Obesity is a serious problem for teenagers in this country, and it has been on the rise for the past 30 years. If young people begin to make healthier choices now, such as eating more fruits and vegetables and exercising more regularly, it could result in better health throughout their lifespans.

The grant will allow UF students to design obesity prevention programs for their fellow college students, and then later they will partner with high school 4-H teams. Those teams will implement the programs at their schools and train more students. Later, the program may be expanded so that the high school students can work with local middle school children, and eventually the middle school children can help educate elementary school children, depending on future NIFA funding.

One of the philosophical foundations of the project is that student participants will be treated as equal partners by the research faculty. They will have a crucial role in identifying problem areas, gathering and analyzing data, and creating solutions that will hopefully be most effective for people their own age.

The national program, which has been dubbed “Get Fruved,” will be led by Dr. Sarah Colby, Assistant Professor at the University of Tennessee and the Primary Coordinating Investigator. The overarching goal is to create a social marketing campaign using peer education to encourage high school and college students to eat more fruits and vegetables and lead healthier lives.

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Starting at the end of summer 2014, participating students at UF and several other US institutions will begin to develop innovative and interactive ways to encourage other young people to make healthy choices. Social media will be a major focus, but students may also organize attention-getting campus marketing campaigns, create health challenges, partner with campus restaurants, spread the word about the program website, www.fruved.com, and perhaps even work with local gardens. It is hoped that peer education will be an effective means of communication with today’s college students.

The “Get Fruved” website divides the project into five teams: Team Banana, Team Carrot, Team Grapes, Team Spinach, and Team Tomato. Costumed mascots will lead each team, and will appear on campus to try and recruit previously uninvolved students onto their team. The activities of those team mascots will be posted onto Facebook and YouTube as well as the program website, and they will also appear in campus newspapers, campus radio, and on the local news.

The program will also partner with campus student groups, not only those focusing on majors related to nutrition and health, but also such diverse areas as business, radio and television, dance, and theater. Activities, campus events, and even art and campaign logos will all be developed and implemented by students.

In addition to the University of Tennessee and UF, institutional partners are: West Virginia University, South Dakota State University, Kansas State University, Auburn University, Syracuse University, University of Maine, New Mexico State University, Rutgers University, University of Nebraska at Lincoln, Tuskegee University, the University of New Hampshire, and the University of Rhode Island.

Dr. Mathews received her BS in Public Health Nutrition from the University of North Carolina-Chapel Hill in 1994, her MS in Foods and Nutrition from the University of Georgia in 1997, and her PhD in Health and Physical Activity from the University of Pittsburgh in 2008.
Alumni Updates

Annette Porebski (BS, 2013) was hired as a Quality Assurance/Research & Development Manager for Firehouse Subs in Gainesville.

Qiong Cheng (MS, 2012) is an Analytical Chemist with Citrosuco North America in Lake Wales, Florida.

Kyle Hehe (BS, 2011) is attending Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin University.

Angela Valadez (PhD, 2013) is now Produce Food Safety Coordinator, Corporate Quality Assurance at Publix Super Markets, Inc.

Gabriel Shook (BS, 2009; MS, 2011) is now a Food Scientist with Snak King in Los Angeles.

Janelle (McGuinness) Peele (BS, 1999; MS, 2002) was hired as a Quality Assurance/Research & Development Manager for Firehouse Subs in Gainesville.

Dr. Louis Lichten (BS, 2002; MS, 2004; PhD, 2009) is now Senior Clinical Science Consultant at Canon US Life Sciences in the Washington DC area.

Dr. J. Bernadette (Moore) Percebois (PhD, 2002) has been promoted to Senior Lecturer at the Univ. of Surrey in the UK (this is equivalent to Assoc. Professor in the US).

Tiffany Joseph (BS, 2014), Tina Nguyen (BS, 2012), and Chesdin Yeager (BS, 2014) will be attending the UF College of Pharmacy. Haley Perkins (BS, 2014) will attend pharmacy school at Nova SE Univ.

Shelby Sox (BS, 2014) was accepted to UF dental school.

