

Tuesday, September 25

## PROGRAM AREAS AT-A-GLANCE

Program Track	8:30 AM - 9:15 AM	9:25 AM - 10:10 AM	10:20 AM - 11:05 AM	11:15 AM - 12:00 PM
Nutrition	More Plants on the Plate	Math, Science, and Reading? I Thought We Were Learning About Food	Assessment of Community Food Security	Perception of Beans Among Limited-Income Hispanic Women in EFNEP and WIC
Nutrition	FCHS Wellness Champions - Volunteers Engaged in School Health Promotion	Eat Healthy Be Active Community Workshops	Get Energized: Incorporating Physical Activity with SNAP-Ed Audiences	Nourish and Protect Your Skin
Health	Extension Well Water Program: From Research to Residents	Healthy Divas Make a Difference		How <i>Walk Kansas</i> has Modeled, Encouraged, and Promoted Health in Kansas
Housing	Smart Lighting Strategies for Your Home - Updated for 2012	Healthy Homes Training for Childcare Workers	"Guiding" Participants through Homebuyer Education	Safety Begins at Home: Three Ways to a Safer Home
Human Development	Small Steps to Health and Wealth - Rural Pilot Project	Generations United	High Schools and Communities Invest in Healthy Dating/Relationship Education=RESPECT	Enhancing Marriage Relationships Through Experiential Learning Activities
Parenting	Home Is Where the Health Is	Growing Strong Families Home Visitation Program	Co-Parenting for Successful Kids	Parenting Education in Family Resource Centers: A Comprehensive Approach
Financial	"Cut It Out" Coupon program: Effectively Teaching Families How to Save Money	eXtension's Managing in Tough Times: From Worldwide Web into Classroom	Captain Cash Says....	Partnering with Financial Professionals to Offer Retirement Planning Programs
Technology	Exploring and Discovering the World of Mobile Technology	Using Technology to Create Learning Environments to Reach Millennials	Using Technology to Encourage a Healthy Lifestyle	
4-H	Camp Cuisine: Experimenting in the Kitchen	CampWORKS: A Work-Based Learning Approach to 4-H Camp Counselor Training	Hands-on Environmental Education: Recrafting with the Dumpster Divas	
Awards	Social Networking	Community Partnerships	Clean and Healthy...	Food Safety
Special		Life Membership .... Keeping the Connection	Developing Award-Winning Applications	Webinars - How to Submit a Successful Proposal

# PROGRAM AREAS AT-A-GLANCE

Thursday, September 27

Program Track	1:30 PM - 2:15 PM	2:25 PM - 3:10 PM	3:20 PM - 4:05 PM	4:15 PM - 5:00 PM
Nutrition	Cooking with Love	Plate It Up, Kentucky Proud!	A New Look at Fruits and Vegetables in the School Cafeteria	Creating Healthy Neighborhood Stores
Nutrition	Childhood Obesity Prevention Intervention using iPad Apps and Clickers for Elementary Youth	"Tasty Days:" A Fun Program to Increase Healthy Behaviors in Elementary Students	Promoting Access to Real Food for Healthy Citizens	Mealtime Inspirations-- Holiday Edition
Food Safety	Food Safety is for Everyone 3rd Edition	Food Safety Training to Produce and Sell Cottage Foods	A Survey of Home Canning Practices in West Virginia	Keeping Kids Safe
Health	Thinking Outside of the Box: An Innovative Collaboration Model	Stress Less with Mindfulness	Be Healthy Grow Your Own: Vegetable Gardening	
Health	Arthritis Outreach to Screen Farmers and Train College Students	Hypertension/ Computer Education Program	Exploring Work Place Loss and Discovering Coping Strategies	Create an Active Play Space for No Cost
Parenting/Child Development	RELAX-Alternatives to Anger	Focus on Kids Online Program	Parenting Counts	How Can Your Community Support Military Families?
Financial	Measuring Financial Education Success: Evaluation Methods, Assessment Tools, and Impact Statements	Financial Recovery After Disaster: Putting the Pieces of the Puzzle Together	Investment and Retirement Education at the Workplace	Developing and Articulating the Public Value of Extension and FCS
Other	Why Extension Family and Consumer Sciences?	Legislative Marketing and Education Plan	Latino Programming: The Basics of Finance, Healthy Relationships and Nutrition	
4-H	Joining the 4-H Revolution of Responsibility: A Wellness Ambassador Program Empowering Youth To Make A Difference	Truth and Consequences: The Choice is Yours	Project Y.E.S.I: Building a Youth Development Model through Critical Reflection and 360-Degree Evaluation	
Awards	Program Excellence Through Research	Mary Wells Memorial Diversity	Dean Don Felker Award: Developing, Marketing and Evaluating Web Conferences	
Special	Writing for Academic Publication: What Editors and Reviewers Expect	Using Journal of Extension (JOE) to Maximize Extension	Revealing the Secrets of Successfully Written NEAFCS Presentation Proposals	Tips and Techniques for Advocacy and Public Policy

## SATURDAY, SEPTEMBER 22

10:00 AM - 6:00 PM

Executive Board Meeting  
*Nationwide A and B (1st floor)*

## SUNDAY, SEPTEMBER 23

9:00 AM - 3:00 PM

Executive Board Meeting  
*Nationwide A and B (1st floor)*

3:00 PM - 4:00 PM

Registration Subcommittee Logistics Meeting  
*Clark (2nd floor)*

4:30 PM - 7:00 PM

Registration Opens  
Silent Auction, Item Drop Off  
*The Landing (2nd floor)*

## MONDAY, SEPTEMBER 24

7:30 AM - 8:00 AM

Pre-Conference Workshop Registration  
Continental Breakfast Served to  
Workshop Participants  
*The Landing (2nd floor)*

8:00 AM - 11:30 AM

Pre-Conference Workshops  
*See page 7 for room names.*

8:00 AM - 5:00 PM

On-Site Registration/Silent Auction  
Item Drop Off  
*The Landing (2nd floor)*

11:30 AM - 12:30 PM

Exhibits/Arrangements Logistics Meetings  
*Garfield (1st floor)*

11:30 AM - 12:30 PM

First Timer Orientation Meeting  
*Taft B (1st floor)*

11:30 AM - 12:30 PM

Spouse / Guest Meeting  
*Taft C (1st floor)*

12:45 PM - 3:30 PM

### Opening General Session

See pages 22-23 for details.  
*Regency Ballroom (3rd floor)*

4:30 PM - 8:30 PM

Welcome Event - Columbus Zoo  
Staggered Bus Departures Begin 4:00 PM  
*See page 22 for departure times and location.*

8:30 PM - 9:30 PM

Silent Auction - Item Drop Off  
Awards Logistics Meeting  
*Clark (2nd floor)*

## TUESDAY, SEPTEMBER 25

6:00 AM

Wellness Activity - Perfect Pilates  
*Hyatt Fitness Center (Level P)*

8:00 AM - 5:00 PM

On-Site Registration  
*The Landing (2nd floor)*

8:00 AM - 12:00 PM

Decorating Company Move-In  
*Regency Ballroom (3rd floor)*

8:30 - 9:15 AM

**More Plants on the Plate**  
**Presenter(s): Donna Krug**  
**Track: Nutrition**

*Room: Hayes (1st floor)*  
The Choose MyPlate recommendations receive a healthy interpretation in this session. Educators will get ideas about how eating more vegetables, fruits and whole grains is tasty, satisfying and promotes health.

