

# The MAFCS E-Newsletter

Minnesota Association of Family and Consumer Sciences

Spring 2015



## 2015 MAFCS Gala—Living in the Moment Annual FUNdraiser Event!

**Saturday, May 2, 2015 ~ 1:00 - 4:00 PM**

**Medina Entertainment Center**

**500 Highway 55, Medina, Minnesota 55340**

*Please join together in celebrating  
the accomplishments of our profession.*



*Hats modeled by MAFCS members;  
Ashley Nelson, Katie Carter and Shawna Wilson*

### ***Enjoy the “Parade of Hats”***

#### **Program/Speaker: Angie, owner of Angie’s Hats**

For the past seven years, Minnesota Milliner Angie Hall Sandifer has created fashionable hats from her studio in Lowertown Saint Paul, MN. She has designed for the Kentucky Derby at Churchill Downs, The Royal Ascot, as well as local Derby Parties. She has created for brides and bridal parties in Europe and the U.S. Angie’s hats, as well as your own creations, will be a part of the “Parade of Hats.”

**Menu and Surprises:** Enjoy Appetizer Samplings, Delicious Cake and surprises.

**Silent Auction:** A Silent Auction will be held to support the activities of MAFCS. All contributions are tax-deductible. You may bring your donations with you on Saturday.

***Hats Encouraged But Not Required***

**Register online at [www.mnafcs.com](http://www.mnafcs.com)**

**CONNECTING  
PROFESSIONALS.  
TOUCHING LIVES.**

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**MAFCS Website:  
[mnafcs.com](http://mnafcs.com)**

**MAFCS  
Newsletter available  
via your email**

**This is your issue of the  
Spring 2015 MAFCS  
E-News. If you would like to  
request a postal copy—  
please contact  
Rachel Pederson,  
763-241-2104  
[rachelpederson@charter.net](mailto:rachelpederson@charter.net)**

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For information on appointed  
MAFCS Officers, please contact  
Debbie Larson or  
Marlys Eikmeier.

## EDITOR'S NOTE

Looking out the window this week, I realize that spring actually is coming. Living in Minnesota I know that snow can make an appearance again too, but it will not last! I enjoy the different seasons that we experience. Now we can look forward to no more boots, mittens, warm hats, etc. and to short sleeves, capris, and flip-flops.



When I looked at the most recent Journal of Family and Consumer Sciences (Fall 2014), I read that the theme is accountability and political influence. According to Sue L.T. McGregor who is the Interim Editor, there are several interpretations for the Family and Consumer Sciences profession but in general FCS professionals have a responsibility to be accountable for their practice and this includes the political field. She goes on about the differences between accountability and responsibility on pages 3, 48-50.

Carolyn W. Jackson, CFCS, the AAFCS Executive Director, wrote about the success of the Family and Consumer Sciences Day "Dining In" for Healthy Families starting on page 5. She mentioned many of the achievements that occurred on that day including the number who participated (over 100,000), remarks by the various professional groups, and the appearances by celebrities etc. plus the history behind this event. Check out the details.

The three articles about obesity include different studies with various conclusions and recommendations for this problem. On pages 23-31 you will find, "Examination of Obesity Risk-Reduction Behaviors in Chinese Americans". Most people consider Chinese Americans, as well as other Asian sub-groups, to not have a weight control problem, but they do have a higher percentage of body fat compared with White Americans. On pages 33-38, is the article, "Perceptions of Childhood Obesity Among Rural Parents, Teachers, and School Administrators." The perceptions about obesity among these three groups differed but these groups need to work together in order to be effective in reducing childhood obesity. On pages 40-46, look for "The Preschool Nap as a Protective Factor in the Fight Against Childhood Obesity: An Exploratory Study". The daytime nap has many positive advantages besides fighting obesity. All three articles are interesting.

Be sure to read Deb Larson's Message from your President on page 3 of this newsletter. She has important information about the possibility of a Family and Consumer Sciences Specialist at the MDE! This is exciting!

