A new decade of Nutrition@Syracuse

This was a milestone year as Nutrition at Syracuse turned 100! We had a grand celebration in September 2017 and were glad so many of you joined us. We had amazing presentations given by alumni and friends of the College, a silent auction, and a wonderful display of our history. This history now lives outside of the Nutrition program’s academic suite for all to see, and can be seen in this newsletter as well.

Continuing as the undergraduate program director, I am pleased to report we have much to celebrate with the ebb and flow of our Nutrition programs. We are proud of our students and how hard they work in class and in the community. Their dedication continues to pay off. As you will read in the pages to follow, they are securing fantastic internships and graduate programs as alumni.

We added three new hires this year. In January, 2018, Nicole Beckwith, M.S., R.D. started as the new director of the dietetic internship program. She hit the ground running and we are thankful for her enthusiasm. We were lucky to secure a tenure-line faculty appointment for sports and/or integrative and functional nutrition and fortunate to hire an expert in both: Jessica Redmond, Ph.D. candidate, R.D. For our food services teaching professor position, we are grateful to have hired alumna Chaya (Mono) Charles, M.S., R.D. to join us full time. Both Jessica and Chaya started in the fall. Welcome to all!

We are thankful for our beautiful teaching spaces in the Susan Klenk Café and Kitchens and the Nutrition Assessment, Consultation and Education (ACE) Center. Throughout this newsletter, you will see how we are using both of these facilities often for assessment, demonstrations, nutrition counseling, and the new biochemical and physical assessment class.

In the spring, we held our Third Annual Ann Selkowitz Litt Distinguished Lecture, made possible by a very generous gift of the Ann S. Litt Foundation, Inc. Syracuse University alumna, Emme, a leading voice and face in the fashion industry committed to raising public awareness of eating and body image disorders, was a hit! We have invited a prominent sports nutrition alumna, Katy Meassick, back for the Fourth Ann Litt Lecture, so we hope you will join us November 15 for that event. Please watch for exciting details about the Joan Christy Lecture Series coming soon.

Please keep in touch so that our paths can cross, either on campus, at conferences or other events and activities. Best wishes for a wonderful year ahead.

~ Tanya M. Horacek, Ph.D., R.D. Director of Undergraduate Programs and Professor of Nutrition
From the Dean…

What a year it was! The commemoration of 100 years of nutrition education at Syracuse University with various events in 2017 brought students, faculty, staff, alumni, donors, community partners, and friends together to recognize the past and prepare for the future. The powerful presentation by supermodel and body image advocate, Emme, for the Third Annual Ann Litt Distinguished Speaker Series hosted during National Eating Disorders Awareness Week in February 2018 illustrated that Falk College continues to lead the way in preparing and inspiring future nutrition professionals.

I am exceedingly proud and eternally grateful to the faculty and staff leading these efforts every day in our classrooms and throughout the community. I am equally proud of our students who recognize their responsibility to be socially responsible global citizens as they prepare for careers in food and nutrition.

To the generous donors to our Nutrition programs, we could not do this work without you. As you will read in the pages to follow, our students are the beneficiaries of the support you provide. Thank you for putting your trust in us. As we embark on the next decade of nutrition education, we are grateful to all who continue to make our progress possible. Working together, our future is very promising.

~ Diane Lyden Murphy, M.A., M.S.W., Ph.D., Dean, Falk College

Falk College celebrates 100 years of nutrition education at Syracuse

In celebration of 100 years of nutrition education, Falk College hosted nearly 150 guests including current students, alumni, community partners, current and retired faculty and staff, and other members of the campus and local communities at the Marriott Syracuse Downtown on September 22, 2017. The evening included remarks by event chairperson, Lynn Brann, associate professor of nutrition, Diane Lyden Murphy, dean of Falk College, and Michele Wheatly, vice chancellor and provost at Syracuse University. In addition to networking and reminiscing, attendees enjoyed a silent auction that raised more than $2,000 to support nutrition students’ community service projects, research efforts, and study abroad experiences.

The anniversary commemoration continued the following day at the Falk Complex with lectures and cooking demonstrations by alumni on topics ranging from adding flavor to heart health and empowering registered dietitians in using social media to emphasizing local, sustainable food and mindful eating. Special guests included nutrition alumna, Rhoda Dearman Morrisroe and husband, Paul, whose generous support created the Nutrition Assessment, Consultation and Education (ACE) Center in Falk College, and Falk alumna, Susan R. Klenk, whose support made the Klenk Learning Café and Kitchens possible. Also in the audience were Syracuse alumna Helaine and Marvin Lender, whose family supported a food laboratory dedicated in Slocum Hall in 1988.

Daina Falk, founder and chief executive of Hungry Fan, and the daughter of Syracuse University alumni and Falk College benefactors, David B. and Rhonda S. Falk, conducted a cooking demonstration entitled, “Keeping Hungry Fans Happy with a Healthy Hall-Time.” Alumna and keynote speaker, Professor Wendy Demark-Wahnefried ’88, addressed the role nutrition science can play in reducing the nation’s burden of cancer. Demark-Wahnefried is the Webb Endowed Chair of Nutrition Sciences at the University of Alabama at Birmingham.

“The founding members of the nutrition program were forward-thinkers who were ahead of their time. These faculty members were accomplished female scientists who built the foundation for the nationally recognized program that stands today,” says Brann.

While acknowledging the faculty and staff over the decades who played a critical role in the lives of the 2,078 nutrition, nutrition science and dietetics alumni around the world, Dean Murphy referenced former College of Home Economics dean, Annie MacLeod, who was a firm believer that education should not be confined to the classroom. “Among the earliest examples of service learning in Falk College’s history is one attributed to nutrition students who responded to an urgent call from the city’s Welfare Department to help.mothers prepare healthy, appetizing meals from their food distribution packets. Dean MacLeod’s philosophy was especially embraced in the nutrition programs then, and that continues today,” says Murphy.

Photos in this section of the Newsletter included: Alumna Amy Hoover, faculty members Jane Uzcategui and Tanya Horaucking, and alumna Kathryn Szklany. Alumna and keynote speaker Wendy Demark-Wahnefried ’88 addresses the role nutrition science can play in reducing the nation’s burden of cancer. Nutrition administrative assistant Donna Sparkes with students greeting guests at Friday evening’s 100-year celebration. Alumna Cindy Chan Phillips provides a demonstration during her presentation, “Adding Flavor to Heart Health.” Professor emerita, Lois Schroeder, former dean of the College for Human Development and instrumental in Falk College’s nutrition programs for many years, with Rhonda Mona, an alumna of the dietetics coordinated program. Daina Falk conducts a cooking demonstration in the ACE Center. Friday reception guests included Ruth Sullivan, Kay Stearns Bruening, emeriti professors Lois Schroeder and Pirkko Turikki, and Kelly Boswell. Celebrating at the Hotel Syracuse were David Salanger, Lynn Brann, Kay Stearns Bruening, Rhoda Dearman Morrisroe, Dean Diane Lyden Murphy, and Paul Morrisroe. Syracuse alumni Marvin and Helaine Lender in the audience for a food demonstration in the ACE Center. Otto and program guests have lunch in the Falk Complex on Saturday, September 23.

Nutrition science graduate program update

by Lynn S. Brann, Ph.D., R.D.N., F.A.N.D.

This year we celebrated “100 Years of Nutrition at Syracuse University.” This celebration allowed the graduate students to participate in the festivities and appreciate the rich history of their program. The faculty continue to enjoy the inquisitive nature and passion of our graduate students. A small group of faculty initiated a research group with the first-year graduate students this year who are working on their thesis research. These regular meetings allowed for collaborative discussions about research methodology and enhanced critical thinking. This faculty/graduate student research group will continue this academic year and a plan is in place to expand this to a larger group so that we can enhance the research experience of the nutrition science graduate students.

In terms of curriculum, we continue to move the Certificate of Advance Studies (C.A.S.) in integrative and functional nutrition forward through the curriculum approval process. We will be transitioning courses included in this C.A.S. to an online format to have a greater reach for interested students. Additionally, we will be spending time this summer and into the fall planning on how we will position our graduate program for students interested in becoming Registered Dietitian/Nutritionists using the Academy of Nutrition and Dietetics Future Education Model. We are very pleased to welcome Nikki Beckwith as our new dietetic internship director. She brings with her several years of clinical experience and a passion for the profession of dietetics. The nutrition faculty strive to positively contribute to the nutrition field by providing graduate students with an exceptional graduate school experience.

Nutrition Program News & Notes
The Litt Distinguished Speaker Series

The Litt Distinguished Speaker Series is named after Falk nutrition alumna, Ann Selkowitz Litt ’75, a nationally known nutritionist who helped children and adolescents with eating disorders and assisted developing athletes in reaching their full potential. The nutrition consultant to CosmoGirl magazine, Litt was the author of The College Students’ Guide to Eating Well on Campus, Fuel for Young Athletes, and the A.D.A. Guide to Private Practice. She was the nutritionist for the N.F.L.’s Washington Redskins and served as spokesperson for several media campaigns, including the Got Milk campaign. After her death, the Ann. S. Litt Foundation, Inc. was created to support nutrition education.

Nutrition program hosts Emme for Ann Litt Distinguished Lecture

by Michele J. Barrett

On February 28, 2018, Falk College and its nutrition program hosted supermodel and body image advocate, Emme ’85, for the Third Annual Ann Litt Distinguished Lecture Series. Coinciding with National Eating Disorders Awareness Week, her presentation, entitled “Facing our fears: Embracing the ones we’re with,” was followed by a reception and book signing of her newest book, Chicken Soup For The Soul Curvy and Confident: 101 Stories of Loving Yourself and Your Body. Guests were also treated to a Fashion Without Limits (F.W.L.) Pop-Up Show with designs created by Syracuse University fashion students as part of the FWL initiative.

