

FSHN News

The newsletter of the Department of Food Science and Human Nutrition

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Homecoming 2008

Homecoming was especially sweet this year for two Food Science and Human Nutrition alumni, Meg Speer (BS Food and Nutrition '46) and Nancy Degner (BS Food Science '72) who received prestigious awards from the University.

Mary E. (Graf) Speer, better known as Meg, and her husband Vaughn (BS Animal Science '49, MS Animal Nutrition '51, PhD Animal Nutrition '57) are receiving the National Service Award by the Alumni Association.



Speer has made countless contributions as a practitioner in the field of dietetics. Years before the concept of liberalizing geriatric diets was printed, Speer was using the concept. She was a consultant dietitian for many small hospitals and nursing facilities in Central Iowa. Speer retired after 30 years as a dietitian at Bethany Manor in Story City, and 25 years with the Eastern Star Masonic Home in Boone.

Through her illustrious career, Speer has never forgotten ISU. She and Vaughn are Order of the Knoll members and lifetime and sustaining life members of the ISU Alumni Association, the Memorial Union, and Reiman Gardens.

Speer and her husband have four children, 10 grandchildren and 11 great-children.

Nancy Degner and her husband Richard (BS Ag Education '72, MS Ag Education '77)



will receive the George Washington Carver Distinguished Service Award – College of Agriculture and Life Sciences.

Degner has worked her way up through the Iowa Beef Industry Council, earning the respect of the cattle producer board that directs the organization, her peers in other states, and the people she works with at ISU. Currently, she serves as Executive Director of the organization.

A willing advocate for research-based information to support the decisions of both consumers and producers, Degner regularly provides professional development training for dietitians about beef products. Additionally, she has provided leadership to a team of Iowa farm organizations that train teachers about agriculture and worked to develop and provide “agriculture in the classroom” curriculum.

Rich and Nancy Degner are Order of the Knoll members and lifetime members of the ISU Alumni Association.

Photos courtesy of ISU Alumni Association

Welcome to our New Faculty

James Hollis – Assistant Professor

It hasn't taken Hollis long to adjust to the United States from Queen's University in Northern Ireland because there is little difference in the educational systems. "It is an interesting time to live in Northern Ireland due to the peace process which has resulted in an end to the troubles," said Hollis. The university has benefited from a surge of investments and several new buildings and renovations are happening. Also, he said, peace has "encouraged migration" and the university is attracting world class faculty and students. While at Queen's, Hollis taught courses on human nutrition, food processing and new food product development. He was drawn to ISU through a strong, world-wide reputation. Hollis said he was "excited by the prospect of working with world class faculty members with skills in food science and human nutrition." Though his interest began in human nutrition because of "the unacceptable level of under-nutrition throughout the world," Hollis has become fascinated with the "interface between food science and human nutrition." Accompanying him to ISU is his wife, Joanne Lasrado-Hollis, who serves as Clinical Project Coordinator for the Nutrition and Wellness Research Center.



Buddhi Lamsal – Assistant Professor

Lamsal comes back to ISU, where he was a post-doctoral research associate, from Kansas State University. "It's a big transition in terms of research possibilities/collaboration and responsibilities," he said of returning to ISU as a faculty member. While at KSU, Lamsal worked in the unique Grain Science and Industry Department, which focuses mostly on wheat research. He was drawn back to ISU due to the university's leadership in the bioeconomy movement and particularly the Center for Crops Utilization Research. But he wasn't always interested in processing. Lamsal focused on post-harvest technology of cereal and fruits and vegetables in his MS studies and turned his attention to processing during his PhD work. Now, "it's a great feeling to come back to a place and University I always admired," said Lamsal.



Rose Martin – Lecturer

Martin comes to ISU from Pennsylvania State University. She and her husband Phil were both looking for "new challenges" when he heard of a job opening at ISU (Department Chair – Kinesiology). Upon visiting, the couple "became more convinced that both programs fit our skills and interests," said Martin. While at Penn State, Martin taught classroom and online sections of introductory nutrition, nutrition assessments and leadership principles in nutrition services. Additionally she served on the advisory board for the dietetic internship program. With her enthusiasm for food and nutrition, it's hard to believe that she started college with the intent of becoming a chemistry teacher. After taking a general nutrition class in her sophomore year, she had found something that "seemed to fit [my] interests even more," said Martin. Though she has "left children dispersed throughout the country," Martin looks forward to her life in Ames.



