Outreach and Impacts

From The Desk Of Department Head Karen Williams

REACHING OUT TO RECEIVE

All of us have experiences that help us put things into perspective and think more deeply about why we chose a profession or have a particular philosophy. I had such an experience recently which I’d like to share with you. It fits particularly well with this issue’s focus on outreach and engagement.

A young woman and her mother, contemplating transferring to our department from a community college in Kansas, came to visit me to talk about our programs. The young woman was passionate about Family and Consumer Sciences and spoke fondly about her experiences in 4-H. As I went through our five degree options and our minors, she kept saying, “I had no idea there were this many choices!” We chatted about all the career opportunities in our field, and she was thrilled to hear that our degree could prepare her to work in 4-H or Cooperative Extension, her career goals. I shared course-related experiences our students have with real-world clients, our focus on authentic assessment, our student-led projects: Habitat for Humanity, assisting with the Wellness Center, collecting food for the community food bank and others. Then I asked how they had heard about the University of Wyoming and the Department of Family and Consumer Sciences. “We found you on the web,” the mother explained. “We were drawn to your focus on communities and the way that your students give back while developing skills to help themselves move forward. We really feel that this is the right place to come.” And I thought, “Isn’t that what a college education should do? And aren’t we fortunate in Family and Consumer Sciences to see the ways our profession can prepare individuals to succeed in their careers while instilling in students the idea that one has to reach out and give of themselves to receive in return.”

It’s pretty easy to get excited about the work the members of this department do to strengthen rural communities and model engagement for our students. It is evident in our extension efforts to help people live with dignity and remain productive as they age or deal with handicapping conditions (AgrAbility), live better with diabetes (Dining with Diabetes), focus on health at any weight (the Shaping a Healthy Future Conference, WIN Steps and WIN Kids), improve nutrition on a fixed income (Cent$ible Nutrition), train community leaders to meet the challenges of our ever-changing state (EVOLVE)…the list could go on and on. It’s evident in our faculty areas of scholarship that improve food safety, develop products to lower cholesterol and improve heart health, nurture aesthetic appreciation and creativity, address parental decision-making on food choices and activity levels in their children, improve kidney functioning, understand rural families’ approaches to illness, and help us understand the roots of our discipline while continuing to improve it and keep up with the demands of the 21st Century.

Enjoy this issue. We hope it gives you a sense of hope and optimism. Good things are happening! Keep in touch…your feedback and support help us more than you can imagine.
Life After Graduation: And Access For All
Contributed by Tricia Mason

This portion of our newsletter highlights a department graduate who is using their degree in Family and Consumer Sciences to fulfill their own personal and career goals.

My life has definitely had some interesting twists since I graduated in 1999 with a Bachelor’s degree in the Textiles Merchandising option with a minor in Interior Design. Prior to coming to UW, I had dabbled a bit in interior design and thought often about its implications on the lives of people with disabilities. Being someone with dwarfism and standing 3 feet 2 inches, I am probably more aware than most people are, of the built environment around me. Not only can the height of things like towel dispensers, gas pumps and ATM machines prove to be difficult, I also utilize a scooter for long distances and so things like curb ramps, doors and elevators are also essential elements for my day to day activities.

While taking my interior design courses at UW, I was introduced to the concept of Universal Design. I remember having absolutely no idea what that was and when an instructor explained it to me…quite frankly, I was moderately offended. I couldn’t really understand why she was singling me out from the other students in class. Why should I have to be the only student in the class who needed to discover what accessible design was all about? At the time I really did not identify myself as being someone with a disability because, well, I wasn’t raised to think of myself as such. Not that having a disability was a bad thing, but my parents raised me as they did their other children and from a very early age my ‘can’ts’ far outweighed my ‘cannots’. As I moved through the program I began to research and figure out what Universal Design was and I soon became enthralled with the principles. Simply put, Universal Design is making products, communication and the built environment usable by all people, regardless of ability. It seemed to be such an easy, yet novel concept to grasp. I began to ask myself why this wasn’t commonplace? Why did so many designers frown upon accessibility and nearly have a coronary whenever it was suggested that you go beyond the federally required guidelines?