An alumna of Syracuse University’s College of Visual and Performing Arts (V.P.A.), Emme is the iconic world’s first curvy supermodel. A TV personality, model, mom, author, brand spokesperson, creative director of her clothing lines, cancer survivor, lecturer, and globally recognized women’s advocate for positive body image and self-esteem, she is the first model invited to speak before a Congressional subcommittee in Washington, D.C. with a mission to increase public awareness of eating and body image disorders.

Emme discussed the realities of eating disorders, noting that the fashion industry plays a role in promoting eating disorders but can also be part of the solution by using a diversity of ‘real’ models and making clothes for all sizes.

Of Emme’s messages, Mariana Serback, a second-year nutrition science graduate student, shared that “her presentation was very refreshing. Our bodies do so much for us when we’re not even thinking about it: our lungs are breathing, hearts are pumping, brains are thinking, and sometimes it is such a shame that some people don’t appreciate and love their bodies and all that they do for us. I hope that I can one day be an extension of Emme’s voice and message as a registered dietitian.”

Photos in this section of the Newsletter included: Tanya Horacek, Kay Bruening, Emme, Lynn Brann, Susan Klenk, Diane Lyden Murphy following the Litt Lecture. Emme signs copies of her newest book, Chicken Soup For The Soul Curvy and Confident: 101 Stories of Loving Yourself and Your Body.

Fourth Annual Ann Litt Lecture to feature Katy Meassick November 15

Falk College’s Nutrition program is pleased to announce the Fourth Annual Ann Litt Distinguished Lecture Series will feature alumna Katy Meassick, R.D. on November 15, 2018. Katy is the performance dietitian for the Cleveland Browns, overseeing the team’s nutritional needs since 2016. She currently oversees the menus in the players’ café and institutes nutritional protocols for injured athletes and those athletes in need of weight guidance. She manages body composition while setting off-season weight goals for each athlete with discussions with the players’ position and strength coaches.

Prior to joining the Cleveland Browns, Meassick was the director of sports nutrition for Florida State University where she oversaw the nutrition needs for all F.S.U. student-athletes. Implementing a strong foundation of nutrition education and programming, Katy managed the training table, body composition, counseling and supplement evaluation. She holds a bachelor's degree in athletic training from University of South Florida, following completion she obtained her A.T.C. credential. She earned her master's degree in nutrition science at Syracuse University and completed her Dietetic Internship at the University of Maryland.

Katy is a registered dietitian with the Academy of Nutrition and Dietetics and is a member of the Sports, Cardiovascular, and Wellness Nutrition (SCAN) dietetic practice group. Katy is also a board certified specialist in sports dietetics, and a certified athletic trainer with the Board of Certification for Athletic Trainers. She is also a member of the Collegiate and Professional Sports Dietitians Association (C.P.S.D.A.) where she participates on the Conference Committee.

NSD faculty to lead planning for 2019 S.N.E.B. Conference in Orlando

Pack your beach bags! The 2019 Society for Nutrition Education and Behavior (S.N.E.B.) Annual Conference will be held in Orlando, Florida beginning Saturday, July 27 through Tuesday, July 30 at the Hyatt Regency Grand Cypress. Jennifer Wilkins, the Daina E. Falk Endowed Professor of Practice in Nutrition, is the incoming president-elect for S.N.E.B. and in that position will be responsible for planning the 2019 conference. Students interested in being part of this planning process will have opportunities to engage and provide input.

Falk College celebrates Child Nutrition Day

by Michele J. Barrett

What do you get when you put a bell pepper and a carrot together with corn niblets, green beans, blueberries, and eggplant?

A rainbow.

This multi-colored food kaleidoscope supports a deliberate effort known as “eating the rainbow” to help children make healthy food choices. Thanks to a grant from the American Culinary Federation (A.C.F.) in support of Child Nutrition Day in October, associate teaching professor and A.C.F. chef Mary Kiernan, presented a mini food demonstration and tasting of the rainbow with children at the Bernice M. Wright (B.M.W.) Lab School.

Childhood Nutrition Day celebrated on or around October 16 each year focuses on fostering and promoting awareness of proper nutrition. Recently, children at the B.M.W. Lab School, a part of Falk College’s Department of Human Development and Family Science (H.D.F.S.), worked in small groups led by Chef Kiernan and Falk nutrition major Mary Mik, who is also a Susan R. Klenk Learning Assistant. The demonstration engaged children ages two through four on such topics as how many taste buds a person has and why the foods they sampled that day are important to good nutrition.

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“It is exciting and essential for young children to interact with professionals—to see a real live chef in person. It exposes them to new interests, as well as new information,” says recently retired B.M.W. director Daria Webber.

The hope was for children to take home their learning to their families. “We talked about things that taste too good, and why it is important to eat some of those foods that may not taste great but we should eat anyway because of what they do for our bodies,” adds Kiernan.

The young B.M.W. students weren’t the only ones engaging in learning that day. Syracuse University student interns from H.D.F.S. had the opportunity to experience and observe this program. Since the launch of Childhood Nutrition Day in 1995, hundreds of chefs across the nation have participated in events in support of healthy childhood nutrition.

Photos in this section include: Chef Mary Kiernan demonstrates the rainbow of foods to children at Bernice M. Wright Lab School.

News from the Nutrition ACE Center

Cooking on the Hillside

Cooking on the Hillside is a program that engages high school youth in making healthy, nutritious food choices while learning cooking and food safety skills. The program occurs once per week at the Hillside Work-Scholarship Connection (Hillside). The mission of Hillside is to increase the graduation rates of students by providing long-term advocacy, academic resources, life skills development, and job training. The SU Nutrition Volunteer Coordinator for Hillside this year was Elizabeth Eisner ’18. In April, the Hillside students visited campus for a food demo in the ACE Center and tour of Falk College.

Practice of Dietetics course food demonstrations

This is the third semester we have incorporated food demonstration skills in the sophomore-level Practice of Dietetics class. Students complete four labs throughout the semester that include watching a cooking demonstration by the instructor, practicing a food demonstration with a partner, tapping a food demonstration from their own kitchen/ dorm and a final food demonstration where they pick a recipe to cook and demonstrate while weaving in important nutrition education. This November, the class will be providing a cooking demonstration on healthy tailgate recipes for guests of the Syracuse University Board of Trustees.

Biochemical and Physical Assessment course uses metabolic and biochemistry equipment

The Biochemical and Physical Assessment course completed another successful semester using the ACE Center metabolic and biochemistry equipment. We plan to add additional hematology techniques to the course in the future. We look forward to incorporating the department’s patient care mannequin into the course in the upcoming year.

Demonstration classes 2017-2018

During Fall 2017, Cooking to Improve Athletic Performance, Cooking Healthy on a Budget and the new Cooking with Local Ingredients were all a hit in the ACE Center. For the spring, the new Vegetarian Nutrition demonstration class had a variety of tasty recipes for the students.

Aphrodisiac cooking class

A “Frisky February” collaboration with Falk College, the Health Services Office of Health Promotion, and the Bedsider Campus Ambassador Team included a demonstration, discussion and great food. Lisa Thomas, R.D., provided a cooking demonstration in the ACE Center on some sensual recipes with discussion from the Bedsider Campus Ambassadors about aphrodisiacs and spicing up your sex life. Participants sampled salads, smoothies, and other interesting recipes.

Photos in this section include: Elizabeth Eisner ’18 at April food demo and Falk tour for local high school students.

Nutrition at Syracuse: Established 1917

When nutrition courses debuted at Syracuse University, cooking laboratories included 24 gas stoves, one fireless cooker, and a coal range. What a difference a century makes! At the same time, some things haven’t changed: experiential learning thrived in the program’s early years and remains an integral part of the nutrition program today. One of the earliest examples of service learning in Falk College’s history is attributed to nutrition students who responded to an urgent call from the city’s Welfare Department during the Great Depression and helped mothers prepare healthy, appetizing meals from their food distribution packets. Whether it is the nutritional status of adolescents, childhood obesity, diet-related disease epidemics, or dozens of contemporary issues we face today, nutrition at Syracuse has evolved to meet the dynamic needs of the community and continues to be at the forefront of nutrition education.

1917

Syracuse University offers its first course in home economics. The School of Home Economics opens the following year, part of the College of Agriculture housed in Slocum Hall. That same year, the American Home Economics Association cancels its annual meeting because of its members’ obligations to World War I efforts. A small group of dietitians gather in the Cleveland Hospital basement to discuss how to better assist in the war effort. From this meeting, the American Dietetic Association is founded.

1921

Due to rapid expansion, the University’s School of Home Economics is transitioned to the College of Home Economics, with Florence Knapp as founding Dean. In the mid-1920s, the majority of dietitians work in hospitals. Others are employed as cafeteria directors, public health or infant welfare dietitians, as well as nutrition teachers and researchers.

1928
Edith Nason, a distinguished food scientist with a Ph.D. in chemistry from Yale, joins the Syracuse University faculty. Pictured is a late-1920s Syracuse University nutrition lab.

1937
Ancel Keys, physiologist at the University of Minnesota, personally raises money to develop emergency rations, eventually named K-rations, to sustain troops in the field for up to two weeks. Later in 1944, Keys begins the Minnesota Starvation Experiment with 36 conscientious objectors as test subjects to study the physiological and nutritional consequences of semi-starvation among concentration camp survivors.

1938
The Home Economics Club is established. Pictured is the Syracuse University Quad in the 1930s.

1946
Anne Bourquin, who joined the Syracuse University faculty in 1930, helps organize the Onondaga County Home Bureau Food Wagon, a rolling school on canning. She is known for her trailblazing research on riboflavin and rigorous advanced nutrition courses.

