President’s Message

I hope this issue of Contempo finds you well and enjoying your summer. As your president, it was a pleasure to represent you at the AAFCS meeting in Houston this June and we were well represented. Shirley Vernon and twins Sharyl Heavin and Caryl Gonzales attended and were honored at the Pacesetter Dinner as fifty year members. Also at the conference were Sandy Carpenter Stevenson, Barbara Kilborn, Lisa Ledeboer, Diane Lewis-Goldstein, Jody Roubanis, Roberta Null, Ruby Trow, Patti Wooten-Swanson, Shelly Gray, Susan Rogers and a new member from CSUS, Minjeong Kang.

During the conference Sharyl Heavin won a registration for next year’s conference in St. Louis for a student member and with the help of the executive board we will try to select a worthy student to receive this registration. Barbara Kilborn was selected from the audience to compete in making “a little black dress” on a mannequin. Barbara and her partner won the competition and each won a registration next year’s conference! Reports on many of the sessions will appear in this and future issues of Contempo this year.

The main new business from the convention was first brought up at the Affiliate President Unit, then the Open Forum and at the end of the Senate meeting and what I am going to share with you for the rest of the president’s message.

Sue Buck, AAFCS President, Peggy Wild, President Elect and Carolyn Jackson, Executive Director presented a concept paper on the “Academy of Family & Consumer Sciences” “wholeheartedly supported” by the AAFCS Board of Directors. This concept paper will radically change our present association. Based on concepts from a research-based book entitled Race for Relevance, they said associations must make radical changes to be relevant today and in the future.

They advocated five changes and these are:

**Governance:** Streamline the governance model and committee operations. (They suggested going from a board of 13 members to 5.)

**CEO & Staff:** Maximize the role of CEO and leveraging the expertise of staff.

**Membership:** Identify core members and the needs of those members.

**Programs & Services:** Focus on programs and services that strengthen those involved in the field and support advocacy for the field.

**Technology:** Invest in a robust technology framework.

You may remember that AAFCS joined a coalition of 19 other organizations and “branded” themselves the “Family & Consumer Sciences Alliance”. The stylized logo with four heads and comma shaped bodies is this “brand” we have been using in addition to our Betty lamp for the last few years. This spring the AAFCS Board has been exploring AAFCS becoming the Academy of Family and Consumer Sciences merging with these 19 other organizations to increase our voice and broaden our influence by representing several hundred thousand FCS professionals and students. Our Board sees us as the umbrella organization in charge of www.aafcs-ca.org

Continued on page 4
Rethinking beverage choices of family members may be one strategy to lower calories and prevent obesity. Many parents are not only concerned about their own weight, but also concerned about the weight of their children. Parental beverage preference influences what children drink and may dominate the actual choices of young children adding extra calories and excess body weight.

The six standard beverages adults and children drink are bottled water/water beverages, energy drinks, ready-to-drink teas, soda, sports drinks, and sweetened waters. Regular soda, sports drinks, sweetened water and energy drinks account for 5.5% of total calories consumed for most individuals 2 years and older. These calories are mainly from added sugars, in fact, the ‘Dietary Guidelines for Americans’ (DGAs) report that soda, energy drinks, and sports drinks contribute 36% of the total added sugar intake in a day. Sugar-sweetened fruit drinks contribute an additional 10%.

How do these beverage preferences develop? In infancy, milk is the primary liquid up to a child’s second birthday. During childhood juice becomes more popular contributing about 40% of total beverage calories. To evaluate if parental beverage choice dominates a child’s, one study placed children, 2-6 years old, in a mock grocery store to buy whatever they wanted without parent guidance. Children purchased regular soda 1.5 times more often than milk modeling their parents’ preference for regular soda over milk.

Beverage pattern was analyzed for 3,583 U.S. children, 6-11 years old between 1989 to 2008. Sugar-sweetened beverages increased and nutrient-rich beverages decreased in similar magnitude generally for the first few years and then remained constant the latter years. This strongly suggested that a beverage pattern is defined when a child is young.

