

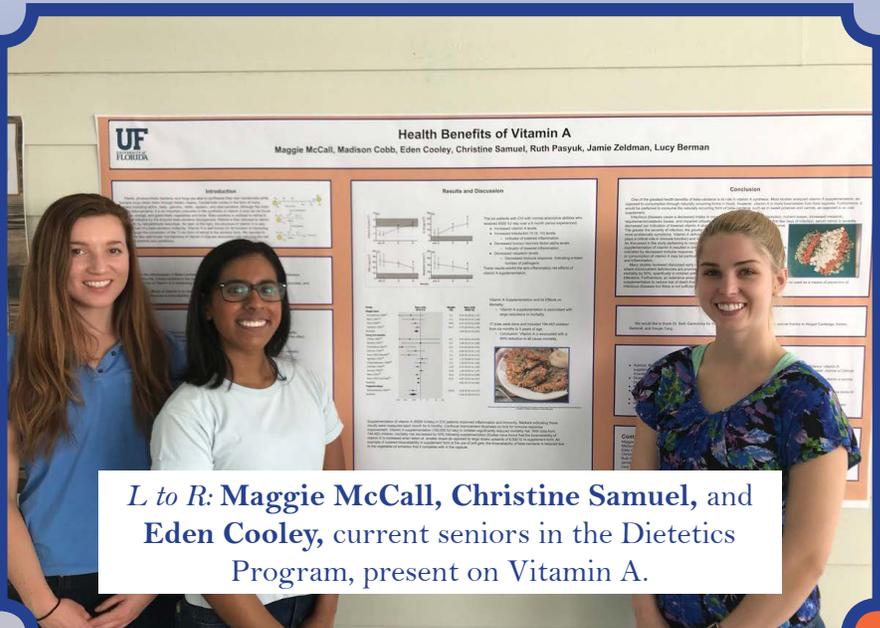
News and Views

Volume XVII, Issue 2, Fall 2017

*For Alumni, Students, Associates and Friends of FSHN
IFAS, College of Agricultural & Life Sciences, University of Florida*



Daniel Clark (BS '15, MS '17 Food Science): Associate Research Chef at Elite Spice in Baltimore, MD



L to R: Maggie McCall, Christine Samuel, and Eden Cooley, current seniors in the Dietetics Program, present on Vitamin A.



Dr. Wendy Dahl's Research Lab

Inside This Issue... Alumni & Friends (p. 2-5); Department Activities (p. 6) FSHN Recognition (p. 6), #SomethingsBrewing Campaign & Contest, Contact Info, & Important Dates (p. 7)

Alumni & Friends

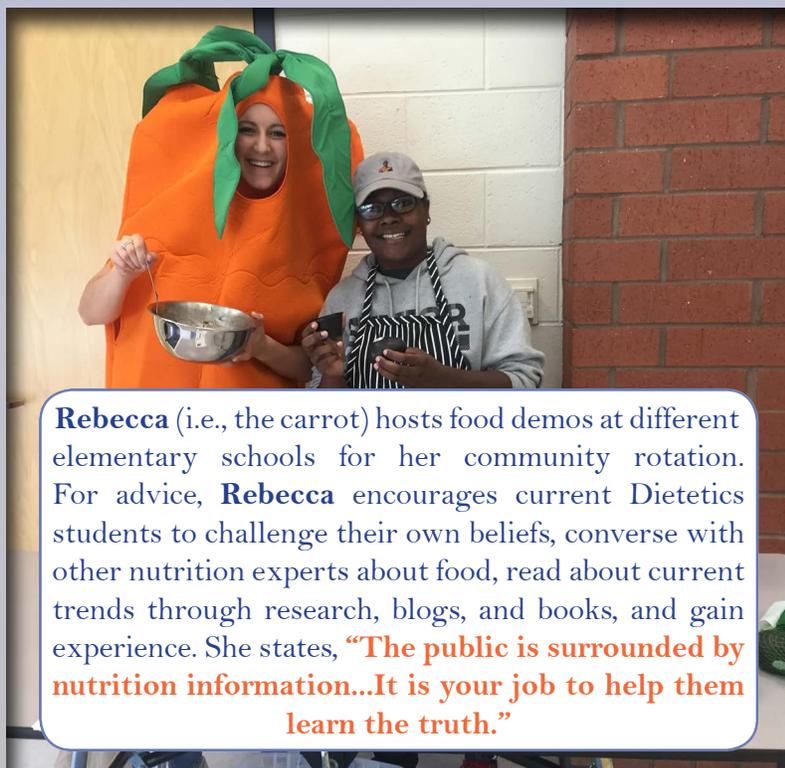
Where are they now?



