Ag Complex employee earns award

University Relations

The Fall 2012 Beth Maloan Outstanding UTM Student Employee Award recently was presented to Martin Sander of Dickson.

Sander is a senior agriculture major and has been employed for more than three years at the West Tennessee Agricultural Pavilion on the UTM main campus.

Sander is responsible for the setup and cleanup of all events at the agricultural complex, including events involving horses, livestock and other animal industries and the annual Santa’s Village event.

The complex includes an indoor and outdoor arena, interior and exterior holding facilities and a stalling barn with hundreds of stalls that are often set up differently to accommodate different animals.

“Martin is gifted in so many ways, but still maintains humility and common sense that is not seen in today’s culture,” wrote Jason Duggin, animal science instructor, who nominated Sanders. “Martin is well known to all the event attendees as the go-to person at UTM for activities held at this complex. He must make on-site decisions daily regarding both planning and individual requests regarding specific events. He often makes decisions for the safety and welfare of the attending people and their animals.”

The award, given every fall and spring semester, is a memorial for Beth Maloan, longtime UTM director of budgeting and payroll, who during her years of service was a strong advocate for student employment.

Maloan had a vision that more positions would be developed on campus that would challenge students and make them significant contributors to the university’s mission. Recipients of this award exemplify a strong work ethic and commitment to the university, and they receive a $1,000 cash award, an engraved plaque and a nameplate on the perpetual plaque in a place of honor in the Boling University Center.
By Brittany Lyell

Many people believe diabetes is caused from eating too much sugar. They believe this because blood sugar, or glucose, is measured to detect whether someone has diabetes or not.

Research has shown a diet high in carbohydrate foods increases the risk of developing diabetes in those who are predisposed to the disease. Excessive amounts of foods high in carbohydrates that have a high glycemic index can make the pancreas produce more insulin. Glycemic index measures how foods containing carbohydrates raises blood sugar.

A food with a high glycemic index will raise blood sugar more quickly than a food that has a low or medium glycemic index. Insulin stimulates cells in the body to store glucose and the body may become resistant to insulin over a period of time.

This does not mean someone will develop diabetes because of a high carbohydrate diet. Being on a high carbohydrate and low fiber diet, though, can hasten the progression to diabetes if one is predisposed.

Obesity is one of the leading risk factors for diabetes. Being overweight puts stress on the body. It’s harder for the body of an overweight individual to maintain a normal blood glucose level, and the body can eventually become resistant to insulin.

The best way to reduce the likelihood that you will get diabetes is to increase physical activity and maintain a healthy weight. If you are overweight and have diabetes, a small weight loss can help prevent the long-term complications associated with diabetes such as blindness, heart attacks and strokes.

Eating a diet high in fiber and lower in carbohydrates can help in weight loss. Eating whole grains can also help reduce the risk of getting diabetes. The easiest way to add whole grains in a diet is to eat whole grain breads or cereal. The accompanying recipes are free of sugar and sugar substitutes.

Brittany Lyell is a junior Dietetics major at UTM.

Sugar Free Banana Pudding

1 box vanilla wafers
Bananas
3 boxes sugar-free vanilla instant pudding
4 cups 2 percent milk
One 12-ounce tub whipped topping, lite

Make 1 box of pudding at a time as it sets very quickly. Line bowl with vanilla wafers. Top with sliced bananas. Mix 1-1/3 cups milk, 1 one box sugar-free pudding. Pour over wafers and bananas. Repeat for three layers.

Diabetics Delight

1 large tub of whipped topping, lite
1 large sugar-free vanilla pudding mix
1 large sugar-free strawberry gelatin
1 angel food cake (prepared)
1 can frozen strawberries, thawed

Prepare pudding as directed, mix in whipped topping. In separate large bowl, mix gelatin as directed, add strawberries. In a large bowl, cut up pieces of cake and layer on bottom. Spoon on top of cake a layer of whipped topping and pudding mix, then gelatin/strawberries mixture. Continue until all ingredients have been combined.
Retiree stays connected to UTM

By Jesi Ogg

When Anne Pope retired from UTM, she didn't retire from the things she loved.

Pope was born and raised in the small community of Yorkville, in Gibson County. Her family owned a farm consisting mostly of dairy cattle and cotton. While attending school, Pope enjoyed playing basketball for her small school.

