Dear FNES Alumni and Friends,

I am delighted at this opportunity to reconnect with you to share FNES program, faculty, and student news of the past year and to thank you for your support. Your generous gifts to the department this year helped us to recognize academic achievement and service activities of the FNES class of 2018. Thank you! We look forward to your continued support of the department, our programs, and our students.

The department welcomed Anoop Balachandran to the FNES group this fall. Anoop, an exercise physiologist, completed his doctoral work at the University of Miami, and postdoctoral training at the Institute of Aging, University of Florida.

FNES faculty have been productive in the areas of curriculum development, student engagement, and scholarship. Andrea Mosenson is providing the initiative and leadership to develop a completely online program in Family and Consumer Sciences Teacher Education. Eve Bernstein was internationally recognized by a professional physical education organization. Sunitha Jasti led a large group of student volunteers in spreading healthy eating messages to the college community under a USDA-supported initiative called FRUVED. Mihaela Robila shared her expert knowledge of family policies with a worldwide audience. Under Stacia Helfand’s leadership and help of many student volunteers, the FNES garden has achieved its final form and had a bountiful growing season.

We love to hear from you and the paths you have chosen after leaving Queens College. Please share your stories with us, and let us know if you would like to speak to student groups about your careers.

Regards,
Ashima K. Kant | ashima.kant@qc.cuny.edu
Dear FNES Alumni and Friends:

It is a great pleasure to present our latest FNES Alumni Newsletter. This newsletter is to inform the Queens College FNES alumni of the latest FNES department program updates, special events, student club events, and faculty research. The newsletter will also showcase 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 in order to enhance 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. Please keep in contact with your department so that we can celebrate and share your accomplishments with the FNES community in future newsletters. We hope to see you at one of our future networking events.

I thank Dr. Ashima Kant, faculty, and staff for supporting my efforts in creating 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 would love to hear from you.

Best Wishes,
Gisele Auguste-Washington
gaugistemaj@qc.cuny.edu

New Faculty

Anoop T. Balachandran, Nutrition and Exercise Science Program

Anoop completed his doctoral work in Exercise Physiology from the University of Miami, and two years of postdoctoral training at the Institute on Aging at the University of Florida. Anoop’s research interests are in improving body composition and physical function in aging adults, mainly through exercise. His upcoming project involves validating a new test to measure power in older adults. He is planning a 12-week strength training intervention that will compare higher repetitions to moderate repetitions on muscle mass, strength, and exercise adherence in older adults. If you are interested in participating or learning more or have recruitment ideas, please email Anoop at athozhuthungalba@qc.cuny.edu.

Faculty Updates

Eve Bernstein, Physical Education Program

Eve Bernstein, named to the World Board of Directors for an international organization in physical education, and was the plenary speaker in Malaysia, at the 3rd Fédération Internationale d’Éducation Physique (FIEP) Asia Congress this June. Nearly 400 participants attended this international conference.

Allison Charny, Queens College Dietetic Internship

The Queens College dietetic internship (DI) has continued to expand its rotation experiences for our interns, adding many activities and new sites to meet the Accreditation Council for Education in Nutrition and Dietetics (ACEND) 2017 standards. New practice locations for our program this past year are

Alison Charny

Allison Charny

Alumni enjoying networking with current students at the FNES 203 buffet in fall 2017.
Hospital, Mt. Sinai Queens, Harlem Hospital, St. Barnabas Health System, Grand Pavilion Nursing and Rehabilitation, Cold Spring Hills Extended Care, and St. John’s University Campus and Sports Nutrition, among others.

This year saw the incorporation of an **Outcomes Research Project** into the curriculum. Interns provided nutrition interventions to Queens College students, supporting activities of FRUVED, a USDA grant received by the FNES department. Interns evaluated outcomes of their efforts to improve the nutrition, health, and wellness of the QC student population, highlighting their project work in their research posters and e-portfolios.

In addition, to meet a new DI competency toward mentoring, 2017–2018 interns **Sara DeLuca, Rachel Neuhauser, and Mabel Wu** developed a mentoring program in which interns mentored undergraduate dietetics students through their internship application process. They then evaluated program outcomes, finding that most participants had a positive mentoring experience and would “pay it forward” by being a future mentor. An abstract of their project titled “Development and Evaluation of a Mentoring Program within a Dietetic Internship and Didactic Program in Dietetics” was selected for poster presentations at both the state and national meetings of the Academy of Nutrition and Dietetics. An abstract was published in the October 2018 issue of the *Journal of the Academy of Nutrition and Dietetics*. The poster was presented at the Academy’s 2018 Food and Nutrition Conference and Expo (FNCE) in Washington, D.C. within the category “Projects & Programs” and topic “Professional Skills.”