Rebecca Gould BS '17 Dietetics

Rebecca Gould is currently pursuing a PhD in Foods & Nutrition at the University of Georgia while simultaneously completing her Dietetics Internship (DI). Although the PhD/DI route is not traditional, **Rebecca** is passionate about both nutrition and research. Ultimately, she intends to apply her RD credentials while conducting research in the university or hospital setting. **Rebecca** is a research assistant for the [Mechanisms of Aging and Longevity Laboratory](#). Her research is unique to the department since its based in basic science (rather than community or clinical nutrition).

Under the direction of Dr. Robert Pazdro, **Rebecca** is researching the genetic architecture of the glutathione redox system. She is investigating what genes control the glutathione system because preliminary research in mice indicates that glutathione levels in many organs (namely the heart, liver, and kidney) are highly heritable. **Rebecca's** project is funded by an R01 grant, and she will conduct this research over the next 3-4 years. She also plans to manage 1 or 2 diet studies concerning antioxidant status in old mice. After her first semester, **Rebecca** cites the graduate coursework, the collaborative efforts, and the academic freedom as her favorite aspects of the program. She also enjoys working with undergraduate researchers - finding the mentor experience to be both humbling and rewarding.



Rebecca (i.e., the carrot) hosts food demos at different elementary schools for her community rotation. For advice, **Rebecca** encourages current Dietetics students to challenge their own beliefs, converse with other nutrition experts about food, read about current trends through research, blogs, and books, and gain experience. She states, **“The public is surrounded by nutrition information...It is your job to help them learn the truth.”**



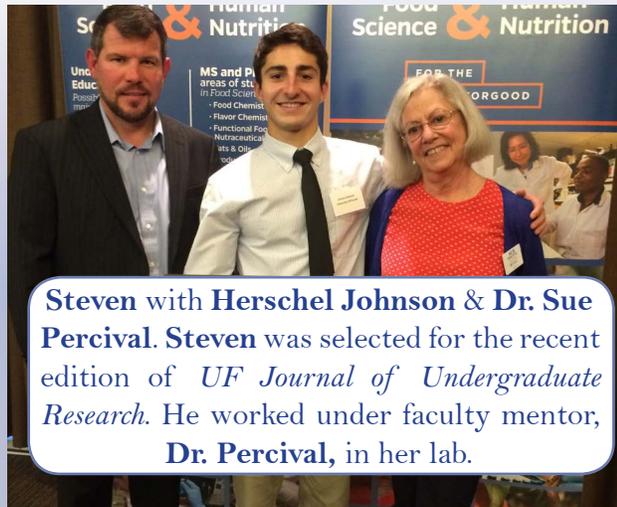
“...Some rush into graduate school because they feel that it is needed...For those questioning whether graduate school is the best choice for them, I highly recommend going through with the internship and then going to graduate school...**The concept of graduate school is a beautiful thing**...it would benefit everyone (the school, the individual, and the world of science itself) if everyone studied subjects that they are truly excited about. **This passion will shine through in the research, and you will get the most out of your degree.**”

Alumni & Friends

Steven Svoboda

BS '17 Nutritional Sciences

Steven Svoboda is currently attending Virginia Tech Carilion School of Medicine in Roanoke, VA. It is a unique program with a class size of only 42 students - the second smallest in the country. Over the first semester, **Steven** has thoroughly enjoyed his supportive network of peers. There is no competitive atmosphere. His classmates genuinely want each other to succeed, creating a positive learning environment.



