received outstanding scores from their external review last fall. We
are pleased to announce that the program will be fine. The Child Development Laboratory
received, but according to the external review team's exit report
that the programs accreditation was continued based on the
year. The Coordinated Program in Dietetics received notification
work. Several of our programs also received good news this
Gloria Steinem's visit was not the only highlight of our year. Several
all of us a tremendous "atta girl." To have someone of her global
campus in the fall. It was a great pleasure to meet and interact with
Consumer Sciences. It has been a year of personal and professional
first year as Director of the Margaret Ritchie School of Family and
Although the Niccolls renovation involved several meetings
renovation has started! Well, the faculty offices and classrooms have been vacated, the initial contractor's meeting held, and asbestos abatement is almost, if not totally, complete. As everyone can well imagine May was one hectic crazy month for Family and Consumer Sciences. It is not an easy task to complete final grades while packing one's office for relocation.

With that said, though, I am happy to report that for the most part all faculty have been relocated to their temporary office spaces in the Ag Sciences building. Those still waiting for temporary quarters include the director of our Child Development Lab, Suzanne Planck, and our temporary Clothing, Textiles and Design faculty, Erika liams and Lori Wahl. It is important that all three can be in close proximity to their lab/studio spaces located elsewhere on campus. We are adjusting to our cubicles and the good news is that our office phone numbers and email addresses have not changed. We are also finding that there are advantages in being closer to the college's administrative offices. There are probably disadvantages to that as well; we are keeping our fingers crossed we do not discover those until after returning to Niccolls.

Some of you are probably wondering when our return to Niccolls will occur. So are we. The bid opening has occurred, we are waiting for signatures so the contract can be issued, and our completion date is scheduled for mid to late December. Of course that is if all goes according to plan. However, I watch HGTV remodel shows; I know one should always plan for the unexpected. Actually, I am sure everything will go as it should and in no time we will be back in the building. And, we know the wait will be worth it. The one thing, however, still hanging over our heads is completing our capital campaign drive for our funding commitment. We were allowed to move forward without the full amount in hand because the College of Agricultural and Life Sciences administration borrowed funds from the university in order to continue the project. FCS friends and alumni have been so generous to us in the past and we know they will support us through this project as well.

Although the Niccolls renovation involved several meetings throughout the year, it was one of several opportunities I had of my first year as Director of the Margaret Ritchie School of Family and Consumer Sciences. It has been a year of personal and professional growth. Many of you will recall that Gloria Steinem visited the UI campus in the fall. It was a great pleasure to meet and interact with her. Her strong open support of Family and Consumer Sciences gave all of us a tremendous “atta girl.” To have someone of her global prominence speak to the value of our discipline was very rewarding.

Gloria Steinem’s visit was not the only highlight of our year. Several faculty and students received recognition for their outstanding work. Several of our programs also received good news this year. The Coordinated Program in Dietetics received notification that the programs accreditation was continued based on the program assessment report. The Early Childhood Development and Education program was part of the College of Education’s NCATE review process. The final written report has not yet been received, but according to the external review team’s exit report the program will be fine. The Child Development Laboratory received outstanding scores from their external review last fall. We
also learned that the family financial counseling program offered through our Child, Family and Consumer Studies, Family Life option is one of 10 accredited university programs in the country. We also had a number of faculty, including me, fortunate to experience international travel opportunities; we hope these experiences will lead to additional study abroad opportunities for our students. I would say that is a pretty good record for the year.

I am looking forward to even more great things this coming year. I hope you all have a wonderful summer and though it may be busy that you find the time to spend on those things that renew your energy. I know I plan to do some of those things. “See” you in the fall.

International Conference in Chiba, Japan

What is creative scholarship and how should it be considered for faculty productivity in higher education's promotion and tenure process? These questions were raised by Dr. Sonya Meyer and Dr. Melinda Adams, University of the Incarnate Word San Antonio, a former graduate student of mine. The results of research we conducted to address these questions have presented at professional meetings in the United States, and two years ago we presented at the International Design Principles and Practices Conference in Rome, Italy. During preparations for the presentation in Rome, we discovered that globally higher education seemed to be coming to terms with this same issue. We also sensed a change in culture occurring on university campuses throughout the United States with regards to creative scholarship. After the conference in Rome we conducted a follow-up investigation related to changing criteria for promotion and tenure in the area of creative scholarship. The results were presented at the International Design Principles and Practices Conference in Chiba, Japan. The conference was held on the campus of Chiba University.

As seasoned travelers, specializing in textiles and apparel, we have led numerous student study abroad courses to Europe and SE Asia. However, Japan was a new destination for both of us. Chiba is located about midway between Tokyo and the Narita airport, and we had to travel by train to arrive in Chiba. It was a very interesting experience attempting to purchase train tickets to travel from the airport to the city of Chiba, since neither one of us speaks Japanese. Unlike many countries we had visited with students, very little airport (or city) signage was also written in English. We found a limited number of English speaking employees at the airport, in restaurants, and retail shops.

We had an adventure in selecting our meals at the university cafeteria or at local restaurants by looking at the pictures. But we survived and did not go in search of any golden arches; however we did succumb to Starbucks one afternoon.

As educators who have taught design, merchandising and cultural forms of dress, it was fitting that we explore the local retail market of Chiba. We found two shopping centers, more like high rise malls, and two large department stores near our hotel. One of the department stores appeared to be subdivided into separate shopping vignettes similar to a mall. Once again we were faced with language barriers,
which we discovered were not really barriers at all when buying fabric. We decided that there is a universal understanding when purchasing yardage/meters of fabric and English speaking customers and Japanese sales associates can understand one another quite well.

We did not have the same language challenges during the conferences sessions because English was the official language. The sessions were well planned with a great interaction among the participants. Not only were there a large number of countries represented by participants and presenters, there were several different disciplines also represented. Faculty from around the globe representing art, architecture, graphic art, interior design, apparel design, education, technology, etc. Whether from Jordan, Egypt, Australia, Norway or the United States, it was refreshing to know how similar we are.

Next year’s conference is scheduled for Vancouver, British Columbia. We are already looking at the next level in our study to see if we can once again travel internationally to present the scholarship.

—Sonya Meyer

The NCYU Chiayi campus included tours of the NCYU Insect Museum and butterfly dome with Dr. Wen-Feng Hsiao, the impressive variety of orchids in the horticulture greenhouses given by Dr. Maurice Ku (faculty emeritus at WSU), the Horticulture Technology Center, and the NCYU Animal Hospital. Dean Chen-Huei Huang had us drink his special tea, which according to Chinese medicine, helps the eyes and throat; he later gave us the recipe. Our faculty presented an overview of the UI-CALS programs and specifically discussed their research. At lunch NCYU faculty member Dr. Mei-I Chen extended an open invitation to our early childhood faculty for future collaboration.

Recently retired NCYU President Ming Jen Lee (former UI alum) is the reason why the UI continues to be hosted by NCYU. Dr. Lee received his PhD from the UI in the College of Natural Resources. The most gracious Dr. Lee hosted a traditional dinner with at least 13 wonderful courses. Many traditional toasts were given by Dr. Lee, Dr. Ku, and the very funny UI alum “Wayne” Hung-Wen Lee (who often played the Vandal Fight Song on his cell phone).

