

# GAFCS NEWSLETTER

*American Association of Family and Consumer Sciences*



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## Greetings, GAFCS!

*by Megan Presley, GAFCS President*



GAFCS members, it has been an honor to serve as your President this year - a year that none of us will soon forget. This year has been filled with so many unprecedented and unexpected events and I've been thankful for my FACS family and FACS-based knowledge to help me navigate these uncertain times.

A global pandemic came with its own set of complexities and in America we experienced civil unrest along with an election year. The difficult times and disheartening events have overwhelmingly defined the year; but, we've also had so many good things come out of the hard.

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The ability to connect with each other virtually is no longer only something only a few people in the corporate world know how to do, we've likely spent more time at home with our families and relearned our ways around the kitchen, an awareness of and much needed conversations surrounding social injustices are more commonly taking place, and advances in the medical world are benefiting all as vaccines and treatments are being created and distributed in an attempt to slow the spread of COVID-19. Coinciding with a virtual halt in all of the various activities that put us constantly on the go, sales of home improvement supplies and online recipe searches have skyrocketed. With the move of many school systems to a virtual learning environment, parents involvement with their children's education has increased. This year has been like no other, but I hope that you have been able to find some personal silver linings through the difficult moments. As I hope it was for you, I know that for me these difficult times were made easier through the knowledge for real life gained and with the support received from my FACS family.

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# GAFCS **Shines** the Spotlight

## Committee for Diversity and Inclusion

*Submitted by: Dr. Cara Simmons  
and Dr. Sophia Anong*

The committee continues to develop strategies and practices to infuse diversity and inclusion within the board and affiliate membership. In the last newsletter, you learned what we've been working on for the last few months. In this feature, you'll meet two committee members.

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**Name:** Dr. Cara Simmons

**Position:** President-Elect + Inaugural Chair

## What is GAFCS doing to lead state affiliate leadership in this area?

*"Since our first meeting in July, it is apparent that GAFCS is committed to diversity and inclusion as a sustainable core value of the affiliate. We created a statement on diversity and inclusion, developed specific targets to reach our desired goals, and integrated into our board meetings. Our committee meets regularly to discuss desired outcomes and next steps from various board positions to ensure this core value has a long-term impact."*

## What is a successful day for you?

*"A successful day for me is when I start my day with a workout. Morning workouts set the tone for my day and remind me that my health and well-being should always be a priority."*



**Name:** Dr. Sophia Anong

**Position:** Student Unit Advisor +  
Inaugural Co-Chair

## How can students get involved in our state affiliate diversity and inclusion initiatives?

*"There are several ways for students to get involved and complement the work of GAFCS. First, share how or what made you become a family and consumer sciences major."*

*Second, share the diversity of our field by sharing your activities and accomplishments in your different discipline. Third, tell how family and consumer sciences have changed your life, your family or someone you know. Lastly, share the diversity of family and consumer sciences by sharing something about your culture or family traditions."*

## If you could live anywhere, where would it be?

*Zimbabwe!*



# GAFCS EXECUTIVE BOARD 2021-2022

*Submitted by: Karen Jones*

Our GAFCS 2021/2022 Executive Board consists of some amazing professionals (photo on right)! In accordance with the GAFCS Handbook, the current Board approved the slate of officers below, which will be voted on by members who attend the GAFCS Annual Conference which will be virtually held on Friday, March 5, 2021. We are ready for an exciting year!



## 2021-2022 BOARD MEMBERS

**President**-Dr. Cara Simmons

**President-Elect**-Vida Zbat

**Secretary**-Dr. June Thomas

**Treasurer**-Dr. Don Bower

**Vice President for Prof. Development**-Sarah Catherine Black

**Vice President for Resource Development**-Jenna Black

**Vice President for Membership**-Helen Carter

**Vice President for Public Policy**-Joanne Cavis, Kena Torbert

**Vice President for Resource Development**-Jenna Black

**Vice President for Awards & Recognition**-Linsey Shockley

**Vice Presidents for Communication**-Dr. Tracey Brigman, Ashleigh Childs

**Nominating Committee**-Dr. Karen Jones, Helen Carter, Dr. Carmen Pederson

**Student Unit Advisor**-Dr. Sophia Anong

**Counselor**-Megan Presley



## IFHE-US

*International Federation For Home Economics*  
**United States Affiliate**

*Submitted by: Joanne S Cavis, CFCS*

Join the IFHE-US Board of Directors in an event to celebrate World Home Economics Day. Dr. Virginia Vincenti, Professor Emeritus of Human Development and Family Studies, University of Wyoming, will share Resources on Elder Abuse and Elder Financial Exploitation. Followed by a question-and-answer session.

