registration was sent to the full FCS-listserv. The theme this year is "*Resilient in the Heartland*." Our association is in charge of exhibits. I will pass a sign-up sheet at the February meeting to schedule times that our members can help out at an exhibits display on Thursday, March 6th. Please check your schedule to determine if you are able to attend the conference and volunteer for an hour in the exhibit area.

Falling in life  
is inevitable —  
staying down  
is optional.

*Carrie Johnson, three  
time Olympic kayaker*

## KEAFCS Officers

President—  
Cindy Evans  
President Elect—  
Denise Sullivan  
Past President—  
Nancy Honig  
Secretary—  
Susie Latta  
Treasurer—  
Sheryl Carson  
VP of Awards & Recognition—  
Nozella Brown  
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Christine McPheter  
VP of Public Affairs  
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VP of Professional Develop  
Amy Lorenzen

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## Southeast Area FCS Update

### Barbara Ames Counselor

The SE Area FCS Agents shared a Program Enhancement meeting on December 11, 2013 in conjunction with the NE Area FCS Agents. We met at the KSU Olathe Campus and were privileged to be able to tour parts of the campus.

Total group discussion was held surrounding the issue of the State FCS Judging Contest.

Following a light lunch, the FCS agents broke into their area groups.

Southeast Area agents discussed the need for FCS agents to be more connected and they decided to have "Connections Calls" several times per year to discuss ideas, issues, successes, and concerns. The calls are to be initiated by Area Specialist, Gayle Price, and the first one is scheduled for February 19.

The next SE Area Program Enhancement is scheduled for May 1, 2014 in Cherokee County.

Southeast Area responsibility for 2014 is to compile the KEAFCS Newsletter. First issue should be released in late January.

Our most recent SE Area staffing changes include the retirement of Ann Ludlum, Southwind District FCS Agent. And, we welcome Jill Morgan, Rolling Prairie District.

**"I am beginning  
to learn that it  
is the sweet,  
simple things  
of life which  
are the real  
ones after all."  
Laura Ingalls  
Wilder**

## Plan Now for NEAFCS in Lexington

Make your calendars for National meeting September 15-18 in Lexington, Kentucky. Early bird registration will open June 1. However, you are able to reserve a room in the conference hotel now:

Hyatt Regency, Lexington; 401 West High Street, Lexington, KY 40507. (859) 253-1234. Rooms are \$175 (before tax) for single, double, triple or quad occupancy. Ask for the NEAFCS block of rooms.

Elizabeth Andress, PhD, author of *So Easy to Preserve*, will be featured in a pre-conference workshop for those wishing to get updated in the latest science and recommendations related to home food preservation.

In-depth sessions include: Good Food in an Urban Desert; Hunger in Kentucky; Lexington Farmer's Market, Toyota's Child Care services for employees; Boone Tavern Hotel and Berea College - a lesson in how a landmark was refreshed to become the first LEED Gold Certified hotel in Kentucky and a tour of a "deep green" dormitory at Berea College.

Some of these were highlighted in the information provided by Cindy Evans at the October KEAFCS meeting. There are many more, but details about these sessions are not yet available.

Pre-conference tours are available on Sunday afternoon, September 14th,

including a tour of Keeneland, a signature thoroughbred horse farm. This farm is on the National Historic Register and was used for scenes in the films *Seabiscuit* and *Secretariat*.

A second tour of Sunday is Bourbon and Bluegrass, which includes a tour of a thoroughbred horse farm and a local distillery. Post-conference tours are available on Friday and Saturday.

The Louisville Legacy tour is an all-day affair including a tour of the Kentucky Derby Museum at Churchill Downs. Other options include a tour of an active coal mine, Fort Knox Military Base, Historic Berea and a historic homes tour.



Lexington Farmer's Market



## Southwest Area FCS Update

### Andrea Wood Counselor

The SW Area FCS agents met on Friday, December 13, 2013 at the Senior Center in Dodge City for the annual Program Enhancement meeting. Sixteen agents and Area Specialist, Debra Bolton, were able to attend.

The area is in charge of the 2014 Fashion Revue. Co-Chairs are Andrea Wood, Kingman County, Ethel Schneweis, Ford County and Amy Collins, Stafford County.

