

FSHN Goes International

In this issue of FSHN News & Views, we share recent international experiences of our alumni and students.



Phillip Pierce in a cave in Petra, Jordan. Note the logo on his shirt: Go Gators!



Everald Colas and **Lauren Cockerham** in Florence, Italy.



Joanne Weddle with an orphaned (tame) hippo, Olifants River, South Africa.

Phillip Pierce (BS, 2004) has been a Chief Warrant Officer in the US Army for more than 15 years. With a long and successful career in the military already established, Phillip came to FSHN in 2002 to complete his bachelor of science degree in Food Science.

Phillip is no stranger to international travel. Currently, he is the Area Support Group Kuwait Command Food Safety Officer for the US Army, and is stationed in Bahrain. He is responsible for the US Central Command Annex to the Worldwide Directory of Sanitarily Approved Food and Water Sources, and has technical oversight of contracts worth over \$1 billion, supporting more than 300,000 personnel.

As such, he organizes, manages, and allocates personnel to conduct commercial food safety audits for over 165 facilities in 13 countries: Kuwait, Bahrain, Jordan, United Arab Emirates, Saudi Arabia, Djibouti, Qatar, Pakistan, Seychelles, Oman, Uzbekistan, Egypt, and Afghanistan.

He is also certified as a Surveillance Food Laboratory Technician and manages the only forward deployed diagnostic food lab within the Central Command Area of Operations. Phillip is their principal trainer and subject matter expert on commercial food audits in the Central Command Area of Operations.

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Current dietetics student **Lauren Cockerham** studied in Florence, Italy this spring. Sharing an apartment with six other girls from America, Lauren says she felt right at home in Florence among the shops and beautiful scenery.

Lauren also visited other Italian cities, including Rome, Sienna, Verona, Milan, Pisa, Amalfi, and Vicenza (where her boyfriend **Everald Colas**, a UF architecture major, was studying this spring). Lauren and Everald got to spend a lot of time together sightseeing, hiking, and picnicking.

Attending the Lorenzo de' Medici School through Academic Programs International, Lauren took a variety of classes including oil painting, women's studies, Italian, and nutritional cooking "Italian style."

And speaking of cooking, Lauren got to sample some new and interesting foods on a side trip that she and Everald took with seven other American students to Scotland. Their group, nicknamed "The Fellowship" after that famous group of nine in *The Lord of the Rings* movie, hiked through the mountains, watched a few rugby matches in a local pub, and tried some traditional Scottish food including haggis. Haggis, for those who don't know, is meat cooked inside a sheep's stomach. Lauren says: "I didn't find that out until after I had eaten it."

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Rebecca "Joanne" Weddle (BS, 2005) traveled extensively during her undergraduate years. She visited Scotland, Ireland, Wales, England, Spain, Morocco, Italy, France, Austria, Germany, Belgium, Monaco, Mexico, Jamaica, the Bahamas, the Caymans, Honduras, South Africa, New Zealand, Australia, and Canada.

A Nutritional Sciences major, Joanne completed minors in both Zoology and Wildlife Ecology, exploring her personal interests while she prepared for a career in medicine. This fall, Joanne will start medical school at the University of Louisville in Kentucky.

Among all her travels, Joanne says her favorite countries were Australia and South Africa. She says Australia "is an amazing ecological environment," and that in South Africa "you get mountains, beach, animals, adventure, desert, and city all in one country." Because she loves nature and the outdoors, Joanne was...

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

Correction



Jennifer Detjen and Lavin Joseph.

Lavin Joseph received his Master of Science degree from FSHN in 2002 (working with **Dr. Anita Wright**), not his BS degree as we had previously printed. Sorry about that, Lavin! Also, FSHN congratulates Lavin on his recent marriage to **Jennifer Detjen**. As we mentioned in a previous newsletter, Lavin works for Advanced Biosystems in Washington, DC and he and Jennifer live in Alexandria, Virginia.