Dr. Zheng “James” Li (PhD, 2013) is a post-doc in UF FSHN, and also serves as a R&D Consultant at Huangshan Kehong Bio-flavor Co., Ltd.

Dr. Sara Aldaous (PhD, 2010) is a R&D Product Developer at Kraft Foods Group in New York City.

Scott King (BS, 2000) is now Director of Global Quality/Co-Manufacturing Technical Partner with Kellogg’s in Battle Creek, Michigan.

Melissa (Kirby) Riddell (BS, 2001; MS, 2002) is the Regional Account Manager for the Nutra Division of Batory Foods, Inc. in the Chicago area.

Ying Guo (MS, 2013) is a R&D Technician for the Coca-Cola Company; previously she was a Food Technology intern with Paca Foods.

Congratulations!

Kimberly Baker-Arzet (BS, 2013) and Jeff Arzet welcomed daughter Adrianna Rose on October 1, 2013.


Cassie (Gaisser) Rowe (BS, 2010; MS, 2012, Nutrition Research Study Coordinator) and her husband Kyle (BS, 2010 and MS, 2012 in Mechanical Engineering) welcomed baby daughter Natalie on December 25, 2013.

Cindy Montero (BS, 2008; MS, 2011) and Kenny Cager had baby boy Luis Isaiah on March 14, 2014.

Dr. Ron Schmidt (Professor Emeritus) married Gail Keeler on February 15, 2014 in Key West.
FSHN Attends Experimental Biology in San Diego

At the 2014 Experimental Biology meeting in San Diego, FSHN faculty, staff, students, and alumni presented their research, attended numerous scientific sessions, networked with colleagues from across the globe, and enjoyed getting to know the beautiful Gaslamp Quarter near the convention center. And at the American Society for Nutrition’s University Mixer and Member Reception on Saturday night, everyone was treated to free Gator goodies, enjoyed wonderful food, and had their pictures taken with Albert the Alligator. We hope you enjoy these photos, and we’ll see you at next year’s meeting in Boston!
Caught in the Act

Send us your photos of FSHN alumni and friends at work or at play! Contact information is located on page 2.

Janna Underhill (News & Views Editor) photo-bombed Dr. Bob Bates (Professor Emeritus) at Dr. Ron Schmidt’s (Professor Emeritus) wedding in Key West (see page 2)

L-R: in Key West: Dr. Rena (Schonbrun) Shifren (BS, 1995; MS, 2002), Phillip Pierce (BS, 2004), Dr. Bob Bates (Professor Emeritus), Debby Newslow (BS, 1973)

L-R: Maria Ralat (Senior Chemist) and Ihab Soliman (IT Specialist) practicing CPR on their “Charlies” as part of a free CPR/AED class offered to FSHN employees

FSHN loves our fabulous, hard-working building services ladies! At the annual FSHN Staff Appreciation Lunch, L-R: Houen Brown, Sonja Mays, and Marva Boswell

L-R: Dan Clark (Senior in Food Science) and Sean Campbell (BS, 2014) were spotted expressing their fondness for beer at a gas station in Orlando this spring

L-R: Jung-Heun Ha (PhD student), Caglar Doguer (PhD student), Changmou Xu (PhD candidate), and Lu Zhao (PhD student) enjoying ice cream in the FSHN courtyard

L-R: Dr. Sue Percival (Chair & Professor), Julie Barber (Administrative Asst.), and Dr. Soohyoun Ahn (Asst. Professor), as Dr. Ahn receives her new FSHN minion shirt

Will Schultz (BS, 2014) bravely held up the infamous Marston Hall French fries, then moved on to his new job as Technical Administrator with Treatt USA

L-R: Food Science students MarJanie Kinney (Senior) and Sharen Jean-Baptiste (Junior) at the Florida Section Institute of Food Technologists Suppliers’ Night Expo

L-R: Sean Daugherty (BS, 2014) Eilene Nguu (BS, 2013), and Kelly Brown (BS, 2012, MS student), all of whom are former FSHN Club officers

