Director, Sonya Meyer

Margaret Ritchie School of Family and Consumer Sciences and the wonderful, amazing, very good incredible year! (Thank you to Judith Viorst, author of Alexander and the Terrible, Horrible, No Good Very Bad Day.) Many of you are aware that we started the academic year without being in the Nicolls building but ended with spring semester “back home.” We returned in early January, before the start of spring semester, to our newly renovated building. We are very grateful to the College of Agricultural and Life Sciences (CALS) for housing many of our faculty and School offices through summer and fall semester. The College of Education is also to be thanked for allowing us use of classroom space for some of our classes and apparel design studio and faculty offices. We also thank Housing for the use of their Community Center for our Child Development Laboratory and practicum.

Although a bit of an upheaval and unusual start to an academic year we appreciated the opportunity for greater interaction with our CALS colleagues. Several of our faculty also have strong ties to the College of Education; therefore, using some of their space allowed the rest of us the chance to become better acquainted. I would be totally remiss if I did not also thank UI Facilities for their incredible support and coordination of our relocations and communication with contractors and the architectural firm.

We seemed to focus a great deal of our events and activities around the renovation this past year. That is only natural as many of us were drawn into discussions and decision making regarding the facility. Naturally we took advantage of every opportunity available to showcase the renovation. The program for our annual alumni brunch, October 19, included a tour of the renovation site. During the brunch, preceding the tour, an eloquent presentation by Interim President Burnett gave indicating support of Family and Consumer Sciences made it a very special event for all in attendance. It was wonderful to hear such support from a university president.

Early spring semester we hosted an open house for our CALS colleagues as a thank you for allowing us to invade the Ag Science building during summer and fall semester. It was also an opportunity for us to share the renovation with others prior to the Celebration in early April. In March Extension’s annual conference was once again held in Moscow in conjunction with a one day all CALS conference. The faculty and staff on-campus once again took advantage of the opportunity and hosted a reception for our off-campus county faculty. We knew that many of them would not be able to return for the Celebration in April, and we wanted to share the building with them in this special way.

Our Big Event, the term we used for the Nicolls Building Celebration, occurred on April 4th. The weeks leading up to that day became rather

Cover photo by University of Idaho Photographic Services
hectic around here. FCS faculty and staff, along with CALS Development office staff, decided to show case all of FCS at UI and not just feature the programs most affected by the renovations. Faculty displayed their research posters and student work throughout the building. Several of our students served as hosts and guides for the day during the Celebration. Students in Dr. Katie Miner’s Food Systems Management course catered the event. Phi Upsilon Omicron hosted an alumni panel discussion which was well attended by FCS students. Each program unit was assigned a classroom in which to showcase their research, teaching and Extension efforts. There were several other events throughout the week leading up to the fourth.

To say it was a successful week is a major understatement. It was beyond successful. It provided a wonderful opportunity to bring our alumni and friends together to celebrate not only the Niccolls building but also FCS. It was rewarding to see acquaintances and friendships being renewed and new ones being formed. The event was made even more special by several alumni attending who had not returned to campus since they graduated several years ago. What an honor to be the reason for them to return. It was also an honor that our new university president, Dr. Chuck Staben, and his wife joined us for the event. Both he and former Idaho first lady, Patricia Kempthorne, participated in the Celebration program.

The renovation and our move in and out of the building did absorb a great deal of time this past year. However it did not hamper our teaching, research and outreach activities. The School continues with high student enrollments, largest in the college at approximately 42% of the total college enrollment. Naturally our student/faculty ratio remains high. My amazement for the FCS faculty continues to be high. Their efforts result in the high level of respect and recognition the School receives. As you will see throughout this issue they are increasing their scholarship productivity and provide excellent modeling for our students. Several of our graduate students had papers accepted for presentations at national and international conferences this year.

Faculty received recognition for their outstanding contributions to the campus and their professional associations this year. It was very rewarding to mentor three of our faculty through successful promotion and tenure decisions. Congratulations go to Dr. Nancy Deringer, Dr. SeAnne Safaii and Dr. Ling-Ling Tsao for being promoted to Associate Professors with tenure. Congratulations also to Katie Miner who successfully completed all requirements for her PhD and the list continues with many faculty achieving great things this year.

The building renovations were not the only changes to occur in the School this past year. Dr. Katie Brown joined us in the fall as our newest faculty member. Katie B. is an Assistant Professor and RD in our Foods & Nutrition/Dietetics program. Early in fall semester we added a part-time Academic Advisor to our staff, welcome Rebecca Nelson. Our Extension Individual and Family Finance program once again has specialist leadership. The university is contracting with Dr. Nancy Porter to provide leadership in programing and curriculum to this area of our Extension effort. We look forward to all the contributions these three individuals will continue to make to our FCS team.

As excited as we are to welcome new members to our team, we are sad when others move on. Dr. Sandy McCurdy, Extension Food Safety Specialist, decided it was time to travel, spend time with grandchildren and do more quilting. Sandy retired at the end of March, and although we wish her all the best, we miss her! Soon we will be missing another member of our FCS team. After 25 years of incredible service to the Margaret Ritchie School of Family and Consumer Sciences Debra Rumford is leaving us, but not CALS. She is transferring to Ag Communications which will now be under the direction of Assistant Dean Kim O’Neil. She will continue to be involved with projects similar to those she did in FCS, however she will not be exclusively doing FCS. Thank you Debra for 25 years of wonderful service!

Yes, it was a wonderful, amazing, very good incredible year for the Margaret Ritchie School of Family and Consumer Sciences!
Nicolls and Giving, Thank You

This past spring, over 150 people gathered to celebrate the completion of the highly-anticipated renovations to the Nicolls Home Economics Building. This really was something special to celebrate after many years of planning, preparation and support from donors who understood the significance of these much-needed upgrades. The renovations in the Carmelita Spencer Foods Laboratory and the Child Development Laboratory will help us remain competitive in the ever-evolving landscape that is Family and Consumer Sciences. We cannot thank you—our alumni, friends, and community partners—enough for the support given to this project. So many generous individuals stepped forward to ensure that our students continue to receive the top-notch education expected at the University of Idaho.

The reveal of these renovations was timely, as we also celebrate a milestone year for our university. This year marks the 125th anniversary for the University of Idaho, allowing us to spend 2014 in celebration and reflection. What better way to do that than celebrating the upgrade of one of our most historic buildings on campus. We have come a long way from the small class of 45 students enrolled in the Department of Domestic Science in 1902. These students took classes in Ridenbaugh Hall, and over the years the department outgrew the space and moved to a series of other locations on campus. Finally, in 1952, the Nicolls Home Economics Building was built and dedicated, providing ample classroom space to keep up with the growing enrollment. The building has served us well through the years and as the profession continues to evolve into the future, it became imperative to modernize our laboratory space, allowing us to maintain our high standard of education. Now, our students will be more prepared than ever to enter the important field of Family and Consumer Sciences.

If you have not had a chance to see the newly renovated space, please be sure to let us know, as we would be delighted to take you on a tour. Likewise, if you did not yet have an opportunity to support this project financially, it is not too late. While the major renovations are completed, there are supplies and equipment still needed. You can help each discipline area stock their respective laboratory with a gift of any size—it all makes a difference. To make a contribution, simply visit www.uidaho.edu/cals/fcs/Giving and choose the lab you would like to support.

These funds will help to complete the upgrade, providing our students with the educational tools they need. From measuring cups to children’s library books to dress forms, these smaller items are necessary to round out the quality learning experience our students receive from the Margaret Ritchie School of Family and Consumer Sciences.

So, again, we want to thank you. And we want to invite you to continue our celebration as this renovated building opens doors for new research opportunities, new partnerships, and more student successes.