Our final day at NCYU included a tour of the Chiayi Agriculture Experiment Station and a formal meeting with President Robin Chiou and some of his cabinet. President Chiou wanted everyone to know that he is very interested in pursuing a reciprocal student exchange program. Our farewell luncheon was shocking because the waiter let the live shrimp jump on the table and then he threw them into the boiling pot with hot rocks. The lid was quickly placed on the boiling shrimp while the shrimp banged the lid. After they settled down, we ate them. After lunch we caught the high speed rail back to Taipei going speeds up to 180 mph.

We had a diverse group of majors and interests, and our hosts made sure to expose our students to their research as well as to their authentic foods and teas. We learned that the Taiwanese culture is very gracious and happy to show us their traditions and way of living. The faculty advisors plan to take another group of students for Spring Break ’14. If you are interested in going on an incredible Taiwan adventure next spring break, please let your advisor know or contact Bob Haggerty, CALS International Programs Director or FCS faculty Nancy Deringer at deringer@uidaho.edu.

—Nancy Deringer, faculty

CALS Taiwan Trip

Spring Break 2013 was filled with learning, adventure, and many new experiences in Taiwan for five UI CALS students and three faculty advisors, Bob Tripepi (PSES), Matt Powell (AVS), and Nancy Deringer (FCS). With pre-work, the seven-day incredible adventure, and a final paper and presentation, students were eligible to receive two academic credits for AG 499: Ag and Life Science Systems in Taiwan.

Upon arrival in Taipei, we visited Idaho’s Trade Office and then went to the top of Taipei 101, the world’s third tallest building with 101 stories. The elevator travels 1,010 meters per minute and is the world’s fastest elevator. The “damper baby,” was quite impressive because it was a 728 ton weight suspended from the 92nd floor to the 87th floor and is used for building stability during typhoon winds and strong earthquakes.

Our other adventures in Taipei included the National Palace Museum, Longshan Temple (built in 1738), jade market, and the night market at Snake Alley. While in Snake Alley, one of our brave students experimented by drinking a shot of snake’s blood! We often commented on the aroma from the “stinky tofu” (a fermented aroma-filled Taiwanese delicacy).

We traveled to Chiayi City by train and had a traditional Taiwanese lunch. This was our group’s first experience with a squatty potty! We stayed at the National Chiayi University (NCYU) guest house, visited the university dairy, learned about their animal programs, enjoyed the fresh homemade ice cream and yogurt, and toured a military retirement housing facility in the city. Yo-Chi and Amber from NCYU were excellent hosts for the week. We enjoyed a traditional welcome dinner with NCYU representatives: UI alum “Aldy” (Yu-Liang Chang), as well as Dr. Chien-Hsien Kou, Dr. Yu-Jang Li, and Angel Chen (Hsi-I Che).

NCYU students (Ming, Kevin, Richard, Vincent, Jaguar, Sandy, Sherri, Bella and Ellen) joined us for a full day of field trips, led by Dr. Kou, their faculty advisor. Four of the students have already spent time with Dr. Kou and the UI’s Dr. Powell learning at UI’s Hagerman Fish Farm, and two are scheduled to visit the farm this summer. We spent the day visiting a clam farm, a tilapia farm that was 2nd in production in Taiwan, and a tilapia/snapper roe farm. We enjoyed traditional oolong tea at the farm and then traveled to dinner where we experienced squid, fish head soup, frog, duck, the entire crab, grouper, shark, oysters, yellow tail, and other fish. When we were almost finished, Sandy (one of the Taiwanese students) grabbed the yellow tail head from the platter and ate everything except the bones!

Additional stops on our rural tour were visits to the World Vegetable Center, which stores the world’s largest collection of vegetable germplasms, the Shan-hua Brewery, and then the beautiful Taiwan International Orchard Show. Our group appreciated our tour guide, the knowledgeable English-speaking Josh Haskell.

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—Nancy Deringer, faculty
Study Abroad—Florence, Italy

Working to expand study abroad opportunities for the Clothing, Textiles and Design students, Dr. Sandra Evenson and Lori Wahl traveled to Florence, Italy, to visit the Accademia Italiana and see what learning experiences they offered. Accademia Italiana is an international design school and is situated in the center of Florence across from the Pitti Palace, the former palace of the Medici family and now a museum. The school is a 20 minute walk or less to most museums in Florence such as the Uffizi and the Accademia Gallery and the Gucci and Ferragamo Museums.

Accademia Italiana offers students exposure to Italian high fashion with a solid foundation in the technical skills required to create this type of apparel including extensive pattern making, knit design, and collection development. Liberal arts courses such as Italian Renaissance Art are offered and include many trips to area museums to view the artworks being studied.

Italian language courses are offered at all levels from beginning to conversational. Guest speakers from the fashion industry visit the school each semester to meet the students and discuss the industry. Past guests have included Vivienne Westwood, Carla Fendi, and Ottavio and Rosita Missoni.

Florence is considered the birthplace of the Renaissance and artists such as Donatello, Michelangelo, and Da Vinci all worked from Florence. Both Donatello and Michelangelo are buried there. The city is filled with churches and museums, many containing works from the Renaissance masters including paintings, bas reliefs, sculpture, and frescoes. Michelangelo’s David holds court at the Accademia Gallery, and his recently restored crucifix hangs in Santo Spirito. Donatello’s crucifix can be viewed in Santa Croce and the magnificent Brunelleschi’s Dome crowns the Duomo, Santa Maria del Fiore, in the center of Florence.

Via de Tournabuoni houses most major high fashion houses from Hermes to Prada. Just walking down this street gives you a snapshot of current fashion trends from the runway shows in Milan and Paris. Wandering east and west from Via de Tournabuoni, one can find various designer shops tucked into narrow cobblestone streets. Pucci, Ferragamo, and Gucci are all Florentine designers and still have offices in Florence.

On Piazza Della Signoria is the Gucci Museum. Guccio Gucci opened a small shop in 1921 in Florence with the intent of crafting the finest leather luggage. Today as a luxury brand Gucci operates two retail stores in Florence as well as the Gucci Museum. The museum shows the history of the Gucci brand from its earliest luggage through its popularity explosion in the 60’s and 70’s with the Gucci loafer and apparel to the spectacular one-of-a-kind dresses designed for today’s Oscar Red Carpet. Dresses for actresses Salma Hayek, Cameron Diaz, and Evan Rachel Wood were on display in the Evening room.

The Ferragamo Museum is housed in the same building as the Ferragamo store and company headquarters on Via De Tournabuoni. Glass cases house examples of Ferragamo footwear from Salvatore Ferragamo’s beginnings as a luxury shoemaker. There are a few examples of early prototype designs as well including one shoe with a sculpted brass heel. Currently the museum is hosting an extensive exhibit of Marilyn Monroe. Ms.
Monroe was a loyal Ferragamo customer purchasing the same Ferragamo style over and over in various materials. The exhibit which was originally scheduled to close in January 28, 2013, has been extended twice due to its popularity. In addition to Ms. Monroe’s footwear, many of her most famous costumes and dresses are also on display.

Just south of the Arno River and up a hill is the Villa Bardini which houses the Fondazione Roberto Capucci. Roberto Capucci was an innovative designer for fashion and stage creating sculptural dresses from vividly colored silk. He began his couture career in 1950 but by the late 70’s had begun to move in a more sculptural direction with his women’s gowns. During the 80’s he broke away from traditional seasonal presentations of his designs and began to release his collections as individual exhibitions. The press took notice of his inventive and fantastical designs, and Roberto Capucci moved into the world of art with his fabric sculpture gowns. The gowns themselves show a masterful understanding of construction, design, and use of color. The angular shapes of fabric frame the wearer and create an entirely new shape.