This will be the last Editor's Note that I will be writing. I assume that Kathy Norquist will write the next one since we have been alternating writing this column. I thank you for this opportunity but it is time for a change. I certainly would not have been one of the co-editors without my "co" Kathy Norquist who convinced me I could do this, and of course, for fabulous Rachel Pederson who put everything together and made it look so good!

*Alice Lysaker*

Volume 2014/2015 Number 3 ~ Subscription is a benefit of membership.

The *MAFCS Newsletter* is the official publication of the  
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a non-profit organization.

**Next Newsletter Deadline: May 10, 2015**



## MESSAGE FROM YOUR PRESIDENT



Deborah Larson,  
MAFCS President

When I started my presidency this year my mission statement was and still is “**advocating for individuals, families and the profession.**” I have personally continue to persevere towards building our profession with this at the forefront. I feel we have made great progress this year for the following reason:

We are almost finished with the development and writing of the new Family and Consumer Sciences Frameworks and they will be on the MDE website by the start of the 2015-2016 school year. Many people have worked hard to make this happen. Two people from the MDE (Minnesota Department of Education) spent an entire day with us at our Minnesota State Conference, visiting and answering questions, and presenting.

Paula Palmer [paula.palmer@state.mn.us](mailto:paula.palmer@state.mn.us)

Michele Kamenov [Michele.kamenov@state.mn.us](mailto:Michele.kamenov@state.mn.us)

They provided us with some wonderful statistics that support our programs. In a recent study done by the legislature for CTE education the following data was established.

- ⇒ At least 50% or more districts who responded offer courses in Career Clusters with Family and Consumer Sciences leading at 69.4% {this encompasses all CTE, Career and Technical Education, areas}
- ⇒ Of 9,019 courses offered across all Career Cluster areas the following areas had the highest frequency of courses: Family and Consumer Sciences 1,593 with a range of 0-56 courses within a district with an average of 6.2
- ⇒ Only business offered more at 1,901 range 0-75 courses within a district with an average 7.4

I believe due to our persistence, changes at the MDE in staffing and reorganization, focus on CTE and career pathways, and data collected; the MDE (recommended by Paula and Michele) have made a **proposal to obtain a Family and Consumer Sciences specialist at the MDE**. This is very exciting news for all of us. ***Being a member of our professional organization MAFCS, is more important than ever because it is the venue that is our source of communication with the MDE.***

However our work is not finished and I firmly believe our time is now! We need to continue our work and form a Family and Consumer Sciences State Advisory Board. This was very much reinforced by both Michele and Paula for the purpose of having strong advocates to support and represent our discipline at the legislative and state level. With Perkins funding concentrating on Career Pathways and College and Career Readiness, we need business and industry to keep Family and Consumer Sciences strong. Making those connections is more important than ever and it will take all of us to make the changes. We have many large industries that are connected to Family and Consumer Sciences in Minnesota, such as: Con Agra, General Mills, Land O'Lakes, banking businesses, Target Corporation, to name a few. Who do you know that could possibly help us out? We are currently working on a plan to get more FACS professionals involved and there will be more information to follow.

***“Coming together is a beginning; keeping together is progress; working together is success.”***

*Henry Ford*

### **Notice to MAFCS Members Annual Meeting**

Saturday, April 11, 9:00 AM -1:30 PM  
Ridgedale Library ~ Room 172  
12601 Ridgedale Dr. Minnetonka  
(612) 543-8800



## 2015 MAFCS EXCURSION HIGHLIGHTS

Excursion! Excursion! “Learn a bit, have fun, and be on time.” This was the beginning to the 2015 MAFCS conference on February 26<sup>th</sup> with Gerry Luepke as organizer and tour guide. Thirty-five gals were participants in an educational and fun-filled day visiting five uniquely different businesses.

The day started with the first stop at Microbiologics Company in St. Cloud. This company provides the most diverse high quality ready to use quality control microorganisms which are used in clinical, pharmaceutical, cosmetic, dietary supplements, medical devices, educational, plus water and environmental (agricultural and veterinary) industries throughout the world.

