An Exciting Future...

The discipline of nutrition has changed dramatically in the last 50 years. We moved away from defining nutrient requirements in terms of correcting deficiencies to recommendations optimizing health and decreasing disease risk. We continue to define the functional role of nutrients and diet. With the elucidation of the human genome, nutrition joins the other life science disciplines in exploring its relevance. Nutrition is the best, most efficient modifier of the human genome. The study of nutrient-gene interactions will take center stage in the coming years. Parrelling this biological revolution is the interest by the public in healthy lifestyle choices beyond the Food Guide Pyramid. These choices include exercise, dietary supplements, bioactive ingredients, and functional foods.

The Department of Foods and Nutrition is making important teaching and discovery contributions in these movements. For example, the Department determined calcium intakes required for maximal calcium/skeletal accretion during growth, which became the new requirements for the nation. Diet-exercise interaction is an active area of investigation; consequently, our newest undergraduate major, Nutrition, Fitness and Health, was among the very first in the nation to combine nutrition with the other lifestyle components of fitness and health curriculum. Our faculty and graduate students are studying the targeting of an anti-cancer compound in green tea to a cancer cell surface protein, the effects of soy isoflavones on bone health and the role of CLA (conjugated linoleic acid found in cheese and meats) on diabetes and cancer as well as energy balance considerations. Genetic influences on calcium absorption and retention are under investigation.

Current research opportunities in Foods and Nutrition have mushroomed in the last three years. We were recently awarded a center grant from NIH (National Institutes of Health) to study the efficacy and safety of botanical dietary supplements purported to prevent age-related diseases (see article on page 5). We also received a large grant from the USDA to study nutritional education programs to increase peak bone mass in children (article on page 5).

But good science is not new here. We’re building on a diverse legacy that was established through the years. That legacy continues in the quality education of undergraduate and graduate students, as well as through nutrition education Extension programs, which transmit accurate, accessible information to the public.

Strongly rooted in the past...

Foods and Nutrition was an original department when the school of Home Economics was started in 1926, the only department within the school to remain the same in focus and name. Before CFS was established, Dietetics and Nutrition was already a program of study within “Household Economics” when it was established as a department of the School of Science in 1905. At that time, the President’s Annual Report quotes the reason for establishment of the new department, “Purdue should offer to women opportunities comparable in scientific and technical value with those enjoyed by men.” A 1923 catalogue lists Dietetics and Nutrition as the only professional program in the area of foods and nutrition. The dietetics program at Purdue was the first in the state.

There have been many firsts for Foods and Nutrition. F&N contributed the first two women distinguished professors to the University, Drs. Helen Clark and Avanelle Kirksey (see Distinguished Professor article on page 3). Dr. Gladys Vail was a charter member (and the only woman) of a new national organization, Institute of Food Technologists. IFT has become an influential, important organization for food professionals and educators. The first male graduate of CFS was an F&N major. The interdisciplinary graduate doctoral program, Interdepartmental Nutrition Program, was begun in 1992.

Continued to back cover Decades of Discovery
New Faculty

It is our pleasure to introduce three new faculty members who bring unique perspectives, but build on Departmental strengths in calcium research and human clinical nutrition.

**Carol Boushey**, a Registered Dietitian specializing in nutritional epidemiology, is now the Director of the Coordinated Program in Dietetics. Dr. Boushey received her BS in Experimental Foods and Nutrition from University of Washington, and MPH from the University of Hawaii, and her Ph.D. from University of Washington in Nutritional Epidemiology. Dr. Boushey has been very active professionally and was chosen a Young Dietitian of the Year. She also was the recipient of an American Dietetic Association Outstanding Service Award and a Kraft General Foods Fellowship. She has published results of her studies in medical journals, including JAMA. Dr. Boushey was President of the Hawaii Dietetic Association and in the past year, she was a member of the Nominating Committee for the Public Health Nutrition Practice Group.

In her own words: “I am pleased to join the faculty at Purdue University. The Coordinated Program has a long history of excellence and I look forward to the opportunity to direct this program into the new millennium. I have been committed to teaching future practitioners since 1979, when I precepted my first student (I still keep in touch with her today!). The dietetics profession is always evolving so education programs have to continually adapt and remain progressive. Fortunately, the program at Purdue University has adopted this credo. Purdue graduates certainly have a legacy of which to be proud.