Florence is a treasure trove of art, design, and architecture with viewing opportunities within walking distance from the center of Florence. It is an easy city to navigate and English is spoken as often as Italian. If students chose to study abroad in Florence, they would have an opportunity to learn about Italian high fashion and the accompanying processes, expand their understanding of Renaissance art and architecture, learn Italian, and experience living in another country while attending a school with other students from around the world.

—Lori Wahl and Sandra Evenson, faculty
Florence Aller Honored at Commencement

[excerpted] The University of Idaho recognized pioneers in two of the higher realms of education at the University of Idaho—doctorate in education and doctorate in philosophy—at the spring commencement.

In 1962, Florence Aller obtained the university’s first doctoral degree in education with her thesis, “The role of the self concept in student marital adjustment.”

The next year, the university awarded its first five doctorate of philosophy degrees and its second doctoral degree in education. The late Aller (’93), after obtaining her doctorate, became an assistant professor of home economics at the University of Idaho, where she focused her research on student marital adjustment and teenage marriage.

Her dissertation was later published as an article, “Some Factors in Marital Adjustment and Academic Achievement of Married Students,” in the March 1963 issue of what was then the Personnel and Guidance Journal (currently the Journal of Counseling & Development).

She also had published “Historical reflections: Idaho Home Economics Association” and “75 Years to Remember: Home Economics at the University of Idaho, 1902-1977.”

Her husband, Alvin (deceased), was a professor of botany at U-Idaho. Both have memorial scholarships in their names offered through Northwest Nazarene College, where they taught before coming to Moscow.

The following is an account taken from my father’s autobiography, “From Kansas Cowpuncher to University Professor; One Pilgrim’s Progress: An Autobiography,” by Alvin R. Aller, 1991. p. 107.

Florence had a few credits beyond her master’s degree. The University of Idaho in the fall of 1959 had been authorized to offer a doctor’s degree for the first time in the history of the institution. Not all departments had qualified staff to launch into a doctoral program. Home Economics could not qualify, so Florence decided to apply for admission to the Department of Psychology in the area of Guidance and Counseling.

However, the department head, Dr. Bauer, when he learned of Florence’s age (51), turned her down. (There was a “rule” barring anyone over 45 from starting a doctoral program.) But she showed some persistence. She told him that she wanted that degree. When Dr. Bauer asked her what she expected to do if she got the degree, her reply was that she intended to teach. He then asked Florence if she thought she would be a better teacher with a doctorate. Here was her reply, “Dr. Bauer, do you think I would not be a better teacher after taking classes with you?” Without a word, he picked up the appropriate application forms and handed them to her! Two years later she was awarded the doctorate, the first person to receive an earned doctorate from the University of Idaho.

—Wayne Aller (son)
Kudos

Congratulations to Jolie Wenglikowski, Child Development/Family Relations (CDFR), for being awarded Rotary Student of the Month for March! She is a leader among her fellow students as well as in the early childhood community.

Sophie Baldrica, CDFR 2013. CASE Affi liated Student Advancement Programs honored Sophie’s dedication as a Vandal REPS at the University of Idaho by presenting her with the District 8 Outstanding Student Leader award. Congratulations Sophie for this regional recognition of your outstanding achievements and efforts to advance education at the University of Idaho.

2013 University of Idaho’s Excellence Awards category Outstanding Master’s Graduate Student Teaching Assistant Award recipient was Heather Blume. (Selection is by a committee of their peers and faculty for their impressive and positive impact at the University of Idaho through teaching and guidance to fellow students. A very prestigious honor.)

Juhee Sung, MS ‘13, submitted her research project report to an international conference on young children with special needs and their families and has been accepted in a research poster session. She will present her thesis research at the conference this October.

FCS Award Recipients

Heather Blume, University of Idaho
Outstanding Master’s Student Teaching Award

Karen Nelson, Teaching Assistant

Juhee Sung, Teaching Assistant

Ashlee Eskelsen, Teaching Assistant

Outstanding Senior—Mandy Strey, Child Development/Family Relations

Outstanding Junior—Rachel Millet, Child Development/Family Relations

Outstanding Sophomore—Caitlin Carr, Child Development/Family Relations

Outstanding Freshman—Megan Marcus, Clothing, Textiles and Design

Master’s Presentations

Heather Blume, thesis, “Psychosocial Outcomes After Diabetes Education Delivered Virtually or Face-to-Face”

Erin Dawson, internship, “AGVSport Motorcycle Apparel”

Ashlee Eskelsen, thesis, “Promoting the Positive: Children’s Nutrient Intake from Fruit is Similar to their Nutrient Intake from Vegetables”

Shelley May, internship, “Family, Career Community Leaders of America & Mentoring with Moscow Mentors”


Student Professional Development

Megan Dicken, Child Development/Family Relations, attended the Society for Research in Child Development Biennial Meeting, Seattle, WA.

Chelsea Herting & Ellen Williams, Clothing, Textiles and Design, attended the Sewn Product Industry Tour, Los Angeles, CA.


Miranda Strey, Child Development/Family Relations, attended the National Conference on Family Relations, Phoenix, AZ.

Juhee Sung, graduate student, attended Early Years The Roots of Success 2012 conference, Boise, ID.

Sara Warner, Family Life, judging and showing project at FCCLA State, Boise, ID.

Family Resources Fair

Ling-Ling Tsao and students went to the Region 2 Family Resources Fair held in Lewiston, sponsored by the Regional Early Childhood Council. Students worked with families and young children in terms of a quick child screening and child development information sharing.

Sarah Polkinghorne, BS ‘13 received an AIU Study Abroad in London Merchandising Scholarship from ITAA (International Textile and Apparel Association) at their annual conference held in Honolulu, Hawaii, November 2012.
Phi Upsilon Omicron

During the 2012-2013 academic year, the Zeta Chapter of Phi Upsilon Omicron focused on local volunteerism. Our most successful volunteer event was taking part in the city-wide Palouse Cares Food Drive—we helped bring in 6 full car loads of donated food! We also set up toiletry, personal hygiene, and kitchen items in donation boxes for the Alternatives to Violence on the Palouse organization. For our late spring volunteer event we signed up for the university-wide Saturday of Service and helped out at Orphan Acres, a home for neglected horses, where we helped brush the horses, walk and feed them, cleaned up the barn, and organized fencing material for further expansion.

At every event we volunteered or worked to educate others about family and consumer sciences and focused on teaching others about the importance of our fields of study. For example, we took part in the CALS Ag Days High School Casino night by setting up a Family and Consumer Sciences table to educate prospective students about our majors and answer their questions about college. We also celebrated Phi U Founders’ Day in February and handed out cake in the Niccolls Building as a way to raise awareness of our Zeta Chapter. This event served as a “pre-recruitment” publicity strategy, and apparently, it worked! We initiated 15 new chapter members in April and will have 20 active members to kick off the 2013-2014 school year.

In addition to our volunteer events, Zeta Chapter also participated in two fundraising events: The CALS Clearwater Corn Maze and the University’s Career Fair. Our members worked at both of these events and the money earned went back to the Chapter to help cover operating costs and part of our annual t-shirt cost for members.

We would like to extend a big congratulations to all of the 2013 PhiU graduates and also thank our out-going officers for all of their hard work this past year. Best wishes to the newly elected officers for the 2013-2014 year.

