FSHN Students Visit Italy and France
This past summer, two groups of FSHN students traveled overseas to learn more about science, food, and culture.

FSHN in Italy
This past summer, FSHN partnered with the UF Horticultural Sciences Department and the Universities of Palermo, Bologna, and Pisa to offer a unique study abroad opportunity. “UF in Italy” includes comprehensive guided tours and field trips to help students better understand food production, processing, and culture in Italy.

Led by Dr. Charlie Sims (Interim Chair and Professor), this year’s group included fourteen FSHN students:

Lordwige Atis (Food Science Senior), Lisa Avery (Dietetics Junior), Kelsey Baizan (Dietetics Senior), Sara DiBenedetto (Nutritional Sciences Senior), Dominique Durham (Food Science Junior), Amelia Greco (Food Science Senior), Lauren Hudson (Food Science Senior), Malorie Lipman (Dietetics Sophomore), Adriana Matheus (BS, 2011; MS Student), Addy Mauro (Food Science Senior), Nicholas Miller (BS, 2011), Caitlin Murphy (Dietetics Senior), Molly Sims (BS, 2011; MS Student), and Brooke Stephen (Dietetics Junior). Other participants were: two undergraduates from the UF Family, Youth, and Community Sciences major, Meghan Blanton and Amanda Smart; an undergraduate from UF’s College of Education, Madeline Snyder; and two students from Florida Atlantic University: Rachel Blythe and Meredith Wailes.

The UF in Italy students arrived in Rome, and then moved on to Sicily the next day. There, they spent four days visiting facilities that process pistachios, bread and pasta, olives, olive oil, wine, and salt. From Sicily they traveled to Venice for a free day of sightseeing. In Bolzano, the group toured a botanical garden, apple distribution center, and the University of Bolzano. In Bologna, tour stops included a winery, vegetable gardens, the University of Bologna, cheese and Balsamic vinegar factories, a Parma ham factory, the Lambrusco Winery, a supermarket, a castle, and the Ferrari Museum. From Bologna, the group moved on to….

FSHN in France
As part of a project funded by a USDA International Science and Education Grant and directed by Dr. Liwei Gu, (Assistant Professor), four FSHN students spent two weeks traveling in France to learn more about functional foods. The objective of the course was to strengthen the global competitiveness of UF students by providing first-hand experience in international research collaborations.

Alisha Bent (Nutritional Sciences Senior), Tim Buran (MS Student), Rebecca Creasy (PhD Candidate), and Devin Lewis (PhD Student), accompanied Dr. Gu and Dr. Reyes, flying from Orlando to Paris. After spending some time in Paris, the group traveled to Clermont-Ferrand where they visited VetAgro Sup agricultural college and the Universite D’Auvergne. Next, they traveled to Bordeaux for a tour of the Bordeaux International Wine Institute.

During this time, the FSHN group got to tour sensory, pharmacology, cheese research, wine research, and…. Cont. on page 6

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Alumni Updates

Kristen Maingot (BS, 2011) was accepted into the MA program in Communication Sciences and Disorders at the Univ. of Central Florida.

Michael Appelblatt (BS, 2007) completed a master’s in biomedical science at Florida Atlantic Univ. and is now in medical school at Nova Southeastern Univ. He plans to someday incorporate his nutrition background from UF into his medical practice.

2011 BS graduates pursuing a master’s degree in food science at UF include: Alina Balaguero, Elizabeth Gardner, Sara Marshall, Adriana Matheus, and Molly Sims.

Marilu Greyling (BS, 2011) was accepted to optometry school at Nova SE Univ., and Whitney Luster (BS, 2011) will attend optometry school at the Univ. of Alabama, Birmingham.

