

The Alumni Magazine of Human Nutrition, Foods, and Exercise

HealthBEAT

Volume 4, Spring 2019



COLLEGE OF AGRICULTURE AND LIFE SCIENCES
HUMAN NUTRITION,
FOODS, AND EXERCISE
VIRGINIA TECH.

HNFE

Our past, present, and future

Features

- 6..... Food waste throughout history
- 8..... HNFE: past, present, future
- 24..... Alumni through the decades
- 38..... HNFE remembers Mike Olsen
- 42..... S. J. Ritchey: nuts to nutrition

Around the department

- 3..... Message from the department head
- 4..... Awards
- 22..... Research
- 23..... Family Nutrition Program
improving lives
- 36..... Student spotlights
Susan Chen
Will Ellson
- 40..... Welcome to HNFE
- 41..... Goodbye, Janet Rankin!
- 43..... Class news and notes

Images on pages 1, 2, 9, 10, 12, 14, 15, 17, 18, 24, and 48 are from the Historical Photograph Collection, Special Collections, University Libraries, Virginia Tech.

Virginia Tech is an equal opportunity and affirmative action employer. Women, minorities, individuals with disabilities, and protected veterans are strongly encouraged to apply. Anyone having questions concerning discrimination or accessibility should contact the Office for Equity and Accessibility.



Laura Jane Harper (above left with Maud Wallace) recruited the first male students and faculty into the home economics program, arranged for the first woman to be commissioned in the ROTC program, and developed the first career guidance programs and one of the first study abroad programs. She exemplified Virginia Tech's mission of research, teaching, and service and played crucial roles in fostering the personal and professional development of hundreds of women. Harper was the founding dean of the School of Home Economics, and her leadership facilitated the development and accreditation of the college. She also led the fight to fund, build, and name Wallace Hall. Harper passed away in 1996, and three years later, Harper Hall was dedicated in her honor.

HealthBEAT Spring 2019

Produced by:
Department of Human Nutrition, Foods, and Exercise
338 Wallace Hall / 295 West Campus Drive
Virginia Tech
Blacksburg, VA 24061
www.hnfe.vt.edu

Department Head: Matthew W. Hulver hulvermw@vt.edu

Editor: Sherri Songer (HIDM '94) ssonger@vt.edu 540-231-6056

Design: Lara Egbert, Cove Creative Studio

Contributors: William Barbeau, Jo Ann Barton, Susan Chen, Frank Conforti, Clara Cox (M.A. '84), William Herbert, Janet Johnson, Janet Rankin, S. J. Ritchey, Eleanor Schlenker, Elena Serrano, Forrest Thyne, Ryland Webb



www.facebook.com/VTHNFE
twitter.com/VTHNFE



MESSAGE FROM THE DEPARTMENT HEAD

Hulver was named the assistant dean of health sciences for the college and will provide leadership for related initiatives.

We anticipate exciting changes for the department this year!

To enhance student learning, the department has added new programs and options for our undergraduates and graduates:

- In our new advanced anatomy and physiology course, students now use a virtual 3D human anatomy dissection table.
- As part of the college's online master's program in agriculture and life sciences, HNFЕ has an option in applied nutrition and physical activity.
- A master's degree in nutrition and dietetics was approved by the Virginia Tech Board of Visitors and the State Council of Higher Education for Virginia, and students will enroll this fall.
- HNFЕ will be part of a living-learning community that will strive to model and shape a culture of health, wellness, and related areas on campus.

More exciting news is the biomedical research expansion of the Fralin Biomedical Research Institute under way in Roanoke, which will include a thematic research area focused on obesity and metabolism. It is expected our affiliated faculty will reside in this new space and take advantage of the state-of-the-art human clinical research facilities.

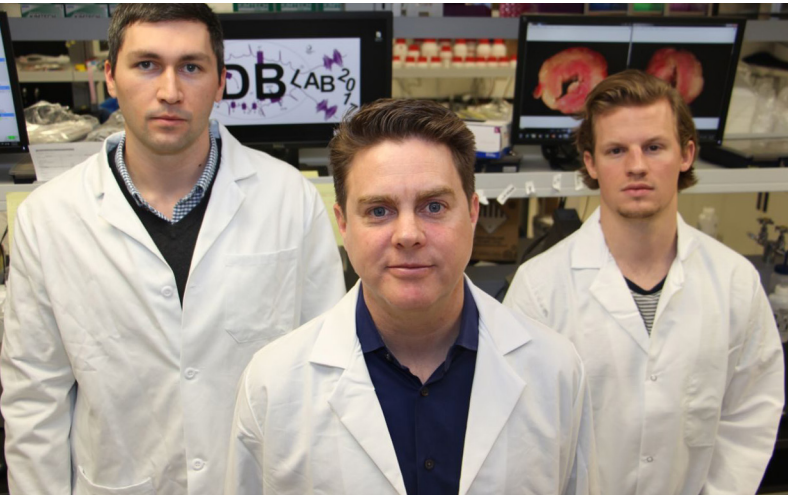
Overall, we are delighted with our progress, direction, new programs, and research!

In this issue, we look back at HNFЕ's origins as part of the original Department of Home Economics. Although HNFЕ recently celebrated 58 years as a full-fledged department, students have studied some form of nutrition and foods at Virginia Tech for more than 97 years. Because of our unique beginnings, we have more than 5,000 alumni who have made a positive impact through their various professions to thousands of people during the past century, and we thank each of you for living out *Ut Prosim* through your dedication to service and excellence.

Have a wonderful spring and summer, and as always, please stay in touch!

Matt Hulver

2018 ALUMNI AWARDS



David Brown (middle) with his graduate students Justin Perry (left) and Mitch Allen.

HNFE & CALS OUTSTANDING RECENT UNDERGRADUATE ALUMNA

As Virginia Tech's associate athletics director of sports nutrition, **Jennie Zabinsky** (B.S. '09, M.A.Ed. '13) has developed a creative staffing model that has allowed a number of professionals to gain experience and mentoring through graduate assistantships and corporate partnerships. Her work on behalf of all student athletes has far-reaching implications, from current students balancing academics and athletics to alumni moving out of rigorous athletics and learning how to navigate food choices without intense activity. Zabinsky's Student Sports Nutrition initiative provides paid and volunteer work experiences for undergraduate and graduate HNFE students, and as a result, hundreds of our students have used these experiences to secure jobs, internships, and graduate school acceptances.



Jennie Zabinsky; her husband Sam; and their twin sons Kyle (left) and Kaleb.

DISTINGUISHED ALUMNUS

David Brown (B.S. '99), an associate professor in HNFE, researches cardiac physiology in health and disease, and his work has been well received in the scientific community. In addition to his own research initiatives, Brown successfully mentors his students in grantsmanship, which is evidenced by their fellowships from organizations such as the American Heart Association and the American Physiological Society. Brown is a member of the Blacksburg Lions Club and has served on the Board of Directors for the German Club Alumni Association.



Liz Parker and husband, Casey, at the Santa Monica Pier

RECENT GRADUATE ALUMNA

Elizabeth Parker (B.S. '06, Ph.D. '10) is an assistant professor with the Department of Family and Community Medicine at the University of Maryland School of Medicine. Her primary research is in non-pharmacologic interventions that improve health and chronic disease related outcomes. In 2016, Parker was honored by the Maryland Academy of Nutrition and Dietetics as Young Dietitian of the Year and by the Academy of Nutrition and Dietetics as the Research Dietetic Practice Group Member of the Year.

2017 ALUMNI AWARDS



RECENT GRADUATE ALUMNA

Carmen Byker Shanks (B.S./M.S. '09; Ph.D. '11) is an assistant professor of food and nutrition and sustainable food systems at Montana State University, where she leads the Human Nutrition and Behavior Group of the Food and Health Laboratory. Her overall goal is to address society's most pressing issues of feeding communities with nutritious foods by developing specific strategies that facilitate dietary change and positive health outcomes.



DISTINGUISHED ALUMNA

As a registered dietitian, **Alicia White** (M.S. '97) has worked in community and public health nutrition at national, state, and local levels for over 21 years. As the branch chief with the USDA's Food and Nutrition Service, she leads the development of innovative nutrition education materials under their Team Nutrition initiative, which provides education and training materials to schools and child care providers participating in child nutrition programs. These tools are utilized within nutrition assistance programs such as EFNEP, SNAP-Ed, WIC, Head Start, summer food service programs, and school nutrition, potentially reaching millions of Americans each year. White describes herself as "an energetic leader experienced in working with diverse teams to develop innovative nutrition education resources and initiatives that resonate with children and families."



RECENT UNDERGRADUATE ALUMNUS

Jordan Chang (B.S. '09) is a clinic director with University Physical Therapy in Pearisburg, Virginia, and his work has been instrumental in improving health outcomes in that underserved community. He is actively involved with HNF as a guest lecturer and as a student field study supervisor and mentor; he also serves as a physical therapist for Virginia Tech athletics, where he trains and mentors students.



FOOD WASTE THROUGHOUT HISTORY

"For generations, people equated throwing away food with throwing away money, but today we also know it adds to environmental pollution and increased greenhouse gas emissions. Even though one out of eight Americans doesn't eat a nutritionally adequate diet, fruits and vegetables are the most wasted foods in this country. If we become tactical in diverting food waste, hunger can be reduced and diet quality improved, and we all need to share ideas to save food from being thrown away," said Susan Chen.

Tips To Reduce Food Waste At Home



Plan & Prep

Plan your meals
Check your fridge before shopping
Chop fruits and veggies ahead of time



Love Your Leftovers

Date leftovers and take them to work for lunch






Keep Track

Post a list of perishables to be used on the fridge where you can see it



Make It Work

Use 'kitchen sink' recipes to use up what's left in the fridge; quiche, stir-fries, and soups are all good options

Follow Arctic® Apples
   
www.arcticapples.com





By Susan Chen (B.S. '16, M.S. '18, Ph.D. candidate)

Highlights on the modern history of food waste:

1940s

To ensure enough food for soldiers overseas, the government issued rations for each family. To prevent food shortages, the government suggested families start Victory Gardens, and at one point, more than 20 million were planted across the country.

1950s

Advances in food technology, such as frozen dinners and pre-made meals, became mainstream. Food prices also began to fall, meaning that food could be easily acquired. Why save leftovers if you could afford to eat fresh food the next day?

1960s

Even as food prices fell, many Americans did not get adequate nutrition. Lyndon B. Johnson declared the “War on Poverty” and made many efforts to provide food for low-income families. Some of these efforts, such as SNAP (formerly the Food Stamp Program), are still in place.

1970s

Since women were still considered to be the family cooks, as more entered the workforce, families resorted to eating convenience foods.

1980s

Food trends from this point onward tended to focus on health and nutrition. People began eating more low-fat foods, but standard portion sizes grew rapidly.

1990s

As portion sizes grew, so did obesity; more attention was given to nutrition research and interventions.

2000s

People became more aware of the detrimental impacts of climate change. Academics and environmentalists began to focus on food waste as decaying food releases greenhouse gases into the atmosphere.

