What better time than the 100th Anniversary of the American Association of Family and Consumer Sciences to look back at our department’s accomplishments while planning for our future. We’ve come a long way! While we still help families and communities address problems and live better lives, our approaches and tools have changed.

Now more than ever professionals in the Department of Family and Consumer Sciences can use research, scholarship, teaching and outreach to strengthen rural families and communities. We are poised to help individuals manage credit, improve the quality of their diets while spending less, make better decisions regarding health, understand energy efficiency, keep food safe, manage the stress that each stage of the life cycle brings, and help children and youth develop into strong, competent adults.

It’s easy to slip into a gloom and doom mentality as our country faces economic, social and political challenges. Every night on the evening news and every day in the newspaper one hears about the falling stock market, failing banks, loss of jobs, and the mortgage crisis. The Governor has asked the University and all of the State departments to look at potential budget cuts of 5-10%. We can see these issues as threats, or we can look at them as opportunities for change and growth. What really is central to our mission as a land grant institution? What do we value? What is less important? What have we done as a department to contribute, and what is our vision for the future?

It’s appropriate that we have entered a strategic planning cycle at this critical juncture, one that gives us the impetus to take a close look at ourselves. We have increased our undergraduate student numbers to just over 200, the largest in the College of Agriculture, but our graduate student numbers are still not where we want them to be. Participation in the Biomedical Sciences Ph.D. program will give us new opportunities for recruitment. We have increased our creative design submission, presentations, published journal articles, and funded grants. Now it’s time to work on our infrastructure, modernize our laboratories, and create better spaces for our faculty and students to address increasingly complex problems. Thanks to our generous donors, we have been able to increase professional development opportunities for our faculty and send students to present at national and state meetings. In the future we would like to explore funding to provide the same growth opportunities for our staff. We have been a leader in student assessment, and can now use the data to strengthen our curriculum and provide increasing numbers of leadership development and internship opportunities.

We are poised to address whatever the future might require. You’ll read about many exciting initiatives and accomplishments in this issue, and meet new personnel. We have terrific faculty, staff, and students! You can also access our 2009-2014 strategic plan at www.uwyo.edu/AgCollege/Strategic_Issues_files/FCS_2009-2014.pdf. We welcome your comments and feedback. Please send us your comments.

Karen C. Williams, Department Head
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In the Azores with LisaMarie Mariglia

The Azores Islands are located in the Atlantic Ocean about two hours flying time and 930 miles from Lisbon, Portugal and approximately 2400 miles from the east coast of the United States. The nine islands that comprise the Azores sit atop the Atlantic ridge and their volcanic origin is evident in the cones and craters. No human inhabitants were living in the Azores when the islands were discovered in 1427. Colonization began in 1439 with people from Portugal, North Africa, Flanders and Spain. Each of the islands has a rich cultural heritage and unique traditions with spectacular landscapes and never-ending panoramic views. One of the islands, Terceira, has a coastline dotted with quaint fishing towns, beaches and lava rocks. The northern part of the island is a mixture of forest and vineyards, and to the south are grazing lands. Terceira is also home to Lajes Field, an air base established in the 1930s. Who could resist an invitation to discover and experience such a magnificent place?

Mariglia grew up in a military family. Her mother was an Italian emigrant and her father had been a dairy farmer from Stephentown, New York, before joining the Air Force. Most of her childhood was spent living in Naples, Italy, where her father was stationed at a NATO base. She returned to the states at 14, graduating from East High School in Cheyenne. Military life took her back to Italy where her daughter, Amanda, was born. She returned to the states again in pursuit of a college education. Mariglia attended Laramie County Community College and received her associate’s degree in 1992. She completed dual bachelor’s degrees in Sociology and Psychology from UW in 1995 and entered the master’s program in Family and Consumer Sciences. While on assistantship, Mariglia taught the Child Development course, became a Certified Family Life Educator through the National Council on Family Relations, and began her research on the children of military families. Her thesis, The Emergence of Associations for Adults Who Were Children in Military Families, led to a book chapter, co-authored with Karen Williams (current FCS Department Head), published in Gary Ender’s Military Brats and Other Global Nomads: Growing up in Organization Families. In 1997, master’s degree in hand, the next logical step for Mariglia was to work with the military as a civilian trainer and curriculum specialist in the area of early childhood. Accustomed to world travel, Mariglia has been stationed at Ramstein and Sembach, Germany, Ellsworth AFB, South Dakota, and Aviano, Italy. Her most recent assignment is at Lajes Air Base on the island of Terceira in the Azores where she is director of the Lajes Child Development Center. All of her jobs have allowed her to utilize her preparation in child development and family science. Children and families are her passion!

