Greetings! This is the fourth edition of The FNS Gazette for the academic year 2014/2015. Each edition brought a special significance and sharing of information about the department. The quarterly issues have included the inaugural one focusing on our students after graduation, the heart issue, the graduation issue and finally the back to school issue. The latter will describe what a few select FNS students did during the past summer, 2015. It included experiences such as internships, community service and volunteerism, shadowing, travel, and job placement. FNS students continue to achieve and the next four issues of the Gazette during year two, 2015/2016, will be just as great!

New departmental ventures for 2015/16 include: Academics (revised curriculums, Libguides use to improve student oral and written communication skills, expanded internship opportunities, additional classroom technology, e.g. Via Response, etc.); Research (Increased academic and industry partnerships; and Extension/Service (Implementation of Service Learning Projects). The department continues to provide interim and annual reports to the Accreditation Council for Education, Nutrition and Dietsetics (ACEND) regarding our DPD program, and to the Institute of Food Technologists (IFT-Higher Education Review Board) regarding the Food Science program. Corporate offices respectively are located at the Academy of Nutrition and Dietetics (120 South Riverside Plaza, Suite 2000, Chicago, IL 60606) and The Institute of Food Technology (525 W. Van Buren, Suite 1000, Chicago, IL 60607).

Again the department, faculty and staff are still reveling in our most recent top news: Tuskegee University’s Food and Nutrition Program is ranked 34 among the top 50 programs in the United States according to public health online. We will continue each year to improve this statistic in the department and rise to even higher heights.

In every FNS Gazette our program’s national status is recognized for the purpose of maintaining awareness among our alumni. A major need for the department is to continually contribute toward a fully established endowed FNS alumni scholarship of $25,000. This endowment will assist us in recruiting and retaining more students into our academic majors: the Didactic Program in Dietetics (DPD), Food Science (FS), Nutritional Science (NS) and Public Health Nutrition (PHN). Students in FS and NS may also have a dual major with Biology. Please send in your contribution upon receipt of this FNS Gazette!

Our first appeal to alumni and friends for financial support in October 2014 assisted us in reaching 1/3 of our goal. We ask for your continued support.

Our FNS BRAND is 100% job and graduate school placement.

Announcements...

- Tuskegee University is ranked #34 on Public Health Online’s “Best of 2015: Top Nutrition Degree Programs”

- TUFANS Executive Board 2015-2016
  - President: Lauriel Stewart
  - Vice President: Azziza Robinson
  - Secretary: Tierney Donnell
  - Assistant Secretary: Erica Archie
  - Treasurer: Jamilah Page
  - Public Relations/Fundraising Chair: Jada Bone
  - Parliamentarian: Nemuel Bonner
  - Senator: Imena Ezell; Proxy: TBA
  - Ms. TUFANS: Jhaelynn Elam
  - Mr. TUFANS: Arthur Bruce

- Jamilah Page and Tierney Donnell have been selected to be Co-Chair and Treasurer for the 2015 - 2016 Junior Alabama Dietetics Association (ALDA) Inaugural Board

“Only a generation of readers will spawn a generation of writers.”

– Steven Spielberg
**TUFANS President’s Message…**

Welcome to this new school year at Tuskegee University!!! I’m really excited for everyone to make the transition from the summer back into the swing of classes and extracurricular activities. Please make this a productive year—we need to all make the most of it. As the TUFANS president for the 2015-2016 academic year, I want everyone to become more involved in TUFANS club activities. The past few years, it seems like participation in club activities has been dwindling, and that is truly unacceptable with how large our department is.

I’ve started planning some initial activities but there is still more work to be done. I know that when we all come together, and get our creative juices flowing, we can get some really great ideas identified for this year and truly make this one of the best years that TUFANS has ever had!

Also, one key life lesson that I learned from my summer internship, Purdue University, Lafayette, IN—Food Science Department, is that you never know who is watching, so always be your best and do your best. Set your standards as high as they can be and live each day to reach and even surpass these standards. When you live your life being the best you can be, you will unconsciously push your peers to be the best they can be as well. I look forward to seeing you all soon!

Kindest Regards,

**Lauriel Stewart**

“Desire is the key to motivation, but its determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.”