Dr. Morvarid “Momo” Fallahzadeh (BS, 2010) was caught celebrating her graduation from the Nova Southeastern University College of Optometry this spring

L-R: Janna Underhill (News & Views Editor) and Nhi Do (Senior in Nutritional Sciences) at the 2014 FSHN/FL-Section IFT Student Recognition Night banquet
We are thrilled to report that this spring’s Product Development Team was selected by the Institute of Food Technologists Student Association as a national finalist! At the IFT meeting in New Orleans this summer, the Team will compete with several other schools in the IFTSA & Mars sponsored competition. The competing Team members, pictured L-R, are: Dan Clark (Senior in Food Science), Sean Daugherty (BS, 2014), MarJanie Kinney (Senior in Food Science), and Changmou Xu (PhD candidate).

The Team made innovative use of local Muscadine grapes to create a healthier snack food for consumers. Sensory testing was very successful, and the students worked hard to produce a written proposal that would impress IFTSA. For the actual competition, the Team will present a full marketing campaign, provide fresh samples, and answer judges’ questions. The oral presentation will take place on Sunday, June 22 at 12:30 PM in Rooms 276-277 of the Ernest Morial Convention Center, and the poster competition on Sunday, June 22 at 4:00 PM on the Expo floor of the Morial Convention Center.

The FSHN College Bowl Team competed regionally at Alabama A&M University in Huntsville, AL this spring. A two-van caravan left Gainesville early on a Friday morning in March, and arrived in Huntsville that same evening to attend a social with the host school, Alabama A&M, as well as competitors from Clemson University, the University of Georgia, Louisiana State University, Mississippi State University, and, new this year, Tuskegee University.

Although they didn’t win at the Saturday competition, the UF Team had a great experience. They answered a lot of tough questions during the competition, and were models of ethical and professional behavior, making FSHN extremely proud. They also enjoyed connecting with new colleagues from other schools as well as the sometimes adventurous road trip to northern Alabama and back.

One long-standing tradition on UF FSHN College Bowl trips is to snap pictures of Team members who fall asleep in the vans. Everyone is warned about this possibility, but inevitably there are students who don’t believe we would do such a sneaky thing. Those students are featured in the pictures on the left, L-R: Taylor Dole, Dan Clark, Sean Campbell, and Christa Torrence.

Give a gift to the Department of Food Science and Human Nutrition!

Your donation to FSHN can be used to support student travel to conferences, scholarships, and assistantships; to support the purchase of new equipment to keep us up-to-date; and to provide important resources to support other facilities within the FSHN building, including our Pilot Plant and clinical nutrition facilities.

You can give online at: https://www.ufl.edu/OnlineGiving/Campaign/FundDetail.asp?FundCode=001075

Or if you prefer, you can send a check (made out to “U of FL-SHARE”) to:
Attn: Dr. Susan S. Percival, Chair, Food Science and Human Nutrition Department
572 Newell Drive, PO Box 110370, Gainesville, FL 32611-0370
Linda Bartoshuk

Dr. Linda Bartoshuk (Professor) is the current recipient of the Bushnell Presidential Chair, a five-year endowed appointment given in honor of William P. Bushnell. She has a joint appointment with the UF Smell and Taste Center and the McKnight Brain Institute, and we are proud that FSHN is now her home department.

Originally from Aberdeen, South Dakota, Dr. Bartoshuk received her BA in Psychology from Carleton College, and her MS and PhD in Psychology from Brown University.

Dr. Bartoshuk is an internationally recognized expert on taste and smell; her research program focuses on the sensory perception of foods. Some of her more famous accomplishments include the discovery of supertasters, revealing the mechanisms behind burning mouth syndrome, disproving the existence of the once widely-accepted tongue map, and finding the connection between having a history of ear infections (and resultant nerve damage) and being overweight.

Additionally, Dr. Bartoshuk developed magnitude scales that can better describe and measure subjective sensory experiences. While standard sensory evaluation compares food or beverage samples to determine which is better, Dr. Bartoshuk’s lab group developed innovative measurement techniques for quantifying both sensations and the likes or dislikes created by those sensations. That allows her to compare the actual consumers, such as women vs. men, in a valid way.

