

NEWS FROM EXTENSION

In collaboration with the College of Nursing, **Lynn Paul**, extension food and nutrition specialist, presented a webinar, “Small Steps to Healthy and Tasty Eating,” as part of the Health Enhancement for Rural Elderly project. The presentation broadcast to rural sites in eastern Montana and focused on the power of nutrition and strategies for successfully making healthy changes.



Did you know that the MSU Extension Housing and Environmental program has been a training center with the state of Montana and the US Department of Energy since 1991? **Mike Vogel** says that extension also works with the National Community Action Foundation and Exxon/Mobil to provide national weatherization training. To help with weatherization awareness, the Weatherization Center at MSU has developed WXTV, a weekly 40-45 minute awareness program dealing with all aspects of weatherization—technical, management, innovation and green work force. These episodes are produced in the Weatherization Center and can be viewed at www.weatherization.org/wxtv.

Vogel and the Weatherization Center were also featured in the *Bozeman Daily Chronicle* last week. The Center is training and certifying contractors to work with safely removing lead-based paint. Read more at http://www.bozemandailychronicle.com/news/article_3f48b49e-4f3b-11df-ab6b-001cc4c03286.html

MONTANA’S FIRST LADY SHARES HER INTEREST IN SCIENCE AND MATH

The First Lady of Montana Nancy Schweitzer met with **Dr. Larry Baker**, President Waded Cruzado, and five College of EHHD students on April 9 to discuss



her personal initiative — science and math education. She said both she and the governor were very interested in “getting kids to study math

and science in school.” She noted that students seem to “lose interest after the fifth grade” and she is interested in highlighting innovative ways to teach science and math to Montana students. She also talked about her new website <http://www.mathscience.mt.gov/> which was designed to spark interest with trading cards, a listing of fun facts from all areas of science and math. While on campus, Schweitzer also toured the nano-materials lab in the new chemistry building and talked with students in the College of Engineering. Inside this newsletter are short biographies of the five students who met with Schweitzer from the College of EHHD.



EHHD students, President Cruzado, and Dean Larry Baker discuss education with Nancy Schweitzer and Jan Lombardi from the Governor’s Office.



Samantha Robbins is originally from Sedalia, Colorado, but has made Montana her home for the past 13 years. She will be graduating from MSU this May with a Master's in Nutrition and Sustainable Food Systems. After completing her dietetic internship, she hopes to work on innovative ways to increase Montanan's access to healthy food.



Rebecca Croghan is in her final undergraduate semester studying early childhood education. Born and raised in Bozeman, she enjoys all the area has to offer, including all the amazing outdoor opportunities. At MSU, she has been involved with research and the organization of social justice activities, and has spent many hours volunteering with children. During her schooling, she has become interested in education and social policy and will enter graduate school in the fall at the University of Washington to obtain a Master's of Public Administration.



Senior **Amber Stacy** is majoring in family and consumer sciences education and teaches a 4-H foods project that is offered to all youth in Gallatin County. She is currently working with several faculty members and professionals around the state to build a school in Haiti. She said the project, called the Montay Community Partnership, offers MSU students and faculty the opportunity for service learning on campus, as well as in Haiti.



Garret Oksness has lived in Montana since he was five -years-old and is an avid outdoor enthusiast. As a future teacher, Garret hopes to encourage his students to utilize the natural resources the "treasure state" has to offer. He is a senior majoring in general science broadfield.



William Mendoza from Pine Ridge, S.D., is in the Master's of Education program, working on a graduate degree in educational leadership. He is currently doing an internship at Monforton School in Gallatin County.



Kendra Harris models the new culinary aprons for the Foods Lab in Herrick Hall.

FUNCTIONAL FOODS LUNCH

Students in **Melody Anacker's** Culinary Fundamentals class (HDFN 227) hosted an open house in March that featured "nature's functional foods," which are the natural nutrients found in many spices and foods. In addition to preparing the dish, students also researched and wrote a paper on the health benefits of phytonutrients and anti-oxidants found mainly in fruits and vegetables. **Hamilton Lynn**, a junior in sustainable foods from Bozeman, said capsaicin is a compound found in peppers. Besides helping with osteoarthritis, it is also found in drugs for migraine headaches and is an ingredient in Bengay. Nutrition graduate students **Katie Desin** from Billings is the lab instructor for the class and **Amy Hartz** from Butte helped with the lunch.



MARCH SEMINAR SERIES FOCUSES ON SUSTAINABLE FOODS DEGREE

The March HHD Seminar series focused on "Sustainable Foods and Bioenergy Systems: Interdisciplinary Education at MSU." Presenters were **Alison Harmon**, assistant professor in food and nutrition, Bill Dyer, professor in plant sciences and plant pathology, and Bruce Maxwell, professor in land resources and environmental sciences. The three shared information on the history of the new sustainable foods degree program, which began about four years ago and currently has 45 students enrolled. Its approach is interdisciplinary, hands-on, field based, and encourages systems thinking. The purpose of the degree is to attract students to food and agriculture programs, to train students for new job opportunities, and to develop graduates who can understand systems. In addition to a core set of classes and a senior level internship, the students also have hands-on experience at Towne's Harvest Garden located west of the MSU campus. This summer 22 student interns will be growing and marketing produce at the farm.