—Jen Root, CALS Development office
Living and Learning in the Renovated Child Development Laboratory

A year ago at this time we were still determining temporary relocation details for the Child Development Laboratory during renovation (along with becoming highly competent with boxes and shipping tape).

What a difference a year makes! The fall semester of relocation during the renovation is only a distant blur now, and the excitement of moving into our beautiful and highly functional Child Development Laboratory remains, as every day in the laboratory has been a pleasure for children, parents, students, and staff. Upon arrival to the new classroom it seemed the children did not quite know what to think, but within minutes comments such as “I love this school,” “This is cool” and “This is really really different from my old preschool” were exclaimed by some of the children. Parents shared many positive comments as well. For the children, the changes seemed to mainly focus on discoveries of new and interesting equipment and materials throughout the classroom, from the reading nook/loft area, to the observation window and low counter where they could talk with the snack teacher working in the classroom kitchen. The hands-free faucets held a fair amount of interest as well, until they were simply an efficient way to wash hands independently, before returning to engaging activities. Children new this year to the Child Development Laboratory also greatly enjoyed the outdoor laboratory—the large sandbox and tricycle/scOOTer riding areas in particular. We are hopeful of and having preliminary discussions about renovation of our outdoor spaces as the next phase of improvements for our facility and program.

Back inside the laboratory the improvements have been phenomenal in terms of program function and efficiency. Having the classroom kitchen is wonderful for including the children in food preparation and other aspects of our mealtimes, but also for having all teachers present in the classroom rather than leaving to go upstairs to prepare and transport food to the classroom. The open floor plan allows for much improved visibility and classroom awareness for all present, while also allowing flexibility in arranging the environment into different activity areas for the children. The hands-free sinks and automated towel dispensers encourage independence and competence as the children learn and practice self-care routines. Well-designed storage spaces help the teachers and children manage classroom materials with ease. In the process of moving out and back in, we also organized every container and cabinet, and reconfigured out-of-classroom storage rooms in more efficient and curriculum-sensible ways.

We would like to thank everyone who contributed time, talent, and funding to facilitate all of the wonderful improvements to the Child Development Laboratory. As director, I appreciate the new laboratory absolutely every time I enter the classroom. If you have not yet seen the Child Development Laboratory we hope you will join us in the fall for a tour!

— Suzanne Planck, PhD

Dean John Foltz and King Rovey enjoying the new loft
New Foods Lab

From both a student and instructor perspective, the new foods lab is absolutely incredible! I had the privilege of teaching the final class in the old foods lab in the spring of 2013 and the first class in the new foods lab this past spring (2014). I told my students that they were making history as they participated in the last lab activity in the old foods lab. We took a few pictures to mark the day and looked forward with hopeful anticipation to seeing the new foods lab this past year.

Although I saw the blueprints for the new foods lab, I had no idea that the finished product would be so remarkable! The difference in layout, appearance, and technology between the old and new foods lab are significant. The food demonstration area is conveniently located in front of the tiered seating lab. The lab stations have both gas and induction stovetops to expose students to both types of heating. The microwaves and ovens are in the back of the lab for easy access. A three-compartment sink and commercial dishwasher allowed for quick and efficient dishwashing after lab activities. The two 65" monitors on either side of the food demonstration area were used for presentations and video demonstrations. Surround sound made the video experience even better and will be very instrumental for future demonstrations.

My students performed a variety of activities in the new foods lab this year. Some of the topics included: candy-making, grains, meat and poultry, gluten development, egg and dairy foams, baking a variety of cakes, frozen desserts, and preserving fruit and vegetables. Each lab activity required a number of different ingredients and supplies, all of which were easily found in the new foods lab.

The layout of the foods lab allowed students to work easily as a team. During the lab activities, teams divided responsibilities and made efficient use of the extra space that the lab stations provided. As I walked down the center aisle, I could easily see the progress the students were making and answer questions as needed. In addition, the students were able to participate more fully in class discussions about key principles they learned during lab. I am very grateful for the opportunity to teach in such a modern and sophisticated lab! This lab will see a lot of students come through the doors, all of which will leave with more understanding of food principles. – Ashlee Eskelsen, MS

The Eating Laboratory

This laboratory was included in the renovation, it provides a controlled but at the same time child-friendly environment in which Dr. Samantha Ramsay’s research group can study the eating behaviors, food preferences and during-the-meal communications of children and their parents. The research team includes Amir Golmohamadi (Post-doctoral research associate), Mackenzie Ferrante and Bridget Egyir (Master students) and Dr. Ling-Ling Tsao.

The laboratory has two parts, a dining room and an observation room. The dining room is equipped with four cameras located at the four corners of the room. Each camera contains an embedded PZM microphone which enables simultaneous and high quality audio and video recording. The dining room contains height-adjustable and child-sized round tables and chairs. The observation room, adjacent to the dining room, is separated with a reflective glass. This room is equipped with computers and devices for video and sound recording. This room is also called the “brain room.” – Amir Golmohamadi
New CAD/Computer Research Lab

A new addition to the School of Family and Consumer Sciences is the Computer Aided Design (CAD) and Computer Research Lab on the second floor of the Niccols Building. The former Phi Upsilon Omicron Reading room has been transformed into a CAD classroom, student lab, and undergraduate research space. This space will be primarily shared between Clothing, Textiles and Design and Nutrition, but will be available to other programs in the school. There are four student computers, a teaching computer, a 44” wide color printer that can be used to print patterns and large research posters, and a 42” wall-mounted monitor connected to the instructor’s computer. In addition there is a scanner for scanning research surveys, a web-camera for videoconferencing, and a laser printer. Each computer is currently equipped with Adobe Creative Suite and Optitex Digital Patternmaking software. In the future, statistical analysis software will be added allowing students to be involved in all aspects of research including data entry and analysis.

Kate Imthurn, a senior in the Coordinated Program in Dietetics, demonstrates the benefits of undergraduate research enhancing education. Kate went the extra mile by implementing a Vandal Football team needs assessment she was required to design for her Community Nutrition course. With the help of Vandal Athletics, Dr. Samantha Ramsay, and Dr. Katie Brown, Kate collected and analyzed data which was shared at the Washington/Idaho Academy of Nutrition and Dietetics Joint Meeting, and the University of Idaho innovation showcase in April 2014. Of her experience Kate says:

My participation in undergraduate research allowed me to gain experience in the field of sports dietetics, the career I am pursuing. It allowed me to see firsthand what research entails instead of just learning about it in a classroom setting. When applying to graduate school it put me above other candidates who had not participated in research. I have recently been accepted to graduate school with an assistantship covering my full tuition and living expenses. It took extra time and work, but it all paid off. Not only for me personally, but also for the football team who will benefit from changes instigated by the findings of this research.

This summer Lori Wahl taught Digital Patternmaking using the Optitex software. Digital patterns are commonly used in modern garment development and production and allow for faster pattern creation, easy pattern changes, automatic grading into sizes, and creation of digital files that can be emailed to factories anywhere in the world.

Students are required to have completed Patternmaking and Garment Construction courses prior to taking Digital Patternmaking as a strong understanding of pattern drafting and garment construction is needed before creating digital patterns. Upon completion of a set of basic patterns, students then moved onto a garment design and pattern of their own choosing and added grading, graded specifications, and marker making. Some thoughts from the students:

Chelsey Lewallen – It's exciting because it is providing me with new tools to further my career in the apparel industry and help me gain a better understanding of contemporary clothing for my garment alterations business, Altered Ego.

Joyce Sun – The drafting process is a lot faster making it easier to realize designs in a shorter amount of time. I can play with pattern shapes in Optitex while conceptualizing the garment construction. This saves paper and time because I don’t have to draft each option separately on paper.