—Chelsea Herting, President

2012-2013 Officers
Chelsea Herting, President
Dana Carlson, Vice President
Callie Stansbury, Secretary
Sophie Baldrica, Treasurer
Taylor Dinning, Publicity Chair

2013-2014 Officers
Taylor Dinning, President
Carmen Mead & Rebekah Nelson, Co-Vice Presidents
Rachel Millet, Secretary
Julie Baldwin, Treasurer
Katie Bauer, Public Relations
Katelyn Finney, Historian
Food and Nutrition Club

The Food and Nutrition Club made some big strides this semester! Our main focus was to get involved with the community and build a strong foundation for our club in the upcoming years. After a short break in the food and nutrition club last fall, we revitalized the club through our participation in several activities this spring.

Events this semester included: holding bimonthly club meetings, volunteering at the Lewiston Food Bank, supporting the fight for heart disease by organizing a “Go Red for Women” day representing the club at both Vandal Fridays assisting with the Relay for Life registration held in the Kibbie Dome, and celebrating our accomplishments at Jamm’s frozen yogurt shop. One of our most rewarding experiences was working at the food bank, where our small team bagged enough pasta for 1,700 families and packaged weekend backpacks with complete meals for nearly 900 children! Although we did not see the expressions of the families or children that received this food, we know that our efforts were for a very worthwhile cause and helped many children from going hungry over the weekend.

During the upcoming school year, the new Food and Nutrition Club officers want to focus on some additional campus events and programs. They hope to gain club members from a variety of different disciplines and increase awareness of the club through the university’s student organization office. Their vision and passion for food and nutrition will lead this club into the future. As always, we appreciate your continued support for the Food and Nutrition Club!

—Ashlee Eskelsen, Teaching Assistant

Spring 2013 Officers
Brit Haas, President
Ashlee Eskelsen, Vice President
Amanda Chemodurow, Secretary

2013-2014 Officers
Courtney Brock, President
Cierra Neiwert, Vice President
Melissa DeViney, Secretary
Miranda Rivers, Treasurer
Jeannie Castell, Volunteer & Fundraising Coordinator

—$210,000 distributed to 182 students awarded scholarships for the 2013 academic year—
Idaho Association for the Education of Young Children—University of Idaho Student Affiliate

The Idaho Association for the Education of Young Children—University of Idaho Student Affiliate (AEYC-UISA) members had another successful year. During this year’s CALS Corn Maze, we earned $190.70. In addition to having several great speakers support our professional development; this year included several community service projects. In November, AEYC-UISA set up in front of Wal-Mart and collected $105 and over $50 worth of health and personal items to donate to Sojourner’s Alliance homeless shelter. In December, we celebrated the holidays by purchasing, wrapping, and donating $135.00 worth of gifts to families through the local Giving Tree. During this year’s NAEYC Week of the Young Child celebration we earned $53.08 thru our Change for Children event. Those funds were donated to Idaho AEYC to support the professional development of Idaho early childcare teachers and care providers.

We would like to invite past members or any alumni working in the field of early childhood to come and talk with our group about working with children and families. If you are interested, please contact the faculty advisor Beth Price at bethp@uidaho.edu.

Thanks to our 2012-2013 officers for a successful year and welcome to our new officers. We are looking forward to another exciting year in 2013-2014!

2012–2013 Officers
*Amy Peterson, President
*Angela Potter, Vice President/Treasurer
Brianna Hayes & Callie Stansbury, Secretary
Heather Schrader, Historian

2013–2014 Officers
Caitlin Carr, President
Jordan Proctor, Vice President
Jessie Dennis, Secretary
Jenny Connerley, Treasurer
Historian to be elected in the Fall

*Amy Peterson and Angela Potter offered to fill our CALS AgSac representative positions in the fall.
To Attend, or Not to Attend

I recently had the opportunity to attend my first professional conference as an undergraduate student. The National Conference on Family Relations was held in Phoenix, AZ in November. NCFR organization is a professional association established to assist educators in understanding the vast complexities of families.

As a first time participant to the conference and stepping foot in the largest city I have ever been in, I gained a deeper understanding of what is necessary in furthering the advancement of understanding families. Here are my top 3 “ah ha!” moments:

1. Research is absolutely necessary to gather data in furthering the advancement of families. In order for educators to have current and accurate information research is necessary because it exposes how, what, and why families cope and progress through changes. Also, research allows educators and family advocates to present families with resources and assistance in subject areas that pertain to their needs.

2. NCFR conference provides networking experiences for education and career advancement. While attending the conference, I was intimidated knowing that I was one of only a few undergraduate students. Although I was clearly outnumbered I made some great connections with prospecting grad schools, networked with other professionals who share the same interests, and had personal contact with the graduate school recruiters from the programs and schools that I am most interested in. By doing this, I have been able to establish a professional relationship with these recruiters and it will assist me when I launch into grad school.

3. Attending the conference further developed my knowledge base about what I currently knew and am learning in classes about families. By attending seminars, plenary sessions, and workshops I was exposed to an array of different subjects that are currently being studied to assist families as well as furthering the advancement in what is already being done. Not only did I learn about families but other workshops were available to assist undergrads who wish to further their education into graduate school and other professional programs. These workshops offered tips and tricks as to what graduate school programs are looking for within the application packet as well as defining terms and expectations that are often used during the process. With all of this new information I am now waiting in anticipation to apply it to real life applications when the opportunities arise.

By attending the conference, I have gained the reinforcement that was necessary in making decisions regarding my future aspirations. I am looking forward to attending the conference in 2013 in San Antonio, Texas and will be applying to graduate school next year.

—Miranda Strey, BS ’13, Child Development/Family Relations

Community Nutrition and Public Relations

By having a presence in Coeur d’Alene (CDA) and Boise we are hitting two birds with one stone in meeting our Coordinated Program in Dietetics Competencies for community nutrition and also our university initiative for community engagement. In CDA we write weekly for the newspaper and in Boise we are featured each month, sometimes twice a month on KTVB.

For those of you who enjoy eggnog for the holidays but don’t want added calories or fat, check out the demonstration a couple of our dietetics students shared on KTVB. Pay close attention to the mug—love it—Go Vandals!

—SeAnne Safaii, faculty


Lite and Creamy Low-Fat, Low Sugar Eggnog

5 servings:

- 2 C Skim milk
- 3/8 C eggbeaters
- 1 C splenda
- 1.5 TBSP Instant Vanilla Sugar Free Pudding Mix
- 1 tsp Vanilla extract
- 1.5 tsp rum extract
- .25 tsp ground nutmeg

Nutrients per Serving (makes 4-8 oz servings):
- 60 calories, Fat 0 gms, Chol <5 mg, Sodium 85 mg,
- Carbohydrates’s 10 gms, Sugar 10 gms
Another Vandal!
Sophie and Ava—Katie and Scott Miner’s growing Vandal family

Dietetics Students Earning their Community Nutrition Supervised Practice Experience

Dietetics students are collaborating with the Idaho food bank in Boise to offer “cooking matters” courses to after school programs

CPD students volunteer at Post Falls food bank

Boise dietetic students visit the Senate and House, delivering heart healthy cookies
CPD Program Encourages Students to get involved in the Idaho Academy for Nutrition and Dietetics and to be Advocates for the Profession!