This past year, the program saw a 20% increase in applications. We look forward to continuing this trend and receiving many strong applications for the next DI year!


**Sung Eun Choi**, *Nutrition Science: An Ecological Approach*, edited by S. Edelstein (2018, Jones and Bartlett Publisher) as an author of “Chapter 3: Food Evaluation.” Sung Eun also received a PSC-CUNY 48 Research Award and conducted research examining the effects of prior miracle fruit (*Synsepalum dulcificum*) administration on the flavor profile and consumer liking of selected food items. Sung Eun gave a talk on her research, titled “Effects of Miracle Fruit on the Flavor Profile of Selected Food Items,” at the US-Korea Conference 2018 on Science, Technology, and Entrepreneurship—Biomedicine, Food and Nutrition

Session: Clinical Applications at St. John’s University on August 2, 2018. Her research results can be used for the treatment of patients with cancer or diabetes.

Sung Eun mentored Rebecca Tepp’s Macaulay Honors College senior thesis, titled “Cross-Cultural Differences between Korean and American Meat-Eating Female College Students in Attitudes, Beliefs, and Patterns of Meat Consumption,” in the spring semester of 2018. Her undergraduate students, Sadaf Baig; Eric Colby; Anne Levine; and Adam Ross, presented a poster on their research project at the 32nd Annual Sigma Xi Research Day at Queens College on April 13, 2018. The research project, titled “Sensory and Physical Properties of High-Fiber Muffins Prepared by Replacing All-Purpose Flour with Defatted Coconut Flour” was conducted in FNES 307W, Experimental Food Sciences, under her guidance.

**Ya Ching Hung**, **Nutrition and Exercise Sciences Program** The Hung biomechanical laboratory has been busy with seven undergraduate students working on various research projects. Four of our students presented their work on biomechanics at the Sigma Xi research day in April. Aryeh Spingarn, Dr. Hung’s student, won the 3rd prize for best poster in the competition. Aryeh also co-authored a paper titled “Whole-Body Organization During a Symmetric Bimanual Pick-up Task for Children with Unilateral Cerebral Palsy on Gait & Posture” with Dr. Hung.

**Sunitha Jasti**, **Nutrition and Dietetics Program**. In spring 2018, Sunitha completed the GetFruved intervention study, a USDA-funded health promotion project designed to reduce obesity among college-
aged individuals through behavioral intervention and environmental support. With the help of many student volunteers and dietetic interns, the GetFruved team held nutrition and fitness events on campus for the Queens College community and hosted an interactive healthy snacking workshop in partnership with the Big Buddy Program for 1st–7th grade homeless children.

As part of the GetFruved study, pre- and post-intervention survey data was collected to show the impact of the GetFruved intervention on student perceptions and behaviors. Preliminary results highlighted students' priorities for health-related changes on campus. Top priorities include more healthy and affordable food options at campus food service facilities, and access to free and clean drinking water throughout the campus. Additionally, survey results showed that approximately 25% of Queens College students were food insecure. These results will be used to advocate for policy and program changes that will increase health promotion and environmental support for healthy behaviors on the Queens College campus. A food pantry has been established on campus recently to address food insecurity among students. Sunitha Jasti and Allison Charny are currently collaborating with the Student Life Office to promote and provide nutrition education as part of food pantry services.

Ashima Kant, Nutrition and Dietetics program.
Ashima is continuing her work on understanding eating behaviors in the US population with colleagues from the National Cancer Institute. In October, she presented an invited paper “Eating Patterns of American Adults: Meals, Snacks, and Time of Eating” at the Ingestive Behaviors meeting at Purdue University. Ashima’s 2018 publications have appeared in Public Health Nutrition, Physiology and Behavior, PLoS One, and Appetite.