For research, I am interested in measuring dietary intake as it relates to onset of disease, maintenance of health, and the effects of nutrition interventions. This broad interest has allowed me to be involved with topics ranging from the association of total homocysteine levels to cardiovascular disease to the effectiveness of a youth cooking school program in young children. Since coming to Purdue, I have developed a special interest in bone health, motivators and barriers to calcium intake in adolescents, and calcium education. (See bone health article on page 4.) I also direct applied research in the area of food security. In other words, my research reflects the variety that exists within the profession of dietetics.”

Another recent arrival to the department, **James Fleet**, also adds to our strength in calcium nutrition. Dr. Fleet received his BS in Animal Science from Cornell University and finished an MS at the University of Delaware before returning to Cornell to complete a Ph.D. in nutritional biochemistry. He followed his Ph.D. with a post-doc at Tufts University in Boston and he remained there from 1991 to 1997 as a staff scientist at the USDA Human Nutrition Research Center on Aging and a faculty member at the School of Nutrition Science and Policy. From 1997 to 2000 he was on the faculty of the University of North Carolina at Greensboro. He joined us at Purdue in the fall of 2000 as an Associate Professor.

Dr. Fleet is well published and professionally active. His research is currently funded by grants from the NIH and the US Veterans Administration. He was recently honored with the Mead Johnson Award for 2001 from the American Society for Nutrition Science (ASNS). This award honors young investigators for their achievements in the first 10 years of their career.

In contrast to Drs. Boushey and Weaver, Dr. Fleet approaches the study of calcium metabolism from a cellular and molecular perspective. His current work focuses on the molecular mechanisms by which calcium is absorbed in the intestine and the role that vitamin D plays in regulating this process. He is doing this research to help understand why people are less able to absorb calcium from their diet, as they grow older. Another project in Dr. Fleet’s lab investigates the influence that a person’s genetic make-up has on bone and calcium metabolism. This type of work may ultimately lead to the development of individualized dietary requirements. Finally, from his interest in the regulation of intestinal cell biology by vitamin D, Dr. Fleet has recently initiated projects that may shed light on the protective effect that vitamin D has against colon cancer. In the classroom, he has experience teaching graduate level courses in nutritional biochemistry and physiology as well as presentation skills. Beyond the classroom, Dr. Fleet has written many articles for the Tufts University Health and Nutrition Letter and for Nutrition Reviews.

The Department is pleased to welcome **Wayne W. Campbell** to the faculty. Dr. Campbell’s areas of specialty in nutrition and exercise physiology are a perfect complement both for our Nutrition, Fitness, and Health major and for the Department’s goals in human clinical nutrition research. He received his BS from the University of Delaware, Masters degree from the University of Maryland, a Doctorate degree from the Tufts University School of Nutrition, and did post-doctorate training at The Pennsylvania State University. Before coming to Purdue, Dr. Campbell was with The Nutrition, Metabolism and Exercise Laboratory, Department of Geriatrics, at the University of Arkansas for Medical Sciences.

His research interests include basic and clinical human nutrition and exercise studies on protein, carbohydrate, and energy metabolism, dietary protein and energy requirements, body composition, muscle strength, and muscle function, with special emphasis on aging. Dr. Campbell has authored numerous papers in such journals as the American Journal of Clinical Nutrition, and the American Journal of Physiology, and has lectured to national and international audiences on the importance and benefits of good nutrition and exercise for persons of all ages.

Dr. Campbell’s professional honors include a USDA pre-doctoral Fellowship in Nutrition Sciences at Tufts University, the Kraft General Foods pre-doctoral Fellowship, a First Independent Research Support and Transition (FIRST) award from the National Institutes of Health, and a year 2000 Presidential citation for outstanding achievement from the University of Delaware.
Connie Weaver Named Distinguished Professor

The Purdue University Board of Trustees named Connie Weaver, Department Head of Foods and Nutrition, a Distinguished Professor of Purdue University in June of 2000, honoring her exceptional accomplishments in the area of nutrition research and mineral bioavailability. Dr. Weaver’s unique approach to the study of calcium metabolism in teens using stable non-radioactive isotope methodology provides insight into factors affecting development of peak bone mass during growth, which determines risk of osteoporosis in women. The approach developed by her research team is being used for determining estimated average requirements of nutrients of many different populations around the world.