**FCHS Wellness Champions - Volunteers Engaged in School Health Promotion**  
**Presenter(s): Daryl Minch, Michelle Brill, Joanne Kinsey, Kathleen Morgan**  
**Track: Nutrition**

*Room: Taft C (1st floor)*  
FCHS involved parents of students and others to be FCHS Wellness Champions in a TEAM Nutrition project. Presenters will discuss recruitment, training, activities, impact and lessons learned in engaging volunteers.

### Extension Well Water Program: From Research to Residents

**Presenter(s): Karen Aspinwall, Elisabeth Maring, Crystal Terhune, Amy Saptoka, Rachel Rosenberg Goldstein**

**Track: Health**

*Room: Harrison (1st floor)*

Learn how Extension educators and University researchers collaborated on a well water quality program. We'll share data, impacts, lessons learned, and how to incorporate materials into youth science/environmental programs.

### Smart Lighting Strategies for Your Home -Updated for 2012

**Presenter(s): Marsha Alexander**

**Track: Housing**

*Room: Harding (1st floor)*

Residential lighting should reflect function, efficiency, and aesthetics. During this session the selection and quantity of light sources, appropriate placement, energy management, and color rendition of lighting will be discussed.

### Small Steps to Health and Wealth - Rural Pilot Project

**Presenter(s): Luann Boyer, Gisele Jefferson, Nancy Porter**

**Track: Human Development**

*Room: Taft A (1st floor)*

Learn how this curriculum has been adapted for rural areas where choices for financial institutions and resources may be limited as well as availability of a variety of food choices.

### Home Is Where the Health Is

**Presenter(s): Rosie Allen, Carole Gnatuk**

**Track: Parenting**

*Room: Nationwide A (1st floor)*

Home Is Where the Health Is marries parenting skill-building with healthy lifestyle and nutrition education to address childhood obesity. Curriculum will be available for use after the session.

Tuesday, September 25

**“Cut It Out” Coupon program: Effectively Teaching Families How to Save Money**

**Presenter(s): Darlene Christensen**

**Track: Financial**

*Room: Garfield (1st floor)*

Coupons and rebates can help provide key savings for families. Session participants will receive peer-reviewed multi-media curriculum, evaluation and other materials to implement the program.

**Exploring and Discovering the World of Mobile Technology**

**Presenter(s): Kara Newby, Jamie Seger, Mark Light, Nadine Fogt, Jerry Thomas**

**Track: Technology**

*Room: Grant (1st floor)*

There is a growing need for technology, especially mobile technology, within Extension. We will explore mobile devices along with other tools and applications, and discuss their uses in Extension.

**Camp Cuisine: Experimenting in the Kitchen**

**Presenter(s): LuAnn Duncan**

**Track: 4-H**

*Room: Taft B (1st floor)*

Exciting science happens in the kitchen. Camp Cuisine is a curriculum for older teens that combines nutrition, food safety, chemistry and fun to promote health and interest in science.

**Social Networking**

**Presenter(s): Alice Henneman**

**Track: National Award Winner**

*Room: Taft D (1st floor)*

With the growth in social networking, the question has quickly changed from not “if” but “how” an organization should use social media. Learn tips on how and which to use.

**9:25 AM - 10:10 AM**

**Math, Science, and Reading? I Thought We Were Learning About Food**

**Presenter(s): Susan Hansen**

**Track: Nutrition**

*Room: Hayes (1st floor)*

Learn ways to easily add math, science and reading activities, questions and concepts to your foods and nutrition programs for youth.

**Eat Healthy Be Active Community Workshops**

**Presenter(s): Marjorie Moore**

**Track: Nutrition**

*Room: Taft C (1st floor)*

These workshops focuses on consuming fewer calories, making informed food choices, and being physically active to help people attain and maintain a healthy weight and reduce risk of chronic disease.

**Healthy Divas Make a Difference**

**Presenter(s): Donna Fryman**

**Track: Health**

*Room: Harrison (1st floor)*

The Healthy Divas’ after school program has improved the healthy lifestyle choices of at risk adolescent females through weekly sessions on topics such as self-esteem, nutrition and physical activity.

**Healthy Homes Training for Childcare Workers**

**Presenter(s): Bobbie Shaffett, Teresa Lyle, Susan Cosgrove, Shretta Vamado**

**Track: Housing**

*Room: Harding (1st floor)*

Learn about four successful Extension Healthy Homes training sessions designed for childcare workers, including: Integrated Pest Management, Principles of a Healthy Home, Indoor Air / Disaster Clean-up, and Eco-Healthy Childcare.

**Generations United**

**Presenter(s): Nancy Kershaw**

**Track: Human Development**

*Room: Taft A (1st floor)*

There are four adult generations - living, working, volunteering in the US. This program introduces the four adult generations: traits, communication preferences, views of authority, preferred leadership and work styles.

**Growing Strong Families Home Visitation Program**

**Presenter(s): Donna Donald, Kim Branter**

**Track: Parenting**

*Room: Nationwide A (1st floor)*

Growing Strong Families is a home visitation program for parents and children. Learn how to: meld nutrition, family finance, Parents as Teachers

curricula; use parent educators; fund with non-Extension dollars.

**eXtension’s Managing in Tough Times: From Worldwide Web into Classroom**

**Presenter(s): Michael Elonge**

**Track: Financial**

*Room: Garfield (1st floor)*

This session demonstrates how Extension’s (MITTnet.extension.org) research-based resources were used to develop a cutting-edge seminar. The seminar engaged 4-urban universities, 5-community organizations, and attracted 315 multicounty participants and 2-sponsors.

**Using Technology to Create Learning Environments to Reach Millennials**

**Presenter(s): Sharon Speights-Gibson, Pamela Turner**

**Track: Technology**

*Room: Nationwide B (1st floor)*

Extension can use technology to engage young adults, specifically Millennials, in living greener. Extension must adapt to interface with changing technology to connect with audiences using technology to access information.