Ashley Anderson – Learning digital patternmaking makes me feel more comfortable and confident as I prepare for a career in apparel design. I’m gaining insight and practical skills in current apparel pattern development processes.

Krista Baker – Digital patternmaking gives you the ability to make whatever you want.

– Katie Brown, PhD, RD, LD and Lori Wahl, instructor
Rebecca Nelson
Rebecca Nelson is a Moscow native and University of Idaho Graduate. She graduated with a degree in Child, Family and Consumer Studies and a minor in Aging studies. Throughout her time here as a student she worked with several of the faculty assisting them with research, and assisting the main office in a work study capacity. Upon graduation she was thrilled to be hired on as the new Academic Advisor. Rebecca is working with all freshman, sophomores and incoming transfer students for Family and Consumer Sciences. She is responsible for providing educational guidance and assistance for students by planning schedules, recommending courses and determining appropriate education solutions on their needs and career goals.

Good-bye from Your Extension Food Safety Specialist... It Has Been Great!
I retired at the end March and I want to say thank you for the opportunity to have such a great position and colleagues in the School of Family and Consumer Sciences. Food Safety Extension Specialist is the best job ever and a capstone for me in a career that included a teaching/research faculty position (WSU), research scientist for a contract research company (Canada), and finishing here at the University of Idaho. Extension, the “extending” of knowledge from universities into the hands of citizens, is one of the best ideas ever. I have truly enjoyed delivering food safety programing to a variety of audiences. I’ve worked with county faculty around the state on improving food safety knowledge and practice for hand hygiene for youth and families, of high school students working in food service, of consumers who store and preserve food at home, and have tried to get everybody to use a thermometer when cooking hamburgers! I hope that these, and a number of other efforts over the past 14.5 years, have played some role in making Idaho a safer place to eat. I will miss it all, but it is time to do some RV travel with my husband, Al.

Katie Brown, PhD, RDN, LD
Dr. Katie Brown is an Assistant Professor of Foods and Nutrition at the University of Idaho. Dr. Brown has a Bachelor’s Degree and Dietetics and is a Registered Dietitian Nutritionist. She earned her PhD in Nutrition Science from Utah State University.

She teaches the following courses: Concepts in Human Nutrition, Advanced Nutrition, Nutrition for Exercise and Sport, and Intro to Clinical Dietetics. She enjoys creating educational tools such as a sewn model of the gastrointestinal tract, and short, humorous videos to demonstrate nutrition concepts (i.e. a theatrical demonstration of protein synthesis).

Her research areas include nutrition for adolescents and college students including the impact of binge drinking and the female athlete triad. Because undergraduate research was a vital aspect of her education, Dr. Brown looks forward to providing research opportunities to undergraduate students. She enjoys running and playing ultimate Frisbee.

Nancy M. Porter, PhD, CFCS, RFG®
Dr. Nancy Porter is a personal and family finance extension consultant with the University of Idaho. She previously held Extension Family Finance Specialist positions with Colorado State University and Clemson University in South Carolina. In Colorado she was co-director of the Small Steps to Health and Wealth™ (SSH) Rural Pilot Project (www.ext.colostate.edu/smallsteps). After serving in the year 2000 as the National Program Leader for Family Economics with USDA’s Cooperative States Research, Education, and Extension Service (CSREES) in Washington, DC, she provided national leadership for the Financial Security in Later Life National Initiative and the eXtension Financial Security for All Community of Practice’s Investing for Farm Families project (www.extension.org/pages/InvestingforFarmFamilies).

Dr. Porter is certified in family and consumer sciences (CFCS) and is a Registered Financial Gerontologist (RFG®). She received her PhD in family resource management from Virginia Tech and holds bachelor’s and master’s degrees in home economics education from Mansfield University in Pennsylvania. She has received numerous awards for program excellence from national, regional, state, and university groups and has managed over $1.2 million in funding from grants and generated funds to support financial education programs.
My Experience with Defending My Thesis Long Distance

I would have to say I had about the best experience possible when defending my thesis long distance. The hardest part was trying to schedule a date and time that worked for me and my committee as well as making sure a room with videoconferencing was available for our use. Another difficulty was finding a location with videoconferencing close to where I live. Luckily, North Idaho College was extremely accommodating and allowed me to use one of their classrooms at their outreach center in Sandpoint. One of the reasons my defense worked out well was the helpfulness of everyone in the School of Family and Consumer Sciences who were willing to help with tasks I was unable to accomplish due to being an off-campus student. The actual defense of my thesis went rather well although it felt a little weird talking to a screen that held my committee rather than talking to them face-to-face. Overall, I would say defending my thesis from a distance was a positive experience. One that I would encourage others to pursue.

—Amy Robertson, ’14 MSFCS

Professional Development

Bridget Egyir, graduate student, and Dr. Samantha Ramsay received funds to do research in Ghana, Africa “Int’l Study of Ghanaian mothers complementary feeding of their children.”

Joyce Sun, graduate student, received funds to attend the Costume Society of America Conference in Baltimore, MD.

Mildred Haberly Extension Endowment

The Mildred Haberly Extension Endowment was established to help Extension faculty in Family and Consumer Sciences with ongoing professional development, and to buy educational materials for programs in their counties. This year $10,625 of Haberly funds were awarded to assist educators in meeting these professional goals:

- Laura Sant (Franklin County), Kirsten Jensen (Idaho County) and Lorie Dye (Jefferson County) will attend the national meeting of the National Extension Association in Family and Consumer Sciences this fall in Lexington, KY.
- Joey Peutz (Payette County) will attend training for The Color Code program so she can bring the program to groups in her county. She will also purchase books in her field.
- Laura Sant (Franklin County) and Marnie Spencer (Bingham County) will bring a trainer from the Strong Women program to eastern Idaho to train volunteers to offer the program in their counties.
- Karen Richel (Latah County) will purchase the Missouri Community Action Poverty Simulation to provide experiential learning to people in her community on the challenges of low income families.
- Marsha Lockard (Ada County) will attend True Colors facilitator training re-certification so she can continue to offer the program to groups she works with.

Marion Featherstone Endowment

Samantha Ramsay received funds to attend the Experimental Biology Conference in San Diego, CA.

Maja Gillespie, thesis “Secure, Comfortable, Shaky and Disastrous: Examining the current financial situations of college-aged youth”

Marissa Rudley, thesis “Young Adults’ Fruit & Vegetable Liking and Intake is dependent on age, gender, bmi, year in school and childhood feeding practices”

Amy Robertson, thesis “Coping Strategies Used by Rural Working Families Living in Poverty”

Kimberly Young, thesis “Adolescents Perceived the Registered Dietitian Nutritionists as the Nutrition Experts and Preferred Hands-on Learning Activities to Facilitate Behavior Change in an Adolescent Obesity Intervention”

Marquis,thesis “—$245,835 distributed to 162 students awarded scholarships for the 2014 academic year—“
Kudos

Congratulations to Ashlee Eskelsen, graduate student, Steffanie Sandoval and Danielle Basye, dietetics students, who earned the Outstanding Student award from the Idaho Academy of Nutrition and Dietetics.

Kudos to Erika Liams and her students for a successful Moscow-Rade fashion show.

Sandra Evenson is this year’s recipient of the ITAA Sara Douglas Fellowship for International Study in Textiles and Apparel.

Congratulations to Nancy Deringer, Ling-Ling Tsao, and SeAnne Safaii promoted to Associate Professors.

SeAnne Safaii was nominated as a Food & Nutrition Magazine hero for the education work she’s done, including using virtual reality as a teaching tool.

SeAnne Safaii received the Outstanding Dietitian of the Year 2014 National Award at the Idaho Academy of Nutrition and Dietetics annual meeting.

