

FSHN News

The newsletter of the Department of Food Science and Human Nutrition

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Welcome Christina Campbell

“Quite a few of the faculty in the department have played a positive role in the development of my professional career,” said Christina Campbell, associate professor, of her new colleagues at Iowa State University in the Food Science and Human Nutrition department.

Campbell joins the faculty from the University of Montana – Bozeman. “The people, the excellent reputation, and the endless opportunity for new challenges and growth,” were just some of the things that drew her to ISU.

While at Montana, Campbell “wore many hats.” At the undergraduate level, she taught clinical dietetics courses, and nutrition and disease at the graduate level. She served as program leader of the foods and nutrition major, director of the dietetics program, and advisor to master level graduate students. With all these experiences, Campbell says she will be able to “focus on two or three areas” at ISU.

One of those areas is sure to be her research. Campbell said she is “interested in how the consumption of bioactive food components can help prevent chronic diseases.” She has also been working on an observational study that “assesses the omega-3 fatty acid intake and physical activity habits in pregnant women living in non-coastal communities,” like Ames.

Through these studies, called “The Blossom Project,” Campbell said she hopes to “develop interventions in pregnant women to help lower risk of chronic disease.”

This project “is a wonderful representation of what I find important in life – good health via diet and exercise, happy moms and smiling babies,” Campbell said. But it wasn’t until she was an undergraduate in exercise physiology that Campbell first became interested in the research process. During her search for a doctorate program, she discovered she was very “interested in the integration of physical activity and nutrition on the promotion of health.”

The interest in physical activity translates to Campbell’s home life. Her husband, Andy, and sons, Sam (11) and Luke (7), are sports fanatics and thrilled with the longer football season in Iowa. Campbell’s daughter, Lola (5), “loves anything dramatic.” Despite the lack of mountains, Campbell says her family feels “quite at home.”

Did you know?

The first bubble gum ever marketed was called “Blibber-Blubber.” Manufactured by the Frank Fleer Corp. 1906, it was never a hit with the public. The bubbles would burst into sticky fragments all over the chewer’s face!

- **Dr. Byron Brehm-Stecher** and his graduate student **Bledar Bisha** have “developed a technique for testing for the presence of salmonella,” stated an ISU News Service article. The process, called Fluorescent In-Situ Hybridization or FISH, has the potential to be portable, cost effective, and get preliminary answers very quickly. In addition to the ISU News Service, Brehm-Stecher and Bisha have shared their findings with KCCI Des Moines, Fiber Optics World magazine, The Des Moines Register – Health Section, and the Food Quality e-Newsletter.
- The new **culinary science** program was announced in the winter edition of VISIONS, the magazine published by the ISU Alumni Association. The magazine shares possible career paths and the blend of culinary skills and scientific principles to “produce grads who are experts on everything food,” it says.
- **Dr. Toni Wang’s** modified soy wax is now being used in “encaustic art.” “The historic painting technique involves adding colored pigments to heated wax and applying it to wood or canvas,” says an Inside Iowa State article. The technique is made safer, more affordable and environmentally friendly by using soy wax instead of the traditionally used beeswax.
- **Dr. Larry Johnson** was part of a team who developed “tissue markers for transgenic corn lines using green fluorescent protein (GFP)” stated a College of Agriculture and Life Sciences news article. Johnson says in the article that they “developed a tool to allow us, for the first time, to quantify directly the amounts of germ (embryo) and endosperm in milled projects.” The GFP markers can be incorporated into either the endosperm or embryo. Then the lightwave emissions from the fluorescent corn tissues are measured.
- **Dr. Lorraine Lanningham-Foster** explained NEAT (Non-Exercise Activity Thermogenesis) in a College of Human Sciences article. Lanningham-Foster shares that “NEAT [consists of] the things we do throughout our day that we don’t really consider to be exercise,” in a College of Human Sciences news release. Her focus has now shifted slightly to video games; exploring how traditional, sit-down gaming compares with new industry trends.
- The Healthy Lifestyle Learning Initiative was highlighted in the latest edition of Human Sciences Matters. **Sally Barclay** is involved in the project which introduces students to service learning.
- The **Nutrition and Wellness Research Center** (NWRC) awarded nearly \$450,000 in grants to projects that anticipate creating new knowledge. Awarded projects “explore the effects of dietary intake, physical activity or other behaviors on human health and wellness.” Nine of the ten projects awarded have FSHN ties according to a College of Human Sciences news release.
- ISU News Services referred ABC 5 to **Dr. Sam Beattie** for a perspective on food safety and the nationwide peanut butter recall.
- Farm News of Fort Dodge, IA was directed to **Larry Johnson**, director of the Center for Crops Utilization Research, for information on corn research for a special edition on corn.
- **Dr. Sam Beattie** was recommended by ISU News Services for a story by the Omaha World-Herald about how to handle leftovers brought home from restaurants.
- **Drs. Sam Beattie** and **James Dickson** pointed out that food safety is improving in an article for the Iowa State Daily titled “Stricter USDA and FDA regulations cause one of the largest food recalls in history.”