IS FIELD TURF BETTER THAN GRASS?

At the invitation of the Texas High School Athletic Directors Association, **Michael Meyers**, adjunct professor in sports physiology, presented a lecture on "Turf Versus Grass: Recent Developments in Injury Research" at the annual conference in San Antonio, Texas. Meyers has conducted injury research over a three-year period on college student-athletes and a five-year study on high school athletes. His findings consistently show that playing on Field Turf reduced serious head injuries and knee trauma for the college level athlete. "Field Turf is in many cases safer than natural grass," Meyers stated. His research appears in this month's *American Journal of Sports Medicine*. For a video on the research, click on <http://www.fieldturf.com/media/college-football-injury-study-fieldturf-grass/>

DELICIOUS, HEALTHY DINNERS FROM NUTRITION STUDENTS

Over the past two months, students in **Alison Harmon's** Culinary Management class have hosted a series of dinners, inviting guests from across the campus. The theme of the March 29 dinner emphasized a vegan diet, which has no animal products of any kind, not even dairy or honey. Students prepared a vegan meal of hummus with baked pita bread, Mediterranean salad with vegan feta, mushroom pea risotto with grilled tofu, and cherry sorbet. After the meal, students explained the health benefits of a vegan diet—lower cardiovascular disease, lower cancer risks, and lower rates of diabetes. Other dinners included one for diabetics, one that is high in omega-3 fatty acids, and an example of the Paleolithic diet—the diet of our early ancestors with no processed food or refined sugars.



Above: Dana Black and Lindsay Berg prepare a vegan dinner.



Right: Susan Fraser from the President's Office waits with Alison Harmon and Katie Bark for dinner to be served.

EHHD STUDENTS HONORED WITH WOMEN'S CENTER AWARDS

“It's not enough to survive, it's imperative to thrive,” President Waded Cruzado told the 15 recipients of the MSU Women's Center 2010 Student Achievement Awards. The students were recognized at the 18th annual awards reception in March for their hard work, leadership, and community service. Four of the 15 students are in the College of EHHD: **Danielle Barth** (Family and Consumer Science); **Kelsey Endinger** (exercise science); **Joshua Hemsath** (community health); and **Allison Jones** (K-12 health enhancement/elementary education).



L to R: Allison Jones, Kelsey Endinger, Joshua Hemsath, and Danielle Barth at the Achievement Awards reception hosted by the MSU Women's Center

THREE FROM HHD NOMINATED FOR EMPLOYEE RECOGNITION

Congratulations to **Deborah Albin**, administrative associate for extension, **Elizabeth Bird**, project development and grants specialist, and **Mary Stein**, nutrition education specialist and program leader for sustainable foods and bioenergy systems, for being nominated from the Department of Health and Human Development for the 2010 Employee Recognition Awards. Sixty MSU employees were nominated and recognized at the 21st annual reception in April in the SUB Ballroom. From these 60, five employees were selected as the winners for 2010.

HHD nominees Deborah Albin and Elizabeth Bird attending the 2010 Employee Recognition reception. Not pictured - Mary Stein



EHHD STUDENTS PRESENT RESEARCH

Several EHHD students presented their research at the annual spring MSU Student Research Celebration in April. Over 175 undergraduate and graduate students participated. EHHD students displaying posters of their research and their topics are: **Rebecca Croghan**, a senior in early childhood education/child services, "To Love, Honor and Obey: Arguments Surrounding the Same-sex Marriage Debate;" **Jessi Peretti**, a senior in food and nutrition, "Food Power: The Availability of Healthy Options for Children in the Gallatin Valley;" **Kelan Stanfill**, a senior in health and human development and Spanish, "Hispanic Outreach with Montana WIC;" and **Scotta Morton**, a graduate student in health promotion and education, "Stress and Coping Strategies in NCAA-DI College Football Athletes."

Jessie Peretti (top) and Kelan Stanfill (L) show their research at the Student Research Celebration.

NPTT STUDENT RECEIVES TWO AWARDS

At the FFA convention on the MSU campus in March, Sheila Schenk, a student in Northern Plains Transition to Teaching program in the Department of Education, received two awards as a new teacher: MAAE (Montana Association of Agriculture Educators) Outstanding Young Members Award and MAAE Teacher Turn the Key Scholarship. The Outstanding Young Member Award is given to a teacher with less than five years of experience and the Turn the Key Scholarship is to allow early career agricultural educators to attend the annual national NAAE convention, giving them the opportunity to become involved in their profession at the national level. Schenk is in her internship year with NPTT, teaching agricultural education at Huntley Project, Mont.