Elizabeth Dahlstrom Burnley – Lecturer

Burnley is another ISU alum returning to her roots. Growing up on an acreage near Ankeny, she was always making "potions" and cooking. So, Food Science and Human Nutrition fit perfectly. "I mixed foods together, and then we baked them to see what happened," she said. Burnley received her BS and MS degrees in the department, where she "had a wonderful education leading to many opportunities." After working at the Iowa Egg Council as the Director of Consumer Affairs, Burnley "wanted to return." Elizabeth was not the only Dahlstrom hired by ISU this fall. Her brother, Michael, was hired as an assistant professor in the Greenlee School of Journalism and Communication. "I am happy to be back at ISU and am enjoying teaching very much," she said.



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FSHN in the News

FSHN News

The newsletter of the Department of Food Science and Human Nutrition at Iowa State University.

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■ FSHN Professor Suzanne Hendrich was chosen as one of 12 women whose leadership has made a difference at ISU. She is being honored by the Carrie Chapman Catt Center for Women and Politics on the third annual “Women Impacting ISU” calendar.

■ Clinician Sally Barclay gave students many reasons to eat breakfast in an Iowa State Daily article. She said skipping may decrease metabolism and performance in school. In addition, Barclay gave some easy breakfast options.

■ Dr. Sam Beattie weighed in on the new FDA produce irradiation rule to ISU News Service and Hoosier Ag Today.

■ Drs. Lester Wilson and Suzanne Hendrich participated in Destination Iowa State by facilitating “Your Passport to Success,” designed for new students.

■ FSHN students in 167 last spring participated in a food waste survey used to help ISU Dining learn how to eliminate waste. The data is being used to come up with new ideas to curb the problem said an Iowa State Daily article.

■ Even though most students eat in the dorms on Sunday night, they can still be “a mindful eater” according to clinician Janet Johnson. Johnson shared several healthy options for students in lieu of closed dining centers on Sunday night with the Iowa State Daily.

■ Iowa State Daily called upon Dr. Diane Birt for its article on high fructose corn syrup. Birt shared that there is “a lot of data that associates the increase in high fructose corn syrup consumption with changes in disease patters, but the key word there is ‘associate.’”

■ The word is getting out about the Culinary Science program. Several sources, including The Des Moines Business Record, insidehighered.com and ISU News, have published articles about the new program. Additionally, program coordinator Erica Beirman was interviewed by 1040 WHO Radio. Information about the program is on both the College of Human Sciences and the College of Agriculture and Life Science websites and ISU Admissions. Currently, the program has 11 students, though that is expected to increase once registration for Spring 2009 is open.

■ Comments by Dr. Pam White were in Devising Healthier Foods and its sidebar in Chem & Engineering News in June.

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Erin Bergquist – Lecturer

It seems Erin Bergquist was destined for a career in nutrition with both her mother and aunt being public health nurses. Bergquist obtained her BS in dietetics from ISU and her master’s from Des Moines University. She always had a “great interest in anatomy, chemistry and biology” she said. Add to that a love of the garden, nature and eating, and a “career in nutrition seemed to be a perfect fit.” Bergquist brings much experience from the public health arena. She has worked most recently as a Clinical Dietitian at Iowa Health – Des Moines. She is involved in the YMCA’s program Trim Kids and at Principal Financial Group as a consultant dietitian and is “excited for the opportunity to be a part of ISU’s future dietitians.”



World Food Prize Week

Each year the World Food Prize is awarded to someone whose achievements have advanced human development by improving the quality, quantity or availability of food in the world. Many events take place in Iowa and Iowa State University during World Food Prize Week.

Norman Borlaug Lecture and Student Poster Session

This year, President Geoffroy hosted Sir Gordon Conway as the Borlaug Lecturer. Conway is an agricultural ecologist and was one of the first to define the concept of sustainable agriculture. In part, his work brings attention to ecological and food security issues. At ISU he spoke on “The Global Agricultural Crisis of the 21st Century.”

Before the lecture, guests were invited to attend a student poster display of work related to world food issues by ISU students. The session is coordinated by FHSN Professor Dr. Pat Murphy. Monetary awards are given to those who place; \$200 for 1st, \$150 for 2nd and \$75 for 3rd. Winners are as follows:



Murphy, Nonnecke, Hall, Hasjim, Thakur

Graduate Students			
1st	Jovin Hasjim	Food Science & Technology	Properties and health benefits of a novel resistant starch
2nd	Eric Nonnecke	Nutritional Science	Nutritional Assessment of School Children in Uganda
3rd	Maitri Thakur	Ag Biosystems Engineering	Ensuring food safety through traceability system database modeling in the United States grain supply chain
Undergraduate Students			
1st	Joel Weiler	Nutritional Science	Iron Bioavailability of a Wild African Berry
2nd	Anna Webb & Leah Riesselman	Horticulture	Plant Propagation as a Method of Providing Planting Materials: An Educational Approach
3rd	Emily Eggleston	Agronomy	Sustainable Soil Fertility for Rural Uganda Vegetable Production