The dietetics profession is growing, and the University of Idaho is at the forefront in filling the need for more dietitians. As part of the Coordinated Program in Dietetics (CPD), our students are encouraged to go beyond the required 1,200 hours of supervised practice because we want our students to continue the tradition of being the top entry level dietitians in the Northwest. Part of this encouragement is to have our students pursue leadership within the profession. Participation in our annual Idaho dietetics conference planning committee, volunteering to lead clubs, and taking initiative to contact legislators are examples of the actions student have taken in leadership. One of our senior dietetic students has been actively involved with the Idaho Academy for Nutrition Dietetics. Her actions exemplify the quality of students in our Coordinated Program in Dietetics and demonstrate the leadership experiences our students obtain. The following text is written by Rachelle Ausman a dietetic student.

“As a student in the CPD, I had the opportunity to volunteer as a student blogger for the Idaho Academy of Nutrition and Dietetics starting in May 2012. As a volunteer, I wrote blog articles each week on a variety of different topics including nutrition trends, technologies, and fads. During this time I also networked with registered dietitians and health professionals across Idaho to promote the profession and the latest evidenced based information on www.eatrightidaho.blogspot.com.

In August 2012, I was asked by the Idaho Academy of Nutrition and Dietetics to become the Student Blog Coordinator for Eat Right Idaho. In this position, I expanded my communication skills in networking with dietetic students and interns across Idaho to write blog articles throughout the year. These blog posts included information on student projects, community programs, internships, National Nutrition Month, and general nutrition topics.

In January 2013, I joined the Idaho Academy of Nutrition and Dietetics Executive Director, Elaine Long, in organizing poster abstracts for the Annual Idaho Academy of Nutrition and Dietetics State Meeting where I encouraged student participation. I also helped coordinate a Student Get Together during the meeting, which included free appetizers and networking opportunities for dietetic students and interns. I am grateful to the School’s Coordinated Program in Dietetics for these opportunities, which have allowed me to build my leadership skills and to connect with registered dietitians throughout the state of Idaho.”

—Samantha Ramsay, faculty and Rachelle Ausman, dietetic student

The Face of the New Patient

The Coordinated Program in Dietetics has taken an innovative approach to teaching clinical dietetic skills to students through simulation. Clinical simulations are the newest technological innovation to enter the clinical education environment. Clinical simulation embodies advanced technology and a new way of thinking about education. In the postsecondary and continuing education of health care professionals, clinical simulation is increasingly recognized as a teaching resource to reduce pressure on limited access to live clinical exposures, increase confidence of students, possibly improve patient safety, and add rigor to the credentialing and precepting process.

During the past 3 years, real life clinical simulations using a Sim Man have been successfully used and evaluated in dietetics at UI. Simulation replaced 150 hours of clinical experiences. Hospital preceptors could not tell the difference between those with real hospital experience and those with simulation experience. Students completing these simulations had: (1) acquired clinical reasoning skills needed when providing Medical Nutrition Therapy (MNP); (2) felt more confident and competent during their clinical supervised practice; (3) were rated by their preceptors as having better clinical reasoning skills, and (4) needed less time in their supervised practice to attain their clinical competencies.

Other advantages of simulation include:

• This technology can provide realistic clinical experiences without risk to patients and learners; essentially, learners have “permission to fail” and learn from such failure in a way that would be unlikely in a clinical setting
• Students can be exposed to clinical experiences they would rarely see as events can be scripted and practiced
• Scenarios can be designed with comorbidities, increasing complexity and introduced in a controlled way
• Skills can be practiced repeatedly, tested and tailored to individual needs
• Simulation-based learning can help students bridge the gap between classroom and clinical settings and support their ability to apply what they have learned
• Learning is interactive and includes immediate feedback
• Sessions can be videotaped for subsequent review and discussion, fostering reflective learning
• Several learners can benefit from a session and learn from each other’s successes and mistakes

Clinical simulation embodies advanced technology, helps meet the demand for clinical placement sites, and embraces a new way of thinking about education. Simulation will help us continue to increase our enrollment numbers and expand our placements for Clinical II students around the state.

—SeAnne Safaii, faculty
Intermediate Food’s Class

Imagine getting on a plane and traveling halfway around the world to taste an authentic cultural cuisine. Many of us do not have the time or money to make that kind of trip, especially as students. However, this semester in FCS 270 (Intermediate Foods) we experienced a wide variety of ethnic meals right in our own foods lab!

The final project this semester was to plan, prepare, and present an ethnic meal to the class. There was an array of different cultures selected: Australian, Chinese, German, Italian, and more. Each group had a limited budget and short amount of time to make their meal. They were required to divide tasks among team members and make enough food for everyone in the class to sample. At the end of their preparation, the groups gave us a summary of the culture they chose and the methods they used to make their selected food items. The best part of the project was tasting all the different cuisines! Students left the lab with more confidence in their meal planning skills and increased ability to cook unfamiliar cultural dishes.

This spring also marked the last time students will use the Niccolls foods lab since 1952. Although we were able to manage the semester projects in this lab, we are really looking forward to the new features that are coming to the foods lab next year! Our classes will greatly benefit from this renovation.

—Ashlee Eskelsen, Teaching Assistant

Using a Virtual World to Teach Diabetes Meal Management

An estimated 25.8 million Americans or 8.3% of the population have diabetes and the incidence of diabetes is increasing most rapidly in children and young adults. Diabetes management includes following a diabetes meal plan, being physically active and possibly taking medication. This project focused on how to help young adults (18-28 year-olds) meet their diabetes meal plan recommendations. Studies have shown that teens and young adults are food illiterate—they don’t have the skills to choose and cook healthy meals. In addition, eating out with friends is an important part of their social life. To help these young adults acquire these crucial meal skills and not have to eliminate their social life, three virtual world settings—kitchen, restaurant, all you can eat buffet—were designed where they could practice diabetes meal planning and preparation. In the virtual kitchen they learned step by step how to read a recipe and understand the instructions and ingredients in baking and cooking recipes. In the virtual restaurant they learned how to select breakfast, lunch, and dinner items off a menu. In the virtual buffet they learned how to incorporate a wide variety of buffet foods into their meal plan. It was expected the skills they learned in these virtual world settings would transfer to real life so they could prepare their meals, be able to eat out in a variety of real life settings, and stay within their diabetes meal plan.

—Martha Raidl, Extension faculty
program philosophy, essential characteristics of curriculum and routines, teaching practices, health, and family partnerships and communication. The program portfolio also documents teacher qualifications, training, and professional commitment, and ways the program is enriched through community involvement and sharing resources with families. Facility requirements including comprehensive safety and environmental health measures are documented in the program portfolio, which concludes with documentation of sound program leadership such as clear mission and philosophy that guide the program, positive working climate, and policies and procedures that align with licensing and other currently accepted best practices in early childhood programs.

The Child Development Laboratory received the accreditation decision report in October, one month following the site visit, which is a good response time from the busy Academy. It was great to receive the report while the students who had been in the classroom at the time of the site visit and who had helped finalize the classroom portfolios with examples of their work were still here. The Child Development Laboratory staff and students were elated to discover that the report included scores of 100+ (%) in four of the ten program standard areas for criteria that were assessed (assessment, teachers, families, and leadership and management). The plus added to the score represented credit given for meeting emerging criteria that will be required in the future but are not currently required. Five additional standards received scores of 100, and one standard (curriculum) received a very respectable 90 percent. In addition, the classroom portfolios and the program portfolio both received commendation for clear documentation of how assessed criteria are met.

