Many people look forward to spring, but fall is my favorite season. For me it conjures up the same feeling of new beginnings. Maybe it’s because as a child I always looked forward to the start of school: new school clothes, freshly sharpened pencils, a new box of crayons, the smell of paste, and the joy of unscrewing the lid and using the spreader. Now as an educator for more than 30 years and department head, I still look forward to the fall and meeting the new students in our degree programs and in my own classes. The University of Wyoming campus is splendid in its fall hues from the gold of the leaves, to the red of the claytonia aster bushes, to the orange of the marigolds in the UW on the lawn, to the purple of the ornamental kale. The fall beauty combined with the new walking paths that surround Prexy’s Pasture welcome and beckon.

This fall is bringing changes and new beginnings to the Department of Family and Consumer Sciences. We have broken ground on our new Early Care and Education Center, as you’ll see later in the newsletter. The new facility is an excellent collaborative effort that will strengthen our students’ degree programs as well as others on campus that prepare individuals to work with children and families while providing state-of-the-art programs for children.

Enette Larson-Meyer has accepted a nutrition faculty position in our department and will join us by January. She brings a strong research focus in nutrition and health combined with excellent teaching skills.

We have begun a search for a new faculty member with an expertise in rural family issues. Our family life education option has been redesigned following a six-state survey of employers to better meet their needs and better address our niche in the College of Agriculture Academic plan: strengthening rural families and communities. The newly designed option is family and community services, and it will include important new courses such as Working with Non-profits and Boards. For more information on this and our other programs, do access our newly redesigned Web page at www.uwyo.edu/family.

I know all our alumni and other friends will want updates on Bernita Quoss and Dave Carson. Bernita is enjoying her retirement in Denton, Texas’s, warmer climate, closer to family. She is teaching Family Crisis at a local college as well. Dave moved to Orlando, Florida, last January. After three hurricanes, he and Cecyle are questioning parts of that move but are enjoying the new opportunities for their careers.

We would love to hear from you. Department news is regularly updated on our Web page. We hope you will find our new site attractive and informative. As always, we welcome your phone calls, e-mails, letters, and campus visits.

Strengthening rural families and communities
Early Care and Education Center—Realizing a Dream

On July 6, miniature gold shovels held by 4 and 5-year-old preschoolers broke the soil at the site of the new University of Wyoming Early Care and Education Center. Thirty years of hoping, dreaming, and planning became a reality as administrators, faculty, staff, students, and parents watched the children dig with enthusiastic glee.

A joint effort between the colleges of Agriculture and Education, the $2 million, 9,220-square-foot training and research laboratory will consolidate the current University Child Care Center, Child Development Center, School-Age Care Program, and College of Education Pre-K program and will allow for the addition of infant and toddler care. Scheduled to open in the summer of 2005, the new center will be academically based. Merging the current programs will allow for better training for academic programs and will be easier for parents if they have children in different age groups at the center. The level of interdisciplinary involvement will make the center a model for the nation.

Special features will include a multi-purpose area for gross-motor activities, parent meetings, and multi-age programs; a breastfeeding support room; an on-site nursing station with temporary sick-child facilities; a science/solar room to encourage children’s understanding of nature; an observation room with video capabilities to better serve student training needs; and a full kitchen with child-size space to encourage cooking and nutrition awareness activities. The building site on 30th and Lodgepole streets is in close proximity to student housing and the university bus system. The site was chosen because it allows for future expansion. TSP, an architectural firm from Denver, designed the center. The UW Board of Trustees awarded the construction contract to Spiegelberg Lumber and Building Company of Laramie.

Equipment Needs

Fundraising for equipping the new Early Care and Education Center is ongoing. If you or someone you know would like to donate, please contact Anne Leonard, College of Agriculture Development and Public Relations, at (307)766-3372 or aleonard@uwyo.edu, or Karen Williams, department head, Family and Consumer Sciences at (307)766-4145 or cachevki@uwyo.edu.