1947
The College of Home Economics announces the first Community Nutrition Institute under the direction of the Department of Nutrition, sponsored jointly by Syracuse University and the New York State Department of Health. Pictured are Community Nutrition Institute attendees. Also pictured are nutrition students in the 1940s.

1948
Under the direction of Edith Nason, recipes for the popular Hamilton Beach Food Mixer are tested and used to teach home economists at Syracuse. Pictured is a 1948 scene from the College of Home Economics.

1950
The Delaney Committee starts a Congressional investigation of the safety of chemicals in foods and cosmetics, laying the foundation for the 1954 Miller Pesticides Amendment, the 1958 Food Additives Amendment, and the 1960 Color Additive Amendment.

1951
Syracuse University begins a doctoral degree program in home economics.

1956
U.S. schools receive reimbursement of 8 cents per pint of milk provided to students. This later becomes the Special Milk Program.

1959
By the late 1950s, fast food restaurants are abundant in the U.S. Items such as Cheez Whiz, Sweet‘N Low, and Tang are invented and become popular among consumers.

1963
Julia Child’s most notable television program, The French Chef, premieres.

1965
The first kitchen countertop microwave is introduced, selling for $500.

1967
The College of Home Economics begins offering a semester in the Netherlands with courses in nutrition. That same year, John van Hengel opens the world’s first food bank in Phoenix, Arizona. St. Mary’s Food Bank, still in operation, distributed more than 250,000 pounds of food to 36 charities in its first year alone.

1970
Starting in the 1970s, global movements concerned with pollution and the environment begin to focus heavily on organic farming. A major goal of the organic movement is to encourage consumption of locally grown food. Slogans such as “know your farmer, know your food” become popular. Pictured are Syracuse nutrition students in the 1970s.

1971
The College of Home Economics is renamed the College for Human Development. Two years later, a major in clinical nutrition is added following approval by the American Dietetic Association. Pictured is a scene from a 1970s Coordinated Dietetics Clinical Conference.
1973
The American Dietetic Association introduces the first National Nutrition Week, which later becomes National Nutrition Month in 1980.

1974
Enrollment in the College for Human Development is 645 and tuition is $2,600 per year.

1975
Syracuse nutrition professor Sarah Short is featured in *The New York Times*, who called her teaching methods, such as riding into class on a motorcycle, "outlandish." Short graduated from the College of Home Economics with a degree in nutrition in 1946. In 2017, she is honored for 50 years of teaching at Syracuse University. Also in 1975, Saudi Arabia grants Syracuse University’s College for Human Development funding to train Saudi men to run school lunch programs. Pictured are students from Saudi Arabia. That same year, the Kellogg Foundation provides a grant for registered dietitians to earn master’s and doctoral degrees to teach in nutrition/diabetes programs.

1977
There are 15 degree programs in the College for Human Development and 138 students in its human nutrition program.

1980
The U.S. Department of Agriculture and U.S. Department of Health and Human Services publish the first Dietary Guidelines for Americans. These are updated and released every five years. From 1980 to 1986, Syracuse University’s Department of Nutrition collaborated with Onondaga Community College’s College for Living program. Syracuse students from the Department of Nutrition and the Department of Special Education taught cooking skills to persons with disabilities. Syracuse University nutrition professor Victoria Thiele’s 2nd edition of *Clinical Nutrition* is published by C.V. Mosby Company. It is the textbook for her Diet in Disease course at Syracuse, which later evolves into Medical Nutrition Therapy.

1987
Enrollment in the College for Human Development tops 1,000 students for the first time.

1988
The Lender Family Laboratory is dedicated in Slocum Hall at Syracuse University. Pictured are hospitality management students in the Lender Lab. The terrorist attack on Pan Am Flight 103 takes the lives of 35 Syracuse University students returning from a semester of study in London, including two students from the College for Human Development.

1995
The Syracuse University dietetic internship program receives approval from the American Dietetic Association.

1998
From 1998 to 2003, Syracuse University Nutrition Counseling students provide nutrition counseling for the National Security Studies Executive Training participants. Today, students in the course continue to counsel clients using a lifestyles counseling approach.

1999
Nutrition faculty and students at Syracuse collaborate with the Food Bank of Central New York to deliver the CookShop program, which incorporates interesting, hands-on experience with nutritious foods, to elementary school children in and around the City of Syracuse.

2000
Syracuse University nutrition students form the Nutrition Education and Promotion Association (NEPA).

2001
The School of Social Work and College of Nursing, along with two departments in the College for Human Development, merge into a single, multi-disciplinary academic unit at Syracuse University specializing in human services and health professions. In 2001, the College of Human Services and Health Professions opens at the University. The didactic program in dietetics is approved.

2005
From 2005 to 2010, Syracuse graduate and undergraduate nutrition students provide nutrition education at Lion’s Camp Hickory, a summer camp for children with Type 1 diabetes. 16 Syracuse University’s Outreach and Group Nutrition Education by Wellness Responsible Advocating Peers (ORANGE WRAP) is established and begins to serve the campus and community.

2006
Nutrition and Hospitality Management move from Slocum Hall to Lyman Hall to accommodate more students and provide updated tools and equipment in two new kitchens. In the fall, an incoming class of 40 students joins over 200 already existing students anxiously awaiting their new facilities.

2007
The College of Human Services and Health Professions is renamed the College of Human Ecology. The following year, the Nutrition and Hospitality Management Department at Syracuse becomes Nutrition Science and Dietetics.

2011

The College of Human Ecology is renamed the David B. Falk College of Sport and Human Dynamics with support from Syracuse University alumni, David Falk ’72 and Rhonda Falk ’74. The Falk Complex, former home of the College of Law, is dedicated in 2015.

2012

The American Dietetic Association is renamed the Academy of Nutrition and Dietetics.

2015

Syracuse University Food Busters commences at Henninger High School, adding to existing nutrition programs Books and Cooks and Cooking on the Hillside initiated in 2010 and 2011, respectively, in which nutrition students deliver interactive nutrition education with children and adolescents from the Syracuse City School District. Pictured are scenes from these programs. That same year, Falk College dedicates the opening of the Nutrition Assessment, Consultation and Education (ACE) Center, made possible by a gift from Syracuse University nutrition alumna, Rhoda Morrisroe ’69.

2016

Falk College dedicates the Susan R. Klenk Learning Café and Kitchens, including commercial and experimental kitchens, made possible by a gift from Syracuse University human development alumna, Susan Klenk ’62. Adding to its Florence study abroad program initiated in 2011, nutrition begins a study abroad program in India.

2018

Falk College welcomes supermodel and body image advocate, Emme ’85, as the featured guest for the Third Annual Ann Litt Distinguished Speaker Series, pictured here with Dean Diane Lyden Murphy, Susan Klenk and nutrition faculty. The Litt Lecture is named after nutrition alumna, the late Ann Selkowitz Litt ’75, a nationally known nutritionist who helped children and adolescents with eating disorders and assisted developing athletes in reaching their full potential.

Falk College hosts “Flavor and Savor” sodium reduction program

by Michele J. Barrett

The Syracuse community’s youngest citizens in childcare programs as well local school-aged and college students are the beneficiaries of Onondaga County Health Department and Falk College’s joint efforts aimed at reducing sodium. The Department of Health’s Healthy Communities Initiative was awarded a grant through the Centers for Disease Control (C.D.C.) to reduce sodium for items prepared in childcare centers and school cafeterias, such as soups, sauces, and salad dressings.

Developing and leading the sessions were Falk culinary specialist, Chef Bill Collins, in collaboration with Roseanne Jones, a registered dietitian-nutritionist with the Health Department’s Bureau of Health Promotion and Disease Prevention. Collins teaches courses in Falk’s nutrition and food studies programs and is a professional chef who previously owned and operated restaurants. “Chef Collins helped participants think about all of the places sodium shows up in recipes and how to combat it,” says Jones. “The training helped participants build flavor into recipes without adding any salt.”

Using a simple hands-on approach, participants learned that with only minor adjustments, sodium content can be significantly lowered. “We helped participants understand the sodium content of pre-packaged foods and what approaches they can take to make their food healthier,” says Collins. During the session, Collins compared a store-bought barbeque sauce to one he served in his restaurants with 58 percent less sodium. “By changing two ingredients—no-salt added canned tomato and ketchup—the reduction jumped to 97 percent. Marinara sauce and salad dressings all had similar results,” notes Collins.

According to Jones, 25 percent of adults in Onondaga County have been diagnosed with hypertension. National estimates show there could be another 36 percent of people who go undiagnosed. “Changing sodium content in our pre-made foods and those from cafeterias and restaurants helps people reduce sodium intake without their even having to try,” says Jones.

When Falk College opened the Susan R. Klenk Café and Teaching Kitchens in 2016, the vision was to create a space that set the stage for industry-leading, forward-thinking approaches to food and nutrition that would benefit students as well as the community at-large. “Social responsibility in the community is a critical part of our mission,” says Falk Dean Diane Lyden Murphy. “This program is another example of how our experiential kitchens allow us to train future food and nutrition professionals to work effectively with the community.”

Photos in this section include: Class of 2018 dietetic interns Chelsea Kingsley and Maria Winkworth participate in Flavor and Savor training. Chef Collins and participants.

Thank you to our generous donors

Falk College gratefully acknowledges the following gifts recorded July 1, 2017 through June 12, 2018. Every effort is made to be as accurate as possible in reporting our donors’ generosity. If there is an error or omission, please contact us at 315.443.8989 or via email.

Gideon E. Asher and Catherine A. Meier-Asher

Catherine H. Bastian and Douglas W. Bastian

Phillip Levant Benton
Welcome to the Class of 2022
Falk College is pleased to welcome 38 new students to Syracuse University’s nutrition programs, including first-year students studying nutrition (21) and nutrition science (17). Best of luck and welcome to the Class of 2022!