Probably one of the most rewarding outcomes of the process, as well as the results, was the enthusiasm, involvement, and excitement of the undergraduate students who directly experienced the assessment final preparations and site visit. One group of students worked during an established portfolio work session during which several of them made remarks about how much they were learning beyond their routine daily tasks and how exciting it was to be part of something so significant. Other students stepped up to volunteer extra time on their own, and our outstanding graduate teaching assistants (head teachers) deserve accolades for their leadership and follow through to complete the portfolios and for their continued support to keep them current and up to date over time.

Finally, sharing the good news about receiving our accreditation renewal with families enrolled in the program, while thanking them for their support and contributions to the process, was one of the highlights for sure!

—Suzanne Planck, faculty

### Just in Time Parenting

A great resource for you and your family, *Just in Time Parenting* capitalizes on the “teachable moments.” Monthly “just in time” newsletters are key to the age of your child from prenatal to five years.

Our free parenting eNewsletters are written by parenting experts (who are parents themselves!). They are designed so that information that’s relevant to your child is automatically delivered just in time! Perfect for parents, grandparents, and others with little ones in their lives. Sign up for *Just in Time Parenting* at www.extension.org/parenting (available in English & Spanish). —Harriet Shaklee, Extension faculty
CTD Students in Los Angeles

Instructors Lori Wahl and Erika Iiams flew off to Los Angeles with six Clothing, Textiles and Design (CTD) students on October 21, 2012, for five days of factory tours, market research, and interaction with apparel industry professionals.

The first tour was to Antex who is one of the few remaining large fabric mills in the U.S. Ted Kronfli met the group and shared his enthusiasm for textiles as well as his extensive knowledge.

Through the CTD courses, the students have learned that many of the textile mills in the United States have had to close due to high competition from China. Antex has been able to maintain a competitive edge in the textile market by focusing on synthetic fabrics. China pays a higher duty on synthetics than it does on natural fibers like cotton. This was an “Ah Ha” moment for the student group as they understood the relevance and impact of what they had learned in the classroom applied to the real world. Ted also explained the technology and structure behind wicking fabrics and how they could be rendered ineffective when the consumer uses dryer sheets during laundering. One ingredient in dryer sheets is animal fat that coats the yarns and restricts moisture movement. It is unlikely that any students are still using dryer sheets after learning that!

Students had the opportunity to shop at Mood Fabric’s LA location and see and touch designer fabrics from all over the world in all price ranges. The students searched for fabrics that they could use for their studio projects. Determining yardage on the spot for assigned projects forced them to consider design features such as added flair and garment length.

The first afternoon was spent at South Coast Plaza allowing students to experience mass market brands such as Zara and H&M to designer brands like Prada and Chanel and everything in between. Understanding price zones is important for future apparel developers, so the right product is created for the right retail setting and is priced appropriately for your target consumer. The manager’s from Brooks Brothers met with the group and explained brand positioning and brand heritage and why it is important to “be true to your brand” and not “go along with the crowd.” This was important insight into brand integrity.

The next day the group toured cut and sew factory Antaeus who produces knit clothing for many athletic and lifestyle companies such as Prana and Asics. Tiffany Hsiao led the students through the production process from cutting table through quality assurance. Afterwards, the group toured the last sweater manufacturer in the U.S., Andari. Wei Wang walked through the sweater manufacturing process starting with the knitting machines, then the linking machines all the way through blocking and finishing. The students gained a clear understanding of costs associated with sweater manufacturing and began to analyze their own sweaters differently after the tour.

After two days of factory tours, the group headed to downtown to the LA Fashion District to source fabrics and trims for future projects from the many suppliers clustered around the California Apparel Mart. The group also attended the International Textile Show which is a fabric and trim sourcing show for the apparel industry featuring vendors from the U.S., Korea, and other parts of the world. This gave the students an opportunity to see how materials are sourced for a line of clothing as well as a chance to see incredible embroidered and embellished laces, Liberty Art Fabrics (formerly Liberty of London), and fine wool suitings from Italy.

Further market research was conducted on West 3rd Street, Robertson Street, and Melrose Avenue broadening students’ understanding of international brands and the boutique channel of distribution.

The trip ended with a visit to the Getty Museum offering the group a more relaxing activity and a chance to reflect on everything that was seen, heard, and learned.

—Erika Iiams and Lori Wahl, temporary faculty
A Comparison Between 2009 and 2012 College Students’ Financial Attitudes and Behaviors

The media is rich with headlines such as “A College Education, At What Expense?,” “Student Loan Debt Now Surpasses Credit Card Debt,” “Is a College Education Worth It?,” “You Can Now Take Twenty-five Years to Pay Off Your Student Loan Debt,” and the list continues. Higher education costs have increased exponentially over the past two decades. Research has shown that one earns substantially more money over one’s lifetime if they have a four-year college degree, depending upon the profession. However, for some individuals, the costs of funding higher education are beginning to outweigh the benefits; and, oftentimes, it may be overwhelming.

Two researchers, a FCS master’s candidate Colleen Robbins and Nancy Deringer, assistant professor in FCS, collected data using an online survey from 2,000 randomly selected UI students in November 2009 (n=778) and in March 2012 (n=539). The survey consisted of questions related to the student’s habits and/or behaviors. Questions examined credit card debt, student loan debt, savings, budgeting, needs vs. wants, sources used to attend higher education, and financial issues and financial topics in which they would like more information.

Analysis indicated that in both survey administrations, students who discussed finances with their parents showed significant differences and had less credit card debt and less student loan debt than those who did not.

U.S. Average Student Loan Debt of Graduating Seniors

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
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<tbody>
<tr>
<td></td>
<td>$23,186</td>
<td>$24,000</td>
<td>$25,250</td>
<td>$26,600</td>
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How would you describe your current financial situation?

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<th></th>
<th>2009</th>
<th>2012</th>
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<tbody>
<tr>
<td>Secure</td>
<td>10%</td>
<td>12%</td>
</tr>
<tr>
<td>Comfortable</td>
<td>44%</td>
<td>58%</td>
</tr>
<tr>
<td>Shaky</td>
<td>40%</td>
<td>27%</td>
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<tr>
<td>Disastrous</td>
<td>7%</td>
<td>3%</td>
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Do you budget for monthly expenses?

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<tr>
<th></th>
<th>2009</th>
<th>2012</th>
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</thead>
<tbody>
<tr>
<td>Yes</td>
<td>61%</td>
<td>68%</td>
</tr>
<tr>
<td>No</td>
<td>39%</td>
<td>32%</td>
</tr>
</tbody>
</table>

Have you discussed needs vs. wants with your parents or spouse (if married)?

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<thead>
<tr>
<th></th>
<th>2009</th>
<th>2012</th>
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<tbody>
<tr>
<td>Yes</td>
<td>71%</td>
<td>75%</td>
</tr>
<tr>
<td>No</td>
<td>29%</td>
<td>25%</td>
</tr>
</tbody>
</table>

Qualitative analysis indicated that the majority of the workshop requests related to: budgeting and money management (22%), costs associated with increasing tuition/books/fees (21%), scholarships/grants (16%), savings (13%), and student loans (11%). Other recommendations dealt with credit cards, debt management, how to find employment after graduation, what to do if parents do not help financially, and how to spend less for healthy food.

Positive highlights over the three year span include:
- students are feeling more financially secure or comfortable
- more students are budgeting for monthly expenses
- discussion of needs vs. wants with parents is occurring more

However, student loan debt continues to increase and more students have higher levels of debt especially over the $20,000+ level.

Perhaps open discussions about finances and financial behaviors with children (at home and in school) will help lay a foundation of understanding the importance of earning, saving, and being frugal. This foundation may help students realize they need to work hard and save in high school as well as in college.