I really loved the thought that while the Americans with Disabilities Act gave us minimum standards for accessibility, Universal Design takes those minimums a step further and ensures that something is truly usable. I’ve always known that I wanted to be involved with accessible design in some realm, but after I graduated, I wasn’t sure what my next steps were going to be. I quickly became active in the disability advocacy scene and began working for the State of Wyoming in the Governor’s Planning Council on Developmental Disabilities. I’d love to tell you that I was an accessibility coordinator and that I used my degree every day. I did not. I was coordinating a leadership conference for youth with disabilities and a statewide cross-disability conference. I also began advocating on behalf of people with disabilities during the legislative sessions and every once in a while I was able to consult with someone who had questions about the accessibility of a building. I was there for just shy of five years and in that time I also became quite involved in Little People of America. In 2000, I became the organization’s representative to the International Code Council/American National Standard Institute’s A117.1 Committee that creates accessibility standards for the built environment. The standards are incorporated into the International Building Code, enforced everyday when building officials inspect new construction or renovations. I became excited about going to the meetings and being present for real change when it came to accessibility. It was at these meetings that I was encouraged to seek appointment to the United States Access Board.

In March of 2005, I was appointed by President George W. Bush to the U.S. Access Board, an independent federal agency devoted to accessibility for people with disabilities, consisting of thirteen presidentially-appointed public members and twelve federal members who represent various federal agencies. I was the youngest member to be appointed, and in March of 2007, the youngest elected Board Chair. Created in 1973 to ensure access to federally funded facilities, the Board is now a leading source of information on accessible design. Most notably the Board develops and maintains design criteria for the built environment (the Americans with Disabilities Act Architectural Guidelines [ADAGG]), as well as for transit vehicles, telecommunications equipment, and electronic and information technology. It also provides technical assistance and training on these requirements and on accessible design and continues to enforce accessibility standards that cover federally funded facilities.

At the beginning of 2007 I moved across the country to Washington, DC. I had been considering getting my masters degree. I applied and was accepted into the political management program at George Washington University. Intrigued by the policy of accessible design, I felt I could contribute best by being an advocate. I soon realized that the program was not what I had expected and began a several month journey to discover what I really wanted out of life. This spring I was accepted into the interior design graduate program at Marymount University in Arlington, Virginia. I am surrounded by faculty with passion for design. My desire is to further study and research accessible design. Ultimately, I would love to teach aspiring designers and share with them the importance of accessibility and how Universal Design can be an exciting creative adventure.

My time at UW helped prepare me for the curveballs in my career. I have always felt that I came away from the Textiles and Merchandising and Interior Design programs extremely well rounded and ready for the world. Like any other person, I have struggled to figure out what I want from my career but I left UW having a passion for design and that has stuck with me no matter what my title has been. The path I have gone down for the last nine years has been extraordinary and I wouldn’t trade the things I’ve experienced for anything, but it’s good to be back where I belong. I’m designing and creating, and hopefully by expanding my education further, I will have an even greater impact on the built world when it comes to accessibility.
STUDENT ORGANIZATION SHOWCASE

AAFCS STUDENT CHAPTER
Members of the student chapter of the American Association of Family and Consumer Sciences (AAFCS) accomplished a great deal in community service and professional development activities this year. Members worked with the Albany County Habitat for Humanity on a needs assessment survey and then hosted a potluck to get to know the Habitat families and gain further input from them about their needs. Workshops were planned; the first on home decorating was conducted by Treva Sprout, interior design instructor. Chapter members supervised activities with the children while the parents attended the workshop. This semester’s workshop topics are family resource management and quick and easy meals. Members submitted a proposal for an educational session to share their Habitat project at the national AAFCS conference this June in Milwaukee. Members also assisted with a Halloween party for Big Brothers and Big Sisters, helped with publicity and provided general assistance during the UW Consumer Conference in October, and hosted a luncheon for department faculty and staff in November. Check out the chapter’s website at www.uwyo.edu/aafcs.

PHI UPSILON OMICRON
Phi U students have had an active 2007-08 academic year as members split their time between a number of fund raising and community service projects. The primary fund raising activities have been the sale of Christmas wreaths and the upcoming sale of a 1930’s cookbook which highlights a multitude of classic recipes. This cookbook has been reformatted but recipes were only changed when terminology or ingredients needed to be updated. The cookbooks will sell for $15 - orders are being accepted now with anticipated delivery in late March. Please submit your order to Phi Upsilon Omicron, c/o Family and Consumer Sciences, Dept. 3354, 1000 E University Avenue, Laramie, WY 82071. You can reserve a copy by calling the FCS office at 307-766-4145 or emailing the FCS staff at fam-consci@uwyo.edu. Phi U community service activities this year included volunteer work at the Laramie Children’s Museum, Salvation Army bell ringing, and collecting contributions for a holiday donation to the Laramie Soup Kitchen. Additional service projects are planned for this semester and will include making healthy goodie baskets for the Regency Retirement Center.

