

## THE BOD POD ARRIVES

**F**rom a new piece of equipment that looks like a giant egg, Mary Miles, associate professor in nutrition and exercise science, collects data on a person's body composition. The BOD POD is a sealed calibrated chamber that allows a person to sit inside while a series of air pressure changes calculates the percentage of lean mass, fat mass, and resting metabolic rate (the number of calories per day at rest). The BOD POD sends the readings to a computer, which interprets the data and produces a printout explaining the results.

"My students and I already tested about 40 people," said Miles, who plans to use the BOD POD with subjects participating in her diet and inflammation studies.

Many athletic programs around the country have BOD PODs, and many elite National Institute of Health research grants have one, too.

Miles said, "We're lucky to have this equipment and the capability to make these measurements so accurately. We're the only site in the state that has one."

Miles will be spending spring semester on sabbatical at the Cleveland Clinic.



Mary Miles uses the Bod Pod to determine body composition.

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[www.montana.edu/ehhd](http://www.montana.edu/ehhd)

## A THANK YOU LETTER TO EHHD FROM ST. LABRE



MSU students organize school supplies for children in Montana

*Dear Dean Baker:*

*I would like to take this opportunity to express my gratitude for the generous donation of school supplies which were delivered to me by Jim Burns a couple of weeks ago.*

*Many of our students and their families are still struggling to recover from the devastating flooding. What little resources they had available were, understandably, used to purchase basic necessities. These supplies are definitely a welcome sight and we will be sure to get them to the children who need them most.*

*Please convey my thanks to the staff and students at MSU for helping out and for taking the time to care.*

*Sincerely,*

*Curtis Yarlott*

*Executive Director,*

*St. Labre Indian School*

*Ashland, MT*

## MSU OBSERVES NATIONAL FOOD DAY



Laura Horrigan and Aime Duncan at the "Guess How Many Calories" display

To celebrate the first National Food Day on October 24, MSU Friends of Local Foods sponsored a lecture in the Procrastinator Theater by nationally known author and food advocate, Mark Winne. Winne has spent his career focusing on food issues and lectured on issues of hunger, food insecurity, and the nation's industrial food system. He posed the question of "Who is going to feed a hungry world?" and presented staggering statistics on the short comings of our present food system. Even in America, over 50 million people are hungry or food insecure. He also expressed great concern about the harmful influence of large industrial food companies on legislators. On a positive note, Winne said more is being done on the local level to produce and connect people with sustainable food sources. As examples, he cited the huge increase in the number of farmer's markets and community gardens, institutions that are using locally produced foods, and the 12,000 Farm to School programs in the United States.

Winne concluded his lecture by saying, "Get your hands in the soil, get veggies on the cutting block, and raise your voice at city halls and legislatures."

Additionally, the Montana Student Dietetic Association (MSDA) hosted a variety of activities, including talks by Senator John Tester's agricultural liaison and the Gallatin Valley Food Bank's program director. There was also a screening of "Food Stamped," a documentary about trying to survive on a SNAP budget.

MSDA president Stephanie Johnson said around 50 volunteers participated in contacting local businesses about participation, booth development, set-up, clean-up, and participant education.



Speaker Mark Winne signs books with Alison Harmon and Marcy Gaston.

## FCS HOSTS LEADERSHIP INSTITUTE

In early November, 26 student representatives from Family, Career and Community Leaders of America (FCCLA) chapters in Montana came to campus for a State Leadership Institute. Family and Consumer Sciences Associate Professor Holly Hunts, who serves on the state board for the organization, offered to host the event in Herrick Hall. Students from Poplar to Plevna attended the institute to learn about leadership and engaging in youth service projects. Students spent time planning a youth project in their community and writing an action plan. Cathe Felz, an MSU alumna and FCS teacher in Three Forks, Mont., wrote and received a grant from Youth Serve America to help fund the leadership institute. Two other MSU alums, Martha Northway, advisor in Ennis, and Megan Vincent, FCCLA state advisor, were also involved in the Leadership Institute.

Felz said, "The best part of the institute was watching the students form friendships while learning about team development, service learning and creating action plans for community projects. We hope to make the Leadership Institute an annual event involving students from across Montana."



## STUDENT EXCHANGE WITH SWEDEN CONTINUES TO GROW

Josefin Larsson is the most recent student from the Swedish School of Sport and Health Sciences (GIH) to attend classes at Montana State University in an exchange program begun several years ago by Greg Olson, MSU assistant professor in health and human development, and Karin Söderlund, professor at GIH. Larsson is from a town north of Gothenburg, Sweden, and is in her third year of studies with the goal of becoming a physical education teacher for elementary age children.

“I always wanted to go to school in the U.S.,” said Larsson, “so this exchange was a good idea.”

During her two semesters at MSU, she will take classes in coaching, fitness, nutrition, and exercise science.

Larsson feels at home in Bozeman because she likes many of the outdoor activities Montana has to offer—hiking, kayaking, canoeing, and camping. However, she does not “really ski much.”

Currently, MSU has two HHD students attending GIH—Brittney LaSalle and Kendra Anderson, both seniors in exercise science.



## EDUCATION STUDENTS HELP OUT WITH CHILDREN'S FESTIVAL AT PUBLIC LIBRARY



Joe Tropey and Morgan Driscoll hand out programs.



Knikka Butcher, Talor Darfler, Jessie O'Donnell, Melissa Dellwo help at the information table.



Katie Fetzer and Courtney Lambert help with book sales.