**Nutrition Honor Roll**

*Students maintaining > 3.4 GPA at the end of June 2018. Bold indicates students maintaining > 3.8 GPA.*

**Nutrition BS**

2018

Baylee Ann Carroll
Lillian Jane Croll
Elizabeth Lyndsey Eisnor
Susan M. Fukes
Stephanie D. Haber
Umme Hassan

*Abigail Taylor Moore*

*Katie Obojkovits*

Markell R. Reid
Sydney Kendall Spiewak

2019

*Emma Susan Asher*

Breeanna L. Beach

*Julianna Blake*

Kayla Chen
Olivia A. Cullen
Rachel Goldie Dragon

*Heather Marie Falise*

Heather Fredericks

*Elizabeth Helen Gardner*

Taylor Jordyn Garlow
Lesly Gomez
Marissa Gusmao

*April M. Hill*

Sydney Marie Hughes
Elizabeth Ingerson
Kristen Marie Jevis
Emily Kathleen Kuettel
Mary A. Mik
Madeline Hayes Peck
Clair L. Russell

*Holly Terpstra*

2020
Emily Louise Gibbs
Nicole Brianna Gray
Sarah Elizabeth Lease
Alicia Audrey Licari
Lucy Pearce
Danielle J. Robinson
Jamie Rae Weisenberg
Kelsie Wilson

2021
Nicole Antoinette Brennan
Sydney Lauren Donner
Judith E. Thomas
Cecilia Eileen Tillson

Nutrition Science BS

2018
Alyssa DeTogni
Anthony Dean Dushane
Xirui Song
Sarah Elizabeth Walsh

2019
Jessica Bak
Bridget Emily Clark
Kristen El-Amir
Bridget Amelia Frontale
Tatiana Candace Inkeles
Jacky Lin
Yi Lyu
Justin Pascual
Carly Sheffer

2020
Mary Mackenzie Proud
Eva Karoun Scott
Mackenzie Lilan Swanson

2021
Alexandra Katherine Borza
Jessica Lynn Neidel
Haomou Pu
Siera Shepard
Thomas A. Sheridan
Nutrition Science Graduate Students

2018

Katrina Dufresne
Megan Christine Lowe
Jacqueline Ann Misch
Brittany Marie Rando
Mariana Olga Serback
Rachel Lauren Watkins

2019

Kara Lynne Andrews
Kelly Catharine Brown
Justyna Marie Dapuzzo
Iris Jaquez
Laura Elizabeth Kilburg
Catherine Shamlian
Jillian Lynn Wilson
Alexandria Roman Yorke

Perspectives from our Academy of Nutrition and Dietetics student liaisons

The opportunity to be a student liaison to the Academy of Nutrition and Dietetics (A.N.D.) is also an opportunity to serve all nutrition majors at Syracuse University. This year, Justin Pascual ’19 and Elizabeth Gardner ’20, were selected by A.N.D. to be the student liaisons representing Syracuse University. They are excited to represent Syracuse students and to share A.N.D. opportunities. In the spring, Gardner and Pascual administered a survey to all nutrition and nutrition science majors to gain a better understanding of their involvement with the Academy and how they are gaining volunteer experiences. The results showed that the student body is strongly interested in a variety of nutrition fields: clinical, sports, community, and functional nutrition. With this data, the liaisons hope to improve the volunteer and networking options available to nutrition/nutrition science majors and highlight some of the things A.N.D. has to offer pertaining to these fields at the student level.

This upcoming fall, the liaisons are planning presentations, activities, and information sessions to help get students excited and involved with A.N.D., and to become more connected with fellow nutrition students. Additionally, by having student advocates to communicate between groups collectively, our students can voice interests and concerns for the Academy's careful consideration. Pascual and Gardner look forward to growing Syracuse University's student involvement in A.N.D. Finally, with scholarships, job opportunities, networking, and information available, the Academy truly is a wealth of knowledge and opportunity for all its student members and the student liaisons aim to expose all our fellow students to as many A.N.D. benefits as possible.

Mediterranean Food and Culture 2018

by Tanya Horacek, Ph.D., R.D.

This year’s program was the tenth short–term Mediterranean Food and Culture experience I’ve run since 2011. Three days in Maremma (southern part of Tuscany), five days at the agriturismo La Ginestra, and four days in Florence rounded out the two-week trip. This year, we were fortunate to have Antonella Battaglia, S.U. Florence Italian teacher and friend, as the co-adult/translator for the full trip. With Antonella, we had the benefit of a local view and interpretation of Italian culture.

The trip maintained the tried and true experiences such as: working with the bees; making pizza with spelt flour, an antique grain, and; black truffle hunting with trained dogs, and then preparing and enjoying our spoils. We also thoroughly enjoyed the many wonderful local/sustainable Tuscan meals made by Natalie and Lorenzo and/or Lidia at La Ginestra. We visited the small artisanal producers for pasta, Pastifico Fabbri, pecorini cheese, Corzano and Paterno, and cooked two meals with Jacopo, once at his home in Montespertoli and the other at S.U. Florence. In Montespertoli, we visited the Wine Museum, a grain mill and Guido Guillani’s podere for wine tasting. In Florence, we tried Lamprodetto (sheep intestine meat—a real delicacy) at the famous Nerbone; made gelato at Perche No!, and; had guided tours of the city and the Ufizzi.

In Maremma, we visited the award-winning olive press, Frantoio Franci, and a biodynamic organic farm, La Salve. We had meals at two slow food restaurants, Antica Fattoria del Grottaione Montenero d’Orcia and La Dogana, and ate Italian style barbeque at La Buttera. We also tasted fresh buffalo mozzarella cheese at our tour of Caseificio Inno al Sole in Maremma. The facility was completely sustainable. In Parco Maremma, we road bikes to and enjoyed the beach for a day. Also new this year, we stopped in the beautiful Pitigliano and visited the famous antique Jewish bakery, Forno del Ghetto.

Justin Pascual, a junior nutrition science student, notes, “during our first night stay at La Ginestra, I had what most would call an ‘ah ha’ moment. This awakening came by way of the simple, yet complex, fried sage leaf. The chef treated this sage with a light-handed touch full of passion and respect for both the process and the product. This has inspired me to reevaluate my personal approach to food preparation. I rush this process and that is not the type of relationship I want to have with my food.”
Alumna Maria Mahar, M.A., R.D. adds, “cooking with Jacopo taught me the culinary techniques I have always wanted to learn. Learning his philosophy regarding the slow food movement continues to reinforce my goal to incorporate this philosophy at home.”

Next year, the class leading up to the trip will be online, and experiences in Modena with balsamic vinegar and the bologna food scene will be added. We would love to have alumni join us May 15-May 28, 2019. For more information, email Tanya Horacek.

**Nutrition Science and Dietetics 2018 Department Awards**

Emily Gere Coon Award, Sarah Genevieve Koutana

Faculty Award for Excellence in Nutrition Science, Jacky Lin

Florence B. Potter Memorial Award, BreeAnna L. Beach

Marjorie V. Dibble Scholarship Award, Kelsie Wilson

Nutrition Science and Dietetics Graduate Research Award, Heather Ann Brubaker

Nutrition Science and Dietetics Research Award - Undergraduate (H.E.A.C. Group), Baylee Ann Carroll, Elizabeth Helen Gardner, April M. Hill, Sarah Margaret Mihalko, Katie Obojkovits, Madeline Hayes Peck

Outstanding Dietetic Intern - Director's Award, Mary Catherine Timmons

Outstanding Graduate Assistant in Nutrition Science Award, Mariana Olga Serback

Outstanding Graduate Student in Nutrition Science Award, Katrina Dufresne

Peer Leader in Nutrition Science and Dietetics Award, Baylee Ann Carroll

Ruth Tolley Award - Women of the University Community, Holly Terpstra

Selleck Award, Xirui Song

Susan J. Crockett Prize for Student Leadership, Susan M. Fukes

Vershann Icem-Wright Professional Promise in Nutrition Science and Dietetics Award, Katie Obojkovits

Victoria F. Thiele Scholarship Award, April M. Hill

Victoria Li Scholarship Award, Elizabeth Lyndsey Eisnor

College Marshal, Stephanie D. Haber

Department Marshal - Undergraduate (Nutrition), Katie Obojkovits

Department Marshal - Undergraduate (Nutrition Science), Sarah Elizabeth Walsh

Department Marshal - Graduate (Nutrition Science), Heather Ann Brubaker

Falk College Scholar, Abigail Taylor Moore

Graduate School Master’s Prize, Heather Ann Brubaker

Falk College Student Research Award, Natasha Jackson

Susan Klenk Undergraduate Teaching Assistant Scholarship, Sydney Marie Hughes, Mary A. Mik, Jamie Rae Weisenberg

2018-19 Syracuse University Remembrance Scholar, Mary A. Mik

**Congratulations nutrition science graduates**

Many nutrition science graduates from the past two years applied for allied health programs after gaining work experience and completing clinical hours during their gap year. New applications this cycle included former students applying to P.A. programs (2), M.D. programs (5), M.S. in nutrition (2), Ph.D. programs (1), dental school (1), N.D. programs (doctor of naturopathy, 1), and accelerated nursing programs (4). We wish them luck in their academic endeavors!

**Caroline Cady**: Will begin Utica College Accelerated Nursing Program at Crouse.

**Alyssa DeTogni**: Applications for physician assistant programs are submitted. She will be working as a clinical information manager/medical scribe in the Emergency Department at Newton Medical Center, Newton, New Jersey, during her gap year.

**Anthony Dushane**: Applications for physician assistant programs are submitted. He will be working as a medical assistant at Housel Dermatology P.C., Liverpool, New York, during his gap year.