Honoring Judy Powell

Judy Powell is well known for her commitment to early childhood education and child development. While head of the Department of Family and Consumer Sciences, and later as associate vice president for Academic Affairs and dean of the Outreach School, Judy worked tirelessly to make a new early care and education facility a reality. Now retired, Judy is still a friend to our department and to the children and families in our state. We have started a special fund to honor Judy Powell. Donations to this fund will go toward equipping one of the preschool classrooms in our new facility. Please contact Anne Leonard at (307)766-3372 or Karen Williams at (307)766-4145 if you are interested in supporting this initiative.
Service Learning Project in Elder Nutrition

Rhoda Schantz, associate professor and director of the Didactic Dietetics program, submitted and received one of only two service-learning project grants for the university. The project, directly tied to the Food Systems Production course, is in response to a request from the Wyoming Department of Health’s Division of Aging for their Elderly Nutrition Program. The agency sought assistance in determining compliance with national nutritional guidelines for older Americans. The service-learning activities in the classroom involve the evaluation of menus from 70 senior centers in the state that provide congregate and home-delivered meals to citizens aged 60 or older. The menus are evaluated on the basis of nutritional adequacy and appearance and also revised to meet the food safety guidelines of the Hazard Analysis Critical Control Point (HACCP). Safe food handling practices are crucial when delivering meals to an audience of older adults.

The students have embraced this project says Schantz. “The hands-on learning approach which service learning provides has been of great value to students. The opportunity to work as a team, network with professionals, and engage in civic responsibility has given them additional confidence as they prepare their applications for dietetic internships. As future dietitians, their roles will require knowledge of real-life situations. They have reaped both educational and personal rewards.” Congratulations to Rhoda Schantz and her students for making this project a huge success.

Designs, Designs, Designs

Students in the Apparel Design and Interior Design minors have been extremely busy showcasing their original designs. Under the guidance of Treva Sprout, Interior Design instructor, four undergraduates completed a special design project over the summer. Their renovation of the basement of the home of Fred and Sonya Meyer has been described as “a work of art.” Working with the homeowners’ ideas and love of the Italian countryside, Lindi Hillman, Sara Madrid, Shea McQuaid, and Nancy Rumney transformed one large open area into a family living area and sewing room (pictured to the right). The Tuscan feel of the rooms was made possible through special painting techniques and fabric manipulations.

*Butterfly Painter* (pictured to the left), an original doll design by Professor Donna Brown and Associate Professor Sonya Meyer, has been selected to tour with the 2004 Dolls Exhibit of the Hoffman Challenge.

Sonya Meyer’s undergraduate and graduate students in Drafting and Draping will present their original designs at a fashion show on December 10. The course requires the students to design and construct a garment, first in half scale and then in actual size. Students are encouraged to submit their designs to professional organizations like the International Textile and Apparel Association (ITAA). Many submit their work to design competitions such as the Make Yourself with Wool contest and the Everybody Loves Sulky Challenge.
World Travel

South Africa—Holly Stevens

Holly Stevens, a senior in the human nutrition pre-medicine option, traveled to Cape Town, South Africa, in June with a program called Child Family Health International (CFHI). Based in San Francisco, CFHI has program sites all over the world. Stevens’ program site was called Health Care Challenges in South Africa. She spent a month living with a Muslim host family and working in several government hospitals in Cape Town. Her work consisted of observing and assisting in several medical procedures, as well as providing basic patient care independently. The hospitals were understaffed with extremely limited resources. The primary care hospitals each see more than 400 patients a day, and often have only four to five doctors working. Most of the government hospitals in Cape Town serve districts of informal settlements also known as squatter camps in which people live in shanties often without running water, heat, or toilets. Stevens described her typical day: “I saw several patients who were suffering from problems such as hypertension, diabetes, and epilepsy. I also spent a lot of time working in the labor wards of each hospital where I was able to witness seven births and assist with a cesarean delivery. The most difficult aspect of my work was that several of my patients were HIV positive or had the potential to be; thus, my first responsibility was to protect myself.”

Aside from her work, Stevens had an opportunity to be a tourist and travel around most of the southwestern region of South Africa. When she was not working or being a tourist, she was at home with her host family learning about their culture. Stevens reflected on that experience: “Living with a host family was one of the most amazing elements of my experience, and I grew to absolutely adore them.” When asked if this experience had an impact on her career choice, Stevens enthusiastically responded, “Absolutely! I was really nervous before I left, but now that I am home my experience has shown me how much I am capable of. I gained a lot of personal independence. As for my pre-med option, my experience opened my eyes to so many possibilities. Even more importantly, it solidified my decision to pursue family medicine.” Stevens has been sharing her experience with other FCS students and encourages them to take advantage of international programs.