Yael Spektor (BS, 2007; MS, 2009) is now part of the R&D team for The Father’s Table. She recently developed a line of three pizza roll flavors with whole wheat crusts for school lunch programs, and she is also in charge of nutritional analysis for all products. Established in May 1999, The Father’s Table is a privately owned, national dessert manufacturer located in Sanford, FL. Over the years, the company has transformed into the number one branded cheesecake for in-store bakeries and has expanded into food service, convenience stores, and school lunch programs. The company donates 50% of profits to The Father’s Table Foundation, a non-profit organization that helps provide much needed financial support to women’s and children’s charity groups worldwide. Yael said, “I love being a Gator and I’m always eager to go back to my alma mater and beloved FSHN Department!”

Whitney Johnson (BS, 2009; MS student) is a principal scientist in juice product development at Cott Beverages USA in Columbus, Georgia.

Nicholas Miller (BS, 2011) accepted a position in operations management with Anheuser-Busch in Jacksonville, Florida.

2011 BS graduates accepted to pharmacy school include: Christina Beatty (UF); Caroline Beek (UF); Adam Fox (Nova SE Univ.); Marissa Glinton (UF); Shira Hinds (UF); Sheena Mathew (UF); Thanh Nguyen (St. Louis College); Jaclyn Paravacini (UF); Erika Quintana (Nova); Elise Reyes (UF); Amanda Simonton (Lake Erie College, Bradenton); Michelle Smith (Mercer Univ.); and Leonisha Williams (Wingate Univ.).

Lauren Vargas (BS, 2011) was accepted into Barry Univ.’s Master of Biomedical Science program, and Jensen Walker (BS, 2011) was accepted into the Medical Sciences MS program at the Univ. of South Florida.

Esther Levy (BS, 2011) accepted a position in quality assurance with Lakewood Juices in Miami, Florida.

2011 BS graduates accepted to medical school include: Kathryn Anderson (Florida Atlantic Univ.); Jacqueline Atlass (Florida International Univ.); Tabata Bahiense (Florida Atlantic Univ.); Jenna Ford (Univ. Vermont); and Benjamin Wolk (Florida Atlantic Univ.).

2011 BS graduates pursuing master’s degrees in public health: Shannon Smith (Florida International Univ.) and Jessica Watson (Boston Univ.).

Whitney Fung (BS, 2011) is pursuing a master’s degree in Family, Youth and Community Sciences at UF.

Richard Coffey (BS, 2011) is currently pursuing a PhD in Nutritional Sciences (specifically, molecular nutrition) at UF.

Natalie Martinez (BS, 2011) was accepted to the Barry Univ. School of Podiatric Medicine.

Elizabeth Nieves (BS, 2011) is currently pursuing a master’s degree in the UF Applied Physiology and Kinesiology program.

2011 BS graduates accepted to dental school include: Mauricia Brown (UF); Alicia Castellano (UF); Olga Luaces (UF); Jessica McMann (Columbia Univ.); Darshan Patel (UF); Emily Relkin (Nova SE Univ.); Juliana Sardenberg (Nova SE Univ.); and Michael Yuan (UF).

Dr. Michelle Weiner (BS, 2003) will complete her medical residency in the Department of Rehabilitative Medicine at the Univ of Miami.

Anisa Lakhani (BS, 2011) has committed to two years with Teach for America. She will teach in a low-income community to help expand educational opportunities and increase instructional quality for impoverished children.

Dr. Monica Bontrager (BS, 2004) is now a dentist with the Bristol Dental Clinic in Bristol, FL.

Please send us your career updates and other announcements!
A special thank you to Dr. Gail Kauwell (MS, 1979; PhD, 1993; Professor) for her major contributions to this article.

After 34 years, Dr. Lynn B. Bailey officially retired from UF on June 30, 2011. The occasion was marked by a reception where current and former faculty and students, family, and friends gathered to wish this amazing woman a fond farewell. Although in her case, not to a rocking chair, but to the position of Chair of the Department of Foods and Nutrition at the University of Georgia! Regardless of the shift in team colors, she will be remembered by many for her wonderful and numerous contributions.