Samantha Ramsay received the Emerging Dietetics Leader Award 2014 at the Idaho Academy of Nutrition and Dietetics.


Kudos to Katie Miner and her students for an outstanding job at our Nicolls Celebration Event. Kudos also to all of our student volunteers. We received numerous positive comments on our students.

Ling-Ling Tsao receives the President’s Mid-Career Faculty Award at the 2014 Excellence Awards

Dr. Tsao is an effective teacher committed to our off-campus students at UI’s Coeur d’Alene Center. This type of commitment is essential if UI plans to continue moving toward serving Idaho by offering programs in other areas of the state. She plays an important dual role by working as the liaison between Family and Consumer Sciences and the College of Education to ensure education certification requirements are met by students in Early Childhood Development and Education. She is a committed advisor to both undergraduate and graduate students with 30-40 advisees each semester. Dr. Tsao has received a very competitive NIH grant to support her research and is becoming nationally and internationally recognized for her contributions. She has a long list of presentations at national, regional, and state conferences in her area of expertise, has a history of consistent contributions to several community-based organizations serving young children in Idaho and her consulting work in China extends her expertise to the international arena.

The Presidential Mid-Career Award. This award was established in 2011-12 to acknowledge achievements made by gifted faculty usually during the middle of their career, who have demonstrated a commitment to outstanding scholarship, teaching, and engagement. Eligible faculty will have completed three years of full-time service at the university in either tenured, tenure track, or non-tenure track professorial ranks, including faculty at large. Up to 10 awards are available to faculty annually. Individuals selected for the award will receive $5,000 in addition to their base salary effective the following academic year for two years.
FCS Alumni Brunch 2013

As part of the brunch a few toured to see the progress of the Niccolls building renovation.

Jane Derr Betts FCS Distinguished Alumna

Excerpted from brunch. I am very pleased to share some thoughts about Jane Derr Betts ‘67 (1945-2013). Jane is a North Idaho girl who graduated from UI in 1967 with a degree in Home Economics with a Teaching emphasis.

Jane’s FCS career started with extension in Washington County and continued in the classroom at Weiser High School until she retired in 2007. During this time she also helped with the Margaret Ritchie Distinguished Speaker Series. After retirement her entrepreneurial adventure began. You may have seen her at a local Saturday market as “Hattie Jane.” She designs wonderful children’s costumes and custom apparel. (The toddler tutus are wonderful, and my grandsons love her vandal capes) I hear her grandchildren were her best models.

This is just a list of what she has done. She is so much more as she has had a profound impact on the students and adults in her life.

I first met Jane as a new teacher at an FHA Fall Convention. She knew her stuff! She became my student organization mentor. Many of the skills I have today as the FCCLA State Advisor I learned from her. She also mentored me on classroom projects. With her support I designed a student industry job shadowing project that received nation recognition.

Comment from one of her fellow FCS teachers.

Fran Ogden ’69, MS ’91 – I have worked with and beside Jane for many years (since 1969) as she was an extension agent for Washington County and as she spent many years in the classroom in Weiser. When we started it was Home Economics and the College of Letters and Sciences. Students gravitated to her creative classroom that was always warm, welcoming, and full of learning going on. The students who struggled to learn always were successful in her program. Students who excelled in school also excelled with Jane. She worked with FCCLA when it was still FHA. She had many district and state officers. Her first National officer was Molly Craig. One of my fondest memories with Jane was when she and her husband Bill invited the district 3 officers to do the planning meeting at their time share on the Frank Church River of No Return. We rode the jet boat up, worked hard all day and walked up the mountain at daybreak to watch the dear cavorting on the mountain side. She has been a mentor for many, friend to all, and a good example of what we should be and do as we work with students and work with our peers in developing effective programs...

There were many examples and I’m sure her colleagues have dozens to share. These set an example for me and many of her other students that they mattered. That she didn’t require her students fit into her lesson plans, but that her lesson plan was flexible enough to mold to their needs.

She got the nickname “MJB” that I still think is wonderful. It had the double meaning that she always had a coffee pot running in her always welcoming classroom, and it stood for “Mother Jane Betts” because she mothered countless students in her years.

– Theresa Golis ‘82

Phi Upsilon Omicron

Not being in the Nicolls Building during the fall semester led to a delayed start to PhiU’s academic year. However, we made up for lost time with our projects. In December we showed our appreciation for FCS faculty and staff by surprising them with holiday mugs just before final exam week. Spring semester we focused on our professional project in hosting an Alumni Panel presentation for FCS students during the week of the Nicolls Building Celebration. Arrangements were made for this event to serve as this year’s Margaret Ritchie Distinguished Speaker Seminar. After asking faculty and staff for suggestions for possible panel members, we invited five alumni to talk about their careers and answer student questions (left to right):

Pamela Eimers ’76 BSHEc Home Ec Ed/Ext option (Health Teacher for the Davis Joint Unified School District in Davis, CA)

Elizabeth Hoye ’08 BSFCS Family Life option (Children’s Line Designer William & Leora)

Ericka Medalen ’02 BSFCS CDFT, ’02 MSFCS (Health & Welfare in Boise)

Theresa Golis ’82 BSHEc CTD, ’06 MEd (FCS Program Manager, Idaho Division of Professional Technical Education)

Laura Thomas ’83 BSHEc FN, ’95 MEd (Consultant Idaho Department of Education, Child Nutrition Programs)

By all reports this was a very successful project. The presentation was held in one of our classrooms in the Nicolls Building. We had approximately 100 on-campus FCS students attend and 6 Coeur d’Alene Center FCS students attending via compressed video. All panel members stressed following our passion when choosing a career path and success will follow. Students and faculty requested that this be an annual event. PhiU is looking forward to the start of school next year as our National Conclave will be held in Boise in September. Rumor has it that the incoming national president is a friend of Dr. Meyer’s.

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

2014-2015 Officers
Katie Bauer, President & Public Relations
Carlie Beasley & Taylar Doolittle, Co-Vice President
Jerrica Leitch, Secretary
Julie Baldwin, Treasurer
Jocelyn Crisp & Ashley Anderson, Co-Historians for Fall
Miranda Helland, Initiation Chair & Historian for Spring
AgSAC Representatives: Julie Baldwin, Taylar Doolittle, & Joyce Sun
Food and Nutrition Club

The Food and Nutrition Club has come a long way over the past year! As some of you might know, the club has been an entity on campus for awhile now, but this past year we finally gained some recognition through the university by joining with ASUI Student organizations. Over this past year, the club has worked towards becoming more active on campus, building relationships with other student organizations, and recruiting more students to join our team. Some of the activities our club was involved in this year was Vandal Friday which was very successful! The club was able to recruit a lot of prospective students and share our passion for food and nutrition along with a variety of nutritious meals and snacks. We also were able to hangout with our friend Joe Vandal. In regards to campus involvement our club focused on one specific volunteer opportunity. We worked closely with the volunteer center through ASUI in organizing and setting up a weekly table for the campus food pantry. We were active in participation and enjoyed helping faculty and students in need. Next year we hope to expand on the availability of the food pantry and continue being a part of a wonderful organization on our campus.

Also, this year our meetings consisted of potlucks. This was a great way for everyone to share their favorite recipes with the group. They consisted of several themes including, dips and dippers! This is a tradition the club hopes to continue in the coming years, it was a great way to increase participation and to share a variety of foods.

We capped off the end of the year with officer elections. The turnout was great and we are excited for the new officers to take action. We also want to extend gratitude towards those in officer roles this year and will miss their enthusiasm and participation.