Patricia Miner, Nutrition and Dietetics Program.
This past spring, nearly 80% of our graduates who applied to Dietetic Internships were accepted into internships. This compares to the national average of 57%. I think this speaks to the academic strength of our students and program, as well as the high regard for FNES alumni in the nutrition and dietetics community. To continue improvement in the curriculum, we added a Sports Nutrition elective course that covers nutrition for physical activity and athletic performance that addresses sport-specific requirements. To help us to continue to improve the program, keep a look out for our survey where you can let us know what you are doing now and what emerging nutrition trends you think need to be added to the curriculum.

Our students have also been busy making changes. There is the new club, Nuts for Plants, created by Petra Dohnalova and Elena Merklin. The club meets twice a month, providing information from reputable speakers about the plant-based diet. They even made the news in the Academy of Nutrition and Dietetics Food and Nutrition magazine by using the magazine’s recipe “Eggplant Bacon,” using the FNES garden eggplant crop. The Nuts for Plants members represent QC in various events, such as the Chili Cook-Off competition which raises funds for people in need.

This semester the QC Dietetics Club organized several interesting and thought-provoking events. They invited Diane Bustamante, RD from New York Presbyterian Hospital Queens to talk about the Golden Spoons volunteer program, and Doreen Cohen from Northwell Health to discuss their MealTime Mates program. They held a Halloween party with a competition to create healthy makeovers of a favorite Halloween treat and watched the BBC documentary, Food on the Brain, which prompted some very interesting discussions. They are continuing the tradition of the annual Thanksgiving food drive in conjunction with Phi U Honors Society and have more fun and interesting events planned throughout the rest of the year.

With the guidance of the QC Tech Incubator, FNES adjuncts Gina Keatley and Scott Keatley, and FNES students Rumana Rumman, Afroja Mustofa, Christopher Almodovar, Sharmin Joya, along with computer science major Kashfi Fahim, developed an app called Hungry4Halal which provides scrumptious halal recipes and information on halal-friendly eateries within the five boroughs.
I personally want to thank each of our alumni for your diligence in learning the extensive and complex depth of material taught to you, your high standard of ethics, and your continued engagement in staying abreast on new findings. Combined with your engagement in the communities where you are now providing nutrition information and counseling, you are helping us meet the mission of the Queens College Nutrition and Dietetics program, which is “to prepare students to think critically and solve problems within the context of nutrition and dietetics for entry into supervised practice programs that lead to eligibility for the Commission on Dietetic Registration credentialing exam to become registered dietitian nutritionists; and for entry into graduate studies and careers enhancing the nutrition health and well-being of individuals, families, and communities in an increasingly global society.”

Andrea Mosenson, Coordinator of FCS Education Programs

In an effort to meet the needs of today’s teachers, the MSEd program in Family and Consumer Sciences Education will be offered as a fully online program starting fall 2019. Teachers will be logging online from the comforts of their home (or from anywhere with wi-fi) to access course materials and participate in course discussions with other students.

Andrea was recently awarded a grant of $11,000 to develop new graduate courses in FCS content for the online program. Courses under development include Food Trends and Issues, Lifespan Studies, and Sustainability Practices in FCS. The first ever fully-online course, FNES 753: Building Relationships Inside and Outside the Classroom, was offered in fall 2018. In this course, students discussed issues related to classroom management, parent communication, and conflict resolution. The Spring 2019 term will include two fully-online courses, FNES 643: Teaching Diverse Student Populations in FCS and FNES 781: Turning Projects into Project-Based Learning. These courses will be open to anyone who is interested in fulfilling professional development credits or looking to obtain their master’s degree.

For more information about the new online courses and the master’s degree program, please contact Andrea Mosenson at andrea.mosenson@qc.cuny.edu.

Norberto Quiles-Gonzalez, Nutrition & Exercise Science program. The Quiles lab is currently conducting a study comparing the self-reported physical activity behaviors to objectively-measured physical activity behaviors of people from diverse ethnicities in NYC. Our preliminary findings show a moderate correlation between the self-reported physical activity and the objectively-measured physical activity. If you are currently not exercising and would like to participate, please contact Norberto Quiles at norberto.quilesgonzalez@qc.cuny.edu for more information.