Dr. Bailey’s career is one that can only be described as exceptional. Her research and scholarly activities earned her a worldwide reputation in the area of folate nutrition and brought distinction to UF, and her interest in and commitment to teaching and mentoring graduate and undergraduate students was outstanding. The accomplishments of the students whose lives she influenced are a tribute to the expert guidance she provided. Many of her former students attribute their success to having such a wonderful role model who provided them with a strong foundation in science, the passion to succeed, and the inspiration to “pay it forward.”

Over the course of 30 years, Dr. Bailey’s research program made important contributions to our understanding of folate metabolism and requirements throughout the life cycle. Her research data led to the revision of the Recommended Dietary Allowances for this vitamin, standards that are widely published and used in developing public health policies and programs. In more recent years, she pursued research endeavors representing emerging fields such as nutrigenetics and epigenetics.

Dr. Bailey’s research has been published in many prestigious journals. In 2011, the second edition of the book she edited (“Folate in Health and Disease”) was published, and people in the field of nutrition constantly refer to this book as “The Folate Bible”! She has also written at least 30 book chapters and has presented her research findings at numerous conferences and proceedings around the world. At the national level, Dr. Bailey has been an invited speaker at many scientific conferences and proceedings, focusing on nutrition research and on improving the health of the population through diet. As an advocate for improving maternal and fetal health, Dr. Bailey served on many national advisory panels and committees concerned with the nutritional needs of pregnant women. In this way she has impacted public policy issues related to maternal-fetal nutrition.

One of Dr. Bailey’s finest qualities is that she leads and teaches by example. The master of student coaching, she helped her students work through the often arduous process of writing a thesis, dissertation, or manuscript and tirelessly provided feedback and direction as they prepared for presentations. Dr. Bailey also earned the reputation of being a wonderful teacher. She devoted hours to preparing classes that incorporated the most recent research findings, and she gave great thought to how to best present difficult concepts and ideas. She showed genuine interest in the success of each student and made herself available to them for extra help and advice. Dr. Bailey’s excellence as a teacher was recognized by her selection for a UF Teaching Incentive Award in the 1990s. And her overall excellence in teaching, research and service was commemorated by a UF Professional Excellence Award and a UF Professorial Merit Award. She also was selected as a Florida Blue Key Distinguished Professor in 2002.

In addition to the teaching honors she has received, Dr. Bailey received two distinguished alumni awards, one from Clemson University and the other from Winthrop University. Her many other awards include: the USDA Secretary’s Distinguished Service Award for Research, the Agnes Higgins Award for Accomplishments in Fetal and Maternal Medicine, and the Centrum Science Award for Research Accomplishments in Human Nutrition.

Dr. Bailey was also selected as UF’s 2008 Teacher/Scholar of the Year, which is the highest award given by UF. Being selected for this award is a huge honor, especially considering the depth of talent and expertise among the university’s more than 4000 faculty members.

Dr. Bailey told us that the most challenging aspect of her new position at UGA was preparing for their recently completed program review, which required her to learn every departmental detail within the first two months. She added that the most enjoyable aspects of being a department head are being able to mentor junior faculty and put together collaborative research teams, as well as starting a tradition of celebratory dinners to recognize faculty who receive new project funding. She is also excited about the opportunity to work with Vanessa da Silva (FSHN PhD Candidate), who was just hired as a Postdoctoral Associate at UGA. She says, “We are planning to initiate a new collaborative research program focused on folate and...”

Cont. on page 4
Congratulations!

Dr. Stefan Crynen (MS, 2007; PhD, 2011) and his wife Gogce welcomed their first child on September 21st of this year. His name is Markus Kayihan.

Dr. Melissa (Kolsch) Jones (BS, 2001; PhD, 2006; Research Assistant Scientist), husband Herb Jones (BS, 1999), and older sisters Hannah and Natalie welcomed twins Emma Grace (on the right) and Caitlin Marie (on the left) on May 10, 2011.

Earlier this year, Dr. Leslie Thompson (PhD, 1986) was appointed Chair of the Department of Animal and Food Sciences at Texas Tech University in Lubbock, Texas.

