“April showers bring May flowers.” I remember that rhyme from my childhood in Chicago when I looked forward to tulips, daffodils and crocus in the yard of our apartment building and green grass in the nearby Forest Preserve. My sister and I had umbrellas and rain boots. We longed for those early spring rains so that we could walk to school with our umbrellas held high, jumping in puddles as we went. Even when I lived and taught in North Carolina, the rhyme seemed to hold true. Spring would come in a riot of color, as if every tree and plant was trying to outdo the next. Clearly children in our state know the cute ditty was not written by anyone from Wyoming. We have our own version of spring. I look out my window at the frozen ground on Prexy’s Pasture, watch the wind blow, and hope for snow or some kind of moisture. I’ve taken to forcing bulbs at home so that there are at least spring flowers somewhere in my surroundings. But spring will come and will be much appreciated, even by those who don’t head for warmer climes during Spring Break. Spring still means growth, renewal, and celebration here at the University of Wyoming and the Department of Family and Consumer Sciences.

We are growing! I’m pleased to report that we have the largest number of undergraduate majors of any department in the College of Agriculture. We now have approximately 180 on-campus majors and over 60 distance majors. Every degree option is sought after and thriving. Our minors in Apparel Design and Interior Design are full to capacity. Graduate student numbers have also begun to increase, and we are putting a lot of our efforts into redesigning and creating standards for our graduate programs. Graduate student numbers have also begun to increase, and we are putting a lot of our efforts into redesigning and creating standards for our graduate programs.

We are experiencing renewal! Dr. Kari Morgan joined the department in August as our Family Science faculty member with an emphasis in rural family issues. Kari has hit the ground running and has already won Mortar Board’s Top Prof award, has a funded grant with Dr. Ann Marie Hart in Nursing to look at rural community values regarding acute respiratory infections, and is conducting a study of grandparents raising children in Wyoming. In addition, Dr. Kyle Kostelecky will be joining us this summer. He will be our human development faculty member with a focus in youth and adolescent issues. That brings us up to a full complement of faculty for the first time in three years. It’s also important to note that Mary Kay Wardlaw is the new director...
In August, the new Early Care and Education Center (ECCE) opened its doors to the delight of 100 children between the ages of three months and 10 years. The center is a new entity created by the merger of four distinct programs: the UW Child Care Center, the UW Child Development Center (Hitchcock House), the UW Lab School Pre-K Program, and the UW Housing After-School Program. We join our strengths to create and realize a new vision for early care and education on the UW campus and for the state of Wyoming. Many thanks to Mark Bittner and Cleta Booth, our co-directors, for all of their hard work! Thank you to all who donated in honor of Dr. Judy Powell! A plaque proudly hangs in one of our preschool rooms in acknowledgement of all she has contributed to early childhood education.

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For those of you who have not had the opportunity to visit the ECCE, our six classrooms are arranged in two wings: a shorter infant/toddler wing and longer preschool/school-age wing bordering two sides of our central multipurpose room. The other wings house administrative and nurse’s offices, a kitchen, library, sun and science room, an observation room, meeting rooms, and a teacher preparation room. The multipurpose room is the heart of the school, the site for meeting and greeting, fantasy and physical play, performances, parent meetings, and community dinners. Learning spaces extend outdoors for each age group.

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DEPARTMENT HEAD REPORT

of our Centsible Nutrition/EFNEP program following Linda Melcher’s move to Texas. Mary Kay is already traveling the state, presenting in Washington, DC, and hiring new Centsible Nutrition educators to keep the award-winning program viable and strong.

We have much to celebrate! The new Early Care and Education Center is open and gorgeous. We are at full capacity with a huge waitlist. People from all over the state, including Governor and Mrs. Freudenthal, have visited it as a model program which we visit times, and family in extramural funding thanks to the important research and product development.

