



# North Carolina Extension Association of Family & Consumer Sciences

The Professional Association for North Carolina Cooperative Extension  
Family & Consumer Sciences Educators

## 2014 Annual Meeting And Professional Development Conference Report

The 2014 NCEAFCS Annual Meeting and Professional Development was held August 5 - 7 in Blowing Rock, NC at the Meadowbrook Inn. Over 90 members and guests attended the three-day conference.

The theme for the conference was “FCS, Rock Solid”. General and small sessions led by agents and specialists provided professional development for those in attendance.

### Dynamic speakers presented on the following topics:

- **FCS, Rock Solid- Moving Into Another Successful 100 Years**, Sheri Schwab, Associate Director of NC Cooperative Extension and Director of County Operations
- **Mindfulness for a Better Life: Exploring the Uses of Mindfulness at Work and Home**, Olivia Jones
- **Educating Women to Become Financially Rock Solid**, Leigh Allen Guth
- **Healthy Cooking on a Budget**, Linda Watson
- **Rock Solid Bones- Preserving Youth and Remaining Fit Into the Golden Years**, Carol Jean Cook, Physical Activity Director Division of Community Outreach for Institute Health for Human Services and Faculty Instructor, Appalachian State University
- **How Are Americans Processing Processed Foods? Addressing Some of the Current Controversies Around the American Diet**, Dr. Martin Root
- **Quick and Easy Parliamentary Procedure**, Wanda Denning and Geri Bushel
- **Strengthen Participant Engagement: Like Us on Facebook**, Lisa Benavente and Emily Foley
- **Bright Ideas-- Understanding Energy-Efficient Lighting Options**, Sarah Kirby
- **Balancing Work, School and Home**, Tracy Davis
- **“Rock-Solid Performance” Awards Banquet**
- **Local Food and FCS: ‘Rock Solid’ Bridge to Consumers**, Dara Bloom, Assistant Professor and Local Foods Extension Specialist , Joanna Massey Lelekacs, NC Cooperative Extension Coordinator for Local Foods
- **FCS Program Updates and Comments**: Dr. Mitzi Downing, Youth, Family and Community Sciences, Interim Associate Director and State Program Leader; Dr. Rosalind Dale, Interim 4-H/FCS Program Leader, NC A & T; Dr. Carolyn Dunn, Department Head, Youth, Family and Community Sciences
- **How High-Achieving Women Can Lead Authentically**, Janet Carlson, Innovation Operation Manager, Center for Creative Leadership

Respectfully submitted,

Margie Mansure  
2014 State Meeting Chair