- Mario Andretti

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**5 Effective Study Tips**

It can be difficult to get back into the swing of things after the summer is over. So, whether you are a freshman transitioning to college life or you’re a graduating senior with a bad case of “senioritis”, here are five study tips that will help you stay focused and motivated for the rest of the year:

1. Don’t be afraid to ask for help
2. Schedule your study time
3. Organize your class materials
4. Manage stress
5. Take care of yourself first – eat right, exercise, get plenty of rest

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**TU DPD Alumni in Action**

**Graduation Date:** 2011  
**Major:** Food and Nutritional Sciences/Dietetics  
**Current Residence:** Montgomery, AL  
**Professional Development:** Attended Alabama Dietetic Association Meetings  
**Graduate Studies:** MS degree in Human Environmental Sciences-Human Nutrition, University of Alabama (Tuscaloosa, AL)  
**Academic Preparation:** 9 months at Alabama State Department of Education as Dietetic Intern with focus in Food Service Management & Child Nutrition  
**Current Position/Location:** Child Nutrition Director for Bullock County Public Schools in Union Springs, AL  
**Salary Range:** $44,000 and up depending on years of experience.

**Gina Hayes-Shell**
This summer I had the pleasure of working for 8 weeks at Purdue University in the Nutrition Science department. My mentor was Dr. Nana Gletsu-Miller and under her leadership I researched “The Association Between the Consumption of Specific Food Groups and Anthropometric Measures of Obesity in Adolescents”. I found that high consumption of refined grains and sugar sweetened beverages were associated with larger waist circumference measurements in adolescents. At the end of my duration at Purdue, I shared these findings in my concluding presentation.

Kendra Wilder
Senior, Dietetics

This summer, I had the opportunity to intern at Bell Flavors & Fragrances located in Northbrook, IL. As an intern I was able to work underneath a certified Flavorist and aid in the creation of flavors. I also got to work hands on with many raw materials by compounding different flavors, both natural and artificial. My current field of study is Food Science with a focus in Food Chemistry. This internship allowed me to work with many of the chemicals that I have learned about through the chemistry courses that I have taken. I was also able to complete processes that I have learned about in my Food Science classes, such as emulsification and homogenization. I plan on returning to Bell Flavors & Fragrances in order to gain more knowledge and experience in Flavor Chemistry.

Azziza Robinson
Junior, Food Science

I have been working in Boston with Child Obesity 180 for the summer. Child Obesity 180 at Tufts University Friedman School is a national leader in childhood obesity prevention, blending scientific evidence and rigor with innovation and experience from the private sector. Specifically, I worked on the Active Schools Acceleration Program (ASAP) team throughout the summer. Our goals were to engage students in physical activity before, during, or after school. This was my first time in the North and I have enjoyed the city of Boston minus the cold days in June.

My responsibilities included:
- Field Visits to Boston schools to assist in evaluations and support community events.
- Coding and analyzing end of the school year evaluation data from the surveys and interviews conducted.
- Contributing to the development of a youth outreach strategy for the New Balance Billion Mile Race.
- Strategizing ways to bring the New Balance Billion Mile Race to southern elementary and middle schools.
- Creating a communications report that tells the story of the Year 1 in the Boston expansion of the 100 Mile Club.
- Creating a “Walk and Talk” card deck of nutrition and physical activity facts to engage discussions as kids walk or run their miles at school.

The internship has opened my eyes to a different aspect of nutrition (Policy making, initiatives, and business) that I previously had very little knowledge about. I have learned about writing grants, marketing, and building relationships with donors. I have also learned the importance of being able to translate academic research into materials and literature that can be understood by the public.

Arthur Bruce, Jr.
MS Student
Celebration of the 125th Anniversary of the 1890 Land Grant System (Washington, D.C.)

On arrival in Washington D.C., my colleagues and I went to the Grand Hyatt hotel to register for the events we attended in Celebration of the 125th Anniversary of the 1890’s Land Grant System. At the meet and greet, Dean Walter A. Hill, gave a welcome speech to all of the Historically Black Colleges and University’s (HBCU) school’s representatives, followed by socializing and interacting with people at the event. The next morning, we attended the 1890’s conference where every school displayed their school’s food and agriculture programs. At the conference, 18 of 25 1890’s land grants schools attended. Alumni from different universities viewed the displays and asked questions about everyone’s program.

The conference was followed by a banquet which highlighted all 25 programs and highlighted their success within the last five years. All of the university presidents from the 1890’s schools were in attendance. The students from Tuskegee ushered the entire event. At the end of the event, we passed out plaques that said “The 1890’s 125 years of Providing Access and Enhancing Opportunities”.

On our last day in Washington D.C., we visited the Library of Congress. The senators and representatives gave speeches, after which we toured the Library of Congress and visited different areas of the building. It was a very exciting visit to the nation’s capital. I also had the chance to network with people about future job opportunities after graduation.