A few area programs to highlight:

Amy Sollock, Edwards County, has a 4-H Favorite Foods Show. It is a perishable food contest for 4-H'ers to prepare foods such as an appetizer, main dish, side dish, or dessert. Items are prepared at home and then served at the contest site. For the presentation of the dish, the contestant is allowed to display the garnished, finished product in its serving dish with a utensil for serving

the judge, along with a tablecloth, placemat, place setting, and centerpiece.

Sharon Erikson-Fryback, Gray County, hosted a Clothing and Fiber Arts Judging School, on January 25.

Andrea Wood, Kingman County, is planning an After School Youth Fitness program called Kingman Youth rUn? It will begin at the end of January, for grades 4-6. Participants will train two days a week for 10 weeks. The goal is to complete a 5K in April. This is the second year for the program.

Robin Eubank, Barber County organized a "Holidays Unwrapped" program was held in each county of her teaching block of Barber, Kingman, Harper, Pratt and Stafford Counties. Participants were given their own holiday planner notebook. Topics covered were:

Healthier holiday favorite foods, planning and organizing, new traditions, gifts and crafts. Each person also decorated their own muffin tin to take home. She is also working on a "Recipe Rally." This will be a fair category for foods from videos. 4-H'ers will produce a video demonstrating a recipe, mainly for perishable foods.

Pam Muntz, Kiowa County, shared about her Safe Kids Summer Safety Day at schools, funded by a SC Community Foundation Grant. She also held a 4-H Day Camp for 5-10 year-olds. Health Department held a Color "Try"athlon for families.

Nancy Honig, Stevens County, shared that during the Relay for Life, 4-H'ers sold bags of flour then a "Flour Fight" was held on the football field. They had the best time. She also shared Christine McPheter's, Powerful Tools for Caregiving." Christine is a master trainer. Please let her know if you are interested in the program.



**Safe Kids Summer  
Safety Day**

**"Though we travel  
the world over to find  
the beautiful, we  
must carry it with us  
or we find it not."  
Ralph Waldo Emerson**

## Northeast Area FCS Update

### Kathy Tharman Counselor

The NE Area FCS agents met for a Christmas Program Enhancement, jointly with the Southeast FCS agents, on December 11. We met at the KSU Olathe Campus, a facility that still has that "New" feel to it!

We were treated to a tour of the building, getting a chance

to look at the classrooms, labs and the wonderful commercial kitchen! Our group was led by Londa Vanderwal Nwadike, PhD, State Extension Food Safety Specialist Kansas State University/ University of

Missouri. Londa is just back from maternity leave so we also had the delightful chance to see the new baby!

After a session in which we discussed the issues with the state FCS Judging contest, we enjoyed a light lunch. After lunch we broke into our area FCS agent groups. NE area agents discussed what we would like to do for Friendship Night at the Fall annual meeting. We will meet again at Update in February to make some decisions.

We ended our day with a fun Christmas gift exchange. Gayle Price read a Christmas story while we passed presents right and left.

I found the day to be very entertaining and as always, a special way to connect and cement friendships with my fellow FCS agents!

## Highlights from a Food Allergy Resource

Submitted by Cindy Evans

I have enjoyed using the Food Allergy lesson created by Amy Lorenzen. An extra resource I found interesting was an article from The New York Times Magazine, March 2013, titled The Allergy Buster. It highlights the research and experimental treatment of Kari Nadeau, and M.D./Ph.D. professor of allergies and immunology at Stanford University.

Dr. Nadeau is treating children with multiple severe food allergies with oral immunotherapy that could desensitize children to the foods that can kill them. You can find the article through a Google search, and you will also find a letter written by Dr. Nadeau to The New York Times Magazine following the printing of the article.

She further emphasizes that there is no cure for food allergies at this time. "Any therapy for food allergy is experimental, risky, and might not work long term."

That said, I asked Dr. Mary Higgins to review the article as well, and she said it was fine to refer to it as a resource. She noted that it is subjective and feared someone may try to copy the treatment of introducing small amounts of allergens into the diet, but not following a strict medical protocol. I think you may want to read the article and see if there are parts that would enhance your teaching of the lesson.

I did NOT make copies for participants at the program. Here is how I used it:

\*There are many personal stories of children with multiple allergies. I read a few of the stories to the audience and thought it helped them understand the life/death nature of food allergies and the burden or worry that may be placed on an affected individual or family.

\*There was an interesting point about how many of the women had "forsaken careers to care for their allergic children." This is a cost/consequence often overlooked by outsiders.

