

The Communique

Spring 2013 Edition

Your Professional Voice

ACTEN Members Attend CareerTech VISION 2012

Ronita Jacobsen, ACTEN President

Photo →
ACTEN members at CareerTech Vision 2012: (L-R) Sheree Moser, Rich Douglass, Stephanie Mann, Dana Hall, Joel Miller, President Ronita Jacobsen, Kurt VanDeWalle, Cheryl Timm, Sarah Whiting, Brent Nollette and President-Elect Brad Andreasen.

Atlanta, Georgia was the place to be Nov. 28-Dec.1, as this was the site for the first CareerTech VISION which replaced the ACTE Annual Convention. Several ACTEN members, representing various career discipline areas, were able to attend the newly designed conference. The new format incorporated more focus on business and industry and included Idea Labs and

Deep Dive Sessions. CTE Teachers were challenged to think in new ways, to evaluate their concept of CTE instruction, and to share best practices one-to-one and in teams in order to lead the new vision of CTE in their schools and



community and transform today's students into tomorrow's leaders.

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With more than 200 sessions built around real-world word education issues and solutions, it was difficult to decide which sessions to attend. This challenge was increased with an overwhelming 200 exhibitors at the Career Tech Expo. The expo was filled with exciting new products, tools and technology. Additionally, exhibitor workshops were offered in order for attendees to see first-hand what cutting-edge ideas and products were available and how they could be used in the classroom. Attendees were able to learn new skills while having fun with hands-on presentations. I was able to get some one-to-one instruction on Chief Architect and learned new skills to share with my students. It was exciting to be able to attend a variety of sessions including "Flipping the Classroom: If Khan Can Do It, So Can You", "Tricks, Tips, and Tools to Integrate Reading and Writing Into your CTE Classroom", "CTE Programs Motivate Low Level Learners", "Integrating

Reading and Writing Using FEFE", etc. The best part was that the presentation materials would be online at http://50.97.163.250:88/vision_sessions/, so if I couldn't make it to a session, I could still get the materials. Check out the site and see all that was there!



Read More on Page 2!!

ACTEN Members Attend CareerTech Vision 2012, continued from page

As ACTEN President, I attended the ACTE Town Hall Meeting and the ACTE Region V Meeting where I presented an update on what was happening in Nebraska. The agenda also focused on the new dates and requirements for the awards process. States were encouraged to nominate someone for each award as in some areas application numbers were very low. Candidates running for Region V President-Elect spoke regarding their platform. It was announced that the 2013 Region V ACTE Conference would be held in Salt Lake City, Utah, April 11-13. Bismarck, North Dakota will be the site for the April 23-26, 2014 Region V Conference. States were asked to consider submitting bids for the 2015 conference, as it has been a long time since some states have hosted a conference. Members were encouraged to apply, or to encourage others to apply, for the ACTE Fellows Program, as this is an excellent opportunity to learn more about ACTE and enhance leadership skills.

Additionally, I was privileged to be one of three to represent Nebraska at the Delegate Assembly. Jan Bray announced her resignation as Executive Director of ACTE; however, she stated that she would still remain involved in career and technical education and remain an advocate. Bray also reminded members to identify themselves to others as a CTE Teacher first and their discipline area second, stating "...we need to let people know what CTE is" (i.e. I am a CTE teacher in the area of Family and Consumer Sciences). She encouraged members to demonstrate pride in their profession, challenge themselves, and have the courage to want more, give more, and do more...and to never settle for less. Two resolutions were passed at the assembly: 1) ACTE supports Perkins funding to continue as a formula-driven grant to each of the states and to local recipients within states. 2) ACTE is committed to assisting its members in the U.S. territory of Guam and their western pacific neighbors in the development of career and technical education; and in communicating and working with legislators and government leaders in Guam and the western pacific region to assist in developing growth in local, state and federal funding for CTE programs for Guam and the region.



ACTE Region V Vice President Chuck Gallagher, FCSTN President Sheree Moser, ACTEN President Ronita Jacobsen and President Elect Brad Andreasen

During the State Association Leadership Breakfast, Nebraska was recognized as a Quality State Association. The ACTEN board worked hard the past 2 years to meet the new standards associated with the Quality Association Standards Award (QAS). The purpose of the standards are to provide benchmarks for state associations to determine levels of performance and satisfactory service to their members. The QAS prompts states to challenge themselves to improve and maintain the very best possible organization and leadership for their members within the association's means. I, along with others in attendance, was proud to accept the QAS award for ACTEN.

