

A Variety of Professional Development Seminars Offered to EHHD Staff



Melis Edwards, Tiphani Lynn, Michelle Deitsch, and Sara King at the tryptophan fan workshop.

Staff in the College of EHHD attended a series of professional development seminars this fall, designed to offer information on a variety of topics. Dean Larry Baker believes that the college is the only one on campus offering this kind of service to classified and professional staff. HR Operations Manager Sara King, along with Melis Edwards, program assistant, has gathered ideas from the staff for topics, and organized the workshops based on feedback. King also extended an invitation to human resources managers in other colleges for their staffs to attend.

The first workshop was titled “Are You a Tryptophan Fan?” and was presented by Tiphani Lynn, a cell biology and neuroscience major, and Michelle Deitsch, a dietetics major. Based on her research, Lynn focused on how a lack of certain chemicals in the body can contribute to mental

health. Lack of sufficient chemicals such as melatonin, Vitamin D, serotonin, and tryptophan can all cause health issues ranging from depression to sleep disorders to seasonal affective disorder. Deitsch shared information on foods such as bananas, oats, grains, dark chocolate, and dairy products, which contain these chemicals. She said “it’s about whole foods, not processed foods.”

The second workshop was a lively MSU Policy and Procedures Jeopardy game. Sara King approached Business Services, the Office of Sponsored Programs, HR, and HR/Affirmative Action for the five policy/procedural items they thought most important for employees to know. Prizes were awarded throughout the game by Lynn Marlow, and the end result was a tie between the two EHHD staff teams.

At the most recent workshop, which included a staff lunch at the SUB, King and Scott Davis, associate professor in technology education, shared information on “21st Century Technology in the Workplace.” King said as digital participation and technologies have become more affordable for all, the demand has increased dramatically and poses challenges from a human resources’ perspective. Davis reviewed the Montana University System’s policies and procedures for employees in the workplace. He cited examples from his experience and those of colleagues to illustrate policies.

King said there are more professional development opportunities confirmed for the coming months, with a focus on computer programs like Word, Excel, and Power Point. In addition, a sequel to “Are You a Tryptophan Fan,” another luncheon, and a contemporary look at time management are in the pipeline for spring semester.

“It’s exhilarating to experience such enthusiasm for professional development. Our employees offer rich input about their needs and preferences. Working with them, and teaming up with Melis, Lynn, and students in seeking new perspectives on some traditional trainings (for example, stress management, policy and procedure) is a very exciting and gratifying aspect of my job,” King said.



Elizabeth Bird “buzzes” in with the answer to a Jeopardy question.



Havana Dreaming

In October, Priscilla Lund, associate professor in art education, experienced a once-in-a-lifetime opportunity to travel with a group of art educators to Cuba. The National Art Education Association invited selected members and organized the delegation with the goal of comparing art's role in the education system in Cuba and the United States.

Lund, who had always wanted to travel to Cuba, said because the tour was only five days, it was "very scripted and very supervised."

"There was something every minute from morning till night," said Lund.

While they only visited Havana, the delegation of 25 educators toured many historical sites, visited the Arts Academy, schools, and the university, and spent time with Cuban folk artists in their studios. During school visits, the group saw how art instruction and arts education was "embedded in the curriculum."

"The arts are used to strengthen and solidify their cultural identity," Lund said about Cuban people. "There are cultural centers, like our Emerson Center, in every neighborhood."

Lund was most interested in the after school arts programs in Cuba and is interested in how that idea can be used in after school programs in the U.S.



Priscilla Lund sits by a statue of Polish composer Frederic Chopin, which was installed last year to celebrate his 200th birthday, in the Plaza of St. Francis of Assisi in Havana.

SFBS

Students Present Research



Two sustainable foods and bioenergy system majors presented their research at the November SFBS seminar held in Reid Hall. Jonathan Hockett, a senior from Dillon, Mont., gave a presentation on "Agritourism," a niche market that brings visitors to a farm or ranch. Examples of agritourism include farm stays, corn mazes, petting zoos, and U-pick farms. Hockett said agritourism allows a hands-on connection to food, benefits the local food system, and creates a community.