College of St. Benedict, St. Joseph was our next stop. Jayne Byrne (Department Chair) spoke about their Food and Nutrition program. The interests of students in healthier eating, ingredients in food and preparation techniques which would be beneficial to themselves plus the science of food has seen an increase in the classes and class size. A range of majors is increasing interest in this area of study, as the student feels its importance related to Food and Nutrition, Psychology, Communications, and Pre-Med. Professional opportunities for the students include large food corporations such as Cargill and General Mills, extension services, WIC programs and local agricultural companies.

Lunch was an experience in and of itself. They had stations set up around the college cafeteria for different tastes and cuisines. The choices were many and the relaxation time to enjoy our food and to network was great.

Our departure from the college brought us next to the “Pioneer Place on Fifth” in downtown St. Cloud. The building was built in 1913 with materials from the local granite quarries and still has original hardwood floors in the theatre. This building was used for a variety of venues including the ELKS Club, apartments, gift shops, and currently is home to the County Stearns Theatrical Company. Its mission is to bring high quality, professional entertainment to mid-state Minnesota. Pictures of many of the visiting artists are displayed on the hallways with even a suggestion of some paranormal activity happening in the past years when remodeling was taking place. Interesting, interesting!

We continued on to BumbleDees which houses 35 different vendors dealing in antiques and items from the past with art and furniture in the basement. This was a wonderful way to reminisce of days gone by and helpful to those of us who were looking for an item to repurpose or add to our collection. By this time many of us were ready for our last stop of the day. As we walked into the Willow Tea and Spice shop our sense of smell was overwhelmed by many interesting smells. We were given an opportunity to taste a variety of teas plus shelves upon shelves of many varieties of tea to purchase. There were many spices, teapots, and other equipment used in the art of brewing tea. Random fact, but FACS related, the owner also had a contract to alter the MN National Guard uniforms.

Comments included how nice it was to have a variety of places to visit plus learning how each stop involved potential curriculum which could be used in our programs. It was a great way to get a lift that we in FACS **are making a difference** in our student’s world.

*Susan Kuseske*



COLLEGE OF  
Saint Benedict



# 2015 MAFCS CONFERENCE HIGHLIGHTS



**Focused Action  
Changes Society**  
February 27 - 28, 2015  
Holiday Inn  
St. Cloud, MN



Conference leaders included Ashley Nelson, Shawna Wilson and Program VP, Katie Carter.

A special thank you to Katie Carter, Ashley Nelson, Shawna Wilson, and Sarah Durch, for planning another great conference. The highlight of the conference was the announcement that Family and Consumer Sciences is in the process of having a representative at the state department. Another special thank you to Deb Larson, Jill Conlon, and Karen Smith for the work they have done on this project as well as a thank you to all the teachers who have worked on the frameworks for Minnesota. Two speakers stand out for me. Minnesota Department of Education, Paula Palmer's presentation was very informative and I wish all FCS professionals could have heard her. The other presentation that I attended which stands out in my mind is the session on Digital Property. If you are reading this newsletter, it is safe to say that you have digital property (email, social media accounts, photos, etc.) and if something happens to you, who will be able to access your accounts?

*Donna Butterfield, Richfield*

I thoroughly enjoyed the presentation by Dr. Jody Janati. Her ability to infuse humor within her content delivery added to its effectiveness.

*Jeanne Bymark, Hibbing*



MAFCS members Debbie Larson and Lois Lewis listening to Michelle Kamenov, Supervisor, Career Development and CTE, Department of Education.

The Educational Excursion was a great time! From the positive support at St. Ben's, ghost stories at Pioneer Theatre, and the aromas and relaxing teas, all made for a fabulous day.

The Tools for Interior Design, had great ideas and apps for my class. Lidsey Khun was awesome, she had good useable information for me to take home and use.

*Julie Read Andreassen, St. Michael/Alberville*

I enjoyed our visit on Thursday, to St. Ben's, as part of the Educational Excursion. The things they are doing are exciting and encouraging.

*Diane Fortney, Spicer*

My favorite speaker was the Keynote Address, "Balance Your Conflict," presented by Dr. Jody Janati from the University of Minnesota. She was fabulous!!!!