CareerTech Vision 2012 was as promised by ACTE. It challenged one's thinking of instructional practices as new methods and technologies were introduced. Best practices were shared through numerous networking opportunities. Mark your calendar for CareerTech Vision 2013 in Las Vegas, Nevada, December 4-7. It will be an opportunity you won't want to miss!

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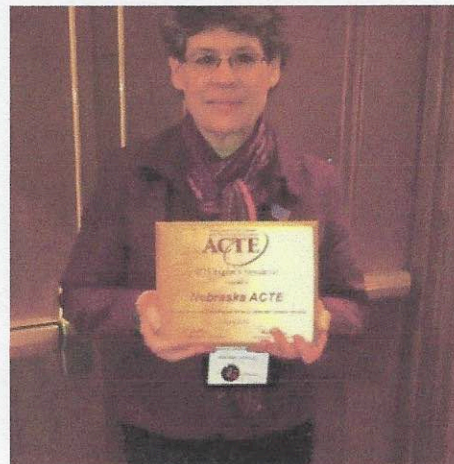


*Back Row: DeLayne Havlovic, and Paul Hans
Middle Row: Kelly Christensen, Stacia Weaver, Kristin Vest, Cathy Kloch, Daphne Hall, Brittany McPhillips and Ronita Jacobsen
Front Row: Kathryn Ballobin, Cheryl Gustafson, Thomas Dux and Jason Speck*

Not pictured: Brad Andreasen, Dave Horst, Nathan Behlke, Janelle Stansberry and Mike Rogers

Thank you

to Kathleen Mitchell for representing ACTEN at the 2013 Region V Conference in Salt Lake City!



In addition to attending leadership sessions, Kathleen presented a session, and she graciously accepted the Region V Publication Award for ACTEN at the Awards Brunch.

Career Student Organization Legislative Day

By Trevor Sorensen

State officers from Nebraska's Career Student Organizations (CSOs) had the opportunity to attend the Career Student Organization Legislative Day held at the State Capitol in Lincoln on January 28. The Center for Student Leadership Advisory Council, comprised of representatives from the Nebraska CSOs, helped coordinate the event.

State officers began their day by meeting at the Capitol with representatives from the Nebraska Chamber of Commerce and Industry and the Nebraska Farm Bureau Federation to learn about the legislative process, the lobbying process, and bills that are currently being debated in the legislature. Remarks from Richard Katt, Director of Nebraska Career Education, and DeLayne Havlovic, ACTEN Treasurer, explained Career and Technical Education and the importance of CSOs sharing their message to our state senators.

Following the opening session, state officers met with their respective state senators to talk about career and technical education, CSOs, and their own organizations. Senators were also invited to a luncheon hosted by the Center for Student Leadership to learn more about the goals of each CSO. Senator Kate Sullivan brought greetings and was thanked for her support of Career and Technical Education. Catherine Lang from the Nebraska Department of Labor discussed the importance of a future workforce trained for the challenges ahead.

In the afternoon, state officers visited the offices of all senators to provide information about CSOs and Career and Technical Education. The officers also fielded questions from the senator or staff members about the Center for Student Leadership.

The entire day was an opportunity for attendees to become involved in the political process and to learn how to promote their organizations to elected officials. The state officers overwhelmingly enjoyed the experience: "It was great to meet with the CSO state officers and our state senators. The day was very interesting and beneficial," said Joselyn Lemm, Nebraska FCCLA State Secretary.

Other state officers reiterated the same support for the program. "The CSO Legislative Day was an opportunity for the leaders of Nebraska's Career Student Organizations to get together formally and network," said Katie Wandzilak, Nebraska DECA State Secretary. "Not only did we get to learn about the legislative process, but we were able to thank our state senators for all they do for career education."

The Center for Student Leadership Advisory Council looks forward to future CSO state officer teams being able to participate in the Legislative Day.



What do we REALLY do?