**Elizabeth Ogundare**: Applying to SUNY Downstate’s M.P.H. program. She will be working at the SUNY Downstate Comprehensive Epilepsy Research Center. Brooke Peterson Working as a medical assistant during gap year. Brooke will be applying to physician assistant programs in the future.

**Xirui Song**: Will begin her Ph.D. in cell and molecular biology at Duke University in the fall.
Sarah Walsh: Will be attending the Indiana University School of Optometry in the fall.

Master’s students updates

A’Keema Austin (M.A.): Completed the Syracuse University Dietetic Internship and is preparing to take the R.D. exam.

Heather Brubaker (M.S.): Syracuse University Dietetic Internship

Elaine Carey (M.A.): Returning to Ireland to pursue a Higher Diploma in Applied Sciences.

Katrina Dufresne (M.A.): Duke University Dietetic Internship

Meg Lowe (M.A.): Employed as a sustainability coordinator at Syracuse University.

Jacqueline Misch (M.A.): Syracuse University Dietetic Internship

Brittany Rando (M.A.): The Sage Colleges Dietetic Internship

Mariana Serback (M.S.): Syracuse University Dietetic Internship

Master’s thesis projects

Heather Brubaker, Understanding Vegetable Feeding Practices Among Families With Young Children Using Farmers’ Market Coupon Programs: Does Participation Increase Children’s Vegetable Consumption? Advisor: Dr. Lynn Brann

Mariana Serback, Prevalence of Orthorexia Nervosa Tendencies in the U.S. Didactic Program in Dietetics Students. Advisor: Dr. Lynn Brann

Dietetic intern teams focus on health promotion for Syracuse populations

by Jennifer Wilkins, Ph.D., R.D.

To strengthen competency in outcomes management (our D.I. concentration) interns focused on three neighborhoods in Syracuse. In teams, these participatory program planning projects were developed during the spring semester with input from key informants and community leaders in Syracuse.

The target population of low-income African American women on Syracuse’s south side. The health issue, heart disease, stemmed from data showing a significantly greater risk of mortality from cardiovascular disease in this population than women of other races and ethnicities. The program objectives were to increase fruit and vegetable intake, reduce intake of high-fat foods, reduce intake of sugar-sweetened beverages, reduce intake of processed food, and increase physical activity. In response to participant interests, the intervention included a nutrition education series with skill-building for choosing, preparing, and cooking fruits and vegetables. Environmental changes included plans for development of community gardens in five city parks of the Syracuse south side neighborhood.

Chelsea Kingsley, Rosemary Squires, Mitchell VanGelder and Maria Winkworth focused on food insecurity and heart disease among low-income seniors living in northeast Syracuse. The targeted diet changes of this program were to increase fiber-rich foods and increase selection of nutrient-dense options from the Syracuse Northeast Community Center Food Pantry. The intervention included nutrition education, food pantry signage, and community garden promotion among the seniors. The theoretical base for this program was the health belief model and evaluation included change in participant knowledge, diet quality, lifestyle choices and quality of life indicators.

Laura Brown, Miranda McConnell and Mary Timmons developed a program for the adolescent members of the fastest growing refugee population in Syracuse: Somalis fleeing civil war and violence in countries along the eastern coast of Africa. They found that many Somali refugees live on Syracuse’s North side, experience food insecurity, and have a high prevalence of diabetes. With poor nutrition and inadequate physical activity as risk factors for diabetes, their program objectives were to increase fruit and vegetable intake and reduce fast food intake among Somali adolescent refugees. Self-efficacy from the the social cognitive theory was a key construct for the program promoting healthy eating among adolescents. The intervention plan included a six-week summer nutrition education program incorporating an interactive farmers market, cooking classes, and convenience store walkthroughs. Policy, systems and environmental strategies, such as marketing and selling produce at corner stores, would improve fruit and vegetable access in stores and nutrition education at Syracuse RISE, a refugee organization.

Dietetic internship activities

Dietetic interns Miranda McConnell G ’17, Rosemary Squires, Mitchell VanGelder, and Maria Winkworth ’17 were selected to attend the first Dietetic Interns Leadership Summit sponsored by the New York Beef Council last October. The program was developed with a national beef council grant to S.U. alumna, Cindy Chan Phillips G’11, the nutrition educator for the New York Beef Council. Interns visited two beef farms and a processing facility. The program’s media interview training included an on-camera interview of each intern about a recent research publication with individualized feedback. For the culinary part of the program, the interns worked with a student from the Culinary Arts Program from Finger Lakes Community College for a true farm-to-table experience, preparing a delicious, nutritious, and attractive meal at the Finger Lakes Wine & Culinary Center in Canandaigua, New York. Our interns joined intern from D’Youville College, the University of Buffalo, Oneonta State, Buffalo State College, and The Sage Colleges. S.U. nutrition alumnus Annalisse Baker ’17, a dietetic intern at Sage, was also selected for this program.

The dietetic interns visited Hematology-Oncology Associates of Central New York in early October where S.U. nutrition alumna Theresa Shepherd, R.D., gave an overview of the medical nutrition therapy offered to oncology outpatients and a tour of their state-of-the-art facility. Theresa is a board certified specialist in oncology nutrition.

In November, Susan Branning, clinical nutrition manager at St. Joseph’s Hospital Medical Center in Syracuse, gave a guest lecture on legislative activities in dietetics, and specifically, the bill to license dietitian-nutritionists in New York State. A review of the bill, line-by-line, followed with Dorothy Wrase-Hares, M.A., R.D.N., in preparation for a visit to Assemblyman Magnarelli’s office to advocate for the bill. Two of this year’s interns are from states other than New York and that have licensure of nutrition professionals, so they were able to provide a comparison with credentialing in other states.
The dietetic interns partnered with R.D. diabetes educators Pam Blackmer G’85 and Maureen Franklin ’76 of the Joslin Diabetes Center at Upstate Medical University for a national diabetes month program. The theme was superfoods for diabetes. Since the event was held at the Community Campus of Upstate Medical University, which does not have food demonstration facilities, the interns created and recorded food demonstrations in the ACE Center that were shown to the group on the night of the event. The recipes they demonstrated included turkey meatballs with zucchini noodles, kale and quinoa salad, brown sugar and black peppercorn salmon, and garlic greens and beans. The interns also created table exhibits for approximately 200 attendees.

**D.I. Class of 2018**

A’Keema Austin, seeking employment.

Laura Brown, R.D., employment in long-term care at Loretto, Syracuse, New York.

Caroline Check, seeking employment; accepted to the Nutrition Science M.A. program at Syracuse University starting Fall 2018.

Stella Chu, R.D., employed at James Square Chelsea Kingsley Employment in long-term care at Samaritan Summit Village, Watertown, New York.

Miranda McConnell, R.D., employed at Commons on St. Anthony, Auburn.

Rosemary Squires, R.D., employed in long-term care at VanDuyn.

Mary Timmons, R.D., passed the R.D. exam; seeking employment.

Mitchell VanGelder, R.D., seeking employment.

Maria Winkworth, seeking employment.

**D.I. Class of 2019**

We matched 12 in the first round and filled to our maximum enrollment. Eight interns are from Syracuse University and four are from other schools. Nikki Beckwith, dietetic internship director, will receive Nutrition-Focused Physical Exam training from the Commission on Dietetic Registration to incorporate into the dietetic internship curriculum and meet the required competency. The program will utilize over 10 new or resurrected rotation sites next year to offer increased opportunities for our interns.

**D.P.D. updates**

This April, we had 17 of our 19 (undergraduate and graduate) students receive a successful match to a dietetic internship. Our match rate this year was 89 percent and we are very proud of the applicants. This is considerably higher than the national match rate of 62 percent. The national match rate increased from 56 percent the previous year most likely related to a 13 percent increase in internship positions and a 2 percent decrease in overall applicants. A total of 4,700 students applied to internships throughout the U.S. this spring. The match process occurs twice per year (fall and spring), but the spring match period has the largest pool of internship options for the students. All of the students were placed in a dietetic internship located on the east coast. Six of the students will continue in our own dietetic internship at Syracuse University. Some of these programs are combined with a master’s degree. The programs have a variety of concentrations such as Medical Nutrition Therapy, Public Health or Communications to name a few. Many students attended open houses and had formal in-person or remote interviews (Skype, phone) as part of the selection process.

Nadeen Alqallaf, plans to work in hospital as nutrition assistant.

Heather Brubaker (Grad), Syracuse University.

Baylee Carroll, Geisinger Medical Center.

Kathryn Cosco, plans to go to nursing school.

Lillian Croll, plans to apply to graduate school.

Christine Decker, apply to law school.

Kristina Didio, Syracuse University.

Katrina Dufresne (Grad), Duke University Hospital.

Elizabeth Eisnor, Queens.

Susan Fukes, Syracuse University.

Stephanie Haber, West Virginia University Hospital.

Umme Hassan, Long Island University.

Jaleh Kermani, plans to apply for D.I.

Rylee Lease, University of New Hampshire.

Jacqueline Misch (Grad), Syracuse University.

Abigail Moore, Emory University Hospital.

Katie Obojkovits, Stony Brook University.
Colleen Oriani, applied to graduate school for education.
Brittany Rando (Grad), The Sage Colleges.
Markell Reid, Syracuse University.
Christine Santella, Syracuse University.
Sydney Spiewak, University of St. Joseph.
Kristen Sportello, The Sage Colleges.
Shanni Yefelt, Considering graduate school.

Through last summer and fall, we have been busy adjusting our curriculum within the Nutrition program to meet the new 2017 ACEND Standards. The process started with a full peer review of the syllabi, identification of the Knowledge Requirements (K.R.D.N.’s) within classes and eventual curriculum matrix to ensure that all knowledge requirements were adequately covered. Our process also included identifying student learning outcomes that are collected at the end of each year.

