

News from Extension

Lynn Paul, Extension food and nutrition specialist, presented a webinar, "Small Steps to Healthy and Tasty Eating," which was broadcast to rural Health Enhancement for Rural Elderly (HERE) sites around the state and nation. Paul presented strategies for successfully making healthy changes in nutrition.

Michael Vogel, Extension housing and environmental health specialist and professor in the Department of Education, has been appointed by the National Association for State Community Services program to join a select team of eight weatherization experts from across the United States to answer "rapid response" online questions related to weatherization.

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2011 Awards for Excellence

The 29th annual Awards for Excellence banquet honoring MSU's top 40 seniors was held on February 22 at the Strand Union Ballrooms to honor the 2011 Awards for Excellence recipients. This year, the College of EHHD had five recipients, who were recognized for academic achievement, community and campus involvement and service. This year's winners were **Sarah Albertson** (family and consumer sciences) from Middleburg, Fla.; **Graison Gibbs** (elementary education) from Great Falls; **Brian Kessler** (health enhancement K-12/social studies broadfield) from Helena; **Caitlin Weaver** (elementary education) from Bozeman; and **Emily Linker** (community health) from Coffee Creek, Mont.

Each recipient chose a faculty/staff mentor who has been influential in his/her college life. Honorees for this year were **Sandy Osborne**, associate professor in family and consumer sciences (a seven-time recipient); **Ann de Onis**, professor in education (a 17-time recipient); **Nancy Colton**, assistant professor in health enhancement (a seven-time recipient); and **Dawn Tarabochia**, adjunct instructor in community health.

Kerry Hansen, Department of Education alumna and assistant director of the MSU Alumni Association, received the Community Excellence Award for her service to campus and community.

The annual awards are sponsored by the MSU Alumni Association and the Bozeman Area Chamber of Commerce.

2011 Awards
for Excellence
Honorees



Top row left to right: Sandy Osborne, Sarah Albertson, Brian Kessler, Nancy Colton, Jill Thorngren.
Front row: Ann de Onis, Graison Gibbs, Caitlin Weaver, Emily Linker, and Dawn Tarabochia.

Herrick Hall's Foods Lab Gets a New Look

Movin' In Day



Post-doc dietetics students Sky Fredrickson (L) and MacKenzie Stark, both from Polson, Mont., help unpack boxes of dishes, pots and pans.

After several months of renovations, the foods lab in Herrick Hall is once again ready for student use. Faculty, staff and students spent January 28 unpacking boxes and moving back into the newly renovated facility. The lab was last updated in the early 1960s and has

served students and faculty well over the years. However, a few years ago, faculty noted a need for a more state-of-the-art facility, and the Herrick Hall Renaissance Campaign was initiated to raise money to renovate the labs in the building.

There will be a "grand re-opening" to celebrate the completion of several Herrick projects on May 6, in conjunction with commencement weekend and class reunion celebrations.



Lynn Paul helps sort kitchen utensils and equipment.

New Beginnings

On February 3, students in the Culinary Fundamentals lab class were the first to experience working in the newly renovated foods lab on the first floor of Herrick Hall. Instead of the traditional individual kitchen layout, seven work stations now line the walls of the lab and include a handicapped accessible station, an allergy free station, and a commercial station. Lab instructor and graduate teaching assistant Amy Hartz and Marcy Gaston, graduate teaching assistant, had students chopping, dicing, cooking, and preparing fruits and vegetables in a variety of ways to observe the differences of enzymatic oxidative browning.

"Students learned that enzymatic browning can be inhibited by lowering the pH, by the addition of an antioxidant, by immersion in diluted sodium chloride solution or sugar syrup, or by blanching the fruit or vegetable," explained Hartz.

The remodel has been in the works for a number of years, with most of the cost of construction coming from alumni contributions to the Herrick Hall Renaissance Campaign.

"The new kitchen is amazing," said Hartz.



The first class of students tries out the new foods lab.



Leonard's Article Featured in Prestigious Journal

A recent article co-authored by **Mary Leonard**, assistant professor in education, was selected for publication in "Highlights of 2010" by the *CBE—Life Sciences Education* journal. The quarterly online science education journal selects the top articles of the year to publish in the hard copy "Highlights." The article entitled "Nothing in Evolution Makes Sense Except in the Light of DNA" was co-authored with Steven Kalinowski, associate professor of ecology at MSU, and Tessa Andrews, a graduate student in ecology. The article is a collaborative effort based on a three-year, \$150,000 curriculum improvement grant the team received from the National Science Foundation. The grant funds development and evaluation of classroom activities for introductory biology courses that incorporate DNA sequences and conceptual change strategies in teaching natural selection, the scientific theory of how evolution happens. Leonard says many college students have difficulty understanding natural selection or have misconceptions about how natural selection works. By using conceptual change strategies, students are more likely to develop more scientific understandings of natural selection. Using DNA gene sequences to teach evolution can aid in understanding.