**CampWORKS: A Work-Based Learning Approach to 4-H Camp Counselor Training**

**Presenter(s): Christine Kendle, Theresa Ferrari, Nate Arnett, Mary Beth Albright, Nadine Fogt, Heather Gotke, Cassie Turner, Jessica Rocky, Christy Leeds, Mark Light, Gwen Soule**

**Track: 4-H**

*Room: Taft B (1st floor)*

CampWORKS incorporates work-based learning approaches to camp counselor training with activities transferrable to other youth programs. Participants will experience CampWORKS Toolkit activities and acquire resources to implement this approach.

**Community Partnerships**

**Presenter(s): Jean Ince**

**Track: National Award Winner**

*Room: Taft D (1st floor)*

Working together, a small town identified, developed and initiated a plan to promote physical activity and improve access to healthy nutrition in rural Arkansas through education and policy change.

**Life Membership.... Keeping the Connection****Presenter(s):** Dr. Anna-Mae Kobbe**Track:** Special*Room: Grant (1st floor)*

Life Membership provides a connection to Extension colleagues and the profession. Life Memberships provide a rich resource for NEAFCS and State Affiliates. State Vice Presidents for Member Resources, State Presidents, and other interested individuals will want to attend this session to start the conversation for increasing life membership in the association. Dr. Anna-Mae Kobbe, Life Member Chair will lead the discussion. She will share feedback from Life Members gleaned from a survey.

**10:20 AM - 11:05 AM****Assessment of Community Food Security****Presenter(s):** Ellen Serfustini, Christine Jensen, Debra Proctor**Track:** Nutrition*Room: Hayes (1st floor)*

Food insecurity has risen significantly. Learn methods to evaluate your existing nutrition programs, influence agencies and policymakers to meet the needs of your community and help reduce food insecurity.

**Get Energized: Incorporating Physical Activity with SNAP-Ed Audiences****Presenter(s):** Kathleen Lovett, Mary Caskey, Elizabeth Johnson**Track:** Nutrition*Room: Taft C (1st floor)*

Energizers are classroom based activities that integrate physical activity with nutrition concepts. These nutrition Energizers are incorporated into SNAP-Ed nutrition classes to help participants learn by moving.

**"Guiding" Participants Through Homebuyer Education****Presenter(s):** Nancy Stehulak**Track:** Housing*Room: Harding (1st floor)*

Do you find yourself looking for a concise publication to guide homeowners through homeownership? The Homebuyer's Guide, published in 2011, will be highlighted to support your Extension work.

**High Schools and Communities Invest in Healthy Dating/Relationship Education=RESPECT****Presenter(s):** Margie Memmott**Track:** Human Development*Room: Taft A (1st floor)*

Teenagers need opportunities to develop and practice healthy relationship behaviors. Utilize/adapt the RESPECT program model to provide effective strategies to put healthy relationship principles into practice on a daily basis.

**Co-Parenting for Successful Kids****Presenter(s):** Jeanette Friesen, Cynthia Strasheim, Gail Brand, Maureen Burson, Leslie Crandall, Ruth Vonderohe**Track:** Parenting*Room: Nationwide A (1st floor)*

Co-Parenting for Successful Kids is a class (face-to-face or online) that fulfills court-mandated requirements to help separating and divorcing parents develop plans for respectful, responsive and responsible co-parenting.

**Captain Cash Says....****Presenter(s):** Annetta Jones, Jennifer Stefancik, Mary Lou Elbert, Rebecca Haynes-Bordas**Track:** Financial*Room: Garfield (1st floor)*

Captain Cash Says... is an interactive classroom program that teaches third grade students four fundamental money management concepts about earning, spending, saving and borrowing.

**Using Technology to Encourage a Healthy Lifestyle****Presenter(s):** Lisa Barlage, Michelle Treber, Patricia Brinkman, Cynthia Shuster, Linnette Goard, Dana Brown**Track:** Technology*Room: Grant (1st floor)*

Learn how you can use email, Facebook, Blog's, and on-line evaluations to conduct technology and research based wellness and weight loss challenges with today's busy adults

**Hands-on Environmental Education: Recrafting with the Dumpster Divas****Presenter(s):** Rebecca Mills**Track:** 4-H*Room: Taft B*

Few recycling options are available

in your area? Get creative! Projects in the "Recrafting with the Dumpster Divas" 4-H program mix recyclable commodities with creativity for fun environmental education.

**Clean and Healthy...****Presenter(s):** Carla Youree Bush**Track:** National Award Winner*Room: Taft D (1st floor)*

With our Housing Authority, we held a "get together" with friends and neighbors to educate about the importance of a clean, healthy homes and demonstrated inexpensive, efficient methods for cleaning.

**Developing Award-Winning Applications****Presenter(s):** Wendi Green, Julie Cascio**Track:** Special*Room: Harrison (1st floor)*

Have you wanted to apply for an award and didn't know where to start? Come and hear from the NEAFCS Awards Training Subcommittee on how to begin the awards process. The session will include an informative presentation on how to market awards in your state and helpful suggestions from successful award winners from across the nation.

**11:15 AM - 12:00 PM****Perception of Beans Among Limited-Income Hispanic Women in EFNEP and WIC****Presenter(s):** Traci Armstrong Florian, Donna Winham**Track:** Nutrition*Room: Hayes (1st floor)*

Research has found that low-income adults have limited knowledge of the health benefits of beans. Learn the importance of incorporating legume-promoting messages in Extension programming like EFNEP and SNAP-Ed.

**Nourish and Protect Your Skin****Presenter(s):** Julie Garden-Robinson**Track:** Nutrition*Room: Taft C*

"Nourish and Protect Your Skin" is a train-the-trainer educational program that has improved participants' knowledge and intended behavior related to nutritional practices and sun protection.



**How Walk Kansas has Modeled, Encouraged, and Promoted Health in Kansas**

**Presenter(s): Sharolyn Jackson**

**Track: Health**

*Room: Harrison (1st floor)*

Walk Kansas attracts nearly 20,000 participants each year. Six evidence-based principles provide a foundation for the program. Walk Kansas is updated regularly to reflect current trends, data and recommendations.

**Safety Begins at Home: Three Ways to a Safer Home**

**Presenter(s): Janet Valente, Pamela Turner**

**Track: Housing**

*Room: Harding (1st floor)*

This session features a set of training tools/curriculum designed for use with older adult audiences to identify and remove home hazards using creative techniques and approaches.