Elizabeth Riina, Human Development and Family Studies program. Elizabeth continues her work on the social and cultural determinants of parenting and child development. Work in progress includes: “Future Aspirations of Urban Youth: Neighborhood Characteristics and Social Processes,” which examines the family and neighborhood correlates of future orientations among urban adolescents and young adults. In addition, her research on neighborhood protective factors for parenting among low-income single mothers titled “It Takes A Village: Neighborhood Social Processes and Parenting Qualities for Single Mothers” was accepted for presentation at the National Council on Family Relations Annual Conference in fall of 2018. Elizabeth recently published a paper on work, neighborhood, and economic correlates of co-parenting during adolescence, titled “The Trajectory of Co-parenting Relationship Quality Across Early Adolescence: Family, Community, and Parent Gender Influences.”

Norberto Quiles-Gonzalez

Elizabeth Riina
Mihaela Robila, Human Development and Family Studies Program Mihaela continues her scholarship on family functioning and family policies. In 2018 she co-edited, with Dr. Alan Taylor, a book called *Global Perspectives on Family Life Education* (Springer, 2018) which includes 25 chapters on family life education in different countries around the world.

In May 2018, Mihaela participated in the Expert Group Meeting (EGM) on family policies for inclusive societies, organized by the United Nations Department of Economic and Social Affairs (UNDESA), where she presented a paper on refugees and social integration in Europe.

Mihaela presented her paper called “Families and SDG—Ensure Healthy Lives and Promote Well-Being for All” as part of the Sustainable Development Goals (SDGs) and Families Project, supported by the International Federation for Family Development (IFFD) and UNICEF, which was launched on May 16, 2018 at the UN Headquarters.

In December 2018, Mihaela presented a paper titled “International Perspectives on Youth and Family Policies: A Focus on the Transition to Adulthood” at the Expert Group Meeting on Youth Transitions to Adulthood, organized by Doha International Family Institute (DIFI), in collaboration with UNDESA and IFFD in Doha, Qatar.
Although there was a delayed start to the season, the FNES garden has been off to a successful and verdant season thanks to a rainy spring. Because of the pioneering efforts of Clare Consiglio, who had a vision and passion for connecting nutrition education to gardening, after years of extensive advocacy, the FNES garden finally reached its fully productive form this year. In the spring of 2018, the garden was ready for a revival and the garden committee, formed by FNES faculty, students, and volunteers met to outline goals and objectives for the planting season. These goals built on Professor Consiglio’s vision and were directed by the desire to provide FNES students with the ability to experience a closed loop, sustainable food experience as they study to become nutrition practitioners and food managers.
Goals included:

- Creation of a raised bed layout to organize students, volunteers, and classes using the garden.
- Composting scraps from the food labs to later use for topsoil.
- Planting in sustainable and organic ways to grow crops that would be used by students in the labs, classrooms, and learning experiences.
- Sustainable pest and weed management.
- Providing gardening experiences for students who could share knowledge or learn skills.
- Connect didactic knowledge through practical application and hands-on learning.

Adjunct Lecturer Stacia Helfand; two FNES graduates, Shy Wang and Theron Cooley; and College Assistant Loye Lindo, supervised Queens College student volunteers. There were over 80 inquiries from students who wanted to lend a hand and 51 active volunteers who planted, weeded, composted, cared for, and tended to the garden on a regular basis. The results could not have been more bountiful. Over the summer, there were no food science lab classes to benefit from the abundance, and harvested food was donated at the student dining hall, and 165 pounds of produce was donated to Masbia, a local food bank and soup kitchen. The harvested produce included over 40 different types of vegetables and herbs!
Student Club Activities

The Welcome Back Club Joint Party was held in each semester of 2018. The American Association for Family and Consumer Sciences (AAFCS) Club, Dietetic Club, Phi Upsilon Omicron (Phi U) Club, Physical Education (PE) Club, and Nuts for Plants Club hosted a joint party under the guidance of their faculty advisors, Elizabeth Riina (AAFCS Club), Sandi Westfal (Dietetic Club), Sung Eun Choi (Phi U Club & FNES Student Club Coordinator), and Ann Azzollini (PE Club). Drs. Ya Ching Hung and Mihaela Robila presented their research, and Stacia Helfand shared the FNES Garden activities at the two club meetings in 2018.

Sung Eun Choi, advisor for the Alpha Pi Chapter of the Phi Upsilon Omicron Honor Society at Queens College, initiated 13 new members (Bracha Brown, Catherine Byrne, Simone Gmuca, Catherine Lume, Anni Oranjian, Lauren Perrone, Francesca Powers, Yaquta Quaiser, Rebecca Sturm, Abby Walker, Jennifer Young, Israel Mendez, and Nicole Daza) in spring 2018 and four new members (Althea Burke, Adeeba Peerzade, Mashnun Moin, Melanie Viskoc) in fall 2018.

