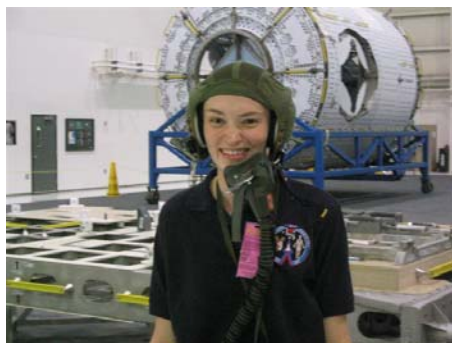


Nutritional Sciences Graduates Flying High

FSHN graduates leave the University of Florida poised for new challenges and opportunities. This newsletter highlights the accomplishments of two recent graduates, **Dr. Sara (Rathman) Zwart** and **Dr. Robert Duhaney**.



Dr. Sara Zwart getting ready for physiological training.

Dr. Sara Zwart (PhD, 2003) shares her experiences working for NASA:

I became interested in the space program during my 7th grade year when I gave a 'hero' speech about Christa McAuliffe. Ever since then, the idea of having humans live in space is something that has intrigued me. I first learned of the Life Sciences Division at NASA when I was finishing high school – and I immediately knew that is where I wanted to be in 10 years.

I completed my BS in Biological Sciences at the University of Notre Dame in 1999, and began graduate studies in FSHN later that year. My doctoral studies at UF investigated the effects of anti-epileptic drugs on vitamin metabolism. Upon graduation, I received a fellowship from the National Research Council to do postdoctoral studies in the Nutritional Biochemistry Laboratory at the NASA Johnson Space Center in Houston, Texas.

The past two years at the Johnson Space Center have been an incredible experience. I have had the opportunity to utilize many of the skills learned in graduate school and learn countless new skills as well. The primary goal of our lab

is to determine the nutritional requirements for extended-duration space flight. Integral to that are the goals to maintain astronaut health and to develop, evaluate, and validate nutritional countermeasures to prevent or minimize the negative effects of long-duration space flight on humans. One of the exciting tasks with which I have recently been involved is the process of defining nutrition requirements for Mars missions (up to 3-year missions). One of my committee members from UF, **Dr. Lynn Bailey**, was involved with this process for earlier long-duration missions, so I was honored to keep up the tradition!

The Nutritional Biochemistry Laboratory activities are split between operations and research. The primary operational activity is the support of the Clinical Nutritional Assessment profile, which is completed before and after International Space Station flights. Food intake and body weights are also monitored during these long-duration (4-6 months) missions. Our research efforts have included space flight and ground human studies, as well as animal and cellular models.

One of my cell models is a 3-dimensional culture system in a bioreactor. In that system, cells are rotating around an axis in a continuous state of free-fall, thus simulating microgravity. Another one of the current projects includes the investigation of calcium metabolism during bed rest (simulated microgravity). Other ground analogue projects scheduled to start this spring include centrifugation during bed rest and even studying vitamin D metabolism in scientists who are wintering over in Antarctica. Our lab also has numerous collaboration projects with academicians, one being a project to determine whether nutritional status is related to self-neglect in elders.

Besides working in the lab, some of the fun experiences I have had in the past
(cont., page 3)



Dr. Robert Duhaney poses with his parents, **Dennis and Olive Duhaney**, at his graduation from Drexel University College of Medicine.

Dr. Robert Duhaney (MS, 2001) just graduated from medical school this year and is currently an intern at Johns Hopkins Bayview Medical Center in Baltimore, Maryland. Here, he shares his thoughts on his FSHN experiences:

During my junior year at UF (1997-1998), I participated in a program aimed at encouraging minorities to consider graduate programs in the sciences. Called the Ronald E. McNair Scholars Program, it was named for an African-American physicist/astronaut who died in the Challenger accident. I worked in the lab of **Dr. Howard Johnson** in the UF Microbiology and Cell Sciences Department, and I was hoping that my immunology project (which I had the opportunity to present at the national McNair Conference at Penn State in August, 1998) would be viewed with enthusiasm by medical schools.