Starting in January 2024, a master’s degree will be required to become a registered dietitian nutritionist (R.D.N.). Our program is currently reviewing our options in terms of educational pathways. A new model for education in nutrition and dietetics is being offered by the ACEND Standards Committee, which is called the Future Education Model. The purpose of this model is to advance the profession and continue to protect the public. The ACEND Board has released accreditation standards for the associate, bachelor and graduate levels. Our program is currently reviewing our options in meeting the needs of future students with this education model.

During 2017, 95 percent of our students passed the R.D. credentialing exam within one year of their first attempt. This could include taking the exam more than once. For those that took the exam for the first time, 77 percent of the students passed.

We would like to be able to stay in contact with our alumni through social media. We are currently looking at the best platforms to use, such as Facebook, LinkedIn, Twitter, etc. If you have any thoughts on the best way to stay connected and/or would like to help us develop these efforts, please email Nancy Rindfuss.

**ORANGE WRAP nutrition education continues**

Outreach and Nutrition Group Education by Wellness and Responsibility Advocating Peers (ORANGE WRAP) was created in the Fall of 2005 as part of the Healthy Campus Initiative to provide nutrition education to students across campus and the Syracuse community. ORANGE WRAP student educators are junior, senior, and graduate nutrition majors who are trained and supervised by a registered dietitian. This year, Nancy Rindfuss ’92, D.P.D. director, is coordinating the students’ efforts. Their mission is to promote pleasurable and in-tune eating, the adoption of nutrition guidelines for good health, and the prevention of eating disorders. They provide a non-diet approach to nutrition and wellness. Since graduation this May, we have been busy coordinating two events with students who live locally. The first was a cooking demonstration and nutrition education class to a Home Care Agency called Self-Direct located in Baldwinsville, New York. There were 10 participants with traumatic brain injuries. Three students developed and implemented a food demonstration with the skills they had learned in their Practice of Dietetics class. The students created a procurement list, cooked part of the recipes for the participants to taste the day before, and demonstrated how to prepare the recipes to their audience. They provided education using the new food label and showed them simple ways to make recipes healthier. The students gained a lot of experience and were able to take their knowledge from the classroom and apply it in the real world. For all of them, it was their first time answering questions about nutrition such as “what is fiber?” and “what is flaxseed?” This was a rewarding day for the students as they began to use their knowledge of food to connect with participants. The second event was a Wellness Event at Ruxboro Elementary School in Mattydale, New York. Five students planned their topic on healthy snacking using the new food label, food packages, and an interactive poster that helped participants identify snacks using a stoplight theme: red, yellow, and green.

The students interacted with elementary-aged children and their families. The students felt empowered after the session as they reported that parents had commented that they learned new ideas about nutrition from the students such as fat and sodium content of common foods.

Future plans this fall include potentially collaborating with Syracuse University’s Lerner Center for Public Health Promotion at the Maxwell School to implement dining hall taste tests for “Meatless Mondays.” Upstate Hospital’s Employee Wellness Program, and Syracuse University Day Care Center to provide nutrition education for preschool-aged children. Students learn many skills when working with groups of people such as communication skills, time management, and interpersonal skills. All of these experiences help prepare them before applying to a dietetic internship.

**Inter-professional education for dietitians: A graduate seminar**

*by Sudha Raj, Ph.D., R.D., F.A.N.D.*

In Spring 2018, first-year graduate students in nutrition science explored the topic of inter-professional education and practice (I.P.E.). The major impetus for selecting this topic included the recent position paper by the Academy of Nutrition and Dietetics on the growing relevance of collaborative patient/client-centered care in the current health care environment and the Academy’s 2017 Visioning Report. The Visioning Report outlined the updated education and credentialing requirements for nutrition professionals based on societal and future health care needs identified by ten focus areas. One focus area highlighted the need for training collaborative-ready dietetic professionals who can bring their discipline-specific knowledge and medical nutrition expertise to work synergistically with other health care professionals as well as patients/clients and their families to prevent and treat chronic diseases across the lifespan.
A combination of didactic, in-class discussion, guest lectures, experiential learning, discussion and reflection assignments was used to improve students’ ability to effectively function as part of a collaborative health care team. Guest lectures were selected to increase students’ awareness about the range of inter-professional activities that occur in nutrition and dietetics practice. Guest speakers included the director of inter-professional education at Upstate Medical University, the University dietitian and a chief instructor, a nurse practitioner and registered dietitian from Boston Children’s Hospital who highlighted the team work that is involved in caring for children with epilepsy; a registered dietitian who shared her cultural immersion experience of implementing the ketogenic diet in Zambia; a faculty member who developed the North East Regional Food Guide and provided perspective on the inter-professional role of the dietitian in policy development and advocacy; and; a public health faculty member who spoke to the importance of the sociological determinants of health in the context of neighborhood violence. We also had the opportunity to interact with the Upstate Medical University’s I.P.E. team in two discussion sessions related to neighborhood violence, social determinants of health, and refugee health. During these sessions students listened to presentations by community members on socio-cultural issues that impact health care accessibility, affordability, and clinical outcomes. This was followed by breakout sessions where students interacted and worked on problem solving in small groups.

Students indicated that their attendance and inclusion at Upstate Medical University’s I.P.E. discussion sessions encouraged the exchange of views and experiences of fellow health care professionals as well as highlighted social issues that they would normally not have related to their profession. Each student interviewed a health care professional of their choice and learned more about their roles and responsibilities and scope of practice within the health care team. A final assignment entailed students presenting the roles, responsibilities and scope of practice of the registered dietitian /nutritionist within the health care team to other health care professionals at Upstate Medical University.

With lessons from this course in hand, students have been trained to become empathic, collaborative professionals who can provide team-based care in a variety of settings.

MaryAnn Shaw Center for Public and Community Service Nutrition Initiative

The Nutrition Initiative is a reciprocal learning and community engagement opportunity for Syracuse University students. The focus is to inspire and educate elementary and high school students about health and nutrition. This Initiative is composed of three separate programs customized for different age groups within the Syracuse City School District (S.C.S.D.). The initiative began in 2010 when Books & Cooks was developed by Syracuse University students majoring in nutrition at Falk College and Shaw Center interns. The program was honored as a “Commitment to Action” with the Clinton Global Initiative University (C.G.I.-U.), an annual conference held by President Bill Clinton that recognizes university students worldwide committed to changing the world. The program won an Outstanding Commitment to Action Award, and the students were invited to the 2010 conference to present their idea to potential funders. The program received funding through the Wal-Mart Foundation, and since its inception, the Nutrition Initiative has grown to include two additional programs: Cooking on the Hillside (2011) and Food Busters (2014).

Books & Cooks

The mission of Books & Cooks is to inspire and educate elementary school students to make healthy, nutritious food choices. The program focuses on three components: literacy, nutrition, and food preparation. Recipes are framed with cultural references, and focus on a variety of countries and areas of nutrition. Age-appropriate literacy activities (crossword puzzles, mystery worksheets, and word matching games) introduce the weekly topic. Eight lessons are implemented during the academic year.

For the 2017-18 school year, Elizabeth Gardner ’20 assumed the role of nutrition volunteer coordinator with the help of Markell Reid ’18 as the nutrition literacy coordinator. Additionally, the program began a new partnership at Dr. Weeks Elementary School working with Mr. Hanley’s fifth grade class. In the fall, students learned about the different sections of MyPlate and different countries around the world. Each week a different country was paired with a different MyPlate concept. The students learned about Japan and an overview of MyPlate, Honduras and plant-based proteins, Greece and dairy, India and fruits and vegetables, and Spain and grains. Seven nutrition major volunteers worked with 25 students in Mr. Hanley’s class. The five lessons went smoothly, and some students even relayed that they were making some of the recipes attempted in class at home with their families! In the spring, volunteer numbers increased to nine students working with the same fifth grade class of 25. The lessons focused on island cultures and went over various nutrition topics: Puerto Rico and a welcome back to Books & Cooks, England and drink choices, and New Zealand and the digestive system. Inclement weather in the spring lead to a decrease in the number of programs completed. With the support of the Mary Ann Shaw Center and Falk College, Books & Cooks is looking forward to growing and improving in the coming year. Dr. Tanya Horacek continues as its faculty advisor.

Cooking on the Hillside

The mission of Cooking of the Hillside is to inspire and educate high school students to make healthy, nutritious food choices. The program focuses on three components: nutrition, food preparation, and food safety skills. Recipes were framed around topics of micronutrients (vitamins and minerals) and macronutrients (carbohydrates, proteins and fats). Twelve lessons were implemented during the academic year. The Cooking on the Hillside volunteer team of six volunteers engages approximately 15 Syracuse high school students (ages 14-19) in an after-school program at Hillside Work-Scholarship Connection. Late in April, the group came to the Syracuse University campus for a tour and demonstration in the Nutrition Assessment Counseling and Education Center (ACE). This year, Elizabeth Elison ’18 was the nutrition volunteer coordinator, while Dr. Kay Bruening continues as its faculty advisor.

Food Busters

The mission of Food Busters is to engage Henninger High School students in hands-on STEM-focused lessons that explore the relationships between food, nutrition, health, and media. The program increases student literacy, mathematics and science comprehension. Syracuse University student volunteers work in groups to build relationships with 22 high school students in the ninth grade (ages 14-15), and to perform food science experiments. Seven lessons are implemented during the academic year by eight volunteers. Kristina Didio ’18 was the nutrition volunteer coordinator for this program. Dr. Margaret Voss continues as faculty advisor. The creation of Food Busters stemmed from The Shaw Center interns’ submission to the Clinton Global Initiative’s challenge to improve literacy skills and public health awareness. Shaw Center nutrition volunteer coordinators developed the idea in 2014, following the established program model for Books & Cooks. At the 2014 Clinton Global Initiative University Conference, Food Busters was recognized as a “Commitment to Action” program for excellence.