*Lori Dornburg, Sartell Middle School*

What a great conference! Although there were many wonderful moments, my favorite was when MAFCS member, Kalyee Wiens, came up to me after a session to ask where I live. It turns out we live four houses apart in Owatonna. We are already looking forward to visiting in the neighborhood when the weather warms up. What a small world!

*Maureen Lyons, Learning ZoneXpress*



## 2015 MAFCS CONFERENCE HIGHLIGHTS



MAFCS members enjoyed time networking and sharing ideas with each other.

My favorite conference highlight was the Digital Property session. Who knew there was such a thing! I attended the breakout session on this subject and truly had my eyes opened to a piece of the digital world I had never thought about. Who knew your iTunes or downloaded movies and books have true value. What happens to this property when you pass away? What happens to your Facebook and Twitter accounts? What I learned is that we need to inventory those things of value and think about who should get access to those accounts when we are no longer around. Your digital property is just like your tangible property and needs to be included in the valuing of your estate. WHO KNEW!!

*Becky Bergmann, BLIND, Inc.*

**I really like the Interior Design presentation.  
Good networking.**

**Lori Young, Albany**

The Kitchen Chemistry presentation provided an “explosion” of ideas to apply in our classrooms and/or daily living. It reinforced that all of us do have a strong chemistry science background in which we can share our knowledge.

In the “Digital Property: Where does it go when you die?” session many of us had our eyes wide open as we realized the legal ramifications and the value of our digital property. This is something few of us have considered as we plan the management of our estates, especially the sentimental value of our pictures on Facebook and other sites. This valuable information is important for all of us to know!

*Lori Brumbaugh, Champlin Park High School*

I really enjoyed getting to network with other FACS teachers and hearing about the amazing things they are doing at their schools.

*Karen Frank,  
South Saint Paul*

I had two favorite parts of the conference. The first was the Friday Breakfast speaker on Balancing Your Conflict. It was interesting to understand the types of conflict, how to shape behavior, and meeting your discussion partner where they are at.

My second was handing out MAFCS awards and scholarships (see pages 8-9). This was my first time being part of this committee and it is so exciting to recognize the great FACS teachers and supporters for our organization. It was a great honor to be a part of this.

*Hilary Birdsell,  
Waconia High School FACS*

My favorite conference highlight was having the opportunity to spend the day with so many other passionate FACS professionals! Their mentorship, support, and guidance motivates me to be the best FACS teacher I can be!

*Nancy Sandeen,  
Anoka-Hennepin Teen Pregnancy Program*



Ashely Nelson sharing her “Apps for FACS” presentation.

# 2015 MAFCS CONFERENCE HIGHLIGHTS

## Silent Auction Thank YOU!

A Special Thank you to all who donated to this years Annual Conference Silent Auction! With member's help we raised over \$1000 for MAFCS projects and Scholarship funds! There were some very creative baskets this year, the highest bidding ones going to themes such as "Trader Joe's Pantry Heros," "Margaretville," wonderful hand made items, and of course, Learning ZoneXpress' generous DVD and curriculum donations! Thanks again to all who helped make this such a success!



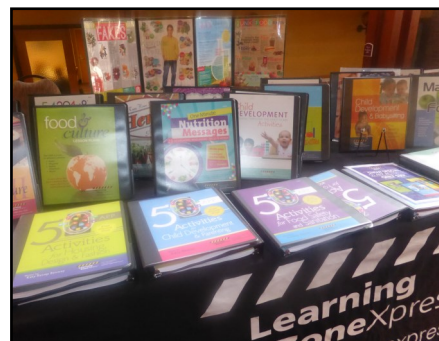
## Exhibitors:

The annual Conference would not be nearly as entertaining without our exhibitors. MAFCS would especially like to thank a couple of our generous donators:

Learning ZoneXpress is your top source for fresh, innovative Educational resources created by FACS experts. Topics include: Nutrition, child development, food preparation, financial literacy, careers, fashion, interior design, and more! For more information, go to [www.learningzonexpress.com](http://www.learningzonexpress.com).