James Vinson
Junior, Food Science

Aunt Katie’s Community Garden (Dothan, AL)

This summer I had the opportunity to intern at Aunt Katie’s Community Garden located in Dothan, AL. Aunt Katie’s Community Garden strives to provide food and nutrition education to children and adults as well as create a sense of community across Dothan neighborhoods.

During my internship, I worked on various projects such as food service, under the supervision of a nutrition educator, and assisting my supervisor by providing scholarly evidence for proposals. I was also able to apply my own background in nutrition to educate visitors on how beneficial the garden is for health and well-being.

Tierney Donnell
Senior, Dietetics

University of Alabama at Birmingham (Birmingham, AL)

I participated in a program called Minority Health and Health Disparities Research Center. I did my research based on the effect of intense physical therapy among patients with cerebral palsy. My major in Nutritional Science and Biology and my work relates to knowing the anatomy and physiology of a patient to understand what techniques will help improve mobility function. After graduation I plan on going to physical therapy school at UAB.

Erica Archie
Junior, Nutritional Science and Biology
Earth University in Costa Rica
(Mercedes, Costa Rica)

Such an adventurous summer! I have never been outside the country before until this summer. I participated in a short course at Earth University in Costa Rica. Over the course of 10 days, the course covered a number of topics all under the agricultural umbrella (food safety and security, entomology, organic pest control, plants for food and medicine, farming methods that support sustainability, methods of recycling and reducing waste during production, etc.) through experiential learning. In addition to learning the importance of agriculture, learning and understanding the cultural lifestyles of the country (and in relation to other countries and lifestyles) was a great part of the experience.

Jamilah Page
Senior, Dietetics

AL Department of Public Health
(Montgomery, AL)

This summer, I had the opportunity to shadow a registered dietitian (RD) within the Department of Nutrition and Physical Activity at The Alabama Department of Public Health. During this time I was able to meet many RDs and get to know them and inquire as to what made them want to be a RD. I was able to learn how they arrived at their professional destination. I was able to sit in on conference calls with the grant review board and see the process of getting grants approved and assist with a project that was being done.

I calculated Body Mass Indexes (BMIs) and determined weight status of individuals based on a health questionnaire requesting self-reporting of weight and height. I was also able to travel to Birmingham to attend a Men’s Health Fair at Protective to distribute information about the company’s new vending machine options, Good Choice. I also handed out pamphlets and “tested” the men to see if the snacks they were eating were a “good choice”.

I was also able to attend a Smarter Lunchrooms conference, where we discussed ways to make the lunchroom more visually appealing and the placement of healthy options in locations more visible and convenient for children. Another opportunity that I had was to go to a WIC clinic in Montgomery for a day and experience first-hand the different types of counseling that is done for expecting mothers, newborns and toddlers. Lastly, I had the opportunity to attend an Exercise Science conference where many physical education teachers came and were taught information on neural activity in children that affects their physical activity; the counselors were able to learn new games that could be used in a physical education class. During my time at The Alabama Department of Public Health, I was able to see the different aspects of what a Registered Dietitian can do with their career and learn information that will help me in the future academically and career wise.

Deja completed a 6-week medical internship as part of the Summer Health Enrichment Program (SHEP). This program exposes talented undergraduate students to careers in medicine, dentistry, optometry, and other health professions. Students are allowed to work in medical environments, and shadow clinicians, while preparing entry into professional schools. Deja has dreams of becoming the best pediatrician in the world.

Jada Bone
Junior, Dietetics

University of Alabama in Birmingham, School of Medicine
(Birmingham, AL)

Deja Hatcher
Junior, Nutritional Science/Pre-Health Biology
This summer, as a Cancer Intern, I had the opportunity to do research at Morehouse School of Medicine in Atlanta, Georgia under the direction of Dr. Derrick Beech. I did a retrospective study on diabetes/metabolic disease using de-identified patients with a pre-existing diabetic condition. I presented a poster at the end of the summer entitled “The Efficacy of a Metabolic Disease Registry for Managing Diabetes in Underserved Communities. The purpose of this study was to identify problem areas as it relates to patients effectively controlling their diabetes. I used statistical data analysis to show how individuals with well-defined care plans managed their diabetes. This relates to my field of study because as a pediatrician I want to implement plans to reduce the obesity epidemic. In order to make these changes the problem areas have to be identified and factors determined that are statistically significant before changes can be made.