Three Students Travel to the Land Down Under

Lauri Smith, a sophomore majoring in dietetics, is spending this fall semester as an exchange student at the University of New England in Armidale, New South Wales, Australia. The university is small, so Smith has been able to take courses in her field with lots of hands-on activities. She remarks about her experience: “I’ve been able to participate in excursions to different parts of Australia with other international students. I’ve also been able to travel extensively with mates I’ve met here. My travels have included scuba diving the Great Barrier Reef, touring the coast, and even being able to travel to the other side of the country to play in the Australian University Games in Perth on the university’s soccer team. All of this while still studying and meeting amazing people in Armidale. It’s an experience I hope to do again and would recommend it to everyone.”

Bond University on the Gold Coast is home this fall to Tammy Lee, a junior in the family and community services option. Lee chose Bond primarily because it is the only university in Australia that is on the same time schedule as UW, but it has also given her an opportunity to enjoy a more culturally diverse educational experience. “Doing an international exchange has been a great experience for me. The weather is great, and the university is beautiful. It is a small campus, so I see people I know all the time. I have met many people from around the world and have become friends with them. I would encourage others to explore international programs.”

Joni Pokorny is also a junior in the family and community services option. She spent the spring semester at the University of Wollongong. Her motivation for embarking on this adventure was to have the experience of living outside the United States. Pokorny commented on her experience: “I can honestly say I learned a lot. My study abroad was beneficial as I learned about Australian culture and society. More than my formal education, I learned about myself and others. Wollongong is a beautiful city on the east coast of New South Wales. I lived with a family in their home only a couple blocks from the beach. This was incredible to me since I had never seen the ocean before. I also got to do other traveling around Australia and New Zealand. Some of my adventures included scuba diving, surfing, snorkeling, swimming with wild dolphins, playing “footie” (Aussie football), and sightseeing. I grew to love the people, the land, the diversity, and even their funny accent. I made lifelong friends whom I will always remember.” Pokorny says her international experience is one she will never forget. “I am so grateful for this opportunity. I miss ‘The Land Down Under’ and would love to return someday, but ‘no worries mate;’ I am happy to be back in Laramie at the University of Wyoming.”
A Personal Journey to Austria—Brenda Herbst

Studying in Salzburg, Austria, in the summer of 2004 transformed Brenda Herbst more than she ever thought possible. A junior in the family and community services option, Herbst spent a month at the University of Salzburg studying elementary German and music. For Herbst, this educational opportunity was also a personal one. “The rich culture and history of Austria and Western Europe as a whole have been very close to my heart. My grandmother came to the United States from Yugoslavia as a young girl, and I have always wanted to experience a piece of her childhood. Studying abroad was my opportunity to do just that. I filled my time in Salzburg with sightseeing and familiarizing myself with the city. I spent countless hours simply wandering through the winding streets...watching the people, going to the markets, and soaking up the history and culture of a place so new to me. I also had the opportunity to spend a weekend in Munich, Germany, a weekend in Vienna, Austria, as well as a long weekend in Venice, Italy.” Herbst chose to study abroad simply for the experience and did not take classes particularly relevant to her major. However she did learn a great deal about another culture, which will help her in her future profession working with families of other cultural backgrounds. Herbst feels the experience was very valuable. “I was so blessed to have had this opportunity to learn and live in another country and to enjoy a lifestyle different than my own. I would recommend travel and study abroad to everyone.”

International travel and exchange programs can be expensive. Lack of funding can sometimes deter people from taking advantage of these opportunities. Are you interested in supporting study abroad for FCS students or faculty? Donations can be made for specific or general international experiences. For more information, contact Anne Leonard, College of Agriculture Development and Public Relations, at (307) 766-3372 or aleonard@uwyo.edu, or Karen Williams, department head, Family and Consumer Sciences at (307)766-4145 or cachevki@uwyo.edu.

