

FSHN News

The newsletter of the Department of Food Science and Human Nutrition

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www.fshn.hs.iastate.edu

Iowa State University launches \$800 million fundraising campaign

Iowa State University has launched an \$800 million comprehensive fundraising campaign that will raise private dollars to address the high-priority opportunities of the entire institution. The announcement of the largest campaign in university history was made by ISU President Gregory Geoffroy on October 19.

“The achievements of this campaign will transform Iowa State for many to years to come,” Geoffroy said. “With the support of committed alumni and friends, there is no limit to the possibilities our future holds.”

It is common for universities conducting a fundraising campaign to raise a significant portion of the goal prior to the public announcement. Iowa State began the quiet phase of its campaign on July 1, 2003, with closure scheduled December 31, 2010. To date, the campaign has received \$508 million in gifts and commitments from almost 100,000 donors.

New scholarship accounts created to date during the campaign total 433. Last fiscal year, about 4,100 students received scholarships through private support. New faculty endowed positions created to date during the campaign total 35 for an overall total of 110.

ISU alumni and friends are being asked to support *Campaign Iowa State* with donations both small and large. Donors are



asked to make an investment in an area of their greatest interest.

“The majority of donors request their gifts be designated for a specific need,” said Dan Saftig, president of the ISU Foundation.

Alumni and friends of the Department of Food Science and Human Nutrition (FSHN) are encouraged to support *Campaign Iowa State* and designate their gifts to specific needs within the FSHN department.

“This is a great opportunity for FSHN alumni and friends to contribute to the growth and success of our students, faculty, programs, and facilities,” said Dr. Ruth MacDonald, FSHN department chair.

“FSHN has a strong history of donor support for student scholarships, and the MacKay teaching lab renovation was made possible by our loyal alums,” she said. “But FSHN currently has no endowed chairs or professorships. It would be neat to have our alums step up during the campaign and show how much ISU-FSHN means to them.”

Learn more about *Campaign Iowa State* at www.withprideandpurpose.org.



Support the Department of Food Science and Human Nutrition

Alumni and friends of the Department of Food Science and Human Nutrition (FSHN) can take part in *Campaign Iowa State: With Pride and Purpose* and make a difference with donations both small and large.

Your dollars support student scholarships, faculty activities and research, updating facilities and equipment, and other current needs of the FSHN department.

Gifts can be made to the FSHN department in support of *Campaign Iowa State* using the donation form on page 3. Donations of any amount may be designated to the departmental general funds within either of our colleges. Donations made to our general funds provide:

Student Support

- **Scholarships & Graduate Assistantships**
Gifts provide funding for need- and merit-based student scholarships and stipends for graduate assistantships.
- **Travel Scholarships**
Gifts enhance student learning through national and international meetings and educational programs.

Facilities Support

- **FSHN Facilities & Equipment**
Gifts support the purchase of new equipment and the maintenance/renovation of our facilities.

Program Support

- **Seminars**
Gifts benefit our students and faculty through the FSHN Seminar Series, which features research presentations from experts in the field.
- **Faculty Development**
Gifts support the professional development of faculty through grant writing workshops, faculty development leaves, international meetings, and other activities.

Endowed gifts can also be directed to support the FSHN department. Our ISU Foundation representatives Kelly Hanfelt and Steven Zoncki would be happy to visit with you confidentially if you are interested in contributing an endowed gift.

Endowed Gifts

- **Endowed Chair** (\$1.5 million minimum)
Gifts support academic positions awarded to recognize and attract outstanding faculty.
- **Endowed Professorship** (\$500,000 minimum)
Gifts help retain exceptional scholars by acknowledging their leadership and productivity.
- **Visiting Professorship** (\$250,000 minimum)
Gifts support visiting professors to join our faculty temporarily and serve as resources and collaborators.
- **Faculty Fellowship** (\$150,000 minimum)
Gifts recognize the leadership potential of talented faculty and facilitate continuing professional growth.
- **Named Scholarship** (\$100,000 minimum)
Gifts provide an endowed scholarship fund to support student scholarships defined by the donor's criteria.

Questions can be directed to Kelly Hanfelt, Director of Development for the College of Human Sciences, or Steven Zoncki, Director of Development for the College of Agriculture and Life Sciences. Kelly can be reached at 515/294-1849 or khanfelt@iastate.edu. Steven can be reached at 515/294-1118 or szoncki@iastate.edu.