Her ground breaking work on calcium metabolism was used by the National Academy of Science Food and Nutrition Board to set new Dietary Reference Intakes for North America for calcium by adolescents and young adults in the fall of 1997. Dr. Weaver’s research results leading to better bone health have as their basis over 100 original refereed publications in peer-reviewed journals and she has given over 45 national and international symposia presentations. She studies calcium metabolism in controlled feeding studies as part of a research camp called “Camp Calcium.” She ran Camp Calcium on adolescent girls in 1990, 1993, 1996, 1998 and 2000 and is studying adolescent boys in 2001. She first compared calcium handling in adult women compared to adolescent girls. Results of these studies showed that 91 percent of the total bone mineral content (measured by bone densitometry) is acquired by the age of 17 years. No subject studied over the age of 21 years had the ability to acquire additional calcium (net positive balance). The calcium intake required for maximal accretion during the period of most rapid skeletal growth was found to be 1300 mg/day, the current recommended intake for age 9-18. In another camp, her research team learned how blacks handled calcium more efficiently, which allows more skeletal growth than whites. The two latest Camp Calcium protocols studied the interaction of dietary salt and calcium metabolism.

In addition to calcium absorption, Dr. Weaver has conducted landmark human studies evaluating the bioavailability of calcium from food products. Recently published data proves for the first time that small calcium compounds can be absorbed intact. These results alter our current understanding of calcium bioavailability from foods and therapeutic agents. Dr. Weaver and collaborators have provided most of the current knowledge on calcium absorption in humans from individual food sources.

Dr. Weaver’s scientific prominence led to her election as President of American Society of Nutritional Sciences in 1998 and as current chair on the NIH Nutrition Study Section. She has appointments with the National Space Biomedical Research Institute, Board of Scientific Counselors; Board of Trustees, International Life Sciences Institute; and many other past appointments, including National Academy of Sciences Food and Nutrition Board Dietary Reference Intakes Panel Member for Calcium and Related scientists, legislators, industry and health care professionals working together on the development of adequate bone mass and the prevention of osteoporosis through adequate calcium intake during the adolescent years.

In addition to her scientific achievements, Dr. Weaver has received numerous teaching awards over the years, including the Mary Matthews and the Purdue University Amoco Undergraduate Teaching Award. She was listed in the University’s Book of Great Teachers in 1999. In fall 2000, a team of interdisciplinary scientists under her leadership was awarded a NIH funded Botanicals Center. (See article on page 5)

Major Awards

Dr. Richard Mattes was the recipient of two major awards in the past year. He was named a University Scholar and was the Award of Merit for Research recipient from the Purdue chapter of Gamma Sigma Delta. University Scholar is a newly created award to recognize outstanding faculty who are on an accelerated path for academic distinction. The goal of this program is to assist the University in retaining key faculty colleagues and to act as an inducement in recruiting such people to our campus. Dr. Mattes was among only eight professors, campus-wide, to receive this award. There is research money associated with this honor for a five-year period.

To understand the Gamma Sigma Delta Award of Merit we need to look at his research. Dr. Mattes’ research interests concern the regulation of food intake in humans, energy balance dietary compliance, human cephalic phase responses and clinical disorders of taste and smell. He has been the principal investigator on one or more National Institutes of Health grants continuously since 1984. His current NIH-supported work is exploring the sensory properties of dietary fats and their influence on lipid metabolism. At present, the dogma is that fats are perceived by their textural attributes. However, his work suggests they may have a taste component as well.

This new insight may aid the food industry in development of improved fat replacements. Moreover, his work indicates that mere sensory exposure to dietary fats elevates post-prandial triglyceride levels. Given the accumulating evidence that elevated triglycerides are an independent risk factor for coronary heart disease, it is vital that the factors that influence this be characterized. Thus, Dr. Mattes’ work also holds important health implications.

In the summer of 2000, he had eight research studies in process concurrently. Three separate studies were focused on the mechanisms and functions of fat perception as noted above. Two others explored the effects of peanut or peanut oil consumption on appetite and cardiovascular disease risk. The evidence suggests that peanuts are filling and reduce serum triglyceride concentrations, but not necessarily by the most commonly expected mechanisms.