In 2008, Mariglia received the Civilian Employee Award from the 65th Services Squadron. The award is given to an individual who has demonstrated outstanding performance of duties, community involvement and self-improvement. The nomination cited “Superb effort!” Mariglia effectively juggled multiple roles – her programs excelled even during critical staff shortages. She maximized staff schedules, met critical staffing needs and increased staff morale while providing seamless support to families and met their need for expanded infant care. Her tutoring efforts led six members of the center staff to complete their AA degrees. Thanks to her promotion efforts, parent support received an A+ due to a 60% participation increase in “Give Parents a Break,” a program that provides a safe environment for kids while parents take some much needed time off. An incredible 100% return of the parent survey for the center’s National Association for the Education of Young Children (NAEYC) accreditation and an increase in parental sense of security were also noted. Mariglia sets and enforces standards. The center received an unprecedented “Excellent” public health rating. A proven professional, her superb mentorship earned her center recognition as the “Best Team in AF.” She selected state-of-the-art playground equipment and the kids love it! She also finds time to be the Red Cross Instructor Trainer for the base. Forever gracious, Mariglia does not like to toot her own horn. She says the staff she supervises is, “why I do so well.” In celebration of her award she planned to take the dolphin tour in the magnificent clear blue ocean near her home. We wish we could join her!

In addition to her full-time duties, Mariglia has taught online courses for the department since 2004 to maintain her connection with her campus colleagues and stay current with early childhood education. She says, “I cannot overstate how much I love online teaching or how well UW and FCS prepared me for working with a diverse group, focusing on families, and how important it is to be a team player.” April is the Month of the Military Child. Mariglia stresses the importance of recognizing the needs of every family member, “The military family is precious and deserves to be nurtured. What we do every day isn’t just about quality child care though, or ‘meeting the mission’. It’s about each individual; each staff, each child, and each family member – both military and civilian. It’s about the community, both the military and the local community. It’s about our future. I am blessed every day when I wake up and come to work with these remarkable staff who make a difference with the children and families in their care. When families know their children are being nurtured, and they are learning, then those adults are able to concentrate and accomplish their mission.”

Thank you, LisaMarie, for all you do to support children and families!
Student Organization Showcase

**AAFCS Student Chapter**  ◆ The American Association of Family and Consumer Sciences (AAFCS) is the only national organization representing family and consumer sciences professionals across practice areas and content specializations. Student chapter members provide guidance and practical knowledge about everyday life — human growth and development, personal behavior, housing and environment, food and nutrition, apparel and textiles, and resource management — so that students and consumers can make sound decisions and enjoy healthy, productive and more fulfilling lives. Not only do chapter members encourage department students to consider joining AAFCS, but also welcome interested students from any college at the University of Wyoming. Many leadership opportunities and experiences that can be valuable for all students are available through AAFCS. This past year AAFCS participated in several volunteer projects throughout the community. In the fall, group members worked with Big Brothers Big Sisters and Habitat for Humanity. Volunteer activities provide a great bonding time for members and personal satisfaction for a job well done. Currently members and faculty advisor, Dr. Virginia Vincenti, are planning a campus-wide program to bring a panel of accomplished women professionals to campus to share their success stories and obstacles they have had to overcome. As the years progress, AAFCS looks forward to many more opportunities to grow as a professional and community service organization.

**Phi Upsilon Omicron**  ◆ Phi Upsilon Omicron, the Family and Consumer Sciences honorary, has been very active in the community this academic year. During the fall semester, members went trick-or-treating for canned goods which were donated to St. Matthew’s Soup Kitchen. The group had significant success with wreath sales during the holidays. A large portion of wreath sale profits plus monies from selling cookbooks were donated to Hospice of Laramie in honor of the 25th anniversary. The group is currently making children’s blankets to donate to the Department of Family Services and the WIC program for distribution to families in need.