Tim Reusch, a senior from Grand Rapids, Mich., presented his research on "Food Production in Cities." He began his presentation with a history of food production from hunters and gathers to the large scale production of today. Because of several current problems in food production—explosive population growth, extreme changes in weather, and reliance on fossil fuels—Reusch says we need to find solutions. He cited hydroponics, the use of large indoors environmentally controlled settings somewhat like greenhouses, as a possible solution. Several cities in the U.S. already have hydroponic facilities, and Reusch was able to intern at one in Indianapolis this past summer. After graduation, Reusch will be working at Disney's Epcot Center in Florida as a plant science intern in hydroponics.



Tim Reusch and John Hockett shared their research at the November SFBS seminar.

Byker Presents Research on Head Start Study



Carmen Byker, assistant professor in food and nutrition, presented her research at the Health and Human Development research seminar in November. The presentation, "Fresh Produce, Fresh Start," centered on Byker's research designed to address rural food access with 51 Head Start families in Virginia. Participating families enrolled in a 16 week study, where eight of the weeks consisted of a program that provided them with fresh produce and recipes for dishes under \$5.00 and under 30 minutes preparation time. Post study, Byker did find that dietary intake of fresh produce increased by 2.5 servings per day, and families spent more of their income on healthier food. Parents reported they liked trying new foods, and the Head Start children liked taking produce home "to help feed their families." Following the program, the Head Start program planted a garden for the children and is strategizing with the community for ways to continue the program.

Heil Is Guest Speaker at Ski Festival

At the annual West Yellowstone Ski Festival over Thanksgiving weekend, Dan Heil, professor in health and human performance, presented a lecture on "The Competitive Edge." The presentation focused on master skiers and issues related to aging, such as training strategies, nutrition, and physiology. Heil said the five-day event is the "biggest grouping of Nordic ski enthusiasts in North America" and has been attracting skiers for over 30 years. It hosts elite level skiers, many of whom are training for the Olympics, as well as the top junior skiers in the country.



Dan Heil in West Yellowstone after a morning of skiing.

Students Hold Sales for Worthy Causes



Two EHHM organizations held fundraisers in December to raise money for community projects and scholarships. Phi Upsilon Omicron (Phi U), a family and consumer sciences honorary society, held a bake sale of homemade goodies to raise money to rebuild a school in Haiti, to contribute to a program at Bozeman High School, and to fund a career conference for EHHM majors in March.

Lidia Haughey's senior capstone manufacturing class in technology education sold laser engraved 16 ounce glasses to raise money for scholarships for future students. The students designed seven images which included the Bobcat logo, the M trail, a snowboarder, and a fly fisherman.



New to EHHD



Carey Rogers (L) and family.

Carey Rogers joined Testing Services in Reid Hall as a part-time program assistant on November 30. Rogers' duties include admitting candidates for testing, monitoring testers, and helping administer national tests such as the GRE, CLEP, and Pearson Vue tests.

Rogers is not new to MSU as she worked in the Registrar's Office in 2006 and is currently taking classes at MSU in health and human performance.

In 1999, she and her family moved to Montana from Michigan to work in Big Sky, where Rogers worked in guest services at the Rainbow Ranch and the Big EZ Lodge. Before moving to Montana, Rogers trained sport dogs and scent dogs for 15 years and offered classes in behavior modification for pet dogs.

She and her husband, who now owns a property security, maintenance and light construction company in Big Sky, have a daughter attending MSU majoring in film. Rogers likes to stay fit by running 5 K races, biking, swimming, and hiking.



Meet our College ASMSU Student Senators



Beginning fall of 2011, the ASMSU Senate reorganized to include student representatives from each college for the first time. Representing the interests of EHHD students are Jill McLaughlin, Abbie Bandstra, and Brian Murakami. McLaughlin is a junior from Harlowton, Mont., and is majoring in food and nutrition, dietetics option. She wanted to be more involved on campus and felt serving on the senate was a good way to make a difference. She wants to serve as a liaison and find ways to engage more students in EHHD. Bandstra, a senior in English education from Livingston, Mont., said she wanted to represent education students. A lot of what she is learning in education classes is about supporting students. Bandstra said education students have good input from their bonds with the community, and she wanted to strengthen the bond by serving on the senate. Brian Murakami, a senior majoring in elementary education, has been actively involved in many activities on campus, including Advocats, Sigma Nu fraternity, and orientation leaders. To see photos of and to read more about our senators, go to <http://www.montana.edu/asmsu/education.html>