Short reports will be made about an innovative program at the University of Connecticut that focuses on students addressing aging in communities and an update by the World Congress 2022 co-chairs. Grab your lunch or breakfast depending on your time zone and join this informative session. The event will be held via Zoom. The event should last about 1.5 hours. Send an e-mail to Kim Kamin, [kimkamin2018@gmail.com](mailto:kimkamin2018@gmail.com) to receive the link. The link will be sent a week before the event. PDU's will be applied for.



**IFHE-US**  
INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS  
**United States Affiliate**

**Save the date!**  
**March 20, 2021**

World Home Economics Day



# UGA Student Unit Celebrates Dine-in Day 2020

*Submitted by: Dr. Sophia Anong*

On December 3rd, 2020 faculty, students, friends and family gathered to enjoy a meal and celebrate Dine-In-Day via zoom! It was hosted by the UGA Student Association for Family and Consumer Sciences (SAFCS). The unit circulated this flyer statewide before the event with a suggestion to make a pasta dish shared on TikTok by the famous model, Gigi Hadid. Dine-In-Day has been an annual event since 2014 to honor its founder, Ellen Swallow Richards. On this day we value the benefits and importance of dining in and given these unprecedented times this event was much needed.



**Pictured: Attendee, Major, Institution, # of years in SAFCS**

- Lauren Nix, Nutritional Sciences, UGA, 2021, 2
- Madison Sutton, Dietetics, UGA, 1
- Sabrina Lotti, Fashion Merchandising and Consumer Economics, UGA, 1
- Andrew Carter, Georgia Southern University and AAFCS student officer, Interior Design, 5
- April Bullard, Financial Planning, UGA, 2
- Averil Hill, Human Development, UGA, 2
- Dr. Karen H. Jones, Professor Emeritus, Career and Information Studies, University of Georgia
- Dr. Sophia Anong, GAFCS Board member, Student Unit Advisor, UGA Faculty in Consumer Economics
- Sarah Catherine Black, GAFCS Board member
- Dr. Cara Simmons, GAFCS President-Elect, UGA FACS Director of Student Success and Advising
- Debra Peavler, SAFCS-UGA advisor, FACS Academic Advisor, UGA
- Jenna Black, GAFCS Board member

Looking forward to another social zoom event like this with students from various institutions across the state next time! If you would like to host a statewide virtual student event please let Dr. Sophia Anong [sanong@uga.edu](mailto:sanong@uga.edu) know.

# FCCLA Student Spotlight

*Submitted by: Ashleigh Childs*

The COVID-19 pandemic brought with it challenges for all as the world was forced to keep its distance from loved ones. For those above the age of 65 or who have compromised immune systems, this time spent in isolation has been especially difficult. Mary Moore is a former Home Economics major and is lovingly referred to as “Grandma” by those who know her best. Until 2020, she maintained her presence in the classroom as a substitute teacher in Colquitt County, requesting to be at the top of the call list if any Family and Consumer Sciences teachers were absent. The pandemic has been tough on Ms. Moore, as she has had to limit her social interactions and has spent more time in her home by herself than ever before.



Kayla Alford, a Colquitt County High School student was employed in February to help Ms. Moore around her home with cleaning, organizing, and keeping her company. Kayla is currently enrolled in Colquitt County High School’s Early Childhood Education (ECE) class, under the instruction of Mrs. Paxton Crosby, and serves as the Vice President of her FCCLA chapter. She has competed in STAR Events both her sophomore and junior years in high school. When asked how she believed that the information she has learned through FCCLA and her FACS coursework has helped her care for Ms. Moore amid COVID-19, she said that “the lessons in early childhood education about germs and bacterias and how easily (they are) transferred helps keep me aware and sanitized. With FCCLA a lot of things were out of the ordinary with club and officer meetings and STAR Events with all that having to be approved by the people in charge of the school and state safety regulations it’s just been preached to our community how safe and aware we need to be.”