NEW FACULTY – Finding Their Niche

Enette Larson-Meyer joined the department in January 2005. She is settling in and finding her place among UW researchers. Dr. Larson-Meyer’s overall research interests center on the health and performance of active individuals (particularly women) at all stages of the lifecycle and at all levels of performance. Since joining the FCS faculty, Dr. Larson-Meyer has been finishing up her research examining whether the fat stored within the muscle influences endurance performance in runners and is related (along with fat stored in the liver) to insulin resistance (or pre-diabetes) in inactive individuals. This study is funded by a grant from the National Institutes of Health (NIH). In addition, she has been setting up a nutrition and exercise laboratory in the department which will (among other things) have the capacity to measure an individual’s resting metabolic rate and energy expenditure during exercise. She has applied for a grant to look at the benefits of exercise in women in Albany County after childbirth and will soon begin studies with a collaborator, Dr. Melinda Soothern, at Children’s Hospital in New Orleans looking at whether the development of insulin resistance in children is related to lipid accumulation in the liver and muscle. This study is also funded by the NIH.

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DEPARTMENT HEAD REPORT

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Wyoming AгрAbility: Promoting Success in Agriculture for People with Disabilities and Their Families

Family and Consumer Sciences Extension has been awarded a USDA/CSREES grant to develop the Wyoming AгрAbility Project: Promoting Success in Agriculture for People with Disabilities and their Families. We will partner with Gottsche to decrease the risk of foodborne illness.

The likelihood that food served in Wyoming is safe and, therefore, to have been made by workshop participants, increase the keeping raw meats, cooked foods, and fresh produce separated.

Cut meat into smaller pieces before putting it in the refrigerator; cooling food, for example, put food into shallow containers or following: Over 900 (80%) made at least one change related to to have made one or more important changes, including the members trained over 1100 food handlers, and based on previous research, high percentages of training participants are estimated to have made one or more important changes, including the following: Over 900 (80%) made at least one change related to cooking food, for example, put food into shallow containers or cut meat into smaller pieces before putting it in the refrigerator; and over 880 (78%) made at least one change related to food preparation, for example, prevented cross-contamination by keeping raw meats, cooked foods, and fresh produce separated.

Improved food handling behaviors, such as those estimated to have been made by workshop participants, increase the likelihood that food served in Wyoming is safe and, therefore, decrease the risk of foodborne illness.

Wyoming Food Safety Coalition (WFSC) is a multi-institutional, multi-disciplinary partnership that has become the primary source of food-safety education throughout the state. The heart of WFSC is a core of local trained teams, most of which include a Family and Consumer Sciences educator with University of Wyoming Cooperative Extension and a health inspector from either the Wyoming Department of Agriculture or a local city/county health department or both. In 2005, coalition team members trained over 1100 food handlers, and based on previous research, high percentages of training participants are estimated to have made one or more important changes, including the following: Over 900 (80%) made at least one change related to cooking food, for example, put food into shallow containers or cut meat into smaller pieces before putting it in the refrigerator; and over 880 (78%) made at least one change related to food preparation, for example, prevented cross-contamination by keeping raw meats, cooked foods, and fresh produce separated.

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Team Effort Improves Food Safety-Related Behaviors Among Food Handlers

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Applause!! Applause!! Applause!! Applause!!

- Bruce Cameron received the 2005 Outstanding Adviser Award and was nominated for the Outstanding Teacher Award.
- The 2005 College of Agriculture Outstanding Educator award went to Mike Liebman.
- Sonya Meyer was selected for the North American Colleges and Teachers of Agriculture (NACTA) Outstanding Faculty Teaching Award.
- The NACTA Outstanding Graduate Assistant Award was presented to Jeanne Ruthaupt.
- The college’s Office of Academic and Student Programs chose Sonya Meyer and Randy Weigel for the 2005 Toot Your Horn awards.
- Top Prof honors went to new assistant professor, Kari Morgan.
- Last but not least, Tracy Bennett, accounting associate senior, was nominated for the college’s 2005 Outstanding Staff Awards.