Iowa Hunger Summit

In its second year, the Iowa Hunger Summit brings together leaders from across the state for a day to focus on the state’s role in fighting hunger both at home and abroad. The summit featured a full day of programs focused on hunger, particularly child hunger. A special “hunger luncheon” featured meals provided by Iowa organizations who work in food assistance, hunger relief, or humanitarian emergencies. Linda Svendsen and Ruth MacDonald participated as guests of The Elijah Foundation – one of the sponsors of the lunch. Svendsen developed a “new and improved” food product for the Elijah Foundation that was one of the meals served.

Dr. Richard Hall

Past President of the International Union of Food Science and Technology and the Institute of Food Technologists, Dr. Richard Hall, was invited to campus as part of the ISU Lectures Program, speaking on “Food and Health: The continuing Search for Connections.” Dr. Hall has been a founding member of the World Food Prize since 1986 and often travels the country as an ambassador. Before his campus-wide lecture, FSHN faculty, staff and graduate students had an opportunity to visit with him, sharing stories, life experience, and advice. In addition, he presented the awards to the Borlaug poster session winners.



Dr. Richard Hall

Faculty/Staff Update

Achievements, Awards, and Appointments

Dr. Basil Nikolau will be the deputy director of the NSF Engineering Research Center for Biorenewable Chemicals based at Iowa State University. Nikolau is also the recipient of the Frances M. Craig Professorship.

Drs. Toni Wang and **Manju Reddy** are participating in the ISU ADVANCE Scholar Program. Wang and Reddy have been paired up with scholars in the program designed to establish key collegial and/or mentoring relations between junior and senior faculty members. Wang's mentor is Dr. Faye Dong, University of Illinois, and Reddy's mentor is Dr. Sheila Innis, University of British Columbia, Canada.

FSHN Chair **Dr. Ruth MacDonald** and FSHN friend **Bev Madden** were named to the College of Human Sciences search committee for a new dean.

Dr. Stephanie Jung's work done on HPP is featured in the October Newsletter of the Non thermal processing division of IFT.

Dr. Joe Sebranek was recognized as a C.F. Curtiss Distinguished Professor of Agriculture and Life Science at the Iowa State University Fall Convocation and Awards Ceremony.

Dr. Matt Rowling has been selected to serve on the Biotechnology Council. The council is responsible for providing recommendations to the Office of Biotechnology for program activities supporting education and research. In addition, Rowling was one of seven newly-hired faculty to receive funds through the faculty recruitment program begun by the Office of Biotechnology in 1986.

Meetings, Participants, Presentations, and Visits

Dr. Lee Alekel gave research highlights from the NWRC to Iowa State University's President and Executive Vice President and Provost during their annual visit to the College of Human Sciences.

Clinician **Sally Barclay** has presented several "lunch and learn" sessions around campus.

Dr. Toni Wang was invited to present at the 2008 BioConference-Growing the Bioeconomy. Her talk was titled "Maximizing Oil Recovery from Corn Fermentation By-Products."

Former FSHN faculty member and Associate Chair **Dr. Bonnie Glatz** shared her expertise on conducting faculty searches as part of the ISU ADVANCE program. Glatz is an administrative fellow of the program.

Drs. Lester Wilson and **Stephanie Jung** attended a meeting in Knoxville, TN on the "Improvement of Thermal and Alternative Processes for Foods."

Drs. Sam Beattie and **Byron Brehm-Stecher** presented departmental seminars.

Dan Christenson, majority professional staff member for the US Senate Committee on Agriculture, Nutrition and Forestry visited the Midwest Grape and Wine Industry Institute and Horticulture Research Station. While here, Christenson talked with **Drs. Murli Dharmadhikari, Sebastian Donner, Ruth MacDonald** and Jerry Miller.

Several great speakers have shared their expertise with the department this fall. Dr. Elizabeth Parks from UT Southwestern Medical Center spoke on fatty acid synthesis; Vitamin D was the subject of a seminar by Dr. Jo Ellen Welsh from the State University of New York - Albany; Dr. Lee Beverly, University of Illinois, spoke on the connection between nutrition and the brain. Additionally, two speakers from industry have visited this semester. Chor San Heng Khoo shared the journey of the Campbell Soup, Co. to create healthier foods and Patricia Hughes from Archer Midland Daniels spoke about intersections of the food industry. Also, Dr. Rick Barb from the USDA shared his expertise on the role of metabolic factors affecting the neuroendocrine regulation of reproduction and growth.