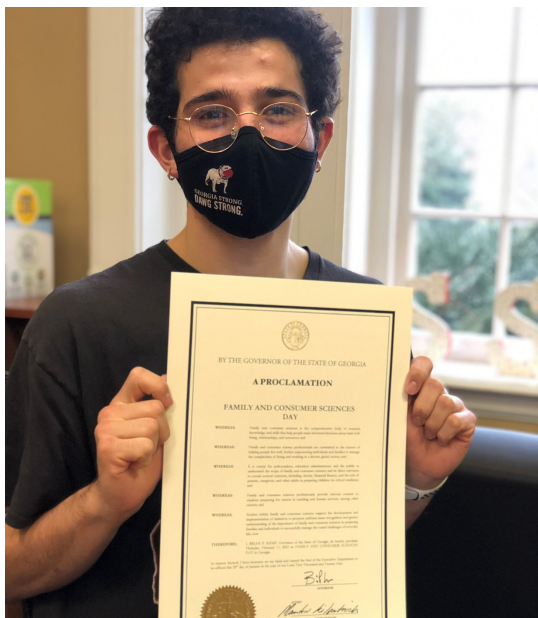
Kayla shares also that “helping Grandma organize is like helping her organize her whole life and over 80 years’ worth of memories. It is a job that I am grateful to have the opportunity to do because it has taught me to be patient, kind, understanding, to think outside of the box, and to work through challenges and problem solve with those around you. I wish students my age would know it is ok to ask for help and to lend a helping hand to the people around you who may need help or to ask from those who may want to help you. I think many students should consider helping older people with tasks. It really teaches you what it means to help others.

Kayla would like to pursue an undergraduate degree in Family and Consumer Sciences, followed by an M.S. and Doctorate degree. She says that she would “really just like to teach high schoolers or junior high schoolers why Family and Consumer Sciences should be important to them and how it’s important for their communities”.



# FACS Day at the Capitol

*Submitted by: Debra Peavler*



Pictured: Sam D'Alba  
UGA College of FACS Student Worker

The annual Family and Consumer Sciences (FACS) Day at the Capitol was held virtually on February 11, 2021. Attendees included students, alumni, faculty and staff from the University of Georgia (UGA) College of Family and Consumer Sciences, UGA Extension, the Georgia Association of Family and Consumer Sciences (GAFCS), the UGA Office of Government Relations, and several other state and local agencies.

The event began with a welcome from FACS Dean, Linda Kirk Fox, who presented the Family and Consumer Sciences Day proclamation and resolutions. Prior to the virtual event, Governor Kemp signed a proclamation designating February 11th as Family and Consumer Sciences Day in Georgia.

Following the welcome, guests joined interactive sessions hosted by UGA students participating in the Legislative Aide Leadership Fellows Program, the UGA Office of Government Relations, and partners of Family and Consumer Sciences. The Legislative Aide Leadership Fellows provided insight into their experiences at the Capitol and answered questions related to the program. Legislative Aide Chloe Freeman stated “FACS Day at the Capitol was a fantastic opportunity to showcase my work to the FACS community. It was so empowering to share with my people how we are effectively assisting our state Senators.”

Grant Thomas from the UGA Office of Government Relations updated attendees on legislative work with the Capitol. Partners of Family and Consumer Sciences including UGA Extension, the Georgia Association of Family and Consumer Sciences, and Family, Career and Community Leaders of America (FCCLA) connected with students, alumni, and staff to discuss opportunities that Family and Consumer Sciences can offer. Although the event was virtual, attendees participated in trivia games to ‘tour’ the Capitol building. The event concluded with a facilitated discussion of key takeaways and networking opportunities. Student Olivia Sawyer noted “Virtual FACS Day at the Capitol was a fantastic learning experience...and I definitely recommend FACS Day at the Capitol to all FACS students and faculty.” We look forward to continuing our annual event and we are excited for the next opportunity to visit the Capitol in Atlanta. For more information on the FACS Legislative Aide Leadership Fellows program, click [here](#). Save the date for the next FACS Day at the Capitol to be held on February 10, 2022.