Sheree M. Moser, FCSTN President

Family and Consumer Sciences is continually working to dispel the stereotypes and educate the public about what we really are doing within our classrooms. Recently I was notified by one of my colleagues that NPR radio had a program on that was talking about the “old home economics”. The show is hosted by Diane Rehm and the topic was how processed foods have taken over the American diet. One of the guests referred to First Lady Michelle Obama’s *Get Moving* campaign and said that perhaps we need to BRING BACK the old “home economics”. I don’t think so, but I thought you might want to hear just some of the issues FCS teachers deal with on a daily basis. Here are a few for you to ponder.

There are many more issues related to foods and nutrition than just the fact that processed foods has taken over our daily food choices. The eating behaviors of young people are still very poor. Less than 77% of high school students eat five or more servings of fruits and vegetables each day and fried potatoes and chips are excluded. Only 39% of children ages 2-17 meet the USDA’s dietary recommendation for fiber. 85% of adolescent females do not consume enough calcium and less than 40% of all children and adolescents in the US meet the dietary guidelines for saturated fat. These are just a few of the issues related to nutrition we have to keep up with on a regular basis and you can tell this IS only a small representation of what is going on within this field of study.

The childhood obesity rate is another issue that is causing great concern. With the obesity rate among children aged 6-11 tripling within the past 30 years, this group has an increased risk of diabetes, sleep apnea, high blood pressure, high cholesterol, asthma, joint problems, poor health status, and social/psychological problems. Healthy eating contributes to overall healthy growth and development, including strong bones, skin, and energy level, lowered risk of dental cavities, eating disorders, constipation, malnutrition, and iron deficient anemia. Increasing the level of activity has been a parallel focus related to eliminating this problem and new guidelines for the School Lunch program have been implemented throughout the country. We adults within all of Career and Technical Education need to model these positive behaviors for our students. LET’S GET MOVING!

The academic performance of our children is also related to their eating habits. Research suggests that not having breakfast can affect children’s intellectual performance. The percentage of young people who eat breakfast decreases with age, while 92% of the children ages 6-11 eat breakfast, only 77% of adolescents do so. The healthier children are, the better they can learn which will lead to higher academic success.

The early educational interventions with infants and children are a current issue within our Nebraska Legislature. It has been proven over and over again that if you intervene early, children’s scores on cognition, reading, and math are higher. Early prenatal care can prevent birth defects and developmental disabilities, which in turn will contribute to fewer problems related to childbirth. Related to the health and well-being of these young children is the availability of quality childcare. Over 6 million infants and toddlers, and thirteen million preschoolers are in child care programs. Quality childcare is critical for worker productivity. Sixty-four—78% of mothers with children between the ages of birth to 13 years work outside of the home. Even though this sounds like a large number, there are over 5 million children alone after school every day. Child care providers contribute substantially to the economy as small business owners and are still in great shortage within many small communities.

At the opposite end of the life cycle, the care of our elder citizens is becoming more prevalent as baby-boomers will be retiring within the next 10 years. 13% of the population is 65 years and older, which accounts for one in every eight people. People over 65 are expected to be <19% of the population by 2030, or one in five people within the US. Almost 30% of the 11.3 million non-institutionalized older people live alone and their major source of income is Social Security (reported 87%). In addition to this, there are almost half a million grandparents parenting their grandchildren who are living with them. Over 90% of older persons with chronic disabilities received care, but for almost 2/3 of those it was informal performed by friends and family.

[Read More on Page 8!!](#)

CTE Survey Available

ACTEN along with the Nebraska Career Education Department are looking for ways to better meet the needs of CTE teachers across the state. They have worked together to create the Nebraska Career and Technical Education Survey.

Please go online and take the CTE Survey at <http://tiny.cc/ctesurvey2013>. Or, you may read the QR code below to link directly to the survey. The survey will take less than five minutes to complete and will provide valuable information. Please take the survey only once as it will be made available through this newsletter, career area list serves, and at the NCE Conference in June.



ACTEN Membership Pins



ACTEN's new membership pins will be distributed to members at the 2013 NCE Conference. NAEA members will receive their pins from Richard Douglass at an NAEA business meeting. FCSTN members will receive their pins at the FCSTN membership table. Members from all other disciplines will need to stop at the ACTEN table to pick up their membership pins.

We hope that you will wear your ACTEN pin each year at NCE Conference and at other events. Members who wear their ACTEN pin at future NCE Conferences will be eligible to win a "pin" prize.

