As I am sure you have heard, our college is now the College of Agriculture and Natural Resources. We are excited about the change! It gives us an opportunity to show how the Department of Family and Consumer Sciences approaches one of today’s most crucial problems—how to be more green. We have looked at the energy efficiency of our homes for many years. More than thirty years ago, I remember being taught in my household equipment course to keep lighting fixtures dust free and to use the right size load of laundry in the washing machine. Now we look at energy efficiency in a whole new way—compact fluorescent bulbs, EnergyStar rated appliances, tankless water heaters, and double and triple pane windows.

In this issue, you will read about a project our Interior Design II students undertook to remodel the former Hitchcock House (now the Kendall House). Our students worked with the Haub School of Environment and Natural Resources and their architects to choose energy efficient, recycled and green materials in the designs and furnishings. You will meet Chris Maki, one of our textiles and merchandising graduates, who works for an architectural firm in Laramie specializing in green design. In the food and nutrition area, you will read about local foods and farmers’ markets that encourage healthy eating and build community. This year’s Consumer Issues Conference focused on the challenges and controversies surrounding food choices in today’s complex world. You will read about student impressions of our first study tours to Thailand and Hong Kong with a focus on one of nature’s most beautiful fibers—silk. You will also be pleased to know that in honor of Earth Day, some of our students chose to do a project designing dynamite fashions from recycled pieces. The following evening, April 22, we held our annual student recognition event. This year it had an environmental theme that showcased departmental efforts and expertise, right down to the programs printed on recycled paper.

I would like to close by letting you know that this will be my last letter as department head. After seven years, I have made the decision to return to my faculty position on June 1. I look forward to being able to contribute in a new, yet "repurposed" way that will energize me while allowing more time for my research and my family. All my best to all of you,

Karen C. Williams
STATEWIDE EXTENSION FOOD PROJECT

The term “sustainability” seems to pop up everywhere these days. The department is keeping current through Eat Wyoming: Wyoming Local Foods. Eat Wyoming is a state-wide project that seeks to share information about and promote the use of locally grown and locally produced food. The project focuses particularly on these items:

- Specialty crops (as defined specifically by the USDA)
- Other agricultural food items produced and sold locally (e.g., eggs)
- Value-added products made with one or more components that have been grown or raised in Wyoming (e.g., syrup from locally grown raspberries or bacon from Wyoming-raised pigs)

The project’s database also will include community gardens, farmers’ markets, and local foods groups.

Project components currently underway and planned for the future are as follows:

- Compilation of the Eat Wyoming database of producers/growers of the foods and local networks listed above.
- Development of the Eat Wyoming: Wyoming Local Foods Guide, available initially in print and also on-line, with the on-line version updated over time. The Guide will feature the Eat Wyoming database as well as other relevant information and resources, for example, recipes, information about local foods, food-safety tips and reminders, etc.
- Planning and pilot-testing of Eat Wyoming: Wyoming Local Food Expos in two communities.
- Planning of food expos in other Wyoming communities, which will include training of other educators and partners.

Eat Wyoming’s project director is Kentz Willis, a nutrition and food safety educator with University of Wyoming (UW) Cooperative Extension Service (CES), based in Sheridan; Kentz received his master’s degree from the department in 2008. Project specialist Jennifer Jacobsen is the UW CES nutrition and food safety educator based in Jackson. Suzy Pelican, UW CES on-campus food and nutrition specialist, is the project’s senior associate. Project funding comes, in part, from Wyoming Department of Agriculture and UW Energy Extension Grant Program. Visit the Eat Wyoming website for more information – www.uwyo.edu/earwyo.
In my job I measure the efficiency of existing homes and help reduce energy consumption. I also work to ensure proper building techniques that give us the best efficiency in the homes we build. Of course, I do much more than just energy efficiency work, and educating consumers on the greening of their homes. I also assist customers in the design choices of their homes. Green Build Technology is a conception to completion builder, starting from home ideas that have begun on as little as a napkin, to finished, move-in-ready, sustainable homes.