Tania Anderson
Junior, Nutritional Science and Biology

This past summer I served as a quality assurance intern for Nestle USA in Tulare, CA. The relevance of this internship was Food safety and quality production. The biggest expectation of this internship was to gain insight on food industry quality and its importance.

Projects:
• Trained and re-qualified cross functional team members on potential off flavoring packaging sensory
• Identified gaps to improve on variegate pooling in both Haagen Dazs and Dreyers products
• Compiled database to identify and confirm that the factory was accurately producing product
• Reduced potential consumer complaints by modifying equipment that monitors the fill level of all pint, mini cup, and quart containers.

Salary Range: $1500.00-$2000.0

Jhaelynn Elam
Senior, Food Science and Biology
My Journey At Tuskegee University

My Time at Tuskegee University:
Traveling thousands of miles from my native home of Ghana, located on the west coast of Africa, I made the journey to Tuskegee Alabama to pursue my graduate studies. Garnered with a BS degree, I was privileged to work under the supervision and guidance of Dr. Adelia Bovell-Benjamin whose continuous support and encouragement built my focus and career decisions. It was always good to know that I could count on the support of the FNS department faculty and staff- Dr. R. Pace, Mr. P. Gichuhi, Ms. A. Fells, Dr. N. Dawkins and Dr. B. Min- with both personal and academic needs. The team spirit and healthy competition among graduate students and the willingness to help each other succeed with research projects was enormous. I remember graduate students (Dorcas, Mori, Ibrahim and Fabian) going with me to my various locations for data collection; without them my research wouldn’t have taken the turn that it did. Lifelong friendships were established that will sustain me wherever my journey may take me.

Career Development:
I had the opportunity to serve as the chair of the Department of Food and Nutritional Sciences (FNS) graduate student assembly for the 2012-2013 academic year; this experience instilled leadership skills in me. I also had the opportunity to attend the 2012 (Las Vegas, NV), 2013 (Chicago, IL) and 2014 (New Orleans, LA) Institute of Food Technologist (IFT) Expo with the sponsorship of the FNS Advisory Board. Attending these events introduced me to many aspect of the food industry and the plethora of food companies. Furthermore, it gave me the opportunity to present my research to an international audience. I also presented my research at the 2013 America Institute of Cancer Research Conference in Bethesda, MD. As a student in the Department of Food and Nutritional Sciences I participated in the oral competition at The Association of 1890 Research Directors (ARD) 17th Biennial Research Symposium in Florida and graduate student poster competition at the Tuskegee University 71st Professional Agriculture Workers Conference (PAWC), held in Tuskegee, Alabama during which I won 2nd place and a cash price of $300.

Life After Tuskegee University:
Upon graduating from Tuskegee University, I accepted my first professional position at the University of Maryland Eastern Shore Cooperative Extension division. I worked as a Nutrition Educator with their Head Start outreach program. I am currently working with Penn State University, The College of Health and Human Development, Center for Childhood Obesity Research as a Research Technologist II (Nutrition Educator). My roles include but are not limited to delivering TRACKS-approved curricular to low-income families at Head Start Child Care settings and the Supplemental Women, Infant and Children Clinic sites, interacting/coordinating with program partners in the community and staff at program site locations, preparing nutrition education lesson plans and corresponding educational materials, assisting in program planning, performing data entry, generating program reports, assisting with study recruitment and human subject data collection (via telephone interviews and questionnaires), and overseeing undergraduate student wage/payroll. My job position level G, with a maximum salary up to $60,000 annually. Courses such as Nutrition and Disease, Human Nutrition and Health and Biostatistics academically prepared me for this position. I look forward to building and growing in my career on the foundation Tuskegee University, Department of Food and Nutritional Science established.

Rebecca Gyawu, MS
Major: MS in Food and Nutrition
Graduation Date: May 2014
Graduate Research: Evaluation of The Alabama Black Belt Food Environment for Cancer Prevention
Tuskegee University Food and Nutritional Sciences Advisory Board (FNSAB)

The Food and Nutritional Sciences Advisory Board is celebrating in 2015, 20 years of service to the Department of Food and Nutritional Sciences. Over the years they have established several great programs to include a strong student internship, mentorship and scholarship (IMS) program. They were also instrumental in partnering with the department in implementing Tuskegee University’s inaugural George Washington Carver Food and Nutrition Series. It also served as a FNSAB scholarship fund raiser for our students. These are among just a few other great support programs that have been implemented over the years. As they enter their 21st year, the department and the board are integrating a strategic plan that will further their partnership for another 20 years or more.