STUDENT DIETETIC ASSOCIATION
Members of the Student Dietetic Association (SDA) gave their time and expertise in food and nutrition-related volunteer opportunities in the past year. The SHARE Colorado program (a Catholic charity whose goal is to help families save money on their groceries, while encouraging the building of relationships with their neighbors in the community) distributes groceries monthly at a local church. SDA members have been enthusiastically involved on those Saturday mornings helping patrons with grocery selection and delivery. The Dining with Diabetes in Wyoming program coordinated in Albany and Carbon counties by Cooperative Extension Nutrition and Food Safety Educator Sarah Francis, attracted members who assisted her in food preparation activities over a four week period after Thanksgiving. Nutrition education sessions were prepared and delivered at the Early Care and Education Center (ECEC) for National Nutrition Month (NNM) in March. These activities are special for the members who have had laboratory rotations in the ECEC for Child Development and Food Systems Production courses. SDA members also contributed to Eating Disorders Week on campus by assisting health professionals and departments with information distribution.

Tell me and I’ll forget; Show me and I may remember; Involve me and I’ll understand.
♦Chinese Proverb♦
Spices such as cinnamon and turmeric are currently being consumed in supplemental doses due to their purported health benefits which include improvements in blood glucose control and in plasma lipid profiles. Previous work in Professor Mike Liebman’s lab had demonstrated that both cinnamon and turmeric are very high oxalate spices. The most recently completed study, directed by Liebman and Assistant Professor Enette Larson-Meyer, assessed urinary oxalate excretion after ingestion of supplemental (approximately 3 gram) doses of these two spices in a group of 11 healthy subjects. Since virtually all absorbed oxalate is efficiently excreted by the kidneys, urinary oxalate can be used as a marker of oxalate absorption. Compared to the cinnamon and control treatments, turmeric ingestion led to a significantly higher urinary oxalate excretion during the oxalate load tests. The percentage of oxalate that was water soluble differed markedly between cinnamon (6%) and turmeric (91%), which appeared to be the primary cause of the greater urinary oxalate excretion/oxalate absorption from turmeric. We concluded that the consumption of supplemental doses of turmeric, but not cinnamon, can significantly increase urinary oxalate levels. Since high urinary oxalate is considered to be a risk factor for the development of calcium oxalate-containing kidney stones, the ingestion of supplemental doses of turmeric may increase the risk of kidney stone formation in susceptible individuals.

The secondary objective of this study was to determine whether 4 weeks of supplementation with cinnamon or turmeric would impact fasting glucose and lipid concentrations. Some studies reported in the literature had demonstrated that supplementation with between 1-6 grams of cinnamon/day for 40-120 days modestly improved both blood glucose and lipids in individuals with type 2 diabetes, although other studies have not reported these positive changes. The present study showed that supplementation with approximately 3 grams of cinnamon or turmeric did not alter blood glucose or lipid concentrations in healthy young non-diabetic men and women.

Students Contribute to Diabetes Education

Dietetics students Amber Needham and Stephanie Hunter developed presentations for possible use in Dining with Diabetes in Wyoming. This program is taught by UW Extension Nutrition and Food Safety educators throughout the state, in partnership with local diabetes educators. The students’ presentations—consisting of a slide set, accompanying handouts, and learner activities—are on the topics of eating out and the pathophysiology of diabetes. The presentations represent projects that Amber and Stephanie completed as part of their fall 2007 community nutrition course taught by Assistant Professor Enette Larson-Meyer. UW FCS alum Betty Holmes (retired from UW Extension Service and now a health educator with the Wyoming Diabetes Prevention and Control Program) served as the preceptor for the two students. Many thanks to Amber, Stephanie, and Betty!
Each year in our annual newsletter we like to showcase a special donor. We are fortunate to have so many! This year we were the recipients of a bequest from Miriam Hammell who graduated with a bachelor’s degree in Home Economics Education in 1945. Hammell’s gift allowed us to remodel Associate Professor Rhoda Schantz’ experimental foods lab, purchase new equipment for the clothing construction lab, complete our video observation system at the Early Care and Education Center, replace the refrigerator and freezer in Professor Mike Liebman’s research lab, and install a kiln in our interior design lab. These are wonderful examples of the impact estate planning can have.