Continued on page 4, Major Awards
GMO Controversy Sparks New Technology in Extension Education

With the controversy over GMOs, genetically modified organisms, brewing in Europe, F&N Associate Professor Charles Santerre has developed an educational tool to reach science teachers with balanced information on this subject. Only 43 percent of American consumers understand that these products have been on grocery store shelves for the past five years. Though there is a high degree of trust in American farmers and their ability to provide delicious, fresh, wholesome and safe foods, however, there is an educational void involving food production and processing. Various special interest groups are attempting to fill this educational void with the type of information that has created a scare in Europe. When fearful voices dominate the media, educators must work hard to give the consumer a balanced perspective on the benefits of food biotechnology vs. the risk. If you thought that the computer revolution was big, watch out! This technology has already had a large impact on the pharmaceutical industry. It is estimated that 25 percent of the top 20 drugs are produced using bioengineered organisms. Diabetics can now take human insulin that is produced by microorganisms rather than swine insulin produced by pigs.

In April 2000, we launched a prototype web-based training program. Though the first release was targeted at science teachers, future efforts will be directed at extension specialists and educators, dietitians, food technologists, science reporters, and policy makers, among others. For the first field test, participants were recruited at the National Science Teachers Association meeting in Orlando, Florida.

Teachers were provided a bookmark that contained information about the project along with a URL and a password to the site. To ensure confidentiality, we encrypted all communications between participants and our server. After completing a consent form, participants were asked for some biographical information and then asked to complete a pre-training survey to establish their baseline knowledge and attitudes concerning food biotechnology. The actual content consisted of four training modules transmitted as streaming video. Participants viewed a set of slides while listening to a narration. They could also follow the presentation by reading the synchronized script that appears below the slides. Each module was about 17 minutes in length. After viewing the modules, they completed a post-training survey to assess the knowledge gained. Some questions attempt to measure behavior and attitude changes which result from the training. To make this technology accessible to most users it was designed so that users with 56kb modems could participate.

Continuing education credits were available. Participants can essentially work at their own speed and come and go as they wish until they completed the program. The database keeps track of where they left off when they return to the system.

This technology has the ability to reach much larger audiences than can be reached through traditional methods. It will never replace face-to-face communication, the most effective manner of training, but can reach groups that would not get this information otherwise. There is also great potential to use the same prototype to educate on many other topics. A new release of this training is expected by July 2001. We are calling the new program e-train for extension trainer. We have beefed up the Server software and added to the quality of the presentations. If you are a science teacher and would like more information on this project please send E-mail to xtrain@afs.purdue.edu. We will have a release for dietitians and food technologists shortly also.

Major Awards Continued from page 3

Current views hold that peanuts are filling because of their high content of a certain type of fat (monounsaturated fatty acids), but this did not explain study findings. Future studies will explore the influences of fiber and protein. With respect to cardiovascular disease risk, an unexpected finding of elevated energy expenditure was noted that could, in part, offset a potential adverse effect of peanut consumption on weight and its influence on risk for heart.

A sixth project was also concerned with body weight, but assessed the effects of a new diet approach designed to enhance motivation and long-term compliance with a nutritionally sound dietary regimen. Another project evaluated the effects of a common supplement, Gingko biloba on alertness and taste and smell function. Claims have been made indicating this supplement should enhance both measures, but this was not supported by the findings. Finally, because many individuals complain about heartburn and other symptoms after consumption of orange juice, work was undertaken to characterize this problem and identify the responsible mechanism. Research activities for the coming summer are no less ambitious. Based on the findings from last summer and academic year, studies are underway to delve further into the issues surrounding fat perception, regulation of body weight, and cardiovascular disease.

Upcoming Events

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<td>Oct. 25-27, 2001</td>
<td>CFS 75th Anniversary</td>
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<td>Nov. 15, 2001</td>
<td>Eva Goble Lecture</td>
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<td>Feb. 8, 2002</td>
<td>Bert Garza, speaker</td>
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<td>May 10, 2002</td>
<td>Avanelle Kirksey Lecture</td>
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<td>Maureen Black, speaker</td>
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Another reason to “get” milk

“I’m not going to drink milk, it will make me fat,” has been an oft-heard excuse of adolescent girls for many years. Consequently, females have been at higher risk for sub-maximum bone mass accumulation because of insufficient calcium consumption. Contrast this with the stereotype picture of an adolescent boy baring into the house, hot and sweaty, making straight for the refrigerator and the milk carton. As he lifts the container for a big drink, you can hear his mother yell from off-stage, “Use a glass, don’t drink out of the carton!” Boys got sufficient calcium because they drank milk when they were thirsty. * Research done by Associate Professor, Dorothy Teegarden, could create a shift in this picture for girls.

