Kinesiology and Health welcomed assistant professor of public health, Christine M. Porter, to our Division in fall 2010. As of April 1, Professor Porter is leading a $5-million, multi-state project to build community food systems that nourish populations in both current and future generations.

This five-year initiative is called “Food Dignity: Action Research on Engaging Food Insecure Communities and Universities in Building Sustainable Community Food Systems.” Food Dignity is funded by the United States Department of Agriculture’s (USDA) Agriculture and Food Research Initiative (AFRI) Competitive Grant program. This is the largest USDA grant the university has received, says Bill Gern, UW vice president for research and economic development. Porter’s project has three facets: extension, research and education.

The project’s extension portion includes five community food initiatives. Each will create a local steering committee to disperse small grants that invest in citizen solutions to their own food system issues.

Two of the initiatives are in Wyoming—Gayle Woodsum of Action Resources International is organizing the Albany County project and Dr. Virginia Sutter of Blue Mountain Associates, Inc. will lead the Wind River Indian Reservation initiative. The others are Dig Deep Farms and Produce in Alameda County, Calif.; Whole Community Project of Cornell Cooperative Extension in Tompkins County, N.Y.; and East New York Farms! in Brooklyn, N.Y.

The research focuses on developing case studies of what each community has already done and during the next five years will make clear what factors influence their successes and failures as they work to create sustainable community food

Continued on page 2
systems that provide ample and appropriate food for all, Porter says.

The education portion aims to create new cross-disciplinary undergraduate minors in sustainable food systems to prepare UW and Cornell University graduates to engage in this work. In Laramie, this will probably take the form of a concentration within a general sustainability minor. Porter believes that, “through this work, UW is poised to become a leader in this new but booming arena of food system research, action, and education.”

Porter is offering a related course this fall—Food, Health and Justice. The course will map how current food systems affect health and equity in health. It will also assess practiced and potential strategies for creating alternative food systems that aim to support health and equity, particularly in US communities.

She says the project comes at a crucial time in today’s economy. “We are close to peak oil and peak soil, are enduring the greatest wealth and income inequality in decades, and somewhat ironically, face soaring rates of both food insecurity and obesity,” Porter says. While there is no single cure-all for these problems, Porter and her team view community food system development as a core part of the solution.

“We’ll never compete with China in making plastic buckets or tennis shoes,” she says, “But we can grow, process, and sell our own food. The more we localize food systems, the more local jobs we create and the fresher our food is when it reaches our plates.”

Research shows that medium-sized producers are more productive than industrial-scale farms and also tend to be more attentive to ecological and community sustainability.

While finishing her doctoral degree work, Porter says AFRI had a call for proposals to foster food security and local economic development through a blend of research, extension, and education. That pushed her to “dream bigger than I ever would have before dared.” She assembled a team of more than two dozen top-notch community food practitioners and UW and Cornell University representatives for the “Food Dignity” proposal.

In addition to Porter, several others in K&H are working on the project, including graduate student Peggy McCrackin and two new employees: program coordinator

Leslie Darnall, a graduate of UW’s Communication and Journalism Department, and research assistant Cheryl Geiger, who received her master’s degree from UW’s Department of Agriculture and Applied Economics. Many other UW faculty, staff and students are involved in the project, including Urszula Norton, Kent Becker, Bill Gribb, Cole Ehmke, Deborah Paulson, and Jill Lovato.

For more information about Food Dignity, contact Leslie Darnall at (307) 766-2141, email ldarnall@uwyo.edu or visit the website at www.fooddignity.org.
BEV (LOHMANN) GOSSETT RETIRES AFTER 18 YEARS

A
fter 18 years in the Division of Kinesiology and Health, office assistant Bev (Lohmann) Gossett faced the difficult decision of whether to continue working or to retire. In the end, retirement won out, but it wasn’t an easy decision because of how much she enjoyed the job and how dedicated she was to the Division. Bev knew she would miss her daily interactions with students and faculty. However, Bev wished to spend more time with her husband, children and grandchildren and we certainly can’t blame her.

