

# FNES NEWSLETTER

DEPARTMENT OF FAMILY, NUTRITION, AND EXERCISE SCIENCES

2025 | Number 7



## Chair's message



Dear FNES students, alumni, and friends,

Greetings from the FNES department!

Over the past year, our faculty across all program areas have been actively engaged in assessing and updating our programs to align with evolving professional standards and student needs. I'm also thrilled to share that the much-anticipated renovation of our Food Science lab is now in the planning stage! Our dedicated food science and nutrition faculty have been closely involved in every step of the design process over the past year to help shape this exciting upgrade.

We're also pleased to announce the creation of the FNES archive, curated by Annie Tummino, Head of Special Collections & Archives at Benjamin S. Rosenthal Library. This archive honors our legacy as a Department of Home Economics, and its materials will be digitized and fully searchable. You can explore the initial collection [here](#). Special thanks to Elaine Ludman, a proud department alumna and former chair, for leading this meaningful initiative.

Please stay in touch and stop by for a visit if you're in the neighborhood — we love hearing from our alumni!

Thank you for your ongoing support.

Warmest regards,

**Ashima Kant**  
Chair, FNES Department

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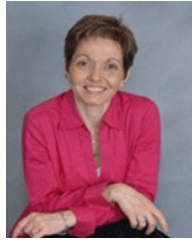
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# FNES Faculty News

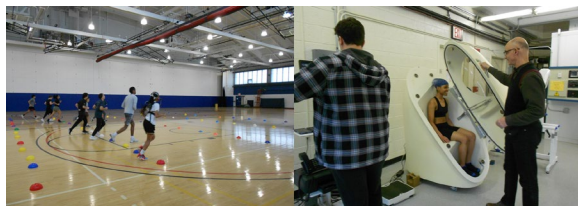


**Professor Ann Azzollini**  
Congratulations to the Fall 2024 Nutrition & Exercise Sciences (NEXSCI-BS) students in FNES 377/726 – Internship in Exercise Science on presenting their case studies scientific posters on December 12<sup>th</sup> & 19<sup>th</sup> in Remsen 300. Posters included case studies from physical therapy, commercial fitness, athletic performance, athletic training, and Queens College – Exercise Science research projects.



Nutrition & Exercise Sciences students participating in the poster presentation.

Professor Azzollini brings the applied physiology lab and advanced testing to the classroom experience. NEXSCI-BS students in FNES 211- Intro Exercise Training & Program Development have experience in body composition using the Bod Pod and aerobic capacity testing using the K-5 Cosmed VO2 analyzer.



Nutrition & Exercise Sciences students in FNES 211.



**Dr. Anoop Balachandran** has started his NIH-funded, 3-year strength training study in older adults. The image shows a student in Nutrition & Exercise Sciences conducting research with a participant. The student

assistants will provide one-on-one training to the study participants during resistance training.



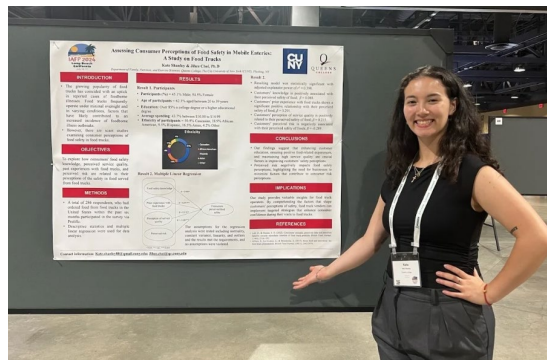
A student in Nutrition and Exercise Sciences working with a research participant.



**Dr. Eve Bernstein** was named reviewer of the Year for Journal of Teaching in Physical Education.



**Dr. Jihee Choi** mentored Kate Shanley, an undergraduate student in Nutrition and Dietetics, on a research project examining employees' food safety behaviors in the restaurant industry, particularly in food trucks. In July 2024, Kate presented their research at the International Association for Food Protection (IAFP) in California.



Kate Shanley presenting the poster co-authored with Dr. Jihee Choi.



**Dr. Sungeun Choi, RDN,** Associate Professor in the Nutrition and Dietetics Program, conducted two funded projects: a food and taste preference survey (QC Research Enhancement)

and a culinary intervention through cooking classes (PSC-CUNY 51) for individuals with diabetes or prediabetes. These efforts resulted in one publication (2024), two conference presentations, two manuscripts under review, and the completion of data collection. She has also been appointed as a prestigious Fulbright Specialist (2024-2027) in the Food and Nutrition area. In addition, she has been selected as the recipient of the 2025 Korean Nutrition Society (KNS) Award for the American Society for Nutrition (ASN), an annual award that honors ASN members who have made noticeable contributions to advance nutrition research, clinical practice, or education in Korea, or individuals who have worked in partnership with Korean scientists, researchers, and educators.



