President’s Corner

Welcome to the Mississippi Association of Family and Consumer Sciences (MAFCS), an affiliate of the American Association of Family and Consumer Sciences (AAFCS)! Once again I am excited to serve as your President and look forward to the journey ahead.

I continue my journey with the desire to create more AWAREness of the organization, WORK with sister organizations, RECOGNIZE members, and increase ENTHUSIASM. I believe in the mission of AAFCS, which is “to provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well being, relationships, and resources to achieve optimal quality of life.” I believe that a better future for Mississippi families can be achieved by the work of FCS professionals. How do we touch the lives of those around us through the work that we do? That’s a question for us all to consider as we reach out to provide resources and support to our Mississippi individuals, families, and communities.

As FCS professionals, your Board of Directors recently met to begin strategic planning for the future of the organization to provide leadership and support to family and consumer science professionals as well as support programming that improves the well being of those served by the professionals. The board identified four (4) priority areas: consolidation of FCS-related organizations’ meetings, filling the FCS educator pipeline, membership recruitment, and supporting the AAFCS FCS Day. Some of the ways we hope to achieve meeting the goals of the priority areas are to provide combined meetings, professional development days, webinars, and a state-wide service project.

As we move forward, let’s all be committed to the vision of increasing membership and participation in MAFCS. Help others become AWARE—invite one FCS professional to join this year!

2015 MAFCS Annual Meeting a Success

The 2015 MAFCS Annual Meeting was a successful event. There were nearly 70 professionals, FCS teachers and students who attended the meeting despite the chilly weather. The theme of the conference was “Family and Consumer Sciences: Global Gateway to Healthy and Sustainable Families.”

Dr. Shirley Hymon-Parker, keynote speaker, reminded the attendees of the importance of strategically using technology to advance the field. She shared ideas for how FCS educators can incorporate technology into their classrooms and outreach programs. The breakout session speakers focused on all areas of FCS with a special track for FCS secondary educators.

We greatly appreciate the support of our sponsors: iCEV Multimedia, Mississippi Pork Producers Association, Mississippi Beef Council, Early Years Network, Realityworks and silent auction contributors.

Highlights from the event can be found on pages 2 and 3.

Inside this edition of Affiliate FACS: MAFCS Annual Meeting Highlights, MAFCS Executive Board—Meet Your Officers, FCS Day “Dining In” for Healthy Families, MAFCS Service Project, “Thank You” to Our Sponsors, and In the News
2015 MAFCS Annual Meeting Highlights

Exhibits (top left), silent auction (top right), presentations (middle left and bottom), and student competition judging (middle right).
Student Research & Design recipients (pictured below left to right): First Place (research), Aquierra Anderson from Alcorn State University, awarded $150; and First Place (design), Ashton Roach from Delta State University, awarded $150; Second Place, Jesse Newton from Mississippi State University, awarded $100; and Third Place, Shanice Cox from Delta State University, awarded $50.
MAFCS Executive Board—Meet Your Officers

President

Julie A. Sims, Ph.D. has served as the President of the MAFCS for the past three years. She has also been involved at the national level as an inaugural member of the AAFCS Leadership Academy, member of the Building Leadership Capacity community, and recently selected to serve on the AAFCS Nominating Committee.

Julie completed her doctorate in Agricultural Science with an emphasis in Agricultural and Extension Education and minor in Human Sciences from Mississippi State University (MSU) in December 2014. She is a Project Director for the Early Years Network, a program of the MSU Extension Service, and has been working in the early childhood education field for over six years. As Project Director, she serves as a state anchor using the Environment Rating Scales (ERS) and oversees report writing and reliability of staff. Additionally, she is a co-presenter of the ERS in-depth trainings for early childhood providers and professionals as well as ERS Bi-Monthly trainings for staff. She has served in numerous roles during her tenure with the Network including overseeing data collection and maintenance, analysis of data for reporting, and oversight of Institutional Review Board documentation.

Julie is a proud aunt to two adorable girls, Jaden Claire (5) and Jasey LeAnne (2); and proud owner of her fun-loving cat Smoky.

President-Elect

Martha Ravola, Ph.D. served on the MAFCS board this past year and was recently selected and participated in the AAFCS Leadership Academy. She is an associate professor in the Department of Human Sciences at Alcorn State University. She has a doctorate in human development and family studies and is also pursuing her second doctorate in clinical psychology. Ravola has over 13 years of work experience with eight years of her experience being at the National Institute for the Mentally Handicapped in India where she served as a faculty for graduate and post graduate students. She has also carried out extensive research projects on early intervention, families of persons with intellectual disabilities and child rearing practices in India.