Being in a “green” collar job in a time when our society is beginning to truly understand the necessity of energy efficiency and sustainability is extremely exciting. Having gained this knowledge from the University of Wyoming and being able to stay local is an even greater plus. I could not have realized my dreams and passions without the help and guidance of the small community of Family and Consumer Sciences professionals who taught me. I will be forever grateful.

I furthered my education with an Energy Auditor’s license from the Building Performance Institute. I am currently working for Green Build Technology, LLC, a Laramie-based sustainable, eco-conscious building company. We specialize in building “green” homes and making existing homes as environmentally friendly as possible. “Greening” of homes is a fairly broad term. Most people think of green technology as the use of alternative energies such as wind or photovoltaic power. I have come to learn about and appreciate the fact that this technology includes so much more: being conscious of the efficiency of the energy we use, using as little power as possible from utility companies, finding the right footprint for new and existing homes, and making the best consumer choices for a healthy home environment when selecting paint, flooring, and lighting, and everything in between.

Changing my major and starting something new was not something I had a precise plan for, but as I have found, sometimes things are better left unplanned. I completed every elective, supporting, and required course with more love for some than others – always taking away a wealth of information. I acquired knowledge in many different ways but everything I learned helped shape my ability to perform in the real world as a self-sustaining professional. I graduated in 2007 with a specialization in textiles and merchandising plus dual minors in apparel and interior design.

I furthered my education with an Energy Auditor’s license from the Building Performance Institute. I am currently working for Green Build Technology, LLC, a Laramie-based sustainable, eco-conscious building company. We specialize in building “green” homes and making existing homes as environmentally friendly as possible. “Greening” of homes is a fairly broad term. Most people think of green technology as the use of alternative energies such as wind or photovoltaic power. I have come to learn about and appreciate the fact that this technology includes so much more: being conscious of the efficiency of the energy we use, using as little power as possible from utility companies, finding the right footprint for new and existing homes, and making the best consumer choices for a healthy home environment when selecting paint, flooring, and lighting, and everything in between.

Everything I learned helped shape my ability to perform in the real world as a self-sustaining professional.

By Chris Maki, Alum, BS 2007

When I started college in 2002, I thought I knew exactly what I wanted to be when I grew up. I came to the University of Wyoming and enrolled in what was called a Freshman Interest Group (FIG) for Zoology. My plan was to work on my Bachelor of Arts and follow through until I had my veterinary license. Soon I found that my heart and soul were just not in it. A series of events led me to the office of Sonya Meyer, my soon to be advisor. I was a lost soul, needing a home, and I found it in Family and Consumer Sciences.

Where Are They Now? Alumni Success Stories
WHEN IN FRANCE

In June 2009, Associate Professor Rhoda Schantz participated in a four-week exchange with Ecole Superieure d’Agriculture (ESA) in Angers, France. The program was established twenty-two years ago. The University of Wyoming was one of the first three land-grant universities to partner with ESA and has had student and faculty participation every year. French students attending ESA often join exchange programs to the United States during our traditional academic year structure for a spring or fall semester. However, since the academic calendar is far different in France, American students typically participate in the summer months.

The goal of sending 10 students from each partner university was not achieved in 2009 due primarily to economic constraints. Only one student from UW joined the exchange, yet the summer program was rich with experiences that engaged the 19 additional students and four faculty advisors who were fortunate to be included. When the group arrived in France, they spent a few days in Paris – touring the city and sightseeing.

Exchange participants lived with French host families who shared their homes, customs, and lifestyles. Schantz remarked that, “Lifelong friendships were established between students and their advisors, and with the ESA faculty and staff. We all appreciated the extra attention in our daily French language class, French Civilization, French History, and on tours to food companies and wineries.” Schantz attended sessions through the Culinary and Viticulture section of ESA and also learned about rural tourism, wine tasting and marketing, and the complexities of art and landscape. She plans to return one day and encourages others to take advantage of the ESA opportunity.