TruStone Financial: Financial Literacy in the Schools is designed to give you a taste of the presentations TruStone Financial can customize for your classroom. Whether the audience is older teenagers or younger adolescents, learning about financial literacy is an important way to create a sound financial future for tomorrow's leaders.





## 2015 AWARDS GO TO....

Awards were presented by Hilary Birdsall and Lynsee Mattson, MAFCS Awards/Scholarship Committee

### New Achiever: Alyssa Ambrosius

Alyssa Ambrosius received her FACS degree from the University of Minnesota and taught for one year at Princeton. She has spent the past five years at Monticello High School. She currently serves on the MAFCS board as part of the nominating committee. Alyssa has a passion for Farm to Table education. She has presented at the last three MAFCS conferences, the national FCCLA conference, the Minnesota Landscape Arboretum Farm to School conference, and her local school board on the value of a Farm to School approach as a way to supplement nutritional instruction in the FACS classroom. She is the co-author of Farm to School Activities published by LearningZoneXpress.

Alyssa is also part of the team of teachers rewriting the MN FACS frameworks this year. Her colleague, Karen Smith writes, *"I am so impressed, with her work ethic, FACS professionalism, creativity, and desire to promote FACS education in our community, state, and nation. She is a valuable teacher in our state and deserves this recognition for her commitment and dedication to FACS education in Minnesota."*



### Outstanding Service: Sue Boehland

Sue Boehland has been a leader and spokesperson for FACS on many levels. Sue was president of MHEA, (now MAFCS) in 1993-1994, has been a presenter at MAFCS Annual meetings and conferences, been a AAFCS member for 45 years, past MNACTE president, and she currently serves on the MAFCS Advisory/Policy Committee as she has for the past 10 years. She was a FACS teacher from 1981-1989 for Freshwater Education District at Staples High School. In 1989, she was hired as the assistant director of Career and Technical Education for Freshwater Education. She then became the Vocational Center Director of CTE programs and the Director of the Freshwater Education District Area Learning Center. She now

serves as the Central Lakes Perkins Consortium serving the needs in CTE for 75 licensed instructors in 23 districts in Central Minnesota. Sue was selected due to her impressive work in providing outstanding program opportunities for students in the Freshwater School District, as well as her excellent leadership in career and technical education initiatives in Minnesota, as the ACTE/Region III Outstanding Career & Technical Educator in 2010. Sue's vision, expertise, ideas for networking are welcomed by MAFCS members.

### Outstanding Professional: Jill Conlon

Dr. Jill Conlon has been an Outstanding Professional in Family and Consumer Sciences in many ways. She has spoken at many conferences on behalf of FACS. She has been a guest speaker for the 30 FACS Teachers in Anoka-Hennepin, to present the latest and greatest information in the field of FACS. Jill has also served on the FACS Advisory Committee and has provided statistics, current information and a tremendous amount of encouragement to FACS teachers to continue to grow and learn. At the college level, she is a great mentor and advisor. She is the department chair along with teaching many classes. She continually prepares amazing FACS teachers for the state of Minnesota, at one of the few colleges left with FACS Education, Jill continues to push the importance of FACS within public schools. As for the State of Minnesota level, Jill is a leader in the team to create the first ever MN FACS State Standards are so desperately needed in our state! Not only is Jill a wonderful leader, she exudes a positive attitude like no other! She is very kind and pleasant to all those she encounters and really lives her life as a Family and Consumer Sciences Professional!





## 2015 AWARDS GO TO....

### Best Practice Grants: Karen Thompson and Christie Larson

Karen Thompson works for Minnewaska Area High School, and she would like to purchase two sets of classroom wireless Eggspert classroom buzzers and Jeopardy to engage students in her classroom. She would like to format programs to challenge students to become actively engaged in the classroom. These systems can be used with any grade level and with any of the subjects taught in her department. They will be used in unit introductions, during the unit and for unit reviews. It would also be a great way for students to develop web-based presentations that actively involve their classmates. Through active classroom involvement, all students, not just more assertive students, will have a chance to answer questions, including those students who have the knowledge but are more hesitant to answer. These response systems will also be a great way to involve students in small group/team activities.