The faculty and students have always appreciated Bev’s willingness to lend a helping hand and the interest she showed in her work and our Division. As Division director Mark Byra notes, “Bev was a wonderful office assistant! I will miss her kindness, work ethic, love for life, and of course those early morning ‘sport briefs’ about the Wyoming Cowgirls and Cowboys and her beloved Denver Broncos.” Everyone in the Division will miss Bev dearly. We wish her the best throughout her years of retirement!

M.S. DEGREE GRADS

Congratulations to the nine students who are graduating with their M.S. Degree in Kinesiology and Health:

ETHAN GATO
Chair/advisor: Mark Byra, Member: Gary Werhonig

JILL KITTINGER
Chair/advisor: Tami Benham-Deal, Member: Jayne Jenkins

ALISHA MAY
Chair/advisor: Tami Benham-Deal, Member: Jayne Jenkins

YONG PRATT
Chair/advisor: Mark Byra, Member: Tami Benham-Deal

BETH SANCHEZ
Chair/advisor: Mark Byra, Member: Tristan Wallhead

JAMIE SCARCLIFF
Chair/advisor: Tristan Wallhead, Member: Mark Byra

MEGAN SEXTON
Chair/advisor: Derek Smith, Member: Christine Porter

CHRIS SUNDBERG
Chair/advisor: Matt Bundle, Member: Derek Smith

ED WAGGY
Chair/advisor: Paul Thomas, Member: Derek Smith

THANK YOU, DONORS!

The Division of Kinesiology and Health would like to thank the following donors for their contributions. Donations have been used to support academic scholarships for undergraduates, student travel to professional conferences, and the purchase of equipment for teaching undergraduate and graduate courses. Thanks to donors who have contributed between March 2009 and the present:

Mr. and Mrs. Joseph S. Benson
Mrs. Mary Lou Bishop
Mr. and Mrs. Peter M. Buonomo
Ms. Donna L. Briggs
Dr. and Mrs. Mark T. Byra
Mr. and Mrs. Tanislado Garcia
Mr. Cody M. Hansen
Dr. Donna R. Marburger
Dr. and Mrs. Bryan A. McCullick
Lyman and Margie McDonald
Dr. and Mrs. Eric M. Mundt
Dr. and Mrs. Bruce J. Noble
Ms. Susan Nutty
Mr. and Mrs. Daniel M. Quinn
Dr. and Mrs. Albert H. Roth
Ms. Jeneane Schlothauer
Mr. and Mrs. Edgar B. Smith
Mr. and Mrs. John W. Walker
Bill and Flewellyn Wilson
Some students in the Kinesiology and Health program are taking their education to the next level by studying abroad. For example, Tyler Renner recently studied in Argentina, Amber Savage is about to return from a semester in South Africa, and Gisele Dias de Oliveira spent the December break working in Jamaica. Though these students have varied interests, they all wished to challenge themselves, getting out of their comfort zones and experiencing the world outside their normal perspective.

Tyler Renner, now a junior, studied in Argentina at the University of Belgrano for five months in the fall of 2010. Tyler double majors in K&H and Spanish. He decided to travel to Argentina to enhance his Spanish and further his education. His favorite parts of the experience were living with his host family and traveling on the weekends. Although he focused on his Spanish skills, he quickly realized that public health is an important issue no matter where you live. He noticed that smoking was a normal behavior in Argentina, which also caused many passers-by to suffer from the effects of second-hand smoke. Tyler noted that while Argentineans have lower obesity rates than Americans, their health still suffers because of smoking. From this experience, Tyler also noticed that “the American influence is everywhere.”