Faculty Research Abroad—Scotland

Associate Professor Sonya Meyer traveled to Scotland in May to investigate the possibility of international exchange programs for faculty members and students. Meyer is working to establish a partnership with the School of Textiles and Design at the Scottish Borders Campus of Heriot Watt University of Galashiels. Funded by UW and College of Agriculture international travel grants, Meyer spent several days learning about the school’s concentrated modules of study focusing on textiles, fashion, design, coloration, finishing, and marketing. She compared the programs: “The faculty at Heriot Watt was interested in our consumer focus and interior design courses. For the most part, though, our programs mirror one another very well. In some cases we might concentrate on something they just introduce and vice versa.”

Students in Galashiels’ program talked with Meyer about the large three-dimensional portfolio presentation displays they had assembled for their product lines. Meyer was impressed with the fact that representatives from business and industry were on hand to help the students launch their careers. She would like to incorporate some of the ideas she observed into department distance programs and capstone courses. The development of international exchange opportunities is an action item in the new UW Academic Plan. Meyer says Scotland could provide exceptional experiences for faculty members and students. “I think our two schools would make a good match and that our students would be very comfortable in Scotland. Many of the faculty and staff members there were also interested in a possible exchange program with us. UW has a goal of establishing a relationship with English-speaking institutions around the globe. I’m happy to have developed these contacts so that our students have this option if they want to study abroad for a semester.”
**Faculty Research Abroad—Korea**

Professor Virginia Vincenti was the keynote speaker last April at the Korean Home Economics Association annual meeting in the College of Human Ecology at Yonsei University in Seoul, Korea. Her presentation was titled *Home Economics: Creating a Viable Future*. In Korea the profession is referred to as home economics although the university programs do not all use this name. Many universities in Seoul including The Catholic University of Korea, Sookmyung Women’s University, Sungkyunkwan University, and Dongguk University have family and consumer sciences programs. The Yonsei University College of Human Ecology, a private Christian university, has many of the same programs we have here in the United States. In fact, many of its faculty members obtained their doctorates from U.S. family and consumer science programs.

Vincenti also met with faculty members in the College of Human Ecology at Seoul National University, a public institution. Korea offers wonderful study-abroad experiences for students. Vincenti commented on her experience: “The food was delicious, the culture very interesting as was the history. Many educated people speak English and university faculty members are encouraged to teach courses in English. Kee Ok Kim, professor of Consumer Science, College of Human Life Sciences, Sungkyunkwan University, Seoul (pictured on the left), took me to the Anyang Manners Education Center in the city of Anyang to learn more about Korean traditional culture. The First Lady of Anyang, Young-Hee Kim (pictured on the right), established the center in what was formerly the mayor’s home. Earlier that afternoon we sat on cushions and had tea and small cookies, eaten with chop-sticks. The cookies were made of black and white rice flour and honey as well as yellow pine pollen and honey. Very tasty and fun!”

Vincenti plans to visit Korea again to continue building on the relationship she was able to establish with this visit.

Virginia Vincenti models a traditional wedding costume, one of numerous costumes available for visitors to don at the Anyang Manners Education Center in the city of Anyang.

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**Study Tour to Italy**

The departments of Family and Consumer Sciences and Art will be joining forces again this year for a fashion and art study tour to Italy. Associate Professor Sonya Meyer and Jean Schaefer will leave Laramie May 8 for a two-week tour of Rome, Venice, Florence, and Como. While the tour is offered primarily as an international experience for students, who are encouraged to enroll for credit, other members of the community can participate. The cost is approximately $2,500 which includes airfare, accommodations, and official tours. For more information contact Sonya Meyer at (307) 766-5152 (wildcat@uwyo.edu) or Jean Schaefer at (307) 766-3269 (jeans@uwyo.edu).
Consumer Conference Focuses on Health Care

The Fifth Annual Consumer Issues Conference, Consumer Activism: Health Decisions, was held in Laramie on October 7. Conference sessions covered a number of topics to inform and educate consumers about health care choices. The purpose of the conference was to help develop an understanding of consumer health issues and the resources available to tackle them and to bring people with different perspectives together to engage in constructive dialogue. It was organized by a committee led by Professor Virginia Vincenti and Associate Dean and Professor Dee Pridgen of the College of Law.