**Student Dietetic Association**  ◆ Student Dietetic Association (SDA) members were busy during the past year. They participated in the 2nd annual health fair hosted by the College of Health Sciences in October and assisted Ivinston Memorial Hospital dietitians with the Kidney Health Screening and Diabetes Health Fair. Members thoroughly enjoy working with the Laramie SHARE program, home delivered meals (including developing a newsletter for distribution with the meals), the Laramie Soup Kitchen, Eppson Center Friday Café program, ‘Kans for Kindness’ canned food drive with Alpha Epsilon Delta (a pre-med student organization), and Safe Treat at Halloween with all UW Recognized Student Organizations. Several group members coordinated a Valentine’s Day cards writing center for troops in the Middle East. The group sponsored monthly Speakers Series brings local Registered Dietitians to campus where they share first-hand information on job responsibilities for the positions they hold. A dual benefit is that some of these professionals have offered ‘shadowing’ and/or volunteer experiences to the students.

CADE Accreditation of the Didactic Program in Dietetics

The Didactic Program in Dietetics (DPD) was granted accreditation status by the Commission on Accreditation for Dietetics Education (CADE) at their November meeting. The Eligibility Requirements and Accreditation Standards (ERAS) of Entry-Level Dietetics Education Programs were met through a self-study submitted by the department, a site visit by the CADE review team, and follow-up reports. The three standards set forth by CADE — Program Planning and Outcomes Assessment, Curriculum and Student Learning Outcomes, and Program Management — were evaluated to ensure quality and continued improvement. CADE is the American Dietetic Association’s (ADA) accrediting agency for education programs preparing students for careers as Registered Dietitians. For a complete viewing of our accredited program please visit our website at:  www.uwyo.edu/FAMILY/Dietetics.
Leader, visionary and team leader. Coach, guide and mentor. An all-around great guy and a man of integrity. These are but a few of the words that describe Randy Weigel, the 2008 winner of the most prestigious honor in UW Cooperative Extension. The DeBree Award, named for Jim DeBree who worked with Wyoming and Montana extension for 33 years and directed UW CES from 1988 to 1995, is presented to those who demonstrate a high level of professional performance and leadership within their program areas and communities. The award was particularly poignant for Weigel because of his years working with DeBree, a man he considered an inspiring teacher and friend. A professor in the Human Development and Family Studies program area within Family and Consumer Sciences, Weigel directs Wyoming AgrAbility, a U.S. Department of Agriculture funded program promoting success for agriculture individuals with disabilities and their families.

Nominators remarked on Weigel's 20-plus years at UW, citing outstanding personal qualities—a strong work ethic, generosity and a sense of humor—that have made it possible for him to help agricultural producers and rural families dealing with real life issues. Weigel’s ability to relate to those who participate in the programs he directs has a positive impact on program success. Surprised and humbled by his nomination and selection, Weigel says, “Receiving this award is an honor to me. I consider it an immense privilege to work with such great extension colleagues.” Congratulations, Randy. We can think of no one more deserving of this recognition.

Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing. Abraham Lincoln

Randy Weigel 2008 DeBree Award Recipient

As part of their leadership roles in the Weight Realities Division of the Society for Nutrition Education (SNE), Suzy Pelican and Mary Kay Wardlaw planned and coordinated a national Webinar in December 2008, with invaluable support from UW College of Agriculture’s Office of Communication and Technology. (If you are not familiar with Webinars, they are much like they sound—conferences conducted via the Internet, with participants linked to one or more presenters and each other through a prearranged Website.) The SNE Webinar featured Joslyn Smith, Senior Legislative Assistant in the Public Interest Government Relations Office of the American Psychological Association (APA), with a presentation titled “Federal Obesity Policy: Finding Opportunities to Promote Health At Every Size.” Ms. Smith provided insights and responded to questions about APA’s health-focused (vs. weight-focused) efforts, which mesh well with those of SNE’s Division of Weight Realities but also those of WIN Wyoming and WIN the Rockies. Ms. Smith’s slide presentation and handouts can be accessed at www.sne.org; click on “Resources and Relationships” and then on the listings under “Weight Realities Resources.” If you would like a copy of the materials but do not have Internet access or if you have difficulty accessing the SNE site, feel free to contact Suzy Pelican at 307-766-5177 or pelican@uwyo.edu; or Mary Kay Wardlaw at 307-766-5181 or wardlaw@uwyo.edu.