Dr. J. Bernadette (Moore) Percebois (PhD, 2002), husband Nick, and daughter Claire welcomed baby Xavier Gwendal on October 22nd.

Yuly Virviescas (BS, 2011) married Andres Fajardo on September 2nd of this year. She is now a Client Services Representative with ABC Research, Inc. in Gainesville.

Dr. J. Bernadette (Moore) Percebois (PhD, 2002), husband Nick, and daughter Claire welcomed baby Xavier Gwendal on October 22nd.

This past summer, Amy Cotnoir (BS, 2009) graduated from UF’s School of Physician Assistant Studies and began working at a family practice office in West Palm Beach. Here, she models her very stylish white coat.

Lynn Bailey, from page 3

According to Stephania Alvarez (BS, 2010), WWOOFing isn’t just for dogs! Last year, Stephania traveled to South Africa to volunteer for the WWOOF (World Wide Opportunities on Organic Farms) program. Participants choose a country and one or more farms, and then trade their hard work for housing and home-cooked food. She said that she really wanted to experience being a full-time traveler and see the World Cup. But mostly she simply wanted to “play in the dirt, sow some seeds, and make something beautiful grow from the earth.” Between July and November Stephania worked on three different farms, met some great people, and truly appreciated the “natural rhythm of life.”

To learn more about the WWOOF program, visit their website: http://wwwoof.org.

Left: Seedlings waiting to be planted in a demonstration garden at Living Art Farm. Right: Stephania enjoying the sunset from a farmhouse roof.

WWOOFing in South Africa

Lynn Bailey, from page 3

…maternal/fetal health and I am excited and energized about this opportunity.”

Although she is working closely with UGA Athletic Director Greg McGarity (who is a former Gator!) in the hiring of two new Registered Dietitians and in organizing several new graduate assistantships for sports nutrition, Dr. Bailey said: “The recent victory over the Gators was a personally painful one.” But Dr. Bailey also told us that she very much enjoys living in Athens. Not only does the city have a unique and thriving food culture, a variety of locally owned and award-winning restaurants, downtown food tours on the weekends, and a vibrant schedule of visiting performing groups, it is also within close driving distance of the mountains and other scenic areas.

While Dr. Bailey’s retirement has left a void here in FSHN, we are grateful to the many years she served our students, department, college, and university. Her record of excellence in teaching, ability to communicate research findings to the scientific community as well as to practitioners and the public, role in establishing public policy related to folate nutrition, and impact she has made as a dedicated mentor to future scientists and academicians are part of the legacy she leaves behind.

She will be greatly missed by everyone in FSHN, and we wish her all the best in her new administrative position!
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.

Nutritional Sciences senior Cory Pollard (the tall one on the left dressed as Peter Pan) was spotted getting pummeled by random children at a local Halloween party.

Although her Diageo internship in Connecticut is obviously a bit chilly, Sonia Hudson (BS, 2009; MS, 2011) is still faithfully representing the Gator Nation.

L-R: Food Science seniors Ana Toro and Jimena Jimenez seemed to enjoy the FSHN Club’s Halloween social this fall. See page 8 for more about Ana.

Tim Buran (MS student) understands the value of relaxing and spending some quality time with friends…. even if those friends are actually fictional characters.

Dr. Mitch Knutson (Associate Professor) made a new friend while traveling in Turkey. We keep hoping he’ll wear that hat in the classroom, but no luck thus far…

L-R: Emily Casey (BS, 1978), Dr. Jess Gregory (Professor), Brittany Martin (BS, 2011; MS Student), and Michael Hubbard (MS Student) at the alumni tailgate this fall.

L-R: Dr. Asli Odabasi (MS, 1998; PhD, 2003; Research Assistant Scientist), her son Eren, and her husband Dr. Serdar Kirli bonded with our awesome inflatable Albert this fall.

Alexis Woods (BS, 2009; MS student) proves that she is not just a talented scientist; she can also defy the laws of gravity.