2010s

Food waste becomes mainstream. The Food Network featured a special in which celebrity chefs used “food waste” to create fancy, upscale meals. “Just Eat It,” as well as many other documentaries about food waste, were released. Companies such as Misfit Juicery and Imperfect Produce are trying to change perceptions about ugly and misshaped fruits and vegetables.

FAST FACTS ABOUT FOOD WASTE:

In the U.S., up to 40 percent of the total food supply is wasted, which also means wasted resources as energy, land, and water are all needed for food production. Up to \$218 billion is wasted per year.

A four-person household could save up to \$2,250 if food waste was avoided.

U.S. citizens spend only about 10 percent of their annual income on food, the least of all industrialized nations.

The best way to reduce food waste is to purchase, prepare, and serve less. Get creative with leftovers, donate to those in need, use food scraps as animal feed, and compost; throwing food into the trash should be the last resort!



*The Department of Human Nutrition,
Foods, and Exercise:*

PAST PRESENT FUTURE

In the fall of 2018, the Department of Human Nutrition, Foods, and Exercise celebrated 58 years as a department at Virginia Tech. However, HNFE's roots can be traced back to 1915, six years before women were admitted as students. That year, Virginia Polytechnic Institute President Julian Burruss tapped Ella Agnew, the first female home demonstration agent in the nation, to head Virginia's Extension Division's home demonstration program. Little did Burruss know this decision would pave the way for the future development of a department; a school; a college; and, eventually multiple options of study for women and men from all over the world.



Ella Agnew (left) and Maude Wallace (right) were home demonstration agents for Virginia Cooperative Extension, and Mary Moore Davis (center) served as professor of home economics. Agnew, Wallace, and Davis worked diligently to change educational opportunities for women in Virginia and VPI and were instrumental in creating the original Department of Home Economics.

By the time women were admitted as students in the fall of 1921, Extension field staff had grown to 35 field agents and three specialists in Blacksburg. With this expansion, Ella Agnew recognized the need for a professional program that would better prepare agents, and with the approval of President Burruss, a two-year home economics curriculum was established in the School of Agriculture. The program consisted of third- and fourth-year courses for women who had completed two years at a "normal school," which trained high school graduates to be teachers (later referred to as teachers' colleges). However, it would be another four years before home economics became a full four-year program of study.

In 1921, only seven home economics courses were offered to the 12 students who enrolled, yet those seven courses led to a nutrition and

foods option, then to a school with four departments, and later to one of 10 colleges at the university. And even though that college is no longer in existence today, one of the original majors—now known as HNFE—currently has the second highest enrollment of degree-granting majors at Virginia Tech.

Thanks to the unwavering dedication and tireless efforts of Agnew and Mary Moore Davis, along with other visionaries such as Martha Dinwiddie, Maude Wallace, and Laura Jane Harper, more than 5,000 HNFE alumni (and counting) have made a difference to innumerable people around the world through nutrition, foods, exercise, education, medical, and other health-related careers.

In this issue, HNFE reflects on its past, present, and future and reached out to alumni from each decade to learn how their degree impacted their lives.



Martha Dinwiddie

1920s

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

Greek pioneer George Papanicolaou (1883–1962) developed a test, now known as the Pap smear, to detect cervical cancer; it was later used to diagnose colon, prostate, bladder, lung, breast, sinus, and kidney cancers.

In 1920s Virginia, demonstration agents traveled throughout the state, working with rural families to improve their quality of life with health and nutrition advancements. Extension and demonstration agents were anxious for the development of a baccalaureate program in home economics so that future agents would receive the necessary training through a formal college education.

OPPORTUNITIES FOR WOMEN

All courses of the college are open to women on the same terms as to men. Naturally certain types of courses should appeal more strongly to women students than other courses.

“

.....

“You know the boys don't want us here, but having always lived a sheltered life, I expected at least politeness at college. I was destined to be disappointed, and it didn't take me long to become disillusioned about VPI. We became exceedingly alert and quick movers, in fact we became so efficient in dodging water that we decided to extend our athletic ability and formed a basketball team. Of course, we weren't in the Athletic Association, so we couldn't expect support at our games. A few of the boys did come and always rooted for the opposing team. Not very sportsmanlike, but maybe someday it will be different. I wonder?”

— 1929 *Tin Horn* yearbook ”

IN THE DEPARTMENT:

In 1921, Mary Moore Davis, state agent for home demonstration work, served as the home economics department head. The stated purpose of the HE and Agriculture Program in the 1923-24 undergraduate catalog was to help students qualify for positions as home demonstration agents, as teachers of agriculture and home economics in rural high schools, and for similar positions of service in rural communities. By the next year, “agriculture” was dropped from the department name, and due to increasing state needs for well-trained demonstration agents, a four-year home economics curriculum was offered at the start of the 1925 fall term.

Martha Dinwiddie, who had been serving as a special home demonstration agent in Blacksburg, replaced Davis as department head in 1925. She also continued to train agents, which allowed students to apprentice as part of their undergraduate study. The next year, Dinwiddie was designated VPI's adviser to women students.

In 1929, Maude Wallace became the director of Home Economics Extension and, together with Agnew, encouraged Virginia's women to study the field as preparation for becoming Extension agents.

The first HE bachelors' degrees were awarded, and by the end of the 1929-30 academic year, two master's degrees had also been granted. During this decade, HE graduate students conducted independent studies and research in clothing and textiles, foods and nutrition, and household management with the assistance of the Virginia Agricultural Experiment Station home economist.

Notably, HE faculty had begun to publish, and students had academic success in subjects such as English, food study, history, human biology, quantitative analysis chemistry, and physics.

ON CAMPUS:

Initially, it was assumed women would enter horticulture, home economics, or similar programs. However, three enrolled in applied biology, one in civil engineering, and another in applied chemistry. The campus environment was not a friendly one as women were ignored by male-run organizations for the next 20 years. Even though the corps of cadets dramatically opposed their presence, women found ways to become part of campus by producing their own yearbook (*The Tin Horn*); starting a basketball team; and forming clubs, social organizations, and their own student union.



Mildred Tate (far left, face forward) served as VPI's first dean of women from 1937 to 1947. She was also instrumental in the building of Hillcrest Hall, the first women's dormitory, also known as the "Skirt Barn."

1930S



Maude Wallace was a powerhouse in her field who had made home demonstration work in Virginia effective and efficient. Among her national and state honors were the U.S. Department of Agriculture's Superior Service Award and *Progressive Farmer Magazine's* Woman of the Year.

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

The Great Depression created nutritional deficiencies as less food, meat, and fresh produce was available, and families were encouraged to preserve foods and create victory gardens. Because metals were scarce, drying foods were promoted, which led to the invention of a home food dehydrator.

In 1939, Virginia participated in a nationwide program for improving school lunches, and home demonstration agents prepared over 15,000 cans of food. This volunteer community program showed the need for a national school lunch program.

As the importance of nutrition became more obvious, county nutrition committees were formed to coordinate state and national programs, which became essential to educating the public about human nutrition and health.

REGULATIONS FOR WOMEN

Women students will, in general, be subject to the same regulations as men students who are excused from military duties. It will be required that every young woman who comes to this college shall conduct herself at all times in a manner entirely befitting a lady. They will be required to attend regularly and promptly all college duties, to be subject to chaperonage of women officials of the college, and to comply with all regulations that may be made from time to time for their guidance. The regulations for leaves of absence, resignations, and similar matters, will apply to women students as in the case of men.

IN THE DEPARTMENT:

In 1933, after only a nine-year organizational period, HE received its first developmental setback. During the depression, the Virginia General Assembly cut the university's budget, and home economics was the only program eliminated. Five master's students were allowed to complete their degrees while the undergraduates were transferred to science options.

Four years later, thanks to the efforts of Maude Wallace and President Julian Burruss, the HE program reopened its doors as a department in the School of Agriculture and joined one of 31 baccalaureate programs at VPI. Wallace led the department for the next two years, when 64 different HE courses were offered, including five undergraduate and graduate nutrition classes.

In the 1937-38 undergraduate catalog, the word "dietitians" first appears along with mention of the American Dietetic Association. The catalog listed one option for HE study as "Nutrition and Dietetics" with the description that "Students learn the fundamental principles underlying the selection, preparation, and use of foods for the best nutrition of the individual, and prepare for

work in one of the following fields: 1) dietetics; 2) nutrition; 3) commercial food service; 4) management of food departments of clubs, hotels, dormitories, tea rooms, restaurants, and cafeterias; and 5) research." In addition to preparation for Extension, the program was also recognized as professional education for dietetics, teaching, and industrial fields. Extension programs concentrated on stretching rationed foods such as sugar, fats, and meats.

In 1939, HE was housed in the newly constructed Burruss Hall with Mildred Tate as head. She was passionate about coeducation and conducted numerous promotions to bring VPI to the attention of Virginia's women.

Departmental nutrition research focused on studies of food expenditures and dietary standards, adequacy of rural family living, and cooking methods.

By June 10, 1930, a total of nine HE students had graduated.

ON CAMPUS:

In the fall of 1930, student enrollment was 1,659 and had grown to 3,119 by the end of the decade; women made up less than five percent of this total and notably paid half the rate of tuition as men.

About 200 males who were non-military launched a movement to form a civilian student government, culminating in the formation of the Civilian Student Union in November 1930. The male students did not include female students in their organization because they still considered the women "second class citizens."

“

"In spite of President Burruss stating the 'best interests of the state and the advisability to extend to our women citizens the full privilege of instruction at VPI,' guess what happened? Home economics was 'temporarily' suspended during the depression; the reason given for this was 'lack of funds.' No other curricula, all of which were composed predominantly of males, were so treated. Funds were found to continue their support."

— *'Against the Odds: Women at VPI' Founder's Day Speech*
by Laura Jane Harper, April 11, 1980

”

Laura Jane Harper joined the HE faculty in 1949 as an associate professor teaching foods and nutrition. Her research focused on food habits, food and culture, nutrition in international development, and nutrient metabolism. She would remain on the faculty for the next thirty years.



1940s

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

During World War II, manufacturers were obligated to supply the military, creating food shortages and rationing. Making do with less created sugarless cookies, eggless cakes, and meatless meals.

After the war ended, families abandoned active farm lifestyles for city living, which was the beginning of the obesity epidemic. The country also began to lose touch with where food came from, as the war had led to processed foods and nutritional deficits. New products such as instant coffee, cake mixes, and instant pie fillings inundated the market. Bouillons and processed sauces took the place of bone broths with their inherent nutrition. Factory-made cheeses replaced real ones and natural and artificial flavors were invented.

The government asked nutritionists to determine healthy diets; this information later became known as the Recommended Daily Dietary Allowances.

In 1942, the American Medical Association recommended limiting intake of added sugar in diets and specifically mentioned soft drinks. The next year, the U.S. started adding vitamins and minerals to bread and grain products to make up for nutritional deficiencies from processed foods.