Congratulations to new coming officers and thanks everyone for a wonderful year with the U of I Food and Nutrition Club.
—Courtney Brock, President

2013-2014 Officers
Courtney Brock, President
Cierra Neiwert, Vice President
Meghan Robinson, Secretary
Miranda Rivers, Treasurer
Jeannie Castell, Events Coordinator
AgSac Representative: Anna Hein

2014-2015 Officers
Courtney Brock, President
Kelsey Reiderer, Vice President
Cierra Neiwert, Secretary
Miranda Rivers, Treasurer
Taylor Doolittle, Events Coordinator
AgSac Representative: Julie Baldwin
Idaho Association for the Education of Young Children—University of Idaho Student Affiliate

Idaho Association for the Education of Young Children—University of Idaho Student Affiliate (Idaho AEYC-UISA) had a very busy 2013-2014 school year. Several guest speakers presented to the group to support the professional development of the students. Dr. Brenda Boyd from WSU and past president of Washington AEYC spoke with the group about the importance of advocacy in the field of early childhood. Jessie Ragan from Coeur D’Alene Tribe Early Childhood Learning Center talked with students about partnering with parents. Both speakers motivated the students as professionals and challenged them to broaden their thinking.

This year the students participated in a variety of fundraising events to fund professional development and to support our Week of the Young Child event. We participated in the CALS soup sales and corn maze. Although the Corn Maze was cancelled this year, students did earn minimal funds based on their anticipated participation. In March, Pizza Hut sponsored Idaho AEYC-UISA’s fundraising efforts by donating 20% of sales made from orders using a U of I AEYC-SA voucher.

In November, five members traveled to Boise to attend the Idaho Reading & Literacy Summit. They learned about the state of Idaho’s mediocre reading scores and had the opportunity to network with community leaders, legislators, school leaders, teachers, and parents to consider how to increase reading proficiency of young children. The students presented what they learned at the following Idaho AEYC-UISA meeting to educate other members of the importance of supporting literacy development in the early years (birth through Grade 3). The students organized a book drive and donated new and slightly used books to several local childcare programs. The students designed a brochure on the importance of reading to young children to be delivered to each center along with a “bag of books” and spent time at each center as guest readers during “Read Across America” week.

Other advocacy events this year included a toy drive for a local organization during December and the annual Change for Children fundraiser during April’s Week of the Young Child. This year the students received gift card donation from Wal-Mart, Moscow Food Co-op, Applebee’s, and Jamms for raffle ticket sales. Ticket sales and donations resulted in $180.45 to donate to the Idaho AEYC for the professional development of early childhood educators in the state of Idaho.

Our year culminated with Beth Oppenheimer, the Idaho Executive Director of Idaho AEYC, attending our meeting to receive the donation check and to talk with the students about their roles as an advocate and professional in the field of early childhood. The students learned the importance of supporting the early learning of ALL children. This was a great way to motivate both the out-going and in-coming officers in their role as leaders and to strengthen our connection to the state level association.

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 to support early learning. If you are interested, please contact Beth Price, faculty advisor at bethp@uidaho.edu.

Thanks for our 2013-2014 officers for a successful year.

2013–2014 Officers
President: Caitlin Carr
Vice President: Jordan Proctor
Secretary: Jessie Dennis
Treasurer: Jenny Connerley

Welcome to our new officers! We are looking forward to another exciting year in 2014-2015.

2014–2015 Officers
President: Caitlin Carr
Vice President: Jessie Dennis
Secretary: Gabby Smithley
Treasurer: Jessica Burks
Historian: Brianna Wallen
Experience as a Graduate Student and New Mom

Many people in my graduating class know Ethan as their little nephew! Indeed, he was born on the first day of summer between the junior and senior year of the dietetic program. While some aspects of having a baby in school are a real challenge, Ethan has added depth to our educational experience and joy to our lives that we could not have in any other way. My classmates, instructors, and other members of the School have been an integral part of our journey.

Shortly after finding out that we were expecting a baby, I began rotations at the dining center on campus for the dietetic program. Onions and tuna fish are not appealing to a pregnant lady at 7:00 in the morning when we were doing food prep; nonetheless, I completed my rotations with small breaks and plenty of water. When I came back from winter break, it was starting to look like I had eaten too much turkey and pie, so we decided to share the news. My wonderful classmates threw a baby shower and we discovered that our little bundle of joy was a boy!

Just prior to the birth of Ethan, I defended my thesis about fruit and vegetable consumption among young children. There were many late nights with Ethan kicking around to keep me company. After passing my thesis and completing the school year, I continued to teach an online class. Luckily, Ethan was born on a Friday night, so I was able to get back on grading and instruction the following Monday. Feeding, sleeping, changing diapers, and cuddling became our new routine (in between answering emails from students and taking care of classwork). We were a new little family unit and settling into life.

As the fall semester began, I was a teaching assistant and student in both distance and face-to-face classes. For the distance classes, I had a “control station” which included my desk and computer, the baby swing, crib, bouncer, and changing table. During December, Ethan and I lived in Coeur d’Alene where I did an intense simulation experience as part of the dietetic program. We would Skype Jeremy (aka “daddy”) after returning home in the evenings. Although Ethan did not sleep through the night until spring, he was a pretty easy and sociable baby and we made it through the fall.

During this past spring semester, I completed my clinical and management internship at Gritman Medical Center in Moscow, while instructing the “Introductory Foods Lab” for the School. My typical day included an early morning run, feeding Ethan, dropping him off at the University Children’s Center, taking care of patients and other projects at the hospital, answering student emails, grading, and arriving home to eat dinner and prepare for the following day. In January and February, Ethan learned to crawl and started eating solid foods; our world changed forever.

In May 2014, I graduated with my Master’s degree in Family and Consumer Sciences and became eligible to take the national exam to become a Registered Dietitian. With my education, I plan to help people in either a hospital or clinical setting and then return to academics to obtain my PhD and work as a professor. The nutrition expertise that I have obtained will also be a huge benefit for my own family.

Truly, the School of Family and Consumer Sciences adheres to its values to help families and individuals achieve a high quality of life. I am very grateful for the good classmates, friends, and instructors that have helped us through our journey! While we have many adventures ahead of us, we will always treasure our experience at the University of Idaho. —Ashlee Eskelsen, MS
International Travel: Supporting early childhood inclusion education in China

Last year, Dr. Ling-Ling Tsao was invited to Nanjing Technical College of Special Education to lead the training and development of a new course curriculum in Early Childhood Education. She spent a week at Nanjing working with the early childhood faculty members on the development of a new inclusion course and provided consultations for preschool teachers.

Entrance to the early childhood program, where I met with teachers to answer some of their questions regarding the issues of including children with disabilities in their classroom.

Listening to the special teacher’s introduction to the classroom setting and how she helped with a few children with hearing impairments to integrate into daily classroom activities.

Dr. Nancy Deringer selected as CYFAR National Coach

The USDA - Children, Youth, and Families At Risk (CYFAR) Professional Development and Technical Assistance Center selected Dr. Nancy Deringer as one of seven national Coaches to provide technical assistance and support to CYFAR Sustainable Community Project (SCP) programs. The SCP programs (administered through Cooperative Extension and funded for five years) are community-based initiatives that promote positive outcomes among at-risk children, youth, and families. Previously called CYFAR Liaisons, the CYFAR Coaches will help facilitate high-quality development, implementation, evaluation, and sustainability of SCP programs. They will also provide individualized support, ongoing trainings, and technical assistance to support community-level programming efforts. Dr. Deringer will be dedicating 30 percent of her time as a Coach to the SCP programs in the states of Alaska, California, Oregon, Nevada, Utah and Montana.
Food and Nutrition Students Volunteer for Kids Eat Right Campaign

University of Idaho food and nutrition students are passionate about helping people improve health through food and nutrition. During spring 2014, students enrolled in FCS 492 Nutrition Education in the Life Cycle were given the opportunity to take their passion and enthusiasm for nutrition into local communities as Kids Eat Right volunteers. Kids Eat Right is a campaign from the Academy of Nutrition and Dietetics Foundation to help end childhood obesity. Registered Dietitian and FCS Alum Laura Thomas (second from right) received a Kids Eat Right mini-grant to support “Hunger in Our Community What We Can Do” community presentations. Laura’s vision was to maximum the return on investment by training U of I students as Kids Eat Right volunteers, giving them the opportunity to plan and implement community presentations to adults and teens. Laura met with the FCS 492 class on March 13th and April 3rd to discuss Kids Eat Right opportunities and provide training on delivering the community presentations.