(cont., page 3)

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<http://www.ufalumni.ufl.edu/interact/>
(choose "Bio Update")

Alumni Updates

Kirsten Herbes (BS, 2001) graduated with her MPH degree (also from UF) in 2003, and completed a dietetic internship in summer 2004. Kirsten is now the Health Promotion Manager for FPL-WELL, Florida Power and Light's corporate wellness program.

Alyssa (Whidden) Kendall (BS, 2000) was married in May of this year, and is working as a scientist for the trade management association The Roberts Group, LLC in Washington, DC.

Jason Hoyos (BS, 2005) and **Gabor Molnar** (BS, 2005) were both accepted to Palmer College of Chiropractic.

Jenny Wawrzyniak (BS, 2005) was accepted to Barry Univ. School of Podiatric Medicine.

Jennifer Bratcher (BS, 2002) graduated from Nova Southeastern University's Physician Assistant Program this summer, and is now working for a pediatrician in Sarasota, Florida. Jennifer is also a Registered Dietitian.

The following 2005 FSHN graduates were accepted into graduate programs here at UF, as listed: **Robert Bent**, MS Food Science (FOS); **Mark Berger**, Master of Science in Management; **Danielle Bogan**, MS FOS; **Randy Chambers**, MS Nutritional Sciences (NUT); **Mariagrazia Cunto**, MS NUT; **Cristen Cuozzo**, MS NUT/Dietetic Internship (MS/DI); **Dylan Hagerty**, MS NUT; **Rebecca Hernandez**, Master of Public Health; **Bradley Jahnke**, MS/DI; **Laura Jensen**, MS/DI; **Justin Kusher**, Master of Health Administration; **Lauren Little**, MS NUT; **Luis Martinez**, MS FOS; **Jessica McIntire**, MS/DI; **Kendall Owens**, Doctorate of Physical Therapy; and **Lyndsey Wells**, MS FOS. Also, **Kara Rao** (BS, 2003) was accepted to the UF Physician Assistant program.

Aimee Bert-Moreno (BS, 1996) is a Registered Dietitian working for the HUG-Me and Teen Express Programs that are funded through a division of Orlando Regional Healthcare. Aimee is part of a traveling medical team focused on treating rural HIV communities, and she also counsels teens diagnosed with obesity, hyperlipidemia or borderline diabetes. Aimee also serves as the Nutrition Faculty Coordinator for the Florida/Caribbean AIDS Education and Training Center.

Grant Hurst (BS, 2003), who is finishing



his MS degree in Food Science this fall, is now working in quality

assurance for research and development for Dreyer's Ice Cream in Bakersfield, California.

Dr. Anita Dhople (BS, 1992; MD, 1996) received one of two prestigious 2005 Horizon Awards from the College of Agricultural and Life Sciences Alumni and Friends organization for her outstanding contributions to medicine. Dr. Dhople is director of the Hospitalist Program at the Phoebe Putney Medical Group, and a staff internist with the Piedmont Medical Group in Atlanta Georgia. She was recognized not only for her research and professional development activities, but also for her efforts to provide healthcare to the disadvantaged, both in her own community and as far away as India.

Penny Parham (BS, 1988) serves as the Director of Food and Nutrition for the Miami-Dade public school system.

2005 BS graduates accepted to pharmacy school: **Gregory Carter**, UF; **Lauren Fernald**, Mercer Univ.; **Matthew Kirchoff**, UF; **Sara Langmaack**, Univ. California, San Francisco; **Hoi-Ting Lau**, UF; **Irene Lelekis**, UF; **Noelle Rathe**, UF; **Laura Sherman**, Mercer Univ.; and **Kayla Strack**, Mercer Univ. **Amanda Heer** (BS, 2004) is attending Nova Southeastern Univ.

