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**McHugh, Mitstifer, and Walker to  
Receive Distinguished Service Awards from  
American Association of Family & Consumer Sciences**

(Reno, Nev. – June 18, 2007) – The American Association of Family & Consumer Sciences (AAFCS) will honor three exceptional individuals with its most prestigious national Distinguished Service Award (DSA) during a ceremony on June 24, 2007, during the 98<sup>th</sup> Annual Conference & Expo in Reno, Nev., at the Grand Sierra Resort.

The Distinguished Service Award, AAFCS' highest honor for outstanding personal and professional achievement, was first presented posthumously to Irma H. Gross in 1980. With the induction of the 2007 DSA recipients, a total of 81 extraordinary family and consumer sciences professionals will have received this honor. The DSA recognizes exemplary members of AAFCS for achievements in family and consumer sciences, outstanding contributions to the profession, and sustained leadership within AAFCS at both affiliate and national levels. Award winners are nominated by an AAFCS affiliate or other group of members. The nomination is reviewed and approved by the Association's board of directors.

The AAFCS 2007 Distinguished Service Award recipients are:

**Helen F. McHugh** has provided leadership in the field of family and consumer sciences for more than 40 years. Early events taught McHugh that everything we do to enhance a child's potential enriches our national treasure. Following an exchange assignment to live and work with German farm families, she earned a B.S. and M.S. at the University of Missouri and a Ph.D. at Iowa

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State University. These tools led McHugh to a career in higher education, at first in teaching, then adding department head duties, followed by two stints as academic dean. The first deanship was at the University of Delaware and the second at Colorado State University. Simultaneous with the latter, she served as Associate Director of the Colorado Agricultural Experiment Station; in 1986 she was appointed Deputy Director. Other professional service included president of the Association of Administrators of Home Economics and appointment to USDA's Committee of Nine.

In retirement, McHugh remains active in AAFCS and the Colorado Affiliate, and has served as president of the Colorado Affiliate and chair for research and colleges/universities. In 2003, she was named the Colorado Affiliate's Professional of the Year.

**Dorothy I. Mitstifer, CFCS**, has been a contributing member of AAFCS since completing her bachelor's degree at Mansfield University of Pennsylvania in home economics education. She continued active involvement during her master's and doctoral programs at Pennsylvania State University. Mitstifer's scholarship, leadership skills, management skills, and creativity have been prominent components in her work experience, which includes such credits as executive director and editor, Kappa Omicron Nu; Association of College Honor Societies; Delta Tau; Undergraduate Research Community for the Human Sciences; Michigan Association of Family & Consumer Sciences; and adjunct faculty with Mansfield University and Pennsylvania State University. She has shown her commitment to supporting research by developing online refereed pieces with original articles and links to internet resources for the *Undergraduate Research Journal for the Human Sciences* and *Undergraduate Research Newsletter*. Mitstifer's latest scholarly work was development of the *Reflective Human Action Leadership Development Model* that focuses on four basic components for development within the framework of a leadership theory and issue framing. She is a visionary who guides others to explore and think about the future of the FCS profession. Mitstifer strongly believes in the potential of each individual and uses her skills to empower others to reach for their best.

Throughout her career, **Retia Scott Walker** has led by example and consensus building, exemplifying intellectual ability, integrity and focus. Following appointment as a food service manager, administrator of adult and continuing education, and supervisor of adult consumer homemaking programs in New York schools, she transitioned to higher education in Iowa, Texas, Maryland, and Kentucky where she provided leadership and strategic planning. As a scholar,

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Walker published journal articles and book chapters related to diversity, aging, and international development. She testified before the U.S. House of Representatives for Reauthorization of the Older Americans Act and reviewed manuscripts for the *Gerontologist*, *Journal of Applied Gerontology* and the *Journal of Family and Consumer Sciences*. Walker received the Young Research Award in Aging from the Association for Gerontology and Human Development, the Lagomarcino Laureate Alumni Award, and the Jordan Larsen Award for Outstanding Doctoral Graduates of Iowa State University.

Colleagues commend Retia Walker as “a mentor and an advocate for female leaders” whose stellar leadership within and outside of the profession have left an enduring “mark” that is worthy of the recognition that comes with the AAFCS Distinguished Service Award.

### **About AAFCS**

Founded in 1909, AAFCS is the only national not-for-profit 501 (c)(3) organization providing leadership and support to FCS students and professionals in multiple practice settings. FCS professionals help individuals, families, and communities make informed decisions about their well-being, relationships, and resources to achieve optimal quality of life. AAFCS’ 8,000 members are elementary, secondary, and post-secondary educators, researchers, and administrators; Cooperative Extension educators; and other professionals in business and industry, not-for-profit organizations, and government. With national headquarters based in Alexandria, Va., AAFCS has 52 affiliates located across the United States and Puerto Rico.

### **Interviews/Quotes**

For more information or quotes, please contact Gwynn Mason at 360-223-3217 or [gmason@aafcs.org](mailto:gmason@aafcs.org).

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