In 1949, the Food and Drug Administration published what became known as the “black book,” an industry guideline for appraising the toxicity of chemicals in processed foods.

By the end of the 1940s, food preservatives, antihistamines, and antibiotics were commonly used.

IN THE DEPARTMENT:

In 1940, the new home economics building—named for Ella Agnew—was completed for \$42,000. Food labs were housed on the top floor because of smells, but unfortunately, architects didn't consider how inconvenient it would be to transport supplies and equipment up and down three flights of stairs without an elevator.

Even though 15 years had passed after the first women entered HE, only 24 had graduated, however; 93 were enrolled by 1943.

In 1944, the department suffered another setback when the Virginia General Assembly merged duplicate programs at VPI with Radford State Teacher's College. Incoming undergraduate women were required to live and attend classes at what would be known as the Woman's Division of VPI at Radford. Exceptions were provided for women over 21, legal residents of Blacksburg, and students pursuing specialized programs. Only 300 level and above HE courses were offered at VPI for the next 20 years. Enrollment and degrees granted declined that made successful recruitment of faculty and students challenging.

ON CAMPUS:

During World War II, most upperclassmen left for military duty, decimating classes. The college was kept going by special war training programs, including the Army Specialized Training Program, which brought as many as 2,000 soldiers to campus.



1950s

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

Home economics classes were extremely popular as most women were expected to become homemakers.

American professor Ancel Keys advised the country to eat a low-fat diet to avoid heart disease. Other published studies revealed bread and sugar as culprits for obesity, while carbohydrates were linked to heart disease, but most research was largely ignored.

In 1953, Swanson introduced frozen TV dinners to use up an oversupply of meats and poultry; these convenient meals were welcomed with open arms as families started eating in front of the newly invented television.

Fast food chains popped up all along the nation's highways.

IN THE DEPARTMENT:

During the late 1950s and early 1960s, Laura Jane Harper directed a regional research study on nutritional needs of preadolescent children. Over the next few years, future HNF faculty members Paul Abernathy and S.J. Ritchey joined the project, which involved researchers from Georgia, Louisiana, Tennessee, Texas, and Virginia. The study, which found that protein intake levels for children were underestimated and inadequate, brought worldwide recognition to VPI's human nutrition and foods faculty, as well as scientific accomplishments in nutrition within the Virginia Agricultural Experiment Station.

To increase HE enrollment as well as attract qualified faculty, President Newman announced the formation of the School of Home Economics in 1958. Shortly afterwards, Mildred Tate resigned and Harper agreed to become interim head.

Nutrition workshops were organized to help Extension workers, teachers, and faculty stay up to date in the fast-growing field of human nutrition, and nationally known scientists and experts came to campus to present their research.



Research participants in Harper's metabolic nutrition study

In the late 1940s and early 1950s, female students began moving into positions previously held by males. The first woman who gained the most public notice was HE senior Patricia Miller, who was awarded a ROTC commission in the Army Women's Medical Specialist Corps as a dietitian; she had been denied admittance into the corps of cadets her entire time as a student.

At left: 2nd Lt. Patricia Miller, Army Spec. Corps, receives her commission from Lt. Col. Raymond O. Miller, C. E., U.S.A., June 1959.

ON CAMPUS:

In 1953, Irving L. Peddrew III became the first African-American to be admitted, and while he was required to fulfill the two-year military requirement, he was not allowed to live and eat on campus. Dissatisfied, Peddrew left after three years. The next year, three additional black male students (Lindsay Cherry, Floyd Wilson, and Charlie Yates) were admitted to study engineering.



1960S

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

Weight Watchers launched America's obsession with health and dieting. Coca-Cola introduced Tab, the first no-sugar soft drink, and soon thereafter sodas were dispensed in the first vending machines.

Thanks to TV advertising, the public chose more processed food options such as soft drinks, frozen vegetables in sauces, and canned meat products. High-fructose corn syrup was first used as a cheaper alternative to sugar in processed foods.

In 1969, the White House Conference on Food, Nutrition, and Health recommended that the federal government consider developing a system for identifying the nutritional qualities of food. Even though only about 13 percent of adults and six percent of children were obese, government nutritionists encouraged Americans to consume fewer calories by avoiding foods high in fat, cholesterol, sugar, and salt.

THE COLLEGE OF HOME ECONOMICS CAME INTO EXISTENCE AS ALL OF VPI'S SCHOOLS BECAME COLLEGES, AND THE DEPARTMENT OF FOODS AND NUTRITION WAS RENAMED THE DEPARTMENT OF HUMAN NUTRITION AND FOODS.

IN THE DEPARTMENT

In the fall of 1961, the College of Home Economics was established with four departments: Clothing, Textiles, and Related Art; Foods and Nutrition (renamed Human Nutrition and Foods in 1964); Management, Housing, and Family Development; and Home Economics (housed at Radford College). Harper became dean of the college, a position she held until she retired in 1980.

Genevieve Ho was hired as the first full-time teacher in foods and nutrition who possessed a doctoral degree. Two years later, S.J. Ritchey, also with a Ph.D., joined the department and brought a new research focus with his biochemistry and nutrition expertise. In 1964, Marian Moore became department head, and with research faculty in place, the department began the framework for a doctoral program.

In 1965, Moore resigned, and Ritchey became head, leading 8 faculty and 15 students, all women.

HNF was a major resource for cooking and food questions as healthy eating became mainstream. Extension faculty and staff provided programs on nutrition, gardening, using seasonally available produce, home canning, and weight control. Exercise programs were also created and led by physical education teachers throughout the state.



ON CAMPUS:

Two decisions led to a rapid growth of students on campus: the board of visitors made participation in the corps of cadets voluntary for all male students, and the VPI-Radford College merger was finally dissolved, allowing women's numbers to increase for the first time in twenty years.

Enrollment in the fall of 1963 was around 6,000, of which 274 were women and 2,000 were cadets. 8 years later, the enrollment was 13,282, including 4,000 women but fewer than 600 cadets.

In 1966, the first African-American women are admitted as students, and in 1968, transfer student Linda Adams became the first African-American woman to graduate from VPI.

On January 2, 1968, the department officially moved into Wallace hall, a \$1.2 million, 50,000-square foot building with the first closed-circuit television system in Virginia.



1970S

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

The post-Vietnam culture advocated for vegetarianism, and the organic food movement emerged. The decade also saw the rise of diet crazes such as Atkins and weight loss products such as Slim-Fast.

The FDA ruled hydrogenated soybean oil was safe and also issued regulations requiring nutrition labeling on foods that contained added nutrients, or that had a claim about the food's nutritional properties. They also created the term "U.S. RDA" as food label reference values for vitamins, minerals, and protein took effect in 1975.

George McGovern was the driving force behind the 1977 Dietary Goals for the United States also known as the "McGovern Report."

The U.S. low-fat guidelines overhauled the food industry and the average American's perception of a healthy diet, which eventually contributed to an increased national obesity rate and related diseases.

AMERICANS INCREASED THEIR RELIANCE ON PROCESSED FOODS, EATING OUT, AND CONSUMPTION OF SUGAR-SWEETENED BEVERAGES, AND NOT SURPRISINGLY, PHYSICAL ACTIVITY DECLINED IN THE '70S.

IN THE DEPARTMENT

The majority of faculty research was integrated with foods but included metabolic research, cholesterol studies, and community and international nutrition. Mary Quam was hired to strengthen the food service administration program (later renamed the hotel, restaurant, and institutional management option).

For many years, the department struggled to attract more than 50 students, even as the college's numbers approached 1,000. However, one benefit of a small enrollment allowed faculty to be very hands on with student learning, training, and advising.

The college chose HNF to house its first doctoral program because the department had acquired more faculty with research degrees and had solid funding and equipment. Transfer student Nell Derise was awarded the first HNF doctoral degree in 1973.

Ritchey stepped down as head in 1973 to become CHE's first associate dean, and Ryland Webb from the Department of Biochemistry took over. A core set of courses became the central focus of the undergraduate program, and the Food and People class, taught by Webb, became one of the most popular classes campus-wide.

Two years later, Mary Ruth Bedford was hired to plan a program that would meet the established criteria of the American Dietetic Association (now the Academy of Nutrition and Dietetics) for a Coordinated Undergraduate Program in Dietetics (CUPiD). Graduate student Barbara Kerr Sutton (B.S. '52, M.S. '74) had laid the ground work with her thesis on developing a CUPiD in Southwest Virginia, and due to her diligent research as well as hard work by many, the program was accepted by the ADA for accreditation on the first submission. Starting in 1976, CUPiD allowed students to complete internship requirements during their third and fourth years and seamlessly transition into dietetic careers.

ON CAMPUS:

The Virginia General Assembly changed the name of the school to Virginia Polytechnic Institute and State University, and the university became commonly referred to as Virginia Tech.

In 1970, the university established a swim team as the first intercollegiate competitive sport for women and allowed them to compete on the gymnastics team.

Undergraduate students were permitted to live off-campus.

Even though coeds had moved into all phases of student life, only 12 percent of faculty were women, and even fewer were part of the administration.



Front (left to right): Janette Taper, Forrest Thye, and Mary Pat. Back (left to right): Bill Barbeau, Kathleen Stadler-Thompson, Ryland Webb, and Marilyn Prehm.

1980S

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

Even with fitness mania on the rise, obesity was still increasing. The Departments of Health and Human Services and Agriculture advised Americans to avoid fats and cholesterol in the “Dietary Guidelines for Americans.”

In 1984, Coca-Cola and Pepsi replaced cane sugar with high fructose corn syrup, a domino effect quickly followed by all other manufacturers. It was an unprecedented move that not only rocked the sugar industry, but one that also dramatically changed the history of food.

The Center for Chronic Disease Prevention and Health Promotion was established to target chronic diseases such as heart disease, cancer, and diabetes.



IN THE DEPARTMENT:

Harper retired in 1980, and two years later, the College of Home Economics was renamed the College of Human Resources. Three departments were split into four, with only HNF left intact.

Community and international nutrition continued to be popular, and many HNF faculty and students participated in health and nutrition programs around the world.

Ryland Webb stepped down as head in 1982, and Judy Driskell replaced him.

In 1987, Mike Olsen, who directed the hotel, restaurant, and institutional management option, felt the program needed a stronger emphasis on business management, and under his direction, the option became a separate department in the college.

Dean Ritchey developed plans to expand Wallace Hall; the 30-month project would double the building’s size, add a fourth floor, and connect the old and new sections by an atrium that was, unfortunately, without air-conditioning. The atrium is still known for its sauna-like effect, 30 years later.

In 1988, Driskell resigned, and Eleanor Schlenker became head.

Kristin Koegel (B.S. '81) used a spectrophotometer located in Wallace to read Vitamin C absorbance values in urine samples.

ON CAMPUS:

During the early 1980s, all cadet dorms became coed, and some students were required to buy personal computers for the first time ever.