FSHN News

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

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A NEW FRONTIER

In a trip designed to learn about research activities and educational programs, meet potential collaborators and recruit potential graduate students, Drs. Toni Wang and Jay-Lin Jane packed a lot into a couple of days and came back with more than they could have imagined.

The two ISU professors visited CITA, a National Food Research Center, and the Department of Food Technology at the University of Costa Rica where they learned about the 5-year Food Science degree program called “Licenciatura.” This program is designed to prepare their students for graduate degree programs outside Costa Rica. At the university, Food Science is a very desirable program which draws many top students, commented Wang.

Wang and Jane were able to talk with several potential

collaborators and several potential topics were identified. A collaborative effort with Jane’s group has already been proposed for pejiabay starch research.

Wang hopes to study fatty acid composition and oxidative stability of oil from seeds unique to the region. Additionally, she said ideas were discussed to convert tropical fruit processing wastes to biodiesel fuel. In the immediate future, Wang will be analyzing samples and studying the stability of oils for the center and affiliated industry.

The pair also talked to a collaborator of a different kind – Ms. Carmela Velazquez, Director of CITA and a 1997 graduate of FSHN at ISU.

Though it was a full trip, both Wang and Jane consider the journey successful and look forward to collaboration with benefits for both universities.



Dr. Jay-Lin Jane



Dr. Toni Wang

Faculty/Staff Update

Achievements, Awards, and Appointments

Dr. Ruth Litchfield was named to the search committee for Associate Dean for Extension and Outreach, College of Human Sciences by VPE Payne and interim Dean White.

Dr. Stephanie Jung received the College of Agriculture and Life Sciences Early Achievement in Research Award.

Jean Anderson MS, RD, LD was elected to the IDA Board as Meeting Chair Elect for 2009-2010.

Janet Johnson MS, RD, LD was appointed by the Office of the Governor to the Iowa Board of Dietetics.

Congratulations to **Dr. Buddhi Lamsal** for passing the principles and practice of engineering (agricultural) licensure examination under the Iowa Engineering Examining Board.

Janet Johnson MS, RD, LD was appointed by the Commission on Dietetics Education Board as a Program Reviewer.

Dr. Lester Wilson received the Outstanding Service in Student Recruitment and Retention Award from the College of Agriculture and Life Sciences.

Congratulations to **Drs. Larry Johnson, Stephanie Jung, Pat Murphy, Deland Myers, Cheryll Reitmeier, Mike Spurlock, Toni Wang,** and Charles Glatz on their Team Award from the College of Agriculture and Life Sciences for their project titled "Aqueous Soybean Processing Research."

Dr. Mark Love was honored at the 74th annual 25-Year Club Banquet for his 35 years of service to ISU.

Dr. Kevin Schalinske was elected as the Faculty Senate Representative from FSHN. Schalinske replaces Dr. Mark Love.

Meetings, Participants, Presentations, and Visits

Dr. Clark Ford shared how his relationship with science and religion developed throughout his life in a panel made from the ISU scientific community to discuss their personal ideas on Darwin's theory and spiritual beliefs. The panel was part of a celebration for Charles Darwin's birthday.

Dr. Lee Alekel visited Dr. Sherry Tanumihardjo and Dr. Neil Binkley (director, UW-M Osteoporosis Clinical & Research Center) at the University of Wisconsin-Madison to develop a research proposal in the area of bone and vitamin A to be submitted to NIH.

Dr. Manju Reddy was invited to present a talk on "Soy Foods do not Negatively Impact Mineral Balance or Bone Turnover in Young Women" at the 8th International Symposium on the role of Soy Health Promotion and Chronic Disease Prevention and Treatment in Tokyo, Japan.

Dr. Lee Alekel served on a review panel for NIA/NIH Council Aging Systems and Geriatrics (ASG) Study Section, Special Emphasis Panel/Scientific Review Group.

The ISU Live Healthy Iowa program is being coordinated by **Sally Barclay** (FSHN), Greg Welk (KIN) and a student led wellness committee (Wellness Works).

New Grants

To Warren Franke, Kinesiology; **Lee Alekel**, FSHN; and Joanne Lasrado, NWRC; The Effect of Soy Protein on Blood Pressure in Prehypertensive/State 1 Hypertensive Premenopausal Women from the Iowa Soybean Association, \$120,000.

To Brent Shanks, Peter Reilly, Derrick Rollins, Jackie Shanks, and Laura Jarboe, CBD; Adah Leshem-Ackerman, EEOB; Tonia McCarley and Jill Euken, CBIIRC; David Oliver and **Eve Wurtele**, GDCB; Dave Raman and Robert Anex, ABE; Keith Woo, George Kraus and Richard Larock, Chem; **Basil Nikolau** and Thomas Bobik, BBMB; Julie Dickerson, ECPe; ERC2: Center for Biorenewable Chemicals from the National Science Foundation, \$3,250,000.

