



Colorado/Wyoming Affiliate News

January 2019

Published by the Colorado Association of Family & Consumer Sciences

*Colorado and Wyoming are Affiliates of the American Association of Family & Consumer Sciences
Dedicated to improving quality of life for individuals and families since 1908*

2019 Colorado & Wyoming Affiliate Annual Conference

**Saturday, February 23, 2019
Rialto Event Center
Loveland, Colorado**

Awareness, Advocacy and Action: Family and Consumer Sciences

The Conference Schedule and Registration has been sent to all members. Since this is a critical topic applicable to a broad audience, please share the information with others with whom you work, or community organizations in which you are associated.

The morning program will feature two speakers on *Community Building and Engagement* and on *Civic Engagement in Action*. The conference planners have scheduled 3 Roundtable times in the afternoon where presenters will share their experience in ***Awareness, Advocacy and Action***. Following the Roundtables, you will have time to develop your own *Awareness, Advocacy and Action Plan*.

A unique opportunity will also be available to attendees at this year's conference. You will be able to participate in a hands-on consumer study of 'compostable' single-use tableware (plates, glasses) which could be used to

replace commonly used plastic products. Your feedback will provide actual consumer reviews for developers evaluating these products. This is truly a hands-on example of awareness, advocacy and action.

Please note the Early Bird Registration must be postmarked by February 5. If using a Purchase Order to request payment from your school or office, you can email a copy of the PO with the Registration Form by the Early Bird Deadline to receive the reduced registration rate.

The Conference Schedule and Registration is also posted on the CAFCS website at www.aafcs.org/coafcs/home

CAFCS President's Message

*by Laurel Kubin
2018-2019 Colorado President*

We want to extend condolences to Luann Boyer, our CAFCS Executive Director, on the loss of her husband Pat. Together they had been dealing with a very rare form of leukemia over the past couple of years. Pat passed away November 15, and a celebration of his life was held January 5. A professional association is a network of caring individuals in relationship



and we want Luann to know her colleagues and friends are holding her in our thoughts.

I was impressed with a mailing received from AAFCS wherein “Newly Revised Brand Key Messages” were outlined. The definition “Field of study focused on the science and art of living well in our complex world” struck me as being incredibly realistic. Our world has become more and more complex. Families and consumers have more choices than ever.

Decision making is not easy. For example, at one time there was one telephone company, only one or two styles of phones, and the biggest decision was the color of phone to have in your home. Now, there are multiple phone plans with options galore. We carry our phones with us, so do we also need insurance to cover loss and/or fraud? Decisions, decisions.

Who can best help educate and cut to the essence of these more complex decisions? Family and Consumer Scientists, of course!

In that same missive from AAFCS, they noted it has been 25 years since the name of our profession was changed to Family and Consumer Sciences. This was not an easy change. We continue to need to educate people about our profession. I must admit that occasionally I still need to say “home economics” to help another person understand who we are and what we do. Frames of reference are important.

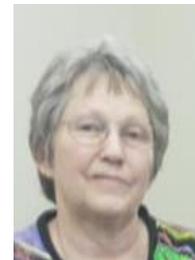
That is why I’m hoping that you and your colleagues, whether AAFCS members or not, will participate in the Colorado and Wyoming conference on February 23 in Loveland on “Awareness, Advocacy and Action: Family and Consumer Sciences”. We must continually update ourselves on how to best describe and advocate for our profession. This conference will provide numerous tools to help us be active advocates. Hoping to see you there!

Laurel Kubin

WAFCS President’s Message

by Patty Johnson

2018-2019 Wyoming President



Happy New Year from the Wyoming AAFCS Affiliate

As the year comes to an end, pause to reflect on the blessings life has bestowed on you and to take time to make resolutions that will enrich our lives and those around you in the new year.

I recently found this horoscope; it serves to remind me about putting balance into life.

Work is work.

It doesn’t matter what the job is; the time and energy you put in must be balanced with rest, fueled with nutrition and recharged with leisure.

Take the opportunity to recharge your professional spirit by joining the Colorado and Wyoming AAFCS Affiliates Annual Conference in Loveland February 23, 2019. Meeting with friends, old and new, always rejuvenates me. I listen in awe about what the many professionals have accomplished. I love to watch the energy from students and young professionals as they talk about their current activities and future goals. It is nice to see professionals at all stages of their career exchanging ideas with smiles and laughter. The Wyoming Affiliate is thankful that the Colorado Affiliate continues to include us in their professional activities.

Unintended Consequences.....Technology has changed how we do things at work and home. In some ways life has become easier but in other ways technology has changed how we interact with others. Studies are proving the brain has the capacity to rewire itself through the environment.