Christie Larson from St. Michael Albertville High School would like to purchase knife sets for her culinary students when they compete or attend Le Cordon Bleu Bootcamps. She would also like to purchase sleeves to store the knives in. Her students are currently using low quality knives that need to be sharpened often. High quality knives would mean better knife cuts and a safer environment for her students.



Christie Larson and  
Karen Thompson

### MAFCS Scholarship: Emily Norell

This year's MAFCS Scholarship of \$1000 is award to Minnesota State University Mankato student Emily Norell. Emily is a junior studying Family Consumer Sciences Secondary Education and planning to graduate this December. She maintains a 3.7 GPA while working as a Personal Care Assistant and participating in the extra-curricular activities of Intervarsity Christian Fellowship and the Concert Wind Ensemble. Emily grew up knowing she wanted to be one of three things: a teacher, a stay-at-home mom, or a professional organizer. Becoming a FACS Educator allows her to do all three of these in one job! She is eager to student teach later this year and transition into the role of a FACS teacher.



Emily Norell (left) with her  
advisor, Jill Conlon.

### 2015 MAFCS Teacher of the Year: Denise Lage, Owatonna, Minnesota



### Outstanding Friend: Gov. Mark Dayton

Julie Mundahl nominated Gov. Mark Dayton for this year's award. Her nomination states: Governor Mark Dayton is a true friend to families. Our families, families of our students, employees, and co-workers—Governor Dayton believes in us! As the leader of our State government he keeps families in the forefront of his work. Governor Dayton's budget proposal would invest in strategies to improve the health and safety of children, and provide families the support and resources they need to raise happy, healthy, successful kids. The Governor's budget would also provide needed tax relief for working families, middle-income earners, and seniors. Governor Mark Dayton showed his support for our work with families when he proclaimed Wednesday, December 3, 2014, as FAMILY AND CONSUMER SCIENCES DAY in the State of Minnesota. With the family as its central focus, MAFCS sincerely appreciates the support of Governor Dayton as we equip and empower individuals and families to manage the challenges of living and working in a diverse, global society and addressing many of the problems that families face today.

## RECOGNITION: PRESENT AND FUTURE



Jane Hinrichsen (left) and Kathy Norquist (right) were given the AAFCS Golden Plate award for the best "selfie" photograph submitted. The photo was taken with the Beekman Brothers as part of the "Dine In" event.

We'd love to hear from you—let us know exciting news from your classroom or work place we can share with FACS professionals.

You can send your information to

Rachel Pederson at [rachelpederson@charter.net](mailto:rachelpederson@charter.net).

**Web Site for MAFCS**

**[www.mnafcs.com](http://www.mnafcs.com)**

**Web Site for AAFCS**

**[www.aafcs.org](http://www.aafcs.org)**

**Both sites have great FACS resources so check them out!**

I am humbled and honored to have been named the 2015 MAFCS Teacher of the Year and want to thank the MAFCS officers and conference planning committee for the beautiful plaque, awards recognition and reception held during our annual conference. Special thanks to our 2014 MAFCS Teacher of the Year, Jeanne Bymark, Hibbing High School, for your incredible support and mentoring and to Bonnie White and Marissa Reeve for being present to celebrate this honor with me. Congratulations to all of the award recipients recognized that evening, also.



2015 MAFCS Teacher of the Year, Denise Lage

I will do my best to represent all of the outstanding FACS teachers in MN at the AAFCS National Conference in Jacksonville, FL June 24 – 27, 2015. I am proud of our profession and the difference we make each day and look forward to meeting and learning from our FACS colleagues throughout the nation. I hope that many of you will be able to join me at the national conference. A large MN delegation would be great!

We all do great things in great ways each day. Please think of your professional colleagues, their contributions to Family and Consumer Science and the impact they have on their students and communities and nominate one or more of them for recognition as our 2016 MN FACS Teacher of the Year. The nomination information is included in this newsletter.