1990S

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

Preoccupation with low-fat products continued, and counting carbohydrates came into existence. Congress passed the Nutrition Labeling and Education Act, which required nutrition labeling for most foods except meat and poultry. Obesity rates were over 20 percent in 49 states, and by 1999, the average American consumed about 90 pounds of added caloric sweeteners a year, or 26.7 teaspoons a day.

IN THE DEPARTMENT:

Eleanor Schlenker led the accreditation of the undergraduate dietetics program and dietetic internship. The dietetics program flourished and students achieved high rates of acceptance into internship programs, which allowed graduates to meet ADA requirements to become registered dietitians. In 1994, the Virginia Tech Dietetic Internship (now known as the Virginia Tech Internship in Nutrition and Dietetics) was developed.

During the mid 1990s, faculty often collaborated with the College of Education's exercise science division in health-related research. After budget cuts forced CE to eliminate programs, Dean Ritchey, Forrest Thyne, and CE's Bill Herbert met with President Paul Torgerson to discuss the benefits of merging exercise science and HNF. Torgerson supported the plan, and six exercise science faculty members (Ron Bos, George Davis, Herbert, Janet Rankin, Don Sebolt, and Jay Williams) joined HNF, which officially became the Department of Human Nutrition, Foods, and Exercise. Student growth and male enrollment accelerated rapidly, and HNF became an exciting option for students to pursue medical careers with its all-encompassing nutritional and health options. By the end of the decade, HNF enrollment had accelerated from 90 students to more than 500.

In the 1990s, as fat-free foods flooded the marketplace, Frank Conforti researched fat substitutes used by the food industry. With the internet gaining traction, HNF developed its first website and online class. Michael Houston became department head in 1997 but became ill, and the department was led by two interim heads for the next few years (Skibb Jubb 2004-2006 and Joe Marcy 2006-2008).

ON CAMPUS:

The university partnered with the town to develop the Blacksburg Electronic Village, a community network that connected people to the internet, which drew international attention to the town dubbed "the most wired community in America"

By the end of the decade, campus enrollment approached 28,000, computers were in all offices and classrooms, and the university had developed its first homepage on the World Wide Web.

One of President Torgerson's responses during a financially difficult time was to merge the College of Education with the College of Human Resources; HNF's Janet Johnson became dean of the new college.



2000s

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

Aside from the obsession with dropping weight, Americans were also taking a closer look at what they were consuming. Books like Fast Food Nation, The Omnivore's Dilemma, and In Defense of Food, as well as documentary films like Supersize Me, raised awareness of the nutrient-deficient standard American diet. A new enemy was discovered in trans-fat, and according to the National Institutes of Health, about one in four adults were considered obese.

IN THE DEPARTMENT:

Another university restructuring dissolved the College of Human Resources and Education, and after a 40-year absence, the department returned to its original home in the College of Agriculture and Life Sciences.

Joe Marcy from the Department of Food Science and Technology acted as interim head from 2006 to 2008, and during his tenure, HNFE added the college's first dedicated undergraduate academic advisors. Research expanded to the Carilion Research Institute in Roanoke and the Corporate Research Center in Blacksburg. The university's 2006-2011 strategic plan targeted obesity as a major research area, leading to several faculty hires.

Wake Forest University's Susan Hutson became department head in the fall of 2008, and HNFE's mission, vision, and graduate tracks and research areas were also defined as undergraduate enrollment exceeded 800 students. Five study options for undergraduates were the science of food, nutrition, and exercise; exercise and health promotion; and dietetics, consumer foods, and community and international nutrition. However, by the end of the decade, the last option had been dropped due a to lack of students.

ON CAMPUS:

The university made advances in diversity by hiring its first woman dean and head of the Graduate School as well as the first African-American vice president.

Since 2000, Metallica's "Enter Sandman" has been played in Lane Stadium as the football team enters the field. The tradition of jumping up and down during the song began with a Marching Virginians band member and others soon followed.



2010s

FOODS, HEALTH, AND NUTRITION HIGHLIGHTS:

The American Heart Association continues to advise a low-fat, low-cholesterol diet as the average American consumes 23 percent more calories a day than in 1970. Eating and diet trends include good carbs versus bad carbs, paleo, keto, and gluten-free; yet by 2014, more than one-third of U.S. adults and 17 percent of youth are considered obese. Health goes digital as more and more people rely on the internet for information, regardless of the vast array of correct and incorrect information found online. 3D printing becomes mainstream in the health arena.

IN THE DEPARTMENT:

Matt Hulver became department head in January 2013, and during the last six years, faculty research has grown to include transformative health behaviors along with preventing and treating lifestyle-related diseases. Hulver's support of advanced anatomy training has resulted in a partnership with the Virginia College of Osteopathic Medicine.

Today, HNFE has 30 faculty members, 50 graduate students in three research tracks (behavioral and community science, clinical physiology and metabolism, and molecular and cellular science), and 905 undergraduate students studying dietetics or the science of food, nutrition, and exercise. HNFE is the fourth largest degree-granting major at Virginia Tech; almost half of our students are accepted to a graduate or professional program with an additional 10 percent planning to continue their education.

Even though research and study methods are vastly different today, HNFE's overall goal and mission is the same as when it all began: to advance knowledge through discovery and learning. Our faculty, students, and alumni have always shown dedication to all aspects of health and nutrition, and we are excited about what the next 58 years will bring! ■

ON CAMPUS:

In 2014, Timothy Sands is installed as the university's 16th president.

Virginia Tech will launch a \$1 billion Innovation Campus in Alexandria, Virginia, which will produce new graduates in computer science and related fields to meet growing industry demands.

The university also unveils a new academic logo, dropping "Invent the Future."

Out with the old



In with the new



RESEARCH

Faculty members Debby Good and Samantha Harden were awarded a grant from the National Institutes of Health to continue their Translational Obesity Undergraduate Research Scholars (TOURS) program. The program, first started as HNFE's Summer Scholars, will pair 10 undergraduate research students with faculty mentors from Virginia Tech's Center for Transformative Research on Health Behaviors. Students will work in a research lab and study specific curriculum, such as grantsmanship, diversity and inclusion, communication skills, and research ethics; visit research sites, including the National Institute of Diabetes and Digestive and Kidney Diseases; and present at the university's summer research symposium. Throughout the years, this program has led to more than 80 students conducting research one-on-one with faculty who guide them to life-changing educational pursuits.

Last summer, five undergraduate students from departments across campus researched heart disease, diabetes, Alzheimer's treatments, nutrition assessment tools, and community walking programs. (Left to right are Samantha Harden, Darren Dougherty, Zachary Wilson, Desiree Valez, Andrea Yu-Shan, Cat Hayes, and Debby Good.)



Scientists and clinicians throughout Virginia Tech and Carilion Clinic joined forces at the new Center for Transformative Research on Health Behaviors in an effort to protect the health of people in Virginia and the country. Led by HNFE's Matt Hulver and Carilion Institute's Warren Bickel, the center studies lifestyle diseases and medical conditions such as obesity that are caused by a person's own behavior. ■





FAMILY NUTRITION PROGRAM:

improving lives, one healthy choice at a time

With a mission to teach families how to make healthier food choices and become better managers of available food resources, the Virginia Family Nutrition Program, housed in HNFE, works to meet the needs of Virginia's communities by offering personalized nutrition education.

Two major FNP programs, the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed) were founded on rigorous evaluation, research, and strong partnerships and have led to improved lifestyles for thousands of families.

First launched in Virginia in 1969, EFNEP celebrates its 50th anniversary this year. Through a community-based, relationship-driven, hands-on educational approach, the program has directly impacted economic, obesity, and food insecurity challenges facing families today.

The Supplemental Nutrition Assistance Program–Education Program (SNAP-Ed), formerly known as the Food Stamp Nutrition Education Program, was started in Virginia 23 years ago by Ruby Cox, a professor and Extension specialist in HNFE. SNAP-Ed built upon EFNEP's success by using the same para-professional model. Over time, it has added a comprehensive approach that supports affordable nutritious foods and beverages, as well as opportunities for physical activity.

Both programs remain a vital outreach arm of the department.

Stay up to date with the latest nutrition information by following FNP's blog at eatSMARTmoveMoreVA.org/blog/. ■



ALUMNI

THROUGH THE

DECADES

THE 1950S

Although it has been 60 years since she graduated, **LELIA GENTRY SCOTT (B.S. '59)** remembers her time on campus as if it were only yesterday. Her memories include being VPI's first female Fulbright scholar, living in Hillcrest Hall, a visit by Miss America 1958, a flu epidemic, midnight serenades, and the occasional panty raid!

Campus life was very different in the 1950s. Many students attended local churches; faculty held civic offices; Blacksburg's mayor taught an occasional course; and the women's dress code required wearing skirts, except for lab courses. And if a home economics student dared to change her major, it meant facing the formidable Maude Wallace, who didn't let go of her future home demonstration agents easily!

During the beginning of Scott's senior year, Dean Harper announced that one of her students must apply for a Fulbright. With

Harper's assistance, Scott's proposal to study maternal and child nutrition in Denmark was awarded. In 1959, she became the first Fulbright Scholar from VPI; another female wasn't chosen from the university for another 15 years. Scott spent a year at the University of Denmark in a program that compared to VPI's Extension service; she researched advanced maternal and child nutrition theories and never forgot all that she learned.

After her Fulbright year, Scott attended the University of Wisconsin-Madison for her master's degree in nutrition. When she married, she worked as a research assistant with the University of Kentucky and then taught and conducted basic foods research at Iowa State.

Scott and her husband raised two daughters and still reside in Iowa.

Laura Jane Harper (left) and Lelia Gentry Scott



THE 1960s



In 2007, Carolyn Bess (left) accepted the Whole Grain Council's first-place award on behalf of Virginia Tech Dining Services.



Sue Counts (left) with her mentor Elizabeth Murphy



Herman's VT family history includes graduates from the classes of 1883 (great-great uncle), 1903 (grandfather), 1939 (an uncle memorialized on the War Memorial Pylons), and 1942 and 1949 (two uncles who are honored on the Aviation Wall of Fame).