In his keynote address, Wyoming Governor Dave Freudenthal said, “The health care system cannot expect consumers alone to take increasing responsibility for rising health care costs through insurance premiums, deductibles, and co-payments.” On the other hand, he said, consumers need to make more informed decisions about healthcare and take a bigger role in caring for themselves instead of relying on modern medicine to cure their ailments. Because buying health care is much more complex than purchasing other consumer services and goods such as automobiles, Freudenthal said, those consumers wanting to make informed decisions about health care often cannot because medical procedures and information about such things as prescription drugs have become so technical they are often impossible for the average person to understand. “We tend to look to other people – health care experts – for advice,” he noted.

Those attending agreed the health care system is in need of reform, pointing to the growing number of citizens having no insurance as an example. Some participants suggested creating more incentives for consumers to make healthy lifestyle choices and for drug companies, the insurance industry, and providers to keep costs down.

Plans are underway for the sixth conference which will take place in October 2005. More information will be available on our department Web page: www.uwyo.edu/family

News Briefs from our Student Organizations

The UW chapter of Phi Upsilon Omicron, the national Family and Consumer Science honor society, is having an eventful year so far. In the last two months the organization has been working toward the common goal of “Bridging the Gap” on several levels. The members joined together with other College of Agriculture clubs and organizations to host the 22nd Annual Ag Day BBQ in September. Phi U members are also bridging the gap with communities in Uganda, Africa, by continuing “Fabric for Friends in Africa”, the fabric donation drive that was last year’s community service project. Fabric is collected to help the people of Uganda make things they need. The project has been a huge success. Phi U has collected so much fabric that it is now raising money for shipping costs.

The student chapter of the American Association of Family and Consumer Sciences (AAFCS) sent representatives to the national meeting in San Diego in June. Nichole Bieber and Holly Mintz attended the conference and participated in several student-related activities including “Blankets of Love,” an effort to provide blankets to homeless children. AAFCS continues to be active in the “Fabric for Friends in Africa” project. Members also volunteer with Big Brothers Big Sisters.

The Student Dietetic Association (SDA) is an organization that gives students the opportunity to provide their community with information in the areas of food and human nutrition. SDA currently has several projects in the works. It will assist with a safe alternative to traditional Halloween trick-or-treating held annually in the Wyoming Union. Children gather indoors in a safe environment. SDA officers invite featured speakers to many of their meetings. Recently FCS Extension Food and Nutrition Specialist Suzy Pelican spoke about programs focusing on healthy weight, active lifestyle, and pleasurable eating. Several SDA members are assisting with recipe testing and the fine tuning of recipes that will appear in Black Tie and Boots, a cookbook being published by the university. Proceeds from the cookbook will go toward scholarships. Activities are also being planned for March which is National Nutrition Month.

If you are interested in helping with any of these organizations or projects, please contact the FCS Department at (307) 766-4145.
Extension Food and Nutrition News

A lot has been happening in Cooperative Extension Service food and nutrition programs. The official funding period has ended for Wellness in the Rockies (WIN the Rockies), the research, intervention, and outreach project in Wyoming, Montana, and Idaho that has promoted healthy lifestyles related to food, physical activity, and body image. However, before concluding, project principals underwrote a number of related and ongoing efforts. These include Steps to a New You—a University of Wyoming community health-promotion project involving collaborative education and research—that is coordinated through WIN Wyoming, the Department of Family and Consumer Sciences, and the Cooperative Extension Service. Steps to a New You combines a pedometer-based activity program with a series of classes to help people achieve healthier, more enjoyable lifestyles. A total of 200 adults will be recruited as study volunteers to participate in the program on campus and at six sites throughout the state.

Several state and county-based Extension educators are working with Wyoming Action for Healthy Kids (AFHK), a recently formed coalition that is seeking to improve the wellbeing of children and adolescents by changing the nutrition and physical activity environments in schools.

In the area of food safety education, the Wyoming Food Safety Coalition continues to help keep food safe for Wyoming residents and visitors to our state. Between July 1, 2003, and June 30, 2004, the Wyoming Food Safety Coalition trained more than 670 food handlers via workshops and more than 400 food handlers via in-house training.