Initiated in 2005, the Focus on Health Not Weight series of UW Extension publications weaves research findings with perspectives, practical guidance, and—in some cases—teaching ideas to promote enjoyable and healthy lifestyles related to food, physical activity, and body image. Here are the new titles added in 2008:

- Consumerism: How it fosters unhealthy lifestyles and what we can do to live differently
- The Last Orange on Earth: An activity to teach mindful eating
- The ABCs of Health-Focused Well-Being

Like others in the series, these publications can be downloaded at www.uwyo.edu/cesnutrition/Publications/Healthy_Lifestyles/healthy_lifestyles.htm or ordered through UW Extension Publications Support at CESpubs@uwyo.edu or 307-766-2115. If you have questions or need more information, please contact Suzy Pelican at 307-766-5177 or pelican@uwyo.edu.
In partnership with local diabetes professionals, UW Extension Nutrition and Food Safety educators started teaching *Dining with Diabetes in Wyoming* as a regular program in 2005. UW Extension selected the program as one of 15 to feature in its 2008 Impact Summary. To access the entire set of impact statements, go to http://ces.uwyo.edu/ImpactStatements/2008/Impacts08.pdf. If you would like more information about *Dining with Diabetes in Wyoming*, please contact the UW Extension Nutrition and Food Safety educator who serves your county or, if you live out of state or in the southwest part of the state, contact Suzy Pelican at 307-766-5177 or pelican@uwyo.edu.

Have you thought about a donation to the Department of Family and Consumer Sciences? Graduate student support is one of our primary needs. Every year we have more applicants to our graduate program than we can support with assistantships, and few students can afford a masters degree without financial assistance. It takes approximately $11,000 per year to provide an assistantship to a deserving student. Graduate assistants work with a faculty member on research and gain valuable teaching experience. Mrs. Idy Bramlet recently recognized the need and donated to our Graduate Student Support fund. Thank you Mrs. Bramlet! Please help our graduate program grow!

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
Stephanie Anesi at 307-766-3372 sanesi@uwyo.edu.
They would love to visit with you!

**PUTTING OUR HEADS TOGETHER**

Teachers of Family and Consumer Sciences in Wyoming’s middle and high schools are a dedicated group of individuals who strive to introduce their students to new and exciting approaches to all aspects of their everyday lives. On February 6, a role reversal occurred when twenty teachers traveled to campus for an instructional day with department faculty. Their goal — learn new ideas to share with their students and gain knowledge of how to present up-to-date material in a constantly changing field. Classroom technology and research updates were the primary focus of the day’s workshop structure. Mark Bittner led a session using Videactives, web-based examples of children in a variety of settings and situations for use in child development course settings. The faculty in textiles and merchandising — Donna Brown, Bruce Cameron, Sonya Meyer and Treva Sprout — provided hands-on training in their student design lab that introduced the teachers to apparel pattern-making software and AutoCAD programs for interior design. Graduate students joined the group for lunch and spoke with the teachers about their thesis or project topics. The day concluded with a session featuring faculty from dietetics and human nutrition. Rhoda Schantz talked about the CADE accreditation of the dietetics program (see article on page 3). Mike Liebman shared simple ways for calculating energy expended during routine activities and exercise. Shane Broughton updated the group on current research on the effects of Omega-3 fatty acids on Polycystic Ovarian Syndrome.

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. Margaret Mead

Virginia Vincenti, photo right, discusses the history of the profession with FCS teachers during their campus visit.
When Associate Professor Sonya Meyer was asked to consider participating in a faculty study abroad program by her friend and colleague Molly Eckman from Colorado State University, she eagerly accepted. The program – a study of Buddhism and textiles in the little known Himalayan country of Bhutan organized by Eckman’s department head, Mary Litrell, and CSU faculty from religious studies – would provide Meyer with an opportunity to fulfill the dream of “one day” traveling to Asia. Through generous support from the College of Agriculture’s Global Perspectives Program and the university’s International Programs Office, Meyer was able to participate and extend her visit to explore student study abroad opportunities in Thailand.