Alumni Updates

Tania Rivera (BS, 1998) works as a Clinical Dietitian at Baptist Hospital of Miami, and is also an adjunct professor at Florida International University. She is also the President of the Miami Dietetics Association. Tania says that her experiences at UF and especially FSHN were very positive.

Naomi (Chamis) Daughtridge (BS, 2001) started a private practice consulting business in Austin, Texas a little over a year ago, with another Registered Dietitian. Their website is: www.nutrientknowledge.com.

Katherine Ingerson (BS, 2004) graduated from her dietetic internship at the Mayo Clinic and is working for the University of Georgia in the food services division. She teaches an "Eating Smart" class and provides individual consultations to students.

Amy Bouvier (BS, 2005) has been accepted to several dental schools and is opting to attend Nova Southeastern University this fall.

Isadora (Arias) Asman (BS, 2003) is attending Marquette University's Physician Assistant master's program in Milwaukee, Wisconsin.

Amy Fanning (BS, 2003) is attending Nova Southeastern University's College of Pharmacy. She says, "I think the dietetics program at UF is a great foundation for entry into any health profession program. I feel I have an advantage over other students who do not have a degree in Dietetics."

Douglas Craig (BS, 1992) is the Brand Manager for the Dial Corporation's Instant Action and Carpet division.

Sarah Kozak (BS, 2004) is now employed by the WIC program in Jacksonville, Florida

Tracy Leon (BS, 1997) went on to receive two master's degrees in addition to her Registered Dietitian credentials. She is now working for Hormel Health Labs in Miami and is also serving as adjunct faculty at Florida International University.

Naomi Reyes (BS, 2001) is a graduate student at Tufts University's Nutrition Communication program.

Leila Sabet (BS, 2000) graduated from the UF College of Medicine in 2004, and went on to pursue a Master of Public Health degree at Johns Hopkins University.



Saad Sebbana hiking in Banff National Park in Alberta, Canada.

Saad Sebbana (BS, 1999; MS, 2001) has spent the past two years living and working in Canada as a Technical Services Project Manager for PIC Canada Ltd. in Calgary, Alberta. This spring he was transferred back to Franklin, Kentucky to become the Shrimp Breeding Data Manager for Sygen International (same company). He will be working with scientists and projects from Brazil, Hawaii, Mexico, and Thailand. Congratulations to Saad on all his accomplishments!

Diana Reyes (BS, 2002) was accepted into the Physician Assistant program at the University of Texas Southwestern Medical Center in Dallas. Prior to her acceptance, she was the breastfeeding coordinator for Montgomery County (north of Houston).

Melissa del Campo (BS, 2002) has been accepted to the University of South Florida College of Medicine.

Damien Hunter (BS, 2004) has been accepted to the UF College of Dentistry for fall 2005.

Mitchell Fishkind (MS, 1988) is a professor at Miami Dade College, Wolfson Campus where he teaches a basic nutrition class and a food preparation class. He says he has fond memories of taking food chemistry with **Dr. Ron Schmidt**.

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

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Phillip Pierce

Phillip's family is here in Florida, and he says that the hardest part of his travels is being away from his wife **Amy** and daughter **Morgan**. He wears Gator gear whenever he can (refer to picture on front page) to remind him of home. But he is very much enjoying the challenge of his current assignment in Bahrain, and calls it "the most rewarding of my entire military career."

Phillip also extends a thank you to his Food Science professors. He recently said about FSHN: "You guys down there are awesome."

Lauren Cockeram

They also tried "cullen skink." Cullen skink is a fish soup that Lauren says is the best soup she has ever eaten.

Lauren very much enjoyed her trip to Scotland. She says that the Scottish people are by far the friendliest people she's ever met. And she loved the time she spent in Paris, France and Barcelona, Spain, as well as in Italy, learning about art, exploring history and architecture, and meeting new people.

About her international experience, Lauren says, "It's really one of the greatest times in my life!"

Joanne Weddle

particularly impressed by her experiences in Kruger Park, a wildlife reserve in South Africa where she volunteered for three months and received free room and board in exchange for her labor.