**Enhancing Marriage Relationships Through Experiential Learning Activities**

**Presenter(s): Carolyn Washburn, Darlene Christensen, Naomi Brower**

**Track: Human Development**

*Room: Taft A (1st floor)*

Hands-on marriage relationship activities and games were developed using research based philosophies. Statistics show that knowledge is retained best through interactive learning. The activities and games developed will be shared.

**Parenting Education in Family Resource Centers: A Comprehensive Approach**

**Presenter(s): Patricia Merk, Darcy Dixon**

**Track: Parenting**

*Room: Nationwide A (1st floor)*

Family resource centers utilize parenting education strategies for meeting diverse family needs and learning. Participants will understand the research basis of five strategies, implementation details, evaluation methods and results.

**Partnering with Financial Professionals to Offer Retirement Planning Programs**

**Presenter(s): Lisa Leslie**

**Track: Financial**

*Room: Garfield (1st floor)*

Extension partnered with the Financial Planning Association to help people get financially ready for retirement. The program included classes, take-home exercises, and a one-on-one, pro-bono session with a financial planner.

**Food Safety**

**Presenter(s): Jeannie Nichols, Beth Waitrovich, Jan Seitz, Chris Venema, Pat Joyce, Joyce McGarry, Janet Rathke, Lisa Treiber, Eileen Haraminac**

**Track: National Award Winner**

*Room: Taft D (1st floor)*

Michigan State University Extension educators developed a webinar and provided statewide workshops to teach food safety principles when preparing and selling foods under the new Michigan Cottage Food Law.

**Webinars - How To Submit A Successful Proposal**

**Presenter(s): Mary Ann Lienhart-Cross, Joanne Kinsey, Co-chairs Webinar Sub-committee**

**Track: Special**

*Room: Taft B (1st floor)*

Learn about the NEW opportunity to submit a proposal on current and emerging topics for NEAFCS members, and how to present a webinar to members across the country. NEAFCS monthly webinars are peer-reviewed or invited presentations coordinated by the Professional Development Webinar Subcommittee.

**12:00 PM - 5:00 PM**

Exhibitor Move-In  
*Regency Ballroom (3rd floor)*

**12:00 PM**

Lunch on Your Own (*unless you pre-purchased a Box Lunch for In-Depth Sessions, in which case lunch will be provided on the bus - by ticket only*)

**12:00 PM - 5:00 PM**

In-Depth Sessions  
*See page 23 for details.*

**5:30 PM**

Evening/Dinner on Your Own

**6:00 PM - 9:00 PM**

Leadership Event (*by invitation only*)  
Franklin Conservatory  
*Buses depart from the Auto Drop Off Ramp of the Hyatt Hotel.*

**WEDNESDAY, SEPTEMBER 26**

**6:00 AM**

Wellness Activity - Wellness Walk  
*Hyatt Fitness Center (Level P)*

**7:30 AM - 10:00 AM**

Regional Meetings/Awards with Breakfast  
*See page 24 for room names and details.*

**8:00 AM - 4:00 PM**

On-Site Registration  
*The Landing (2nd floor)*

**8:00 AM - 5:00 PM**

FCS Program Leaders Meeting with Breakfast - *Taft A (1st floor)*

**10:15 AM - 12:15 PM**

**General Session**  
**Presiding:** Peg Ehlers, *NEAFCS Treasurer*  
**Keynote Speaker:** Pamela Jett (*see page 24*); 2013 Galaxy IV Invitation - Pittsburgh, PA; Meet the National Office Candidates  
*Union Ballroom (2nd floor)*

**12:15 PM - 1:15 PM**

Past Presidents Luncheon (*by invitation only*)  
*Off Site*

**12:30 PM - 1:30 PM**

FCS Program Leaders/NEAFCS Board Lunch & Dialogue  
*Taft A (1st floor)*

**12:30 PM - 5:00 PM**

Exhibit Hall Open/Silent Auction Open  
**Presiding:** *Kate Shumaker, OH*

**Lunch (12:30 PM - 1:30 PM)**

Exhibit Forums (1:30 PM - 4:00 PM)  
*Regency Ballroom (3rd floor)*  
*See pages 28-32*

**1:00 PM - 5:00 PM**

**Showcase of Excellence** (*staffed by presenter from 1:00 PM - 3:00 PM*)  
*Regency Ballroom (3rd floor)*

### Evaluation Learning Circles: Helping FCS Educators Build Program Evaluation Capacity

**Presenter(s): Nancy Franz, Barbara Woods, Sorrel Brown, Keli Tallman**

Table #1A

FCS educators are turning to technology to help meet their professional development needs. Discover how an Extension program evaluation learning circle supported by technology enhanced program evaluation skills.

### Tenant Eviction Prevention - A Community Education Approach

**Presenter(s): Michael Elonge**

Table #1B

This poster session demonstrates a community education program to help prevent tenant eviction. It is a Cooperative Extension initiative to engage the community towards critical community problems.

### And My World - The Food Around Us

**Presenter(s): Susan Hansen**

Table #2A

Explore the foods we eat, why we eat the foods and where our food comes from through activities targeting youth but adaptable for adult audiences.

### Nutrition Edition Lesson Handbook

**Presenter(s): Elizabeth Shephard, Vanessa Spero-Swingle, Christine Chen-Luke**

Table #2B

This program utilized young teens to teach nutrition lessons at summer camps throughout the county utilizing a nutrition manual with short lessons and fun games to reinforce these lessons.

### Mediterranean Diet Cooking School - Healthy & Fun Learning

**Presenter(s): Katherine Cullum**

Table #3A

The Mediterranean Diet Cooking School is a very interactive yet fun way to learn a new lifestyle approach to good nutrition and health while brushing up on kitchen skills.

### Understanding Dietary Wellness Characteristics and Practices Of High Risk Families

**Presenter(s): Mary Blackburn**

Table #3B

We assessed dietary attitudes and lifestyle practices of poor high risk pregnant and parenting women with small children in unstable home environments and identified special needs for effective nutrition interventions.

### Be Healthy Now Challenge to Fitness

**Presenter(s): Barbara Brahm**

Table #4A

Be Healthy Now has involved 4630 adults since 2008 in enhancing health through weight loss. Competition, team support, and education form the winning combination to create a healthy community atmosphere.

### Healthy Homes—Healthy Kids: Parenting Practices that Help Promote Healthy Eating

**Presenter(s): Traci Armstrong Florian, Daniel McDonald, Evelyn Whitmer, Donna Winham**

Table #4B

This poster will describe efforts to teach parents research-based practices pertaining to parenting and nutrition. Parents learn how to set eating patterns for a lifetime of good health.