Angers is located in the northwestern Loire Valley about 190 miles south-west of Paris. On the banks of the Maine River, the city and surrounding metropolitan area has a population of approximately 280,000. Famous for its viticulture, livestock production, nurseries, and market gardens, the region has a rich medieval history and is dotted with massive chateaus that date back to the ancient days of feudal lords.
This was just what I needed as I finish my undergraduate college experience.

My trip to France was the experience of a lifetime. I met new people, learned new things, and became much more appreciative of other cultures. Some of the things that stood out most were being able to interact with the French students at my school there, going on numerous field trips, and living with my host family. I really loved observing how people in a different country live their everyday lives. It was different, yet similar at the same time. The food was amazing – I experimented with food I had never tried before (like escargot!).

I stayed in a suburb of Paris, so the lifestyle was very much like Laramie. Everyone knew each other. Families were very close with one another and spent lots of time together. My host family will be people I remember for the rest of my life. The differences were actually in the city of Paris because it is such a large metropolitan area. I had to be careful and mindful of my surroundings. I was surprised by how diverse Paris was – it was a fabulous experience. I saw the Eiffel Tower and the Arch de Triumph. We visited exquisite chateaus in the French countryside. I made lifelong friends. Overall this trip was amazing and I am so glad I had to opportunity to go.

Sarah’s tips for traveling abroad

• Plan ahead.
• Learn to speak the language, the locals love it, and it shows respect.
• Respect the culture, even if it is different from your own.
• Find out where the grocery store is.
• Learn about the currency.
• Map reading skills are crucial!
• Be aware of your surroundings and be safe!
• Buy or bring a pre-paid calling card.
• Programs like Skype are an awesome form of communication if you have a computer.
• Pack as lightly and efficiently as possible. You can buy lots of necessities at the local grocery store or pharmacy.
• Keep a journal. You will be glad you did.
• Explore new places, and step out of your comfort zone. That’s where the best learning happens.
• Meet new people, have fun, and most importantly keep an open mind.
What do students really think of international travel opportunities and study abroad? We posed that question to four of our undergraduates who took advantage of two study tours organized this year by Associate Professor Sonya Meyer.

For Natalie Ferguson, the opportunity to participate in the study tour to Italy was something she was unable to turn down. “I had never been to Europe so I was thrilled. Some of my favorite experiences were the outdoor markets, seeing Michelangelo’s David, and the breathtaking cathedrals. I thoroughly enjoyed going to the Casa Dei Tessuti fabric store and the leather school in Florence, and the silk factory in Como.” After having such an exceptional trip to Italy, she could not resist joining the South East Asia tour. “It was a very big change from Europe. I enjoyed visiting the markets, the garment factory in China, the dyeing workshop in Chiang Mai, and all of the temples in Bangkok. When we were in Hong Kong, I ate Dim Sum and used chopsticks!”

The aspects of the trip that stood out most for Natalie were eating jellyfish, going to the floating market, riding elephants, and going to the Garra Fish Spa. “I learned so much about European and Asian cultures. The architecture and scenery of each place were outstanding. I learned a lot about the textiles and merchandising industry in each country and how they each differ from what we do here in the United States. I learned a lot about the textiles and merchandising industry in each country and how they each differ from what we do here in the United States. I am so glad I saw these parts of the world and broadened my educational experience in this way. I highly recommend international travel/study for every student, as I have gained much knowledge and compassion for the world and its people.”

Katelyn Johnson told us, “I signed up to go on the Italy study tour because traveling is one of my passions. It has helped me grow as a person and has opened my eyes to many different ways of life.” The Italy tour was her first time in Europe. “It was truly amazing to experience life there, as well as the culture, the architecture/art, the food, the people, and so much more.” Katelyn comes from a small town in Nebraska so Italy was obviously a huge change. “Not only are the local people unique, but the Italian culture is so colorful! Magnifico! This trip gave me more confidence for my future travels, and it was a great learning experience that related directly to my major. Places like Italy are hard to explain through mere words. Go visit—you won’t regret it!”