Dr. Bartoshuk has also studied clinical taste disorders in groups such as the elderly or those suffering from bulimia, the genetic reasons for differences in taste ability, and how taste pathologies such as damaged taste buds can lead to negative consequences like weight gain. Most recently, she worked with horticulturists to link sensory variation in fruit to differences in the palatability of that fruit.

In recognition of her outstanding research accomplishments, Dr. Bartoshuk has received many accolades. They include the 2013 William James Fellow Award from the Association for Psychological Science, the 2011 John P. McGovern Award in Behavioral Sciences from the American Association for the Advancement of Science, the 2009 Hilgard Award for General Psychology Research from American Psychological Association, and the 2004 International Flavors and Fragrances Award for Innovative Research, just to name a few.

Dr. Bartoshuk is also an elected member of the National Academy of Sciences, the American Academy of Arts and Sciences, and the Society for Experimental Psychologists and holds the honorary degree Doctor of Science from her alma mater, Carleton College.

Please join us in welcoming Dr. Bartoshuk to the FSHN family!

Agata Kowalewska

Dr. Agata Kowalewska (Visiting Assistant Scientist) has a joint appointment with FSHN (teaching) and Family, Youth, & Community Sciences (extension). Dr. Kowalewska received her MS in Geology from the University of Warsaw, her MS in Geosciences from the University of Arizona, and her PhD in Community Nutrition & Dietetics as well as her RD credentials from Virginia Polytechnic Institute and State University (Virginia Tech).

Before joining UF FSHN, Dr. Kowalewska worked with both the Virginia Tech Department of Population Health Sciences and the Virginia Department of Education on a variety of school health projects, focusing on preventative health. Current projects involve the development of educational materials for families and children with Type 2 diabetes.

Dr. Kowalewska’s teaching interests include life cycle nutrition, preventative health, health literacy, community nutrition, and sustainability of food resources. She will teach courses in FSHN in the areas of nutrition, community nutrition, and nutrition communication and counseling.

FSHN is pleased to have Dr. Kowalewska on our team!

Mary Ann Spitzer

Mary Ann Spitzer (Fiscal Assistant) is one of FSHN’s go-to people for all things payable. Among other things, she approves procurement card statements, keeps track of purchases through the myUFMarket system, collects receipts and invoices [Editor: and sometimes has to hunt down receipts and invoices from slackers like me], helps create vouchers with which to pay invoices, creates fiscal reports, processes reimbursements, assists with travel paperwork, and verifies project numbers and account information. In short, she is an extremely valuable member of the FSHN staff!

Mary Ann also has experience as an assistant editor, accountant, administrative assistant, and research analyst.

Robyn Sheppard

A Gainesville native, Robyn Sheppard (Coordinator, Academic Support Services) received her Bachelor of Science in Anthropology from UF. Her campus work experience encompasses more than 25 years of professional advising for the online business program, the College of Medicine, the Office for Student Financial Affairs, and the College of Liberal Arts &Sciences.

Robyn joined the FSHN undergraduate student services office this spring, and we are very happy to have her with us. She will provide academic advising for Dietetics and Nutritional Sciences students, and also assist with recruitment and the development of promotional materials.
Dr. W. Steven Otwell (Professor Emeritus) received his BS in Biology from Virginia Military Institute in 1971, his MS in Marine Science from the University of Virginia in 1973, and his PhD in Food Science from North Carolina State University in 1978. He joined UF FSHN in 1979.

Dr. Otwell’s extension, research, and graduate teaching programs were designed to serve an ever-changing Florida industry, addressing all aspects of seafood product quality and safety. His work also positively impacted the seafood industry in many other countries, earning him an international reputation as a seafood expert. In 2007, he was named UF/IFAS International Fellow in recognition of his outstanding record of international research and service.

