Recent news reports from Richmond have opened the door for Family and Consumer Sciences professionals to impact policy changes in childhood hunger, food distribution, nutritional education and even basic food safety.

I’m referring the November 21, 2014 announcement by Governor Terry McAuliffe’s office that he was creating the Commonwealth Council on Bridging the Nutritional Divide. In a follow-up article on January 6, 2015, Virginia’s First Lady spoke of her long held desire to end childhood hunger in Virginia.

Knowing many of our members teach nutrition, are aware of the needs of children and work with many of our lower income communities, we felt that a member with a background in foods and nutrition, community outreach and education would be a vital addition to any such investigative committee. Ms. Katy Strong, of Cooperative Extension was suggested to the Governor as a FCS professional with the credentials that would compliment the other members on the Council. As of this writing, we have not been notified that Katy has been contacted, however, at least this time, we tried to get to the table.

If you would like to contact the Governor’s office to support either Katy or another FCS professional for the Council on Bridging the Nutritional Divide, please go to the Governor’s website and follow the prompts for the address.

Other equally important and potentially dangerous legislation deals with perishable food and the relaxation of regulations on raw milk and meat. The following three Bills have the potential to take our food safety and public health back to the days of Ellen Swallow Richards!

**HB 1290 (R. Bell)** - Home-produced or farm-produced food products. Exempts food products and food made from milk processed or prepared in private homes or farms from Board of Agriculture and Consumer Services regulations, so long as (i) the sale is made directly to end consumers and (ii) the product is labeled with the producer’s name and address, the product’s ingredients, and a disclosure statement indicating the product is not for resale and is processed and prepared without state inspection. The bill also exempts private homes or farms that meet the same conditions from examinations conducted by the State Health Commissioner of establishments in which crustacea, finfish, and shellfish are handled.

**HB 1461 (Morris)** – Exemptions from milk production requirements. Exempts persons who own three or fewer milking cows from the oversight of the Milk Commission and the Board of Agriculture and Consumer Services’ requirements governing the quality, grading, and sanitary standards for milk so long as the milk their cows produce is sold directly to consumers and contains a label stating that the product has not been inspected by the state.

**HJ 519 (Morris)** - Constitutional amendment (first resolution); right to acquire farm-produced food. Provides that people have the right to acquire, for their own consumption, farm-produced food directly at the farm with agreement from the farmer who produced it.
The “raw food is better” mindset is growing and influencing lawmakers. Basic food safety and quality assurance is being sacrificed for a trendy movement that has no scientific basis. One of our speakers at the FCS Day at the General Assembly will address this issue. Ms. Anne Barker-Smith, a food science and quality assurance expert will speak about the Virginia Coalition for Food Safety and the movement to change the existing regulations.

Our opportunity to visit the Capitol, and speak to these issues will be the 2015 FCS Day at the General Assembly, on February 11, at the General Assembly Building in Richmond, Virginia. Pegi Wright, Vice President of Public Affairs, has planned a wonderful group of speakers, including the Secretary of the Commonwealth, Levar M. Stoney. Mr. Stoney is an integral part of the Governor’s management team and one of Mr. Stoney’s responsibilities is to find members for all the Councils and Boards that advise the Governor and lawmakers. Let’s make sure we have a great turnout this year for the FCS Day at the GA. Please talk to your fellow FCS professionals and bring your friends. This meeting is open to all students, professionals, and friends of FCS. It is our opportunity to network and promote Family and Consumer Sciences in the Commonwealth. It is also our opportunity to visit with our legislators. Remember to call ahead and make appointments for that afternoon. Look for more details in this issue.

The Annual Meeting Planning committee, led by Dr. Donna Hoskins, Vice President of Programs has been working for months to finalize a fantastic lineup of speakers and updates for the VAFCS/VEAFCS Joint Professional Conference this March in Staunton. The location of Staunton, Virginia will provide opportunities for a preconference tour of Bridgewater College and an evening of Shakespeare at the famous, Blackfriars Playhouse, which is literally next door to our hotel, the historic and beautifully restored, Stonewall Jackson Inn. Please check out the details included in this issue.