In the fall of 1962, **CAROLYN KEFFER BESS (B.S. '68)** arrived on campus with 6,000 other students who were mostly male and members of the corps. She quickly learned never to be late for class since all cadets were required to stand when a woman entered the room. Her eventual career in food service operations was a direct result of the mentoring of Dean Harper, who advised Bess to add food business management to her nutrition plan of study. And with the addition of a number of business courses, Bess easily found employment after graduation. She said, "My education gave me critical business skills combined with a great appreciation for nutrition and the food industry, which resulted in extremely successful food service operations roles in a variety of positions." For the last ten years before retiring, Bess worked with Virginia Tech's Dining Services and said, "Being able to give back where the learning all began was a wonderful finale to my career!"
cbess@vt.edu

Disregarding advice not to apply to VPI led **PERCILLA SUE KOONS COUNTS (B.S. '65, M.S. '68)** to amazing career experiences and mentors. After meeting Dean Harper during her sophomore year, Counts changed her major from biology to HNF and found the program challenging but very rewarding. Despite a heavy course load, marriage, a baby, and research to balance during her graduate program, Counts excelled. Her first job was a nutrition analyst with the USDA's Agricultural Research Service working on the Tables of Food Composition with Bernice Watt. She also worked with Elizabeth Murphy on the nutrient composition of school lunches and coauthored articles for the American Dietetic Association. Other roles included a nursing home surveyor and consultant and teaching at Howard University's School of Dentistry and Appalachian State University. She eventually found her true calling with North Carolina's Cooperative Extension Service, where she helped farmers transition from growing tobacco to organic vegetables. Counts lives in Kernersville, N.C. with her beloved pets; completing her life are two daughters, four grandchildren, and one great grandchild.
suecounts34@gmail.com

With a relative's dietetics background and a strong family connection to VPI, **ADELINE BLAIR HERMAN (B.S. '64)** knew both her major and college well in advance. On campus, she found strong female mentors in Dean Harper and Elizabeth Aydlett, and four years later, she graduated confident in her skills, education, and her future as a dietitian. With Harper's guidance, she selected the University of Wisconsin Medical Center's dietetic internship program, and a year later started her first job with Massachusetts General Hospital. After enjoying a consulting role with the Phillips Academy assisting students with dietary concerns, she began consulting in long term care facilities and was a self-employed dietitian when she retired. abherman37@gmail.com

Editor's note: Herman's niece, Blair Ellson (B.S. '88), is featured in the 1980s section, and her great nephew, Ellson's son Will, is the featured undergraduate student.

THE 1970s



Dana Quillen and her winemaker husband, Paul, are retired. Her life is full and busy; she takes care of her mother, enjoys being a grandma, and loves taking oil painting classes!

When **ELLEN ERTZ WADE (B.S. '76, M.S. '81)** arrived on campus in the fall of 1973, she found a welcoming department and faculty and other students who quickly became her friends. She recalls that professionalism and career development were stressed from the beginning, and lectures and assignments were informative and fun. Wade was accepted into a top dietetic internship and, later, spent eight years working in palliative cancer nutrition with the VA Medical Center in Salem, Va. In another role with Carilion, a career highlight was bringing back fresh foods into the hospital. Wade, who "had a wonderful career spanning over 30 years," said, "There is not a day where I don't use some aspect of my nutrition education for myself or someone else. This is remarkable, yet simple, since good food choices are one of the basic tenants of life!" Husband Jim Wade (ACCT '76) and daughters Jennifer Wade (ACCT '06) and Amanda Wade (PSYC '07) round out their proud Hokie family. ewewade@gmail.com

After completing her M.B.A. from the University of Virginia, **DANA E. QUILLEN (B.S. '74)** joined Carnation Company in Los Angeles, where she successfully managed growth of a \$450 million diverse food product line. She later moved to Illinois to become the publisher of *Restaurants and Institutions Magazine*, a trade publication for the food service industry. In 1997, she returned to Virginia and started The Quillen Resource Group, a consulting practice focused on strategic planning, brand positioning, and process improvement for businesses, and her achievements led to certifications by Six Sigma Green Belt and the Prometheus Process. For 15 years, Quillen served as director of the Virginia Fly Fishing and Wine Festival and on the boards of the Virginia Museum of Natural History Foundation and the Center for Coldwaters Restoration. painterdana21@gmail.com



Ellen Wade's hobby in retirement is chasing her ancestry; finding her great uncle's grave in France was a very emotional and special day.

THE 1980s

For **CAROLINE FOXLEY CONNEEN (B.S. '85)**, three faculty members had big impacts on her life: Forrest Thye, Patricia Hodges, and Mary Korslund. Thye's biochemistry of nutrition class not only gave her the confidence to continue excelling academically after graduating, it also gave her the ability to memorize and learn difficult material. She can still visualize the blank test paper Thye distributed for writing out the Krebs's cycle. Hodges taught her how to integrate the mental, emotional, physical, and spiritual selves and to treat others with dignity and respect. Conneen had an "ah ha" moment when Korslund explained that breastmilk was better than formula, and for 25 years, she has promoted breastfeeding to hundreds of families as a WIC nutritionist and lactation consultant. She said, "As my life unfolded, their lessons fell into place and impacted me immeasurably, and for that, I will always be grateful." sweetcaroline003@gmail.com



Caroline Conneen with her husband, Patrick, and son, Greg.

With four generations of Hokies in her family, **BLAIR BRINKLEY ELLSON (B.S. '88)** knew where she would go to college, and choosing her major was another easy choice after she tagged along on her aunt's consulting dietitian visits! In the fall of 1984, Ellson became one of the last students to enter HNF's CUPID program. After completing a master's degree in nutrition communications, she worked in various public relations jobs before finding her true calling in education. Today, she is happily teaching middle school science, math, and history. Ellson said, "While I learned so much from my classes at Virginia Tech, I also learned as much, if not more, from the mentors who guided me. An intern experience with New River Valley Community Action opened my eyes to helping others, and I have continued to volunteer throughout my lifetime. Virginia Tech is much more than my alma mater; I still consider it my home. I'm also very proud of my son, Will, who will graduate this spring, and much like I chose a different career path than my aunt, he is pursuing athletic training." ellsonbb@cox.net



Will (left), Blair, and Greg Ellson make exercise and healthy eating a priority!

In high school, **PAM PETERSON DANNON (B.S. '86)** became intrigued with nutrition after working for a doctor who prescribed nutrition therapy over drugs. She originally enrolled in urban affairs since she liked environmental planning, but after the courses left her unenthusiastic, she switched to nutrition. After becoming a registered dietitian, she trained military medical staff on hospital systems while earning a master's degree in education. After many special years of being a stay-at-home mom, Dannon taught at a private school, and today, she is a K-12 school dietitian who works with school programs in environmental issues and nutrition. She loves her farm-to-school work, which allows her to collaborate with CALS and HNF colleagues. Dannon reflected, "The food part of HNF, along with the training I received, is real-world content that still helps me today. I still use lessons from my science of food class 30 plus years later!" She is proud of her alma mater and said, "Graduating from Virginia Tech comes along with a responsibility to stay involved, mentor, and represent."



Pam Dannon noted, "As an RD, I feel the need to walk the talk! I have always been active, and as a very moderate dietitian, I keep my choices real, practical, and maintainable. We are given a fine-tuned machine that requires lifelong care."

"The food part of HNF, along with the training I received, was real world content that still helps me today."

KRISTIN L. KOEGEL (B.S. '81) recalled that HNF was small and students and faculty knew each other very well. "I was amazed that Dean Harper taught one of my classes, which spoke volumes to me. Forrest Thye made a difficult metabolism class enjoyable, and we loved how he religiously used transparencies and colored markers to map out the Krebs cycle and digestion pathways." Jean Phillips, whose text *Foods* Koegel still uses, advised her to become a registered dietitian since the credential would serve her well, while Mary Ruth Bedford's advising led Koegel to exciting positions in cardiac care, medical wards, and outpatient counseling. Today, she is a nutritionist with the USDA, which has afforded her many opportunities to advance healthy eating. Koegel said, "Looking back, it was the collective voice of all my HNF professors who took such pride in their field that inspired me. I am proud to say I'm a Tech graduate!" kristinlkoegel@gmail.com



Kristin Koegel moving out of her West Ambler Johnston dorm on June 7, 1980

An internship with the Keebler Company led to a food science position for **LAURA HARTIGAN LUKAS (B.S. '87)** where she "enjoyed practicing what I learned in my food science classes to develop and commercialize new cookies and crackers!" Seeking a new challenge, she secured a sales position with Pfizer's Food Science Group and advanced up the professional ladder to become a senior account executive with Givaudan Flavors, the world's largest flavor and fragrance company. "To continue learning and building my career, I pursued an M.B.A. in marketing and international business. My education and experience led to a role of vice president of North American sales at Tate and Lyle, where I focused on strategies for the dairy and baking industries." She then directed a team with FONA International, creating innovative flavors for the food industry. Lukas said, "My education provided me with a solid foundation and knowledge to launch my career, a lifelong love of learning, as well as special memories of a beautiful campus, wonderful faculty, and friends. I am so pleased to share my career evolution with current HNFE students and alumni and would love to connect, so feel free to email me!" llukas@wideopenwest.com



Laura Lukas with her daughter, Katie, at a food market in Venice, Italy.

THE 1990s

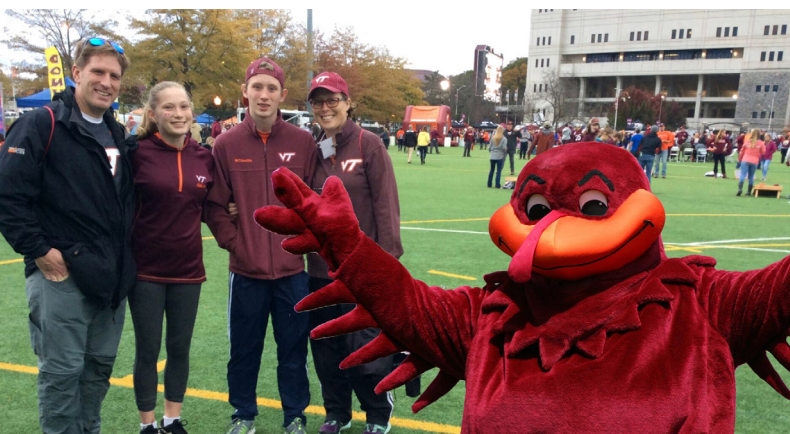


The Lambersons have two teenagers, a rescue dog, and three alpacas!

For **ANGIE MAKRIS (B.S. '91)**, her education and career have been fun and rewarding adventures. “Rita Purdy was an amazing role model who was strong, intelligent, and professional, and I aspired to be like her. Forrest Thyne gave me a solid foundation in nutrition, which I didn’t truly appreciate until I needed to take learning to the next level in graduate school.” Makris received a Ph.D. in nutritional sciences from the University of Kentucky and completed a postdoc at the University of Pennsylvania’s Center for Weight and Eating Disorders, later joining its faculty. Later, as an assistant professor with Temple University, she helped start the Center for Obesity Research and Education. Today she is an independent consultant who develops weight management resources; she also helps students understand the difference between popular beliefs and evidence-based nutrition. She said, “I have been fortunate to work with and meet exceptional leaders, and these interactions have led me to all kinds of opportunities. Keeping an open mind, being flexible, meeting new people, and paying it forward have been key to my career. With that said, ‘Let’s Go, Hokies!’” angmmcc@gmail.com



Angie Makris and her husband, Dave (AOES '88), love to travel!



John and his wife, Michelle Smith Rockwell (B.S. '97, M.S. '99), are pictured with their children, Lewis and Leah.