The Nutrition Initiative by the numbers

During the 2017-18 academic year:

- Three nutrition programs provided education to the 61 S.C.S.D. students.
- Four nutrition interns worked for 1,200 hours to manage three programs.
Nutrition Initiative fast facts The Nutrition Initiative:

- Enhances student learning through academic engagement opportunities in which students apply knowledge, skills, and values in diverse community settings that address global issues and complex societal problems.
- Fosters reciprocal and generative community partnerships for intercultural and ethical learning that collaboratively address community needs and meet institutionally defined goals.
- Enhances the S.U. student experience by developing leadership opportunities through internships, community engagement, center initiatives, literacy programs, and consultation.
- Promotes a culture of innovation and discovery through real-world engagement that addresses unscripted, complex community issues and partner expectations.
- Supports interdisciplinary collaboration with community partners for faculty research and creative activity that address emerging opportunities and societal needs.
- Provides S.C.S.D. students with college-age role models intended to increase retention and the high school graduation rate.
- Assists S.C.S.D. teachers by providing fun and stimulating educational activities that are aligned with the classroom curriculum to reinforce learning objectives.

Volunteer service, networking highlight NEPA’s current, future activities

The Nutrition Education and Promotion Association (NEPA) is a student-run nutrition organization that makes nutrition accessible to the student body, Syracuse University, and the community through delivering nutrition information, volunteerism, and a social media presence. NEPA had a successful year both on campus and in the broader Syracuse community. NEPA members routinely volunteered at the Syracuse Rescue Mission, a soup kitchen for Syracuse residents in need. In November, NEPA helped promote Hunger and Homelessness Awareness Week by tabling in the Schine Student Center to collect both monetary and food donations for the Hendricks Chapel Food Pantry. In addition to tabling and volunteering in the community, the biggest event of the year is an annual lecture by a renowned registered dietitian.

Falk College and NEPA hosted the esteemed author and private practice dietitian, Tanya Zuckerbrot, in April. Each spring the NEPA E-board selects a speaker and plans and implements the speaking program. Baylee Carroll ’18, NEPA’s president, did an outstanding job with the support of her E-board arranging for this event along with NEPA advisor, Jane Uzcategui.

Tanya has a master’s degree in nutrition and food Studies from N.Y.U., and has certificates in both adult and childhood and adolescent weight management. She is a member of both the National Association of Professional Women and the Academy of Nutrition and Dietetics. In her presentation, Tanya shared her path to success as a private practice practitioner in New York City. She provided valuable insight into how to be a successful business owner using her dietetics credentials to provide evidence-based recommendations to her clients. In addition to her knowledge, Tanya provided key messages in a very practical and engaging manner that had a crowd of over 100 at the edge of their seats.

Looking towards the future, NEPA has plans to work with the Food Recovery Network, which fights food waste and hunger by redistributing food from dining halls to local shelters. There are also plans to maintain a closer relationship with the Central New York Dietetic Association to further networking opportunities and participation in C.N.Y.D.A. sponsored events. Following the success of this past year, NEPA looks forward to the upcoming school year with a new executive board and new campus partnerships.

This section includes a photo of NEPA E-board members Lesly Gomez ’18 (Secretary), Lillian Croll ’18 (Social Media), Baylee Carroll ’18 (President), Tanya Zuckerbrot (NEPA featured speaker), Taylor Garlow ’19 (Volunteer Coordinator), Julianna Blake ’19 (Vice President), Andrea French ’19 (Treasurer) missing.

Student highlights

Heather Brubaker presented her thesis research at the Society for Nutrition Education and Behavior conference in Minneapolis, Minnesota, in July. She is pictured with Professor Brann who was her thesis advisor and co-author on the research poster entitled, "Understanding Vegetable Feeding Practices Among Families With Young Children: Does Using Farmers’ Market Coupons Increase Children’s Vegetable Consumption?"

Anthony Dushane ‘18 and Xirui Song ’18 were inducted into the Phi Beta Kappa Honor Society. This was quite an accomplishment as only 60 graduating Syracuse University students met the criteria for induction this year.

April Hill ’20 secured a paid two-month internship at Iowa State University: Cyclone Scholars Summer Research Experience, Summer 2018. She worked on revising the living with diabetes standards to be more culturally competent and better address the specialized needs of black men. The living with diabetes curriculum is a four-week course meant to prevent or help manage diabetes, but its applicability in non-white communities has been disappointing. Her revisions include things like altering or compiling culturally-competent recipes, creating teaching materials that can be used to disseminate the information, and revising the actual curriculum that is taught to participants. This work is in response to focus groups that Iowa State completed, and it is the second revision to the curriculum (the first revision being a curriculum for Latinos that was created by a graduate student a few years ago).

Nutrition students spend summer break gaining experience

Bridget Clark, 2019 (B.S.), Research assistant, Iowa State University.

Elizabeth Gardner, 2020 (B.S.), Benefit design and delivery intern, National Rural Electric Cooperative Association.

Marissa Gusmao, 2019 (B.S.), Intern, Open Kitchens.

Marisa Gusmao, 2019 (B.S.), Research intern, University of Illinois Chicago / Nutrition Department.

April Hill, 2020 (B.S.), Cyclone Scholars summer research experience, Iowa State University.
Faculty and Staff

Conference publications


Research publications


Research awards


Tanya Horacek, Get Frued: A Peer-Led Train-the-Trainer Social Marketing Intervention to Increase Fruit and Vegetable Intake and Prevent Childhood Obesity, Department of Agriculture with the University of Tennessee $49,977 (year 4 continuation award), 7/1/17-6/30/18.


Margaret Voss, Evaluating the Role of Sustainable Farming Practices in Promoting Food Security While Protecting Endangered Species in the Galapagos Archipelago, MA Voss (P.I.) and R. Welsh (Co.-P.I.), May 2018, $5,000, Syracuse University `CUSE seed grants.

Honors

Professor Tanya Horacek was named a Silver Author by the Journal of Education and Behavior (J.N.E.B.). Editor-in-chief Dr. Karen Chapman-Novakofski, noted that over the past 10 years, Dr. Horacek has authored or co-authored 6 to 7 papers J.N.E.B. has published.

Teaching professor Sudha Raj was selected as the winner of the 2018 Dietitians in Integrative and Functional Medicine (D.I.F.M.) Excellence in Service Award. Sudha’s service, commitment and leadership in D.I.F.M. has helped to advance the principles and practices of integrative and functional nutrition.

Professor of practice Margaret Voss was honored with the 2018 Falk Excellence in Teaching Award.

Professional activities

Nicole Beckwith attended the Nutrition-Focused Physical Exam Hands-On Training Workshop presented by the Academy of Nutrition and Dietetics in Boston, Massachusetts in June 2018.

Lynn Brann completed a Nebraska Beef Experience Tour in June. The tour included an exploration of the full lifecycle of cattle from the cow/calf farm to the processing and packing of final beef products. Lynn was invited to participate in the tour by Cindy Chan Phillips, who is an alumna (M.S. in Nutrition Science) of the Nutrition Program and the director of nutrition education for the New York Beef Council.

Kay Bruening attended Program Reviewer Training on ACEND’s new Future Education Model. The new model integrates experiential learning with course work and is competency based with assessment of student performance on performance indicators using rubrics. ACEND is the first health care accreditor to introduce this model in the United States. Canada has taken leadership on competency-based education in nursing, pharmacy, medicine, and occupational therapy. Kay will be a reviewer for the new programs and is already assigned to a new program candidacy review in July in Arizona and another new program candidacy review in Florida in September. Kay also led an accreditation site visit for the Didactic Program in Dietetics at Bastyr University, outside Seattle. Their program emphasis is whole foods/integrative nutrition and they have culinary and therapeutic herb gardens on their campus. In the spring, she was a panelist for two Syracuse Discovers alumni events in Los Angeles and San Francisco with new Dean Anderson of Whitman and Provost Michele Wheatley. S.U.’s L.A. semester programs made up about half of the audience. Kay also connected with nutrition alums who now work at U.C.S.F. Medical Center.

Tanya Horacek was selected to attend the ANNY’s 6th Annual Conference, “The Heart of Healthy Assessment: Cultivating Assessment Literacy,” Syracuse, New York, April 18-20, 2018. Additionally, she was selected to attend the Best Teacher’s Institute, Orange County, New Jersey, June 26-28, 2018.

Sudha Raj was a member of the Advisory Committee for the International Conference on Agribusiness in Emerging Economies, Terri University, New Delhi, India in January 2018.

Margaret Voss was invited to present to Developmental Ecology and the Loss of Avian Biodiversity in the Galapagos Islands, University of Massachusetts Amherst, June 4, 2018. Additionally, she was invited to present the Glenn Allen Paur Memorial Seminar, Developmental Ecology and the Loss of Avian Biodiversity in the Galapagos Islands; Does Embryo Metabolism Hold the Key to Understanding A Novel Parasite Life Cycle? at the University of North Dakota on April 27, 2018. She completed another field season in the Galapagos Islands in March. The team continues to investigate the role of metabolites produced by developing chicks as attractants for blood-feeding parasites. Margaret ran a mini-hematology workshop on the identification of stage 4 anemia in birds in June at the University of Massachusetts Amherst. In July, she assisted scientists from the University of North Dakota and the American Museum of Natural History in their study of wildlife foraging behavior in Churchill Manitoba, the polar bear capital of Canada.