Department of Food Science and Human Nutrition Gift Form

Campaign Iowa State: With Pride and Purpose has the potential to significantly transform the ability of Iowa State University and the Department of Food Science and Human Nutrition to make a global impact in the fields of food science, nutrition, and dietetics. The campaign will allow the University and the Department to perform groundbreaking research and provide innovative undergraduate and graduate education. Your contributions to this effort are critical to its success, and we hope you will consider making a significant gift at this time.

You can support the campaign through gifts of cash, securities, real estate, multi-year pledges and/or through a meaningful legacy gift in your will. If you are ready to make a gift today, complete this form and mail to the ISU Foundation at the address below. You can also give online at www.foundation.iastate.edu/give using a credit card.

OUTRIGHT CONTRIBUTION:

I we/wish to give a gift in the amount of:

\$2,500 \$1,000 \$500 \$250 \$100 \$50 Other \$_____

Gift Designation

I/we wish to designate the gift to the following fund:

- FSHN - College of Human Sciences Fund (0837412)
 FSHN - College of Agriculture and Life Sciences Fund (0136612)
 Other: _____

Payment Options

- A check is enclosed (please make payable to ISU Foundation)
 Please charge to my credit card Visa Mastercard Discover

Card No. _____ Expiration Date _____

Signature _____ Date _____

Employer Matching

- My/our gift will be matched by my/our employer listed here: _____

CONTACT INFORMATION:

Donor Name(s) _____

Class Year _____ Program _____

Address _____

City _____ State _____ ZIP _____

Phone Number _____ E-mail Address _____

MAIL COMPLETED FORM TO:

ISU Foundation, 2505 University Boulevard, P.O. Box 2230, Ames, Iowa 50010-2230.

Our ISU Foundation representatives would be happy to visit with you confidentially if you would like to contribute a named gift or special donation.

Kelly Hanfelt
Director of Development
College of Human Sciences
515/294-1849
khanfelt@iastate.edu

Steven Zoncki
Director of Development
College of Agriculture and Life Sciences
515/294-1118
szoncki@iastate.edu



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

Department Chair:
Dr. Ruth MacDonald

Associate Chair:
Dr. Cheryll Reitmeier

Newsletter Editor:
Allison Schmidt

Contact Us

Send news, photos, ideas, and suggestions to fshnnews@iastate.edu.

Department of Food Science and Human Nutrition
Iowa State University
2312 Food Sciences Building
Ames, IA 50011-1061

Phone: 515/294-3011

Fax: 515/294-8181

Web: www.fshn.hs.iastate.edu

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Conference room dedicated in memory of Paul Flakoll



The conference room of the Nutrition and Wellness Research Center (NWRC) was dedicated in memoriam of Dr. Paul Flakoll, former FSHN faculty member, who was instrumental in the development of the NWRC. The dedication was announced during the NWRC Open House on November 9. Paul's wife Candance (center) and brother Tim Flakoll (left) were present for the dedication. NWRC Interim Director Diane Birt (right) made the announcement.

Read more about the NWRC Open House at www.hs.iastate.edu/news/releases/view/77.

Student Update

Cynthia Yursun Yoon, a fall 2007 graduate in Dietetics, achieved a perfect score of 800 in the quantitative section of the GRE. She graduates summa cum laude in December and has been accepted into the combined master's/dietetic internship program at Case Western Reserve University in Cleveland, Ohio.

Cynthia plans to complete the requirements to become a registered dietitian and would like to study international nutrition. She was awarded a \$6,000 scholarship by Case Western Reserve and is also the recipient of the ISU Women's Club Mrs. Glen Murphy International award.

Cynthia spent the summer of 2006 in Seoul, Korea working as a student dietitian in

both a public health clinic and an academic medical center in Yonsei University. She currently volunteers at Mary Greely Medical Center and at Thielen Student Center. She also teaches Sunday school at her local congregation.

Cynthia was selected for the Iowa State University Leadership Council in October of 2006 and was a Multicultural Summit Cluster Facilitator in April of 2007.

Her father will be traveling to Ames from South Korea to attend the graduation ceremonies.

15 students complete Iowa State Dietetic Internship

The Iowa State University Dietetic Internship graduated 15 interns in the June 2007 class which ended on November 16.