As the senior director for clinical practices with the Carilion Clinic Department of Medicine, **JOHN ROCKWELL (M.S. '98)** focuses on improving workflows to optimize patient care and experience. He also works to expand services in southwestern Virginia and oversees a number of hospital-based services and physician practices. Before moving back to the New River Valley, Rockwell worked at the Radiation Oncology Administration at UNC’s Healthcare Cancer Center and was also a research associate at the Institute of Medicine of the National Academy of Sciences. He said, “Working in community healthcare has been rewarding and meaningful!” jrockwell@carilionclinic.org

Two things were certain to Julie Sieja Satterfeal the moment she arrived for a Virginia Tech campus tour: there was absolutely no need to visit any other school, and dietetics was the only major she was interested in.

While in the ninth grade, **JULIE SIEJA SATTERFEAL (B.S. '95)** learned how vitamins and minerals worked in the body and became hooked on nutrition and health. During her career, she has always taught in some form; as an outpatient and community wellness dietitian with a medical center working with local groups and dietetic interns, through outpatient nutrition counseling, and via program development. At Illinois State University, she was a wellness health educator and an adjunct in the nutrition department; she also taught medical nutrition therapy at Alabama A&M University. Today, Satterfeal has a practice that includes nutrition counseling and professional speaking in her community, state, and country. "One of the greatest assets of my career has been the ability to stay connected in the field while being a full-time mom. My training allowed me to develop diverse skills that made this flexibility possible." julie@triplebraided.com

As she started her master's degree, **JANET R. WOJCIK (PH.D. '98)** had planned on a career in corporate wellness and health promotion but instead found a love of teaching and research. Her doctoral research, mentored by Janet Rankin, involved nutrition for exercise performance and the metabolic aspects of exercise. After completing her Ph.D., Wojcik conducted behavioral nutrition and physical activity research with Virginia Tech's Center for Research in Health Behavior, and for the last seven years, she has been the program director in exercise science with Winthrop University. Wojcik enjoys her research in promoting access to healthy foods, food policy, and walkability/bikeability and is the chair of the American College of Sports Medicine's ActivEarth Initiative, launched under Rankin's term as ACSM president. She has also served as chair of the Institutional Review Board and has been a member of ACSM since her undergraduate days. She strongly suggests that "students get involved with professional organizations and the local community because networking is not only rewarding, it is invaluable!" wojcikj@winthrop.edu



Julie Satterfeal said, "A non-traditional HNF class taught me to study, learn, and think outside of the box. Over the years, I developed philosophies that were sparked from this class and, combined with years of working with clients and their diet struggles, led me to write *Ditch the Diet: How to Reclaim your Health and Enjoy Food.*"



As part of a U.S. delegation, Janet Wojcik participated in an ACSM certification workshop and sports science summit in China.

THE 2000s

ALLISON BYRNE (B.S. '08) found it easy to follow her older sister Meredith to Virginia Tech since she already loved the university. After figuring out she wanted a career in physical therapy, she chose HNFE's science option and thoroughly enjoyed all of her science classes. After graduating, Byrne attended Virginia Commonwealth University for her doctor of physical therapy degree and has since worked in acute care, inpatient/outpatient rehabilitation, and aquatic therapy programs. "I gained great practical experience volunteering and working with kids at Tech and VCU, which fostered my love of pediatrics." Today, she is a pediatric physical therapist at a specialty hospital in Chicago that focuses on spinal cord injury rehabilitation and orthopedics. allison.byrne1@gmail.com

Allison Byrne has volunteered as a physical therapist in mobile and permanent clinics in Honduras and Liberia.

Building on a Hokie family legacy, **MEREDITH BYRNE (B.S. '06, INTERNSHIP '07)** came to Virginia Tech, but she was undecided on a major. However, after taking one HNFE class and loving the science behind the nutrition, she never doubted her decision, "not even during those tough metabolic nutrition exams!" In her senior year, Byrne enrolled as a student nutrition counselor and met with clients to establish nutrition-related personal goals. "This proved to be one of my most valuable experiences in the dietetics program as it tied together my knowledge of nutrition with the ability to evoke positive changes." She completed Virginia Tech's Internship in Nutrition and Dietetics and today is an oncology dietitian with Carolinas Medical Center in Charlotte, teaching gastrointestinal cancer patients how to properly use feeding tubes and understand recommended nutrition regimens. meredith.byrne@gmail.com

To evaluate nutritional status, Meredith Byrne uses a dynamometer, which measures hand grip strength.



AMY FRADY (B.S. '05) started her career with the International Food Information Council in Washington, D.C., where she identified consumer communication gaps and developed outreach materials. She has also worked with WIC and SNAP programs and loved helping families choose healthy life styles with positive results. Her current role, which she calls her dream job, is a nutritionist with the USDA's Food and Nutrition Service in the Child Nutrition Division; she manages and develops nutrition education materials for a variety of audiences. Frady strongly believes in the value of volunteering and networking and said that securing a mentor throughout her career was instrumental in her success. Frady would be glad to give advice on the profession, so feel free to contact her.

Amy.Frady@fns.usda.gov



Elena Serrano (left) and Amy Frady at the 2017 Society for Nutrition Education and Behavior Conference.

For the last eleven years, **JESSICA QUINLAN (B.S. '07, INTERNSHIP '08)** has been working with the Pueblo of Zuni Native American tribe in New Mexico. Her first job was with the Zuni WIC program where she provided nutrition and breastfeeding counseling, cooking classes, and many other services. She also worked as a renal dietitian and said, "I loved helping patients so they could have a better quality of life and still enjoy food." Needing a change, Quinlan began work on a master's degree in public health at the University of Arizona and joined a non-profit health center as the WIC director and dietitian. She also interned with a Zuni program dedicated to enriching youth through sports, nutrition, gardening, and other activities. After she completed her degree, she returned to Zuni, where she splits her time between WIC, the youth program, and volunteering in Albuquerque's underserved community. "I feel strongly that healthcare workers should be aware of the social determinants of health, which is directly impacted by many factors. As a dietitian, I have to understand that sometimes nutrition is not the top priority; sometimes other problems must be addressed first, and I enjoy doing what I can to make a difference!"

jquinlan@vt.edu



Jessica Quinlan says her career has been "rewarding and fun, although at times it's like a scary rollercoaster ride, taking me in directions I never could have envisioned!"

Since she was very young, **BROOKE TRAINIUM (B.S. '04)** has had an interest in different cultures, new foods, and exploring the world, and she found confidence in pursuing these passions at Virginia Tech. After graduating, her dietetics background and a broader interest in public health allowed her to work with the Peace Corps, with the World Health Organization in Switzerland, and in Washington, D.C. "My education laid the foundation for my career and for my lifestyle, as I enjoy living what I advocate for professionally."

BrookeTrainium@gmail.com



Brooke Trainium made friends with an elephant on a safari to Kenya in August 2018.

THE 2000s

NOUR ZIBDEH (B.S. '06, INTERNSHIP '07) was happily studying dentistry at the University of Jordan when she met her future husband, who was completing his master's degree at Virginia Tech. She soon found herself enrolled in HNFE's science option with plans to complete pre-dentistry requirements but falling in love with nutrition changed her career plans again. After graduating from Virginia Tech's Dietetic Internship program, she first worked in a hospital and then as a clinical dietitian prior to pursuing an online master's in nutrition. When her second child was born, she transitioned to consulting through corporate wellness workshops, website and magazine writing, and individual coaching. "These experiences gave me a range of skills that allowed me to start my own business, and with a lot of persistence and the desire to succeed, I now have 10 successful years of practice behind me." nourrd@gmail.com

Nour Zibdeh talks to her three children about health and nutrition and lets them help with food preparation. She also makes exercise fun for her entire family!



THE 2010s

After **CASEY DICKINSON (B.S. '12)** graduated with dual degrees in HNFE and psychology, she completed Purdue University's Military Extension Internship Program. While working with the Navy's child development centers and summer camps, she enjoyed getting kids interested in foods outside meal time. As a nutritionist for the Department of Defense, she oversaw family and child development nutrition programs on an Army base and then served as a nutrition compliance review liaison with the Virginia Department of Health. Today, as a school nutrition programs specialist with the Virginia Department of Education, Dickinson helps strengthen meal programs and access to healthy and local foods. She also acts as the wellness policy subject matter expert and sits on the Virginia Obesity Plan Steering Committee. caseyd12@vt.edu

Casey Dickinson said, "It is hard to put into words how Blacksburg makes you feel. I can be anywhere in the world and still want to be at a football game because 'This Is Home!'"



After being diagnosed with type 1 diabetes at the age of 14, **PATRICK O'BRIEN (B.S./M.S. '17)** became acutely aware of how nutrition affected his very life. Volunteer opportunities and internships with sports dietitians at the University of Florida, the Jacksonville Jaguars, and the Miami Dolphins solidified his interest in sports nutrition and his eventual career path. O'Brien completed his dietetic internship at Simmons College in Boston, which gave him valuable networking opportunities with sports dietitians. "In Boston, I designed and implemented a sports nutrition role at a local all-girls Division III college; connected with several sports RD's; and worked with Nancy Clark, a pioneer in the field of sports nutrition." In 2018, O'Brien passed the RD exam; worked with the Washington Redskins training camp, and landed a yearlong assistant sport dietitian role with the NBA's Milwaukee Bucks. "I hope to become a program director of sports nutrition for an athletic team, where I can utilize all of the knowledge that HNFE gave me. The word 'grateful' can't begin to describe how I feel towards the department and the mentors I've amassed along the way!" patobrienc@gmail.com ■

Patrick O'Brien crossed the finish line at the 2018 Boston Marathon as the first participant to ever wear Abbot's Freestyle Libre, a continuous glucose monitor.



STUDENT SPOTLIGHTS



SUSAN CHEN (B.S. '16, M.S. '18) is a first-year doctoral student who is researching consumer and childhood food waste.

As an undergraduate student, Susan Chen knew she wanted a food-related career, and it was an easy decision to continue in the department for her master's and doctoral degrees. Her eventual plan is to become a professor or pursue research related to food waste and nutrition.

Chen said she has learned so much about what children think about food and food waste. For her thesis, she developed and tested a food waste education program that involved hands-on activities with 4-H campers. "I observed if children were given a portioned amount of food, waste was high. However, if they got to choose quantity and the item, waste was a lot lower, but it still resulted in high amounts of waste since kitchens had to prepare standardized amounts."

Chen discovered most children had no idea how the environment was affected by throwing food in the trash, but one child did surprise her with knowledge of how animals could get sick by eating spoiled food. "Working with children has taught me if we make important

"Food will always and forever be a staple of my life; my family greeting is 'have you eaten yet?' instead of the usual 'hello!'"

topics relevant, kids are more likely to pay attention and retain the information. Explaining the correlation between foods thrown away and animal health, as well as including interactive programs, increased their excitement and feelings of involvement. Education program delivery is so important!"

Her dissertation will study methods to reduce consumer food waste at the household level and address two key questions: 1) Is it feasible for people to compost their food scraps, and will they compost if shown how? and 2) Do people know what to do with compost if they don't have a garden?