It Starts Early.....Young children with too much screen time have their neural development affected. Comprehending social

interactions and decoding has different results when children are learning through technology instead of human interaction. Authentic human interactions helps small children learn to empathize with others, take in nonverbal clues while talking to others and reading unspoken signs like facial expression, tone, and voice. In a screen time world, children become used to immediate screen responses of colors, shapes, and sound. The brain responds with the dopamine response resulting in immediate pleasure. This immediate stimuli response and immediate gratification becomes preferred over real-world connection.

Some children are deprived of a healthy childhood. Being a parent does not equal being a friend. Parents need to set limits. Provide nutritious food and limit snacks. Spend 60 minutes a day in green space - outdoors hiking, fishing, watching birds, walking and talking. Have technology-free meals. Play board games. Involve children in one chore a day. Have consistent sleep routines in a technology-free bedroom.

Teach responsibility and independence. Teach children age appropriate skills and then let them do it for themselves. Small failures are great training for life's challenges: don't pack their backpack for them, don't bring a forgotten lunch box, project, or assignment to school, and establish a routine that your family follows to limit the last minute mad dash every morning.

Teach delayed gratification. Provide opportunities for boredom so creativity can be awakened. Don't be responsible for their entertainment; don't use technology as the babysitter. Help your children create a kit with ideas for when "I am bored". Help them establish goals and a method of saving money for large purchases.

Be emotionally available to connect with kids. Turn off your own digital devices until your

kids are in bed so that you are not digitally distracted. Teach them self-regulation and social skills. Be an emotional coach; teach them to recognize and deal with frustration and anger. Teach social skills like greetings, turn taking, sharing, empathy, table manners, and conversation skills. Connect emotionally with your kids: smile, hug, kiss, tickle, dance, or jump with your child.

Teens are Struggling, Too.....Fifty percent of teenagers admit to being addicted to their mobile devices. "Screenagers" can suffer from attention disorders. Studies show self-confidence takes a hit when screen time is greater than time spent developing healthy relationships. Social skills are hampered. Some teens avoid the challenge of meeting people face-to-face and hide behind the screen. Young men who play violent video games for several hours a day develop less sensitivity to others and show more aggression.

Other brain imaging studies have found that addiction to the internet and games can shrink the brain regions responsible for planning and executive functions, empathy, compassion and impulse control. There is no study, yet, about how long it takes the brain to return to a normal state if the technology is limited. But games which reward cooperation and support can lower stress, boost mood, and promote helping behaviors in teens.

Screen time has damaging effects on sleep. A Norwegian study of 16-19 year olds who clocked four or more hours of screen time a day (outside of schoolwork and homework) had a 50% higher likelihood of lying awake for an hour or more before falling asleep. Lack of sleep in teens is linked to more risky behaviors like drinking and driving.

Two or more hours of TV is linked to weight gain in teens and adults. It also has an adverse effect on higher cholesterol and blood sugar.

Consider for all family members a central charging station for all electronic devices away from sleep areas.

Adults are Findingwhen life is too full of technology at work there is a need to reconnect with reality; to feel and to touch things. Young professionals are finding baking is helping relieve stress from the job. The need to touch and to feel and to create something tangible is important.

Remember it is all about balancing your life.

To learn more about these topics, here are some resources:

“The Unexpected Effects of All That Screen Time”, by Melissa Pandika, Rally Health September 2016

“Gray Matters: Too Much Screen Time Damages the Brain”, Victoria L. Dunckley, M.D., Psychology Today, February 27, 2014

“The Silent Tragedy Affecting Today’s Children” by Victoria Pooday. Faithit.com, June 4, 2018

Patty Johnson

Wyoming AAFCS Student News
by Shelby Hodges, 2018-2019 Student President

Family Promise Project

When Wyoming FCS Students partnered with Family Promise of Laramie, we were looking to aid the organization in any way possible. After talking with the director, Evelyn, we picked two major projects to which we would dedicate our time.

The first of these projects was preparing food for a family in the program over the holidays. Initially we planned on only preparing food for one day, but due to partnerships with the Student Dietetics Association and the Intermediate Foods class we were able to provide over a week’s worth of food.

The second project involves planning and teaching a lesson to the families in the program. The topic we have chosen for this lesson is on renting/leasing. We are planning to have some Human Development/Family Studies students collaborate with us and prepare a lesson for the kids. This lesson will be taught on February 11.

These are the two projects we have been focusing on and we hope to continue our partnership with Family Promise Project.



Colorado AAFCS Student News
Student Fashion Show April 12
7:30 pm, Ft. Collins Lincoln Center

This annual Fashion Show features design collections of seniors majoring in apparel and merchandising with concentration in apparel design. The show is planned and promoted by CSU students under the direction of faculty member Carol Engel-Enright.