Working in teams, 25 students volunteered to deliver over ten community presentations. The Kids Eat Right message was delivered to high school classrooms, parent groups, YMCA faculty, campus living groups, Bible study groups and more reaching over 100 adults and 50 teens. Through these presentations the food and nutrition students inspired others to take action. For example, after hearing the presentation, members of a U of I fraternity indicated their next philanthropic activity would be with a food bank.

The students appreciated the opportunity to work on this project and enjoyed their experiences as Kids Eat Right volunteers. Laura Thomas was impressed by the students’ work and stated, “Once again, very proud to be a Vandal!”

– Katie Miner, PhD, RD, LD

Bring Vandal Spirit to your table with this Golden Harvest Vegetable Bread recipe created by dietetic students Tracie Campbell and Michelle Tonna. To see more Vandal Spirit recipes visit: www.uidaho.edu/advancement/departments/donor-relations/thanksgiving-recipes.

Golden Harvest Vegetable Bread

1 2/3 cup Quick Cooking Oats
2/3 cup All-Purpose Flour
1/2 cup Whole Wheat Flour
1 tsp. Cinnamon
1 tsp. Baking Powder
1 tsp. Baking Soda
1/2 tsp. Salt
3/4 cup Carrots, shredded
3/4 cup Zucchini, shredded
3/4 cup Pumpkin, canned
1/2 tbsp. Orange Zest
2 Eggs, lightly beaten
1 tsp. Vanilla Extract
1/4 cup Canola Oil
3/4 cup Brown Sugar

Preheat Oven to 350°F and grease an 8 x 4 loaf pan.

In a large bowl combine the oats, flour, cinnamon, baking powder, baking soda, & salt, set aside.

In a separate bowl combine carrots, zucchini, pumpkin, orange zest, eggs, vanilla, canola oil, and brown sugar. Incorporate the dry ingredients into the wet ingredients until well combined. Do not over mix.

Pour the batter into the loaf pan and bake for 40-50 minutes until golden brown. Check by inserting a wood toothpick in the center; bread is cooked when toothpick comes out clean.

Makes 12 Servings

NUTRITION AT A GLANCE

Per serving: 205 calories, 6.2g fat, 0.7g saturated fat, 32.6g carbohydrates, 3g dietary fiber, 35mg cholesterol, 252g sodium.

Nutritional analysis by Recipe Calc Software©
Photo by Jeremiah Dubie, Dietetic Student, Food Scientist Photographer
Dr. Cindy Schmiege FCS 440 class

Where can a woman marry her uncle if she is Jewish? Where can first cousins marry? How about double first cousins? What is a “proxy marriage”? A “covenant marriage”? These questions and more are part of a class activity on family policy in FCS 440 Contemporary Family Relationships class. This interactive activity is designed so students learn about how marriage laws are regulated by each state. Students are often surprised to discover that government has that much interest in the marriage relationship, and they learn a whole new vocabulary about marriage. Because each state sets their own laws related to marriage, students often are surprised at some of the laws and why they exist. Every year when teaching the class I have to print a new set of marriage laws for each state because the laws do change. For example, laws permitting same sex marriage have been changing rapidly over the last 5 years and probably will continue to be a focus of public interest as well as controversy. This diversity in law directly leads the class into a discussion of the interesting fate and state of family policies in the United States. By the way, the answers to the above questions are: (1) Rhode Island; (2) There are about 15 states where first cousins can marry; (3) Double first cousins cannot marry; (4) In a proxy marriage one member of the couple is not physically present (often used to marry someone who is incarcerated); and (5) A covenant marriage is one where the couple agrees to make divorce more difficult than typical law in their state.

Grow Healthy Kids and Communities

Three School of Family and Consumer Sciences faculty (SeAnne Safaii, Martha Raidl, and Harriet Shaklee) and four Extension faculty (Joey Peutz, Laura Sant, Kathee Tifft, Kirstin Jensen) are currently collaborating with Oregon State University’s multi-state project, called GROW Healthy Kids and Communities, that targets childhood obesity in rural communities. In the U.S. and in Idaho, approximately 30 percent of children are overweight and nearly 16 percent are obese. In addition, the prevalence of overweight and obesity is higher around children living in rural areas (36% vs 30%) and some race/ethnic groups. Environmental factors contribute to the increase in obesity rates by hindering habitual healthy eating and active living. Different communities face unique social and structural challenges that can have an impact on healthy eating and physical activity.

This project will explore and model the rural obesogenic environment. We will use this information to develop tools and strategies to help practitioners and the public learn from and apply our research findings in rural communities. In this project we will use the social ecological model to: (1) assess the environmental features (using cameras and maps) of the rural community that make it easier or harder to eat healthy and be physically active; (2) address people’s different perceptions of their local community; (3) identify environmental factors that affect rural residents’ ability to meet guidelines for healthy nutrition and physical activity behaviors; and (4) present findings to local stakeholders and decision-makers and plan actions to improve rural options. We are also working with Oregon State University and Washington State University on applying for funds for the next phase of this project that will target community partnerships that include food systems and school wellness programs to teach students, parents and communities the skills, knowledge and expertise they need to master healthy, successful work and life in the 21st century through positive changes in lifestyle behaviors.

—Martha Raidl, Extension Nutrition Education Specialist
Updated Resource on Home Food Preservation

An extensively updated resource on home food preservation, Fundamentals of Consumer Food Safety and Preservation: Master Handbook, is in the final editing stage after two years of effort. This Handbook (formerly called the Food Safety Advisor Volunteer Handbook) is the text for the University of Idaho Master Food Safety Advisor volunteer program and a similar program offered by Washington State University Extension.

The authors, Lizann Powers-Hammond of Washington State University and Dr. Sandy McCurdy, Extension Food Safety Specialist, University of Idaho, noted that the Handbook was last updated in 2003. Since then, much new consumer food safety information has become available. In addition, interest in consumer food safety and preservation has expanded, so this edition of the Handbook was written for wider audiences, in addition to addressing the needs of those participating in the Extension programs.

The Handbook starts with chapters on the Basis of Food Spoilage and Preservation and on Foodborne Illness and Prevention, to provide a foundation for understanding food safety and quality from a home preparation perspective. Next, the Basic Principles of Home Canning are covered, with subsequent chapters dealing specifically with canning acid and low-acid foods, the preparation and canning pickled foods, and the preparation and canning fruit spreads and syrups. Other home food preparation methods are discussed in the chapters on cold storage (including root cellaring) and drying and smoking. Emergency preparedness and assistance in extending the information to other consumers completes the contents. The Handbook serves as a companion to the many “how to” University of Idaho Extension publications on food preservation, explaining why particular practices are required for safety. The Handbook will be available from Washington State University Extension in 2014.

—Sandy McCurdy, emeritus faculty

Introducing...

Just in Time Parenting

www.extension.org/parenting

An e-newsletter about children in the first five years.

