



# FSHN News & Views

for alumni, students, associates, and friends of FSHN

*Institute of Food & Agricultural Sciences, University of Florida*

*Volume I, Issue II, Fall 2001*

## FSHN and the Institute of Medicine



From left to right: Dr. Lynn Bailey, Dr. Bob Cousins, Dr. Sue Percival  
UF/IFAS photo: Tara Piasio

She also served on the panel for Determination of the Dietary Reference Intakes of Folate and other B vitamins, which published a report in 1998.

**Dr. Robert J. Cousins**, Professor and Eminent Scholar and member of the National Academy of Sciences, is a current member of the IOM's Food and Nutrition Board. This 15-member board provides the overall direction for all of the IOM Committees dealing with food and nutrition issues, and approves all reports in these areas released by the IOM and National Academy of Sciences. He also serves as a member of the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, and previously served on the panel for Dietary Reference Intakes for Vitamins A and K and Micronutrients (Trace Elements), which will publish its report in the fall of 2001.

Three faculty members of the Food Science and Human Nutrition Department are serving on Institute of Medicine Committees, which have major impact on public policy at the federal level that affects the dietary recommendations for all Americans. The Institute of Medicine is one of the National Academies, which includes the National Academy of Sciences.

**Dr. Susan S. Percival**, Professor, is currently serving on the IOM's Food and Nutrition Board's Committee on Framework for Evaluating the Safety of Dietary

Supplements. This Committee is establishing a framework to evaluate dietary supplements and ingredients and the scientific research that supports the use of supplements in decreasing disease risk and improving health.

**Dr. Lynn B. Bailey**, Professor, is currently serving on the IOM's Food and Nutrition Board's Committee for Examination of the Evolving Science for Dietary Supplements. This Committee reviews the current evidence used as a basis for previous hypotheses concerning diet and health claims.

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### Change of Address

Moving, but still want to receive this  
newsletter and other UF publications?  
Please notify the UF Foundation  
<http://www.ufalumni.ufl.edu/interact/>  
(choose "Bio Update")

## Alumni Updates

**Dr. Alan Sams** (PhD, 1987) was recently named Head of the Poultry Science Department at Texas A&M University. Dr. Sams received his PhD under the late **Dr. Doug Janky** here in FSHN. After graduation, Dr. Sams taught and conducted research at Texas A&M through the Poultry Science Department and the Intercollegiate Faculty of Food Science. After promotions to associate and later full professor, Dr. Sams became Head of the Poultry Science Department in September of 2000.

**Jenny Duret** (BS, 2001) received a Paula Criser Scholarship through the University Women's Club this year. Jenny graduated in the Nutritional Sciences track, and she also completed a dual degree in French.

**Flora Huang** (BS, 2000), **Emily Irwin** (BS, 2001) and **Trisha Lingle** (BS, 2001) have been accepted to UF's Physician Assistant MS program.

**Samer Jaber** (BS, 2001) is now attending Vanderbilt Medical School and plans to specialize in pediatric oncology. Samer received the Van York Scholarship from the University Women's Club last spring, and was also given an Alumni and Friends Leadership Award by the College of Agricultural and Life Sciences.

**Anne Varughese** (BS, 2001) received a Florida Dietetic Assoc. Scholarship, and was admitted to the Andrews University dietetic internship in Orlando, Florida.

**Alyssa Whidden** (BS, 2000) is the Program Coordinator for AOAC Research Institute in Maryland, and has been FSHN's liaison for student involvement in AOAC. She has also just been accepted into the MS program in Biology at Indiana University of Pennsylvania.

**Judy (Rothstein) Kramer** (BS, 1975) is a Region Food Service Coordinator in the Miami-Dade County Public Schools in Miami, Florida. She returned to Florida in 1978 after completing a dietetic traineeship in the Fairfax County (Virginia) Schools. Her daughter **Lisa Kramer** entered UF in August 2001, but her mother mentions that she will not have the experience of chemistry in "old Leigh Hall" (*editor's note: there's a new chem lab building here on campus, but they still use Leigh Hall!*), as they expect her to follow in the footsteps of her Gator Dad, **Robert Kramer** (BSBA, 1971; JD, 1974).