The Phi U Club had two successful food drives as service projects in 2018. In the food drives, non-perishable food items donated by students and faculty members were distributed to those in need.

AAFCS CLUB

The AAFCS student club hosted several guest speakers from various social service fields in the spring and fall of 2018. We invite you to come share your career path and experiences with our students at a club meeting. Please contact elizabeth.riina@qc.cuny.edu to arrange a visit and a talk.
Emily Figueroa has her bachelor’s degree in fashion merchandising from LIM College. She was working full-time in her field of study when ultimately her interest and passion for Family and Consumer Sciences led her to Queens College’s post-baccalaureate program, where she received her initial certification for FACS.

After completing her student teaching internship at Howitt Middle School in the Farmingdale School District and Syosset High School in the Syosset Central School District, Emily is thrilled to begin her career at Sagamore Middle School in the Sachem Central School District. Emily is continuing her education with FACS in the master’s program at Queens College in pursuit of her professional certification. Emily teaches FACS at the 6th and 7th grade levels. Her passion for teaching students to be creative, independent, and hardworking individuals solidifies her career change and love for FACS.

From Alex Sershen
I knew nothing about Family and Consumer Sciences before attending Queens College. I had an interest in nutrition and science from a young age. Heading to Queens after a short stint at Hunter, I wanted to find a career path that was meaningful to me and wanted to get started as soon as possible. I was taking a sewing class to fulfill a requirement for food service management. I enjoyed the class and found it relaxing and fun. My professor, Beth Schettino, had asked if I would be interested in teaching it to children. I was shocked to hear children were still being taught sewing and intrigued that I could make a career as a teacher. I met with Dr. Andrea Mosenson and fell in love with the concept of teaching children life skills.

I had always seen sewing as a useful skill and used it to fix garments as a teen and young adult. After taking the FNES classes, I could see the real-world application of this knowledge. Now I could have the ability to teach the younger generations how to choose and maintain a healthy diet, manage their finances, and appropriate themselves better into society.

With help from the QC faculty like Dr. Mosenson, Diane Weiner, Margaret Rizzo, and Beth Schettino, I started my student teaching feeling more than confident. I chose to do my student teaching with Beth at the high school level and Sarah Norton at the middle school. They taught me how to manage the classroom and the daily responsibilities of being a teacher. I was so lucky to have been given the opportunity to teach as a full-time teacher right out of college. I am now teaching at two middle schools and love it. Sachem has embraced me with open arms, and I feel confident about myself. The students enjoy being in my class, and I have a blast showing them what to expect when they get older and how to better manage their lives today. I also have so much support from other FACS teachers and staff. Mary Faller, Kristin Barnes, and Jen Melito have mentored me every step of the way to make this transition in my life, and I couldn’t be happier.
From Mary Faller

I am currently the department chairperson for Family and Consumer Science at Sachem CSD for the last 8 years. I hold a double master’s degree, one in technology in education and another in school administration. I have been an adjunct professor at Adelphi for the last 10 years and currently in the FNES department at QC.

Rewind 20 years, I studied at Queens College for elementary education and received a Bachelor of Arts degree. I enrolled in a program offered by Queens College to get my master’s degree, and QC provided me with an internship at a CUNY school. I completed my studies in 1997.

I started my teaching career at a parochial school in Queens, and after three years, found myself in Suffolk County. I interviewed for a home and careers position at Sachem that I knew nothing about. However, I said to the interviewer if I can teach kids about math and get them interested about religion, I can teach them how to cook and sew. So, they gave me the job!

I learned that family and consumer sciences is such a fascinating field, and it made me feel like I found my niche. The curriculum was vast, as were the classes. Throughout my years in Sachem, I have taught many courses, including child development; human development; housing and interior design, human services; and home and careers. It is my honor to be in a field where students enjoy coming to class and learn the life skills that they need to be successful, productive, and honest citizens who value family and themselves.

Mary Faller with one of her award-winning Junior Iron Chef teams. Seneca Middle School has won 1st place for the last three years in the Cornell Cooperative Education, Junior Iron Chef Competition. These are the winners from March of 2018.