Please look for information on our website, to both register and pay online for the VAFCS/VEAFCS Annual Conference and the FCS Day at the GA. We are expecting to “Go Live” somewhere around January 20, 2015. If you have difficulty, please try back the next day or so. We are attempting to automate our registration process. You will still be able to send in a paper registration and pay by check if you wish.

2015 is shaping up to be a challenging year, but full of possibilities for Family and Consumer Sciences professionals. Stay informed, stay connected to your professional association, and come to the Capitol in February and meet us in Staunton in March. Happy New Year!
The Affiliate Leadership Workshop was held October 11-12 in Alexandria, Virginia. As President-Elect and Secretary, Jacqueline Snee and I represented our Virginia affiliate. A cookout kicked off the workshop followed by activities to get acquainted with about 50 other representatives from across the country. Then, we buckled down to work on strategic planning for the new streamlined AAFCS.

After creating an alliance with 15 partners in 2006 and establishing the Family and Consumer Sciences brand in 2010, we are now in the process of forming the next generation of collaboration. The mission is to unify diverse organizations in a common purpose to enhance the visibility and viability of Family and Consumer Sciences and to improve quality and advance Family and Consumer Sciences through advocacy. This is much more of a grass roots movement. "Dining In", the promotion developed for FCS Day on December 3, is one of the initiatives designed to help keep us in the public eye to enhance relevance and reliance on our sciences. To read more about the Next Generation initiative, check out the AAFCS website http://www.aafcs.org/FCSAcademy/index.asp

While you’re getting more information about the Next Generation collaboration, take time to check out the refreshed website and all the new features available on MyAAFCS. You’ll find it much easier to navigate and find the resources that you need.
Now, more than ever, is the time to attend FCS Day at the General Assembly on February 11, 2015. The concerns of families are more complex than past generations. This day is designed to educate FCS professionals about the current policy issues affecting Virginia families and raise public awareness among legislators and decision makers of how the field of Family and Consumer Sciences helps families and communities meet today’s challenges.

The full day session begins with an invitation to attend the Virginia League of Women Voters weekly Roundtable, which convenes an hour prior to our meeting. The Virginia League of Women Voters is a non-partisan volunteer political organization. As a non-partisan group, they sponsor this Wednesday forum for citizens to learn about issues that state legislators are addressing in the General Assembly. They also provide an opportunity for non-profit organizations to describe the legislation they are following or endorsing.

Moving to our reserved room at 9:30 AM, we are excited to have a line-up of special guest speakers:
- The Honorable Buddy Fowler, District 55 (our sponsor)
- The Honorable Levar Stoney, Secretary of the Commonwealth
- Jill Hanken, Virginia Poverty Law Center
- Anne Barker-Smith, Virginia Food Safety Coalition

At noon we will divide up into two groups to observe the General Session in both the House of Delegates and the State Senate. Rising for formal introductions to the members of the legislature as Family and Consumer Science professionals, can be a highlight of the day! Around 1:15 PM, stay with us for an informal lunch with your fellow professionals in the General Assembly Building’s cafeteria on the 6th floor.

And finally, at about 2:00 PM, we will make our way to the vestibule outside Delegate Fowler’s office in room 810 GAB, to begin Legislator visits. We encourage you to contact your legislators prior to arriving on February 11th. Let them know you would like to drop by while you are in Richmond. This is the day after “Crossover” and unless they have a Committee meeting, your legislator will be delighted to set up an appointment. Our message will be short- To thank our legislators for all they do to support families and promote Family and Consumer Sciences in the Commonwealth.

Please consider attending our 2015 FCS Day at the GA, both for professional development and as a very important Family and Consumer Sciences public awareness event. You can register two ways:

1- Complete the registration form enclosed in this newsletter. Mail with your check payable to “VAFCS” to: Kay Burke, 17500 Genito Rd., Amelia, VA 23002-4410

2- Or Register with credit card payment on-line at: www.vafcs-aafcs.org

For questions or more information, please contact Pegi Wright, at lvwright@vt.edu or (804)446-0380.