**Virginia Braddock** (BS, 2001) received an American Dietetic Association Outstanding Student Award, and also was awarded the J. Wayne Reitz Medal of Excellence by the College of Agricultural and Life Sciences. She is attending the Combined MS/DI program at Mississippi State University.

**Brett Podoski** (MS, 1998) is working for the Food and Drug Administration, Center for Food Safety and Applied Nutrition, and was recently promoted to Health Scientist.

**Agnes Stypulkowski** (BS, 2001) is a brewing supervisor with Anheuser Busch in Jacksonville.

**Jorge Padilla** (BS, 1999) has been accepted into the Physician Assistant MS Program at Barry University in Miami, Florida.

FSHN 2001 BS graduates admitted to UF Dental School: **Disha Patel, Olubisi Aina, Michelle Ferguson, Daniel Koren, Pamela Martinez, Kawveh Nofallah, Karen Reid, Cathy (Summers) Taylor, and Denise Turner**. Other 2001 BS graduates accepted to dental schools: **Behnam Jafarnia** (Univ. of Connecticut), **Brad Lipkin** and **Ryan Mendro** (Columbia Univ.), **Mayuri Patel** and **Lily Tayari** (Tufts).

**Helen Choi** (BS, 2001) has been accepted into UF's Pharmacy College this fall.

The following alumni, who graduated with a BS from FSHN in 2001, have been accepted to medical school: **Kerry Bachista** (FSU), **Jennifer Banting** (Univ. Miami), **Elana Borges** (USF), **Vegas Brown** (USF), **Amanda Davis** (FSU), **Heather Edwards** (Univ. Miami), **Kevin Friedman** (Nova Univ.), **Michael Hernandez** (USF), **Thomas Lupoli** (Kirksville Osteopathy, Missouri), **Michael Schultz** (East Virginia Medical College), **Michelle Szczepanik** (Univ. Miami), **Deanna Tran** (Nova), **Jacquetta Williams** (Morehouse), and **Karen Yax** (Univ. Miami). Also, **Rachel Mereus** (BS, 1998) is attending Meharry Medical College.

As part of FSHN's Early Admission Program with the UF Dental School, the following students received their BS degrees in 2001 and are now entering their second year in Dental School: **Ariana Grimm, Brent Mayer, and William Mueller**.

**Binh Nguyen, Ruthan White, and Lauren Wise** all received their BS degrees from FSHN in 2001 as part of our 3+4 Program with UF's College of Pharmacy, and are entering their second year of pharmacy this fall.

Anheuser Busch has hired two more FSHN graduates: **Stephanie Diggs** (BS, 2001) will be working in St. Louis, and **Nicholas Kretchman** (BS, 2001) will be working in Jacksonville.

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

# Alumni Survey

As we prepare to conduct our next alumni survey in 2002, we will continue to bring you the results of our 1997 survey. We intend to survey graduates from the past 10 years this next spring, and to conduct these surveys every five years. We welcome suggestions!

To recap: our 1997 survey was mailed to an all-inclusive list of FSHN alumni from both undergraduate and graduate programs. This list went back as far as we could gather valid alumni addresses (for a total of about 750), from the late 1960s to fall 1996, and we received back 150 surveys.

We got responses across all FSHN disciplines and degree programs, from nearly every graduation year, 1975-1996. We received data on salary, job type, satisfaction levels with FSHN, and information on specific strategies for getting into graduate schools or job positions.

## Selected 1997 Survey Results

On a Likert Scale, we asked alumni to rate the following statement from 1-5, with 1 = agree and 5 = disagree:

*"I was well prepared by FSHN for a career in my chosen field."*

The average for this question was a 1.99, indicating that those who responded to the survey felt prepared overall for their careers.