**Dr. Victoria Fischer,** Director of the Didactic Program in Dietetics (DPD), was elected Vice Chair of the Nutrition and Dietetics Educators and Preceptors group of the Academy for

Nutrition and Dietetics (NDEP). She is furthermore a Fellow in the CUNY-IPER-C3 Initiative for Interprofessional Education, for the Queens College campus. The team of Fellows won the best poster award, for the third consecutive year, in the IPEC Poster Fair 2024, for a poster titled *Confronting Implicit Bias: CUNY Tackles Health Equity in Interprofessional Education*. Research on IPE in collaboration with Dr. Steinberg Lowe was presented at the ASHA (American Speech-Language-Hearing Association) conference in fall 2024 as well: *Collaborative Care for Patients at Risk for Dysphagia and Malnutrition: An Interprofessional Training*

*Experience.* Dr. Fischer also continues to work with the Queens College community, integrating experiential learning in the community into her course curricula.



**Dr. Taemin Ha** presented three research papers at the annual conference of the *National Association for Kinesiology in Higher Education (NAKHE)*, which took place in San Juan,

Puerto Rico, this past January. His presentations focused on the integration of technology in physical education, teacher education, and school-based physical activity.



**Dr. Ashima Kant** continues her research on food consumption patterns among Americans. Her recent publication in the *Journal of the Academy of Nutrition and Dietetics*

explores self-reported weekend temporal eating patterns in American adults.



**Dr. Melissa Lovitz** published an article titled “*Parent-provider relationships in home visiting: An introduction to relational-cultural theory and critical race theory*

*frameworks*” in *Children and Youth Services Review* in 2025. She is also working on a Neurodiverse Sexuality Aware Professional Certification to enhance the FNES 256 course – Counseling Sexuality.



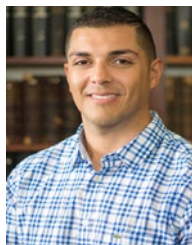
**Dr. Bridget McFadden**

Her research focuses on ways to reduce the risk of injury and optimize performance in athletes, military, and first responders. She is currently completing a study comparing men

and women NCAA student athletes' current and previous experiences with weight training programs. She is also evaluating the effects of stress and sleep on finish time performance in marathon runners. Dr. McFadden provides sport science support to the Queen's College (QC) men's basketball, track and field, and women's soccer teams through fitness assessments and athlete monitoring techniques. She has mentored several undergraduate Nutrition & Exercise Sciences students who have assisted her with her research and work with QC athletes.



Performance testing with Queens College Men's Basketball team.



### Dr. Norberto Quiles

His research focuses on cardiometabolic risk factors and physical activity in people living with HIV. This Summer Dr. Quiles will be conducting a study

investigating the relationship between newer anthropometric measures (i.e., the Body Roundness Index and A Body Shape Index) to body fat and visceral fat in people living with HIV.



**Dr. Elizabeth Riina** is an Associate Professor in the Human Development and Family Sciences (HDFS) program. Her research examines the social and cultural contexts for family

and individual development, with a focus on neighborhoods and parenting. In the HDFS

program, Dr. Riina teaches the introductory class on family relationships, in addition to classes on research methods and developmental theories.

## Student News

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### Nutrition & Dietetics

Congratulations to Marilyn Decker, a student in the Nutrition and Dietetics Program, who was selected for a scholarship from the Long Island Academy for Nutrition and Dietetics!

## Student Club News

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### Human Development & Family Science

Nearly 20 students attended the "Destress with HDFS" event on March 10, providing a great opportunity for relaxation and connection. Looking ahead, HDFS club is planning a career panel and a Zoom game night later this semester, as well as a yoga event for finals week.



Students attending the HDFS club event, 'Destress with HDFS,' on Mar 10.

### Nutrition & Dietetics

The Dietetics Club organized a welcome party on March 3, 2025, in Room 302. In addition, to celebrate National RDN Day, the club proposes organizing a Registered Dietitian (RD) panel discussion during the free hour. This event would provide a valuable opportunity for professors to share their experiences as RDs and for members to ask questions and gain insights.