To **Lorraine Lanningham-Foster**, FSHN, Targeting the Work site for Obese Nurses and Their Children: A Feasibility Study from Mayo Clinic, \$8,245.

To **Murlidhar Dharmadhikari**, FSHN and Gerald Miller, Agronomy Ext, Wine Sampling for Sensory Evaluation from the Iowa Department of Agriculture and Land Stewardship, \$3,000.

To **Jay-Lin Jane**, FSHN, Enzyme Digestibility of Starch in Animal Feed from Nugenplasm Company, \$98,473.

Student Update

Postdoctoral research associate **Yang Zhou** was the head director of events related to the Chinese Students and Scholars Association's Chinese New Year Celebration on January 31. The celebration included many performances, both traditional and associated with Chinese pop culture.

Congratulations to **Jose Gerde**, PhD student, on being selected a BioVision.Nxt Fellow. This program brings together a group of young scientists, post docs and graduate students from all over the world.

The Iowa Dietetic Association Award winners in December 2008 included two Iowa State Students who received scholarships, **Jennifer Neal** and **Hilary Campbell**.

Congratulations to 99 FSHN students in the College of Human Sciences who were on the Fall 2008 Dean's List (GPA 3.5 or higher).

Kelly Williams, a PhD candidate in Dr. Kevin Schalinske's laboratory, was selected to receive a Society for Experimental Biology & Medicine Young Investigator Award to present her research at Experimental Biology 2009 in New Orleans this coming April.

Sarah Simpson, ISU Culinary Science Club President, received a scholarship from the Research Chefs Association.

Yanjun Liu, MS student, has been selected as one of the five finalists in the 2009 IFT Food Chemistry Division Student Poster Competition. Liu will present at the Executive meeting on Monday, June 8, 2009.



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



The FSHN Learning Community hosted their annual Souper Supper event in February. Peer Mentors **Lindsey Currie** and **Katie Flickinger** led a group of 24 freshman as they prepared and served a dinner to benefit the Juvenile Diabetes Research Foundation. A few of the students will personally deliver the proceeds, over \$400, to the Walk to Cure Diabetes in Des Moines.

Upcoming Events

Food Science Club Trip to Chicago	March 5-7, 2009
FS HN Day	March 10, 2009
Spring Break	March 16-20, 2009
VEISHEA	April 13-18, 2009
Experimental Biology Annual Conference	April 18-22, 2009

Did you know?

President Franklin D. Roosevelt served hot dogs to King George VI and Queen Elizabeth of England during their 1939 visit to the United States. It was the first time they had tried this American gourmet treat.

NEWS NOTES

■ **FS HN Day 2009: Feed Your Future with Food Science and Human Nutrition**, will be Tuesday, March 10 at the Iowa State University campus. Students learn about food science and nutrition careers, meet current college students and faculty, and participate in educational activities related to these career fields. Visit www.hs.iastate.edu/future/deptdays/fshn for full details.

■ FSHN University Professor Emeritus **Dr. Earl Hammond** suffered a stroke just after the new year. A stint was put in to hold an artery open. He is doing physical therapy and resting at home.



■ The **June 2008 Dietetic Internship class** graduated on November 21, 2008. They are Nicole Berkeley, Iowa State; Adrian Charkowski, University of Wisconsin, Madison; Terri Collins, Iowa State; Katherine Kuehn, Iowa State; Sonja Rank, Iowa State; Melissa Richardson, Iowa State; Abbey Ring, University of Wisconsin, Stout; Jared Samuelson, University of Nebraska, Lincoln; Brittany Schminke, Iowa State; Cody Schneider, Iowa State; Meghan Trimble, Iowa State; Kymberly Wroble, Dominican. The interns completing the nationwide option for the program included Sharon Baxter, N. Idaho College; Carrie Couthren, University of Central Arkansas; Carrie Emberton, Kansas State; Rebekah Engum, University of Wisconsin, Green Bay; Lisa Pietropla, Mansfield University; Amy Rawlins, Sacramento State; Catherine Robichaux, University of Louisiana, Lafayette; Kristina Strom, N. Arizona University.

■ The January 2009 Internship is the largest ever with 25 Dietetic Interns in the program. They completed the week of on campus orientation the week of January 12, 2009 with record cold temperatures to introduce them to the ISU campus.

■ We welcomed several new instructors to FSHN this spring semester. **Dr. Ted MacDonald** will be teaching FSHN 403, **Kristen Maughan, MS/RD**, will be teaching FSHN 464 with Erin Bergquist, and **Jody Gatewood, MS/RD**, will be teaching FSHN 265 with Dr. Rowling.