Speakers’ Short- Bios

Levar Stoney was sworn in as Secretary of the Commonwealth on January 19, 2014. Stoney is the first African-American to hold this post. Among the office’s various duties, Stoney assists the Governor in his appointments of nearly 4,000 individuals to serve on Virginia’s boards and commissions and the restoration of civil rights to ex-offenders.

Hyland F. "Buddy" Fowler, Jr. is a member of the Virginia House of Delegates, representing District 55 -Counties of Caroline (part), Hanover (part), and Spotsylvania (part). He was first elected to the chamber in 2013. (Our FCS Day sponsor)

Jill A. Hanken, Staff Attorney of the Virginia Poverty Law Center, is a familiar face at the State Capitol for her advocacy on behalf of low-income people — particularly in the area of health law.

Anne Barker-Smith is President/Owner of A. Barker-Smith Consulting, LLC. She is a Professional Food Technologist and currently a member (founding member) of the Virginia Food Safety Taskforce, Institute of Food Technologist, and International Association for Food Protection.
2015 FCS Day at the Virginia General Assembly
February 11, 2015
WEAR POWERFUL RED

Registration Fee: $15.00 (Covers continental breakfast, printing, and administrative costs)  Deadline: February 6, 2015

Check/ Money Order payable to: VAFCS
Mail to: Kay Burke, 17500 Genito Rd., Amelia, VA 23002-4410

Credit Cards Accepted
Go to: www.vafcs-aafcs.org

Name: ____________________________________________

Email Address: ____________________________________

Phone Number: ___________________  Cell Phone Number: _______________________

VAFCS Member _____  FCCLA Member_______  FCS Virginia Cooperative Extension_______

FCS Teacher_______  Friend of FCS _______  Other_______________________________

Sponsored by: Virginia Association of Family and Consumer Sciences
POTOMAC HOME ECONOMISTS

PHE members met November 5, 2014 at Burke United Methodist Church. Speaker, Bruce McFarland, Outreach Liaison from the Fairfax Community Office of Emergency Management, expanded on the topic “Preparing for the Unexpected” and conducted a question/answer period for the benefit of the members who live in the metropolitan area of Virginia and Maryland. He asked members to consider how they would react to a disaster and how they would contact family if they were separated. Bruce provided information on how to sign up for Fairfax Alerts, a free alert system that sends important information related to weather and traffic problems in the area. These alerts can be sent to your preference of cell phone, home phone or email. Co-hostesses Geri Banko and Mary Yeates provided a light brunch buffet for the group.

Ceil Glembocki hosted her fellow PHE members at her home on December 3, 2014 for a Holiday Tea. Tea sandwiches, scones and sweets were provided by the PHE Board and co-hostesses Nancy Van Ogtrop and Mary Agnes Mosher. Ceil was the featured speaker and her topic was: Reflections on the Experience of a Lifetime. Ceil and her husband are of Polish descent and they celebrate cultural and religious traditions important to their family. They were fortunate to be in Rome for the Canonization of Pope John Paul XXIII and Ceil shared thoughts and feelings on being present for that momentous occasion. Since this meeting was held on December 3, the PHE group participated in the first annual AAFCS Dine-In Day; the day was chosen to honor AAFCS Founder Ellen Swallow Richards on her birthday.
Virginia Association of Family and Consumer Sciences
and
Virginia Extension Association of Family and Consumer Sciences

2015 Annual Meeting
Well-being of Families: Bridging Research and Practice
March 26-27, 2015
Pre-conference March 25, 2015 at Bridgewater College
Stonewall Jackson Inn and Conference Center
24 South Market Street
Staunton, Virginia 24401
540-885-4848

www.stonewalljacksonhotel.com
Reserve hotel rooms by February 20th, 2015

The hotel is adjacent to historic downtown Main Street, recently recognized by The National Trust for Historic Preservation as a winner of the Great American Main Street Award. Also, within walking distance are five Historic Districts, the Blackfriars Playhouse (a re-creation of one of the Elizabethan London's most famous theatres), and Woodrow Wilson Presidential Library and Museum; and in close proximity are the Frontier Culture Museum and golf.