Meyer says, “Anyone with an interest or background in textiles, especially those of us teaching cultural historical aspects of dress, would find Bhutan a treasure of discovery.” Textiles have historically been considered a commodity in Bhutan. A hierarchy of textile gift giving still exists though seldom adhered to. Only members of the royal family will receive a gift of the finest silk in a very intricate woven pattern; persons of lesser importance will receive gifts of less quality. At one time Bhutanese paid taxes with fabric leaving the government with storehouses of fabrics that they are now starting to use for exhibitions.

Bhutan requires all government employees to dress in traditional costume, kira and jacket for women and gho for men. Shops were filled with Bhutanese textiles, particularly for men’s ghos. The school children’s uniform is this same traditional dress; however many young people Meyer observed were dressed similarly to adolescents in any developed country. It was also not unusual to see both men and women in traditional dress walking along the streets of Thimphu, the capitol city, talking on their cell phones.

In Bangkok, Meyer and Eckman, along with Associate Professor, Foengfurad Mungtavesinsuk from Kasetsart University met with the president of Thailand’s Bank of Agriculture and Agricultural Cooperative (BAAC). BAAC’s client base is rural families and communities, including family owned and operated home based businesses in rural areas.
Meyer found many similarities between the work of BAAC and Wyoming’s Cooperative Extension Service. The meeting with the bank’s president was spent discussing client projects related to the textile and apparel industry.

Meyer and Eckman, accompanied by Karen Steen, a textile and apparel faculty member from Cazenovia University in New York, flew to Chiang Mai located in the northwestern part of the country where BACC had arranged several appointments with their clients. Their first appointment, with the owner and designer of the Kumpor line, a talented business woman with a manufacturing plant located in her home was a welcome surprise. The work environment – a lovely covered open area with green plants and fresh air – is not a common occurrence in apparel manufacturing. The goal of many of the apparel business owners Meyer’s group met was to provide local employment opportunities for the women in their villages so that they would not need to travel to the city for work. The women are able to earn a living while remaining close to their families.

The group also visited the Queen Sirikit Institute of Sericulture in Bangkok where they were introduced to Thailand’s new silk certification program. A great deal of the silk on the market carries the label of Thai silk. The Sericulture Institute wants to control the Thai silk label, but more importantly wishes to insure that what is being sold is recognized as high quality silk.

Meyer took advantage of a last minute opportunity to visit Cambodia near the end of her trip. She is glad she did. A poor country recovering from years of violent war, Cambodia has no social services. Meyer was impressed by the people and their willingness to share whatever they had. “It’s like another world – surreal yet incredibly humbling at the same time. I was struck by the generosity of the people and the breathtaking beauty amid the evidence of war.” Meyer toured places she had read about but never thought she would actually see. “I had seen photographs of Angkor Wat but they certainly did not do justice to the real thing. It was amazing!”

Meyer thoroughly enjoys international travel experiences and searches for ways to offer foreign study opportunities to students. In May, she and College of Business faculty colleague Terri Rittenburg along with alum Melinda Adams (M.S., 2000), a faculty member at the University of the Incarnate Word in San Antonio, Texas, will take a group of students to Florence, Venice and Milan. “The Italy experience is a fabulous way to initiate students into the world of international study.” The students will each be paired with someone from their partner school and will complete joint assignments. Meyer is looking forward to the experience.

When asked if she plans to return to Asia, Meyer says with a smile, “Funny you should ask!” She and Eckman will be leading a joint study tour to Hong Kong and Thailand at the end of this year. In fall semester, a preparatory course will be held on Saturdays. The group will alternate locations - UW and CSU - to give the students a chance to bond before traveling together. The tour begins on December 26 with the flight to Hong Kong where the travelers will spend four days. They will celebrate the New Year in Bangkok and travel north to Chaing Mai where the students will visit some of the rural apparel/textile operations. Their tour will end with their return home on January 7. Meyer is anxious to share this part of the world with her students. “I can’t wait to go back!”
**Forty & Fabulous!**

**Cent$ible Nutrition Update**

The Cent$ible Nutrition Program (CNP) is funded through two federal programs. One of those is EFNEP, Expanded Food and Nutrition Education Program. 2009 is the 40th Anniversary for EFNEP in the United States. As part of the celebration, eight outstanding individuals who teach nutrition education to limited resource audiences were recognized in Washington, DC in March, and Wyoming CNP educator Betty Greear was one of those paraprofessionals. To reach families in need, CNP educators like Betty team up with agencies and organizations in their communities. Classes may be held at facilities that offer other services such as drug and alcohol rehabilitation and counseling. These intact groups include people in emotional as well as financial crisis who are looking for ways to make their lives better.