Income from permanent endowments and other gifts to our department are providing wonderful benefits as well: new computers for the student design lab, support for faculty sabbatic leave and professional travel to conferences, support for student travel to and present at national meetings, assistance with training and resources for early childhood programs in energy-impacted communities in the state, summer stipends for nutrition graduate students conducting research, and student scholarships to name a few.

Have an idea for a way you’d like to support Family and Consumer Sciences? Please contact Karen Williams at 307-766-4145, cachevki@uwyo.edu, or Anne Leonard at 307-766-3372, aleonard@uwyo.edu. They would love to visit with you!
The Hazard Analysis Critical Control Point (HACCP) Interagency Project, a USDA grant directed by Associate Professor Rhoda Schantz, focuses on food safety education for small food processors in Wyoming. The sequencing of grant activities in the past year included the preparation of a survey that will be sent to food processors throughout the state and creation of video clips focusing on various food safety topics. The educational needs of the food processors will be identified through their survey responses to basic inquiries about their products and the process used to manufacture them. Drafts for the scripts for the educational video segments were written by students. The students who participated had to have completed a minimum of three foods courses. They researched the specific topics, planned their activities for the segment, and were the ‘actors’ in the videos. Statewide training sessions conducted by grant coordinator, Becce Birdsley, Cooperative Extension Educators, and Wyoming Food Safety Coalition (WFSC) members will use these videos later this year.

The Early Care and Education Center (ECEC) entered into the third and final phase of installing a state-of-the-art observation system designed to provide approximately 150 students and faculty who utilize the center each semester with a means for observing young children and current teaching practices. Before the new observation system was installed, students were placed in classrooms with the children and teachers which was problematic and unintentionally disruptive due to the high demand for this type of service.

The system, using video cameras in each classroom and the science room, is connected to a separate observation room with individual computer stations. Students, teachers, researchers, and parents can view specific rooms on one of the computers. The cameras can be manipulated via the computer mouse allowing the user to pan the room, switch views, and zoom in close enough to watch a child draw a picture or work a puzzle. In addition to the cameras, “zone” microphones are placed around the room so that conversations can be heard.

Video is securely stored and can be accessed only by designated personnel. The benefits of accessing previous recorded video include viewing “teachable moments” and specific situations for discussion in courses such as Child Development, as well as looking for specific behaviors in children. In addition to the academic uses for the system, it also provides a wonderful alternative for parents who wish to observe their child in his or her classroom environment. Parents can watch their child from the observation room without having to confront issues which might arise from being in the same room with their child.
The Cent$ible Nutrition Program has been helping low-income families in Wyoming eat better for less money for over a decade. This past grant year, nearly 1,500 adults participated in an average of 9 lessons in food resource management, food safety, and food preparation. Through the pre- and post-assessments—which includes a 24-hour food recall—graduates reported saving an average of $44 per month on the family grocery bill. Ninety-seven percent of program graduates reported positive changes in their diets based on MyPyramid recommendations. Fruit and vegetable intakes increased ¾ of a cup and 84 percent demonstrated improvement in managing food dollars. In addition to the series of lessons, 19,481 adults participated in one-time lessons and 70 percent indicated they intended to change their personal behaviors related to healthy food choices and physical activity.

The program also works with youth in schools that have large numbers of students enrolled in free and reduced lunch programs. Over the year, 3,258 participated in a series of lessons. Youth one-time lessons reached 7,951 children from preschool through 18 years of age. Grazin’ with Marty Moose is the most popular of the programs and Marty helps students learn to wash their hooves often, romp and play every day, and nibble on (and enjoy!) new foods.

This year, a major revision of the program’s cookbook was completed. The cookbook serves as the primary text for the adult curriculum. The changes incorporated MyPyramid and USDA dietary guidance with an increased focus on whole grains, fruits and vegetables, and lowfat dairy foods. A Spanish edition of the cookbook was also printed.

Based on past consistency and compliance, the Wyoming program was selected by the USDA Food and Nutrition Service as a pilot for a 3-year grant proposal submission for the 2008, 2009 and 2010 program years. This resulted in a projected 3-year budget of $14,467,257 with $7,679,662 in federal dollars and $6,787,595 in cost share dollars. As part of the Cooperative Extension Service at UW, Cent$ible Nutrition employs 32 county-based educators housed in the county extension offices around the state. The state office staff is located in the Family and Consumer Sciences Department.