Then in adolescence, regular sodas and sweetened teas/coffee/waters increase while fruit juice and milk decline. In fact, girls’ early soda intake was very predictable. For 170 non-Hispanic white girls, 5-15 years old, soda intake was monitored as they aged. If girls were soda consumers at the beginning of the study, no matter if they were 5 or 10 years old at that time, they had higher intake of regular soda and other beverages with added sugars as they aged. The proportion of regular soda compared to total beverage intake remained the same. If girls were soda drinkers in the younger years, then they had lower intake of milk yielding less protein, fiber, vitamin D, calcium, magnesium, phosphorus, and potassium. The nutrient intake of their beverages was inadequate and they did not meet their daily nutrient needs because milk was a smaller portion of the total beverage intake especially from 10 to 15 years of age.

For boys, during the 5 years as they age from 13-18 years, studies show a significant increase in the number of sweetened beverages they drink each day. By high school graduation, beverage intake plateaus for both boys and girls, suggesting a beverage pattern and a taste preference.

These research findings drive the argument to reduce sugar-sweetened beverage intake early in the life to reduce total calories. By doing so, a child’s nutrient intake from beverages can increase. An added benefit would be a reduction in weight gain and obesity, but would that really work?

Researchers analyzed how a reduction in liquid calories would equate to weight loss in adults. Not only did the adults have a significant weight loss from reducing liquid calories, but the reduction in calories from beverages was greater than the changes they made to reduce calories from foods. It appears that adults were more willing to change their beverage choice than change their solid foods to lower calories. Children and youth may model this behavior as well. These same researchers found that no other type of beverage was associated more dramatically with a weight change than the sugar-sweetened beverage intake.

What is important to note is that eight of nine studies reported in the literature between 2001-2009, found that as sweetened beverage intake decreased, children’s BMIs declined.

In a study of overweight African-American preschool children attending a dental clinic, investigators evaluated the association between sugar-sweetened beverage and their weight. Dietary data was collected once between 2002-2003 and again two years later. The investigators carefully controlled the data for many factors that could influence beverage intake to evaluate if additional fruit juice and sugar-sweetened beverages affected body weight. The results were that the probability of a child becoming overweight two years later was significantly higher when the children had additional sugar-sweetened beverages and juice intake at a younger age.

A longitudinal study of 7,445 children focusing on their beverage choices from their 5th to 8th grade level was published in the September 2012 issue of the Journal of the Academy of Nutrition and Dietetics. The researchers concluded that decreases in average milk intake were not related to increases in sweetened beverage intake. Milk frequency mirrored fruit juice intake over a 3-year period. If milk went up, then juice went up and vice versa, but the changes did not associate with changes in sweetened beverages. What is important to note is that the authors were only looking at the number of times the beverages (milk, juice and regular soda) were drunk and not at the quantity or total calories from each. Their methods were quite limited which

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EEF: Regional Meeting a Success!

Through an EEF (Extended Education Fund) grant and the leadership of Barbara Kilborn, a Regional Meeting was held at Sacramento State University on May 17th 2013. The goal of connecting professionals was successfully achieved, with the following institutions represented: CA-AFCS, CSUS, Sierra College, American River College, CCCFCS, Sierra College, Shasta College, Chico State, Folsom Lake College and the California State Department of Education.

As an outcome of this effort to better connect professionals through CA-AFCS, Dr. Minjeong Kang says that she learned about the Juried Design Showcase and Exhibition opportunity offered through AAFCS. Dr. Kang’s design “The Belt: Union of Eastern and Western Aesthetics” was exhibited at the AAFCS 2013 AAFCS Annual Meeting in Houston Texas. (See page 5 for a closer picture of her belt.) Dr. Kang is a professor of Apparel and Design at California State University at Sacramento.

Big Changes Proposed: Academy of Family & Consumer Sciences?