## Physical Education

Physical Education (PE) club has been going strong with weekly meetings and then hosted a PE event at the Islander game.



Physical Education students and Professor Angelastro at the islander game.

## Program News

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### Family & Consumer Sciences Teacher Education, BA

We have had an exciting year with 100% job placement for recent graduates. Students in the FCSED program have been working hard to obtain their teaching certifications. We have been able to offer a variety of content courses to help students fill program requirements. Looking forward to a great semester!

### Family & Consumer Sciences Teacher Education, MS

The MS Family & Consumer Sciences program is currently putting together a newsletter featuring content created by talented students. Additionally, Jenia Yeshaya has been awarded this year's Phyllis Harbach Memorial Scholarship, exemplifying the spirit of this award. Next year, the scholarship will expand to support two deserving students, reflecting a commitment to recognizing outstanding efforts.

### Food Management Studies

In addition to the current options of FNES garden and Knights Table, FMS students will soon have another place, where they can

complete their fieldwork. Students will have the opportunity to work in campus dining with Queens College Campus Eats (QCCE).

### Nutrition and Dietetics, BS

Five students from the Nutrition and Dietetics program traveled to the Food and Nutrition Conference and Expo 2024, in Minneapolis, MN. Students enjoyed the rich world of specialized food products and research tools in the Expo, learned about numerous practice-related topics in presentations, and networked with countless practitioners and educators attending the conference.



Students from the Nutrition and Dietetics program attending the Food and Nutrition Conference and Expo 2024.

The Nutrition and Dietetics Program is currently working to optimize pathways for students from LaGuardia Community College, Suffolk County Community College and Queensborough Community College, to allow students with specific associate degrees to complete the program within two years, to continue their pathway toward the Registered Dietitian Nutritionist credential. In addition, students in the program continue to deliver Nutrition Education to a community organization, with all participating enjoying this experience.

### Nutrition and Exercise Sciences, MS (Nutrition Specialization)

The MS-Nutrition Specialist program has been carefully reviewed and redesigned to meet updated eligibility requirements for the Dietetic Internship. We are excited to announce that the program now includes an MS-DI option, offering both fast-track and

accelerated pathways for qualified students. These enhancements aim to provide greater flexibility and support for students pursuing their dietetic credentials.

### Physical Education Teacher Education Program

We held our first PE conference for our PE students in Fitzgerald where we had five different presenters from NYC DOE teachers to our own students present on various topics related to teaching PE.



Physical Education Students, Dr. Ha, and Professor Angelastro at the PE conference.

## Alumni News

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We are incredibly proud of our amazing FNES alumni and their significant contributions to society! Here are a few examples, and we look forward to continuing to hear about their career paths! Feel free to share your own updates with us!



Nutrition & Exercise Sciences (B.S 2019 & M.S. 2024) alum Kayla McAvoy, CSCS was hired as the Assistant Sports Scientist for the New York Rangers upon

completion of her internship with them in 2024.



Nutrition & Exercise Sciences (B.S 2018 & M.S. 2024) alum Jose Antonio Tan was hired as a Clinical Exercise Physiologist at the Pulmonary Wellness &

Rehabilitation Complex on completion of his internship with them in 2024.



Mickel Necsutu, ACSM-EP, EIM, Nutrition & Exercise Sciences (NEXSCI-BS) Program alum 2019. Mickel Necsutu secured an internship at RAF

Strength & Fitness for FNES 377 and was hired upon completion of his bachelor's degree. Mickel is now CEO of RAF Strength & Fitness, taking full ownership of the facility's leadership, operational excellence, and growth strategy. Mickel is also Co-owner of Ignite Entrepreneurs, helping other gym owners systemize their processes & grow their business revenue & profit.

## FNES Garden News

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Summer 24 was a bountiful season under the leadership of Prof. Stacia Helfand, master gardener. Many FNES and non-FNES students contributed and held a weekly market stall to share the garden produce with our college and neighborhood community. Planning for the Summer-25 garden is now in full swing. We are very excited about using our brand-new greenhouse to grow seedlings and get ready for the growing season. Support us by following on Instagram (@qc\_fnes\_garden)! If you're interested in volunteering next season, please contact shelfand@qc.cuny.edu in April.

We look forward to welcoming you!

Professor Stacia Helfand, Adjunct Lecturer



FNES 105 Nutrition Sustainability students & FNES garden volunteers for a weekly free farm stand in the quad.



*Thank you for reading this edition of the 2025  
FNES Newsletter, edited by Jihee Choi, PhD.*