2013 Nebraska Career Education Conference
June 4-6, 2013
Kearney, NE



**WELCOME
New Members**

Administration Discipline

James Musil

Business Education

Brandon Coslor

Engineering and Technology Education

Robert Evans

Lee Kallstrom

John Vinchattle

Family and Consumer Sciences Education

Shirley Kathka

Dr. Karen Spencer-May

New Student Members

Family and Consumer Sciences Education

Taylor Dailey

Joleen French

Clarissa Kraci

Megan Loberg

Brittany Nelson

Britton Preister

Brianna Rasmussen

Ambre Ruzicka

Carrie Urban

Business Education

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Continued...What do we REALLY do?

The relationships we all have within our personal and professional lives has been changing considerably within the past twenty years as well. The divorce rate is still 50-52% in Nebraska and the US is experiencing the highest rate of single parenthood on record (74%). The other significant change has been the rate of cohabitation before marriage which involves about 28%. Between 75-92% of couples are dual-career which is most often attributed to improving the financial status of the family. We have an increased number of special needs children and are over-scheduling those who are not. The American Academy of Pediatrics recommends no TV or screen time before the age of 2 and only two hours a day until your children are out of high school. Parenting now is just as difficult as it ever has been!

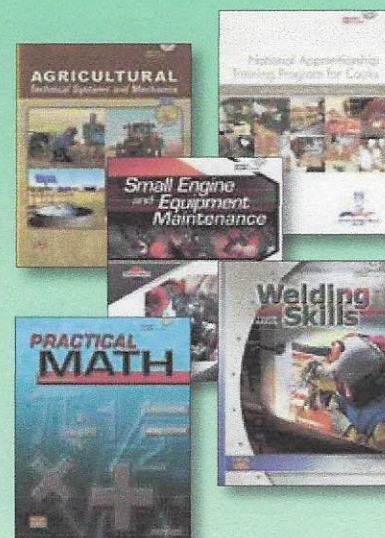
Financial stability has a profound effect on families in America and 40% spend more than they earn. The average household is carrying about \$10,000-20,000 in credit card debt and in 2004 we spent over \$24 billion on the fees associated with that form of revolving credit. According to a survey, 90% of high school students learned about money management through personal experiences. This information is essential for success after high school in many ways and new courses to help college students manage money have been put in place within the past few years. The earlier we teach our children about budgeting, the better off they will be at all grade levels to learn to save and manage money responsibly.

The purchase, care and maintenance of clothing is another consumer issue unique to FCS that families have to deal with on a regular basis. The global fashion and apparel industry remains strong in terms of investment, revenue, trade, and employment with 93% of clothing purchases still made within a store. One of the most significant changes in the market has been electronic commerce, but that still only counts for 3.2% of the business transactions. The largest apparel manufacturer and exporter is still China, holding 50% of the market share. China is followed by India, Hong Kong and the rest of the Americas. The issues associated with underpaid and underage employees in developing countries are a serious concern for American companies importing these goods. Society is also still very focused on clothing as status with teenagers spending billions of dollars every year on clothes. Dress codes are still in effect and the same for many careers from banking to Disney World, cruise ships, law enforcement, and military.

The green movement has been integrated into many of our subject areas as there are growing concerns about recycling, reusing and repurposing. The Sustainable Apparel Coalition (SAC) is a group of more than 30 major clothing companies who are working to improve the industry's impact on water and consumption, the use of chemicals and the adoption of fair and safe employment practices. The repair and maintenance of clothing, in addition to creating and sewing garments is still a very large part of our state and nation.

The use of these renewable and natural resources is also prevalent within the housing industry and interior design is a big part of this. The fast-growing and plentiful materials, such as bamboo and concrete are being used regularly within the housing industry. Energy efficient interior and exterior materials are implemented regularly and a new trend in smaller houses has been seen within the past five years. The average cost of a

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Continued...What do we REALLY do?

home in Nebraska is between \$128,500—130,000 and interest rates are making it more affordable to buy.

Teaching all of these facts on a daily basis would be impossible, but it does illustrate just how diverse and varied the issues are facing families every day within our communities, country and the world. FCS teachers are the only ones who teach this content in respect to how it can be resolved within the context of the family unit. Our philosophical framework supports the use of science and logic to analyze these issues so our students are thinking critically and ethically. As one of the FCS educators within the state, I am doing everything I can to make sure people remember how important we are as a subject matter. More importantly, how important we are as the subjects that all of you use every day within your lives to build happy, healthy relationships and careers. Without those, what else is there?