While Betty is effective with all her participants, she has a unique ability to reach out and touch the lives of men in crisis. One man was a particularly tough customer. A “rough and tumble” former motorcycle gang member, he went to her “cooking school” kicking and screaming in resistance. His counselor told him he had to go to one class and then he could opt out. Once he met Betty, he was hooked. He was one of her most enthusiastic students! He later went on to earn a college degree and is a drug and alcohol rehabilitation counselor – not completely due to Betty, but by his admission, at least in part. One of her female participants said, “She (Betty) made me realize that I was worth something and I had not felt that way before.”

Cent$ible Nutrition Program Director, Mary Kay Wardlaw, is currently completing a PhD in Adult Education. For her dissertation, she conducted a long-term research project on former program graduates including a behavior survey and interviews. She discovered that these graduates from one to four years later continue to remember and use the skills they learned through the program. They continue to save money on food, make nutritious food choices, cook, plan menus and handle food safely. She also found graduates reported improvements in their own confidence, parenting skills, decision-making skills, quest for learning, self-worth, and health. Study results will be shared in various formats throughout the coming year.

Visit the Cent$ible Nutrition website for more information on program offerings and eligibility.

www.uwyo.edu/cent$ible

“This is the best thing I have done in my career! I can’t thank you enough and I can’t wait until the next conference...”

This was one of many comments from satisfied and energized participants at Shaping a Healthy Future IV in Jackson, April 23-25, 2008. Conducted every two to three years since 2000, the conferences in this series are based on WIN Wyoming’s mission: “To educate people to respect body-size diversity and to enjoy the benefits of active living, pleasurable and healthy eating, and positive self-image.” As in the past, FCS and UW Cooperative Extension Service were key conference sponsors, along with Western Dairy Association; Wyoming Department of Education; UW College of Health Sciences – NIH/NCRR Grant and Area Health Education Center (AHEC); the Wyoming Beef Council; and Wyoming Department of Health – Diabetes Prevention and Control Program and Heart Disease and Stroke Prevention Programs. Traditional hosts – Wyoming Dietetic Association and WIN Wyoming – were pleased to be joined in 2008 by Wyoming Action for Healthy Kids because the 2008 conference had a youth emphasis.

Featured speakers with a specific family/youth focus included Susan Linn from Harvard Medical School’s Judge Baker Children’s Center speaking on advertising/marketing effects on children; Jennifer Orlet-Fisher, previously at Baylor University but now at Temple University, who – in relation to young children – addressed whether healthy eaters are born or made; Martha Marino, a registered dietitian from Washington State, who discussed the importance of family meals and how family mealtimes can be encouraged; and Lynn Walters and Jane Stacy, food-focused educators from Santa Fe, who taught a post-conference workshop based on their curriculum, Cooking with Kids. The conference attracted 275 participants from 24 states, and all involved had a memorable time at a rewarding conference in a spectacular location. For more information, please contact Mindy Meuli at 307-766-4147 or mmeuli1@uwyo.edu.
The rural West is experiencing dramatic demographic and economic transformations. The make-up of farm operators has changed significantly, and enterprises are increasingly at greater production, financial, marketing, human, and institutional risks. FCS extension specialist Randy Weigel, along with colleagues from UW College of Agriculture’s Agricultural and Applied Economics department, and extension specialists from Arizona and Colorado, conducted a three-state study of small-scale farm/ranch operators. The study was intended to answer questions such as who are today’s farmers and ranchers? What are their preferences for learning? What are their perceived threats? What information do they believe would be helpful to them as they manage their agricultural operations?