The following FSHN 2005 BS graduates have been accepted to dental school: **Alfredo Arauz**, Univ. of Pittsburgh; **Amy Bouvier**, Nova Southeastern Univ.; **Justin Cooper**, Harvard Univ.; **Jennilyn Estell**, Nova Southeastern Univ.; **Kristen Klement**, UF; **Maureen Libby**, UF; **Mark Maltby**, UF; **Cristen Mendoza**, UF; **Bryan Morgan**, Univ. of Maryland; **Nahir Ojeda**, Indiana Univ.; **Lindsay Perkins**, UF; **Carlos Piedra**, UF; **Julienne Sabet**, Univ. of Maryland; **Adam Schuessler**, Tufts Univ.; **Richard Spooner**, UF; **Holly Turkat**, Tufts Univ.; **Vincent Yeung**, UF. Also, **Damien Hunter** (BS, 2004) was accepted to the UF College of Dentistry.

These 2005 BS graduates from FSHN have been accepted to medical school: **Nyima Ali**, UF; **Kelly Brook**, UF; **Tarah Freyman**, Lake Erie College of Osteopathic Medicine; **Beryl Greywoode**, UF; **Shannon Hill**, Florida State Univ.; **Deanna Indriolo**, Lake Erie College of Osteopathic Medicine; **Armon Jadidian**, UF; **Matthew Odom**, Univ. of Miami; **Jennifer Rabbat**, American Univ. of the Caribbean; **Lauren Smith**, Univ. of Miami; **Kristin Walsh**, Temple Univ.; **Rebecca "Joanne" Weddle**, Univ. of Louisville. Also, **Serggio Lanata** (BS, 2003) was accepted to the Univ. of South Florida's College of Medicine, and **Jennifer (Johnson) Scheer** (BS, 2000; MS, 2004), to the UF College of Medicine.

2005 BS graduates accepted to optometry school: **VyVy Doan**, Pennsylvania College of Optometry; and **Ngoc Nguyen**, Nova Southeastern Univ.

Did we leave you out, or is our information outdated? Please drop us a line (see box, top left).

NUT Grads, cont.

Dr. Sara Zwart

two years include participating in taste panels to test new food items developed for the International Space Station (all of the trained taste panels at the University of Florida have helped!).



Dr. Zwart in front of a full-scale Shuttle mock-up at the NASA Johnson Space Center in Houston, TX.

I also had the opportunity to complete a physiological training course with chamber flight to FL250 and rapid decompression. The training was necessary because we are planning to test a new blood collection device aboard the DC-9 "vomit comet" in the near future.

I cannot say enough good things about the Nutritional Sciences program at the University of Florida. The classes, professors, and outstanding mentors left me well prepared for my career at NASA.

Dr. Robert Duhaney

By the fall of 1998, I began exploring the possibility of graduate school as an option. To me, there was no rush to go to medical school and I had a serious interest in nutrition. By the end of my senior year in the spring of 1999, I had obtained a minor in Food Science and Human Nutrition, taken the GRE, and spoken with various faculty to find out what projects they were working on. I was excited to begin my MS program in Nutritional Sciences at FSHN, and I was fortunate to receive an assistantship for two years to work with **Dr. Lynn Bailey**. I enjoyed being a TA for her undergraduate Metabolism course.

I completed my thesis on the effects of two common genetic polymorphisms in the MTHFR gene on folate and vitamin B12 levels in non-pregnant women aged 20-30. It was a part of a larger folate study being done at that time by **Karla (Pagan) Shelnett** (Editor: now Dr. Karla Shelnett). I published a paper in the Journal of

Nutrition in July 2002 about our findings.

I was accepted into Drexel University College of Medicine in Philadelphia in fall 2001. Interestingly, I was still working on my thesis that fall while attending to quizzes and exams. Needless to say, it was quite stressful!

I graduated with my MD in May, and now I'm an intern at Johns Hopkins Bayview Medical Center in Baltimore, Maryland. I've already spent one month on the general medicine floor and one month in the medical ICU, so I've been quite busy. I have two more years of general medicine training left then I hope to stay here at Hopkins to complete a fellowship in Allergy & Immunology. It's been 4 years since I left the UF campus.... I miss the football games!

On a personal note, within the last year I have been thankful to meet a wonderful young lady named **Kelli Isaac**. Kelli and I got engaged on Oct. 9, and the wedding is planned for July 22, 2006 in Los Angeles.

