Dear FNES Alumni and Friends:

It is a great pleasure to present our latest FNES Alumni Newsletter. It’s filled with news and information about the FNES department, such as program updates, special events, student club activities, and faculty research. The newsletter also showcases the work and news of alumni to provide them an opportunity to reconnect with other FNES graduates.

We are extremely proud of the work our alumni do to enhance the quality of life for individuals, families, and communities all over the world. We are very interested in learning about the great impact you are making in your careers. I hope you will keep in contact with your department so that in future newsletters, we can celebrate and share your accomplishments with the FNES community. Please take a moment to fill out the Alumni Information Form below.

I want to thank Dr. Ashima Kant, other faculty members, and staffers for supporting my efforts to create this newsletter by sharing all of the great work they are doing for our students. If you have any suggestions or requests for future newsletters, I’d love to hear from you.

Best Wishes,

Gisele Auguste-Washington
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Alumni Information Form: Click here

Dear FNES Alumni and Friends,

It is my privilege to reconnect with FNES alumni and friends in my new role as the chair of the FNES department. Please welcome faculty members who joined FNES this year. Norberto Quiles-Gonzalez, an exercise physiologist who studies the role of exercise in improving the health and quality of life of individuals living with HIV, is a Columbia University graduate. Sandi Westfal, a nutrition practitioner with many years of clinical experience, is a FNES alumna. Allison Charny, another FNES alumna, brings years of practitioner and dietetic internship management experience to our program. She will provide leadership for our dietetic internship program starting in Fall 2017.

Many of you have generously supported the department and its programs this year. Your contributions allowed us to recognize the academic excellence and service activities of the FNES class of 2017. Thank you! Please feel free to contact me if you have other ideas about supporting the department, our programs, and our students.

We love to hear from alumni and learn about the paths you chose after leaving Queens College. Do share your stories with us and let us know if you would like to speak to student groups about your career.

Regards,

Ashima K. Kant, PhD
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Norberto Quiles-Gonzalez, EdD, RCEP, CSCS, received his master’s and doctoral degrees in applied exercise physiology from Teachers College, Columbia University. Norberto’s primary research focus is the role of exercise and physical activity in modifying cardiovascular disease risk factors in people living with HIV. Compared with the apparently healthy population, people living with HIV are twice as likely to develop cardiovascular disease; physical activity can reduce cardiovascular morbidity and mortality.

Current projects in the Quiles Exercise Physiology Laboratory include validation of a new brief physical activity questionnaire and a wireless heart-rate monitor for the measurement of cardio-autonomic function when compared to criterion measures. The plan is to use these instruments in future research in people living with HIV. In a study launched in May, Norberto and colleagues will examine whether people living with HIV and the metabolic syndrome have a worse cardio-autonomic profile when compared to otherwise healthy people living with HIV. Later this year, Norberto will pilot a randomized controlled trial to investigate the effects of an 8-week aerobic exercise program on cardio-autonomic function in people living with HIV who take antiretroviral medication.

Sandi Westfal, RD, CDN, CNSC, has been an adjunct lecturer at both Queens College and LIU Post. For many years, she was a research mentor for the Aramark Dietetic Internship. Before accepting the position of lecturer at QC, she worked as a clinical dietitian—more specifically, as a clinical nutrition support clinician. She was an integral part of a committee that implemented a nurse-driven enteral nutrition feeding protocol to ensure that critically ill patients were provided with adequate nutrition.

Sandi received her undergraduate degree from QC and her master’s in clinical nutrition from LIU Post. She is certified in nutrition support through the American Society of Parenteral and Enteral Nutrition, and has worked with Patricia Miner to develop the curriculum for a nutrition-focused physical assessment laboratory.

Allison Charny, MSEd, RDN, CDE, CDN, comes to the position of dietetic internship director at QC with experience in all aspects of internship management, having served as a dietetic internship director for the Aramark Corporation for the past 15 years. Prior to that, she was an inpatient nutrition clinician and managed outpatient nutrition services at St. Vincent Catholic Medical Centers. Allison is a registered dietitian and certified diabetes educator. She completed undergraduate and graduate degrees in nutrition at QC and has been an adjunct lecturer here for many years, teaching nutrition assessment and medical nutrition therapy. Her research has focused on the development of research ability in dietetic interns and preceptors. Throughout her career, Allison has worked in the clinical training and education of patients, health professionals and—mainly—dietetic students and interns.

Message from Allison Charny
We are seeking strong practice sites and preceptors for the internship, especially for acute care clinical placements. If you are an RDN employed in a community, food service management, or clinical position, and your facility would be able to have an intern for his or her practice experience, please contact me at allison.charny@qc.cuny.edu for more information. It would be wonderful to have our own alumni take part in training our future RDNs in a dietetic internship rotation. I look forward to hearing from you!
Graduate Program, Nutrition Specialization: Ashima Kant

The graduate program curriculum underwent a major overhaul with the introduction of two required nutritional pathophysiology courses, as well as several electives. The new electives include courses in advanced diabetes management; enteral and parenteral nutrition support; geriatric nutrition; and sports nutrition (coming in Spring 2018!). These courses are designed to give students the knowledge base they need to take the relevant certification exams.