Sign up at www.extension.org/parenting for this free resource for parents, grandparents—all those with young children in their lives!
Chelsey Byrd Lewallen, Sara Holden, and Caitlyn Johnson launched their very own clothing alterations and repairs business this May in downtown Moscow. Altered Ego, LLC is a clothing alterations business on a mission for textile sustainability and community enrichment. They provide quality clothing alterations and repair services to the Palouse region at a convenient storefront location on Main Street in Moscow, as well as sewing classes and a sewing studio for individuals who want to sew without investing in expensive machinery. At the Altered Ego, LLC they fix it for you, teach you how to fix it, or provide the resources you need to fix it yourself. This is their little way of keeping some of the 21 billion pounds of textile waste out of our landfills each year.

The business started three years ago when Chelsey was searching for a way to stay at home with her baby-to-be then Little Byrd Alterations, and her daughter, were born. She was lucky and able to enjoy the first year and a half at home doing clothing alterations and selling hand sewn goods on Etsy.

Then Chelsey and her former University of Wyoming professor and now UI department chair, Dr. Sonya Meyer, connected and worked out sewing tutoring for CTD students. She was then offered a TA position with Erika Iiams in the CTD department. After her first semester as a TA and graduate student she realized her passion for teaching people how to sew and her desire to take action in sustainable textiles.

She wanted to make a new business out of her passion, but knew she would need help. In January, she met with one of her students, Sara Holden (Theatre Arts BFA), who was interested in staying in Moscow but wanted to continue sewing. They came up with the idea of starting a clothing alterations business where they could also teach sewing classes and provide sewing studio workspace for individuals who wanted to use their cutting tables, machines, and supplies. They had the sewing skills but needed help filling the gap between creative arts and the world of business. Caitlyn Johnson (Clothing, Textiles and Design BS & Business and Marketing Minor) came in to complete the Altered Ego trio.

The three ladies entered in the VIEW Business Plan Competition through the School of Business. They built a 30 page business plan, conducted market research, developed three year financial projections, built a website, hired a graphic designer to make their logo, and worked with mentors to develop the business. Lori Wahl, Erika Iiams, Carrie Lawrence, George Tanner and Austin and Laura Storm of the Storm Cellar provided amazing support and advice. They spent many long hours preparing to present their plan to a panel of judges and it paid off. In April they won first place in the small business track of the competition and a $4,000 cash prize. They were the only team of students who were not business majors.

— Chelsey Lewallen, Graduate Student

**ITAA, New Orleans, Louisiana**

Last fall Erika Frances Iiams, instructor in Clothing, Textiles and Design was selected to present her innovative design, Spring, at the International Textile and Apparel Association’s (ITAA) annual symposium in New Orleans. Ms. Iiams presented in the Fiber Arts Mounted exhibit category. Her design was inspired by spring tulips, specifically the Angelique tulip. The design problem addressed considered the fact that, although springtime usually means light weight fabrics in pastel colors, it is often too cold for that type of apparel in the Northwest.

Ms. Iiams design solved that problem with a hand-knit skirt. The yarn consisted of a combination of mohair and worsted wool interspersed with alpaca yarn. The mohair yarn was carefully salvaged from a sweater knitted years ago and no longer worn. The mohair was then added to worsted wool into a ply yarn. Stitches were added and dropped and changed to create shape and texture. The skirt was over-dyed before hand-dyed silk ribbons were woven through the dropped stitches. Silk ribbons and felted roses add additional interest to the hemline along with embroidered flowers.

The waistband of the skirt was created using antique lace found at a thrift store. The lace was dyed to reflect the colors in the skirt. The skirt itself was lined with a vintage slip which was gathered into the hem exposing the lace along the bottom edge. The exposed side zipper was recovered from an existing garment.

The pattern for the cowl neck blouse was created by a bias drape. The silk for the blouse was dyed before cutting and then over-dyed after construction to coordinate with the silk ribbon flowers adorning the skirt. The peplum was trimmed with antique tatting found in the designer’s great grandmother’s sewing box. It was also dyed to match the lace on the skirt. Together the skirt and blouse reflect the promise of spring, the return of sunshine and flowers, even on a cold and blustering day.
MoscowRade Fashion Show

MoscowRade “Wearable Art” Fashion Show is a fast-growing tradition within the School’s Clothing, Textiles & Design program. Proceeds from the show go to benefit the Alternatives to Violence of the Palouse. Over the years, MoscowRade has been the key that unlocks the imagination and creativeness of those who participate, and it continues to be a creative outlet for many. For many students, MoscowRade is an opportunity to design and work freely using their newfound skills and techniques. For university/community participants this event serves as an opportunity to exercise creativity within themselves that they may not get to express anywhere else.

This past spring, I was fortunate to be given the opportunity to participate in this wonderful event as a designer and an assistant to the producer. Around the same time, I began working on a directed study based on sustainability and fashion and as I dug deeper into my sustainability research, I knew that I wanted my passion for sustainable fashion to shine through into my Moscow-Rade designs. I was able to design an entire line for the fashion show, and titled it “Reclaimed.” The garments I designed and constructed for this line were inspired by popular pieces of the 1960’s and were made entirely of upcycled goods including table cloths, curtains and abandoned fabric.

It may seem to some that clothing doesn’t have as great of an impact on our environment as other goods that are produced and distributed worldwide. However, each year in the United States alone, approximately 25 billion pounds of textiles are produced. Of the amount produced, roughly 15% are donated or otherwise reused when discarded, and the remaining amount ends up in our nation’s landfills. These few statistics alone served as a huge eye-opener for me in wondering why we, as consumer’s and lovers of fashion, think that we always need to purchase new, or more goods when we all know that we’ve closets full of perfectly good clothing with life-spans that could be extended through repurposing.

Our tradition of The MoscowRade Fashion Show (http://youtu.be/ml9T23Syapo) will live on for years to come and will continue to serve as a way for those with a love for fashion and art to express themselves. In addition to this, though, I hope that this event allows all who experience it to grow fond of the combination of fashion and the preservation of our planet through sustainable fashion.

— Caitlyn Johnson (photo), senior, Clothing, Textiles & Design

Costumes and Crabs, Oh My!

The Costume Society of America (OSA) held their 40th Annual Meeting and Symposium in Baltimore, Maryland during May 28th through May 31st. I was very fortunate to have the privilege of accompanying Ms. liams in attending the symposium. The experience was exhilarating, stimulating, inspiring, informing and educational all rolled together.

Among the focuses of the Symposium was a panel sharing their experience in how to set up and digitalize costume collections along with potential online sharing and portal resources that I found most helpful. The knowledge they shared will greatly aid us in modernizing and updating our own Leila Old Historic Costume Collection.

In addition to presentations and museum tours, the symposium offered me a wonderful chance to network and meet people. I learned of the various positions and job opportunities out there that were potential after graduation.

The city of Baltimore itself is rich with history and culture that is strongly reflected in the architecture all around. As for fashion, you could really feel (and see) the contrast of the sharp business casual style of East Coast in comparison to the comfortable casual style of West Coast, not to mention the laidback practical function-over-fashion style of Moscow. A notable scene in Baltimore is how much upcycle is integrated into their lifestyle. During an afternoon of consumer market research, Ms. liams and I noticed that 80% of the stores we visited had upcycled merchandise, whether it was upcycled clothing, repurposed silverware jewelry or table runners made from old traditional Indian wedding saris. The owners and people we talked to all thought of it as a matter of fact. This further confirms upcycling as a trend we should continue to follow and incorporate in our program and course design if we are to stay relevant to the current world.

All in all, this was a very rewarding experience. I am humbled and invigorated by all that I have learned, and I strongly suggest fellow students who are interested to attend future CSA Meetings if possible. The only regret I have for this trip is, where’s all the crab?