Several alumni provided some additional comments, even offering suggestions to help us improve career advising within our academic programs. Many respondents felt that Dietetics students would benefit from even more assistance with the internship application process, and that all FSHN students would benefit from having more volunteer opportunities. One alumna specifically mentioned that a required counseling course would be helpful to Dietetics students.

Also on a Likert Scale, we asked alumni to rate this statement from 1-5, with 1 = agree and 5 = disagree:

*"I received good academic advisement as an FSHN student."*

The average response for this question was 2.07, indicating that the majority of participants were satisfied with the advising they received.

These comments are much appreciated, and are being used in our strategic planning to improve our undergraduate and graduate programs.

## Why It Matters

FSHN has grown rapidly in the past ten years, and is constantly working to improve its academic programs. Many of the comments provided to us by alumni participants in the 1997 survey have been used to help improve academic and career services.

For example, the results of the 1997 survey have been used extensively in the establishment and daily operation of a Student Services office for undergraduate advising. Located on the 4<sup>th</sup> floor of the main FSHN building, this office houses two full-time employees, a professional academic advisor and an advising assistant. There are twelve faculty advisors available, and other faculty members are also available to speak to students.

FSHN students now have a larger number of advisors to whom to turn for course selection, career preparation and general information. When current students need to sit down with an advisor for an in-depth discussion of academics or career preparation, there is nearly always someone available, no matter what time of the year. This increased interaction with advisors means that students have greater access to opportunities for research, internships, and networking, and

also that they can form closer relationships with their advisors.

The FSHN Club has strengthened its ties to the Florida Section of the Institute of Food Technologists, and FSHN graduate students have founded the Gator Chapter of the Florida Association for Food Protection. These professional associations provide even more career opportunities to our students, as well as community service, fundraising, event planning and other leadership training activities.

We have also made some very specific changes. The Dietetics curriculum has undergone extensive change in the past year to meet new American Dietetic Association (ADA) requirements, and the ADA is coming for a site visit in November 2001. As part of these changes,



FSHN is teaching several new courses, including Nutritional Counseling and Communication, Community Nutrition, and a Dietetics Seminar. A new Dietetics handbook is provided to incoming students, so that they can become familiar with the internship process much earlier, and various Dietetics workshops are provided each fall for assistance with applications and letters of intent.

We are grateful for all the comments, suggestions, anecdotes, and constructive criticism we received. Alumni participation has helped us to better serve our students, and we hope you will continue communicating with FSHN.

Thanks, FSHN alumni!

# FSHN Achievements

**Dr. Jess Gregory** received the Centrum Center for Nutrition Science Award from the American Society for Nutritional Sciences, Orlando, FL. The award, which is given annually for nutrition research, was for his research contributions regarding human folate and vitamin B6 nutrition. The primary focus of Dr. Gregory's research for many years has been two interrelated B vitamins, B6 and folate, and their role in human nutrition. The overall objective of this work has been to gain information that leads to a better understanding of the requirements for these vitamins. In the past several years Dr. Gregory has expanded the focus of his work to the study of the rates of metabolic reactions for which folate and/or vitamin B6 coenzymes are required. The major aim of this work is to provide metabolic data that may lead to a functional basis of setting the requirements for these vitamins. The knowledge gained in this work also may lead to better diagnostic techniques for assessing nutritional status; new FDA Dietary Reference Intakes for folate are based on Dr. Gregory's work. Prior to joining UF faculty in 1977, Dr. Gregory received his BS and MS degrees at Cornell and his PhD from the University of Michigan.

College of Liberal Arts & Sciences Anderson Scholars and College Scholars named the following FSHN faculty as outstanding: **Dr. Peggy Borum, Dr. Bobbi Langkamp-Henken, and Dr. Elaine Turner.** Even outside our own College FSHN faculty have a reputation for outstanding teaching and student mentoring!