### Engaging multicultural understanding in Indiana through The Hungry Planet: What the World Eats

**Presenter(s): Susan Tharp**

Table #5A

The Hungry Planet: What the World Eats touches on many topics central to Extension including nutrition, obesity, food prices, biodiversity, food and kitchen technology, markets, families, and access to resources.

### TummySafe© A Food Safety Training Program for Child Care Providers

**Presenter(s): Carolyn Conger, Jennifer Schilling, Michael Newman, Julie Sexton, Gary Jackson**

Table #5B

TummySafe(c) is a very successful child care provider's food managers training program using technology

and the Extension system to overcome providers' barriers to training. Insight provided.

### Take Control of Arthritis

**Presenter(s): Kris Elliott**

Table #6A

Teaching persons with arthritis there is an opportunity make tremendous difference in their lives. There is an opportunity to collaborate with the nation's leading organization for arthritis research and education.

### Food \$ense Newsletter

**Presenter(s): Donna Peterson, Mary Knellwolf, Becky Gutzman, Ione Meoska, Danielle Varney, Sonya Lenzendorf**

Table: Will Not Be Present

Food \$ense a quarterly 4-page newsletter written by a team of seven WNEP Coordinators in response to a need of parents. Food \$ense is for low-income adults, individuals or families.

### School Wellness Award

**Presenter(s): Elizabeth Elizoneto**

Table #6B

A cooking school designed for at risk youth showing the basics in cooking, kitchen and food safety; majority of students who completed the program attained a job in a restaurant.

### Extension Educator of the Year Award

**Presenter(s): Christine Kniep**

Table #7A

Christine Kniep, Family Living Educator/ Department Head, Winnebago County Wisconsin focuses her work on capacity building. Working with individuals, families, community agencies and colleagues, Chris empowers others to reach their goals.

### Human Development/Family Relationships Award

**Presenter(s): Kara Newby, Jamie Seger, Polly Loy, Terri Worthington, Lisa Siciliano-Miller, Rhonda Williams, Demetria Woods, Diane Barga, Kirk Bloir, Cindy Shuster, Joyce Shriner, Barb Hennard, Anastasia Snyder**

Table #:7B

Successful Co-Parenting is a program developed for parents going through divorce. It aims to teach parents how to co-parent together cooperatively for the benefit of their child.

### Family Health & Wellness Award

**Presenter(s): Paula Sanchez, Desaree Jimenez, Jacqueline S. Baca, Kathleen Garcia**

Table #8A

Just Be It! Healthy and Fit reduces risk factors for childhood obesity by promoting physical activity and nutrition education to students, teachers and parents utilizing new curriculum and teaching techniques.

### Marketing Package Award

**Presenter(s): Lorelei Jones, Sarah D. Kirby, Robin Roper, P. Carolyn Dunn, Haley Fulop, Ken Ellzey, John Vanaman, Mark Dearmon, Sonya Harris, Marc Hall, R. Marshall Stewart, Sara Saunders, Stewart Saunders, Sara Ray, Natalie Hampton, Ben Chapman, Sheree Vodicka, Anna Rzewnicki**

Table #8B

You have the will, We have the way. is a comprehensive on-going marketing campaign developed in response to NCFCS Agent needs and was launched concurrently with the FCS Centennial.

### 1:00 PM - 2:30 PM

#### Dining with Diabetes Meeting

**Shari L. Gallup, MS, Ohio**

**State University Extension, Convener Harrison (1st floor)**

Join us at our first National Dining with Diabetes meeting and learn how we can be a driving force to combat diabetes across the national. Join the force!

### 1:00 PM - 2:30 PM

Annual Session Lexington 2014  
Planning Group Meeting  
**Grant/Harding (1st floor)**

### 3:00 PM - 6:00 PM

Photographer Open Time

*Regional Award Recipients, State Photos, etc.*

### 5:00 PM

Silent Auction Closes/Final Bids Due

### 5:30 PM

States Night Out - *Buses only for those states who pre-registered for them to Easton Town Center. Buses depart hotel from the Auto Drop Off Ramp of the Hyatt Hotel.*

### 8:30 PM - 9:30 PM

FCS Program Leaders Reception (*by invitation only*)  
*President's Suite*

## THURSDAY, SEPTEMBER 27

### 6:00 AM

Wellness Activity - Come On Cardio  
*Hyatt Fitness Center (Level P)*

### 8:00 AM - 12:00 PM

On-Site Registration  
*The Landing (2nd floor)*

### 8:00 AM - 5:00 PM

FCS Program Leaders Meeting with Breakfast - *Taft A (1st floor)*

### 8:00 AM - 12:00 PM

Exhibit Hall Open  
Continental Breakfast (*8:00AM - 9:00AM*)  
Exhibit Forums (*8:00 AM - 11:00 AM*)  
*Regency Ballroom (3rd floor)*  
*See pages 28-33 for details.*

### 8:00 AM - 12:00 PM

**Showcase of Excellence** (*staffed by presenter from 8:30 AM - 10:30 AM*)  
*Regency Ballroom (3rd floor)*

### Elementary Schools "Burst" with Physical Activity Using Pedometers as Incentives

**Presenter(s): Michelle Brill, Joanne Kinsey, Sherri Cirignano, Alexandra Greci, Luanne Hughes, Kathleen Morgan**

Table #1A

Students in twelve elementary schools tracked steps using pedometers for five weeks. Activity bursts throughout the school day contributed to increased steps and awareness of the benefits of being active.

### What's New in the Small Steps to Health and Wealth Program?

**Presenter(s): Karen Ensle, Barbara O'Neill**

Table #1B

The purpose of this Showcase presentation is to update NEAFCS conference participants on recent additions to the Small Steps to Health and Wealth (SSHW) program, a signature program of NIFA-USDA.

### YES - Imagine the Possibilities!

**Presenter(s): Joyce Shriner**

Table #2A

Learn details about the Youth Educational Shoplifting (YES) Prevention curriculum. YES provides opportunities for: new programming partnerships; reaching older youth; working with underserved audiences and cost recovery.

### Spilling the Beans: A Preschool Gardening and Nutrition Education Curriculum to Increase the Use of Dry Edible Beans

**Presenter(s): Julie Garden-Robinson**

Table #2B

"Spilling the Beans" is a four-lesson curriculum for preschool-age children and their parents, which highlights the benefits of dry bean and snap bean consumption through gardening and nutrition education activities.

### How Can Your Community Support Military Families?

**Presenter(s): Carole Gnatuk**

Table #3A

Research shows that Informal support of National Guard and Reserve members' families boosts resilience in tough times. Learn great tips on helping your community facilitate networks of friends and neighbors.

