

NOMINATION FOR
Regional Early Career Service Award
Epsilon Sigma Phi, Alpha Zeta Chapter – Texas



Nominee's Name: Karan A. Heffelfinger
Title: Pecos County AgriLife Family & Consumer Sciences Agent
Work Address: 100 N. Division Street
City, State Zip: Fort Stockton, Texas 79735
Telephone: 432-336-2541
E-Mail: kaheffelfinger@ag.tamu.edu

Position and Dates of Extension Employment:

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| February 26, 2007 – Present | <u>Pecos County AgriLife Family & Consumer Sciences Agent,</u> Fort Stockton, Texas |
| 1979-2007 | <u>Family and Consumer Sciences Teacher,</u> grades K-12, Panther Valley School District, Lansford, Pennsylvania |
| 1984-2006 | <u>Private Entrepreneur/Owner,</u> Creative Dimensions Catering and Unique Gourmet Foods and Confections, Lansford, Pennsylvania |
| 1980-2006 | <u>Adjunct Faculty Member, Adult Continuing Education Evening Program,</u> Carbon Career and Technical Institute, Jim Thorpe, Pennsylvania |
| 1993-2003 | <u>Adjunct Faculty Member,</u> Teacher Education and Hotel/Restaurant Management and Culinary Arts Instructor, Lehigh-Carbon County Community College, Schnecksville, Pennsylvania |

Education:

Master of Education Degree - Elementary and Secondary Education, East Stroudsburg University, East Stroudsburg, Pennsylvania. Graduated June 1996.
Master of Arts Degree - Supervision and Management, Central Michigan University, Mt. Pleasant, Michigan. Graduated June 1974.
Bachelor of Arts Degree - Vocational Home Economics (K-12), Northwest Nazarene College, Nampa, Idaho. Graduated June 1973.
Associate of Arts Degree - Liberal Arts, Canal Zone College, United States Canal Zone, Republica de Panama. Graduated June 1971.

Outstanding Professional Accomplishments:

2007 District VI TEAFCS Secretary
2007-2009 District VI Epsilon Sigma Phi Associate Director
2008-2010 District VI TEAFCS Associate Director
2008 Early-Career Award from Alpha Zeta Chapter of Epsilon Sigma Phi

Outstanding Programmatic Accomplishments:

Established and Coordinate a Pecos County Inter-Agency Advisory Board
Established and Coordinate a Pecos County FCS Advisory Board
Helped establish Pecos County Health Fair with over 50 displays and 600 attendees
Participate and assist with the development of Rio Grande Basin Initiative Water Conservation program
Developed, coordinated and established a successful Flag Day program in Pecos County with the Pecos County Extension TEEA members collaborating with other local community organizations including the Kiwanis, Boy Scouts, Rotary, Lions, The American Legion, The Veterans of Foreign Wars, The GI Forum, the Annie Riggs Museum Association, the Ft. Stockton Historical Commission and the Ft. Stockton Chamber of Commerce
Aided in the development of a 4-H After School Program in Ft. Stockton
Expanded and Coordinated the Pecos County 4-H, AG and FCS Awards and Recognition Dinner
Established Pecos County 4-H Club Managers Training program

Develop, publish and distribute specialty news flyers and articles concerned with diabetes care and management, safety, canning, smoking fish and beef, pumpkins, watermelons, ice cream, hot dogs and sausage, traffic safety, water conservation, breast cancer, and ticket or click it for Pecos County residents

Publish monthly Pecos County Texas AgriLife FCS Karan's Creative News and Views Newsletter and distribute to over 350 persons

Develop and publish monthly News for Senior's flyers that are distributed to over 250 senior citizens at the Sheffield Senior Center, the Community Action Center, Ft. Stockton and the Ft. Stockton Senior Citizen Center

Publish weekly Pecos County AgriLife FCS Extension Agent newspaper column in Iraan News, Iraan, Texas

Publish weekly Karan's Korner Pecos County AgriLife FCS Extension newspaper column in Pioneer Newspaper, Ft. Stockton, Texas

Publish monthly Pecos County Texas AgriLife FCS Karan's Creative News and Views link available on the Pecos County AgriLife Extension website

Develop, publish and distribute monthly "seasonal" recipe information flyers and cooking tips

Developed and help initiate the Father's Reading Every Day (FRED) program in Pecos County that served over 100 children and fathers

Developed and presented a "*Loving Your Family – Feeding their Future Train-the-Trainer program*" for the Pecos County Head Start using materials developed by the USDA

Work in collaboration with the Kiwanis, the Ft. Stockton Community Task Force, and the Ft. Stockton library to increase their membership

Provide programs at Ft. Stockton Garden Club, Chamber of Commerce, Ft. Stockton ISD, Eastern Star and Lions

Served as the Assistant Superintendent of the 4-H Clothing and Fashion program at the Permian Basin Fair

Serving as Advisor for the Pecos County Texas Extension Education Association (TEEA)

Serve as Advisor for the Pecos County Texas Extension Education Association (TEEA) coordinated the development of a task force that in the first year increased the local membership by 100%

Serve as Secretary for the Ft. Stockton Kiwanis organization

Have presented at the Pecos County Kiwanis, Women's Division of the Ft. Stockton Chamber of Commerce and the Ft. Stockton Library

Received \$200 for meeting and exceeding BLT program matches

Present monthly at the Sheffield Senior Center, the Community Action Center of Ft. Stockton and the Ft. Stockton Senior Citizen Center

Developed Do Well – Be Well Diabetic Nutrition program

Developed Food Service management certification program in Pecos County

Authored series of five Children's booklets titled "Chef Snopes" that teaches foods and nutrition. Used in Pecos County Head Start and FRED programs.

Received TEEA New Member Award in 2007

Served on Healthy Lifestyles Coalition of Pecos County and Fort Stockton

Served on Obesity Taskforce with Pecos County Head Start and the Fort Stockton ISD

Coordinated the 2008 and 2007 Walk Across Texas program with the Pecos County and Ft. Stockton Healthy Lifestyles Coalition aiding in the promotion of the Walk Across Texas program and the purchase of over 1000 pedometers for program participants

Increased the Better Living for Texas (BLT) hours from Copper to Bronze level, now eligible to upgrade again

Represent the Pecos County Extension and provide a presence in the Pecos County Kiwanis organization

Represent and provide a presence on the Pecos County Chamber of Commerce for the Pecos County AgriLife Extension Services

Support Statement (approximately 75 words):

As you read through Karan's programming accomplishment you think that it is a career summary of a successful Extension veteran. This new Extension employee sets the mark high for anyone, anywhere. You can understand why she is an asset to Pecos County, she is devoted to her community and accepted by all ethnic groups because she provides answers to their problems. Her presence in newspaper articles, newsletters, world wide web, and informational bulletins has made her the Family Consumer Science expert in the county. She is being asked by Extension leaders across the state to take many leadership roles and the entire Texas AgriLife Extension program will benefit from this. It shouldn't be long before her impact is felt across the state and nation.