We asked Joanna how the area compared to Wyoming or hometown. “There is no comparison to Wyoming or even to my hometown of Seattle. The minute we landed in Hong Kong, we were on the move visiting new places. Every site was foreign to me but in a good way because it was never something expected or assumed – it was an adventure. You will never know what is out there until you go and see it. The people you meet and the places you see will stay with you forever. They will become the stories you tell your family and friends.”

Kati Stoll told us, “My trip to Italy was outstanding – a trip of a lifetime. I was extremely excited to experience another country’s culture but also see their outlook on fashion. Italy was nothing like Wyoming! Everything was very old world. The buildings were extremely close together and there was not a lot of wide-open space like what we are used to here. One of my favorite parts of the trip was the architecture, especially in Milan – a great mix of traditional and modern.”

When asked why she signed up for the study tour to Hong Kong and Thailand, Joanna Mitrut said, “I knew it would be a once in a lifetime experience.” She was surprised by the diversity. “In Hong Kong, it was busy and always on the move with high rise buildings on every corner but then we visited Lantau Island and the small fishing village of Tai O where everything was calm. It was like we were in a completely new place.” She was pleased to learn about the people. “When we visited a garment factory in China, I remember two girls who must have been around 18. We estimated their earnings at about $2.00 an hour. When I looked at these girls, they smiled. Although they may not have an ideal life, they seemed very happy and content. It made me take a look at my life and appreciate everything I have.”

Kati feels strongly about the positive influence the trip had on her major – textiles and
merchandising. “I was able to see how fashion differs around the world, and also how the business of fashion is different. Italy has a lot of businesses that are still family owned and operated in the same way they have been for generations.”

Meyer provided the trip specifics. “Our study tour to Italy was a joint effort between our department, the Management and Marketing Department in the College of Business, and the Fashion Management and Design Department from the University of the Incarnate Word in San Antonio, Texas.” Joining Meyer were UW’s own Terri Rittenburg and alum Melinda Adams (MS 2000) – a faculty member at the Texas institution. The group included thirty students from the two universities who prepared for their trip by corresponding over spring semester with a participant from their partner school.

The second tour joined thirteen students with faculty from UW and Colorado State University. The group left the snow and bitterly cold temperatures of a late December blizzard for the warmth and sunshine of Southeast Asia. This was Meyer’s first journey to the area with students in tow. Highlights of the trip included visits to Meo and Hmong hill tribes, tours of a shirt factory (and other commercial manufacturers) and the famous Home Industries of Chaing Mai, and seeing a magnificent solid gold Buddhah. The group also spent an incredible New Year’s Eve in Bangkok—something no one will soon forget. Meyer says, “I cannot wait to go back. It was incredible!”
Student Organizations

AAFCS CAREER AND LEADERSHIP EVENT

Graduate and undergraduate members of the student chapter of the American Association of Family and Consumer Sciences (AAFCS), wanting exposure to the opportunities and challenges for women professionals, hosted three speakers for a presentation last November. “Shattering the Glass Ceiling: Stories of Successful Women Professionals” attracted more than 100 attendees.

AAFCS members planned the event for a year. Natalie Ferguson, fall semester president of the group said, “We proposed the event to expose students to the foundations necessary to be a successful professional woman. We hoped that, by the end of the event, students would have gained confidence and motivation to follow their dreams.” Marie Cook, a biology major who attended, got the message. She commented, “It was so encouraging seeing those women, from completely different backgrounds, all with a message of if you do what you love and work hard you can accomplish anything.”

Current AAFCS president, Katlyn Thomas, reflected, “I was extremely impressed by the women. The stories and advice they gave not only pertained to the FCSC majors, but to all women. It was highly encouraging and I was so pleased with the outcome!” Ferguson was also pleased with the outcome of the event. “We were so grateful for the three accomplished women who spoke. The diverse stories that each of the women told made a connection, an impact, and instilled a drive for many young college women to succeed.”