Amber Savage, also a junior, has been studying at the University of the Western Cape in Cape Town, South Africa for the spring 2011 semester. Amber took part in this experience to challenge herself and to expand her knowledge of the public health field in preparation for later pursuing a master’s degree in public health. She says, “I wanted to gain a new perspective on life from the viewpoint of a people so unlike everyone I know at home. Since I’ve arrived here, I’ve been asked countless times what my expectations are, and each time I give the same answer: I expect to be humbled.” Someday, Amber plans to be involved directly with emergency and disaster management, and this experience has enlightened her on just how much work there is to be done in this area. She has been inspired by seeing the impact of the changes made by Nelson Mandela, saying that “throughout the country, there is an attitude of forgiveness, understanding, compassion and hard work.” Amber believes that kinesiology and health is an area where studying abroad is incredibly beneficial, because it allows you to see health and the medical field in a different light while experiencing fun activities related to new cultures and getting to visit a destination of your choice.
Gisele Dias de Oliveira is a first-year graduate student from Brazil. For her, studying abroad means attending the University of Wyoming. During her time in Laramie, she has taken advantage of opportunities to explore beyond Wyoming. Over Christmas break, Gisele got involved with the Volunteer Service Center and traveled to volunteer in Jamaica. There, Gisele was excited about helping out wherever she could, especially in the schools. She was outraged by the lack of materials and choices the young kids she met were given to further their education. She says that, “there were more than 50 little ones in each class for one teacher. The desks that they have now were donated from Indiana University, because three years ago they didn’t have chairs or desks to sit down and learn. They don’t have enough pens, pencils, and even notebooks. They have one little ball to play soccer and that is it. If they want to run, they will do it, without shoes! Sometimes there is not enough food for all the kids.” After seeing the poor educational resources in Jamaica, Gisele became the president of Education without Borders, a new group on campus. Gisele says, “It doesn’t matter where you come from, education is always the most important thing. Nobody can take that from you!” Gisele’s commitment to education is evident in her continual struggle to find new learning opportunities, both for herself and others.

All three of these K&H students highly recommend participating in international programs. Visit the UW International Programs Office for information on how to get involved in programs like the Kenya Summer Study Abroad Program. Also, the UW Center for Volunteer Service offers Alternative Spring Break options and the program Gisele enjoyed. The K&H program has many great experiences and courses available for students, but sometimes going above and beyond the walls of our institution can dramatically enhance our learning and capacity to be effective later in our professional and community work.
K&H ACCOMPLISHMENTS FALL 2010–SPRING 2011

FACULTY

Published four research papers in scholarly journals.
Presented 19 papers at conferences.
Received $5,073,550 in grants and contracts, including $76,022 from university sources and Dr. Christine Porter’s $4,983,478 grant from the USDA Agriculture and Food Research Initiative.

Dr. Tristan Wallhead has a chapter being published in Sport Education: International Perspectives.

Dr. Paul Thomas received a Distinguished Visiting Professor Award from the Medical Research Council of South Africa for the fall 2010 semester during his visiting professorship at the Hatter Cardiovascular Research Institute, Cape Town Medical School, South Africa. The award included an honorarium of 22,800 Rand (approximately $3,000).

Lecturers Marci Smith and Gary Werhousig were recognized by the University of Wyoming Cap and Gown Chapter of Mortar Board as “Distinguished University Faculty Members” for their exceptional contributions to the University of Wyoming and inspiration to students in fall 2010.

Dr. Christine Porter has been selected as a participant at the Dannon Institute’s 2011 Nutrition Leadership Institute for “outstanding nutritional scientists at an early stage of their careers.”

STUDENT ACHIEVEMENTS

Nicole Strom has been elected as the Student Representative to the Rocky Mountain Chapter of the American College of Sports Medicine; she will serve a 2-year term. Nicole also received the Outstanding K&H Senior Award.

Tyler Gifford, Katie Donahue, Cary Lawson, and Logan Wright were each awarded a Paul Stock Foundation Health Sciences Scholarship.

Jamie Huston received the Outstanding PHET Senior Award.

Sydney Ezell received the 2011 Willena Stanford Commitment to Diversity Award.

Dallas Fields and Stephanie Kirby were recognized as the Wyoming Alliance for Health, Physical Education, Recreation, and Dance (WAHPERD) Students of the Year.