Banner Year for the Cent$ible Nutrition Program

2005 was an exciting and busy year for the Cent$ible Nutrition Program. Adult lessons were revised to include MyPyramid and the new Dietary Guidelines. Lesson outlines were redesigned to reflect a dialogue approach to teaching. The television shows were made available on DVD. A library of selected clips from the TV shows was created as a teaching tool. In addition, a marketing/recruitment video was produced to show at various sites across the state.

A momentous occasion for Cent$ible Nutrition was receiving the USDA’s Leadership, Innovation and Nutrition Collaboration (LINC) Award for Excellence in Practice. The award recognizes excellence in planning, developing, and implementing nutrition initiatives focusing on Food and Nutrition Service target populations. It was awarded during a national meeting in Washington, D.C.

Cent$ible Nutrition is pleased to announce our new director, Mary Kay Wardlaw. She is a familiar face to many. She received her bachelor’s degree in Agricultural Communications from UW in 1983; her master’s in Agricultural Extension in 1985; and is in the process of completing her Ed.D. in Adult Education. Wardlaw joined Cent$ible Nutrition in the fall of 2004 as an education specialist. Prior to joining CNP, Wardlaw was the education specialist for Wellness In the Rockies (WIN the Rockies) for three years. She brings considerable experience from years as an extension educator and a number of other positions with Cooperative Extension. She and her husband, Keith, have two children. Wardlaw replaces Linda Melcher who retired this past summer.

“Mary Kay brings a wealth of knowledge and a great vitality to her new position. She will lead Cent$ible Nutrition in new directions and continue to strengthen its nationally-recognized leadership in nutrition education,” said Dr. Karen Williams, Head of the University of Wyoming Department of Family & Consumer Sciences.

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After 27 years of service to Family and Consumer Sciences and the University of Wyoming, Linda Melcher retired in June 2005. She left her position as Director of Cent$ible Nutrition and the high plains of southeastern Wyoming for a much warmer climate and big city living in Dallas, Texas. Her motto, “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a life time,” helped her confidently step into her new position with the USDA Food and Nutrition Service’s Food Stamp Program. It has been exciting for her. “The first thing I was assigned was a community intervention project and the second was a BMI (body mass index) project.” Linda expressed her sincere thanks and appreciation to her many UW and Wyoming friends. “I believe I have had one of the greatest careers anyone could ever have. I had so many opportunities which helped me grow and develop personally as well as professionally.” To the Cent$ible Nutrition Program staff she offered these words, “I thank each of you for your individual efforts in making CNP a nationally recognized program, but more importantly for making a difference in the lives of our participants. I know you will continue your work and I will be seeing many more impacts from Wyoming.”

So Long! Farewell!
Wyoming AgrAbility: Promoting Success in Agriculture for People with Disabilities and Their Families

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The total grant award is $704,637. The principal investigator will be Randy Weigel.

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“Steps to A New You has been a real boost to not only me but my family – my daughter has started the program, too, and is really enjoying it. . . . We exercise together and walk more than we used to. My cholesterol level has dropped, too, which was a goal of mine. Yay!”

This reaction from one program participant reflects the type of changes made by many people enrolled in Steps to A New You, a program that employs a health-centered (rather than a weight-centered) approach to well-being. This two-faceted healthy lifestyles program for adults combines a series of food/physical activity/body image classes (A New You) with a pedometer-based physical activity program (WIN Steps). A research project underway in Wyoming, Idaho, and Montana has been assessing the effectiveness of Steps to A New You. Based on data collected from approximately 100 participants at pre- and post-intervention and at three-month follow-up, the program helps participants make a number of significant changes (P<.01), including the following: eating more fruit and high-fiber cereal, opting less often for super-sized portions, more often stopping eating when starting to feel full, more often purposefully adding physical activity to daily routines, and less often letting self-consciousness about body size or shape keep participants from participating in physical activity. Wyoming residents who want more information about local program availability can contact the University of Wyoming Cooperative Extension Service office in their county. As one participant summed up, “There was one thing that completely changed my life. I was a yo-yo dieter big time. It broke me of that cycle. It broke me free of dieting.”