The speakers included Tahira Hira, professor and executive assistant to the president, Iowa State University, and Penny Ralston, professor, dean emeritus, and director of the Center on Better Health and Life for Underserved Populations, Florida State University. Joining them was Ann Collins Chadwick. Now retired, Chadwick served as the USDA acting assistant secretary for food and consumer services, USDA director of the Office of the Consumer Advisor, director of the Consumer Affairs for Hormel and Company and executive director of the AAFCS.

Professor Virginia Vincenti, the AAFCS group’s faculty advisor, indicated the students worked very hard to obtain funding to defray some of the cost of this event and to publicize it.

STUDENT DIETETIC ASSOCIATION

This past year, members of the Student Dietetic Association (SDA), under the guidance of faculty advisor Associate Professor Rhoda Schantz, were involved with the third annual College of Health Sciences Health Fair in October. They also assisted Ivinson Memorial Hospital dietitians and nurses with the Kidney Health Screening. They continued to work with the Laramie SHARE program, home delivered meals (including developing a newsletter for distribution with the meals), the Laramie Soup Kitchen, Eppson Center for Seniors, and the Friday Café program. On campus, SDA members prepared bulletin boards for Student Health Center on a monthly basis. National Nutrition Month (March 2010) activities included a table in the Student Union, bulletin boards at the Student Health Center, and Washakie Dining Services brochures. The group sponsored a monthly Speakers Series with registered dietitians from Wyoming invited to campus to share their job responsibilities with SDA members.

PHI UPSILON OMICRON

Phi Upsilon Omicron – Delta Chapter, the Family and Consumer Sciences honorary, has been busy under the guidance of faculty advisors Associate Professor Bruce Cameron and Professor Mike Liebman. The current theme of Phi U is “A Century of Enlightenment.” Last semester, the group participated in two community service activities. The first, a canned food drive, found members going door-to-door in local neighborhoods and collecting non-perishable food items that were donated to Interfaith Good Samaritan. Additionally, Phi U participated in the Adopt-A-Family holiday program. The group received information about a local family in need and purchased clothing, food, and gifts for that family. This year, due to the success of their annual holiday decor fundraiser, they were able to adopt a family of six! In spring semester, Phi U began working on two new community service projects. They are making fleece tie blankets to donate to the local WIC office and Ivinson Memorial Hospital. Their second project involves purchasing fun reading books that will be donated to local schools.
CENT$IBLE NUTRITION PROFILE OF SUCCESS

Pamela walked into Sandy Koltiska’s Cent$ible Nutrition Program (CNP) class in Sheridan, Wyoming in September, 2009 and never left.

Sandy teaches nutrition and cooking classes. Pamela participated in the classes last fall and learned so much and had so much fun she has since volunteered to help Sandy with ongoing classes. “Volunteering is so rewarding, it’s nice to know you’ve made an impact.”

The University of Wyoming’s Cent$ible Nutrition Program is a part of the Cooperative Extension Service in the Department of Family and Consumer Sciences. For over 12 years, CNP has helped thousands of Wyoming families and individuals with limited resources fight hunger and malnutrition. CNP is funded by Supplemental Nutrition Assistance Program Education and the Expanded Food and Nutrition Education Program. The program reaches clients through classes, presentations, youth curriculum in qualifying schools, and newsletter distribution.

Pamela says the CNP classes are worth every minute. “It’s surprising how much we don’t know and can learn from this short class,” she said. “It was fun to interact with the others in the class.”

Pamela has implemented a lot of what she learned from class into her life. She and her adult son use the Cent$ible Nutrition Program Cookbook quite a bit, and the Potato Broccoli Soup is a family favorite. She says she reads ingredient and nutrition fact labels now and is more aware of her food choices since taking the class. She keeps portion sizes in mind every day.

To learn more about the Cent$ible Nutrition Program, please visit www.uwyo.edu/centsible.

SUSTAINABLE DESIGN

A unique opportunity was presented to the Fall 2009 Interior Design II class taught by Treva Sprout. Students were asked to define and create a space planning and interior design concept for the Kendall House (formerly known as the Hitchcock House). The entire addition and renovation was engineered and designed to meet LEED (Leadership in Energy and Environmental Design) criteria—a rating system developed by the United States Green Building Council that helps define and measure the sustainability or “green-ness” of a building.