Program Successes

- 19,481 adults participated in one time lessons; 1,500 adults participated in an average of nine lessons
- Families saved an average of $44 per month on their grocery bill
- Ninety-seven percent of program graduates reported positive dietary changes
- Program graduates increased their fruit and vegetable intake by ¾ cup daily
- Eighty-four percent of program graduates demonstrated improved management of food dollars

Marty Moose’s Messages

Everyday:
- Romp and play
- Wash your hooves
- Nibble your food and enjoy
- Graze on plants (fruits, veggies and grains)
- Lap up 6-8 glasses of water
- Value every creature...including you!
After a successful second year of funding, Wyoming AgrAbility is beginning to be recognized as a major advocate and resource for Wyoming ranchers and farmers confronted with disability, injury, or illness. According to Professor Randy Weigel, project director for Wyoming AgrAbility, marketing the program was a major focus of year two. “We spent a lot of time and resources getting the word out about the program and how we can help Wyoming ranchers, farmers and their families.” Over 2,800 Wyoming AgrAbility brochures were distributed throughout Wyoming and the inter-mountain West including Wyoming hospitals, veterinarians, occupational therapists, Division of Vocational Rehabilitation (DVR) counselors, health agencies, senior centers, Department of Agriculture and Wyoming Workforce Services. Brochures were also sent to regional rehabilitation centers in neighboring states. “We’ve also given presentations, provided training to health care and agricultural groups, and produced public service announcements,” said Weigel.

And it is beginning to pay off. Amanda Hearne, project coordinator and graduate student in the Family and Consumer Sciences department, reports that Wyoming AgrAbility provided technical assistance to seventeen individuals, and conducted five site visits to date. “Technical assistance included research and information on home modification for a walk in tub, information on living with back pain, saddle modification for an individual with quadriplegia, funding options for vehicle modifications, tractor modifications for a person with cerebral palsy, modifications for a person whose primary residence is their RV, and yard tractor modifications,” she said.

The emphasis for year three will continue to be on providing technical assistance, increasing referrals, and on-site assessments. Training for health and agricultural professionals via web conferencing and on-site training for occupational and physical therapists on rehabilitating ranchers and farmers is being planned. An educational video on ranching and farming with injury and disability will be produced. Also, in cooperation with the American Chronic Pain Association, a workshop on living with chronic pain for ranchers, farmers and health care professionals is scheduled to take place in Worland, Wyoming this May.

Wyoming AgrAbility is part of a national program focusing on promoting independence in ranchers, farmers, farm workers and their families who have limitations or disabilities. The goal is to provide information, education, and assistance so these individuals and families can continue to experience success in agriculture.

To learn more about AgrAbility or to refer someone for AgrAbility services, visit the web page at www.uwyo.edu/agrability/ or e-mail agrability@uwyo.edu.

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.

John Quincy Adams
By all accounts the 2007 study abroad program was a huge success. London, Scottish borderlands, and Paris are perfect locations for textile, design and fashion study. Last May, nineteen participants accompanied by Associate Professor Sonya Meyer flew from Denver to London, England, the first stop on their 10 day tour. London’s rich history creates the perfect backdrop to explore costume history as well as cutting edge fashion trends. A visit to the Victoria and Albert Museum gave students the opportunity to see many of the actual garments used to illustrate their historic clothing textbooks. While examining the actual historic garments can be “fun,” the opportunity to visit the workroom of designer Zandra Rhodes was a big hit. Rhodes not only provided an in-depth overview of the various stages from design concept to completed garment, he allowed and encouraged students to “model” designer samples.

A highlight of this year’s tour was a day trip to the Scottish borderlands made possible through support from the College of Agriculture’s Beyond the Classroom program. Tour participants spent the day at one of the world’s major tartan manufacturers as well as interacting with Heriot-Watt’s Textile College faculty and students. The Lochcarron of Scotland tour brings to life what students learn in their textile science courses. One student commented “The textile mill was quite an experience. It was great to see the actual process. Everything I learned in textile science classes clicked into place.” Located approximately 30 miles south of Edinburgh, Lochcarron is in Selkirk and the Textile College facility is in Galashiels.

After five days in London and Scotland, it was on to Paris. Springtime in Paris is a breathtaking experience—the Eifel Tower, the Louver, a stroll along the Seine. The focus on fashion and design left tour participants wanting more. Two of the study highlights in Paris were visits to bridal gown designer Alain Lalou and the new Dolce & Gabbana store on Rue Montaigne. Few would have missed the appointment at the Yves Saint Laurent foundation gallery.