The AAFCS Board of Directors is exploring the academy concept for AAFCS. In June 2013 a Family and Consumer Sciences Summit was held with representatives from each organization of the FCS Alliance. Alliance members endorsed this move towards an academy model. At the AAFCS Annual Meeting in Houston Texas, incoming AAFCS President, Peggy Wild, clearly stated that this proposal is far from solidified and that she and the AAFCS board are looking to AAFCS members and affiliates for input in developing the academy proposal. Executive Director Carolyn Jackson said that as early as June 2014 the AAFCS members may be voting on a new governance structure and name for AAFCS.

With the current AAFCS structure, membership dues covers 25% of the annual operating costs. Clearly the organization cannot sustain itself with its current structure—some changes to the operations of AAFCS are needed. The proposed name change “Academy of Family & Consumer Sciences” may be a different matter.

Please give your affiliate leaders feedback. Amber Bradley and Jody Roubanis will be attending the Affiliate President’s Conference in October. They will be learning more about the proposal and will have an excellent opportunity to share CA-AFCS member concerns/feedback/suggestions on changing the governance structure and name of AAFCS. Please contact either by October 17.

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limits the generalizability of the findings. In addition, had they included diet drinks as a reported option, the impact of replacing sweetened soda with diet soda could have been determined. This is important because even if milk and juice increased or decreased in parallel, an independent calorie reduction could occur if regular soda intake was changed to diet or simply eliminated producing a calorie reduction.

In summary, it is important to present parents with accurate data about beverage research, especially if they are concerned about their children’s weight. The DGAs report that American adults drink about 400 calories daily from beverages. Adult preferences in order of choice are regular soda, energy/sports drinks, alcoholic beverages, milk of all different fat levels, 100% fruit juice and fruit drinks. Children from 2 to 18 years average 400 calories each day from beverages. Their choices, if ranked, are milk of any type, regular soda, energy/sports drinks, fruit drinks and 100% fruit juice. The DGAs acknowledge that milk and 100% fruit juice intake provide the most calories for younger children, and regular soda provides more calories for adolescents.

Parental beverage choice reflects their personal pattern and children will model that pattern as they define their own. Although some research shows no association between sugar-sweetened beverages and body weight or BMI, some studies provide strong evidence that weight increases when preschoolers and young children have more sugar-sweetened beverages. Further, a beverage pattern actually appears defined during the pre-teen and teenage years. This pattern reflects a taste preference which may be very difficult to change because it is driven by a preference for a sweet taste.

Since there is a good chance that what parents drink ultimately influences their children’s weight, if the taste for sweet is set early, then beverage choices which are sweet, but low in calories like water, low-fat milk and diet sodas, may be powerful substitutes to fight the obesity epidemic. Sugar-sweetened beverages give excess calories and few essential nutrients for growing children. No and low-calorie alternatives should be the choice so daily calories are not exceeded and weight gain is kept in check.

Their proposed timeline is six months for “brainstorming”. Starting in January, 2014 they plan to put details in place and do legal work and be ready to launch January 1, 2016. We would then be the Academy of Family & Consumer Sciences and AAFCS name will be changed. (The other Alliance members will retain their names).

What’s going to happen? I don’t know. Please check all your updates and FACS notes on the internet from AAFCS to get further information as it becomes available. As you read details as they become available please share your ideas, comments and suggestions with Sue, Peggy and Carolyn. After attending the fall leadership conference, I will share the latest updates.

One last bit of information. Our spring conference for California will be on March 28th & 29th in the Bay area! Please save the dates and plan to join us at this very important conference.
Highlights from the AAFCS Meeting
## CA-AFCS Highlights and Celebrations

Dr. Roberta Null, Ruby Trow, and Amber Bradley at 2013 AAFCS Annual Meeting in Houston, TX

CA-AFCS members gather to honor Dr. Margaret Lichty on June 19 in Seal Beach, CA

Faculty gather for tea in celebration of Dr. Kay Wilder (not pictured) at Point Loma Nazarene University on April 26

### CA-AFCS Financial Report:
June 1, 2012 to May 31, 2013

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Balance in Checking 5-31-2013 $9,871.17
Savings $12,717.94
Certificate of Deposit $35,173.99
Total Assets as of 5-31-2013 $57,763.11
2013/2014 Budget Approved March 16, 2013