The Interior Design Minor focuses strongly on green or sustainable design, so this was an ideal project for students to gain experience in the types of design problems that will likely be met in the future. All office furniture, accessories, and finishes had to be selected with LEED criteria in mind—such as indoor air quality (some furniture in particular can release harmful volatile organic compounds into the air), reduction or elimination of waste, water savings, responsible materials usage, and energy savings.

To visually represent design ideas, students used a combination of computer programs. With AutoCAD as the basic platform, students downloaded furniture models from Project Matrix software. When Project Matrix symbols are downloaded into an AutoCAD drawing, an automatic price and specifications list can be generated, which substantially streamlines the process of cost tracking. Once the AutoCAD model was complete, it was downloaded into 3DS MAX Design for further modeling, final lighting, and rendering. This program can generate photo-realistic lighting and texture effects. Final touches were added using Photoshop. In all, at least eight computer programs were used, helping make UW’s interior design minors some of the most technologically savvy students in the region.
DEGREES OF DISTANCE

By Dianne Barden, Distance Advisor and Instructor, Professional Child Development Program

In all economic times, an education is valued. Education and experience are sought by employers. That fact is more apparent than ever as the current job market is flooded with applicants. Many people are finding ways to complete an education by taking advantage of distance learning opportunities.

Distance students are resourceful and, as such, are finding ways to defray the cost of higher education. Renae Ragsdale, a Lander resident, recently applied for and was awarded the Edleweiss Fund Scholarship which is for a non-traditional first generation students. The scholarship helps cover tuition and living expenses if needed and can be renewed until the student completes their education. Ragsdale, a full-time online student in our program since summer 2009, is so excited to be the recipient of this award.

Our distance program has benefitted many students over the years by making a bachelor’s degree accessible. Christine Oliver will be graduating from this program in May 2010. She lives in Cheyenne and works full time. Oliver says, “The Family and Consumer Sciences program has meant so much to me. It provided me with an opportunity to earn a four-year degree that I would not have been able to accomplish otherwise.” Working and going to school is not easy and takes motivation and dedication. Oliver added, “I had to be very disciplined with myself in order to complete assignments by their scheduled deadlines. The part I loved about the program was that I could work on my classes in the comfort of my own home. The flexibility and convenience of this program was wonderful.”

Students who chose to earn a degree at a distance come from a variety of backgrounds and locations. Melissa Lundin will graduate in August 2010 with a double major in Professional Child Development and Business Administration. She currently lives in Arizona, but was living in Oklahoma when she started in the distance program. Lundin shared her feelings. “I have enjoyed completing my Professional Child Development degree through online UW. As a military spouse it is often hard to complete a college education. Frequent moves and small communities make it hard to complete a degree through traditional methods. I liked all the classes that were degree required. Many of the assignments were challenging but still fun to complete. The college, teachers, and my advisor were there to help me every step of the way.”

Brittany Vigil lives in Lander and also will be graduating from our distance program this summer. She has been taking classes at UW since fall 2006. Vigil says, “It has meant a lot to me being able to receive my degree online, because my husband is away at least seven months of the year, so being able to travel is a must! Other places don’t offer this wonderful opportunity!

The students in our Professional Child Development distance degree program work hard to complete courses while juggling home, family, and jobs. I enjoy working with students who are motivated to complete their degree in this wonderful profession. I appreciate the diversity of goals and their dedication to themselves.

SETTING HIGH STANDARDS

In late fall semester, the Early Care and Education Center earned accreditation from the National Association for the Education of Young Children (NAEYC) – the nation’s leading organization of early childhood professionals. Director Mark Bittner said, “We’re proud to have earned the mark of quality from NAEYC and to be recognized for our commitment to reaching the highest professional standards. NAEYC accreditation lets families know that children in our program are getting the best care and early learning experiences possible.”