Again, I am humbled by this recognition and thankful to be, along with each of you, making a difference in the lives of our children each and every day,

*With thanks,  
Denise Lage  
Owatonna High School*

### **Nominations for the 2016 Teacher of the Year are due June 1, 2015.**

For nomination form contact

Marlys Eikmeier,

MAFCS Executive Secretary,

320-685-3421 (home) 320-493-5468 (cell)

[meikmeier@outlook.com](mailto:meikmeier@outlook.com)



## MEMBER SPOTLIGHT



The MAFCS Member Spotlight is on Jeanne Bymark. She currently is a FACS instructor and the Secondary Perkins Coordinator for Hibbing High School. She received her B.S. in Home Economics from the University of Wisconsin-Stout with a specialization in Community and Extension Services. She has her AAFCS certification in CFCS-HDFS and her ServSafe Food Managers certification.



Jeanne Bymark

Following her graduation from the University of Wisconsin-Stout, Jeanne taught for two years at Byron High School which is near Rochester, MN. Next she was hired at her alma mater, Hibbing High School, and taught FACS for two years. The next four years she established Hibbing's Early Childhood Family Education Program and was the Parent Educator for the program. During this time she also was co-owner of a balloon delivery business. She returned to the classroom and served one year as the Districts Staff Development Coordinator. Since then she has taught FACS and served as the Hibbing-Chisholm Secondary Perkins Coordinator for a total of 15 years. In addition to this, Jeanne has been an advisor for SADD and National Honor Society for 18 years, served on the girls' hockey board for four years, and participated in the Hibbing Chamber Leadership Development program. She has presented at regional, state, and national conferences. She also serves as peer reviewer for teacher improvement in the district and is the chair of the Business Education Partnership Board that collaborates with business in the community and the school district (for 16 years). For 4 years, she has served as a Culinary judge at the North St. Louis County Fair.

Jeanne received the 2014 MAFCS Teacher of the Year award. She was selected as the Minnesota Alpha Delta Kappa (teacher sorority) Excellence in Education Award recipient and went on to receive the ADK North Central Region Excellence in Education award. She presently is one of seven candidates for the International Award to be presented this July in Salt Lake City, Utah. Jeanne has been a member of AAFCS and MAFCS for 28 years and has been a member of Phi Upsilon Omicron Honorary Fraternity for 36 years.

Jeanne has been married for 33 years to Jim, who works in healthcare administration and is on the senior leadership team at Fairview Range. He enjoys Gopher activities as well as golfing, skiing, fishing, and spending time with the family. They have 2 adult children who live in the twin cities. Nina has an undergrad and Masters degree in sports management from the University of Minnesota and is employed by the Edina school district in the athletic department. Tom works for University of Minnesota physicians in medical records with hopes to continue his education in the area of hospital administration.

As for the future, Jeanne is looking into pursuing her Masters from Stout while continuing to improve the curriculum she is teaching, and to mentor incoming teachers in her district. She plans to remain active in AAUW (American Association of University women), ADK, and to serve on the MAA (Municipal Athletic Association) Board. Presently Jeanne enjoys playing tennis, fishing, reading, sewing, cooking/baking and spending time with her family.

Keep up the good work Jeanne!

*Alice Lysaker*



**Thank You for the donation to MAFCS via your Thrivent Choice Dollars.**

**Remember you can now support MAFCS with your Thrivent Choice Dollars.**

## MEMBERS IN THE NEWS

### Owatonna High School students celebrate Family and Consumer Sciences Day



FACS teacher Connie Pittmann talks with student in her Foods 1 course about different Minnesota-grown apples. Pictured with her are some of the 30 students who contributed to the first cookbook celebrating and encouraging healthy eating with families. (Kim Hyatt/People's Press)

[http://www.southernminn.com/owatonna\\_peoples\\_press/article\\_aea02b61-a908-5896-b048-98df97e6287c.html?mode=image&photo=1](http://www.southernminn.com/owatonna_peoples_press/article_aea02b61-a908-5896-b048-98df97e6287c.html?mode=image&photo=1)

### Sauk Rapids-Rice Culinary Teams with the Marquette Hotel for Holiday Display



SRRHS has been recognized as a National Culinary Program of Distinction (A.K.A. Elite 50) for the 2014-2015 academic year by Sullivan University's National Center for Hospitality Studies.