—Nancy Deringer, faculty
Safe Garlic- and Herb-Infused Oils: Current Extension Research

Currently the safe procedure for preparing garlic or herb-flavored oils at home requires infusing and storing the garlic or herb-oil mixture in the refrigerator for no more than four days due to the risk of botulism. A procedure used by commercial manufacturers of flavored oils to achieve room temperature storage for longer periods is to acidify the garlic or herbs, thus preventing growth of *Clostridium botulinum*. An Extension team*, including FCS County Educators Barb Abo (Ada), Joey Peutz (Payette), and Grace Wittman (Cassia), Program Assistant Surine de la Concepcion (Ada), Food Technology Center Manager (FTC) Josh Bevan, and Food Safety Extension Specialist Sandy McCurdy, has been researching a procedure for consumers to acidify garlic and herbs for making flavored oils safely at home.

The team has conducted extensive research on the acidification properties of fourteen different cultivars of garlic and of three herbs (basil, rosemary, and oregano), even growing some of the plants ourselves. A safe procedure for consumers to prepare infused oils was developed. Taste tests of safely infused oils have been conducted with consumers. Currently the research is being prepared as a scientific publication and as an Extension bulletin to share the safe procedure with consumers. Look for the Extension bulletin in Fall 2013. —Sandy McCurdy, Extension faculty

*Thanks to team members no longer with University of Idaho Extension for their invaluable contributions to the project, Bev Healy, retired Ada County FCS Educator, Drew Dalgetty, former Food Technology Center Manager, and Alexis Woodbury, former Program Assistant (Ada) and to the foods and nutrition students who worked two summers on the project, Heather Blume and Diana Gariglio.

Photo right: Taste testing infused oils; below, varieties of garlic received; and bottom, herbs acidifying in citric acid solution; right, setting up of acidification of garlic samples.
Youth Jobless Rate Plays Role in Lasting Instability

The state of the American economy continues to dominate the news, but one statistic is startling and demands our attention: The number of employed youth is at the lowest rate since the 1950s. A new KIDS COUNT (a project that tracks the well-being of children in the U.S.) report points out that today only one in four youth has a job compared with about one in two just a decade ago. It is especially troubling that 6.5 million people, ages 16 to 24, are both out of school and out of work. These statistics point toward future struggles for financial stability and long-term employment challenges.

Read more here: http://www.idahostatesman.com/2012/12/21/2388602/youth-jobless-rate-plays-role.html

Serving up Innovation with a Bit of Advocacy Sprinkled In

SeAnne Safaii, PhD, RD, LD, is not only utilizing an innovative method to teach tomorrow’s dietitians and employing virtual reality technology to help young people work through their diabetes management, but as the 2013-2014 President of the Idaho Academy of Nutrition and Dietetics, she is working with the state government to get fellow dietitians the recognition and value they deserve.

When you think of Idaho, your first thought might not be that it’s a place that’s on the cutting edge of diabetes management or dietetics. However, the state, and in particular, SeAnne Safaii is on the forefront in training future dietitians and helping those with diabetes.

Safaii is a professor at the University of Idaho where she teaches nutrition courses and clinical practice sessions to aspiring dietitians. At the university, Safaii is part of a project involving robots, which are used to help students learn how to go through hospital clinical experiences.

This project has been able to fill in for the large decrease in dietitian internships in recent years, according to Safaii, as well as allow hospital preceptors to participate in this unique clinical experience.

To read more of the article go to: http://www.diabetescare.net/content_upclose_detail.asp?id=446963

DugDug.com

Each week at DugDug, we interview top academic researchers to discuss their work. In this week’s feature, we have the great opportunity of sitting down and talking with Dr. Samantha Ramsay, whose paper titled “Kindergarteners’ entrée intake increases when served a larger entrée portion in school lunch: a quasi-experiment” was published in the Journal of School Health.

Can you explain the conclusions of your research in layman’s terms? The outcomes of the current study demonstrate that the same phenomena we see in the home setting occurs in the school setting: young children who are offered larger portion sizes of a preferred food item will eat more of that food item (regardless of their internal cues of hunger and fullness).

How can we use these findings? Caregivers (parents, grandparents, child care providers, teachers, etc.) of young children need to recognize that the unit size of food offered to children does matter. Those adults have the responsibility to OFFER young children food in child appropriate units and children then should be allowed to select (self-serve) the amount of those smaller units they would like to eat. Adults then can use verbal queuing to reinforce children of hunger and fullness cues.

To find out more about Samantha’s research email sramsay@uidaho.edu.
Idaho’s Journey for Diversity and Human Rights Tells the Story of Idaho’s Peoples

Population growth in recent decades has changed the composition of Idaho communities. For example, between 2000 and 2010 Idaho’s Hispanic population grew at an annual rate of 7%, compared to 2% for the non-Hispanic population. State level changes are often magnified at the local level: some Idaho communities are now majority Hispanic, others have a recent influx of retirees, or have experienced big shifts in family income or education.

Research shows that communities thrive when they have a strong network of relationships among groups. However, population change can undermine community cohesion, increasing suspicion, stereotyping and hostility between groups. To strengthen relationships among groups, UI Extension Family and Consumer Sciences faculty worked with colleagues in community development and 4-H to educate Idahoans about diversity and inclusiveness in Idaho.

Idaho’s Journey for Diversity and Human Rights. Over the past eight years, the University of Idaho Extension has hosted regional two-day traveling workshops in which participants visit sites and talk to key players relevant to past and present issues of diversity and human rights. Idaho’s Journey for Diversity and Human Rights is designed as an intense learning experience for the dedicated few, who return to their jobs, families and communities with a solid understanding of current issues for the region. Workshops feature hands-on exploration and reflective learning, as participants explore implications for their own lives at home, at work, and in the community.

Idaho’s Journey moved to a new location each year to accommodate the stories of human rights and diversity in all corners of the state. Programs covered regional human rights issues of the past and present, including intergroup relations, prejudice/discrimination, economic equity, environmental justice, power relationships, and cultural heritage, as well as action strategies for change. Over the past eight years, the program has worked in collaboration with 10 government agencies and councils, 4 Native American tribes, 40 nonprofit organizations and local resources, 8 northwest universities and colleges, 33 historical sites and landmarks, 15 University of Idaho departments and offices, and 11 Idaho businesses. In Fall 2012, UI Extension hosted the last Journey of the program series.

Idaho’s Journey Impact. Idaho’s Journey proved to be a powerful experience for participants, influencing them for years to come. In 2009, we asked alumni from the six previous programs about long term impact of the Journey they attended anywhere from nine months to four years previously. Participants said that the Journey’s impact remained strong over time, helping them understand the people, events, and history relevant to diversity and human rights in Idaho. Idaho’s Journey also helped alumni speak up or take action on issues of diversity and human rights, and make connections with concerned others. Follow-up actions since their Journey included reading further about human rights, speaking up/taking action on human rights and diversity, and joining or continuing memberships in human rights organizations. Several participants have moved into leadership roles in diversity and human rights.