Conference attendees can earn PDUs from AAFCS.
For more information or questions contact Donna Hancock Hoskins at 540-241-7961 or dhoskins@bridgewater.edu

Credit Card Payments and Registration accepted at: www.vafcs-aafcs.org

Silent Auction: Bring an item for the silent auction. Money raised from this event supports college student conference attendance at VAFCS/VEAFCS.

Angel Fund: Make a contribution to the angel fund. Write checks to VAFCS or AAFCS.

Student Service Project: Bring school supplies to help support at-risk girls enrolled in the Precious Gems academy in Harrisonburg, Virginia.

Student Speed Mentoring Session: All conference attendees are strongly encouraged to assist with the speed mentoring session for college students immediately following the luncheon and keynote session on Friday, March 27th.
**Pre-Conference Schedule of Events for Wednesday, March 25**

- Session at Bridgewater College Family and Consumer Sciences Program—Student project showcase, meet and greet with Bridgewater College administrators. Light refreshments will be served. 2-4 p.m.

- Dinner in Staunton (Depot Grille) at 5:30 p.m.

- BlackFriars Playhouse 7:30 p.m. (“Every Man in His Humor”)
  * Make your own reservations at www.Americanshakespearecenter.com

- The Mary Baldwin College Theatre Department, in the Fletcher Collins Theatre, Deming Fine Arts Building.
  * Tickets cost $12.00. Showtime: 7:30"
  
  *March 25–29 The Lone Star Love Potion: An American Farce

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### Conference Schedule for Thursday, March 26th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>10-11:30</td>
<td>Registration Booth Open</td>
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<tr>
<td>11:30 -12:15</td>
<td>Luncheon and Welcome with Mary Rapoport then A Letter from Bev Card then Dr. Karen DeBord</td>
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<tr>
<td>12:15-1:15</td>
<td>Opening Session-Keynote Dr. Kenneth Jones</td>
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<tr>
<td>12:15-1:15</td>
<td>Loving Some, Raising Others: Factors Affecting Youth-Adult Relationships in Today’s Society</td>
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<tr>
<td>1:30-2:15</td>
<td>Dr. Young Ju Food as Medicine</td>
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<tr>
<td>2:30-3:15</td>
<td>Dr. Joyce Arditti Parental Incarceration and the Family: Risks, Child Effects and Intergenerational Issues</td>
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<tr>
<td>3:30-4:15</td>
<td>Dr. Holly Cline Textiles/Apparel Design Process</td>
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<tr>
<td>4:30-5:15</td>
<td>Valda Garber-Weider The Effects of Elderly Caregiving on the Family</td>
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<tr>
<td>5:20-6:00</td>
<td>Rebecca Reifsnider Combating the Obesity Epidemic: Intervention Strategies to Promote Life-long Behavior Change</td>
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<tr>
<td>6:45</td>
<td>Cocktail Reception</td>
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<tr>
<td>7:30</td>
<td>Dinner with Keynote Presentation –Dr. Peter Vishton Scientific Secrets for Raising Kids Who Thrive</td>
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CFCS, VA Egg Council
President, AAFCS (Bev Card)
Virginia Tech Interim Associate Director of Family and Consumer Sciences (Dr DeBord)

Loving Some, Raising Others: Factors Affecting Youth-Adult Relationships in Today’s Society

CFCS, VA Egg Council
Associate Professor of Human Nutrition, Foods and Exercise, Virginia Tech

Food as Medicine

CFCS, VA Egg Council
Associate Professor of Human Nutrition, Foods and Exercise, Virginia Tech

Parental Incarceration and the Family: Risks, Child Effects and Intergenerational Issues

CFCS, VA Egg Council
Professor, Department of Human Development, Virginia Tech

Textiles/Apparel Design Process

CFCS, VA Egg Council
Chair, Department of Design Professor, Radford University

The Effects of Elderly Caregiving on the Family

CFCS, VA Egg Council
Director of Assisted Living at Virginia Mennonite Retirement Home

Combating the Obesity Epidemic: Intervention Strategies to Promote Life-long Behavior Change