Teacher Job Fair
April 17, 2019 - 8 am to 5 pm
CSU Lory Student Center

This is an opportunity for schools to engage with potential teacher candidates (and CSU alums) and conduct job interviews on the same day. This Job Fair is open to Colorado schools and School Districts and also a few invited Wyoming schools.



Congratulations!!

The following Colorado State University Family and Consumer Sciences majors and their scholarship donors shared recognition at the Scholarship and Alumni Awards Brunch held November 10, 2018.



Kelcey Bedard

Senior Education concentration
Student taught fall 2018
Graduation Spring 2019
Florence R. Shepardson Memorial Scholarship
Lucille Fee Scholarship

Victoria Connor

Sophomore Education concentration
University Students First Scholarship

Lindsey Erler

Senior, graduation spring 2019
Josephine Hoge Thimmig Memorial Scholarship

Amanda Goodman

Senior Education concentration
Student teaching spring 2019
Elizabeth Dyar Gifford Scholarship
Virginia Boyes Family Scholarship

Minor Hughes

Sophomore Education concentration
Kevin and Stacy Unger Family Scholarship
Lydia Anne Hoffman Morrison Centennial Scholarship

Tatianna Medina

Sophomore Education concentration
Alice M. Ford Memorial Scholarship

Letha Plecker

Senior Education concentration
Graduated fall 2018
Elizabeth Dyar Gifford Scholarship
Kotsiopulos Memorial Scholarship

Megan Sadar

Junior Education concentration
FCS Professional Promise Scholarship (CATFACS)

Savannah Smith

Senior Education concentration
Student teaching spring 2019
Gail Farthing Brown Memorial Scholarship
Elizabeth Dyar Gifford Scholarship

Sienna Sasselli

Freshman Human Development major
Political Science minor
Dubois Memorial Scholarship

Submit CAFCS Awards January 28

2019 CAFCS Award nominations are due to CAFCS President-Elect/Awards Chair Carole Makela by **January 28, 2019.** Awards will be presented during the Annual Conference February 23, 2019 in Loveland.



Awards are **Professional of the Year, Teacher of the Year, and Marcile Wood Community Service Award.** The recipient of the Teacher of the Year will be eligible to submit in January 2020 for National Teacher of the Year.

Any member can make a nomination. Think of FCS professionals you know or work with who fit the criteria for each award. (HINT - It's okay to tell them you're nominating them and need their help with information to submit for the award).

The Nomination Forms with all criteria for the awards are posted on the CAFCS Website, or you can email Executive Director Luann Boyer to receive a copy.

Day at the Capitol - Revised Plans

The Career & Technical Education Day at the Colorado State Capitol is a way to market FCS and other CTE programs to Colorado Legislators. The original plan was to tie this event with Family and Consumer Sciences Day on February 13. Due to election of a new Governor, CATE was not able to obtain an event date which would make this feasible in 2019.

Instead of meeting with legislators, a Virtual Campaign about Family and Consumer Sciences and other CTE Colorado Programs will be conducted.

For additional information about the virtual campaign, contact Kimberly Baldwin kkbaldwin@dcsdk12.org

FCS Day at the Pepsi Center

FCCLA members from across Colorado attended the FCS Career Day Monday, October 29 at the Pepsi Center in Denver. The event was sponsored by Kroenke Entertainment and provided a variety of opportunities to explore FCS careers including skill demonstration events.

CAFCS President Laurel Kubin participated in a panel with representatives from business and community colleges discussing FCS careers other than secondary teaching. Laurel

discussed the type of FCS positions available as an Extension Educator.

Developmental Disabilities Training

This new training series is available through Colorado State University Online and is a self-paced course which can be customized to meet individual needs by taking one part of the 5-part series or taking all five. This non-credit course was designed for those who work in non-formal education settings with programs for youth and adults with disabilities.

Topics for the 5 modules are:

- Overview of Disabilities
- Disabilities and Learning
- Understanding and Managing Behavior
- Visual Supports
- Disabilities Laws, Program Accommodations and Modifications.

To learn more about this training, go to <https://www.online.colostate.edu/global/docs/programs/Developmental-Disabilities-Overview.pdf>

2018 Dining In Day

by Kimberly Baldwin, Past President

Dine in for FCS was a success this year with over 400 participants in Colorado. Members, families and FCS Students "Dined In" to promote Family and Consumer Sciences. Additional benefits of this campaign include promoting healthy meal preparation at home and discussions at the dinner table.

Ponderosa High School Students prepared a meal in class and reviewed tips for setting a table and folding napkins. Each class had table topics for discussion during their meals. Students then continued the activity by preparing a meal for their families and documenting their experiences.