Ten students completed the Iowa-based option in which interns complete their rotations in specified locations across Iowa. Five students completed nationwide option was completed by five students who set up their own rotations in the geographic area where they live.

Iowa-based Option

Sara Boisen, Iowa State University
Sara Eichenberger, Iowa State University
Truly Gannon, Dominican University
Laura Hanson, Iowa State University
Kelley Huber, Iowa State University
Andrew Leustek, University of Wisconsin,
Stout

Stacey Norman, Iowa State University
Karen Roos, Iowa State University
Ashley Short, Iowa State University
Kati Thompson, Iowa State University

Nationwide Option

Laura Iverson, Montana State University
Darcy Prunoske, Mansfield University
Naomi Santini, University of New Mexico
Karen Stockton, Washington State
Molly Travers, Minnesota State

About the Program

The Iowa State Dietetic Internship meets the performance requirements for



Graduates of the Iowa State Dietetic Internship (DI) celebrated the completion of their program at a reception on November 16. Front row (left to right): Andrew Leustek, Sara Boisen, Kelley Huber, Sara Eichenberger. Back row: DI Instructor Laurie Kruzich, DI Director Jean Anderson, DI Instructor Janet Johnson, Ashley Short, Stacey Norman, Karen Roos and Kati Thompson, FSHN Chair Ruth MacDonald, and Truly Gannon.

experience programs for students who have completed the academic requirements of the American Dietetic Association. The internship is administered through the Department of Food Science and Human Nutrition.

Students successfully completing the internship will be eligible to take the reg-

istration examination administered by the Commission on Dietetic Registration.

Successful completion of the internship and the registration examination meet the requirements to be a Registered Dietitian.

The incoming January 2008 Dietetics Internship class will be the largest ever with 24 interns in the program.

Student Update

Amber Appleton, a senior Dietetics major, was recognized at the Iowa Dietetic Association Annual Meeting. Appleton was named both Outstanding Dietetic Student and IDA Scholarship Winner.

Karen Roos, Iowa State Dietetic Intern, presented a poster session at the Iowa Dietetic Association Meeting on November 7. Roos presented her community project work on "Grinnell College Farmer's Market," which involved bringing local foods and producers to the Grinnell College Campus.

Stacey Norman, Iowa State Dietetic Intern, presented a poster session at the Iowa Dietetic Association Meeting on November 7. Norman presented her community project work on "Back to School Sack Lunches," a project completed for Hy Vee food stores in Cedar Rapids for increasing fruit, vegetable and fiber content of school lunch choices.

Kati Thompson, Iowa State Dietetic Intern, presented a poster session at the Iowa Dietetic Association Meeting on November 7. Thompson presented her community project work on "Continuous Support: A Handbook for the Breast-feeding Mother," a project completed for WIC in Southeast Iowa.

Faculty/Staff Update

Achievements, Awards, and Appointments

Dr. Jay-Lin Jane, Dr. Tony Pometto, Dr. Larry Johnson, Dr. Jacek Koziel, and Dr. Charles Hurburgh received funding from POET for their research “Enzyme Hydrolysis of Uncooked Dry-Grind Corn for Ethanol Production.”

Dr. Tony Pometto and animal science professors **Dr. Dong Ahn** and **Dr. Eun Lee** were awarded a grant from the Iowa Egg Council for their project “Production of Ovotransferrin from Egg White for Antimicrobial Application.”

Dr. Manju Reddy and **Dr. Lee Alekel** received a grant from the Iowa Soybean Association for their research “How Does Low Iron Status Affect DHA Levels in Indian Pregnant Women? Implications on Pregnancy Outcome.”

Meetings, Participants, Presentations, and Visits

Jean Anderson MS RD presented a CPE course on the Nutrition Care Process to dietetic internship preceptors in St. Cloud, Minn., at Centra Care Health System on November 8.

Jean Anderson MS RD, Anne Oldham MS RD, Eunice Bassler MS RD, and Dr. Cheryl Reitmeier presented a poster session on “Assessment of Student Learning Using Electronic Portfolios in a Didactic Program for Dietetics and in a Dietetic Internship” at Iowa Dietetic Association in Ames on November 7.