CFCS, VA Egg Council
YMCA Nutrition and Personal Trainer

Scientific Secrets for Raising Kids Who Thrive

CFCS, VA Egg Council
Associate Professor of Psychology, The College of William and Mary
### Conference Schedule for Friday, March 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker/Topic</th>
<th>Location/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15-8:25 am</td>
<td>VAFCS/VEAFCS Annual Meeting</td>
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<tr>
<td>7:00-8:30 am</td>
<td>Breakfast</td>
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<tr>
<td>8:30-9:15</td>
<td>Dr. Peter Vishton: Promoting the Development of “Executive Function” at Home and School</td>
<td>The College of William and Mary</td>
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<tr>
<td>9:30-10:15</td>
<td>Jill McGaughlin: Design Trends in Kitchens, Baths and the Home</td>
<td>Owner of Classic Kitchen and Bath, Harrisonburg, VA</td>
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<tr>
<td>10:30-11:15</td>
<td>Student Research Roundtables and Poster Presentations</td>
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<tr>
<td>11:30-12:15</td>
<td>LuAnn Gaskill: Shared Insights into the Global Textile and Apparel Industry</td>
<td>Professor, Apparel, Housing and Resource Management, Virginia Tech</td>
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<tr>
<td>12:30</td>
<td>Luncheon and Keynote Dr. Youngmi Kim - Student Project Donation Officer Installation</td>
<td>Inclusive Asset-building Policies and Programs for Financial Capability among Low Income Families</td>
<td>Assistant Professor, School of Social Work, Virginia Commonwealth University</td>
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<tr>
<td>3:00-3:30</td>
<td>Speed Mentoring Session for Students</td>
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### Registration Form

VAFCs and VEAFCs Annual Meeting March 26-27, 2015  
**Early Bird Registration Deadline February 20, 2015**  
**Registration Deadline March 9, 2015**

Name: ____________________________________________
Address: _______________________________________________________________________
City: ____________________________ State: _______ Zip: ___________________________
Telephone: ____________________________ Email: _______________________________
Vegetarian Meal: ____________________________
Pre-conference Session: Yes or No (please check one) (Participants will be expected to pay for dinner (cost will vary) and play ticket (about $37).

<table>
<thead>
<tr>
<th>Conference Registration Options</th>
<th>Fee includes meals and sessions</th>
<th>VAFCS/VEAFCS Member Registration Fees</th>
<th>Non-member Registration Fees</th>
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<tr>
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<td>Before February 20 After February 20</td>
<td>Before February 20 After February 20</td>
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<tr>
<td>College Student Early Bird-Full Conference</td>
<td>$85 $100</td>
<td>College Student-Full Conference</td>
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<td>Member Early Bird-Full Conference</td>
<td>$200 $240</td>
<td>Non-Member-Full Conference</td>
<td>$260 $300</td>
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<td>Member-Thursday Only</td>
<td>$110 $130</td>
<td>Non-member-Thursday Only</td>
<td>$140 $170</td>
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<tr>
<td>College Student-Thursday Only</td>
<td>$45 $50</td>
<td>College Student-Thursday Only</td>
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<tr>
<td>Member-Friday Only</td>
<td>$110 $130</td>
<td>Non-member-Friday Only</td>
<td>$140 $170</td>
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<tr>
<td>College Student-Friday Only</td>
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<td>College Student-Friday Only</td>
<td>$45 $55</td>
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<tr>
<td>Other Registration Options</td>
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<tr>
<td>Member-Thursday Night Dinner and Keynote Only</td>
<td>$70 $80</td>
<td>Non-member-Thursday night Dinner and Keynote Only</td>
<td>$85 $95</td>
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<tr>
<td>Member-Friday Luncheon and Keynote Only</td>
<td>$65 $75</td>
<td>Non-member-Friday Luncheon and Keynote Only</td>
<td>$80 $90</td>
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Registration subtotal $__________
Donation for student scholarship $__________
Additional donation $__________
GRAND TOTAL $__________ (Checks payable to VAFCS)

Mail check and registration form to: Kay Burke, VAFCS Association Executive 17500 Genito Road, Amelia, VA 23002  
bbkburke@tds.net or 804-837-4099

Credit Card Payments and Registration accepted at: www.vafcs-aafcs.org  
Early Bird Postmarked by February 20, 2015
Please consider nominating someone (or yourself) to serve as an officer for the Virginia Association of Family and Consumer Sciences. The ballot will be sent out during the first week February.