Fifty education students volunteered on November 5 for the Children's Festival of the Book event at the Bozeman Public Library. The students from Associate Professor Joyce Herbeck's children's literacy class helped staff the information table and the book sale table during the fourth annual event, which brings well-known children's authors and illustrators to Bozeman. This year illustrator David Shannon entertained children and adults with a demonstration on how he illustrates characters in his “David” books. His picture book, “No, David,” is a Caldecott Honor Book. Illustrator Marla Frazee and author Liz Garton Scanlon, collaborators on the book, “All the World,” discussed how an author and illustrator work together to create a book.

MSU students helped hand out programs, gave certificates for the Young Writers contest, and handed out forms for Office of Public Instruction renewal credits for area teachers.

## ANNUAL INDIAN ED WORKSHOP

The fifth annual Indian Education for All (IEFA) professional development workshop, “Indian Student Achievement and Indian Education for All,” was held at the end of October at Christus Collegium. Following lunch, Mandy Smoker Broaddus, director of Indian Education, Office of Public Instruction, led a discussion on “Increasing Educational Outcomes for American Indian Students in Montana.” She was followed by a welcome from MSU President Waded Cruzado, who told attendees, “this army here today gives me hope.”

A panel discussion consisting of Holly Hunts, Bill McLaughlin, Walter Fleming, and Florence Dunkel, shared how they have formed collaborative partnerships. Special guests Nado Aveling and Andre Georgieff, visiting faculty from Murdoch University in Perth, Australia, spoke on the global impact of IEFA.

Workshop organizer and associate professor, Jioanna Carjuzaa, said the workshop was made possible by funding from the College of EHHD, the Department of Education, and support from the Department of Native American Studies, the MSU Teaching and Learning Committee, and the Office of Public Instruction.



Bill McLaughlin, Walter Fleming, Holly Hunts, and Florence Dunkel held a panel discussion on collaborative partnerships.

## AN AWARD WINNING PROGRAM

MSU's Project Archaeology (PA) was recently honored by the US Department of the Interior with the “Partners in Conservation Award.” From a call for nominations by the Bureau of Land Management (BLM), over 20 programs were originally nominated for the award, and Project Archaeology was one of four winners.

Jeanne Moe, Project Archaeology lead for BLM, says the award “recognizes contributions from MSU and all of our other partners across the nation.”

Moe said, “By partnering, we can do something great. What both partners (BLM and MSU) bring to the table is what matters.”

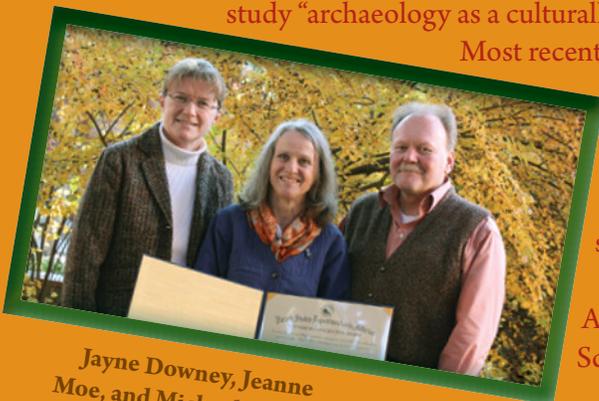
An already existing BLM program based in Utah, Project Archaeology moved to MSU in 2001 when a partnership was developed with the university. The program offers curriculum materials to science and social studies teachers and uses archaeological inquiry to help students discover and understand past and present cultures.

Associate professor of education, Michael Brody, became involved in PA when he and Moe wrote and won a grant to study “archaeology as a culturally relevant science curriculum.”

Most recently, Moe and Brody have partnered on a grant to the National Science Foundation and have been funded for \$75,000 to study the “use of archaeological content and concepts to help informal science learning institutions increase and diversify their audiences.”

Across the nation, there is a national network of 30 regional and state program leaders who help distribute the curriculum to schools.

In October, Moe hosted a workshop for network representatives. Also participating were Jayne Downey, education department head, and Scott Myers, sociology and anthropology department head.



Jayne Downey, Jeanne Moe, and Michael Brody with the “Partners in Conservation Award.”



## STRONG WOMEN HULA TO HEALTHY HEARTS

**Kilani Morris (right) teaches Strong Women how to hula for exercise.**

**H**HD Nutrition Extension Specialist Lynn Paul conducted a 12 week session of StrongWomen Healthy Hearts for MSU employees this fall. The class met twice a week for an hour over lunch to learn about incorporating healthy foods and physical exercise into daily lives to make long-term changes in habits. Kilani Morris, a dietetic intern at MSU, worked with Paul for two weeks to help with instruction. She also created a power point presentation for the StrongWomen web site to promote the program around the state. StrongWomen is a cardiovascular disease prevention curriculum to help women reduce the risk of heart disease.

## NEW TO EHHD

**A**s a former student of HHD's school counseling program, Katey Franklin was in familiar territory when she returned to MSU this past summer not as a student, but as an adjunct instructor in the counseling program. She has also assumed the duties as school counseling program leader, as well as the Director of the Licensed Addiction Counseling (LAC) program.

Franklin brings several years of experience to the position, having worked for a year at Bozeman High School in a special education classroom, and for the last seven years as a school counselor at Park High School in Livingston, where she hosted MSU counseling practicum students and interns.

"I'm passionate about school counseling," said Franklin. "School counselors are change agents in education and in the lives of their students."

At MSU, she feels fortunate to "be in a position to teach those who will go out into school communities and implement their school counseling programs to enhance student success."

"I am also excited about the opportunity to grow the evolving online LAC program," said Franklin.

Originally from Wisconsin, Franklin says her mother was from Miles City, so she has a lot of family all over Montana. She came to Montana to attend college at the University of Montana, where she received her bachelor's degree in liberal studies. After graduate school, she married an MSU architecture alumnus, and they have two small children, Zekeus and Konrad. Franklin loves to spend time with her family, and when not teaching five classes at MSU, she hikes, skis, and does yoga.



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