"We have to educate people on nutrition as well as food storage if food waste education is to be successful. Teaching people how to properly store produce to make it last longer will result in less being thrown away."

Chen is mentored by Elena Serrano.



WILL ELLSON

Because so many of his family had attended Virginia Tech, Will Ellson, who grew up watching Hokie football, knew where he would go to school. However, until he had selected his major, he didn't know about the family's connection to HNFE. After all, his mother, Blair, taught school, and his great aunt, Adeline, had retired.

During his time on campus, Ellson found a love of volunteering with service opportunities and has been a core leader in a campus ministry, a sports medicine aid, manager for the women's softball team, and president of the Sports Medicine Club. He also serves as a representative for the Student-Athlete Advisory Committee within Virginia Tech Athletics, advocating for the students he works with.

Ellson was chosen for the *Ut Prosim* Aspiration Award from the Residential Leadership Community (now the Leadership and Social Change Residential College) and has been on the Dean's List continuously.

Will and his mother, Blair Ellson (B.S. '88), are both dedicated to serving and volunteering in their communities.

"I've enjoyed every opportunity to widen my interests and enjoy the natural beauty around me. The people I've met along the way have filled my college experience with love, fun, joy, and lots of humor!"

After he graduates this spring with his bachelor's degree, Ellson plans on attending graduate school for a master's in athletic training and eventually returning to school to become a doctor.

We hope that the Ellson family tradition of attending Virginia Tech continues and that one day, another family member finds his or her way to HNFE!



HNFE REMEMBERS MICHAEL OLSEN

In 2006, Mike Olsen spoke at the School Nutrition Association of Virginia Supervisors' Conference. He is pictured with former students (left to right): Carol Sykes, Chris Ambler, Becky Bays, Denise Clark, Barbara Antozzi, and Serena Suthers.

A dedicated teacher, Michael Olsen guided many students in HNF's hotel, restaurant, and institutional management option to successful careers in the industry.

In 1987, due to his efforts HRIM became a separate department in the College of Human Resources. Under his leadership, the became one of the nation's leading hospitality education programs (now housed in the Pamplin College of Business, the major was later renamed Hotel and Tourism Management).

As founding president of the International Academy of Hospitality Research, Olsen fostered the worldwide development of education in hospitality organizations and contributed significantly to the field though a lifetime of scholarly research.

Former HNF Department Head Ryland Webb said of Olsen, "I hired Mike to develop our hospitality option, and I never regretted the decision. He did an excellent job and was a wonderful comrade."

"Mike was a demanding teacher and mentor who refused to accept mediocre work," former HTM department head Rick Perdue said in 2012. "I cannot estimate the number of former students who told me Mike's classes were the most substantive learning opportunities of their Virginia Tech experience."

Olsen's advice to his family and students was to always invest in one's self through the acquisition of knowledge, and it is this philosophy that he shared as he taught, conducted research, and wrote about the hospitality industry.



Three of Mike Olsen's grandchildren are Hokies: Katie Horin is a 2016 HTM graduate, Michael Olszewski is a sophomore in building construction, and Kaitlyn Olsen is a HNFE senior who plans on attending physical therapy school.

Editor's note: Olsen passed away on March 20, 2012.



Carol Sykes traveled to India in 2010. She said, "Throughout my career I thought of Mike and the practical advice he gave me, which proved invaluable."



Becky Bays (right) with Frederick Douglas Elementary School students. There are currently 71 active school gardens in Loudoun County, Virginia, and nutrition education teaches the connection between how food is grown and what is eaten.

TWO OF OLSEN'S STUDENTS SHARE THEIR MEMORIES:

CAROL SYKES

Memorable HNF faculty for **Carol Sykes (BIOL '76, M.S. '80)** included Forrest Thyne, Jane Wentworth, Jean Phillips, Howard King, and Suzanne Rigby. However, it was Mike Olsen who launched her on a 37-year career in school nutrition. "Mike had strong community and national connections, and his lectures came alive with real life stories from his vast experiences in the food industry." Olsen insisted she call for an interview for Hanover County's school nutrition director; she got the job and was employed for the next 14 years.

Sykes had a meaningful career in school nutrition that was strengthened by a strong network. She worked with Virginia Beach City Schools and later became the school nutrition director with Dare County Schools in North Carolina. In 2000, she was the president of Virginia's School Nutrition Association and through the People to People Citizen Ambassador Exchange traveled to India and China with school nutrition delegations. She has been an advocate for school nutrition programs at both the state and federal legislatures and served on the board of the North Carolina Child Nutrition Procurement Alliance.

She encourages students to consider school nutrition as a career as "the work is diverse, important, challenging, and never boring!" beginbuild@gmail.com

BECKY BAYS

After completing her master's degree in HNF, **Becky Domokos-Bays (M.S. '81, ACE Ph.D. '97, HTM minor '97)** worked as a dietitian with Virginia Tech's Dining Services, where she implemented the first computerized system and oversaw menu development. After a two-year stint in Atlanta as executive director with the Georgia School Nutrition Association, Bays and her husband, David Bays (PPWS Ph.D. '82), returned to Blacksburg. For the next five years she was an HTM instructor and taught junior and senior food production and management courses.

While teaching, Bays started her doctoral program under Olsen's mentorship. "Mike's classes were challenging, but he encouraged us to think on a higher plane. Students were prepared for robust discussions on service, strategy, finance, and trends in the industry."

Bays attributes her strategic planning skills and forward thinking to Olsen's leadership and high standards. "I have used the lessons from all those years ago to have success as a local, state, and national leader in school nutrition. It has been my passion and life's work to bring nutritious meals to students, lead on the cutting edge of trends, and make a difference in people's lives." Becky.Bays@lcp.org ■

WELCOME TO HNFE



ANGELA ANDERSON (Ph.D. '13) joined HNFE last fall as a collegiate assistant professor who is coordinating the Online Masters in Agriculture and Life Sciences program and helping develop course work in exercise-related topics. Before returning to Blacksburg, she taught anatomy, physiology, and human nutrition at Pikes Peak Community College and Colorado College.

Angela, Jonathan, Søren, Leif, Sonja, and their dog are all thrilled to be back in Blacksburg!

SIOBHAN CRAIGE joined HNFE last fall as an assistant professor. Her research addresses the regulation of cell signaling in response to nutrition and exercise with the overall goal of preventing cardio-metabolic disease.



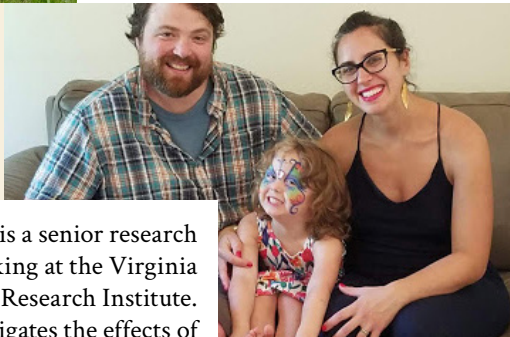
BECCA BOWMAN is the events and logistics coordinator for the Family Nutrition Program and organizes all pre and post events and training.



ANGELA DUNCAN is a project assistant for the Family Nutrition Program supporting state staff with various assignments.



JULIA BASSO is a senior research associate working at the Virginia Tech Carilion Research Institute. She investigates the effects of episodic future thinking on health behaviors in patient populations with errors in decision making such as obesity, diabetes, and addiction.



Julia with husband, Dan, and daughter, Juliette

JUDY GUSTAFSON is an adjunct instructor who teaches advanced anatomy and physiology. Gustafson and her husband, both board certified physicians, practice and teach medicine in developing countries, which led them to obtain master's degrees in public health and to begin the nonprofit organization Global Health Educators.



KRISTEN CHANG (B.S./M.S. '10, Internship '12) is an instructor and assistant director of nutrition and dietetics who is coordinating HNFE's new M.S. in Nutrition and Dietetics program. She is also developing and instructing graduate dietetics courses and tracking outcomes to maintain accreditation.



LISA SHIRES is the main office's administrative procedures specialist.

GOODBYE TO JANET RANKIN

after 36 years!

“In the fall of 1982, I started my career as an assistant professor in the Department of Health, Physical Education, Recreation, and Dance in the College of Education. My research focused on nutritional strategies for athletes and obesity treatments, and as enrollment was small, I knew most of our students. Most of our graduates developed careers in physical education, cardiac rehabilitation, medicine, and health education.

“Following a state funding cut in the mid-1990s, HPER exercise science faculty merged with HNF, which brought synergy in teaching and research and created a unique department focused on key lifestyle factors influencing human health. Students understood this and flocked to the department, dramatically expanding our majors and class enrollment. HNFE became one of the top majors and primary career trajectories for physical therapy, physician assistant, dietetics, and similar clinical fields.

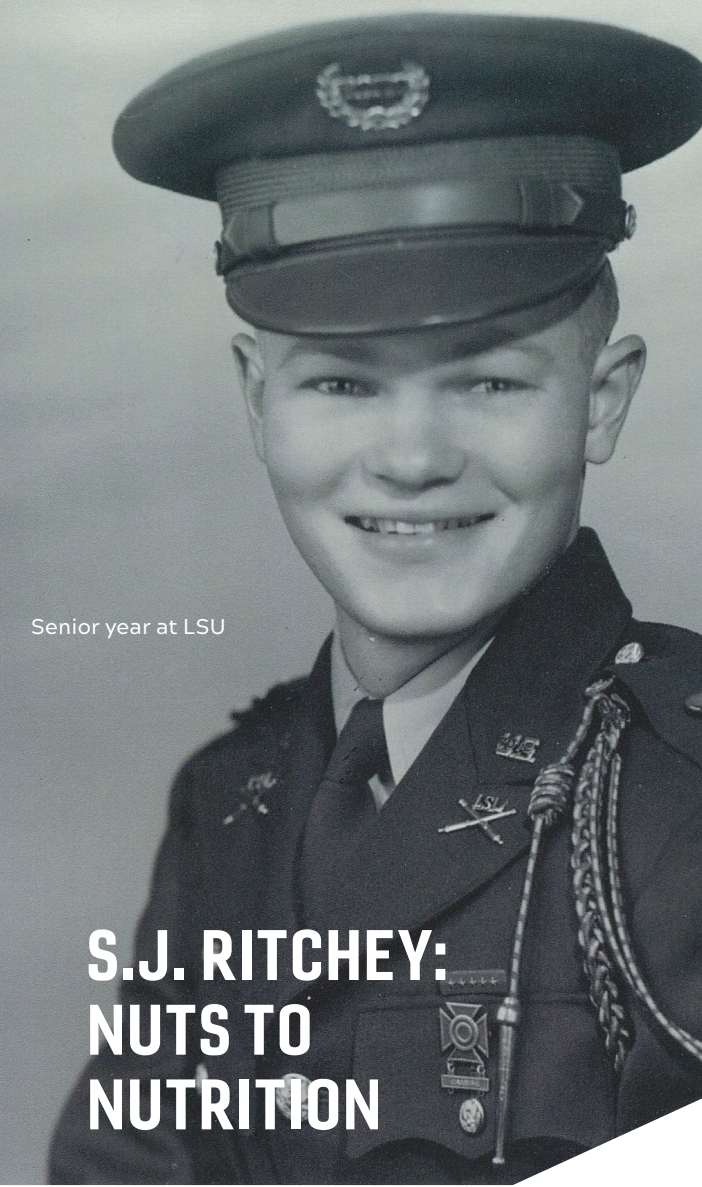
“My involvement with both the Southeast American College of Sports Medicine and the national American College of Sports Medicine were critical to my career evolution. As president of ACSM, my initiative ActivEarth focused on walking and cycling as a means to increase physical activity and improve the environment. Near the end of my career, my research evolved to examine the barriers and motivations for active transportation in Blacksburg.