To earn the accreditation, the center completed an extensive self-study process, measuring the program and its services against 10 early childhood standards and more than 400 related accreditation criteria. To ensure the program met each of the standards, a site visit was conducted. NAEYC accreditation has become a widely recognized sign of high-quality early childhood education for the past 23 years ago. Almost 8,000 programs serving one million young children are currently accredited by NAEYC – approximately 8 percent of all preschools and other early childhood programs. “The NAEYC Accreditation system raises the bar for preschools, child care centers, and other early childhood programs,” said Mark Ginsberg, executive director of NAEYC. “The UW Early Care and Education Center’s NAEYC Accreditation is a sign they are a leader in a national effort to invest in high-quality early childhood education, and to help give all children a better start.”
RECOGNIZING EXCELLENCE

Kari Morgan was selected for an Outstanding Advisor Award from the college and was a nominee for both the Lawrence Meeboer Outstanding Teacher Award and the United States Department of Agriculture Excellence in College and University Teaching Award. Congratulations Kari!

Graduating senior and dietetics major Anna D’Hooge presented Mike Liebman with one of Mortar Board’s Top Prof awards in Fall 2009 and Mona Gupton with a Tip of the Cap Award, also from Mortar Board, in Spring 2010.

Randy Weigel and Rhonda Shipp won the Pearson GITE Excellence in Online Teaching Award for their team efforts in FCSC 4117/5117 Understanding Community Leadership.

Office Assistant Senior Trish Hysong was selected as one of three university employees to receive the 2010 UW Staff Incentive Award.

Suzy Pelican was nominated for the Society for Nutrition Education’s Helen Denning Ullrich Award of Excellence.

On April 22, faculty presented the following students with special recognition awards for their academic performance as well as contributions to the department and university communities:

- Outstanding Freshman—Becky Watson
- Outstanding Sophomore—Katlyn Thomas
- Outstanding Juniors—Skye Murphy and Grace Shearrer
- Outstanding Seniors—Tanya Halliday, Nikki Ramer and Barbara Woontner
- Outstanding Distance Student—Melissa Lundin
- Outstanding Graduate Students—Gina Casper, Michaella Kaszuba, and Jessica Schueler
- Phoenix Award—Miriam Cooper
- Verna J. Hitchcock Award for Outstanding Overall Family and Consumer Sciences Student—Anna D’Hooge

This spring a new award was created—the Student Ambassador Award—to recognize outstanding performance in the area of promoting the department in a positive light. The first recipient of the award is Natalie Ferguson.

Each year department faculty select an outstanding graduating senior to receive an honor book at the Gamma Sigma Delta honor society event. Students are chosen for their high standards of scholarship and worthy achievements as well as excellence in practice within their field of study. The 2010 honor book recipient was Anna D’Hooge.

HEALTH AND RURAL FAMILIES

Kari Morgan has begun working on a new research project, Rural Families Speak about Health. This is a multi-state project, and information will be collected from rural, low income women, in Wyoming and 14 other states. Rural Families Speak about Health will examine a range of factors at the individual, family, community, and policy-level that affect the mental and physical health of low-income rural families. The results of this study will be used to inform researchers, policy makers, and others about the unique health related issues facing rural families.

Have you considered making a donation to the department or college? Alumni and donor support benefits students and faculty by providing funds for scholarships, equipment, international travel, and professional development. If you would like to speak with someone about making such a gift, please contact our liaison to UW Foundation, Major Gifts Officer Stephanie Anesi at 307-766-3078 or 307-766-1800 or sanesi@uwyo.edu.
Visit our webpage
www.uwyo.edu/family
email us
fam-consci@uwyo.edu
or give us a call
307-766-4145

Our mission is to strengthen families and communities with an emphasis on rural environments. We recognize that societies are increasingly dynamic and interdependent. Therefore, we aspire to fulfill our mission through instructional, research, and outreach/extension efforts that challenge, motivate, and inspire learners and educators to be effective personal and professional contributors within this global arena.

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