"Evolution operates on DNA," said Leonard. "Most college biology textbooks don't show DNA sequences to illustrate evolution. By using gene sequences, we can show students the variability in genes that allows natural selection to happen."

To read the article, go to http://www.lifescied.org/cgi/content/full/9/2/87?maxtoshow=&hit_s=10&RESULTFORMAT=&author1=leonard&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT



Leonard works with science teachers at a workshop.

HHD Student Studies in Guam

After growing up at a church camp on the Boulder River south of Big Timber, Mont., Kallie Chittenden found herself in quite a different environment fall semester as a national exchange student at the University of Guam. The junior majoring in sustainable food systems chose Guam because she wanted experience in tropical agriculture. While she was there, she worked for a professor of agricultural engineering who was interested in setting up sustainable agricultural classes similar to MSU's. Currently, most products are imported due to lack of land, so there is limited agricultural knowledge there.

"I've always been interested in working on a global level with food and nutrition" said Chittenden, "and I'm more drawn to poorer countries."



Chittenden said many people from Guam suffer from malnutrition, mainly because they eat so much fat and fried foods. Her nutrition instructor noted that many people die around age 55 from nutrition related diseases.

"It's a family based culture focused around fiestas," Chittenden said. "They're also influenced by what they see on TV—very Westernized and materialistic. Spam (processed meat) is very big there."

She says the sustainable foods and bioenergy systems degree at MSU deals a lot with policy in sustainable foods and in nutrition. After graduation, Chittenden wants to attend graduate school for a master's in political science. Combining both degrees would allow her to work in national and international policy, possibly with the United Nations or the USDA. Influencing nutritional and agricultural policy would allow her to have a large impact on food systems and promoting sustainability.

HHD Research Seminar



Bethany Letiecq, associate professor in community health, was the presenter at the monthly research seminar in Health and Human Development in February. Letiecq's topic was "The Mental Health of Rural Mexican Migrants in a Non-traditional Receiving Site: Cultural Correlations." Her research, sponsored by a grant from INBRE, explores "whether migrant cultural values provide a mental health buffer within the cultural ecological context." She has found that many Latino migrants to the Gallatin Valley suffer from depression at high rates. Most research on migrants has been in well-established urban hubs, while there is less research in rural, "new destination" areas, like Montana. Letiecq said between 2000 and 2008, the Latino population in Montana grew by 68%, and Gallatin Valley's growth rate was 121%. Most migrants (especially men) found jobs in the fast-growing construction industry, but with the downturn in the economy, there are very few single male construction workers left. Those with families tended to stay for the same reasons many others choose Bozeman—good schools, good opportunities, quality of life, and the beauty of the area.

However, many live in fear and isolation, which can lead to depression. Using the community-based participatory research model, Letiecq's research team has interviewed 120 Mexican migrants, both single men and migrants with families. She found that 54% of men living alone experienced depression symptoms in the range for clinical concern. Men who were in Montana with their families tended to be less depressed. Those that stayed have experienced challenges such as limited employment (especially women), a weak social services base, and a hostile culture of nativism. Nevertheless, there are some factors within the group that support well-being.

Based on her research, Letiecq says "their cultural values of familism, social support, and religiosity appear to serve as buffers to mental health."

Letiecq continues to be involved in the community, helping to support migrants. She has formed an advisory board, works with community organizations, and is involved as an advisor with a new organization called *Tias y Tios*, which partners 40 MSU student-mentors with Mexican children and their families to promote community connections and support the healthy incorporation of Mexicans to the valley.

Annual Local Food Fair



Aubree Durfey and Nic Acker play a game with elementary students attending the Local Food Fair.

Approximately 40 vendors were on hand for the 5th annual Local Food Fair, which was held in the SUB ballrooms on February 8. Vendors included booths by a number of local farms (B Bar Ranch, Montana Highland Lamb, and Willow Spring Ranch) as well as local businesses and campus organizations. The event was intended to show consumers the variety and abundance of food produced on a local level.

Lyra Leigh-Nedbor, program coordinator of the Montana Made program, said the event was for "anyone who produces food in Montana or was an advocate of local food."

Graduate student and Gallatin Valley Farm to School Coordinator, **Aubree Durfey**, led children from Bozeman's Irving Elementary School and Circle Montessori through several activities to help students explore where their food comes from.

Prior to the food fair, John Turenne, founder and president of Sustainable Food Systems, gave the keynote address entitled "Exploring a Sustainable Campus Food System."