Christa Munari, Angela Chambers, and Brady Goyn each received the Division’s Floyd Hart Memorial Scholarship.

Josiah Black, Sarah Majdic, Sarah Melendez, and Dana Seth each received K&H Foundation Scholarships.

Megan Patterson received the Emily J. Smith Memorial Scholarship for female PHET students.

Eric Urlacher received the John Corbett Scholarship for PHET students.

Chris Strampe, Chris Wagner, and Scott Weliever each received the Marburger-Thouin-Campbell Scholarship for PHET students.

Charli Youngberg received the Pax Ricketts Scholarship for PHET students. Charli also was awarded a National Science Foundation EPSCoR Undergraduate Research Fellowship for summer 2011 ($3,500). Dr. Tristan Wallhead will be supervising her work.

Todd Mirich was awarded a College of Health Sciences National Institutes of Health INBRE undergraduate research fellowship for spring 2011 ($750). Dr. Qin (Arthur) Zhu will be supervising his work.

Graduate student Megan Sexton received a College of Health Sciences Travel Grant Award for $750. She presented a poster at the Sports Cardiovascular and Wellness Nutrition conference in Chicago, Ill., in March 2011.

Graduate student Shaun Rockey received the Vernon Gale Scholarship for K&H graduate students.

Graduate student Peggy McCrackin received a College of Health Sciences Research Grant Award for $1,000 toward her study titled “Collaborative Gardening: Testing the Impact of Mini-grants on Generating Project Action.” Peggy also received the College’s Gordon S. and Charlott Myers Health Sciences Scholarship.

ADMISSION TO GRADUATE AND PROFESSIONAL SCHOOLS

Nicole Strom, master’s degree program in the Division of Kinesiology and Health, University of Wyoming.

Abbigail Dotson, physical therapy program at Texas Women’s University at Houston.

Greg Miller, Doctor of Pharmacy program at the University of Wyoming’s School of Pharmacy.

Tysen Trujillo, University of Colorado Denver Medical School.

Caitlin Ann Hudak, School of Occupational Therapy, University of Florida, Gainesville.

Megan Sexton, dietetics internship with the Sanford Center for Disease & Disabilities through the University of South Dakota.

Andrea Frary, physical therapy program at the University of Nebraska Medical Center in Omaha, NE.

Lindsay Hadlock, exercise science graduate program at South Dakota State University.

Andrea Basse, physical therapy program at Eastern Washington University in Spokane, WA.

Nicholas Johnson, physical therapy program at the Rocky Mountain University of Health Professions.

Lindsey Fuller, exercise physiology graduate program at the University of Northern Colorado.

Jennifer Jo Reif, physical therapy program at Pacific University.

TEACHING POSITIONS

Charli Youngberg has accepted a teaching position in high school physical education in Powell, WY.

Dylan Bear has accepted a teaching position in elementary physical education in Rock Springs, WY.
GIVING BACK TO WYOMING

Over the years, many of our Kinesiology and Health students have made the decision to continue to live and work in Wyoming after graduation. Many, like the two men featured here, are highly satisfied with their final decision to stay in Wyoming, work in a familiar community, and give back to those who provided them with their initial support and success.

Mark Elliott and Corey Hamrick are two UW K&H Physical Education Teacher Education (PHET) graduates who have taken the opportunity to give back to Wyoming by pursuing careers in Sheridan. Corey teaches individual and team activities, weightlifting, and advanced PE at Sheridan High School. Mark teaches PE, weightlifting, and adaptive physical education. They take turns serving as department head, rotating every two years. Neither could think of a better way to give back to the state that helped them get where they are than to offer their skills to locals.