Rebecca Creasy (PhD Candidate) was spotted hanging out with an extra-skinny Santa Claus (aka Chris Hanna: BS, 2009; MS Student) at the FSHN annual holiday party.

Gabe Shook (BS, 2009; MS, 2011), now a product developer for Nabisco Brands USA in East Hanover, New Jersey, claims that he wishes he could be paid in gum.

Braulio Macias (MS Student) was caught temporarily claiming someone else’s award certificate. (See page 8 to learn how PhD Candidate Cheryl Rock actually won it.)

Amanda Pellam (BS, 2011) does technical sales for Treatt USA, an ingredient supply company in Lakeland, Florida. Apparently, she also has forklift privileges.
Italy, from page 1

….Tuscany, where they visited a winery and vineyards as well as the Chianti Consortium. In Florence, our students were given a free day to explore Renaissance art and culture.

Upon arrival back in Rome, the UF in Italy group visited the headquarters of the Food and Agriculture Organization (FAO) of the United Nations. There, they learned more about food security, nutrition, and world agriculture and trade. They also had a free afternoon to explore the sights in Rome.

Everyone had their own favorite place in Italy. Dominique loved Rome because he got to explore it on his own terms. Molly loved Bolzano and Tuscany because of the beautiful scenery. Adriana was partial to Bologna because of the many manufacturing sites they got to visit and because she loved the University of Bologna. Lordwige said one of her biggest dreams was ride in a gondola in Venice, and she got to do that on this trip. And Kelsey was torn between the food of Sicily and the mountains and apple orchards of Bolzano. Kelsey added about Sicily: “The fact that a buttery brioche roll stuffed with creamy gelato constitutes lunch was enough to win me over.”

We also asked the students what they considered the best meal of the trip. The winner appears to be homemade pasta with a pistachio cream sauce served for dinner their second night in Italy. Dominique, Molly, and Kelsey all said it was one of the best things they had ever eaten. The wines they sampled in Tuscany also seemed very popular.

This year’s travelers also made some recommendations to students considering this trip in summer 2012. Both Kelsey and Dominique said that bringing a self-filtering water bottle is a must, since bottled water is expensive. Adriana, Molly, and Kelsey stressed the importance of packing light, since students end up dragging and lifting their bags every day, and bringing good walking shoes. Other suggestions included a light jacket, a power converter, medication, bandages, and a small bottle of laundry detergent. Adriana recommended using a credit card for expenses, since her bank offered a better exchange rate than she could find elsewhere. And Dominique recommended making arrangements with a cell phone company before departure to facilitate making calls to and receiving calls from the US.

Kelsey summed the trip up nicely: “The mix of food production, food science, culinary arts, history and horticulture made this trip truly one of the highlights of my life!”

France, from page 1

….nutrition labs. Our students noticed that the labs they toured were very organized, and that many of the pieces of equipment found in the French facilities were manufactured in the US.

At one point, the students got to stay in the student dormitories of the Universite D’Auvergne, living in much the same way that French college students do. Although he has read journals containing research from around the world, Devin said sharing anecdotes and research experiences with students from a different culture and educational system helped them find common ground through scientific exploration. He added, “I found it especially pleasant that our hosts were very hospitable and eager to answer all of our questions about their research.”

This was Devin’s first experience as part of an international collaboration. He told us: “The opportunity to travel to another country and gain new insights on life, research, and culture is an experience that I would encourage any student to take part in.”

Tim added, “What really stood out to me was how different their education system was when compared to ours. Their PhD students complete their degree in three years compared to our system in which some take up to five.”

Our students also got a real taste of the local food and culture. Finding their way around the streets of Paris, Clermont-Ferrand, and Bordeaux on their own, they explored quite a few places that most tourists never see.

Tim said, “Having the opportunity to partake in their culture was an amazing experience! We took full advantage of the food, wine, and art as we immersed ourselves in the French way of life.”