### "Mom and Me" 4-H Textiles and Clothing Workshops

**Presenter(s): Cynthia Shuster**

Table #3B

4-H textiles and clothing clinics, sewing camps and "Mom and Me" workshops, are excellent formats for teaching 4-H clothing construction skills while providing valuable one-on-one quality time with a parent/child.

### Use of Social Marketing and Social Media to Promote Food Safety

**Presenter(s): Carol Schwarz, Carol Larvick, Cindy Brison, Nancy Urbanec, Julie Albrecht, Ruth Litchfield, Jan Temple, Christopher Weishaar**

Table #4A

Based on USDA recommended storage time for leftovers, the 4 Day Throw Away social marketing/social media campaign was developed and targeted to families with young children.



**Meat Thermometers and Food Safety****Presenter(s): Susan Haws, Janet Smith, Debbie Proctor**

Table #4B

The USDA "Is It Done Yet?" campaign was used to develop a program to teach consumers the proper and safe cooking temperatures of meat. Surveys were developed, distributed and assessed.

**Preserve @ Home: Web-based Food Safety and Preservation Program****Presenter(s): Carol Hampton, Laura Sant, Glenda Hyde, Anne Zander, Joey Peutz, Sandra McCurdy**

Table #5A

Preserve @ Home is a multistate partnership web-based university course to reach and educate individuals on food safety and food preservation while limiting the barrier of geography.

**The Community Weight Loss Program****Presenter(s): Sarah Sturgill**

Table #5B

The Community Weight Loss Program (CWLP) is a program that incorporates client-centered motivational interviewing approaches which enable participants to design their own personal solution to weight management challenges.

**4-H Science Saturday Workshops****Presenter(s): Shannon Cromwell**

Table #6A

4-H Science Saturday Workshops help youth develop social competencies by providing science-based experiential learning opportunities. Workshops are a collaborative effort between youth leaders, 4-H volunteers, and Extension staff.

**Early Childhood Child Care Training Award****Presenter(s): Cheryl Tickner, Carol Schwarz, Cami Wells**

Table #6B

Nebraska Extension offered a web-based food safety program for childcare providers. Participation was over 200 for each of three classes, reaching 117 Nebraska communities from 57 counties and six states.

**Environmental Education Award****Presenter(s): Samantha Kennedy, Wayne Thorne, Darryl Blair, Sharon McClellan**

Table #7A

The Manatee Energy Efficiency Project teaches Manatee County families how

to decrease their energy consumption, lower their electricity bills, and help conserve important natural resources for future generations.

**Extension Housing Outreach Award****Presenter(s): Christine Kniep, Kristi Cutts, Karen Joos, Michelle Tidemann**

Table #7B

The Rent Smart program provides practical education helping potential renters acquire and keep housing. Participants report significant increases in understanding, confidence and preparedness. Statewide, community partnerships deliver the program.

**Extension Housing Outreach Award****Presenter(s): Keishon Thomas, Marc A. Thomas, Maureen Lucas, Leon Porter, Ricky Waters, Gail Adams, Terralon Chaney, Ginger Chastain**

Table #8A

The Housing Education & Long-term Planning (H.E.L.P.) program assists minority producers and farmers with housing and long-term estate planning.

**8:00 AM - 4:00 PM**

Ohio Marketplace

*Regency Foyer (3rd floor)***9:00 AM - 11:00 AM****Annual Business Meeting***Union Ballroom (2nd floor)**See page 26 for agenda.***11:30 AM - 12:30 PM**

Silent Auction Pick-Up

*Regency Ballroom (3rd floor)***12:00 PM - 1:00 PM**

Lunch On Your Own

**12:00 PM - 3:00 PM**

Exhibitor and Decorating Company Move-Out

**1:00 PM - 2:30 PM**

Life Member Meeting

*Nationwide B (1st floor)***1:00 PM - 3:00 PM**Committee Meetings, Plans of Work  
*Lunch Provided**Awards - Champaign (2nd floor)**Member Resources - Knox (2nd floor)**Professional Development - Marion (2nd floor)**Public Affairs - Fayette (2nd floor)***1:30 PM - 2:15 PM****Cooking with Love****Presenter(s): Karen Hinshaw****Track: Nutrition***Room: Harrison (1st floor)*

Cooking with Love is a collaborative effort between local food pantries and the county Extension office. These ongoing cooking/nutrition classes are helping people eat right and lose weight.

**Childhood Obesity Prevention Intervention using iPad Apps and Clickers for Elementary Youth****Presenter(s): Barbara****Struempfer****Track: Nutrition***Room: Hayes (1st floor)*

Body Quest is a childhood obesity prevention program to increase fruit and vegetable consumption and physical activity, improve sleep hygiene and enhance family environments using iPad apps and clicker evaluations.

**Food Safety is for Everyone 3rd Edition****Presenter(s): Lorraine Harley****Track: Food Safety***Room: Taft C (1st floor)*

Food Safety is for Everyone 3rd Edition, is the latest, original, entertaining, basic, consumer food safety mini-curriculum, complete with course content, classroom activities, pre/post test, after class and follow-up evaluation.

**Thinking Outside of the Box: An Innovative Collaboration Model****Presenter(s): Elizabeth Smith****Track: Health***Room: Franklin A (2nd floor)*

Come and learn how one successful program and collaboration involving Extension and the College of Pharmacy facilitated positive outcomes around prescription drug abuse awareness.

**Arthritis Outreach to Screen Farmers and Train College Students****Presenter(s): Patricia Holmes****Track: Health***Room: Franklin B (2nd floor)*

Because of age and occupation, farmers often develop arthritis. Occupational therapists and extension educators have an outreach program to screen farmers and train students to work in rural areas.

Thursday, September 27

**RELAX-Alternatives to Anger**

**Presenter(s): Suzanne Pish**

**Track: Parenting/Child Development**

*Room: Franklin C (2nd floor)*

RELAX: Alternatives to Anger is an anger management program designed to help adults understand and manage anger, develop communication skills, learn to manage stress and make positive behavioral changes.

**Measuring Financial Education**

**Success: Evaluation Methods, Assessment Tools, and Impact Statements**

**Presenter(s): Barbara O'Neill**

**Track: Financial**

*Room: Franklin D (2nd floor)*

This session will describe the current state of financial education evaluation, need for strong impact metrics, logic model, specific impact evaluation tools, and how to write effective program impact statements.

**Why Extension Family and Consumer Sciences?**

**Presenter(s): Jan Scholl**

**Track: Other**

*Room: Madison (2nd floor)*

In recent years, there have been physicians, historians, and others who want to bring back home economics. What are these experts saying about us and how can we respond?