Offering some words of wisdom to other students who wish to travel, Joanne says to do your homework before you go, prioritize what you want to see and do, pack light, travel with someone who has the same goals you do, and be flexible and patient with other people and other cultures, especially when traveling in less developed nations.

More International Stories from FSHN Alumni & Students

Adee Rasabi



Adee Rasabi camping in the West Highlands of Scotland, near Fort Williams.

Adee Rasabi (BS, 2004) finished her senior courses a year early so she could "do everything and anything I have ever wanted to do in my life." During that year, Adee traveled in Thailand, where she rode elephants and scuba dived. She did an Outward Bound expedition in Scotland, hiking a total of 155 miles. And she tried bungee jumping, sky diving, and white water rafting in Switzerland.

While in Israel, Adee stayed on a kibbutz. She worked in banana fields and also in a plastics factory that made, among other things, toilet seats. She says: "The experience was amazing and I made life long friends from all over the world." Among many other countries, Russia, Holland, Zimbabwe, Australia, Columbia, Canada, South Africa, and Mexico were all represented on the kibbutz.

Adee also managed to find time to visit Spain, Ireland, England, and Italy, and to share her adventures with those of us back here in the States via e-mail.

Adee will soon complete her Dietetic Internship at Aramark in New York and says that she was well prepared by her Dietetics degree from FSHN.

Matt Kirchoff

Matt Kirchoff, a student in Nutritional Sciences who will graduate this summer, is currently studying in New Zealand at the University of Otago. Coincidentally, that's the same university where **Dr. Elaine Turner** studied for a year when she was an undergraduate at Kansas State University.

Matt tells us: "My plane left the U.S. on January 13th, 2005. Since then I've spent my time driving on the left-hand side of the road, eating Huhu grubs and other strange foods, sampling amazing



Matt Kirchoff, on the road from Queensland to Fox Glacier in New Zealand.

wine, surfing some of the best waves in the world, milking cows on a dairy farm, rappelling down into caves, climbing waterfalls out of caves, whitewater rafting, climbing an active volcano, rolling down a huge hill inside an oversized blowup ball, going to rugby games, walking over fire, ice climbing up massive glacier walls, jumping off of a bridge with nothing but a rope wrapped around my ankles, and most importantly, making friends from every imaginable country around the world. And believe it or not, I'm still attending school!"

Maria Paredes

Originally born in Quito, Ecuador, **Maria Paredes** (BS, 2005) studied Food Science at UF and is now in the process of applying to medical schools.

Visiting extended family in Ecuador, Maria was always very affected by the poverty she witnessed, especially in rural areas. So last fall, prior to traveling back to Ecuador to study abroad, she decided to do something about it. Maria began gathering supplies with the assistance and support of the Food Science and Human Nutrition Club (UF Student Chapter of the Institute of Food Technologists).

Upon her arrival in Ecuador, Maria was able to provide school supplies to a poor public school outside Quito and large care packages (with clothes, towels, and personal hygiene products) to adolescent mothers during their stay in the hospital.

Maria says: "The joy and gratitude expressed with a simple smile and a 'muchas gracias' by the teachers, nuns, students, moms, and hospital staff has encouraged me to never travel there empty handed again."



Maria Paredes on a mountain in the highlands of Ecuador.

FSHN Achievements

As many alumni may remember from their time at UF, each year the College of Agricultural and Life Sciences (CALs) chooses an elite group of students to be CALs Ambassadors and represent CALs and its departments throughout the state of Florida. CALs Ambassadors visit other academic institutions and speak to civic organizations to develop leadership skills and promote programs. Applicants must go through a rigorous screening process, including a presentation to CALs faculty and staff. Last year, nearly 25% of all CALs Ambassadors were FSHN students (see below).



L-R: **Arash Esmailzadegan**, Nutritional Sciences; **Brad Jahnke**, Dietetics; **Sara Langmaack**, Nutritional Sciences; **Tashara Martin**, Nutritional Sciences; **Luis Martinez**, Food Science; **Noelle Rivera**, Nutritional Sciences.