Students from Sauk Rapids-Rice High School partnered with the Marquette Hotel in Minneapolis to create a gingerbread hotel in the exact replica of the Marquette itself (right). The hotel contacted SRRHS and their adviser, Mary Levinski, because of its previous work with the ProStart program and Hospitality MN Education Foundation. Students worked with Chef Timothy Kovacs on the creation and were given creative license, as long as they remained loyal to the look of the hotel. When the students finished the creation, the hotel had a formal, public unveiling. *"ProStart has brought excitement and creativity to the classroom that builds on industry skills,"* says Levinski. She also adds, *"The students are engaged and have a passion for this program."*





# PUBLIC POLICY POINTS

## Policy Agenda 2015—March 10, 2015

- **Statewide Health Improvement Program funding:** Maintain \$35M in base funding for a statewide, long-term, sustainable SHIP program. (no bills yet, but included in Governor Dayton's budget)
- **Active Transportation:** Support a statewide comprehensive multi-modal transportation package that includes significant new funding for active transportation.
- **Strengthen Physical Education:** Support strengthening PE in Minnesota schools by requiring grade appropriate curriculum benchmarks and requiring two credits of PE for graduation, taught by a licensed PE teacher.
- **School Nutrition:** Support expanding free breakfast, and provide additional funding reimbursement for the school lunch program (3.5 cents per meal increase).
- **Farm to School:** Support F2S funding through AGRI, additional agency staff to coordinate F2S, reimburse schools and childcare providers 5 cents per meal to purchase healthy Minnesota products and support related educational activities; and provide funding for new staff to assist producers in selling their products to schools.
- **Breastfeeding Policy:** Support licensure of trained lactation providers to improve access, reimbursement and quality of lactation services statewide and in underserved populations.
- **Supplemental Nutrition Assistance Program (SNAP):** Support the Healthy Eating Here at Home bill to provide SNAP participants incentives for purchasing healthy food at farmers markets.
- **Farm to Food Shelf Appropriation:** Support a base appropriation for the Farm to Food Shelf program established during the 2014 legislative session to provide incentives for agricultural producers and processors to donate fresh produce and agricultural commodities that would otherwise go unharvested or be discarded. \$2m/year.



## MWC E-Consortium Notes, March 20, 2015

The Protect the Wage Coalition opposes House File 1027, which would repeal, lower, and freeze the minimum wage for tipped workers. Contact legislatures to ask them to say no to HF 1027 and protect tipped workers. For more information, contact or [kfredson@mnaflcio.org](mailto:kfredson@mnaflcio.org).

A new study from the Institute for Women's Policy Research breaks down the rate at which the gender wage gap will close state by state, based on the progress made since 1959. Minnesota comes in at number 12 on the list of fastest-growing wage equity, with equal pay expected by the year 2054.



A new bill to roll back progress on transgender equity in Minnesota was introduced in Senate File 1543, which would reverse recent victories for trans\* justice, including the Minnesota State High School League's new transgender-inclusive policies. The bill failed to receive a committee hearing.

In a case brought forth by Gender Justice, a judge from the US District Court for the District of Minnesota ruled that the prohibition of discrimination based on gender outlined in the Affordable Care Act extends to transgender patients. Health care has been a historically oppressive institution for transgender populations. This ruling marks an important step forward for trans\* rights.

## The Children's Defense Fund strongly supports a clean four year extension of Children's Health Insurance Program (CHIP) through 2019 because:

- ♦ The new health insurance exchanges need at least four years to make changes to ensure children have comparable pediatric benefits with costs to families no higher than in CHIP today. It is highly unlikely these improvements will be enacted and implemented by 2017.
- ♦ CHIP coverage saves money for states and the federal government. It is more efficient than private health insurance, costs less than subsidized exchange coverage and provides the comprehensive coverage that gives children and families access to the pediatricians, specialists and special facilities children need.



Marian Wright Edelman's Child Watch® Column

For more information on this current legislation in Congress go to [www.childrensdefense.org](http://www.childrensdefense.org).

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