All of the students hope for a continuing collaboration with French universities to enhance ongoing functional food research.
The FSHN Department organized the 7th “Florida Party” in conjunction with the Institute of Food Technologists (IFT) Annual Meeting this June in New Orleans. That event brought together faculty, students, alumni, and friends to enjoy free food, drinks, Gator goodies, and networking and was co-hosted by Florida Section IFT. A special thank you to our generous sponsors: Sun Orchard, Checkers, ABC Research, PIC USA, FL Section IFT, the FSHN Department Taste Panel, Cypress Systems, Darifair, Coca-Cola, Primero Coffee, Biosun, Silliker, Ruth's Chris Steakhouse, and The Winniczuk Family. We hope you enjoy these photos taken at the Florida Party and various other events during the meeting. See you next year in Las Vegas!
FSHN Achievements

A native of Honduras, Food Science senior Ana Lucia Toro won one of only two UF-wide Diane Fisher Scholarships, which are designed to recognize international students who demonstrate high levels of commitment to community service. Ana has volunteered for various service projects here in Gainesville as well as for communities in Honduras. Ana is pictured here with Dr. David Sammons, Dean of UF’s International Center.

PhD Candidate Cheryl Rock was chosen as an Outstanding International Student by the College of Agricultural and Life Sciences. Originally from Barbados, Cheryl was honored for her impressive academic, leadership, and service accomplishments. She is conducting research on the use of pulsed ultraviolet light and power ultrasonics in food processing and engineering under the supervision of Dr. Wade Yang (Assistant Professor). Cheryl is also pictured with Dr. Sammons.


This year, Amandeep “Aman” Sandhu (PhD Candidate) received both the FL Section Institute of Food Technologists Richard F. Matthews Graduate Scholarship and the College of Agricultural and Life Sciences William C. and Bertha M. Cornett Fellowship.

Liwei Xie (PhD Student) received a CALS Travel Award in the amount of $250 to present his research at the 2011 Experimental Biology meeting in Washington DC.

FSHN students won all three of the Florida Dietetic Association Scholarships this year! Stephanie Meyer (BS, 2011; MS-DI Student) won the $1,200 President’s Scholarship; Cassie (Gaissier) Rowe (BS, 2010; MS-DI Student) was awarded the $1,000 Anne Brezina Dietetic Intern Scholarship; and Ashley Hamm (Dietetics Senior) received the $1,000 Sister Helen Marie Pellicer Scholarship. Congratulations to all of them!

Dr. Stefan Crynen (PhD, 2011) won first place in the Aquatic Food Products Division poster competition at the Institute of Food Technologists Annual Meeting in June in New Orleans. His poster was entitled: “Antioxidant properties of peptides derived from cod muscle myosin by enzymatic hydrolysis with trypsin, chymotrypsin and elastase.” See page 3 for another reason to congratulate Dr. Crynen.

Juan Muñoz (MS Student) was awarded the 2011 George Truitt Scholarship sponsored by the Institute of Food Technologists Citrus Products Division in recognition of outstanding student research.

Food Science senior and FSHN Club President Kelly Brown was selected for a summer 2012 internship with Diageo’s sensory division. She is the first FSHN undergraduate to ever be selected for a Diageo internship!

Former FSHN Professor Dr. Mickey Parish (Senior Advisor for Microbiology, U.S. Food and Drug Administration) was selected as an Institute of Food Technologists (IFT) Fellow for 2011 in recognition of his outstanding contributions to juice and beverage microbiology. Dr. Parish is still a good friend to the FSHN Department, attending our alumni gatherings at IFT Annual Meetings every summer.

Former FSHN staff member Malene Ginete (BA in German, 2004) founded the Baghdad Gator Club last year to bring together all the Gators stationed in Baghdad. Malene said, “My Gator flag went up the day I moved in my room in Baghdad and came down the day I rode out on my armored horse! Go Gators!”

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. Charlie Sims, Interim Chair, Food Science and Human Nutrition, PO Box 110370, Gainesville, FL 32611-0370