



September 2025

From the President's Desk

It is a true honor to serve as your President of the AAFCS-Texas Affiliate. As we begin this new academic year together, I am deeply grateful for the opportunity to work alongside such dedicated professionals who share a passion for advancing Family and Consumer Sciences. Our affiliate is built on a proud legacy—112 years strong—as the foundational FCS organization in Texas. This history reminds us that we stand on the shoulders of pioneers who believed in the power of our profession to shape stronger families, schools, and communities.

Our mission remains clear: *Connecting Professionals and Touching Lives*. AAFCS-TX is uniquely positioned to bring professionals together across multiple practice settings and content areas to share knowledge, research, and experiences. Through our conferences, TAFCS publication, and e-communications, we connect you with colleagues who understand both the challenges we face and the solutions we can build. Together, we are recognized as a driving force in improving the lives of individuals, families, and communities. FCS truly is the perfect applied science for helping people thrive in today's complex world.

As we look forward, I invite you to become more involved in your affiliate—whether by sharing your expertise at a conference, contributing to our publication, participating in advocacy efforts, or mentoring future professionals. Each member's voice and action strengthens our ability to create impact. Thank you for your commitment, your energy, and your belief in the enduring value of Family and Consumer Sciences. I am excited about the year ahead and all we will accomplish together.

Dr. Cindy Miller

Member Spotlight

This September, we would like to shine a light on Dr. Sarah Allen, the CTE Director for Lubbock-Cooper ISD and also our new Executive Director.

The Texas Affiliate of AAFCS is excited to welcome Dr. Sarah Allen as our new Executive Director! With a lifelong passion for teaching Family & Consumer Sciences, Sarah has spent her career championing students and educators across Texas.

Sarah currently serves as the Director of Career & Technical Education for Lubbock-Cooper ISD, where she supports teachers across all CTE programs—including Family & Consumer Sciences—by providing



resources, professional growth opportunities, and innovative program development. Before stepping into district leadership, she spent over a decade in the classroom as a Family & Consumer Sciences teacher, where she inspired students, grew thriving programs, and guided countless FCCLA competitors to success. Her dedication to the profession earned her recognition as Texas AAFCS Teacher of the Year (2024), along with multiple Teacher of the Year and Teacher of the Month awards.

Never one to shy away from a challenge, Sarah has secured numerous grants, designed and opened new culinary facilities, and created hands-on opportunities that help students connect learning to life. She's also a dynamic presenter who brings humor, heart, and energy to every stage—whether speaking with FCCLA members or sharing research at national conferences.

Outside of work, Sarah enjoys cooking (with a special love for baking and pastry arts), traveling to new places, and hunting for hidden treasures in antique stores. She and her husband, Michael, keep busy with their two sons, Andrew (14) and Max (10), and their basset hound, Willie Nelson.

We are thrilled to have Sarah's vision, leadership, and passion guiding our affiliate into the future. Please join us in giving her a warm welcome to the role of Executive Director of the Texas Affiliate of AAFCS!

Welcome New Members

We are excited to welcome the following FCS professional into the AAFCS-Texas family:

- Kandace Hicks, Comanche, Texas, Student

Upcoming Events & Opportunities

Here's how you can become involved—so mark your calendars!

Texas FCCLA Fall Leadership Meetings: Please consider volunteering to help at one or more of the FCCLA fall leadership meetings taking place across the state:

<https://www.texasfccla.org/fall-leadership-workshops-1>. This link provides information on the Regional FCCLA Advisor(s) you can contact to let them know you're available to help with their fall leadership meetings. The more we can show our support for this student organization, the more visible we become to FCCLA advisors.

☐ Resource Center

FCS Resources: Did you know the AAFCS website is packed with free downloadable tools to support your work and celebrate FCS?

- ☐ Printable materials
- ☐ Zoom backgrounds
- ☐ Social media graphics
- ...and more!

Check them out here: <https://www.aafcs.org/resources/resources-and-printables>

- Advocacy Resource: We developed a new Advocating for FCS in Texas website to help you advocate for your FCS programs: <https://sites.google.com/view/advocatingforfcsintexas/home>. Please feel free to share this site with your colleagues. We also encourage you to add this link to your website and share it on social media. Additionally, if you have an impactful FCS story to share, please let us know so we can add it to this website.
- [Texas Association of Family & Consumer Sciences \(TAFCS\) Research Journal](#): The journal is more than just articles—it's your resource for innovative practices, credible research, and inspiring stories from professionals across Texas. Reading it not only strengthens your knowledge but also equips you to advocate for the impact of FCS in education, the workforce, and the community. Additionally, please consider publishing an article in this journal. For more information, contact Dr. Kyle Roberson, Editor, at kyle.roberson@ttu.edu.

□ Behind the Scenes

What's happening in AAFCS-Texas Leadership:

- Conference Planning: We're working to make the 2026 Annual AAFCC-TX Conference a collaborative event with FCSTAT's summer conference in July 2026. As soon as everything has been developed, we will send out a call for session and research presentation proposals.
- Marketing & Outreach:
 - We are currently developing a new website for AAFCS-Texas and will let you know as soon as it is ready.
 - In the meantime, please connect with us on [Facebook](#) and [Instagram](#), as well as on [LinkedIn](#), to see the latest information.
- Join the AAFCS-Texas Board: We are also seeking passionate members to serve in three open board positions: VP Public Policy Elect, Say Yes to FCS Chair, and Nominations Committee Chair. This is your opportunity to help shape the future of Family & Consumer Sciences in Texas while building your leadership skills and professional network.

Why serve?

- Make your voice heard in advancing FCS statewide.
- Gain valuable leadership and collaboration experience.
- Connect with professionals who share your commitment to the field.

If you're ready to get involved or would like to nominate someone, please contact Dr. Cindy Miller at Cynthia.L.Miller@ttu.edu.

□ Recognition & Celebration

For this section of our newsletter, we would love to hear from you on any certifications you have earned, retirements, grants or publications, and FCCLA/student accomplishments. You can send them to txaafcs@gmail.com.

□ Did You Know?

- FCS teachers reach over 250,000 Texas students annually! (*Source*: TEA Data Report)
- The Hospitality and Tourism industry—one of our key FCS pathways—employs nearly 1.3 million Texans. (*Source*: Texas Hotel and Lodging Association)
- Every FCS educator helps strengthen workforce readiness, family well-being, and community health.

Closing Note

Thank you for being part of the AAFCS-Texas Affiliate. Together, we are shaping the future of FCS in Texas. Stay connected, stay inspired, and keep making an impact!





Try email & social marketing for free!