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☆ STAR Projects ☆
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West Boyd FCCLA members, Brittany Reiman and Tawny Mohr participated in the Interior Design STAR project titled "B & T Design". We had to create a floor plan using existing architectural elements, develop an elevation, and select furnishings and interior design elements addressing the specifics of a given design scenario. The style of the home that had to be renovated was a 1920's loft apartment for a young, energetic artist.

The Interior Design event allows students to design interiors to meet the living space needs of clients. We learned to use Chief Architect Design (CAD) for developing the floor plan. The elevation design allowed us to use elements in principle of design as well as incorporate creativity and thoughtfulness of design.

Interpersonal Communications recognizes participants who use Family and Consumer Sciences and/or related occupation skills and apply communication techniques to develop a project designed to strengthen communication in a chosen category: *community, employment* relationships, *family, peer* groups, or school groups.

For my Interpersonal Communications project, "Purse-u Your Dreams" was under the community category. I asked for donations of gently used purses and also received monetary donations to purchase personal care items which would then be used to fill the purses. I donated these filled purses to Bright Horizons of O'Neill and Norfolk, Nebraska, for women who were in these homes for domestic violence. ~ Naomi Johnson

Illustrated Talk: Teenage Depression

Did you know that as many as 1 in 8 teenagers can be suffering from depression right now? That can be a scary thought if you look at a school classroom. But even worse than that is most people don't even notice that teens are suffering from depression. Luckily, there are many signs and symptoms that can help you recognize depression in teenagers, or even yourself. A few signs a teenager is suffering from depression are an abundance of stress, drop in grades, or a close friend or family has died recently. Teens can begin to remove themselves from social events and become distant with their friends. If you see a teen with signs of depression, or you believe you are suffering from depression, talk to an adult. If you can't go to your parents, seek a school counselor or a trusted teacher.

Teenage Depression is not something to take lightly. The effects of depression can ruin teenagers' lives. Suicide is a common reaction for teens suffering from depression. Suicide is the third leading cause of death among adolescents and teenagers. But if community members, parents, and peers work together, we could change that. Through her FCCLA project, Brigitte Siel has informed the School Board and high school students at Franklin Public Schools about some of the problems to look for.

STAR Photos



"B & T Design"
Brittany Reiman and Tawny Mohr



"Purse-u Your Dreams"
Naomi Johnson



Anna Naber holds her first aid kit made out of seatbelts from her totaled car.

Congratulations to everyone who competed at the 2013 Career Student Organization State Leadership Conferences!

Good Luck to those going on to Nationals!

A Life Changing FCCLA STAR Event

Anna Naber- Advocacy: Seatbelt Safety
Centennial FCCLA- Utica, Nebraska

Everyone can be involved in an accident. It doesn't matter if you were the one driving. One of the easiest ways to protect yourself is to wear your seatbelt. I was recently involved in an accident and I was lucky to walk away from it unharmed. I was driving to dog training class on a gravel road three miles north of my house. My dog's paw slipped between the seat and the center console, bumping my arm in the process. I lost control of my vehicle, entered the ditch, rolled my vehicle, and came to rest at the base of a cottonwood tree. To this day I can't even think what would have happened to an unrestrained passenger in my vehicle on that day. I managed to walk away with only a scrape above my ankle. I was lucky, but I know many teens often aren't.

Within a month after my accident three other students from my school had been involved in severe car accidents. I knew that this was an issue that needed to be addressed. Something had to be done. My car was listed as "totaled" and it was destined for the junk yard. I had my plan; I just needed to act on it; completing a FCCLA STAR project in the Advocacy division seemed to be the perfect avenue for my plan. With a pair of scissors and a knife in hand, I removed four seatbelts from my car. I made a pattern for a bag and I stitched the seatbelts together. My first aid kit was born. I used various methods to get the word out. I handed out Dum-Dums that read "Don't be a 'Dum-Dum', buckle up!" along with a statistic. I gave presentations, took surveys, posted flyers, and answered questions from people curious about the bag I held in my arms. I have noticed an increase in safe driving around my community. I have taught my friends, family, and community about safe driving with this project. I have educated them with my advocacy plan, now it's up to them to make the proper decisions to make their communities, families, and friends safe.

Anna received Top Gold at District #2 STAR awards and competed at the Nebraska FCCLA State Conference in April.