Welcome new faculty and staff
Nicole (Nikki) Beckwith, M.A., R.D. joined Syracuse University in January 2018 as the dietetic internship director. She has a B.S. in dietetics from the State University of New York College at Buffalo and M.A. in nutrition science from Syracuse University. Nikki has been a registered dietitian/nutritionist for 18 years. Prior to joining our team, Nikki worked as a clinical dietitian for Aramark/The Manor at Seneca Hill and was also employed for several years as the director of clinical nutrition at James Square Health and Rehabilitation Centre. Nikki served for many years as an active and loyal preceptor to Syracuse University dietetic interns. Nikki traveled to Chicago in February for an Academy of Nutrition and Dietetics training for new dietetic internship directors and also went to North Carolina for the regional N.D.E.P. meeting in April. She led the selection of the incoming class of dietetic interns and ensured a successful finish for the 2017-18 DI class. We are pleased to have her as a colleague and look forward to her future contributions to the nutrition program and the profession of dietetics.

Chaya Lee Charles, M.S., R.D.N., C.S.G., C.D.N. joins Syracuse University as a teaching assistant professor in nutrition and dietetics. Chaya is a registered dietitian nutritionist with over a decade of experience providing medical nutrition therapy for facilities in the Syracuse area. Chaya holds a master’s degree in nutrition science from Syracuse University, and is a Board Certified Specialist in gerontological nutrition. Her graduate research assessed the potential link between vegetarianism and disordered eating behaviors. She has been an adjunct instructor for the Department of Public Health, Food Studies and Nutrition in Falk College at Syracuse University for the past three years. Chaya also works as a nutrition/wellness consultant for multiple facilities in Central New York. These facilities include Menorah Park of C.N.Y., where she develops and implements wellness programming; The Centers at St. Camillus, for whom she provides nutrition counseling to people in the home care setting; and Oswego County Opportunities Nutrition Services, where she oversees the nutritional quality of home-delivered and congregate meals served throughout the county. Chaya’s clinical areas of expertise include malnutrition prevention in the elderly, cardiovascular and diabetic nutrition counseling, nutritional intervention for wound healing, and weight loss counseling. Her recent area of focus has been on meal planning guidance and the provision of nutritious menus in the institutional and home settings.

Jessica Garay Redmond M.S., R.D., C.S.C.S., is a Ph.D. Candidate, Department of Exercise Science, Syracuse University.

She joined Syracuse University as an instructor in nutrition and dietetics with expertise in sport nutrition and integrative and functional nutrition. She earned a B.S. from Cornell in nutritional sciences and an M.S. in exercise science with a specialization in nutrition and eating behaviors from George Washington University. She served as an assistant professor at Utica College and director of the coordinated program in nutrition.

Prior to her term at Utica College, she worked for the Food Bank of Central New York and as an outpatient oncology dietitian at the Washington Cancer Institute. Between 2010-16, Jessica was an adjunct for O.C.C. and Syracuse University where she taught a variety of classes for nutrition/nutrition science, biology and exercise science.

Jessica’s private practice, Major League Wellness, provides sport nutrition and weight management counseling to individuals of all ages in Central New York. As an R.D., she is certified in adult weight management. She is also a certified strength and conditioning specialist, and is a 200-hour registered yoga teacher. She is an active member of the Integrative and Functional Nutrition Dietetics Practice group.

Much of her past research has included effect of exercise on chronic disease biomarkers; her dissertation is titled “P.A. patterns among Fetal Programmed Individuals.” Her topic for her interview research talk was “The potential role of fetal programming on dietary intake in young adults.” Welcome to N.S.D.!

Congratulations and thanks, nutrition faculty!

To our nutrition faculty, thank you for your service and commitments this past academic year as well as the academic year ahead: Lynn Brann, Ph.D., R.D., associate professor, will be on research leave Spring 2019. She currently serves as graduate program director. Kay Stearns Bruning Ph.D., R.D., associate professor, will serve as interim undergraduate program director of nutrition, Fall 2018. Tanya M. Horacek, Ph.D., R.D., professor, served as interim chairperson for Public Health, Food Studies and Nutrition, Spring 2018. Professor Horacek will be on research leave Fall 2018. Sudha Raj, Ph.D., R.D., teaching professor, will serve as interim graduate program director for nutrition science, Spring 2019.

Alumni

Alumni News


Rebecca Alcosser, R.D. (B.S. 2017) is a registered dietitian at The Renfrew Center in New York, New York.


Linda Bettis (M.A. 2006) has a new position at Oneida Center.

Loneke T. Blackman Carr, Ph.D., R.D. (M.A. 2009) is a postdoc at Duke University, Raleigh-Durham, North Carolina.

Heather Brubaker (M.S. 2018) is presenting her thesis at S.N.E.B. Heather won a Student Scholarship for S.N.E.B.

Laura (Sausmer) Carey, R.D. (B.S. 2007) is starting some research regarding the effectiveness of her bariatric surgery client counseling.

LTC Renee E. Cole, Ph.D. (Ph.D. 2006), R.D.N., S.P. is returning to San Antonio to be the director of the U.S. Military-Baylor University Graduate Program in Nutrition Joint Base, San Antonio-Fort Sam Houston, Texas.

Jennifer Renee Comeau, B.S.N., R.N. (B.S. 2014) graduated from Columbia University in 2016 at the top of her class with a B.S. in nursing. She works as a trauma-surgical I.C.U. registered nurse in Wichita, Kansas and is currently applying to nurse anesthetist programs.
Katy Davis (B.S. 2017) is a student in the coordinated M.P.H.-dietetics program at the Bloomberg School of Public Health at Johns Hopkins University.

Anna Delapaz (B.S. 2017) is a nutritionist and clinic supervisor at a WIC clinic in Greenville, Texas. She applied to the graduate program at Oklahoma State.

Michelle Diaz, P.A.-C., R.D. (B.S. 2006) has a new position at Holy Name Medical Center, Teaneck, New Jersey.

Rebecca Ditkoff, M.P.H., R.D. (B.S. 2011) has a new position as the founder of Nutrition by R.D., New York, New York.

Marlie Doucet, M.P.H., C.H.E.S. (B.S. 2005) is working at Northrop Grumman Corporation, Atlanta, Georgia.

Sara El-Amir (B.S. 2016) is a medical scribe in the Emergency Department at Crouse Hospital. She will be entering LeMoyne's accelerated nursing program this year, with plans to continue on as a nurse practitioner or physician's assistant in the future.

Mary Elizabeth (Briggman) Howard, R.D. (B.S. 2015) and her husband, Christopher, had a baby girl, Adeline Faith, in July 2018.

Jessica A. Gilo (B.S. 2007) is the culinary marketing manager at Houghton Mifflin Harcourt, Greater New York City Area.

Meaghan Harkins (B.S. 2017) has a new position at Virginia Hospital Center, Arlington, Virginia.

Caitlin Hogan, R.D. (B.S. 2010) attended a San Francisco alumni event. She is a clinical dietitian at U.C.S.F. Medical Center, San Francisco Bay Area.

Qianzhi Tea Jiang (M.A. 2011) completed her Ph.D. at University of Massachusetts-Amherst.

Julia Kameisha (B.S. 2016) will attend the Nutrition Science M.S. program at Syracuse University starting Fall 2018.

Anisa Kamel (B.S. 2017) has been admitted to the University of Arizona Pharmacy program for Fall 2018.


Gillian Kelly (B.S. 2014) R.D. is the retail dietitian for Shoprite in South Jersey. She completed the V.A. Dietetic Internship in June.

Ellen (Bobich) Kenney (B.S. 2017) attended a San Francisco alumni event. She works at U.C.S.F. Medical Center.

Jenn (Kerr) Lafferty (B.S. 2001 M.S. 2003) has been a practicing R.D. for 15 years and will now attend a graduate program to become an elementary math teacher in Portland, Oregon.


Eva Li (B.S. 2017) is a working as a dietetic technician.

Christina LiPuma, R.D. (B.S. 2016) is working at Spectrum Health Services, Inc. in Philadelphia, Pennsylvania.

Madeleine McColl (B.S. 2016) has been accepted to the Doctor of Chiropractic program at Life University, Atlanta, Georgia.

Jigna Merchant (M.S. 2004) works at Global R&I (Research and Innovation) headquarters of Danone’s Early Life Nutrition division, Utrecht, Netherlands. The focus of Jigna’s work is “Alimentation” – a key strategy for the way Danone wants to do business. It is a revolutionary approach to tackle health issues through food by encouraging healthier and more sustainable eating and drinking habits.

Kayleigh Newell, M.P.H. (B.S. 2013) matched to the Yale-New Haven Hospital D.I.

LB Persky (B.S. 2012) completed her master’s degree at Boston University. Her thesis examined the effects of meteorin on the immune cell function in prediabetic patients.

Sara Quinteros-Fernandez (M.S. 2015) was selected by the Alumni Society of the College of Health and Human Development at Penn State to receive one of its two 2018 Emerging Professional-Undergraduate Degree Awards. The award honors alumni who have graduated within the past ten years and demonstrated professional excellence and exemplary voluntary community involvement in a health and human development field.

Jessica Rosenberg (B.S. 2017) has been accepted to N.Y.U. for the accelerated nursing program.

Ashley Russo-Leone (M.A. 2016, D.I. 2017) is the 2018 recipient of the Recognized Young Dietitian of the Year Award from the New York State Academy of Nutrition & Dietetics.

Zhengli Shi (M.A. 2017) is working for a private scientific and technical corporation focusing on developing products in providing nutrition service, targeting on pregnant and pediatric population.


Nkumeh Tifah (B.S. 2015) has a new position at Industria Creative, New York, New York.

Jill (Weslowski) Guerin, R.D.N. (B.S. 2005) is a public health nutritionist with the New York State D.O.H. Regional Office WIC Program.

Kelly Wright (B.S. 2004) has a new position at Virginia Department for Aging and Rehabilitative Services (DARS), Henrico, VA.

Shichen Zhou (B.S. 2015) continues to do well in his graduate program in statistical genetics at Columbia University’s Mailman School of Public Health.