New Grants

To Katherine Thomas and Warren Franke, Kinesiology; **Ruth Litchfield**, FSHN; and Catherine Strohbren, AESHM; Iowa Initiative for Healthier Schools and Students Wellness from the Centers for Disease control and Prevention, \$383,187.

To Charles Glatz, CBE; **Larry Johnson**, FSHN; and Kan Wang, Agron; Biotechnology Test Production, IA: Advanced Corn Biorefineries from the USDA, \$319,467.

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Did you know?

Wisconsin is the state that grows the most cranberries: 300 million pounds each year.

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To Steven Lonergan, Elisabeth Lonergan and **Joe Sebranek**, An Sci, Influence of High Oxygen Packaging Systems and Enhancement on Tenderness Development and Appearance of Beef cuts from the Round from the Iowa Beef Industry Council, \$60,274.

To **Toni Wang**, FSHN, Modification of Egg Yolk Protein for Improved Iron Bioavailability from the Iowa Egg Council, \$23,105.

To **Stephanie Jung**, FSHN, and Dong Ahn, An Sci, Bioactive Peptides from High Pressure Treated Phosvitin from the Iowa Egg Council, \$26,291.

To **Lee Alekel**, FSHN, and Kenneth Koehler, Stat, Bone Response to Soy Isoflavones in Women from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, \$60,144.

Student Update

Devin Dutilly, PhD candidate, was mentioned in the Ames Tribune Business Monthly for being one of 20 Iowans named to the new Iowa Corn Leadership Enhancement and Development class that will begin meeting after the 2008 harvest.

Junior in dietetics, **Elizabeth Hasenmiller**, helped share the best ways to prevent E. coli to the Iowa State Daily audience.

Congratulations to the following students who were awarded scholarships from the IFT Foundation: **Ann Dollinger, Julianne Krausch and Lauren Ingebrand**. IFT awards 73 various scholarships to undergraduate students each year.

Nutritional Sciences graduate student **Eric Nonnecke** was named to the College of Human Sciences search for a new dean.

Hui Wang (postdoc), **Linxing Yao** (PhD student) and **Haixia Liu** (MS student) all presented posters at the 2008 BioConference – Growing the Bioeconomy at ISU.

Post-doctoral research assistant, **Dr Ni Yao**, received the 2008 American Association of Cereal Chemists, International Biotechnology Division Poster Student/ Postdoc award for her paper “Structure and function of starch and resistant starch from corn with different doses of amylase-extender and floury-1 alleles.” The poster was presented at the AACCI Annual Meeting held in Honolulu.

Alumni Update

Mary Wagner was named general manager and chief technology officer for Mars Botanical, a division of Mars, Inc. She will be responsible for the management of Mars Botanical's business, including the development of a sustainable supply chain for high cocoa flavanol cocoa beans and oversight of some of Mars' global cocoa flavanol research and development.

Percy Bass, dietetic internship graduate, and his partner have opened Head 2 Toe Nutrition and Fitness Premier in Dallas, Texas. The co-owners have over 10 years of combined experience in nutrition and fitness. Head 2 Toe offers a variety of services including fitness boot camp, menu planning, group fitness classes and medical nutrition therapy. www.Head2ToeNutrition.com.

Know a graduate who should be featured in FSHN News? Send your ideas and suggestions to fshnnews@iastate.edu.

Upcoming Events

ADA Food & Nutrition Conference& Expo	October 25-28, 2008, Chicago, IL
Retirement Reception for Nancy Holcomb	October 31, 2008
Fall Graduation	December 19, 2008

Did you know?

Pumpkin takes its name from the medieval French word 'pompom', meaning 'cooked by the sun.'

NEWS NOTE

FSHN has increased its undergraduate enrollment by 31 students from last fall to 389, based on the 10-day fall enrollment numbers.

NEWS NOTE

Former FSHN department chair, Dr. Norman Jacobson, had a symposium in honor of his 90th birthday in September. Eight excellent speakers from industry and academia were at ISU over two days.

Welcome Back

Over sixty FSHN students gathered to celebrate the upcoming year at the Annual FSHN Welcome Back Picnic. Nutrition Club President Emily Brown and Food Science Club President Jennie Hansen planned the event filled with games and good food. Beautiful weather enhanced the event, designed to welcome new students to the department and welcome back returning students.

"We couldn't have asked for better," said department chair Ruth MacDonald.



2008 Welcome Back Picnic