A true Wyoming kid, Corey was born and raised in Wheatland and received both his bachelor's (1999) and master's (2001) degrees from the University of Wyoming. Corey says that Wyoming “is a place where people are closely knit and willing to help each other out.” He realized very quickly that it is easier to establish yourself in an environment where you know people. Corey wrestled for Wyoming throughout college, and even received the Admiral S. Land Award for outstanding senior athlete. His job has given him the opportunity to use this wealth of experience to coach high school and junior high wrestling, and he has served as the head junior high coach for the past two years. He feels that UW contributed greatly to his success in teaching. Corey believes that the most helpful thing he learned is “the ability to evaluate [his] teaching and learn how

Continued on page 8

DONATING TO KINESIOLOGY & HEALTH

Name _____________________________________________________________________________________________________________

Address ____________________________________________________________________________________________________________

City _________________________________________________________________ State ________________ Zip ____________________

Preferred email address ______________________________________________________________________________________________

Please accept my/our gift to the Division of Kinesiology & Health fund in the amount of:

☐ $50         ☐ $100         ☐ $200         ☐ $500         ☐ $1,000         ☐ Other $ ____________________________________________

I/we would like to make my/our gift in the form of:

Online: Make a payment using our secure server: www.uwyo.edu/giveonline

Phone: Please call the UW Foundation during normal business hours: (307) 766-6300 or (888) 831-7795

Mail: Return this card with your donation in an envelope to the address below. Please make check payable to the University of Wyoming Foundation

☐ Yes, please send me information about planned giving (wills, trusts, etc.)

☐ Yes, UW is named in my will.

☐ Yes, my company matches my gifts. I have included a form from my company.

Your gift is tax deductible as provided by law.

Please mail form to: University of Wyoming Foundation, 1200 East University Avenue, Laramie, WY 82070

Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, veteran status, sexual orientation, or political belief.
to make it better all the time.” He credits this ability
to classes like Analysis and Supervision of Teaching,
which he took with Professor Jayne Jenkins, and also
to his responsibilities as a graduate assistant, when he
supervised Lab 2 and Lab 3 students. He maintains great
relationships with his past professors, who he calls “great
people and great educators,” and believes that UW
continues to contribute to his teaching skills every time
that he supervises a student teacher. “They are so well
prepared,” Hamrick says. “I learn something each time.”

Mark’s perspective is very similar to Corey’s. Born in
Casper and raised in Pinedale, he claims that “leaving
Wyoming was never an option,” and agrees that he
couldn’t have picked a better place to pursue his career
and carry out his future. Mark, who received his bachelor’s
degree with K&H in 1994 and his master’s degree in
Sports Management online from the United States Sports
Academy in 2009, felt well prepared to teach on his
own because of the opportunities he was given in UW’s
PHET program. He knows that individuals coming out
of the program are all experiencing the same privileges.
He says that the student teachers from UW are regularly
more prepared than those from other schools. In his
own experience, he believes that teaching labs were the
most important part of this preparation. He says that
“nothing is more important than hands-on experience
under a trained, watchful eye.” Mark was a four-sport
athlete in high school and was a linebacker for UW’s
football team from 1990–1992. Like Corey, he has also
been able to use his experience in sports to coach. Mark
has coached eight years of varsity football, ten years of
varsity girls’ basketball, and five years of varsity track
at Sheridan High School, and currently coaches junior
high football. Mark feels “extremely lucky” to teach and
coach in Sheridan, and says that he looks forward to
work every morning.

PHET Professor Jayne Jenkins had the privilege of
teaching Corey during his graduate studies and of
working with Mark to deliver a supervision workshop to
Sheridan physical educators. She says, “Mark and Corey
demonstrate the ultimate of professionalism in physical
education. They love teaching so much that they don’t
want to be parted from their own students every year.
They are truly dedicated to teaching physical education
to all children.”

Professor Jenkins believes that the PE teacher
training program here at UW is ideal. Mark attributes
working every day with other UW PHET graduates
with much of his job satisfaction, and is encouraged by
having co-workers and friends who were trained to work
under the same philosophies. Working locally has been
an important and gratifying decision for these men, and
conversely, it is important and gratifying for the state
of Wyoming as a whole to benefit from the success and
passion of people raised within our borders and educated
within K&H.