WIN the Rockies information is available at www.uwyo.edu/wintherockies. Food and nutrition program updates are available by visiting our Web site at www.uwyo.edu/cesnutrition

Congratulations, Suzy!

At the annual meeting of the Society for Nutrition Education in July, Suzy Pelican received an award from SNE’s Division of Weight Realities for her “service to the division, her stance against size discrimination, and for her efforts in the promotion of health at every size.”

Cent$ible Nutrition Program Gets Increase in Funding

The Cent$ible Nutrition Program (CNP) will receive $1,645,221 for the fiscal year 2005. This represents nearly a $100,000 increase to strengthen the program on the Wind River Indian Reservation. CNP will hire nutrition educators to serve the Fort Washakie, Ethete, and Arapaho areas. Jennifer Schaff will serve as the project coordinator for the Wind River Indian Reservation. Brooke Ridgely has an office in the Wind River Tribal College at Ethete. Memorandums of understanding between the Northern Arapaho and Eastern Shoshone Tribes have been signed, and work has begun.

CNP helps low-income families eat better for less. Many of these families struggle to make ends meet. Even though they often qualify for other government programs, they do not have time to attend traditional programs. This past year 2,067 adult participants enrolled statewide affecting 4,137 family members. Impacts of CNP on participants:

- 93.3 percent showed dietary improvement in one or more food groups.
- Recommended dietary allowances for six key nutrients, protein, iron, calcium, vitamins A, C, and B6, increased. The overall nutrient adequacy ratio improvement increased from .75 to .84 (with one being perfect).
- Participants saved an average of $33.35 per month on food.
- Food safety practices increased.

CNP also worked with 5,044 youths enhancing school curricula and providing afterschool classes and summer day camps. Impacts of CNP on youths:

- 90 percent now eat a variety of food
- 73 percent increased their knowledge of nutrition
- 74 percent increased their ability to select low-cost nutritional foods
- 75 percent improved their food-safety habits

Mary Kay Wardlaw has joined CNP as Food Stamp Nutrition Education Specialist. She has worked the past four years as education specialist for WIN the Rockies. Prior to that, Wardlaw was a university extension educator in Big Horn and Albany counties for 15 years.
**Donna Brown—One-Woman Show**

Professor Donna Brown is finding sabbatical leave more hectic than her typically busy teaching and research commitment. Brown is spending this academic year preparing new designs for submission to professional-level competitions, increasing the national and international visibility of her creative scholarship, and meeting with industry and corporate representatives for possible sponsorship.

Brown already has had one piece, a vest entitled *Wystralia*, an intricate design depicting her love of Wyoming and her native Australia (pictured to the right), place first in the Best Use of Amazing Designs software and receive honorable mention in the Professional Wearable Art category of the Everybody Loves Sulky Challenge 2004. The garment will tour nationally and internationally for the next year. Brown will attend the International Quilt Market and Festival in Houston, Texas, later this fall. In addition, she is preparing for a solo exhibit of her work at the American Heritage Center in early spring.

**New Face in the Crowd**

The department is pleased to welcome Enette Larson-Meyer as our new assistant professor in human nutrition and food. Larson-Meyer will be joining the department faculty in January. She received a bachelor’s degree in dietetics from UW in 1987. She completed her dietetic internship in 1988 at Massachusetts General Hospital in Boston and received her M.S. in clinical dietetics with an emphasis in sports and exercise in 1990 from the MGH Institute of Health Professions. Her doctorate in nutrition science is from the University of Birmingham. A Wyoming native, Larson-Meyer remarked on returning with her family: “My husband and I have three kids: Lindsey, 5, and Ian and Marlena, 2½. Ian's favorite shirt is his gray Wyoming shirt. If it’s clean, he wears it first. My husband went to medical school at the other UW (University of Wisconsin). I have had the opportunity to live in many different places in the United States and am always proud to tell people I am from Wyoming. I love Boston and Phoenix and have enjoyed the South but am looking forward to coming back to Wyoming.” Welcome back, Enette!
Research Update—Mike Liebman