The following positions need to be filled in 2015:
- President-Elect
- Vice President of Programs-Elect
- Treasurer (2 year term)
- Three members for the nominating committee (2 year terms)

I wish to nominate (print name): ___________________________________________________
For the position of: ______________________________________________________________
Occupation: ___________________________________________________________________
Years of membership in AAFCS/VAFCS or other affiliate(s): ____________________________
Positions held in AAFCS/VAFCS or other affiliate(s):

Other leadership experience:

Contributions to the field of family and consumer sciences:

Nominated by: _____________________________  ___________________________  Name  Signature

MAIL OR E-MAIL BY JANUARY 30, 2015 TO:
Jessica McClean, CFCS (jamcclean@fcps.edu)
Herndon Middle School
901 Locust Street
Herndon, VA 20170

Visit the VAFCS Bylaws at www.vafcs-aafcs.org/aboutus.html to view the officer responsibilities.
Save the date for the VAFCS/VAFCS professional development annual meeting at the Stonewall Jackson Inn and Conference Center on March 26-27, 2015. This group includes two professional organizations, the Virginia affiliate of the American Association of Family and Consumer Sciences and Virginia Extension Association of Family and Consumer Sciences. These groups empower individuals and families to improve their quality of life and become self-sufficient members of society. This statewide meeting attracts approximately 75 attendees each year. This year’s theme for the 2015 annual meeting is “Well-being of Families: Bridging Research and Practice”. AAFCS/VAFCS allows students to take advantage of this great opportunity to learn from researchers, teachers, and family outreach professionals, as well as make professional and personal contacts in Family and Consumer Sciences.

AAFCS/VAFCS invites student members to submit a proposal describing research and other projects related to Family and Consumer Sciences, which will be presented in a poster session or roundtable format. Students presenting using a poster format must bring a poster that is self-standing as boards will not be provided at the conference. Roundtable presenters will present to a group of up to 8 persons for an 8-10 minute presentation. Please note that audio/visual equipment and internet capabilities will not be included in the roundtable session. All presenters must register for the conference.

Guidelines for student proposal submission:
Deadline for receipt of submissions is February 20th, 2015 at 5 p.m. (Student proposal form can be mailed or emailed).

Presenters will not be financially reimbursed for travel, lodging, meals, etc.
In submitting your proposal, include specific title, and abstract/summary of your presentation (roundtable or poster).
Provide objective(s) or highlights that will be covered.
Speaker(s) contact information and brief speaker biography, college/university
Committees of 2-3 reviewers will review each student proposal.

AAFCS/VAFCS Student Proposal Form

Title of Presentation

**Presenter information:**

**Presenter #1**
Name: 
Address: 
City: 
State: 
ZIP: 
Telephone: (day) (cell) 
E-mail address (required): 

**Presenter #2**
Name: 
Address: 
City: 
State: 
ZIP: 
Telephone: (day) (cell) 
E-mail address (required): 

Abstract/Summary (100-150 words):

Objectives:
1-
2-

Preferred Delivery Format (check option below)
Roundtable __________ Poster __________ (student must bring their own tri-fold board with poster at

All proposals must be received by February 20th 2015 by 5 p.m. to:
Debbie Dunn-Frederick email: ddunn@bridgeewater.edu
402 East College Street, Box 122, Bridgewater, VA 22812
Official Publication of the Virginia Association of Family & Consumer Sciences.

Thank you to the members who contributed to this issue.

The newsletter is published three times annually. Submission of articles is welcomed by the VAFCS Board of Directors and the newsletter editor. Deadlines are August 15th, December 15th and May 15th.

Send articles to:
April Payne, Newsletter Editor at arpayne@vt.edu

AAFCS is the only professional association that provides leadership and support to Family and Consumer Sciences students and professionals from both multiple practice settings and content areas.