\*Another point that really stood out to me: "Food allergies amplify a kind of fear every parent experiences -- of a child dashing suddenly into the street, and just like that, being gone. Your child is always playing near a precipice that is visible only to you: you may be able to keep her from falling off, but you can never move her away from the edge."

\*The article reported that "researchers believe that food allergies are about 70 percent genetic in origin and 30 percent environmental."

The hygiene hypothesis described in the article is interesting, as I hear people discount food allergies as something we (as a society) have created by our "sterile world."



\*Finally, I called attention to the scenario that described a child's reaction to eating foods that had previously been forbidden. I think it is interesting to note that people don't just embrace eating the foods that have been so allergic for them once they have been desensitized. There is a family dynamic...might I be less special?

Also, will my friends think that my food allergies were really never severe at all?

The researcher stresses that the oral immunotherapy is still experimental; her patients are NOT cured. They have to eat the foods every day, or risk losing the desensitization. She recommends they always carry an Epi-Pen.

### Dates to Remember:

February 11 – 5:15pm Winter  
KEAFCS Association meeting

March 6 - 7– United Association  
Conference KEAFCS - Wichita

September 14 – Pre-Conference  
Tours, Lexington, KY

September 15-18 NEAFCS in  
Lexington. (Early Bird registra-  
tion June 1)



## Apply TODAY for Scholarships

Three scholarship opportunities exist for KEAFCS members who are pursuing graduate study, attending professional trainings or workshops, or attending the National Extension Association of Family and Consumer Sciences Annual Meeting. These are part of your member benefits as a KEAFCS member. To find the applications, go to our website at [http://www.ksre.ksu.edu/agent\\_association/p.aspx?tabid=49](http://www.ksre.ksu.edu/agent_association/p.aspx?tabid=49) and click on the link to "Awards" on the left side. Then follow the link to "Scholarships/Friend of FCS and First Timers Awards" at the top of the page. Applications are due to Jodi Drake, Pratt County, no later than May 16, 2014.

### First Timers Award (\$50)

- In 100 words or less tell why you would like to attend the meeting of the National Extension Association of Family and Consumer Sciences.
- Include one letter or recommendation (from area FACS specialist or co-worker) stating why you would be deserving of this award.

### Elinor Anderson Scholarship (\$800)

#### Qualifications:

- Must have a minimum of 1 year in Extension work and be a member of KEAFCS.
- Expected to work 1 year after using scholarship.
- Expected to give a brief report to KEAFCS members on how funds were used.
- Funds must be for credit courses taken at KSU.

#### Guidelines for Distribution

- \$400 for graduate study.
- \$400 for workshops, short courses, or internet classes for graduate credit. To be divided not more than 4 ways.
- Total amount (\$800) may be awarded to one applicant, but not more than \$600 in one calendar year per person.
- May receive funds more than one year. Applicants not having received funds will be given preference.

### KEAFCS Scholarship (\$150)

#### Qualifications:

- Must have a minimum of 2 years in Extension work and be a member of KEAFCS.
- Expected to work 1 year after using scholarship.
- Expected to give a brief report to KEAFCS members on how funds were used.
- Funds may be used for professional workshops, trainings, or college credit.

#### Guidelines for Distribution

- \$150 may be divided among recipients.
- May receive funds more than one year. Applicants not having received funds will be given preference.

## Northwest Area FCS Update

### Melinda Daily, Sunflower Extension District

The NW area welcomes JoEllyn Argabright to the Rawlins County Office. Jo is from Lafayette, Colorado, and moved to Rawlins County two years ago. She is a 2008 KSU graduate with her focus area in Nutrition. She feels that Extension programs are relevant to Rawlins County,

but is finding it challenging working in her office by herself. She has no office professional at this time. Hopefully in the next few months that will happen. She is very excited about joining K-State Research and Extension and can't wait to get started on programs that she feels are important.

We also want to welcome Nora Rhoades to the NW area. She is the new FCS agent in the Post Rock District in the Mankato office. Her program focus area is Family Life and Youth Development and will be getting her Masters in counseling in May. She joins us after her job as the 4-H Assistant in Smith County. She is originally from Nebraska.

In the NW area we are planning our Full Circle... an Aging Expo that will be on April 25, 2014 in Hays. This will be our 11th conference that we have held in the NW in 9 years. We rotate the location to try to reach all areas and people in this area.

We will have our FCS retreat in May.