Currently Ravola serves as the project director for an Evans Allen Project aimed at reducing childhood obesity among preschool children in southwestern Mississippi called “My Body Matters” and a federal, SAMHSA funded Garrett Lee Smith Campus Suicide prevention Grant titled, “ASU SPARK” (Suicide Prevention Awareness and Reach through Kognito/Knowledge). Additionally, she is a three-time award recipient of the HBCU mini-grant on Mental Health “Journey of Understanding” and has published three books.

Ravola’s research interests include multiculturalism, integrative learning, mental health and obesity prevention. She successfully organized events on child abuse prevention awareness, multiculturalism, bullying, suicide prevention and underage drinking.

Secretary

A career and technical educator for more than 17 years, Betsey Smith taught family and consumer science courses in Louisiana. She also helped create and implement a career center as the career counselor. She earned a bachelor’s of science in Family and Consumer Science Education from Louisiana State University and a master’s in counseling from the University of Louisiana at Monroe. She is ProStartÆ and Propulse certified.

Betsey Smith biography continued on page 5.
As Associate Director at MSU Research and Curriculum Unit, Smith oversees secondary curriculum processes and provides supervision for all aspects of the CTE-related activities and projects. She is an expert in school counseling education and family consumer science education, and she uses her expertise in assisting with writing and implementing curricula, providing leadership for a cross-functional team of professionals at the RCU, and collaborates with leaders across Mississippi.

Betsey's husband Trent is an Associate Professor in the Animal and Dairy Science department at Mississippi State University. They have three children, Kade (11), Kaylie (6) and Addie (6).

**Treasurer**

Lara Angel works for the MSU Extension Service as the Family and Consumer Sciences agent in DeSoto County. Her extension career expands across Tennessee, Kentucky and Mississippi serving both in 4-H Youth Development and Family and Consumer Sciences.

October of 2015 will mark her 9th year working for the Cooperative Extension Service. She holds a Human Ecology bachelor’s degree from Tennessee Tech University and a master’s degree from Western Kentucky University in Adult Education. Lara was an inaugural member of the AAFCS Leadership Academy in 2013. This Savage girl married Clifton Angel in July 2014, and he changed her name to “Angel”. They reside in Tate County, Mississippi and have one four-legged daughter named Lucy.

**Teacher Liaison Vice President**

Janie Leach is proud to continue to serve the MAFCS in the role of Teacher Liaison. She is the Family and Consumer Science Program Supervisor at the Mississippi Department of Education. Janie has been a Mississippi public educator for over 25 years, having served in various early childhood education positions before teaching in a public high school setting. She has a bachelor’s in Family and Consumer Science from Delta State University, a master’s in Education Early Childhood and a master’s in Education Administration from University of Phoenix. Her husband is also a teacher; he teaches STEM and various other subjects. Janie and her husband are proud parents of three amazing children, all of which have found footing to their own pathways.

Janie’s passion about the classes in the field of family and consumer sciences is what drives her to be the best she can be for her teachers. She feels the classes provide the students the ability to strengthen their own domestic needs and point the way for some to a future in this field. In short, family and consumer sciences provides the foundation for students to become better citizens, consumers, husbands, wives, parents, workers and co-workers.

**Extension Liaison Vice President**

Judith Breland is a longtime member of AAFCS and MAFCS. She resides in Stone County, where she serves as the MSU Extension Family and Consumer Sciences/4-H Agent and County Coordinator. She is a Past President of MAFCS and is active in the AAFCS Extension Community of Practice. June, her mother (93 in September), and Angel, her niece (age 11), along with Buttons (dog) and Mittens (cat), live in Wiggins in a historic home (which means it is over 100 years old and always needs something fixed).

In the coming year with MAFCS, she would like to see more Extension agents and specialists participate in both MAFCS and MEAFCS activities, combining some activities where possible. She believes the profession of family and consumer sciences needs the strength of the efforts everyone in the discipline regardless of specializations and organization affiliations.

**Officer biographies continued on page 6.**
External Relations Vice President

Michael Anthony lives and loves family and consumer sciences. From the time he entered graduate school to the present, he has dedicated his life at home, and sometimes at work, to the pursuit of learning and teaching family and consumer sciences. From study and research to application, family and consumer sciences are Michael’s true passion.

Michael’s journey to the world of family and consumer sciences began in the twilight of the last millennia when he decided to major in Family and Consumer Sciences Education at the graduate school of the University of Alabama. Through this endeavor, he learned about the history of family and consumer sciences; foods and nutrition; infant, child, and adolescent development; marriage and the family unit; financial management; clothing selection and construction; and interior design and decorating. His time spent studying the family and consumer sciences was one of the best and most important times of his life and a time he remembers fondly.

In his professional career, Michael used his love and passion for family and consumer sciences to teach at the secondary level at the Hollandale, Be-noit, and Western Line School Districts and working as an Extension 4-H youth development agent in Jefferson Davis County. He is currently employed with the Coahoma County School District, teaching family and sciences at Coahoma County High School in Clarksdale.