Kevin Ann Oltjenbruns

Colorado State University lost a friend and leader November 1 when Kevin Ann Oltjenbruns passed away after an extended battle with cancer.



Many of our CAFCS members had a connection with her as she her association with CSU stretched more than 40 years. She arrived at CSU in 1967 to major in mathematics with a concentration in computer science. Her career changed when she took her first child development class as a junior, because “it fit into her schedule,” which turned out to be a fortuitous choice.

After completing her B.S. in mathematics in 1971, she went on to earn a master’s in child development and family relationships in the Department of Human Development and Family Studies in 1974. She was then hired as an adviser and teacher for the department.

She continued her education and earned her doctorate in 1989 in educational and psychological studies from the University of Colorado.

Oltjenbruns was tapped for many leadership positions while at CSU. She became assistant dean of the College of Human Resource Sciences in 1984. She later became associate dean and helped steer the merging of Human Resource Sciences with the College of Professional Studies in 1986 to form the College of Applied Human Sciences (now Health and Human Sciences.)

In remembering the life of this remarkable teacher, scholar, and administrator, many themes emerge, but Oltjenbruns’ dedication to students, her leadership, and her giving spirit were hallmarks of her achievements.

Wellness Wednesdays

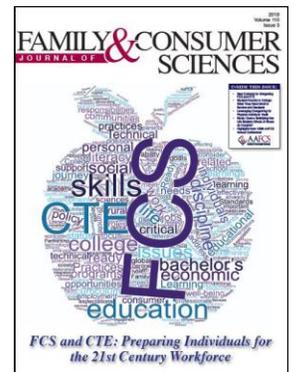
Check out the weekly Wellness Wednesday Twitter posts (AAFCS Colorado@aafcsCO); and Facebook (www.facebook.com/aafcs.CO) You can also see them on the CAFCS website Home Page. Please consider sharing the Wellness Wednesday posts on your own social media venues so your friends and colleagues see how to be FCSfit and encourage communication for our awesome organization.

Journal of FCS - Submit an Article

Manuscripts for the Fall 2019 issue of Journal of FCS are due April 4, 2019. Theme for the issue is **Technology Is Changing Everyday Life.**

Information about guidelines, themes and other information is available at

<https://bit.ly/2JaE4Sr> or contact Debra Bass (dbass@aafcs.org).



AAFCS Conference Registration

The 2019 AAFCS tentative Conference Schedule is now posted on the website as well as information on reservations at the Hyatt Hotel.

Early Bird Registration is April 15, 2019 so start finalizing your plans to attend.



MARK YOUR CALENDAR!!

2019

January 28: Award Nominations Due

February 13: Family & Consumer Sciences
Educator Day

February 23: Colorado/Wyoming AAFCS
Affiliate Annual Conference
Rialto Event Center
Loveland, Colorado

March 20: News Deadline for April 1 Newsletter

April 1: Quarterly Newsletter

- * CAFCS Award Winners
- * Annual Conference Review
- * CAFCS Officer Election
- * AAFCS 2019 Conference Update

April 15: Early Bird Registration Deadline
AAFCS Annual Conference
\$489 paid by April 15: Save \$110

June 20: News Deadline for July Newsletter

June 23-26: AAFCS Annual Conference
and Expo, St. Louis, Missouri

Newsletter Submissions

This newsletter is your newsletter. You are encouraged to submit information on programs or conferences (including website links) as well as information on current FCS topics.

Written submissions should be in a WORD document attached to the email. Photos should be saved as **jpeg** and attached to the email (please don't put into the body of the email).

Email all submissions to Executive Director at luann.boyer@colostate.edu



COLORADO/WYOMING NEWS

is a newsletter for members of the Colorado and Wyoming Affiliates of American Association of Family & Consumer Sciences.

Photos and articles from and about members are welcome.

Members are asked to keep email addresses updated with CAFCS so newsletters can be emailed. Send any contact updates, including address and email to the Editor listed below.

Editor

Luann Boyer, CFCS
CAFCS Executive Director
22500 Road 21
Fort Morgan, CO 80701
970-867-9060 or 970-768-0322
Luann.boyer@colostate.edu

Website

www.AAFCS.org/coafcs

CAFCS Facebook

www.facebook.com/aafcs.CO

Twitter

[@AAFCS_Colorado](https://twitter.com/AAFCS_Colorado)

The American Association of Family & Consumer Sciences (AAFCS) is a not-for-profit 501 (c) (3) organization with 6,000 members, dedicated to improving quality of life for individuals and families. The AAFCS and its affiliates may accept charitable contributions, which are tax-deductible to the fullest extent of the law.