Treva Spout’s students in Interior Design II prepared renderings of expansion possibilities for the Alice Hardie Stevens Center, located on the grounds of the Laramie Plains Museum. The students presented their designs to the museum Board of Directors in the fall semester and have been called back to provide further information this spring.
PREMIER DESIGNS: Phenomenal Designer

Donna Brown’s sabbatical year was a busy one that increased the visibility and reputation of her creative scholarship. Donna had two juried submissions. “Twisted,” a silk jacket and pants, placed first in the clothing category of the Hoffman Challenge 2005. The item will travel for a year as part of the Hoffman Challenge 2005 Clothing and Accessories Collection. A second item, the matching handbag, created in day-pack style, entitled “A Little Twisted,” was selected to tour with the collection in the accessories category. The collection will appear in at least 15 locations nationwide (museums, quilt shows, trade shows) with additional locations added as time permits. The Hoffman Challenge is an international competition. Donna’s submissions can be viewed on the Hoffman website at www.hoffmanchallenge.com.

Each year, designers from around the world are given the opportunity to submit portfolios of their past creative work for consideration by the Bernina International Fashion Show. Of those who submit, invitations to participate are sent to about 50 artists/designers. Donna was one of those selected for “Inspiration 2005” which was first shown to industry and trade representatives as part of the International Quilt Market in Houston in October. A public show followed before the collection accompanied the “Maid of Velvet and Lace” wedding ensemble, a raw silk trousers and tank was titled, “Fall Lace.”

A solo exhibit, “Caleidoscope Couture: Art to Wear by Donna Brown,” was held in the UW American Heritage Center loggia in May. The exhibit showcased the progression of Donna’s work, award winning pieces from previous years, and debuted new pieces created specifically for the exhibit. The new pieces were “Elegant Business,” a three-piece fully reversible silk outfit in purple and black, an original design with cut-work and raw silk trousers and tank was titled, “Fall Lace.”

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THE RUNWAY EXPERIENCE

We have accepted an invitation for students and faculty to participate in a fashion show at the Sew, Quilt, and Embroidery Festival in Reno, Nevada in August. Sponsored by PCM Expo, LLC, the show will incorporate garments designed by Donna Brown and Sonya Meyer, textiles and merchandising students and minors in apparel design. Students are investigating ways to defray travel and show-related expenses. If you are interested in providing support for student travel and professional experiences, please contact the department at fcs-conscl@uwyo.edu or 307-766-4145.

STEPS TO A NEW YOU

Treva Spout’s students in Interior Design II prepared renderings of expansion possibilities for the Alice Hardie Stevens Center, located on the grounds of the Laramie Plains Museum. The students presented their designs to the museum Board of Directors in the fall semester and have been called back to provide further information this spring.
Wyoming Department of Health’s Diabetes and Control Program to launch the Dining with Diabetes in Wyoming program in 2005. During 2005, a total of ten Dining with Diabetes in Wyoming programs were completed in ten different communities in Wyoming. The Dining with Diabetes program started in West Virginia in 1997 and has now been offered throughout the country.

The program is team-taught with an extension educator and a diabetes educator (registered nurse, registered dietitian, and/or certified diabetes educator) and includes four weekly educational programs with a three-month follow-up session. Each class includes physical activity for people of all fitness levels. Each class also includes food demonstrations and sampling of healthy, tasty food. Participants learn skills to cook their favorite foods with more healthy ingredients and cooking techniques.