Food Management Studies: Clare Consiglio

This past year has been an exciting one for students in food management studies (formerly, food service management). Yes, the name of the major has changed, as have some of the course requirements. The new requirements include FNES 105 Food Sustainability, FNES 204 International Cuisine, and FNES 200, a class in food safety and sanitation (students will take the test to become certified in Servsafe at the end of the course).

Last fall, we ran the first food sustainability course. Students learned about food issues from health, ethical, and environmental perspectives. This hands-on, farm-to-table class involves work in the FNES vegetable and herb garden. Students harvested produce from their section of the garden and prepared recipes with it in the food science lab. To enhance learning, we visited the Queens Farm to explore a real working farm. In addition, students did fieldwork (a new requirement) this past year, to get experience before graduating. Fieldwork sites included a microgreen greenhouse that sells greens to restaurants in the New York City area, an airline catering facility, and a local farmer’s market with a community center—we donated herbs and vegetables to give away at the market or to use in recipes.

The planned garden expansion was completed at the end of Spring 2017. Many thanks to Zeco Krcic and his team for making this a reality. We also thank Provost Elizabeth Hendrey for supporting installation of the fence around the enlarged garden. The expansion has increased our capacity to grow produce to use in the food science labs, give to the community, and supply the dining hall. The class of 2017 dietetic interns researched medicinal herbs and have helped plant them in a new section of the garden.

Watch for more growth in the Food Management Studies Program and in the FNES vegetable and herb garden!
Nutrition and Dietetics Program: Patricia Miner

This year the program has added two new courses: FNES 260 Research Methods in Nutrition and FNES 300 Seminar in Nutrition and Dietetics: Career Advancement.

FNES 260 examines research methods and design, with a focus on the interpretation and evaluation of research in the role of diet and nutrition in health promotion. This course will provide students with an overview of the research methodologies pertinent to nutrition and dietetics. The course will emphasize how to evaluate and apply current nutrition research literature and position papers when practicing medical nutrition therapy.

FNES 300 explores the career skills and resources for advancement in the profession of nutrition and dietetics, including portfolio development, governance of nutrition and dietetics practice—such as the Code of Ethics for the profession of nutrition and dietetics—and the regulations related to billing, coding, and reimbursement of nutrition services. This course will “describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.”

Students can now take a three-credit, department-approved elective to provide flexibility within the major to satisfy professional career options.

Human Development and Family Studies: Mihaela Robila

The Human Development and Family Studies program went through a major revision process, and several courses were introduced in recent years. The last two courses added to the curriculum and taught for the first time during the 2017–2018 academic year are FNES 251 Child Life: Coping with Medical Problems, and FNES 360 Professional Development & Ethics.

These course options include FNES 105 Food Sustainability: Understanding the Food System; FNES 200 Principles of Food Safety and Sanitation/ServSafe Certification; FNES 372.1 Fieldwork in Nutrition; FNES 204 International Cuisine; and FNES 345 Theories of Lifespan Development.

Student Club Activities

The Dietetic Club, Phi U Club, and dietetic interns participated in the QC Health Fair on April 19, 2017, with their faculty advisors Sandi Westfal (Dietetic Club), Sung Eun Choi (Phi U Club and FNES Student Club Coordinator), and Allison Charny (DI director). Sandi, Allison, Elizabeth Riina, Norberto Quiles, and Eve Bernstein discussed their research and professional activities in two joint meetings of FNES student clubs in Fall 2016 and Spring 2017.

Sung Eun Choi, advisor for the Alpha Pi Chapter of the Phi Upsilon Omicron Honor Society at Queens College, initiated four new collegiate members (Sarah Devine, Leah Genack, Renee Mazzotta, and Sara Scheidlinger) in Spring 2017. Sung Eun was also nominated and initiated as a local honorary member.

Under Elizabeth Riina’s guidance, the American Association for Family and Consumer Sciences Student Club held several events in Fall 2016. In the September meeting, we welcomed alumna Melissa Lagalante ’14, who earned her MSW from Stony Brook in 2016, and is currently a social worker at Catholic Charities. In October, Russell Hill led a guided meditation to help students destress from midterms. In November and December, students teamed up with local hospitals for a holiday toy drive.
Faculty News and Activities

Ann Azzollini, Lecturer, Nutrition and Exercise Sciences, planned and organized the Spring 2017 meeting of the Greater New York Regional Chapter of American College of Sports Medicine at Queens College. Ann’s efforts resulted in a successful meeting attended by faculty and students from QC and area schools, as well as other exercise science professionals in the region.

Eve Bernstein, Associate Professor, Physical Education, was appointed to the World Director Board of the Federation Internationale d’Education Physique for the 2017–2020 term. This appointment speaks to Eve’s growing national and international reputation as a thinker in physical education.