What the researchers found is the majority of the operators have lived on their properties for many years, usually within about 25 miles of the nearest metro area but do not usually commute far if they hold an off-farm job. Seventy-one percent of respondents reported working off-farm. The primary operator is typically an older male who is assisted by their spouse in managing the business. About half of the two operators hold at least a two-year college degree. These managers enjoy their rural lifestyles and perceive financial risk as their greatest challenge. They are confident of their abilities to manage the enterprise and that they will achieve their goals. However they struggle to maintain a good family/business balance. Many of the respondents report beef cattle, haying or sheep/goat enterprises. They typically operate on no more than 40 acres. Finally, Extension provides information to a large number of the respondents, although this may not be through traditional, onsite meetings. Preliminary results of this survey can be found in the extension bulletin B-1190, A New Look at the Agricultural Community as Extension Clientele in the West. It can be downloaded from: http://ces.uwyo.edu/PUBS/B1190.pdf

Between 50 and 70 percent of ranchers and farmers experience some form of arthritis. According to the Centers for Disease Control and Prevention, 22 percent (104,000) of adults in Wyoming report living with some form of arthritis. Ranching and Farming with Arthritis was the topic of recent workshops in Worland, Riverton, and Wheatland. The workshops were sponsored by Wyoming AgrAbility and Washakie, Fremont, and Platte County Extension offices.

According to Randy Weigel, Family & Consumer Sciences Extension Human Development Specialist and project director for Wyoming AgrAbility, “Approximately 31 percent of Americans clinically diagnosed with arthritis report experiencing limitations in their normal work routine. Ranchers and farmers are heavily affected by this condition, which can reduce their ability to perform work tasks efficiently.”

Topics of the workshop included learning the symptoms, diagnosis, and treatment of arthritis, myths and facts of arthritis, and ways to manage pain while ranching and farming. In addition, examples of assistive technology devices that can make life less painful and what to look for when buying assistive technology devices to help protect your joints were included. Speakers at the workshops included Sarah Perry, occupational therapist with Gottsche Rehabilitation Center in Thermopolis, Mary Fick Monteith, assistive technology specialist with WIND Assistive Technology Resource in the UW College of Health Sciences, and Weigel. “Arthritis is second only to heart disease as a cause of work disability” notes Weigel. “Arthritis refers to more than 100 different diseases that affect areas in and around joints; but there are steps that can be taken to alleviate symptoms and allow performance of day-to-day tasks on the ranch or farm. This is what we tried to convey through the workshops,” Weigel concluded.
Probiotics can be simply described as dietary products or supplements that contain potentially beneficial live bacteria. The consumption of these products has been hypothesized to exert positive effects by favorably altering the gastrointestinal bacterial population. Well documented health effects include a lowered frequency and duration of antibiotic- and virus-induced diarrhea, stimulation of appropriate immune responses, and decreased formation of potentially toxic compounds in the large intestine. An additional potential health benefit is the purported ability of some types of these bacteria to degrade oxalate, thereby decreasing gastrointestinal oxalate absorption and reducing the risk of high urinary oxalate levels (hyperoxaluria). Oxalate, also know as oxalic acid, is a key component of the most common type of kidney stone. Reducing risk or the degree of hyperoxaluria could help reduce the risk of calcium-oxalate stone formation in susceptible individuals.

A current study directed by Professor Michael Liebman and master’s degree student Joseph Okombo is assessing whether a 4-week period of consuming daily doses of a commercially available probiotic will decrease oxalate absorption in 12 healthy volunteers. An oxalate absorption test is being administered before and after the probiotic supplementation period to assess whether there is sufficient gastrointestinal colonization of these healthful bacteria to cause a significant decrease in the absorption of this compound. An additional oxalate absorption test will be administered 4 weeks after the probiotic supplementation period to determine whether any noted beneficial effects are maintained after discontinuation of the daily probiotic ingestion.

Heads Above The Rest

Congratulations are in order! The following members of the department were recognized this year for outstanding achievements, exceptional performance, creative scholarship, or other contributions to the department, college and university.