One of the most frequent stated impacts from the Dining with Diabetes in Wyoming program was the making of the recipes at home from the foods demonstrated during the classes. When asked to give suggestions for improving the program, one participant wrote, “I feel it would be hard to improve on perfection.” Other impact statements from participants included the following:

- The class offers very good and interesting recipes that anyone can try on their own.
- This class helped me to better understand my diabetes.
- The program gave me an understanding of how complicated ideas.
- One of the most interesting things for me from this class was being with other people with diabetes and hearing how they solve and manage what is happening to them.
- I was surprised by how good healthy food can taste.

Extension team members for Dining with Diabetes in Wyoming in 2005 included Betty Holmes, Suzy Pelcan, and Pam Henderson (University of Wyoming), Peg Cullen (Casper), Patti Griffith (Lander), Vicki Hayman (Newcastle), Phyllis Lewis (Worland), Stella McKinstry (Pinedale), Chris Pasley (Wheatland), Nina Romero-Caros (Rock Springs) and Denise Smith (Lusk).

The program was revised based on feedback from the pilot programs in Caron (Rock Springs) and Denise Smith (Lusk). The program was also revised based on the pilot programs in Pinedale, Chris Pasley (Wheatland), Nina Romero-Caros (Rock Springs) and Denise Smith (Lusk).

In May 2005 Jean Schaefer, Art Department Head and our own Sonya Meyer led an interdisciplinary study tour to Italy. They were joined by 35 participants who were primarily students from the two departments. The tour combined art history and international fashion. The tour began in Rome where the participants were introduced to art, from ancient times through the Baroque period. While in Rome, the group visited many top designer boutiques and show rooms. The tour continued to Florence where tours of a Gucci plant, the Ferragamo shoe museum and Casa Dei Tessuti were combined with visits to the Ufizzi Gallery and the Accademia Gallery. The participants enjoyed several open air markets offering a wide variety of leather and other textile products. Venice was the next stop on the tour. Everyone enjoyed the slower pace and canal life. While in Venice the group was introduced to Murano glass and Venitian lace. From Venice the group traveled to Como, a beautiful lake resort and the silk center of Italy. While in the Como district the group toured the Mantero Textile Factory. Mantero produces silk products for companies such as Gucci. The group also visited the Mantero Concept Store where they found many new and unique silk products on display. From Como the group traveled to their final destination, Milan. While there many were able to view Du Vinci’s Last Supper at Santa Maria delle Grazie. As Milan is also one of the fashion capitals of the world, the group viewed many new designs and fabrics as well as innovative visual merchandising styles.
In order to promote healthy lifestyle behaviors to control the unwanted consequences of diabetes, the University of Wyoming’s Cooperative Extension Service teamed with the Wyoming Department of Health’s Diabetes and Control program to launch the Dining with Diabetes in Wyoming program in 2005. During 2005, a total of ten Dining with Diabetes programs were completed in ten different communities in Wyoming. The Dining with Diabetes program started in West Virginia in 1997 and has now been offered throughout the country.

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- The class offers very good and interesting recipes that anyone can try on their own.
- This class helped me to better understand my diabetes.
- This program gave easy to understand explanations of physical activity, Food, Eating, and Body Image compiles nearly 2000 touching, inspiring, honest quotations that provide insights into people’s lives and well-being. The book can be ordered through amazont.com, The Power of Others to Shape Our Identity: Recommendations to help create environments in which every body can be healthier and happier and The Clean Plate Club: Tips for dropping out... or never joining! are University of Wyoming Cooperative Extension Service bulletins accessible on-line at http://www.uwyo.edu/ces/FCSpubs.htm.