After graduating as valedictorian from Yorkville High School, she attended UTM Junior College and received her associate's degree. Pope then went on to UT Knoxville to earn her bachelor's degree and eventually her master's degree.

Fresh out of college, Pope returned home to West Tennessee to be the first vocational home economics teacher at Spring Hill High School, a small country school. Not only did she teach home economics, but also a science class and a health class. She remembers having 45 people in one of her science classes. Pope remained at the school for nine years before a former professor at UTM contacted her.

Pope began teaching at UTM in 1968. She taught classes such as textiles and clothing, and the study of textiles. She also taught Continuing Education classes for adults and sewing for the faculty's children.

Some of her favorite memories of UTM are taking groups of girls to state and national conventions. She had several students who were state presidents in their organization. She also remembers the wonderful faculty she worked with.

"Everybody did their part. We had some really good teachers when I was there," she said. "I wouldn't take anything for my time at Martin."

One memorable event while she was here was a disagreement she had with a student. The student wanted her grade changed so that she could graduate on time, but Pope refused to do it.

"I told the faculty that the day I have to change a student's grade is the day I leave," she said. "Because of me, she had to stay an extra semester, but I was only doing what was honest." Pope retired from UTM in 1986 after teaching here for 18 years.

Although Pope never married or had children, she speaks fondly of her great nephews. Justin and Ryan are both graduates of UTM, and spent large parts of their childhood at their great aunt's home. After retiring, Pope would keep Ryan when he was small and Justin would get off the bus at her house.

Pope also ran a custom window drapery business when she retired. For 15 years, she hand made draperies for the customers of a former student of hers. Because each window drapery is different, patterns could not be used. This took a lot of measuring and precision.

"I rarely had any scraps left. You have to be careful when you're spending other people's money, you don't want to waste any of it," she said.

She frequently visits UTM for women's basketball games and other events such as Homecoming and the retired teacher's banquet in the fall. During Homecoming 2012, she came back to visit with Bettye Giles, at the unveiling of the statues. Basketball legend Pat Head Summit played for UTM the first year Pope taught here.

Now Pope is completely retired except for the days she can be found working in her yard with her flowers or picking pecans from her trees. She resides on her family's Gibson County farm that has now been recognized as a Century Farm. Contact information for Ms. Pope can be attained by contacting Debbie Hunter at 731-881-7250.
Coach named ‘Judge of the Month’

Jason Duggin, lecturer of animal science at UTM, has been named “Judge of the Month” for livestock judging by thejudgingconnection.com.

Duggin began competing in livestock judging competitions as a student at Connors State College and Oklahoma State University in Stillwater, Okla., where he earned both his bachelor’s and master’s degrees in animal science.

After college, Duggin worked in research and development for a top-tier food packaging company before joining the UTM faculty in 2011. He is currently working toward his doctorate in animal science from the UT Knoxville.

“It is always an honor to represent the Department of Agriculture, Geosciences, and Natural Resources as a faculty member of UT Martin,” said Duggin.

“Through the judging connection website, I have had the privilege to serve as a youth livestock show judge for many regional shows as well as others across the nation, including central Florida and southwest Colorado.”

In addition to teaching classes, Duggin also serves as coach of the UTM student livestock judging team, which participates in competitions and training exercises across the country.

“Thanks to Judging Connection we are able to make students more aware of what UT Martin has to offer. More incoming students are enrolling at UT Martin to be active members of the livestock team with each passing year,” said Duggin.

Join Fashion Travel Study Tour in Spring 2013

Alums, UTM faculty, staff, students and community members are invited to participate in the Spring Fashion Travel Study Tour to Atlanta, April 11-14, 2013. Experience the Americas Mart wholesale apparel market, including Fashion Show, Behind the scenes CNN Tour, High Museum of Art, Atlanta History Center, IKEA, Lenox Square Mall, and the many sites and sounds of Atlanta. The cost will be $450 for students and $475 for non-students. Deposit is due January 14, 2013. For more information, contact Dr. Sue Byrd (sbyrd@utm.edu), professor, Fashion Merchandising, or Lorrie Jackson (ljackson@utm.edu).

Happy Holidays!

The next edition of the CAAS newsletter will be distributed in January 2013.