**Joining the 4-H Revolution of Responsibility: A Wellness Ambassador Program Empowering Youth To Make A Difference**

**Presenter(s): Diane Nielson**

**Track: 4-H**

*Room: Taft B (1st floor)*

Discover how a Wellness Ambassador program grounded in 4-H Healthy Lifestyle principles and positive youth development research is giving teens a voice to offer solutions in their schools and communities.

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**Program Excellence Through Research**

**Presenter(s): Carol Schwarz, Carol Larvick, Cindy Brison, Julie Albrecht, Ruth Litchfield, Jan Temple, Christopher Weishaar**

**Track: National Award Winner**

*Room: Taft D (1st floor)*

4 Day Throw Away was developed from focus group results and a nationwide

survey which examined food handling practices, beliefs and knowledge of families with young children.

**Writing for Academic Publication: What Editors and Reviewers Expect**

**Presenter(s): Teresa Byington and Lou Mueller, Editor, Journal of National Extension Association of Family & Consumer Sciences**

**Track: Special**

*Room: Nationwide A (1st floor)*

Submitting a manuscript to an academic journal is not a haphazard prospect. Recognizing reasons for rejection and ways to increase your chances of acceptance can enhance opportunities for publication.

**2:25 PM - 3:10 PM**

**Plate It Up, Kentucky Proud!**

**Presenter(s): Janet Johnson, Laura Stephenson, Tammy Stephenson, Kristen Branscum**

**Track: Nutrition**

*Room: Harrison (1st floor)*

A creative 'branded' partnership approach – including the first state recipe database focusing on seasonal, locally grown commodities - increases consumer consumption of fruits and vegetables with increased producer profitability

**"Tasty Days:" A Fun Program to Increase Healthy Behaviors in Elementary Students**

**Presenter(s): Michelle Vineyard, Karen Franck, Bethany Brown, Anne Olson, Jaqueline King, Rita Jackson, Janie Burney**

**Track: Nutrition**

*Room: Hayes (1st floor)*

This peer-reviewed nutrition curriculum for elementary students generated excitement about tasting fruits and vegetables and increasing daily activity. Methods and results from the implementation of the curriculum will be presented.

**Food Safety Training to Produce and Sell Cottage Foods**

**Presenter(s): Jeannie Nichols, Jan Seitz, Beth Waitrovich, Chris Venema, Pat Joyce, Joyce McGarry, Janet Rathke, Lisa Treiber**

**Track: Food Safety**

*Room: Taft C (1st floor)*

Michigan State University Extension

educators provided statewide workshops teaching residents the importance of food safety practices when preparing and selling foods under the new 2010 Michigan Cottage Food Law.

**Stress Less With Mindfulness**

**Presenter(s): Rebecca Mowbray, Jane Riffe, Andi Bennett**

**Track: Health**

*Room: Franklin A (2nd floor)*

Five mini-modules designed for existing family health programs or as a stand-alone presentation. Content addresses mindful breathing, mindful eating, mindful attention to thoughts, humor, and everyday routines.

**Hypertension/Computer Education Program**

**Presenter(s): Shelley Swenson**

**Track: Health**

*Room: Franklin B (2nd floor)*

Incorporate meaningful subject matter into a computer training series to reach new audiences. Keeping the Pressure Down curriculum was used to make hand-outs, presentations and spreadsheets utilizing Microsoft Office.

**Focus on Kids Online Program**

**Presenter(s): Sarah Traub, Graham McCaulley, David Schramm**

**Track: Parenting/Child Development**

*Room: Franklin C (2nd floor)*

This presentation describes the process of modifying a face-to-face divorcing/separating parent education program into an online version. Research is also presented on the effectiveness of both versions of the program.

**Financial Recovery After Disaster: Putting the Pieces of the Puzzle Together**

**Presenter(s): Lori Scharmer, Sara Croymans, Phyllis Onstad**

**Track: Financial**

*Room: Franklin D (2nd floor)*

Disasters wreak havoc on the financial well-being of families. Financial recovery after a disaster is a complex long journey. Extension professionals will introduce, Recovery After Disaster: The Family Financial Toolkit.

**Legislative Marketing and Education Plan****Presenter(s): Terri Black, Joann Milam****Track: Other***Room: Madison (2nd floor)*

Legislators lack understanding of Family and Consumer Sciences Extension work. In a state with FACS agents in only 21 percent of counties, an innovative marketing plan raises awareness and support.

**Truth and Consequences: The Choice is Yours****Presenter(s): Christy Nuetzman****Track: 4-H***Room: Taft B (1st floor)*

Truth and Consequences: The Choice is Yours is an enrichment activity involving role-play scenarios designed to show students the impact of getting involved with illicit and legal substances.

**Mary Wells Memorial Diversity****Presenter(s): Stephanie Derifield****Track: National Award Winner***Room: Taft D (1st floor)*

Since the first GROW (Gardening, Relationships, Opportunities, and Wellness) series spring 2011, approximately 45 women recovering from substance abuse have benefited from Extension education and enrolled in the Nutrition Education Program.

**Using Journal of Extension (JOE) to Maximize Extension****Presenter(s): Luann Boyer, NEAFCS Representative to JOE Board****Track: Special***Room: Nationwide A (1st floor)*

Don't file away or delete the message when a new issue of Journal of Extension comes out. Learn how this peer reviewed journal is an integral component for Extension professionals.

**3:20 PM - 4:05 PM****A New Look at Fruits and Vegetables in the School Cafeteria****Presenter(s): Mary Caskey, Trina Barno****Track: Nutrition***Room: Harrison (1st floor)*

A New Look at Fruits and Vegetables in the School Cafeteria is a training program for school foodservice staff on preparing and promoting fruits and vegetables.

**Promoting Access to Real Food for Healthy Citizens****Presenter(s): Karen Enslie****Track: Nutrition***Room: Hayes (1st floor)*

The goal of Food Day was to offer a three-hour Extension program with tastings on the importance of "eating real food" that is sustainable, humane, healthy, accessible, and safe.

**A Survey of Home Canning Practices in West Virginia****Presenter(s): Gina Taylor, Patty Morrison, Janice Heavner, Paula Strawder****Track: Food Safety***Room: Taft C (1st floor)*

Do you wonder, "Where do home canners get their crazy ideas?" Researchers at WVU Extension discovered the answers in their 2011 home canning survey. The results are amazing and alarming.

**Be Healthy Grow Your Own: Vegetable Gardening****Presenter(s): Elizabeth Shephard, Linda Seals, Sally Scalera, James Fletcher****Track: Health***Room: Franklin A (2nd floor)*

Be Healthy Grow Your Own: Vegetable Gardening was created to teach about growing vegetables, and healthier eating among adults. This 12-week class is a multi-discipline approach to programing.