Wellness IN the Rockies (WIN the Rockies) was a US Department of Agriculture-funded community-based research, intervention and outreach project that promoted healthy lifestyles related to food, physical activity, and body image at the individual and community levels in Wyoming, Montana, and Idaho. As a senior research associate on this project, Michael Lieberman has led analysis and interpretation of the quantitative data collected cross-sectionally and longitudinally. Dr. Lieberman recently published a review of some of the primary components of WIN the Rockies as well as significant findings in a special supplement of the Journal of Nutrition Education and Behavior (2005;37:S95-S100). A brief summary of some of the key points made in this paper is as follows: In contrast to the traditional weight-centered approach, the “health at any size” (H@AS) or non-dieting approach is health-centered, with no focus on losing a predetermined amount of weight or fat. An important H@AS principle of advocating healthy changes in food selection rather than adherence to prescriptive diets that involve calorie counting was adopted by WIN the Rockies. Results from cross-sectional surveys conducted as part of this project indicated that increased frequency of eating food while doing another activity, of drinking sweetened beverages such as soft drinks, and of consuming foods from fast food restaurants were significant predictors of high BMI. The emergence of eating food while doing another activity appeared to be a novel finding and could be related to the possibility that this behavior is associated with eating with less mindfulness and probably at a quicker rate. In terms of energy expenditure, other predictors of high BMI from the WIN the Rockies cross-sectional surveys were lower frequency of participation in physical activity and the perception of not getting as much exercise as needed. The overall data provided support for the view that small dietary- and physical activity-related lifestyle changes can cumulatively make a significant contribution to maintenance of healthy body weights.

Copies of this special supplement of the Journal of Nutrition Education and Behavior are available in the department, so if you are interested in obtaining one, contact the department office at 307-766-4145 or email us at fcs-consci@uwyo.edu.

Three new publications—all based on WIN the Rockies qualitative research—are now available. A 255-page book, Let Their Voices Be Heard: Quotations from Life Stories Related to Physical Activity, Food, Eating, and Body Image comprises nearly 2000 touching, inspiring, honest quotations that provide insights into people’s lives and well-being. The book can be ordered through amazont.com. The Power of Others to Shape Our Identity: Recommendations to help create environments in which every body can be healthier and happier and The Clean Plate Club: Tips for dropping out... or never joining! are University of Wyoming Cooperative Extension Service bulletins accessible on-line at http://www.uwyo.edu/ces/FCSpubs.htm.

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Delta Sigma Theta is a national organization that promotes community involvement and service. In the recent year, they have focused on issues related to social justice and gender equality. Their efforts include hosting workshops for women on leadership and empowerment, as well as organizing community service projects to support local organizations.

Chi Omega is another organization that has been active in the community. They have partnered with local schools to provide tutoring and mentoring programs for underprivileged children. Their volunteers have also been involved in environmental initiatives, such as cleaning up beaches and parks in the area.

The National Organization for Women (NOW) has been a force in advocating for women's rights and equality. They have been involved in various campaigns, including raising awareness about women's health issues, advocating for equal pay, and fighting against gender-based violence. NOW has also been active in supporting LGBTQ+ rights and has been involved in various legal challenges to promote equality.

The Delta Gamma Society has focused on community service and leadership development. They have organized events to raise funds for local charities and have involved their members in leadership roles in their communities. Their efforts have been recognized by the national organization, and they have been awarded several scholarships and awards for their community involvement.

The Alpha Kappa Alpha Sorority has been active in a variety of community service projects. They have partnered with local organizations to provide educational resources to underprivileged children and have organized events to support local businesses. Their members have been involved in various leadership roles in their communities and have been recognized for their contributions.

The Sigma Gamma Rho Sorority has focused on issues related to women's health and wellness. They have organized events to promote healthy living and have provided resources to support local women's health organizations. Their efforts have been recognized by the national organization, and they have been awarded several scholarships and awards for their community involvement.
Seven members of the American Association of Family and Consumer Sciences (AAFCS) student chapter and their faculty advisors, Sonya Meyer and Virginia Vincenti attended the annual AAFCS National Conference in Minneapolis last June. The students who attended were: Adrianna Carlton, Joni Kennington, Sara Howe, Maria Jackson, Christine Maki, Nacy Runnemey, and Janelle Wolffram. Dr. Vincenti and Nancy Runnemey, chapter president, attended a Conversation Café with the members of Colorado State University in October. A stress relief/spa night, organized by Katelyn Holloway and Adrianna Carlton, was a welcome diversion during Finals Week in December. Along with these activities, several guest speakers have come in to talk with chapter members about nutrition, test anxiety, tenant/landlord rights and responsibilities, and a variety of other topics and services available on campus. February brought an activity night where several members worked on ideas for the bulletin board update and brainstormed other ideas for publicity. Three members will attend the 2006 National Convention in North Carolina this coming June. At least one member will submit an abstract, and Adrianna Carlton is running for a national officer position for the 2006-2007 year. 