In addition to being the Florida Sea Grant seafood extension specialist, Dr. Otwell was the National Coordinator for Seafood HACCP Alliance courses; Executive Director for Seafood Science and Technology Society of the Americas; Coordinator of the Annual Shrimp Schools for Processors and Agencies; and a member of the National Academy of Sciences’ Seafood Safety Committee, the EPA’s Committee on Mercury in Seafood, and the Association of Food & Drug Officials’ Seafood Technology Committee.

Dr. Otwell’s legacy also includes procurement of industry funding to construct the FSHN Aquatic Food Products Lab.

Dr. Richard F. “Dick” Matthews (Professor Emeritus) passed away on December 11, 2013. Born June 1, 1929, Dr. Matthews grew up in Rockledge, Florida. He later served in the US Army in Korea as a 1st Lieutenant.

Dr. Matthews received his BS in Horticulture from the University of Florida in 1952, his MS in Vegetable Crops from Cornell University in 1957, and his PhD in Biochemistry – Plant Pathology from Cornell in 1960. After working in the beverage industry for ten years, he joined the faculty of UF/FSHN. He was with FSHN for 29 years, and served as Acting Chair from 1987 to 1988.

Dr. Matthews was the author of numerous scientific publications, mentored a large number of MS and PhD students, and supported Florida’s citrus industry through his extension program. He was active in both national and Florida Section Institute of Food Technologists (IFT), and was elected an IFT Fellow in 1983. Every year since his retirement in 1994, FL Section IFT has sponsored a graduate scholarship in his name.

Pictured at right: Dr. Matthews spoke at the September 2010 International Citrus and Beverage Conference, which was the 50th anniversary of the UF/IFAS short course for the food industry. (Just behind Dr. Matthews is Dr. Bob Braddock, Professor Emeritus.)

Luis Martinez Wins Prestigious CALSAF Horizon Award

Each year, the UF College of Agricultural and Life Sciences’ Alumni & Friends Horizon Award recognizes alumni who graduated in the past ten years, but whose contributions to UF, CALS, and their profession are especially noteworthy. This year, Luis F. Martinez Valencia (BS, 2005; MS, 2007) was selected as a recipient.

Luis is originally from Riobamba, Ecuador. He attended Escuela Superior Politécnica del Litoral and Espiritu Santo University, both located in Guayaquil, Ecuador, before coming to UF FSHN in 2005 to study food science. In addition to excelling at his studies, Luis worked with other students on a novel coffee process, resulting in a US patent.

During that time, he also began his involvement with the Institute of Food Technologists (IFT), both at the national and regional level.

As a leader in Florida Section IFT, Luis has held numerous positions including Chair for the 2013-2014 year, Chair-Elect for 2012-2013, and active member of the Suppliers’ Night, Florida Party at IFT, Communications, Membership, and Scholarship Committees. In every one of those positions, Luis’ first priority has been to give back to FSHN students in every way possible. He has nearly doubled the annual scholarship allotment to support undergraduate and graduate students; he has increased funding for the FL-IFT/UF FSHN co-sponsored FL Party, which helps current students network with industry professionals at the national IFT meeting; he implemented a system that encourages industry members to sponsor student dinners at FL Section meetings, to assist students who are financially struggling; he has pushed for additional funding for the FSHN College Bowl and Product Development Teams; and he has provided fundraising opportunities for the FSHN Club that resulted in large charitable donations to March of Dimes and American Cancer Society. In addition to all of that, Luis implemented a philanthropic plan for FL-IFT to support various food banks and provide funding/volunteer judges for local science fairs.

Currently, Luis is the Product Innovation Quality Manager for Darifair Foods, Managing Partner for Coffee Primero, and holds several professional certifications. But when he isn’t working, his top priority has always been his family and friends; he is thrilled when he can spend time with both his US and Ecuadorian families. Luis currently lives in Jacksonville, FL with his beautiful wife, Marisabel Guerrero, and his extremely cute six-year old son, Luis Alejandro.
Please join us in congratulating Dr. Keith Schneider (PhD, 1991; Professor), who won the 2014 Elmer Marth Educator Award from the International Association for Food Protection in recognition of his many years of public service and education. Dr. Schneider will receive the award at the IAFP meeting in July.