Dr. Sam Beattie was quoted in a CNNMoney.com story “Consumer Watch: Do You Know What Was Pumped In Your Turkey Before You Stuffed It?”

Dr. Larry Johnson was featured in a November “Modern Marvels” on the History Channel. The program highlighted corn and featured five ISU faculty members.

Dr. Manju Reddy was invited to Peru as an expert for assessing the nutritional aspects of coca leaves for a workshop organized by Dr. Mary Penny at Instituto de Investigación Nutricional in Lima, Peru, October 28 to November 1.

Dr. Kevin Schalinske served as a reviewer for the NIH Integrative Nutrition and Metabolic Processes Study Section at the October meeting in Oakland, Calif.

Dr. Kevin Schalinske was an invited speaker at the American Heart Association Industry Nutrition Advisory Panel at the November meeting in Orlando, Flor.

Dr. Pam White attended the semi-annual meeting of the Nutrition Committee of the Nutrition, Physical Activity and Metabolism (NPAM) Council of the American Heart Association November 2 in Orlando, Flor.

Recent Publications

Dr. Christine Hansen co-authored “An assay for uracil in human DNA at baseline: effect of marginal vitamin B6 deficiency,” in the recent issue of *Analytical Biochemistry* (Volume 372, No. 1: 21-31).

Alumni Update

Mary Kay Hogan recognized

Mary Kay Hogan PhD RD, retired assistant professor, was recognized as a 50-year member of the American Dietetic Association in Philadelphia at the FNCE meeting. Mary Kay retired from ISU in 1995 after 20 years and now resides in Ames. While at Iowa State, Mary Kay worked with the dietetic students in the coordinated undergraduate program. In 1985, she served as Iowa Dietetic Association President and was a delegate to the American Dietetic Association from 1988-1992. She was named Iowa’s Outstanding Dietitian in 1993.

In Memoriam: Eva (Donelson) Wilson

Eva (Donelson) Wilson, a 1927 Dietetics graduate, passed away November 23 at Freedom Village retirement community in Lake Forest, Calif. Eva celebrated her 102nd birthday on

August 8. She will be remembered as a lifelong learner and a devoted humanitarian.

During her career, Eva earned her Ph.D. from the University of Chicago and held faculty positions teaching nutrition at the University of Minnesota, Pennsylvania State University, and The Ohio State University.

Through the years, Eva remained dedicated to Iowa State. She contributed to the College of Family and Consumer Sciences and established the V. Everett and Grace Miller Donelson Scholarship in memory of her parents. She was also a member of ISU’s Order of the Knoll and a lifetime member of the ISU Alumni Association.

In 2005, Eva received the Alumni Merit Award which recognizes ISU alumni for outstanding contributions to human welfare that transcend purely professional accomplishments and bring honor to the university.

FSHN graduate values her global perspective

As an undergraduate student at Iowa State, Kristen Schmitz, Ph.D., developed an appreciation for the world around her which has been a valuable part of her career. The Food Science and Technology graduate said her first career-changing experience was a summer position at General Mills after her freshman year.

“At the end of my summer, I sat in the office of a (Vice president) who asked me what I wanted to do the following summer and the answer I gave him was not what he wanted to hear,” Schmitz recalled.



Kristen Schmitz

When Schmitz said she wanted an internship in Chicago or Kansas City, the Vice president told her she was being too narrow-minded. Schmitz took the advice to heart and sought out a unique internship that landed her at Cereal Partners Worldwide in the United Kingdom.

“That internship was probably the best thing I did for myself and my career,” Schmitz said. “I gained a deep appreciation for travel and other cultures which is extremely important in today’s global market.”

This appreciation has been valuable in her current position as Senior Associate Scientist for gum and mint development at Cadbury Schweppes in Whippany, N.J., which she has held for nearly two years. Schmitz says she finds it easier to relate to colleagues in other countries, which is important since she is currently working on a global project.

In her position at Cadbury-Schweppes, she is responsible for formulating new products or renovating existing products. Her team works primarily with the Dentyne Ice and Certs brands. She has developed Dentyne Ice Mint in spearmint flavor that was launched and is now sold in Canada. Of course, not all projects

reach the market. In fact, three of her projects have been canceled and two projects have been put on hold. Schmitz says these cancellations are common and occur for many reasons.