One of Professor Mike Liebman’s research interests continues to be in the area of food oxalate content and oxalate bioavailability. Oxalate is consumed in normal human diets as a component of nuts, fruits, vegetables, whole grains, and legumes. The calcium salt of oxalic acid (calcium oxalate) is sparingly soluble in biologic fluids, and human tissues cannot degrade significant amounts of oxalate. Oxalate absorbed from the diet is excreted in the urine, and high levels of urinary oxalate can increase predisposition to the formation of kidney stones. Most kidney stones contain primarily calcium oxalate, and stone formation is one of the most common of all clinical disorders with a prevalence typically ranging from 1—15 percent in the general population.

Research recently conducted by Liebman and doctoral student Weiwen Chai quantified the oxalate content of numerous legumes, nuts and flour products and demonstrated that the majority of these foods contain high levels of oxalate [Chai and Liebman. *Journal of Food Composition and Analysis*, 2004 (in press)]. An ancillary finding from this study was that there is a much higher percentage of water soluble oxalate in almonds than in legumes such as black beans. This led to a human study that assessed oxalate bioavailability (or absorption) from almonds and black beans. The finding of a markedly higher oxalate absorption from almonds than from black beans suggested that the relative amount of soluble and insoluble oxalate in food plays an important role in the determination of oxalate absorption [Chai and Liebman. *Journal of Urology* 2004;172:953-957]. Individuals predisposed to kidney stone formation may be able to decrease their risk by moderating the intake of foods that provide high levels of soluble oxalate.

Shaping a Healthy Future III

Join us in Jackson Hole for Shaping a Healthy Future III: A Rocky Mountain Conference on Weight Realities April 27-29, 2005. Speakers will include Thomas Cash, Old Dominion University; Mark Fenton, host of PBS’s *America’s Walking*; Larry Kirkwood, artist and culture critic; and many others. Enjoy presentations and workshops focusing on pleasurable and healthful eating, enjoyable physical activity, and respect for body-size diversity.

For more information visit: outreach.uwyo.edu/conferences/healthyfutures/home.html

Research Update—Shane Broughton

Associate Professor Shane Broughton’s research continues to move forward on all fronts. His primary research is in the areas of asthma and ovulation with some work in diabetes. At this time a diagnostic tool for the correct diagnosis of asthma subtypes is under development with plans to begin screening of the tool within a month. Previous studies demonstrated that by altering the type of omega-3 fatty acids in the diet of rats, the level of enzymes involved in ovulation can also be altered. Studies are now underway to ascertain if the sensitivity of enzyme-level release is responsive to differing levels of these specific dietary fats.

Previous studies in Broughton’s laboratory as well as current national studies indicate that consumption of bison meat can be a healthy alternative, potentially reducing the incidence of heart disease and diabetes. The comparative effect of fats associated with the range feeding of bison and the grain feeding of beef to determine if rang-fed bison is indeed healthier with respect to heart disease, diabetes, and inflammatory disorder development is now being examined.
Promoting the health and well-being of Wyoming’s children and families is one focus of Governor Dave Freudenthal’s administration. Last spring, the Wyoming Children and Families Initiative was signed into law. A product of House Bill 33, the purpose of the initiative, through partnership with all branches of government and the private sector, is to magnify combined resources and efforts to better meet the needs of the children and families in the state.

The initiative structure consists of a project manager, an advisory board appointed by the governor, and a project sponsorship team. Associate Professor Karen Williams, head of the Department of Family and Consumer Sciences, is a member of the sponsorship team that is helping the governor decide how best to allocate resources to meet the needs of the state’s children and families. Joint meetings with the sponsor team and advisory board have resulted in the following statement and goals. To improve the lives of Wyoming’s children and families, we desire to work toward:

- Wyoming families and individuals living in stable, safe, supportive, nurturing, healthy environments.
- A diverse economy that provides a livable income and ensures wage equality.
- Affordable and accessible health care and insurance.
- Children born healthy and achieving their highest potential during their early development years.
- Students successfully educated and prepared for life’s opportunities.

More information on the initiative can be obtained by visiting the State of Wyoming Department of Family Services Website at dfsweb.state.wy.us/dfsheroes/childinit.html