**Dr. Elaine Turner**, Assistant Professor, received the Undergraduate Teacher of the Year Award from the College of Agricultural and Life Sciences last year. This award was given in recognition of her dynamic teaching skills and sincere concern for students.

At the latest Gamma Sigma Delta Annual Initiation and Awards Banquet on March 29, 2001, FSHN faculty and students were very visible. **Dr. Lynn Bailey** won a Senior Faculty Award and the International Award of Merit. The following FSHN graduate students were initiated as new members: **George Baker, Julie Bernath, Tracy Brockman, Siam Lieu, and Amy Mackey.** And **Michael Hernandez**, an undergraduate in FSHN, was also initiated and received the Gamma Sigma Delta Undergraduate Scholarship.

**Lisa Vann**, MS student in Food Science, was recently awarded the Vam C. York University Women's Club Scholarship and also a 2001-2002 National Institute of Food Technologists Graduate Scholarship.

**Linda Bobroff**, Affiliate Associate Professor, recently received the "Outstanding Specialist" award from the Florida Extension Association of Family and Consumer Sciences for her work as a UF/IFAS Extension Nutrition Specialist. Her work focuses primarily on health promotion/chronic disease risk reduction, including cancer risk reduction, heart health, and weight management, and she also supports Extension programming in lifecycle nutrition, with an emphasis on nutrition in aging. Her support for extension programming includes curriculum development, information dissemination, and statewide training for county Extension faculty.

**Dr. Steven Otwell**, Professor, was named a fellow of the Institute of Food Technologists this summer at the annual meeting in New Orleans. Dr. Otwell has been a leader in the development of Hazard Analysis and Critical Control Point (HACCP), a training program to prevent seafood contamination, and is currently the national coordinator for the Seafood HACCP Alliance. Previously named FSHN IFT fellows include **Dr. Ronald Schmidt** (1999), **Dr. Robert Bates** (1993), and **Dr. Robert Braddock** (1993).

**Lisa Vann, Gillian Folkes, Melanie Kemmerer, James Smith, Maria Chatzidaki, and Masoumeh Rajabi**, all FSHN graduate students, have founded the Gator Chapter of the Florida Association for Food Protection to provide a forum to encourage improvement of all areas of food and environmental safety and quality, and to increase the knowledge level and professional status of all members through promotion of food and environmental safety and quality issues.

**Amy Mackey**, PhD student in Nutritional Sciences, won the Graduate Student Poster Presentation competition conducted by the American Society for Nutritional Sciences, Vitamin and Mineral Research Interest Section, March 31, 2001 in Orlando, Florida.

## In Other News...

**George K. and Ruthanna W. Davis** have established Graduate Nutrition Enhancement Awards at the University of Florida. Dr. and Mrs. Davis created an endowment to provide supplements of \$5,000 to highly qualified graduate students who receive assistantships in Nutritional Sciences or Animal Nutrition graduate programs. A former UF professor, Dr. Davis' career spanned five decades in the field of nutrition. He received his PhD from Cornell in 1937. During his long and dedicated service to the Animal Sciences Department at UF, he authored or co-authored over 250 scientific articles and numerous popular articles, many of which were translated into other languages. Dr. Davis was elected to membership in the National Academy of Sciences, has been an American Society for Nutritional Sciences (ASNS) member since 1944, and was president of ASNS in 1975. FSHN would like to send out a special thank you to Dr. and Mrs. Davis for their generous support of IFAS and FSHN.

## Guess the Professor



Who is this mysterious young man? Why, it's one of our distinguished Food Science professors!

If you think you can identify this gentleman, feel free to contact our editor (see page 2). We'll publish the names of alumni who guessed correctly and provide the answer in the next FSHN News & Views, scheduled for publication in the spring of 2002.

Good luck!