At the College of Agricultural and Life Sciences graduation ceremony this spring, FSHN was the most honored department. **Dr. Elaine Turner** (Associate Professor) was recognized as a recipient of the National Excellence in College and University Teaching Award in Food and Agricultural Sciences, presented by the US Department of Agriculture. Three graduating seniors were also recognized. **David Mulia**, Food Science, was the recipient of the Larry J. Connor Medal of Excellence. **Nicole Sammons**, Nutritional Sciences, was honored as an Outstanding Four Year Scholar. And **Vincent Yeung**, Nutritional Sciences, was the recipient of the J. Wayne Reitz Medal of Excellence. Congratulations to all these outstanding people, pictured below:



L-R: **Nicole Sammons**, **Vincent Yeung**, **David Mulia**, **Dr. Elaine Turner**.

Each year, FSHN chooses one 4th year undergraduate from each of its three academic specializations to receive an Outstanding Senior award. This year's Outstanding Food Science Senior is **David Mulia**. David not only completed paid internships with both Tyson Foods, Inc. and Nestle, Inc., he has also been extremely successful academically. The Outstanding Dietetics Senior is **Laura Jensen**. Laura is a successful student, a member of several professional organizations, and founded and directed two fitness programs here in Gainesville. The Outstanding Nutritional Sciences Senior is **Vincent Yeung**. Vincent is a student leader, an outstanding scholar, volunteers his time to the community, and will start dental school at UF this fall.



Dr. Elaine Turner (Associate Professor) has been chosen for the Summer Institute for Women in Higher Education Administration June 26 – July 22 at Bryn Mawr College in Pennsylvania. This program is designed to enhance participants' leadership and management skills. Dr. Turner also received a Superior Accomplishment Award this spring in recognition of her outstanding contributions to IFAS and UF. She was awarded a \$200 cash prize, a certificate, and a set of coffee mugs.

The UF Academy of Distinguished Teaching Scholars, a new campus-wide teaching honorary, has inducted **Dr. Gail Kauwell** (Professor) as one of its first five members. Dr. Kauwell will serve for three years on the advisory board of UF's University Center for Excellence in Teaching. In recognition of her excellence and innovation in teaching, Dr. Kauwell will also receive \$15,000 for program development and hold a lifetime appointment to the Academy.



The United States Food and Drug Administration selected **Dr. Doug Archer** (Professor) to receive its Distinguished Alumni Award in recognition of his contributions to FDA food safety programs. He received this award at the May 6th FDA Honor Awards Ceremony in Maryland. This past spring, Dr. Archer co-chaired a conference for the Institute of Food Technologists, focusing on protecting the US food supply from terrorist attack. A report of the conference research findings will be published in *Food Technology* magazine.



Dr. Bobbi Henken (Associate Professor) was honored at the spring 2005 Gamma Sigma Delta Annual Initiation and Awards Banquet. She was recognized with the Junior Faculty Award of Merit for her outstanding contributions to UF and IFAS, and the audience was shown a slide show detailing her personal history, research interests, and accomplishments.



Also, one FSHN staff member and six FSHN students were inducted into Gamma Sigma Delta (The Honor Society of Agriculture) this spring. Inductees were **Janna Underhill** (Academic Advisor), **Robin Minor** (PhD student in Nutritional Sciences working with **Dr. Sue Percival**), **Benjamin Warren** (PhD student in Food Science working with **Dr. Keith Schneider** and **Dr. Mickey Parish**), and four undergraduates in Nutritional Sciences: **Courtney Caplin**, **Kristin Dean**, **Julia Henry**, and **Phung Nguyen**.

The following pictures were taken at the Florida Dietetic Association Annual Meeting last year:

TOP PHOTO

L-R: **Jee-Young Shin** (BS, 1999) and **Praveena Sunkari** (BS, 1994).



BOTTOM PHOTO

Judith Wolfe (BS, 1999; MS, 2001), right, and friend.