“One day I am working full steam on a project, and the next day the project is canceled and I need to shift focus to another project,” she said. “Cancellations make my job very difficult because sometimes it doesn’t matter how good the product is.”

In fact, Schmitz developed a product that was so popular among colleagues that the prototypes were all consumed and colleagues asked for more.

In 2008, Schmitz hopes to see two of her projects hit the shelves. She said there is a product she is most proud of, but she can’t discuss it because the project is still underway.

Schmitz graduated from Iowa State with a B.S. in Food Science and Technology in 2000 and now holds an M.S. from Cornell University and a Ph.D. from the University of Minnesota. As a native of Rockford, Minn., Schmitz credits her father for much of her success.

“My father was a huge part of how I got where I am. He worked at General Mills, Inc. for many years and always had great advice,” Schmitz said. “Additionally, he was always willing to help me achieve my goals and fulfill my ‘crazy’ ideas, especially my internship in the U.K.”

Her undergraduate experience at Iowa State was also influential.

“I feel that my education at Iowa State was top-notch,” Schmitz said. “I am extremely grateful for the many professors who educated me and gave me great advice at ISU. In particular, I would like to thank Dr. (Deland) Myers for making the call to me when I was a senior in high school. And I would like to thank Dr. (Pamela) White for being a great advisor and always willing to listen to me.”

Favorite memories of her years at Iowa State include attending football and basketball games, going to church at St. Thomas Aquinas, sharing a dorm room

with her sister, and studying for organic chemistry with a friend for hours in the library after every lecture.

“I can never forget Honors Calculus with professor (Howard) Levine because it may have been the most difficult class I had at ISU,” Schmitz recalled.

After her internship experience in the United Kingdom, Schmitz encourages aspiring food scientists at Iowa State to “get out and see the world.”

“Travel with every opportunity you have,” she said. “Do yourself and your career a favor by learning a second language. Lastly, always strive to be unique in everything you do.”



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

Did you know?

Sugar-free Dentyne® was launched in 1989 as the first sugar-free, breath-freshening gum. Today, nearly all of Cadbury Schweppes gum brands are sugar free and therefore good at protecting teeth against dental cavities.

Upcoming Events

Thursday, December 6	CHS Awards Celebration: 2 to 4 p.m., Campanile Room
Thursday, December 6	Annual Silent Auction and Potluck, 6 p.m. at The Lighthouse, 112 S. Sheldon Avenue in Ames, hosted by ISU Food Science Club, ISU Nutrition Club, and the FSHN department.
Monday, December 10	FSHN Faculty meeting: 4:10-5:15 p.m., CCUR Theater
Monday, December 10 to Friday, December 14	Finals week
Friday, December 14	Graduate College Commencement, Master's and Ph.D. ceremony, 8 p.m., C.Y. Stephens Auditorium
Saturday, December 15	Undergraduate Commencement, all undergraduates, 1:30 p.m., Hilton Coliseum
Saturday, December 15	FSHN Holiday Open House, 4 to 7 p.m. at the home of Chair Ruth MacDonald
Monday, December 24 to Tuesday, January 1	FSHN Main Offices Closed
Thursday, January 10	FSHN Faculty Retreat, 8 a.m. to 5 p.m. at the NWRC (ISU Research Park, Building 6)
Monday, January 14	Spring semester begins

NEWS NOTE Mark Your Calendar for the NWRC Annual Symposium May 7-9, 2008

Please mark your calendar for the Nutrition Wellness Research Center Annual Symposium on "Gut health: Mechanisms of Diet, Microbes and Immunity" scheduled for May 7-9, 2008 at the Gateway Center in Ames, Iowa. The symposium will include speakers from academia and industry on research frontiers in connecting diet and exercise with gut health, including prevention of diseases such as colon cancer, irritable bowel syndrome/colitis, diverticulitis, infectious illnesses, maintenance of optimal gut function (laxation, regularity, prevention of hemorrhoids), roles of gut microbes in absorption and metabolism of dietary bioactive components such as phenolics and dietary fibers, and effects of exercise and dietary habits on gut microbial populations and pathogenic microbes. Speakers will address issues related to gut environmental impacts on microbial genetics. In addition, molecular mechanisms of action will be the focus of many presentations.



*Best wishes
for a wonderful
holiday season!*

From the Department Food Science
and Human Nutrition at Iowa State University

Photo: FreePhotosBank.com