For Meyer, one of the most positive outcomes of the tour was the message to students—follow your passion. “It seemed as if everyone we met were reading from the same script. It was apparent that everyone loved what they were doing. They were following their passion and were eager to share it with the group.” A study tour to Italy is being planned for spring 2009.
Professor Randy Weigel, along with John Hewlett from the Agricultural and Applied Economics department and Bill Taylor, UW Cooperative Extension Educator, participated in the 16th International Farm Management Association Congress at University College Cork, Ireland, July 15-20. They presented their work with Enterprising Rural Families (ERF), a multi-faceted educational effort with the primary focus on the issues and challenges that face family-members in the family business. Originally developed by an international team from Canada, Australia, and UW, ERF includes an online credit and non-credit course, electronic newsletter, and, most recently, two CDs on strategic planning and resource inventorying.

In addition to participating in the Congress, Weigel, Hewlett, and Taylor had the opportunity for accommodation at Irish farmhouses, “During these farm stays,” added Weigel, “we talked Irish agriculture, dairy and sheep production, succession issues, and family farm enterprise challenges with our host families.”

“The International Farm Management Association Congress is the premier event for international networking and collaboration building,” Weigel indicated. “We found that many of the issues facing small rural family enterprises were similar; whether they occur in Europe, Africa, Australia, or North America.” Initial discussion on international collaboration took place with researchers and academicians from South Africa, New Zealand, Western Australia, Belgium, United Kingdom, Canada; and the host country, Ireland. “We hope discussions will continue so we can share our experiences with international colleagues at the 17th IFMA Congress in 2009 in Illinois,” Weigel concluded.

For more information about Enterprising Rural Families please visit www.eruralfamilies.org/

With the benefit of newer, faster computers and updated VIZ 2008 software, students in Treva Sprout’s Interior Design II class were able to create computerized interior renderings in record time. Interior Design II is a class that concentrates primarily on commercial design projects, rather than residential design, and each year’s students typically solve a design project for an actual client.

This semester, The Gardens, an eating and drinking establishment in the basement of the University of Wyoming Student Union, requested assistance in updating their look and improving the efficiency of their kitchen area. Students tackled both aspects of the project and gave four separate solutions to increase the aesthetics and functionality of the space.

Computerized, three dimensional models were created in AutoCAD, and the textures, colors, and lighting effects were achieved with the rendering program VIZ 2008. Not only were clients able to see and touch actual materials and finishes chosen for each design, they could see a virtual “photograph” of what the space might look like when finished.
Steps to A New You, first an FCS-based research project (2004-07) and now an ongoing healthy lifestyles program offered statewide through UW Extension, has been adapted by UW’s Wellness Center for course credit. Titled “Walk to Wellness”, the adapted program has been offered every semester since fall 2006. The program promotes a lifestyle approach to behavioral change by encouraging students to enjoy physical activity without punishing exercise, cope with their emotions without using food, honor their hunger while eating healthfully, respect body-size diversity, be accepting of themselves, and set realistic activity and eating goals.

Originally, the class met once a week for 50 minutes during the 15-week semester, fulfilling the activity portion (½ credit) of PEAC 1001—Physical Activity and Your Health. Recently, however, the program was approved for a full credit so classes are now held twice a week—one for activity and once for lecture. Andrea Coryell, director of the UW Wellness Center coordinated the adaptation of “Walk to Wellness” from Steps to A New You with help from the center’s previous graduate assistant Beckie Tonak and current graduate assistant Jill Korenke.

UW Extension, through the FCS Department, helps support “Walk to Wellness”, and Andrea and Jill actively participate in the conference calls of the healthy lifestyles team, a sub-unit of UW Extension’s Nutrition and Food Safety Initiative Team.

A Job Well Done

Awards
Rhoda Schantz, Associate Professor
‘Top Prof’ from Mortar Board - Fall 2007

Tracy Goodspeed, Senior Office Assistant, Early Care & Education Center
Nominee, 2007 College of Agriculture Outstanding Staff Award

Certifications
Enette Larson-Meyer, Assistant Professor
Passed certification criteria and examination to become a Board Certified Specialist in Sports Dietetics (CSSD) administered by the Commission on Dietetic Registration

Kari Morgan, Assistant Professor
National Council on Family Relations, Certified Family Life Educator

Treva Sprout, Assistant Lecturer
Passed National Council for Interior Design Qualification (NCIDQ) exam
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