Physicians who understand how important diet is to overall health and who can find ways to impart that information to their patients are desperately needed. I can truly say that the time I took to obtain additional training in Nutritional Sciences not only helped me stand out as a medical school applicant, but will also improve my ability to incorporate what I've learned into my medical practice.



Dr. Robert Duhaney and his fiancée, Kelli Isaac, in front of their newly-purchased townhouse in Columbia, Maryland.

Congratulations!

Congratulations to **Marci (Levine) Morefield** (BS, 1999) on the birth of her twins, Lena and Maya, born September 2 of this year!



We would also like to congratulate **Dr. Jimmy Cheek**, who is now Senior Vice President for Agricultural and Natural Resources at UF. As many of you will recall, Dr. Cheek served as both Assistant Dean and later Dean of the College of Agricultural and Life Sciences.

Help Us Welcome...



FSHN hired a second full-time academic advisor this year, to better serve our growing student numbers. **Nicole Young** came to us in January of this year from the UF Office of Admissions, and has already become an invaluable member of the FSHN Student Services staff.



Dr. Mark McLellan recently joined IFAS as the new Dean for Research and Director of the Florida Agricultural Experiment Station. A food scientist and former president of the Institute of Food Technologists, Dr. McLellan was kind enough to attend FSHN's first annual Florida Social Hour at the IFT Annual Meeting this summer (see page 4).



Dr. R. Kirby Barrick has been named Dean of the College of Agricultural and Life Sciences. Dr. Barrick comes to us from the University of Illinois.

College of Agricultural and Life Sciences Alumni & Friends (CALSAF)

- Did you know that as a graduate of the FSHN Department you're already an official member of CALSAF?
- Did you know that CALSAF does not charge membership dues?
- Did you know that CALSAF's primary goal is to build a strong network of alumni and friends so you can meet and communicate with one another?
- Want more information on upcoming alumni events or volunteer opportunities? Contact your FSHN News & Views Editor, Janna Underhill (see page 2)!

FSHN Achievements

Laura Jensen (BS, 2005) and **Crystal Jackson** (BS, 2003; MS, 2005) were the recipients of the 2005 Outstanding Dietetics Student Awards for a student in a Didactic Program in Dietetics (DPD) and a student in a Dietetic Internship (DI) Program, respectively. They were selected from a pool of nominees enrolled in other DPD and DI programs in Florida and their names were published in the *Journal of the American Dietetic Association*. Laura and Crystal join a growing list of FSHN students selected for these awards, including MS-DI winners **Jaimie (Vaughn) Proctor** (BS, 2002; MS, 2004), **Elizabeth Beasley** (MS, 2003), and **Chad Wilsky** (BS, 1997; MS, 1999) and Didactic winners **Claire Edgemon** (BS, 2003; current MS student), **Virginia (Braddock) Gray** (BS, 2001), **Yolanda Fahrney** (BS, 2000), and **Judith Wolfe** (BS, 1999; MS, 2001).



Dr. Gail Kauwell (MS, 1979; PhD, 1993), Professor and Program Director of the UF Combined Masters/ Dietetic Internship Program, was selected for the 2005 Florida Dietetic Association Public Service Award.

Please join us in congratulating our 2005 scholarship winners:

National Institute of Food Technologists (IFT) Scholarships
Grocery Manufacturers of America Graduate Fellowship:

David del Pozo-Insfran

IFT Graduate Fellowship: **Benjamin Warren**

IFT Undergraduate Scholarship: **Christopher Duncan**

Florida Section IFT Scholarships

Richard F. Matthews Graduate Scholarship: **David del Pozo-Insfran**

Grady W. Chism, Jr. Memorial Scholarship: **Luis Martinez**

IFT Undergraduate Scholarship: **Kristine Yu**

Raymond A. Dennison Memorial Scholarship: **Danielle Bogan, Neha Patel**

Corporate Scholarships

Virginia Dare Scholarship: **Danielle Bogan**

Southeastern Food Processor's Association Scholarship Honoring Dr. Ronald H. Schmidt: **Christopher Duncan**