In a two-year study of 54 women ages 18 to 31, the researchers found that higher calcium intakes may reduce overall levels of body fat and slow weight gain for women in this age group. And women who consume calcium from dairy products, or who consume at least 1,000 milligrams per day, may reap the most benefits.

“Our study is the first to show that, when overall caloric consumption is accounted for, calcium not only helps keep weight in check, but can be associated specifically with decreases in body fat,” says Teegarden. She presented her findings last year at the Federation of American Societies for Experimental Biology in Washington, D.C.

The women in the study were within normal weight ranges and followed no specific diet, Teegarden says. Dietary intake was assessed by diet records, and participants’ body composition was measured using a method called dual energy X-ray absorptiometry, which provides measurements of muscle and fat mass of different areas of the body.

The researchers found that the women in the study who daily consumed less than 1,900 calories and at least 780 milligrams of calcium either had no increase in body fat or lost body fat mass over the two-year period. The women who consumed less than 1,900 calories but who averaged less than 780 milligrams of calcium gained body fat mass over the same period. “Women who consumed an average of 1,000 milligrams of calcium per day, which is slightly below the recommended dietary allowance for this age group, showed an overall decrease in body weight as high as six to seven pounds,” Teegarden says.

The study showed that exercisers and non-exercisers benefited equally from high calcium intakes, but that women who consumed more than 1,900 calories per day did not benefit. Teegarden says, “When we looked at the data for the women with calorie intakes of more than 1,900, we found that the calories take over, and any potential benefits of weight-control from calcium are lost.” The researchers also found that women in the study who got their calcium from dairy sources, such as milk, yogurt and cheese, showed more of the weight control benefits than did those who primarily used nondairy sources - such as dark green leafy vegetables, nuts and beans - or calcium supplements.

“This difference may be due to the use of nondairy sources which require more significant amounts of those foods to produce the effect, or it may suggest that there is something in milk that works to help regulate body weight,” Teegarden says. The findings may or may not apply to women over 30, she indicates, but preliminary studies by Dr. Bob Heaney of Creighton University indicate that this could be true for other age groups also.

The implications of this research could have significant impact on health behaviors, for weight maintenance and for bone health. There are good education programs in place and in development to teach children and adolescents about the need to eat well, consume adequate calcium and exercise for strong bones. Unfortunately, for many young people the deferred goal of strong bones in elder years is not an immediate motivator for lifestyle change. But Dr. Teegarden’s research, which indicates a strong relationship between decreased fat mass and dairy calcium, might be a significant new tool to reach young women motivated by the desire for a slender figure to finally attain recommended calcium levels in their diet.

* Since it is now very common for adolescent boys to consume soft drinks instead of milk, even boys are now at risk for inadequate calcium intake.

Center Grants

If you read the Spring 2001 CFS Focus, you probably observed that the growth of research funding in Foods and Nutrition has accelerated. September 2000 was electrified with the news that the Department was chosen to receive almost $12 million between two major grants. In early September, Dean Dennis Savaiano and Carol Boushey received notice that they had received a large bone health grant through the USDA education programs for calcium and exercise intervention on sixth grade students. Then in late September the National Institutes of Health announced, it will invest $7.8 million over five years in the Botanicals Center for Age-Related Diseases, led by Purdue, with collaboration from University of Alabama Birmingham. The Center’s interdisciplinary team, directed by Connie Weaver, will examine plants touted to prevent age-related diseases including osteoporosis, cancer, cardiovascular disease and loss of cognitive function.
Honorary Doctorate