— Joyce Sun, Graduate Student
Students and faculty present at 2014 FNCE Conference in Houston

UI Dietetic Alumni who attended the Joint Conference for the Idaho Academy of Nutrition and Dietetics

Week of the Young Child Booth – Jenny Connerley and Brianna Wallen

2013-14 Photo Gallery

Our main office in the Ag Science conference room during Nicolls construction

Literacy Summit – Ai Sato, Jessie Dennis, Caitlin Carr, Jordan Proctor and Jenny Connerley

FCS 481 Early Childhood/Special Education Curriculum—students presented their project on evidence based practice instructional strategies for young children with disabilities. Two students were presenting the information while the other two students were demonstrating the teaching technique on how to help a child to make a request.
Dr. Zhengyuan Xia from the University of Hong Kong, China and Martha Raidl at the 4th World Congress on Diabetes & Metabolism that was held in Chicago, IL.

Ellison Schultz (Sophomore in Food and Nutrition), Dr. Samantha Ramsay, and Lauren Keeney (Food and Nutrition Alumni) in Africa.

Boise CPD Seniors learn about gleaning from Create a Common Good Program.

Boise CPD Students bring Joe Vandal out to schools to teach about eating well.

CPD Seniors teach Cooking Matters course to Boys and Girls Club in Post Falls.

Research in Africa, studying Ghanaian mother’s complementary feeding practices. Bridget Egyir, graduate student.
My Thailand Adventure

People ask me regularly what made me pick Thailand as my destination of choice out of all the countries available. My first answer would be simply, adventure. I have an adventurous heart and love for new experiences, and Thailand to me seemed just the perfect venue to have a wonderful combination of both. It sounded exotic and full of mystery but also brimming with adventure and rich culture. I really had no idea what to expect, the only sure thing I knew was that the food was incredible and you can ride elephants there. Another huge factor for picking this country was, being a college student, didn’t necessarily have a high abundance of funds, so this was financially a smart choice comparatively to the U.S.

I kept expecting myself to get overwhelmed and hit with the realization that I was going to Thailand or even by time I arrived there, I was sure I’d be in shock with the, “I live in Thailand!” But in actuality, I adjusted really well and seemed to just glide in and embrace the change. It was in fact what we went there to do. I met over 30 other amazing individuals searching for their own experience who lived all over the United States. Our lives overlapped at an exciting time of our lives and we grew to thoroughly enjoy each other’s company and sharing our experiences.

I don’t even know where to begin when I think of all the things that I had the opportunity to take part in that I never would have had a chance to in America. I traveled to the islands down south and was scuba certified on Koh Tao and was also photographed laying down with tigers. At an elephant camp there were baby elephants that were simply too adorable to express and I had the pleasure of playing with them. I experienced the culture and daily lives of different hill tribe groups and was able to spend a few nights in their different villages and wear their traditional clothing. We went hiking to waterfalls. I held a monkey on an island hopping tour with my parents who came to visit. In the jungle we zip-lined through the trees. Also visited a few orphanages where we interacted with the children. There were beautiful temples we got to take in and admire the beauty and all the incredible detail and pride they put into them. The food was indeed, incredible and we already miss the delicious and inexpensive street food close to where we stayed.

Thailand has such beauty to it. The people are beautiful and their culture. They were very friendly and helpful and I loved seeing their smiles. You could see jungles there or beaches. I think this trip, a once in a lifetime experience, helped open my eyes to different cultures and embrace differences. I learned more about myself and realize you learn and mold as a person every day for the rest of your life. It will be exciting to see the impact this adventure I was blessed to partake in will have on me and so thankful to have lived in the “land of smiles.” Best choice I’ve ever made! I encourage everyone who has the opportunity to grab hold of it and go on your own adventure!

—Amy Tjio, senior, Child, Family, Consumer Studies, Family Life
Educat ing Idaho’s Young Adults: A multidisciplinary Extension approach

These days it takes a sustained effort for young adults to become independent. In adolescence, youth build a knowledge base, develop career plans, and pursue the education that may be required. First jobs can establish the direction and earning power of a lifetime of work. Young adults make financial decisions with long term consequences as they fund educational, housing, health, and other needs. Romantic relationships over these years evolve into long term commitments, including marriage and parenthood. All of these actions serve as critical junctures as young adults establish independent households.

Education is increasingly important for a secure financial future in the current knowledge-based economy. Fifty or sixty years ago a high school diploma gave a young adult a solid foothold in the working world. Thriving manufacturing and natural resource sectors of the economy offered jobs with wages that could support a family. Workplace apprenticeships and military training allowed many to build work skills as they earned a living. Even high school dropouts could manage if they were dependable and learned on the job.

However, education and income are closely tied today. In 1980, workers 25-34 years old with a college or graduate degree made $19,284 per year more than high school dropouts. By 2010 the same education gap conferred the substantially greater income benefit of $26,000 for women and $30,000 for men, in comparable (2010) dollars. These years were especially hard on less-educated young males, who actually lost earning power over the years, declining 25-28 percent for men with a high school diploma or less. Unemployment further compromised the financial viability of less educated households. In 2010, young adult high school dropouts were three times as likely to be unemployed as the college educated.

Young people in Idaho are less likely than their peers in the U.S. to go on to college after high school graduation, falling into last place among the states in recent years. This is a problem at several levels. First, young adults in Idaho launch independent households in which they will raise a family, but are unprepared to earn enough income to meet family needs. This pattern is also a problem for Idaho communities, where workplaces report that they are unable to find employees who are ready for jobs in the current information age. Exacerbating the problem, higher education expenses have risen in the past two decades at a rate well above inflation, increasing the financial challenge for families as they prepare their young adults for independence.

Considering their breadth of expertise and record of success in working with families, Extension Family and Consumer Sciences (FCS) professionals are in an excellent position to support families as they prepare their youth for the post-high school training required in the current economy. FCS fields of family development and family finance are particularly relevant to the problem. Programs in youth development such as 4-H can further contribute by bringing critical information to youth and their families about the importance of higher education, the expenses involved, and strategies to meet those expenses. Finally, Extension colleagues in community development can work with area businesses on ways to develop the workforce they need. Extension has the advantage of established links to research bases through campus connections, while the strong tradition of interdisciplinary work can broaden the research base for program development.

Faculty in FCS have been instrumental in assembling a multidisciplinary team to help families and communities address these issues of higher education access and attainment for Idaho young people. The program is in its early stages of development, and involves campus faculty as well as county-level Extension faculty. Working together, we are confident that we can help Idaho communities and families meet the critical need for higher education.


— Harriet Shaklee, Extension Family Development Specialist

Family, Career and Community Leaders of America (FCCLA)

This is the second year for Collegiate FCCLA at the University of Idaho. FCS Majors Kesia Cisse’ and Melanie Renz were career presenters at a National Cluster Conference held in Spokane, and were evaluators at the Boise State Leadership Conference in April.

We were active at Palousafest, and presented four Ag Days workshops on Toys That Teach, Knife Skills, Creed Speaking, and Juggling It All with FCCLA.

— Betty Sawyer ’72, MS ’77
July 2013 to June 2014

PUBLICATIONS in print


OTHER presentations, posters, exhibits, displays, research


Raidl M. & Safaii S. (2013). The Healthy Diabetes Plate teaches meal planning skills and changes in eating behaviors, 2013 4th World Congress on Diabetes & Metabolism, Chicago, Il, August 14-16.


Investments for the Future (July 1, 2012 through June 30, 2013)

$10,000–$99,999
Joyce H. Munson ‘42
Editha W. Rowell ’52
William H. Shane ’59 ’62 ’64
Martin J. and Diane Simmonsen
Wayne L. ’62 ’65 and Peggy J. ’65 Thiessen
Mary Lee Wood

$5,000–$9,999
Joy D. Irving ’64
Bernice M. Morin †
Dean A. Robbins
Betty Lea Trout ’50

$1,000–$4,999
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