Bill Brown Graduate Scholarship: **Matthew Lecky**

Florida Dairy Products Association Scholarship: **Kristine Yu**

FSHN Scholarships

Howard Appledorf Memorial Scholarship: **Cristin Cuozzo**

Eugene E. Woodward Memorial Scholarship: **Phung Nguyen**

Earl Wilmot Hartt Scholarships: **Nyima Ali, Sean Altenbach,**

Julia Henry, Vincent Yeung

Robert P. Bates Scholarship: **David Mulia**

Matthew Lecky (BS, 2002; MS, 2005) won 1st place in the Institute of Food Technologists (IFT) Non-Thermal Division student paper competition at the Annual Meeting in July 2005. Matthew did research with **Dr. Murat Balaban** while here in FSHN, and is now working for Coca-Cola in Atlanta.

Holly Petty (BS, 2002), PhD student working with **Dr. Hordur Kristinnsson**, was awarded a PhD fellowship from the Aylesworth Foundation for the Advancement of Marine Sciences. **Lihua Huo**, also working on a PhD with Dr. Kristinnsson, won 3rd place in the IFT Aquatic Food Products Division student presentation competition at the Annual Meeting in July of this year.



Dr. Douglas Archer, Professor, won the prestigious International Association for Food Protection (IAFP) Ivan Parkin Lectureship Award, which was presented to him at the IAFP Annual Meeting in Baltimore in August, 2005.

The FSHN Department held two new alumni events this year. The first, an Alumni Ice Cream Social, was organized in



Daniel Stewart (BS, 2000) and **Melanie Gray** (BS, 2001) hanging out with a Gator at the first ever FDA Alumni Ice Cream Social. Photo courtesy of **Emily Sperling**.

conjunction with the Florida Dietetic Association (FDA) conference in July. **Emily Sperling**, Executive Director for the College of Agricultural and Life Sciences Alumni and Friends (CALSAF), helped put it together. The turnout was great, and we plan to continue this tradition at future FDA meetings. Later that same month, at the Institute of Food Technologists (IFT) Annual

meeting in New Orleans, FSHN organized the first-ever Florida Social Hour with the help of Florida Section IFT. Designed not only for UF alumni but also to bring together food science students and professionals from around the state of Florida, the Social Hour, held at the Crescent City Brewhouse in the French Quarter, was a great success. Look for this event at all future national IFT meetings, and help us create stronger ties between alumni, current students and faculty, and industry in Florida.



From the 2005 IFT Florida Social Hour.

L-R: **Dr. Mitwe Musingo** (PhD, 1999), **Dr. Mary Keith** (IFAS Extension), **Dr. Ron Schmidt** (FSHN Professor), **June Sims** (**Dr. Charlie Sims'** wife), **Rena Schonbrun** (BS, 1995; MS, 2002).



L-R: **Dr. Charlie Sims** (FSHN Chair), **Norm Matella** (BS 1999; MS, 2003), **Dr. Bob Bates** (Ret. FSHN Professor).



L-R: **Jennifer Joy** (MS student), **Young-Mok Kim** (MS, 2005; PhD student), **Chris Duncan** (Food Science senior), **Grant Hurst** (BS, 2003, MS student).



L-R: **Dr. Mark McLellan** (IFAS Dean for Research) and his wife **Julie**.

Speaking of future meetings, in 2006 the IFT Annual Meeting and Food Expo comes to Orlando, and FSHN and FL Section IFT will be very visible throughout the event. Please stay tuned for future updates, and we hope to see many of you at the second annual Florida Social Hour, TBA.

Join us in congratulating the FSHN Dairy Judging Team, which enjoyed a respectable showing at the International Association of Food Industry Suppliers-sponsored national competition in Chicago this October.



L-R: **Dr. Ron Schmidt** (Professor and Coach), **Danielle Bogan** (MS student; BS, 2005), **Chris Duncan** (Senior), **Dr. David del Pozo-Insfran** (Assistant Coach; PhD, 2005), **Lyndsey Wells** (MS student; BS, 2005), **Tim Weathers** (Senior), **Sonal Singh** (Senior), **Luis Martinez** (MS student; BS, 2005), **Lisbeth Pacheco** (MS student), **Sean Hoo** (Senior).