Submitted by Shirley Vernon, CA-AFCS Treasurer

www.aafcs-ca.org
Extended Education Fund:

2013-2014 Scholarship Recipients

Graduate

ANNIE MC DONALD LINDSAY GRADUATE SCHOLARSHIP ($1,000) Krystyn Landrum (Nutrition Science) of California State University, Long Beach; HAZEL M. KUEHN GRADUATE SCHOLARSHIP ($2,000) Marissa Kanemaru (Nutrition Science) of California State University, Long Beach; CA-AFCS GRADUATE SCHOLARSHIP ($1,000) Suzanne Balian (Family Studies) of California State University, Northridge

UNDERGRADUATE

CA-AFCS FHA/HERO SCHOLARSHIP ($1,000) Erika Montano of Colton High School, Colton Joint Unified District; CA-AFCS STUDENT TEACHER SCHOLARSHIP ($1000) Jessica Gutierrez of California State University, Fresno; THEODORA COREY UNDERGRADUATE SCHOLARSHIP ($1,000) Xuan Auynh Thi Tran (Interior Design) of San Francisco State University. CA-AFCS UNDERGRADUATE SCHOLARSHIP (7 @ $1,000 each):

- Michael Benton (Family Studies) California State University, Sacramento
- Maria Lucia Capurro (Family Studies) California State University, Northridge
- Keyvan Farhad (Nutrition & Dietetics) California State University, Long Beach
- Simon Ho (Interior Design) San Francisco State University
- Samantha Montag (Dietetics) Point Loma Nazarene University
- Ngoc Nhu Thi Tran (Family Studies) California State University, Long Beach
- Natasha Tayar (Food/Nutritional Sciences) California State University, Fresno

ANNOUNCEMENTS

CA-AFCS Western Region Biennial Conference March 28-29, 2014!
The 2014 CA-AFCS Western Region Biennial Conference is March 28 to 29 at the San Francisco Airport Waterfront Marriott. Look for opportunities to present research and/or a workshop. For more information go to WWW.AAFCS-CA.org or contact Dr. Gus Vouchilas (CA-AFCS VP of Programs) at usv@sfsu.edu.

SNEB Event—August 9-12, 2013 in Portland OR: The Society for Nutrition Education and Behavior Annual Conference is the premier event for nutrition education professionals from around the world and gives you the opportunity to interface with influential nutritionists from extension, public health, government, academia, industry, and community settings.

IN MEMORY

Emma Riggs passed away on May 10th. She was 95, and is survived by her daughter Janet Riggs. Ms. Riggs was President of the American Home Economics Association (AAFCs) from 1980-1981. Recognizing her outstanding contributions to the profession at the national level, she was awarded the prestigious Distinguished Service Award in 1992 by her peers in AHEA/AAFCs. She was greatly revered at the state and local levels too. Past CA-AFCS President, Betty Knopf, remembers the special note that Ms. Riggs left in the treasurer’s box as Betty was transitioning to a new role. Betty also remembers how impeccably groomed and dressed Ms. Riggs was, and yet how her smile and eyes always sparkled as she entered a room. Farwell to a wonderful lady who had great style and was a role model to so many.

www.aafcs-ca.org
Calendar

October 18-20, 2013
AAFCS Affiliate Leadership Meeting Crystal City, VA

September 15, 2013
Deadline for Contempo newsletter articles

March 28-29, 2014
CA-AFCS Western Region Biennial Conference at the San Francisco Airport Waterfront Marriott

June 28-29, 2014
105th AAFCS Annual Meeting in St. Louis

View our complete calendar online at www.aafcs-ca.org/ca/calendar/

Ask district leaders for more information on activities specific to your district!

Students

Facebook

Keep up-to-date with the latest CA-AFCS happenings by friending us “AAFCS—California Affiliate”

Professionals & Students on LinkedIn

Just search for CA-AFCS to join. If you are not yet networked on LinkedIn, go to www.linkedin.com.