Steven with Herschel Johnson & Dr. Sue Percival. Steven was selected for the recent edition of *UF Journal of Undergraduate Research*. He worked under faculty mentor, **Dr. Percival**, in her lab.



Steven with his parents at his White Coat Ceremony.

With a small class size, everyone knows everyone. **Steven** is close with his own classmates, along with the older medical students and professors. **Steven** also enjoys the medical school curriculum. The classes focus on basic sciences through clinical case studies, which makes the material more interesting and easy to remember. Additionally, this instructional approach encourages students to think like clinicians from the beginning. For him, the most challenging part of medical school is not the material - but the pace of learning and sheer volume of material. Consistent and disciplined study methods have been critical to his success. **Steven** encourages current Nutritional Sciences majors to “**take their classes seriously and learn the information well because it is ‘high-yield’ information.**” Great advice, **Steven!**

“It’s pretty cool being known as ‘**the nutrition guy**’ among both my classmates and professors. I can confidently say that **my major in Nutritional Sciences has helped me excel during my first semester in med school**, and I am just as confident that **it will help me be a better physician one day too...**This major will give you a huge advantage in medical school in terms of both basic science knowledge and clinical knowledge, which is something that most of the other traditional pre-med majors...won’t give you.”

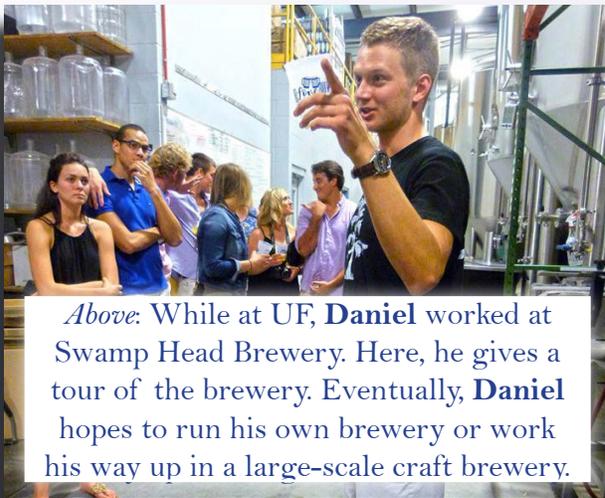


Steven and Herschel

Where are they now?

Alumni & Friends

Where are they now?



Above: While at UF, **Daniel** worked at Swamp Head Brewery. Here, he gives a tour of the brewery. Eventually, **Daniel** hopes to run his own brewery or work his way up in a large-scale craft brewery.

Daniel Spas BS '17 Food Science

Daniel Spas will attend the Master Brewer's Program at UC Davis in the Spring of 2018. Currently, **Daniel** works at his former elementary/secondary institution (grades PK3-12) in the lower school science lab (grades PK3-6). In this role, he takes care of the animals in the lab and sets up any equipment/experiments for the day. **Daniel** was also a coach for the Varsity swim team until the season ended in November. Although unexpected, the job has been an enjoyable experience before **Daniel** officially embraces his passion in the brewing sciences.

The [Master Brewer's Program](#) at UC Davis is a 6 month professional degree program, which focuses on topics in brewing science. These topics include malting, mashing, brewing, fermentation, and finishing. The program also has a brewing engineering focus that includes fluid flow, heat and mass transfer, and solid-liquid separation. Additionally, there is a processing and packaging aspect tied to the course. The main goal of the program is to prepare students for the Diploma in Brewing Exam, which is administered by the Institute of Brewing and Distilling (the world's leading trade association for individuals in the brewing and distilling industry). Already reading the textbook, **Daniel** is excited to learn more about the actual science behind the brewing of beer. Can't wait to hear about his experience!



Daniel holds **Cranberry**, the blind, albino corn snake, at his job.