The members of Phi Upsilon Omicron, the National Honor Society of Family and Consumer Sciences, have been quite active for the 2005-2006 school year. With Bruce Cameron and Mike Liebman as their faculty advisors, they began the year with participation in the Ag Day Barbeque during the Ag Appreciation Weekend football game. It was one of their best fundraisers for the year. Monies from the event allowed members to participate in Safe Treat, the University sponsored Halloween indoor fun night in the Wyoming Union for local children. The funds were also used for the ECEC quilt project, a joint effort with AAFCS. Chapter membership doubled in November and offered the opportunity for the new Early Care and Education Center. Thanks to Quilt Essentials in Laramie for their guidance.

Over the course of the past year, the Student Dietetic Association (SDA) has been busy with various projects. Last spring semester, members of SDA submitted a personal case study on a pregnant, lactose intolerant vegetarian and an abstract to be published in the Journal of Nutrition Education and Behavior. In addition, a poster was presented on this case study at the Shaping a Healthy Future III conference in Jackson Hole in April 2005. At this particular conference, members of SDA volunteered to help with a variety of tasks, such as helping with set up, surveys, and the question and answer session to name a few. In the fall of 2005, after hearing the news of Hurricane Katrina, members were stimulated to plan a donation drive for the American Red Cross. In December 2005, a canned food drive was held for students and their families in university housing. It was a huge success. For the spring of 2006, SDA geared up to promote National Nutrition Month at the Early Childcare and Education Center by doing various projects such as after school snacks, lesson plans, a grocery store tour, and more. All of this has been possible under the advisory and guidance of Dr. Rhoda Schantz, the group’s faculty advisor.

Sonya Meyer must have been a precocious child. The one-of-a-kind dolls she creates reflect her imagination and an artistic flair that draws children and adults alike. Ruby the Guardian Goddess of Red Hats was published in the Winter 2005 edition of Quilting Arts. She is a cloth doll created for submission to the publication’s Guardian Angel Challenge. The pattern for Ruby was the one issued with the challenge.

You’re So Vain was selected to be part of the 2005 Hoffman Challenge. The fabric for the 2005 Challenge featured a multicolored swirling ribbon design. This fabric design was the inspiration for the use of curly ribbon for the doll’s hair. In fact, of course, the hair had to be multicolored like the fabric. The doll, her garments, and the props are Meyer’s original designs.

Where do fairies go in winter? This question has been on Sonya’s mind for a little over a year. In order to find a sound answer she decided to contact fairy experts: the children in Maria Wolleson’s classroom at the new Early Care and Education Center. This has been a great interdisciplinary project combining textiles and apparel with child development. Sonya created two cloth fairy dolls, Sarafina (the children named her), and her brother Twig. Sonya also read two books to the children about fairies which helped in generating discussions on how fairies should dress to stay warm in the cold winter months and what fairies’ houses are like. Maria has continued with the reading and discussions. One of the books Maria read introduced a troll. A Christmas elf doll of Maria’s was transformed by Sonya into a troll (named Ollie by the children) that could be kept in their classroom. The children have now made their own fairy dolls; however, Sarafina and Twig, along with Maria’s fairy doll, Tink, still hold places of honor in the classroom.

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The University of Wyoming is an equal opportunity/affirmative action institution.