**Exploring Work Place Loss and Discovering Coping Strategies****Presenter(s): Joyce Shriner****Track: Health***Room: Franklin B (2nd floor)*

Attend this session to learn about workplace loss, how it can impact employees in organizations that are downsizing, and what you can do to assist colleagues who are impacted.

**Parenting Counts****Presenter(s): Peggy Ehlers, LouAnn Menchhofer****Track: Parenting/Child Development***Room: Franklin C (2nd floor)*

Parenting Counts curriculum and resources are designed to support parents and caregivers of young

children in raising socially and emotionally healthy children. The lessons cover a range of topics.

**Investment and Retirement Education at the Workplace****Presenter(s): Crystal Terhune, Jinhee Kim, Lynn Little, Wes Musser, Michael Elonge, Shante Stokes****Track: Financial***Room: Franklin D (2nd floor)*

Targeting low-wage females and minorities, a series on financial management-- including retirement and investment-- is offered to University faculty and staff. Curriculum, funding source and marketing strategies will be shared.

**Latino Programming: The Basics of Finance, Healthy Relationships and Nutrition****Presenter(s): Amanda Horrocks Christensen, Adrie Roberts****Track: Other***Room: Madison (2nd floor)*

This presentation highlights successful methods of Latino program planning, delivery and evaluation over three separate topics. Implications for financial, healthy relationship and nutrition programming are highlighted.

**Project Y.E.S!: Building a Youth Development Model through Critical Reflection and 360-Degree Evaluation****Presenter(s): Marshall Stewart, James Johnson, Myra Moses****Track: 4-H***Room: Taft B (1st floor)*

Project Y.E.S! is a national internship program focused on providing youth development programs to youth of military families affected by deployments. The presentation will highlight program findings and best practices.

**Dean Don Felker Award: Developing, Marketing and Evaluating Web Conferences****Presenter(s): Lisa Leslie, Elaine Courtney, Julie England, Michael Gutter, Anita McKinney****Track: National Award Winner***Room: Taft D (1st floor)*

State and county faculty created a series of interactive financial webinars to reach learners in a location of their

choice. Topics included credit, saving, student loans, and financial apps.

### Revealing the Secrets of Successfully Written NEAFCS Presentation Proposals

**Presenter(s): Marnie Spencer, Laura Sant**

*Room: Nationwide A and B (1st floor)*  
Program Development committee members will help you learn the secrets of selecting a strong program, writing a great presentation proposal, knowing what judges look for, and becoming a proposal judge.

**4:15 PM - 5:00 PM**

### Creating Healthy Neighborhood Stores

**Presenter(s): Carrie Schneider-Miller**

**Track: Nutrition**  
*Room: Harrison (1st floor)*  
UNL Extension is part of a community-wide effort to make Omaha a healthier city. UNL Extension's role is to provide food and nutrition education to eight identified Healthy Neighborhood Stores.

### Mealtime Inspirations--Holiday Edition

**Presenter(s): Marnie Spencer, Laura Sant, Lorie Dye, Char Byington, Katie Hoffman, Luke Erickson**

**Track: Nutrition**  
*Room: Hayes (1st floor)*  
FCS Extension Educators developed and presented Mealtime Inspirations—Holiday Edition to increase Extension's visibility as a resource for reliable food safety, nutrition, financial management, and family information.

### Keeping Kids Safe

**Presenter(s): Cheryl Tickner, Carol Schwarz, Cami Wells**

**Track: Food Safety**  
*Room: Taft C (1st floor)*  
Offering web-based food safety classes that meet the needs of childcare providers presents some challenges. Learn how to develop, market, present and evaluate online programs that reach large audiences

### Create an Active Play Space for No Cost

**Presenter(s): Lauren Weatherford**

**Track: Health**  
*Room: Franklin B (2nd floor)*  
Interactive workshop shows attendees how to create an active play space for kids in any location, virtually cost-free. This program can enhance intellectual development, learning and increase active play.

### How Can Your Community Support Military Families?

**Presenter(s): Carole Gnatuk**

**Track: Parenting/Child Development**  
*Room: Franklin C (2nd floor)*  
Research shows that Informal support of National Guard and Reserve members' families boosts resilience in tough times. Learn great tips on helping your community facilitate networks of friends and neighbors.

### Developing and Articulating the Public Value of Extension and FCS

**Presenter(s): Nancy Franz, Lesia Oesterreich, Brenda Schmitt**

**Track: Financial**  
*Room: Franklin D (1st floor)*  
Public perceptions of Extension program impacts matter now more than ever to decision-makers as public funding thins. Learn ways to help decision-makers understand the public value of Extension.

### Tips and Techniques for Advocacy and Public Policy

**Presenter(s): Debby Mathews, NEAFCS VP of Public Affairs and Public Affairs Committee**

**Track: Special**  
*Room: Nationwide A and B (1st floor)*  
What is public policy? How does it differ from advocacy? Why and how is it done? During this session, learn how to talk to legislators about Extension Family and Consumer Science programs and learn how blogging and elevator speeches can be used to make our case.

**6:00 PM**

Reception Honoring President Amy Peterson, *Sponsored by University of Nebraska - Lincoln Extension*  
*Regency Ballroom - Foyer (3rd floor)*  
See page 34 for details.

**7:00 PM**

Awards Banquet  
*Batelle Ballroom (3rd floor)*  
See page 34 for details.

## FRIDAY, SEPTEMBER 28

**6:00 AM**

Wellness Activity - Youthful Yoga  
*Hyatt Fitness Center (Level P)*

**8:00 AM - 9:30 AM**

Affiliate Officers / Governance Meetings

Presidents - *Marion (2nd floor)*  
Treasurers - *Fayette (2nd floor)*  
Awards VPs - *Madison (2nd floor)*  
Member Resources VPs - *Knox (2nd floor)*  
Professional Development VPs - *Franklin D (2nd floor)*  
Public Affairs VPs - *Champaign (2nd floor)*

**9:45 AM - 12:00 PM**

**Closing General Session**  
**Presiding:** Debby Mathews, *Vice President of Public Affairs*  
**Breakfast Speaker:** Caroline Crocoll  
**Cap Note Presenter:** Dr. Keith Smith (see page 25)  
— *Brunch Provided*  
*Regency Ballroom (3rd floor)*

**1:00 PM - 5:00 PM**

Executive Board Meeting  
*Madison (2nd floor)*

## SATURDAY, SEPTEMBER 29

**8:00 AM - 12:00 PM**

Executive Board Meeting  
*Madison (2nd floor)*