"If you're interested in brewing, start reading books. I started out by reading *How to Brew* by John Palmer. In my opinion, that book is pretty much the go-to publication for home brewing. From there, Brewers Publications has a great series on the individual ingredients in beer. If you haven't tried brewing yet, purchase a starter kit and go for it. **If you mess up for the first time, just keep trying.** Once you understand the process, you'll be able to create some of your own recipes."



Dr. Andrew MacIntosh, an expert in fermentation, will teach both undergraduate and graduate students about brewing science. In his Fall 2017 course (Advanced Processing), students successfully brewed a first batch of beer with our new equipment (*see photo left*). Check out the [#SomethingsBrewing](#) update on page 7 for more exciting information on future plans and the Pilot Plant renovations!

Alumni & Friends

Yael Spektor BS '07 & MS '09 Food Science

2017 CALS Alumni & Friends Horizon Award



Dean Elaine Turner,
Yael & Juan David

Yael Spektor grew up in Montevideo, Uruguay and moved to the United States in 2003 to pursue higher education. She earned both Bachelor's and Master's degrees in Food Science & Human Nutrition. During her time at UF, she was active in the department by being treasurer and FL Section IFT Ambassador of the FSHN Club. She was also team leader of IFT's product development competition and member of the College Bowl team. **Yael** worked for The Father's Table in Sanford for five years before joining the Coca-Cola Company in 2015 as a product developer for juices.



Yael is very involved with the FL Section IFT, an organization strongly connected with the FSHN Department. After graduation, she became the Chair of the FL Section IFT where she created student sponsorships for industry meetings and implemented 2 travel/research grants, awarding over \$7000 in scholarships. Later as Supplier's Night Chair for FL IFT, she helped raise over \$20,000 in funds for scholarships for future food scientists. She received the FL Section IFT Outstanding Volunteer recognition in 2014. Together with her husband, **Juan David Castro-Anzola** (BS '04, MAB '06 Food & Resource Economics), **Yael** received the 2017 CALS Alumni & Friends Horizon Award. This award is presented to a UF/CALS alumnus who has completed his/her most recent UF degree within the last 10 years. The award recognizes an individual for his/her outstanding contributions and potential as a leader in the agricultural, natural resource, life science, and related industries and professions. Two of the youngest CALS scholarship endowment donors, **Yael** and **Juan David** established the *Ofelia Anzola Memorial Scholarship* in honor of **Juan David's** mother in 2014. We are so lucky to have **Yael** represent the FSHN Department, and undoubtedly, CALS students are grateful for her family's financial support. Thanks to **Cathy Carr** for allowing FSHN to duplicate a modified story in the newsletter. The original version is posted on the [CALS website](#).



Thank you, **Nick Mills** (BS '99 & MS '16 Food Science), for speaking with our students about the food science industry, along with opportunities at Anheuser-Busch. Nick is the current Vice President for The High End at Anheuser-Busch. Previously, he served as Senior Brewmaster and Senior General Manager at Baldwinsville Brewery. **If you ever wish to present to students about internship and job opportunities, contact [Herschel](#) or [Jenna](#).**



Department Activities



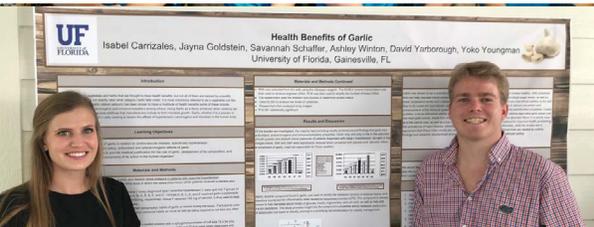
Volunteers for **Dr. Henken**



FSHN Club at March of Dimes



PLMA with **Herschel Johnson**



Savannah Schaffer & David Yarborough
for Food Systems Management course



Graduates **Dr. Abuagela-Aboajela**
and **Dr. Xu** with **Dr. Percival**



CALS Convocation -
Welcome to the new FSHN students!