On May 11, 2001, Foods and Nutrition was privileged to host a Symposium to honor the remarkable career of Dr. David Kritchevsky. In a career that spans five decades, Dr. Kritchevsky has laid the foundation for understanding the link between components of diet and chronic disease. Much of our current understanding of the role of dietary fat, cholesterol, protein, fiber and other diet components in development or prevention of atherosclerosis and several forms of cancer are based on the contributions of Dr. Kritchevsky. Many nutrition facts that have come into common acceptance were established through his research. The program was presented by former graduate students of Dr. Kritchevsky: Gene Expression and Signal Transduction in Senescent Human Cells, Vincent J. Cristofollo, Ph.D., President, Lankenau Institute for Medical Research, Wynnewood, PA; An Epidemic of Heart Disease in Spite of Low Cholesterol, Barbara V. Howard, Ph.D., President, Medstar Research Institute, Washington, DC; Dietary Fiber - Grandma Called it Rougahge, Jon A. Story, Ph.D., Professor, Department of Foods and Nutrition, Purdue University; Stopping Lumps and Bumps - Dietary Inhibition of Chronic Diseases, David M. Klurfeld, Ph.D., Professor and Head, Department of Nutrition and Food Science, Wayne State University, Detroit, MI; and finally David Kritchevsky presented “Reflections.” Dr. Kritchevsky received an Honorary Doctorate from Purdue University on May 13, 2001. We were grateful for the sponsorship of the National Dairy Association and National Cattlemans Beef Board for this event.

Alumni Survey

Hearing from alums makes our day in F&N! We e-mail each other with that kind of news. It might be helpful to you, also. Dr. Weaver receives a lot of contact calls looking for F&N grads with some experience. That is you! If we do not have current information about you, it is impossible for you to benefit from these contacts.

Your statistics also benefit incoming students. They are interested in who you work for, the salary range, and the unusual things individuals do with their degrees.

Information about our alums is so important to us, that we have made it easy for you to communicate with us. Please go to http://www.cfs.purdue.edu/fdsntr/ click on “Alumni Survey” and tell about where you are and what you are doing. This information helps us serve you better and serve our incoming and current students, as well. Thank you for taking a few minutes to do this!

Awards

Faculty Awards

Wayne Campbell
University of Delaware Presidential Citation for Outstanding Achievement

Jim Daniel
Mary Matthews Teaching Award

Bill Evers has been selected to receive the 2001 Award of Merit from the Purdue chapter of Gamma Sigma Delta.

Jim Fleet
Mead Johnson Award for 2001 from the American Society for Nutrition Science

Richard Mattes
First University Scholar from the School of Consumer and Family Sciences.

2000 Award of Merit for Research from Gamma Sigma Delta.

Connie Weaver
Distinguished Professor of Purdue University - 2000

Olivia Wood
Excellence Award from the American Dietetic Association for Outstanding Achievement as a Didactic Educator.

Graduate Students

David Cai, Ph.D. student in Connie Weaver’s lab

ASNS Pre-doctoral Gerber Foundation Fellowship

Sianna Castillo, Ph.D. Student for Dorothy Teegarden

NIH Post-Doctoral Fellowship

Elaine Lipscomb, Ph.D. Student in Connie Weaver’s lab

NIH Minority Dissertation Research Grant in Aging

Ming Lu, Ph.D. student from Martha Belury’s lab in the Interdepartmental Nutrition Program

A.H. Ismail Doctoral Research Travel Award

Cristina Palacios, Ph.D. student of Connie Weaver

A finalist in the ASNS/Proctor & Gamble Graduate Student Research Abstract Competition.

Lisa Spence, Ph.D. student of Connie Weaver

A finalist in the ACSN Young Investigator Award Competition.

Katherine Wright

Ada Decker Mallott Award

Undergraduate Awards

Shannon Gardner was chosen Outstanding Coordinated Program Student for Indiana in the summer of 2000.