Karen Williams - Marvin Millgate Endowment Internship in Academic Affairs
Randy Weigel - Recipient - 2008 DeBree Award
Donna Brown - First Place Winner in the Clothing Category “Garden High Tea” - 2008 Hoffman Challenge
Sonya Meyer - Cloth Art Doll “Peacock Dancer” Accepted for Exhibition - 2008 Hoffman Challenge
Becce Birdsley - Recipient - Nancy Rieke Award from the Wyoming Environmental Health Association
Christine Wade - Nominee - 2008 Lawrence Meeboer Outstanding Teacher Award
Trish Hysong - Nominee - 2008 College of Agriculture Outstanding Staff Award

Early Care & Education Center Accreditation

The UW Early Care and Education Center staff has been busy preparing for reaccreditation through the National Association for the Education of Young Children (NAEYC). The center has been accredited through NAEYC for almost 20 years, however this year’s process has been a bit different. In 2005, NAEYC restructured the criteria - due in part to a culmination of changes in national early childhood standards. The result is a much more rigorous process that requires a lengthy self-study followed by a declaration of candidacy. During the time of candidacy, the center staff will be asked to produce portfolios which will show how they are meeting specific criterion. Following that, NAEYC will send a validator to campus for an onsite review of all documentation as well as classrooms visits and meetings with teachers and parents.

The teachers and administrators are preparing for the validation visit by creating program, classroom, and individual child portfolios. There is also an extensive parent and staff survey of the center. The NAEYC accreditation process is a voluntary system for early childhood programs to show how they meet the standards for high quality early care and learning. If the center is reaccredited this year, the next accreditation process will be in 2012.
New Faces

Christine Wade, joined the department faculty in fall semester filling the vacancy in the child and family studies area. Wade received her baccalaureate degree in psychology and mathematics from Willamette University. Her master’s degree and doctorate - both from UW - are in developmental psychology. Department Head Karen Williams says Wade’s work is primarily “in human development with an emphasis on child and youth issues. She has experience in school-age programming, has taught courses in child and adolescent development, and will interface with 4-H and statewide youth programs for her research.” Wade is off to a great start having joined several department committees including the one for graduate student recruitment and retention. She was also nominated for the 2008 Lawrence Meeboer Outstanding Teaching Award. Now that she has her first semester behind her, Wade says, “I am getting settled in and my colleagues in the department have been so helpful during my transition. I am really enjoying teaching and getting to know the students in the department. I look forward to getting my new research program going this summer. It is an exciting time!”

Stefanie Wilson joined the Cent$ible Nutrition Program state office staff as the project coordinator assistant in November. A native of Los Alamos, New Mexico, Wilson received an associate of applied science degree from the University of New Mexico in 2004 and a bachelor’s degree in marketing from UW this past May. “I accepted the position with CNP for many reasons,” says Wilson. “It is a career I can see myself excelling in and that will provide me the skills and experiences necessary to becoming a corporate event planner.” Wilson replaced Daniel Erichsen who left the position for another career opportunity on campus. She says, “I had big shoes to fill and am grateful that everyone has been so very helpful at getting me settled and pointed in the right direction. I really enjoy learning more about the program everyday and meeting the educators and others who work closely with CNP, such as extension personnel, the food and nutrition people, and the FCS department. I feel like part of the CNP family. I blend with their personalities well. After attending initial training in Casper and Laramie, then attending the visioning conference, I better understand my place with CNP and look forward to a great experience working here. I enjoy what I am doing and am glad to be part of the greater good. I have a lot of fun and have the greatest coworkers. I am still learning and it can be a bit of a challenge, but that is where a lot of the fun comes in.”

Upcoming Events

Mark Your Calendars for the Following Events

The exhibit of student design projects from Donna Brown’s Fiber Arts class will be open to the public from May 4 through August 27 at the American Heritage Center here on campus. This year marks the 11th annual Coat Couture exhibit. It is one of the most popular exhibits at the center and promises something for everyone. Don’t miss this display of one-of-a-kind garments. AHC hours are 8:00 a.m. to 5:00 p.m. Monday-Friday.

The 2009 Consumer Issues Conference will be held in the Wyoming Union on September 24-25. As usual there will be several keynote presentations by nationally known speakers, breakout sessions by experts on different issue topics, poster presentations (due June 1), exhibits and tours. Some of the session topics include: food safety versus food freedom and finding your way among food choices. Policymakers, educators, business and industry professionals, consumers, students, and government officials will be there. Professional development units will be offered. As the details emerge check the website http://www.uwyo.edu/consumerconference. For more information, contact Virginia Vincenti at vincenti@uwyo.edu or 307-766-4079.