Population trends show continued growth in diversity throughout the United States. Communities will need well-informed members who can draw all people into community life, building bridges between groups. Idaho’s Journey for Diversity and Human Rights demonstrates that a well-trained core of individuals can have a sizeable impact through their everyday actions. In the words of Margaret Mead, “Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” —Harriet Shaklee, Extension faculty

Joy Irving 2012 Distinguished Alumna and Patricia Kempthorne Honorary Alumna

Last September at our Alumni Brunch we gave special recognition to Joy Irving as the 2012 Distinguished Alumna and to Patricia Kempthorne as our Honorary Alumna. We also were able to give special recognition to our recently retired faculty: Marilyn Bischoff, Laurel Branen, and Janice Fletcher. It was also a great opportunity for us to recognize Sandra Evenson for her outstanding leadership the past five years as interim director of the school.

Joy Irving’s countless hours of cataloging and preserving the Leila Old Historic Costume Collection and her contributions to the School of Family and Consumer Sciences is greatly appreciated.

In October, we had a continuation of our Alumni Brunch and were able to honor Patricia Kempthorne with the Honorary Alumni award. Patricia was unable to attend the brunch held on September 22. Therefore, when we found out she would be in Moscow the middle of October we took advantage of the opportunity and honored her at a special luncheon held in the Nicolls building. It was a pleasure to meet such an amazing woman who upholds the values of family and consumer sciences and to be able to recognize her for her outstanding contributions.
Alums Steve Schmidt and Kevin Sirucek Serve in the Same Battalion Years After Graduation

A Tale of Two Vandals

[exerpted] Alums Steve Schmidt and Kevin Sirucek both attended University of Idaho, but graduated at different times (Schmidt '99, MS '01, and Sirucek '06) and pursued different paths in the Army. However, both found themselves as company commanders in the same Aviation Battalion, currently stationed in Afghanistan. Although both have made different, but huge, contributions, they each credit much of their success to their educational foundation from the University of Idaho.

... Major Steve Schmidt, Sirucek's fellow company commander, is another member of that Idaho community. Originally from Lewiston, Idaho, Schmidt earned both a B.S. in Family and Consumer Sciences (FCS) in 1999 and a M.S. in FCS from the University of Idaho, and was also on scholarship with Idaho's AROTC program during graduate school. His first duty assignment was as a Medical Platoon Leader in Schweinfurt, Germany, and he has since travelled many places and currently serves as a MEDEVAC helicopter pilot.

“My journey from a UI graduate to where I am now has been incredible. When I graduated in 2001, you could have never convinced me I would be where I am today,” said Schmidt. “We all knew that when aircraft flew into the World Trade Center our lives would never be the same, but in the last 11 years my wife Christina and I have been stationed in Germany, Alabama, Colorado, Texas and Germany again; I have been deployed to Kosovo, West Africa, Iraq (three times) and Afghanistan; and we have a son in Germany and a daughter in Colorado.”

Throughout all of his travels, Schmidt and his wife have held on strongly to their Idaho roots. “We have met and worked both for and with some of the most amazing people, and maintained our link back to the University of Idaho and our families in Lewiston, Clarkston and Orofino as best we can,” he said. “I believe the challenges have lied along the path in all of that, but they have only served to help us get where we are today.”

And today, Schmidt is stationed in a war zone. “I have been blessed with the opportunity to work with approximately 104 of the best Soldiers in the Army who are completely dedicated to ensuring that soldiers who get hurt have the best crews and helicopters available to come and get them 24 hours a day, 7 days a week,” he said. “My First Sergeant and I are charged with the care and well being for all of our Soldiers and their families, and we also have the inherent responsibility of ensuring that our 15 helicopters and the rest of our equipment are taken care of.”

Despite the challenges that this position presents, it’s clear that Schmidt is passionate about what he does. “My favorite part of being a MEDEVAC pilot is the impact we have on Soldiers in the fight. Those Soldiers go out on patrol day in and day out knowing that we will be here to come and get them when things go bad,” said Schmidt. “The difficulty lies in the fact that when we come, it is generally an extremely bad day for that individual or group of individuals.”

Schmidt also considers his time at Idaho as the basis for the position he’s in now. “Being a Vandal is one thing that I will always be proud of. Some of the best experiences of my life happened and some lifelong friends were made during my time at the University,” he said. “There were several professors who were influential to me. First and foremost would be Janice Fletcher; she was my advisor, my mentor and a wonderful friend who showed me the true impact we can have on our children and families when we stop, watch, and listen.”

And Schmidt cares for and treats his comrades as if they were his family, recommending others to do the same as he reflects on lessons learned: “Listen twice as much as you talk, learn from your cadre as they are some of the best the Army has to offer, stay in touch with one another throughout your careers because you will learn a lot from your individual and collective experiences, mentor those that come after you, and take care of your Soldiers as if they were your own family... because they are,” he said.

Schmidt says his hopes for his future career are simple. “My hope [is to] continue to serve my country to the best of my ability while striving to find ways to better support the Soldier on the ground. There are several things I would like to do after I leave the Army, but the first and foremost is going to be to spend time with the family who has sacrificed so much for my career.” ...

To read the entire story, go to: http://www.uidaho.edu/class/history/news/a-tale-of-two-vandals

Family, Career and Community Leaders of America (FCCLA)

Jennifer Harrington and Jerrica Leitch, Family Life (photo above) and postsecondary FCCLA charter members sewed 56 pillowcases, some tie dyed, into dresses for their chapter project this past year and sent them to Dress A Girl Around the World. The Hope 4 Women International group’s goal is to dress girls around the world (see www.dressagirlaroundtheworld.com).

The new collegiate FCCLA chapter, led by alumni Mary Schmidt and Betty Sawyer as advisers, affiliated 6 members and plan to continue presenting leadership workshops and taking part in state and national conferences. Watch for their recruitment table at Palousafest in August! —Betty Sawyer
Faculty KUDOS

Congratulations Harriet Shaklee for receiving the Outreach and Engagement Excellence Award at the 2013 University of Idaho Excellence Awards.


Samantha Ramsay received an Award for Excellence in Reviewing for her service to the Journal of Nutrition Education and Behavior’s, January/February 2013 issue.

SeAnne Safaii was nominated for President of the Idaho Academy for Nutrition and Dietetics and Samantha Ramsay is the president-elect.

Harriet Shaklee was the recipient of the Tribute to Women in Industry Award from the Women’s and Children’s Alliance in Boise. The Idaho’s Journey team received the 2012 National Award for Diversity Programming from the National Association of Community Development Extension Professionals—Kathee Tiffit, Audrey Liddl, Carol Hampton, Sue Traver, and Harriet Shaklee.

Sandy McCurdy was mentioned on FoodSafetyNews.com’s list, The Best of Food Safety in Education: This Week, Food Safety News is acknowledging leaders who help keep our food supply safe.

FCS Area of Excellence

• Curriculum is research based
• Faculty active in scholarship, outreach, and service
• Cohesive FCS with all disciplines represented in the School
• Strength of discipline content recognized throughout the NW Region
• List 3rd in the Top Colleges for FCS degrees nationally (U of Georgia and Purdue listed 1st & 2nd)
• One of 10 universities nationwide with an accredited Family Financial Counseling program
• Highly competitive undergraduate Coordinated Program in Dietetics
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• Award winning faculty and students (graduate and undergraduate)
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July 2012 to June 2013

PUBLICATIONS in print


OTHER abstracts, presentations, posters, exhibits, displays


Raidl, M, & Safaii, S. Results of a Diabetes Program Designed for Young Adults with Diabetes. 2013 Hawaii International Conference on Education, Honolulu, HI, January 6-9, 2013.


Ramsay, SA. Building a Healthy Plate. AG Days, University of Idaho, Moscow, ID, October 2012.


Investments for the Future  (July 1, 2011 through June 30, 2012)

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