Undergraduate Scholarships: BASF Growth is a Promise Scholarship- Kristi Jahr, Kristina Ludwig; Catherine Weaver Beauchamp Scholarship- Anne Leverton; Mary Torr Fuller Scholarship- Krystle Buente, Mary Dickmeyer; Edith Gamble CFS Freshman Scholarship- Amy Glovier, Lori Snyder; Kellogg Merit Scholarship- Julie Frecka; Fred G and Mary Wein Kiebler Scholarship- Cara Pecakowski, Krista Servies; Ada Decker Mallott- Megan Cohlepp, Cynthia Cosenza, Leslie Fleener, Nikole Friend; Maple Leaf Farms Scholarship- Abby Ham; William & Mary Meese Scholarship-Amy Gardner; Maxine Miller Scholarship-Blythe Hamilton, Sarah Kuhn, Trisha Seeman, Michelle Smith; William H. & Eleanor J. Pfaff Scholarship-Kristina Ludwig; Arthur and Cecilia Stuart Memorial Scholarship-Mashona Richardson-McFall; Doris Harrell Thrasher Scholarship-Jorge Rodriguez; Gladys E. Vail Kappa Omicron Nu- Abby Ham; Kristin Johnson; J. Richard & Patricia R. Zapapas Scholarship- Lauren Devine, Annie Thornhill; ADA Scholarship-Lean Dunwoody Flannagin; Home Economists’ Guild of Indianapolis Scholarship-Julie Vanderpool; Indiana Dietetic Association-Kristin Johnson, Scott Skinner, Julie Vanderpool; Marian Steffoniak Scholarship-Julie Vanderpool; National Kidney Foundation-Tasha Watkins; CFS Dean’s Scholarship-Christina Buchanan, Jaclyn Carr, Nathan Massey, Shannon Nesius, Erin Nilson, Julie Thompson, Leann Wuetemberger.
Alumni Cameo: Becky Schneider

An undergraduate degree provides a core of skills and knowledge, which is a launching pad for a career of lifelong learning and unforeseen possibilities. Becky (Brown) Schneider, RD, BS,'88, is a great example of this principle. She has taken her dietetics degree, combined it with her own interests and gifts, and created a niche for herself in the growing personal chef industry. Her business, NutriChef, accommodates her skill and love of cooking with her knowledge as a dietitian. “I didn’t envision this (career) when I graduated.” Her first step into a new business was accidental, when a personal trainer asked her to consider cooking for one of his clients.

NutriChef is now a thriving full time business. A delicious meal for busy working families, customized to their needs, is her professional focus. She cooks in her clients’ homes, avoiding the overhead cost of a commercial kitchen and the hassle of delivery. As a dietitian, she cooks for people to eat well, but not clinical diets at this time. Each client has different needs, so she customizes her service accordingly. It is rewarding for Becky that one client has halted weight gain in the time that she has cooked for her.

There is a growing market for personal chefs. As an RD, Becky has an edge among her competitors when clients are health-conscious. This is a “nice opportunity for a dietitian that has strong culinary skills.” Like many F&N alums, she is having a great time in a career that she never imagined when she turned the tassel on her mortarboard.

*A piece of history: Becky was named “Outstanding Senior” by the Department of Foods and Nutrition in 1988.

Celebrate F&N’s 75th

We invite all of our alums and friends to come October 25-27 and join the 75th anniversary festivities for an opportunity to enjoy memories of the past, glimpse current happenings and anticipate together an exciting future. We are getting ready for company and hope that you will join us!

Things to look for:

- Historical wall beside the elevator on the second floor of Stone Hall
- Research gallery on the Ground floor in the square defined by the G50 lab
- Extension and Teaching gallery in the second floor hallway beside the food labs
- Metabolic kitchen (room 231) is scheduled to be finished mid-August
- New research labs at the Basement level, rooms B25 and B27
- Renovated clinical facility in G92

You are welcome to look around anytime during the festivities, but tours are available at 3:30 PM on Thursday (room G53) and Friday (room 232). This is your celebration, too! Anyone who has been a part of this Department through the years has a part in who it is. Plan to put “our” celebration on your fall calendar!

Purdue Grads Reception At American Dietetic Association

If you are going to the American Dietetic Association Annual Meeting in St. Louis, October 20-23, plan to attend the Purdue reception on Sunday, October 21, in the ballroom at the Mayfair Wyndham from 7-8:30 PM. The hotel is directly across from the Convention Center and the reception immediately follows the ADA Member Reception at the Convention Center.

New Scholarships

A special thank you to those who have shared their personal success with our students. We are very grateful for the generosity of those who make new scholarships possible. For 2000-2001, Sister Mary Stuart honored her parents with the Arthur and Cecelia Stuart Memorial Scholarship for a non-traditional senior dietetic student and BASF instituted their Growth is a Promise Scholarship for students interested in meat nutrition or research with an animal model. A new scholarship for fall 2001 has been created by Katie Schufflebarger in honor of her grandmother, Ann Nolan Myers.