Dr. Liwei Gu (Assistant Professor) is the recipient of a $50,000 Institute of Food and Agricultural Sciences Early Career Scientist Seed Funding Award. Dr. Gu was recognized for his research proposal entitled: “Novel hydrogenolytic depolymerization of non-absorbable proanthocyanidin polymers to produce absorbable and more bioactive monomers and oligomers.” Award winners will present their research findings in one year at the 2015 IFAS Research Awards Ceremony.

Congratulations go out to Dr. Renee Goodrich Schneider (PhD, 1996), who has just been promoted to full professor. Also, Dr. Liwei Gu was just granted tenure and promoted to Associate Professor.

Congratulations go out to Carmen Graham (Departmental Accountant) and C.J. Nieves (BS, 2000; MS, 2004; Senior Biological Scientist)! They were recognized at the December 2013 University of Florida Information Technology Awards and Recognition Program. They were members of the winning team “Human Subject Payment Program,” which developed and implemented a new system to pay subjects who participate in human research/clinical trials.

Kaley Mialki (BS, 2014) was selected as the 2013-2014 student representative for the College of Agricultural and Life Sciences Alumni and Friends Board. Kaley is also a CALS Ambassador, an alumna of the CALS Leadership Institute, and Co-Secretary of the FSHN Club.

Two FSHN students were selected to attend the Agriculture Future of America Food Institute workshop in Chicago this February. L-R: William Dixon (Senior in Food Science; dual degree in Industrial/Systems Engineering) and Jennifer Kelly (BS, 2014).

Two UF FSHN students received Outstanding Dietetics Student Awards from the Florida Academy of Nutrition and Dietetics and the Academy of Nutrition and Dietetics, R-L: Jenna Norris (MS-DI student) for a dietetic internship program and Kaley Mialki (BS, 2014) for a DPD program.

Dr. Wendy Dahl (Assistant Professor) was recognized as Undergraduate Teacher of the Year at the 2014 CALS Scholarship and Leadership Awards Banquet. In addition to heading up successful research and extension programs and mentoring graduate students, Dr. Dahl teaches undergraduate sections of Nutrition & Disease I and supervises undergraduate researchers.

Also at the 2014 CALS Awards Banquet, FSHN students took two top awards, L-R: Shelby Frantz (BS, 2014) won the J. Wayne Reitz Medal of Excellence, and Nhi Do (Senior in Nutritional Sciences) won the Larry J. Connor Medal of Excellence.

Additionally, the following FSHN students were recognized as award finalists at the Banquet, L-R: Meredith Allen (Junior in Nutritional Sciences) and Abigail Gruspe (Junior in Nutritional Sciences) for the E.T. York, Jr. Medal of Excellence, William Dixon (Senior in Food Science, with a dual degree in Industrial/Systems Engineering) for the Larry J. Connor Medal of Excellence.

Dr. Sue Percival (Chair & Professor) was named Vice-Chair for the 2014 International Garlic Symposium, held March 4-6 in Orange County, California. The symposium focused on the role of garlic in immunology, metabolic syndrome, and prevention of cardiovascular disease.

Dr. Lynn Bailey (Professor Emeritus) was named an American Society for Nutrition (ASN) Fellow. This is the highest honor that ASN bestows, and recognizes only those scientists who have had the most distinguished careers in nutrition.

Caglar Doguer (PhD student) won first place in the ASN Nutrient-Gene Interaction Research Interest Section Poster Competition at the Experimental Biology meeting in San Diego this spring.

Tiffany Joseph (BS, 2014) was selected for membership in the UF Hall of Fame in recognition of her outstanding leadership accomplishments and ongoing service to UF.

Pardeepinder Brar (PhD candidate) won an Education, Extension, and Outreach Division Scholarship from the national Institute of Food Technologists’ Feeding Tomorrow foundation.

This past year, 27 UF/FSHN Dietetics graduates took the Commission on Dietetic Registration’s national RD exam, and all 27 passed on the first attempt!