During the Fall 2017 semester, the **FSHN Department** bustled with activity. Despite a whirlwind start - courtesy of Hurricane Irma - we still hosted our annual events, including the Alumni & Friends Tailgate, and students still participated in learning opportunities both inside and outside the classroom. Research labs were busy - especially in **Dr. Henken's** lab (*see photo top left*). Coordinating a nutrition study of 540 participants, the research group aimed at assessing if a combination probiotic can modulate gastrointestinal function through high stress periods of time, and validating a questionnaire assessing digestion-associated well-being. Additionally, **Priscilla Sinclair**, **Nellymth (Rose) Contreras**, **Rachel Gordon**, & **Maria Espinosa** were selected to participate in the Private Label Manufacturers Association (PLMA) Student Outreach Program in Chicago, IL. They attended educational seminars, shadowed retailers, and engaged in the trade show (*see photo top right*). Overall, it was a productive semester for all.

FSHN Recognition



L to R: **Dr. Keith Schneider**, **Dr. Mitch Knutson**, and **Dr. Liwei Gu** were each awarded a [UF Term Professorship](#), which recognizes and rewards tenure-track faculty members for their achievements. Acknowledging recent contributions and providing incentives for continued excellence, the award also provides a salary supplement for 3 years. Congrats!



Congratulations, Ruiqi Li! (PhD student, Food Science)

CALS Outstanding Achievement Award Recipient at the International Student Services Award Ceremony

Congratulations to the MS-DI Class of 2017!

All students successfully passed the national Registered Dietitian exam on their first attempt!

#SomethingsBrewing

More than just a renovation - the FSHN Pilot Plant undergoes revitalization!



**BEFORE photos:
Renovation begins 2018**



Get excited for the creation of a state-of-the-art Experimental Foods Laboratory where science and culinary arts converge into healthy, great tasting foods. Watch how the understanding of ingredients result in innovative and superior foods. FSHN uses this space for classes such as Experimental Foods, Food Chemistry, Food Analysis, Product Development, and Technology of Fats and Oils. Food Processing and Advanced Food Processing are utilizing the space to investigate methods of fermentation, as well as other food processing systems. The renewal of the Pilot Plant will also allow clubs and classes to prepare foods of cultural, historical, and international significance. For instance, Chemistry and Latin American Studies teamed up to discover the chemistry of hot peppers and tested the hotness scale after preparing several varieties of peppers at our facility. The Pilot Plant is not just a teaching facility. Students are often seen working on their research projects, such as preparation of muscadine seeds to extract their oil, preparation of high quality olive oil from FL grown olive trees, pasteurization of juices, and grain and hops technology. Please consider giving back to the department to assist in our revitalization of this wonderful facility!

Students & Alumni! What do you remember about the Pilot Plant? Classes? Labs or club activities? Research? Tailgates? Tell us! **Enter to WIN!** In 20 words or less, email [Jenna](mailto:jenna.grogan@ufl.edu) your recollections of the Pilot Plant! Best entry wins a bag of FSHN swag!

SAVE THE DATES!

Feb 22: Supplier's Night

April 5: FSHN/IFT Award Night

July 15-18: IFT in Chicago

(Visit us at Booth #S2083)

CONTACT US!

Dr. Susan Percival, Department Chair

Herschel Johnson, Academic Adviser

Jenna Grogan, Academic Adviser

Donations can be used to support students (i.e., updates to Pilot Plant facilities, travel to conferences, assistantships, and scholarships), purchase updated equipment, and provide important resources. You can give online or send a check that is made out to U of FL-SHARE. The check should be mailed with attention to **Dr. Susan Percival** at the following address: PO Box 110370, Gainesville, FL 32611.



Interested In The Upcoming Department Events? Connect with us!



[www.facebook.com/
UFIFAS.FSHN](http://www.facebook.com/UFIFAS.FSHN)

Food Science & Human Nutrition Department * UF IFAS - CALS
572 Newell Drive, Gainesville FL 32611 * (352) 392-1991 * fshn.ifas.ufl.edu

@UF_FSHN