Lily Hung, Associate Professor, Nutrition and Exercise Sciences, supervised 10 undergraduates in research projects in her biomechanics lab during Spring 2017. These projects are related to movement control for children with unilateral cerebral palsy, and overweight and obese children. Melissa Mangiafreno, a student in the biomechanics lab, presented her work on “Whole body organization during a symmetric bimanual pick up task” at the 2017 Biology Symposium. Three other students presented posters at Sigma Xi Research Day in April 2017.

Mihaela Robila, Professor, Human Development and Family Studies, received a Fulbright Specialist Award to collaborate with colleagues at the University Institute of Lisbon, Portugal. She spent two weeks in Portugal in November 2016 working on family studies topics. Congratulations!

Andrea Mosenson, Assistant Professor, Family and Consumer Sciences Education and Eve Bernstein, received a grant from the Center for Teaching & Learning at Queens College to develop online and hybrid courses. The grant was titled “Transforming the Family and Consumer Sciences Teacher Education Master’s Program into a hybrid platform.”

Elizabeth Riina, Assistant Professor, Human Development and Family Studies, co-taught an independent study research seminar in Fall 2016, called “Research Applications in Family Processes and Language Impairment.” Human Development and Family Studies students Nicole Guarino, Stephanie Olcese, and Monica Urzola discussed current research on parenting and language impairment, and applied behavioral coding schemes to videotaped parent-child interactions.

Dr. Lily Hung

Dr. Elizabeth Riina

Elizabeth presented a poster titled “Context Matters: Neighborhood Structures and Parenting in Latino Families” at the annual conference for the National Council on Family Relations in Minneapolis, MN, in November 2016. Nicole Guarino, an undergraduate in Human Development and Family Studies, worked with
Sung provided an overview on November 14, 2016, introducing the audience to the historical, cultural, nutritional, and philosophical background of authentic Korean cuisine. She discussed the characteristics and basics of traditional Korean food. Then she highlighted Korean royal cuisine and popular national dishes including *kimchi* [fermented vegetables], *bulgogi* [thinly sliced beef that is marinated and grilled], and *bibimbab* [steamed rice mixed with vegetables, beef and Korean chili paste]. At the end of Sung’s lecture, attendees enjoyed traditional Korean dessert items, which were beautifully gift-boxed, and traditional Korean beverages served by FNES 307W students.

Two days later, the speaker was Chef Jeffrey Moon, lead chef-instructor at the International Culinary Center in Manhattan. Chef Moon discussed Korean fusion food, illustrating the globalization of Korean food and the integration of its traditional flavors into Western cuisine. He also introduced some popular Korean fusion recipes. After the lecture, FNES 307W students served the chef’s globalized *yuja jang* [citron marmalade bean paste] dipping sauce and *gochujang* [Korean fermented chili paste] chipotle sauce with fresh vegetables.

Elizabeth and presented a poster at Sigma Xi Research Day in April 2017. Nicole’s poster is titled “Parenting Qualities and Resources that Promote Children’s Language Development.”

Elizabeth also gave a talk and presented a poster on her research on neighborhoods and families at the Society for Research on Child Development in April 2017. Her talk is titled “Context Matters: Neighborhoods, Parenting, and Child Behavior in Latino Families” and her poster is titled “Neighborhood Characteristics, Parental Stress, and Maternal Warmth among Unmarried Mothers.”

Sung Eun Choi, Associate Professor, Nutrition and Dietetics Program, organized two food-related events on campus in November 2016 as part of QC’s Year of Korea.

Annually since 2010, the college has offered cultural and academic programming focused on a different nation or region. The “Year of” initiative reflects QC’s mission to educate our community about today’s global community. In academic 2016–2017, QC celebrated the Year of Korea. Sung served on its program planning committee and organized a pair of talks under the title, “Taste of Korea,” presented at the Q-Side Lounge with the help of 14 student volunteers from FNES 307W. A total of 120 people attended these events.

Dr. Sung Eun Choi
Emily Ripley, Adjunct Lecturer, Curator, Queens College Costume Collection

Many exciting things happened in the Fashion and Textiles Program at Queens College this year. The program was invited to present an exhibition at the college’s May 2017 Gala. The show featured 14 high-end, ready-to-wear and couture garments from the Queens College Costume Collection, revealing superior artistry and craftsmanship in fine dressmaking. Students from the Fashion and Textiles Program were a vital part of the production. They gained firsthand knowledge about staging a costume exhibition, from assisting with curating, organizing materials, and learning how to pack historic garments archivally, to the installation and take-down of a show. We would like to acknowledge students Jessi Sachs, Alina Pena, Jennifer Fernandez, Amara Cohen, Amna Ashraf, and Emily Turner, who all generously helped with the project.

To preserve and maintain the archive, the Queens College Costume Collection continues to accept donations of clothing, accessories, and funds. For more information, please contact Emily Ripley: emily.ripley@qc.cuny.edu.