Kellogg Supports Tuskegee University’s Food and Nutritional Sciences


During the event, Kellogg presented the “Kellogg Company Theodora Morille-Hinds Food and Nutrition Science” $25,000 scholarship fund for students in the areas of food and nutrition study. Named “Kellogg Scholars,” the scholarship will help a deserving student offset the costs of pursuing his or her goals.

Kellogg chose Tuskegee University as a core school to invest in its programs and students and will include annual visits to recruit Tuskegee students for its internship program. Dr. Richelle Beverly, Brand Steward, Quality and Consumer Affairs, W.K. Kellogg Institute For Food and Nutrition Research (WKKI), visited our department in the Spring of 2015 and talked to Tuskegee students about “Career Management and Options.”

Pictured above (left to right): Margaret Bath, Senior Vice President, Research Quality and Technology, WKKI, Theodora Morille-Hinds, Vice President, Global Quality Technical Services, WKKI, Larry Keener, Past FNSAB Chair, Tuskegee University and Ralphenia Pace, Head, Department of Food and Nutritional Sciences, Tuskegee University.
Faculty Food Safety Research
Dr. B. Min

Antibacterial Activity of Pomegranate, Orange and Lemon Peel Extracts Against Food-Borne Pathogens and Spoilage Bacteria In vitro and on Poultry Skin

Storage Stability of Sweet Cream Butter Prepared From Goat Milk

Green tea changes serum and liver metabolomic profiles in mice with high-fat diet-induced obesity

Microbial Decontamination of Fresh Produce (Strawberry) Using Washing Solutions
*Journal of Food Research* 2015, 4(3): 128-137.

Faculty Cardiovascular Training
Dr. M. Johnson

This summer I had the distinct honor of being 1 of 12 participants in the Summer Institute Program to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) at SUNY Downstate Medical Center in Brooklyn, New York. Sponsored by the National Heart, Lung, and Blood Institute (NHLBI), the goal of the Institute is to “broaden the demographic profile of medical research by training junior scientists from under-represented minority backgrounds...” As part of the two-week training we were privy to didactic courses and grant writing and grantsmanship strategies—many of which were provided by world renown clinicians and researchers in the field of cardiovascular medicine and research, community-based participatory research and health disparities.

In addition, we were able to hold the Nobel Prize belonging to Dr. Robert F Furchgott for his contribution to the discovery of nitric oxide and its role in cell signaling! Although the training was highly rigorous I was able to take in a few of the sights and even visited the Brooklyn Tabernacle, home of the six time Grammy Award-winning Brooklyn Tabernacle Choir! My participation in the PRIDE-CVD Summer Institute was remarkable and I look forward to my future research collaborations and contributions to the diversity of cardiovascular disease research!
Welcome Back Golden Tigers

Tuskegee University Department of Food & Nutritional Sciences Presents:

THE GAZETTE
August 2015 “Back to School Edition” Volume 4, Issue 1

Test Your Knowledge!!!

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Across:
1. As a child Booker T. Washington worked in a mine extracting this mineral, which when consumed in excessive amounts, has been associated with increased risk for hypertension
4. A term used to describe inequalities or differences in health status as seen in certain groups of people, particularly minorities
6. The process by which oxygen interacts with other substances or molecules
7. A type of soluble fiber commonly added to fruit when making jams and jellies
9. A type of institution of higher education designated by a state to receive the benefits indicated in the Morrill Acts of 1862 and 1890
10. The first African American Cooperative Extension Agent in the United States, whose last name adorns the building that houses the Department of Food & Nutritional Sciences

Down:
2. A substance that is able to prevent oxidation
3. The field of study concerned with the causes, effects and outcomes of disease
5. The study of the effects of nutrients on gene expression
8. The indigestible portion of plants that has two main components- soluble and insoluble

Across: 1) salt; 4) disparity; 6) oxidation; 7) pectin; 9) land grant; 10) Campbell
Down: 2) antioxidant; 3) epidemiology; 5) nutrigenomics; 8) fiber

Show your support & receive The Gazette in print for a $5 donation!

This issue of The Gazette is brought to you by:
Jamilah Page, Tierney Donnell, Lauriel Stewart, Gina Hayes-Shell, Kendra Wilder, Azziza Robinson, Arthur Bruce, Jr., James Vinson, Erica Archie, Deja Hatcher, Jada Bone, Rebecca Gyawu

Faculty Advisors:
Drs. Ralphenia D. Pace & Melissa Johnson

Welcome Back Golden Tigers