Michael’s specialty and field of interest is home or domestic management. He is interested in how to use time and technology to make house cleaning, cooking, organization, and energy management the most effective and orderly as possible. He is also interested in the evolution of the woman’s domestic magazine from its beginnings in the 1870’s through the present and how these publications reflect social norms and changes in the United States.

Michael is a member AAFCS and had an abstract accepted for presentation at the 2013 Annual Conference. He is an active member of MAFCS and is passionate about expanding the knowledge, understanding, and appreciation of the family and consumer sciences throughout the state. He presently lives in Clarksdale with his wife Stephanie and adorable girls Lucy-Beth and Adda-Lynn in the big old house he always wanted, where he most enjoys putting his research interest into practice: refining the management of his home to be efficient and enjoyable.

Professional Advisor

Joe D. Wilmoth, PhD, has been on faculty since 2006 at Mississippi State University, where he is an associate professor of human development and family studies in the School of Human Sciences and has an appointment with the Mississippi Agricultural and Forestry Experiment Station. He teaches courses in family relations and adult development. His current research focuses on the ties between aging, religion, and family relationships. Prior to his academic career, he served in roles including pastor, daycare director, editor, elementary principal, and police chaplain. He has been married for more than 40 years to Zelda, a kindergarten teacher, and they have three married children and six grandchildren.

“Dine In” With Us!

www.aafcs.org/FCSday

#FCSday #healthyfamselfie
“Dine In” With Us!

What You Can Do
(choose one or more!)

1. Commit to “Dining In” on December 3.
2. Prepare and eat a healthy meal with your family on December 3.
3. Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselfie.
4. Change your Facebook profile photo to the I’m “Dining In” logo.
5. Wear an I’m “Dining In” sticker.
6. Ask your friends and family to “Dine In.”
7. Pin your favorite family meal recipes to a “Dining In” Pinterest board.
8. Follow AAFCS on Facebook, Twitter, and Instagram for ideas and updates.
9. Share our social media posts or create your own posts about family mealtime.
10. Visit www.aafcs.org/FCSday for more ways to get involved and access resources!

www.aafcs.org/FCSday

#FCSday  #healthyfamselfie
“Relieve Hunger” and win CASH prizes by supporting the 2015 MAFCS Service Project!!

Get involved by requesting students to bring one or more of the following much needed items to support your local food bank:

- Canned meats, including tuna, stews, chili, Spam, salmon, chicken and dumplings, Vienna sausage, chicken
- Peanut butter
- Canned fruits, regular and packed in its own juice
- Canned vegetables
- Canned soups
- Macaroni and cheese (boxed)

We are proud to partner with the Mississippi Food Network and local food banks to provide hunger relief to families in your Mississippi communities.

Win CASH prizes for your participation!

By supporting the MAFCS Service Project and your local food bank, you and your students could be awarded cash prizes. There will be 1st, 2nd, and 3rd place awards for FCS teachers who collect the most food. Additionally, the top 3 teachers’ FCCLA clubs will also receive cash awards.

Event: 2015 MAFCS Service Project—Local Food Banks

Timeline: September 1, 2015 to February 1, 2016

Food Collection Receipts: Each month participants should email Janie Leach (jleach@mde.k12.ms.us), FCS Program Supervisor at MDE, the total number of food cans and/or boxes of food collected.

Teacher and FCCLA Chapter Awards:
1st place = pay 1 year membership to AAFCS plus $100 to local chapter
2nd place = pay 1/2 of 1 year membership to AAFCS plus $75 to local chapter
3rd place = pay MAFCS conference fee plus $50 to the local chapter

Additional instructions and resources about connecting with your local food bank will be provided or visit our website for details.

Mississippi Association of Family and Consumer Sciences
www.msaafcs.org
In the News

Julie Sims elected to AAFCS Nominating Committee

Julie Sims, President of MAFCS, was selected to serve on the AAFCS Nominating Committee for the 2015-2017 term. She would like for all Mississippi members interested in serving on the national level to complete the application process for consideration of one of the two Director-At-Large positions. This is a great opportunity for Mississippi members to be an integral part of the future of AAFCS.

AAFCS Director-At-Large Nominations

Nominations for two Director-At-Large positions on the Board of Directors for AAFCS are due soon. The terms for the boards positions are for three years, from 2016 to 2019. The leadership application form will be posted on AAFCS website and sent to the MAFCS membership. www.aafcs.org

Fall Leadership Council Workshop

President and President-Elect, Julie Sims and Martha Ravola, will be attending the 2015 Fall Leadership Council workshop in Alexandria, VA on September 25-27, 2015. They will be representing Mississippi as the Council continues the strategic planning for AAFCS that began at the annual conference in June. An update will be provided to the membership following the workshop.

“Thank You” to Our Sponsors
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Betsey Smith, betsey.smith@rcu.msstate.edu
Treasurer
Lara Angel, lara.angel@msstate.edu