Retirement

We miss Isobel Miller, who retired in June, 2000. This is an early retirement for Isobel. But she has a very active retirement planned! She plans to garden and turn the fabric she’s accumulated into finished quilts - that should take at least 10 years! Teaching Scottish Country dancing and continuing her involvement with Civic Theatre will keep her from being bored. *

In her words, “For almost 27 years I’ve spent a big portion of my waking hours in Stone Hall and although I’m really looking forward to my retirement, I know I’ll miss the activities when the pace picks up at the start of each semester. But, most of all, I’ll miss the staff in the Foods and Nutrition Department. Thanks to you all for your friendship, concern and love. Being me, I have to write a poem!”

Lots of great memories, come to my mind
People, not things, are the ties that bind.

Twenty-seven years, that doesn’t sound bad
Just think of all the good times I’ve had.
Graduate students, whose names I recall
Birthdays and weddings and babies and all.
Work that was challenging, research, B-6
Safe Food For The Hungry, these are my picks.

But the time has now come to say goodbye
As I quickly wipe the tear from my eye
We know good things must come to an end
So best wishes to all is what I now send.

*As suspected, you cannot keep a good woman down! Currently, Isobel is freelancing in the Department!
In Memoriam

It is with deep regret that we inform you that Vianna Bramblett and Helen Clark passed away during the past year. Vianna had retired to Colorado, but Helen was local and maintained active participation at F&N and CFS functions to the end of her life. Some career highlights for both of them are in the historical section below. As the first female to be named a Distinguished Professor at Purdue, Helen Clark has a unique position in university history. Vianna Bramblett stayed in touch with many of you over the years, as did Helen Clark. We will greatly miss the information that they passed on to the Department about their former students. (You will need to continue this connection by way of the F&N website! See the page 6 for details.) The graduate students they mentored, who went on to careers of their own, are a strong legacy they have left to the world of science and nutrition.

Helen Clark Memorial Scholarship

Several friends and colleagues of Dr. Helen Clark have asked about a scholarship fund in her memory. The Department of Foods and Nutrition is pleased to make this opportunity available.

The Department would like to have the scholarship permanently endowed, however, the university requires $20,000 to establish endowments. If the amount raised does not equal this within the next 3 years, the total amount raised will be given to worthy students as a named scholarship until the money is depleted. For that reason, if you would like to contribute to the fund, please let us know if you would like to pledge this amount over the next three years to help us achieve this goal.

Please send a note with your intentions, and make payable checks to:

Purdue Foundation, in the memo write: Helen Clark Scholarship
C/o CFS Development Office
1260 Stone Hall
West Lafayette, IN 47907

Decades of Discovery

- In the 40’s, Dr Cecelia Schuck studied requirements for and sources of ascorbic acid. Miss Gertrude Sunderlin developed a “Master Mix” that was used widely in the preparation of baked goods in homes and institutions.

- In the 50’s & 60’s, Dr. Helen Clark’s studies on protein and amino acid helped to determine requirements, an area that took on a note of urgency because of world food problems. Through collaboration with Agronomy, she studied high-lysine corn and high-protein rice. The work that they did contributed significantly to the body of knowledge in this area. (Dr. Clark considered her many graduate students, working effectively in the field, as her biggest contribution.) During this time, Vianna Bramblett and Dr. Margie Woodburn developed the standards for cooking turkey, with and without stuffing, for food safety and quality that are still being used today.

- In the 60’s and 70’s, and 80’s, Dr. Avanelle Kirksey made substantial contributions to infant and child nutrition. She determined Vitamin B6 needs in utero and in childhood and the relationship between low levels of Vitamin B-6 during pregnancy and lactation and abnormal structural changes in the brain. She increased our understanding of the impact of marginal malnutrition on human functional outcomes and did developmental work with iron and zinc in a large international study in Egypt.

- In the 90’s, Camp Calcium, a research project of Dr. Connie Weaver, was initiated. These studies are the main controlled diet studies in children anywhere and have led to many public health recommendations for bone health during growth. Students find a rich opportunity to get clinical study experience in the Department.

- By the new millennium, we have many investigators fully engaged in a spectrum of research ranging from the clinical to molecular biology nutrition research.