“Reflecting back, I saw a good bit of change in university organization and focus. Virginia Tech grew into a top research institution, and HNFE blossomed into one of the highest enrollments and best research departments at the university.

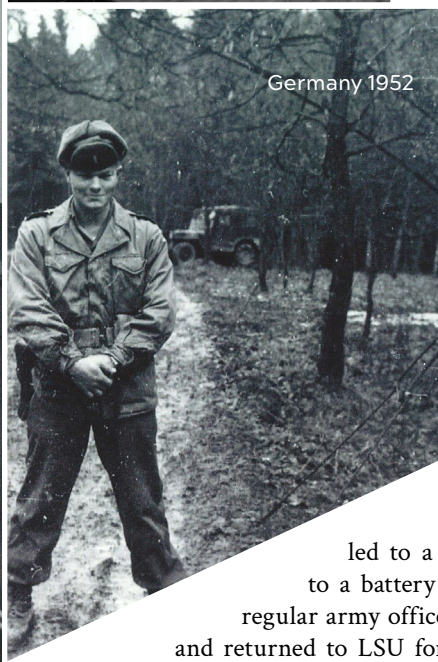
“My retirement goals are to stay active, healthy, and continue having adventures, like my bike trip through Italy. I also plan to teach with Blacksburg’s Life Long Learning Institute. I’m thrilled to have more time to spend with my family and friends; I have been lucky to have an ideal career in a place I love. My Virginia Tech family will always enrich my life, so please keep in touch!” jrankin@vt.edu

Janet Rankin was recently conferred the title of professor emerita by the Virginia Tech Board of Visitors.





Ritchey in his Wallace Hall office, circa 1970s



S.J. and Liz Ritchey in 2010

S.J. RITCHEY: NUTS TO NUTRITION

By necessity in the post-depression era, most families grew or raised everything they needed to live.

From a very early age, Sanford Jewel Ritchey gained an honest appreciation for hard work, healthy food, and helping others whenever possible.

Like most rural people in the pre- and post-depression era, Ritchey's family grew and raised nearly everything they ate. It was expected and natural for him and his two brothers to work year-round with beef and milk cattle, chickens, hogs, and a large vegetable garden. In addition, his family's main source of income was a 40-acre pecan farm, with a backbreaking and labor-intensive harvest each fall.

When Ritchey arrived at Louisiana State University in 1947, he planned a career in agriculture after he completed his degree. Plans changed after he enrolled in the advanced Army Reserve Officers' Training Corps and was called to active duty ten days after graduation. For two years during the Korean War, he was stationed with a field artillery unit in Heilbron, Germany, which

led to a lifelong hearing loss from exposure to a battery of howitzers. Instead of accepting a regular army officer position, Ritchey used the G.I. Bill and returned to LSU for a master's degree and shifted from agriculture to animal science. Afterwards, he pursued a doctorate in animal nutrition at the University of Illinois and met Elizabeth, a fellow student who would eventually become his wife.

In 1957, Ritchey secured a postdoctoral appointment at Texas A&M, which led to a research role in their food and nutrition department. This position paved the way for eventual participation in a regional research project on the nutritional needs of growing children, housed in VPI's Home Economics Department and later, a job offer from Laura Jane Harper.

Ritchey spent the rest of his career in teaching, research, and leadership roles at Virginia Tech. In 1965, he was appointed head of the foods and nutrition department, and in 1973, he became the associate dean of the College of Home Economics. He also directed the Agricultural Experiment Station from 1974 to 1993 and was director of the Center for Gerontology from 1978 to 1980. In addition, he chaired committees for 45 master's students and 18 doctoral students. For his dedication to teaching, research, and service, Ritchey received the Borden Service Award for Nutrition and the Distinguished Service Award from the American Home Economics Association.

Ritchey's education choices led to amazing experiences, lifelong friends and colleagues, and strong leadership roles and impacted the lives of so many of our students. Since retiring in 1994, he has authored several books which are available on Amazon. sjr@vt.edu ■

CLASS NOTES & NEWS

If you would like to update your contact information, please email ssonger@vt.edu. Alumni mailing addresses may be updated in HokieSpa with your Virginia Tech PID and password; for assistance, call 540-231-6285. If you opted out of receiving email or mail from the university, you must contact the Alumni Association (alumnidata@vt.edu) to change this preference.

1940s

Anne Warriner Holberton (B.S. '43) of Blacksburg, Va., passed away on April 12, 2017.

Virginia Gent MacLeod (B.S. '42) of Milford, Ohio, passed away on March 20, 2018, at the age of 97.

Nancy Galloway Markland (B.S. '49) of Spencerville, Ind., passed away on March 15, 2017.

Cornelia Nye Mowry (B.S. '46) of Hayes, Va., passed away on March 13, 2017, at the age of 93. She was a proud graduate of VPI and the Medical College of Virginia who went on to direct the nutritional planning and kitchen at St. Luke's Hospital in Richmond, Va. In 1933, she retired from the Virginia Department of Health as a nutrition counselor and continued independent nutritional counseling for another 11 years.

Anne Slusser Siar (B.S. '44) of Saint Petersburg, Fla., passed away on February 2, 2017.

Mary H. Hawks Steinhardt (B.S. '44) of Roanoke, Va., passed away on June 24, 2016.

Katherine Lineberry Wade (B.S. '46) of Brookfield, Mo., passed away on February 13, 2013. She was retired from the Brookfield School System and the University of Missouri's Home Extension.

1950s

V. H. "Gini" Hudgins Brinn (B.S. '57) of Williamsburg, Va., passed away on August 3, 2016.

Margaret Estes Dawson (B.S. '59) of Rochelle, Va., passed away on January 12, 2018.

Margaret Mackey Dickerson (B.S. '56) of Ashland, Va., passed away on July 27, 2016.

Nancy Catlett Holmes Morris (B.S. '54) of Williamsport, Md. passed away on March 8, 2017.

Pauline Scholz Lombardi (B.S. '51) of Broomfield, Colo., passed away on March 12, 2016.

Ann Wiltsee Phillips (B.S. '56) of Vienna, Va., passed away on December 31, 2015.

Elizabeth Nolen Richardson (B.S. '52) of Roanoke, Va., passed away on August 16, 2016.

Jo Ann Smith Trail (B.S. '56) was inducted into the Idaho Smart Women, Smart Money Hall of Fame.

1960s

Doris Lanier Cocke (M.S. '63) of Hurt, Va., passed away on November 15, 2016.

Lynn Moore Headley (B.S. '67) of Albuquerque, N.M., passed away on June 18, 2017. A cheerleader who was crowned Miss VPI in 1966, she completed her internship with Emory University and later became a dietitian with Emory Egleston Hospital for Children and the University of Florida.

1970s

Nora Rutherford Bailey (B.S. '72) of Bluefield, Va., passed away on November 14, 2016.

CLASS NOTES & NEWS

1980s



Ellen K. Coale (M.S. '80) of Blacksburg, Va., passed away on October 28, 2018. Coale and her husband, Charles, created the Carol Papillon Scholarship for HNFE students. She was featured in the 2017 issue of *HealthBEAT*.

Connie M. Palmieri Kympton (HRIM '83) of Midlothian, Va., passed away on November 6, 2015.

Amy Lyle (B.S. '88) works in long-term care and consulting. lyle5strong@aol.com

Judith L. Midkiff (B.S. '87, M.S. HIDM '94) of Midlothian, Va., passed away on February 21, 2018. Midkiff worked for more than 30 years with Virginia Cooperative Extension's Family Nutrition Program.

Jean C. Robbins (Ph.D. '81) passed away on May 4, 2017. She was an assistant professor and nutrition specialist with the department in the early 1970s and retired from Virginia Tech in 1990.

Danielle M. Torisky (M.S. '83, Ph.D. '87) is an associate professor with the Department of Health Professions at James Madison University. toriskdm@jmu.edu



Dori Tinajero Mitchell (B.S. '83, M.S. '93) is a consultant coordinator of nutrition outreach for the American Institute for Cancer Research. She has been part of AICR's education and communications team for 30 years and currently directs the New American Plate Challenge (napchallenge.org), a free 12-week online lifestyle program promoting a plant-focused diet and physical activity. Formerly, she worked at Georgetown University Hospital as a clinical dietitian, at GWU Hospital Lipid Clinic as a research dietitian, and in her private practice in Washington, D.C. Mitchell lives in Arlington, Va., with her husband and son and volunteers with the Arlington Community Services Board. d.mitchell@aicr.org

1990s

Mark D. Piechoski (B.S. '96) of Blacksburg, Va., passed away on March 30, 2018.

2000s

Katherine Huffman Bauman (B.S. '09) and **Scott M. Bauman** (ENSC '15) were married on November 11, 2016.



Melissa McCormack Barnett (B.S. '08) was recognized as the 2017 Dietitian of the Year by Morgan Stanley Children's Hospital New York Presbyterian. She is currently a pediatric sales specialist with Abbott Labs in New Jersey.

Jonathan W. Biggers III (B.S. '07) had a son on April 19, 2016, and is a family medicine physician with Blackstone Family Practice Center in Blackstone, Va.

Jennifer Blevins-McNaughton (Ph.D. '00) just completed a term as president of the Texas ACSM. She is an associate professor of kinesiology and also serves as director of the Office of Student Research and Creative Activities at Tarleton State University. jblevins@vt.edu

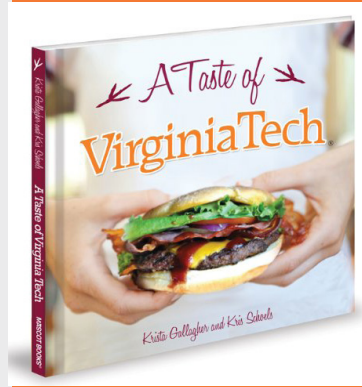
Heidi Hertz (B.S. '04) has been appointed Virginia's assistant secretary of agriculture and forestry. Previously, she served as the obesity prevention coordinator with the Virginia Foundation for Healthy Youth.

Shayna Komar (B.S. '00) was honored by *Today's Dietitian* in their annual showcase of 10 RDs who are making a difference (March 2019 issue, page 35). Shayna.Komar@piedmont.org

Elizabeth Miller Howe (B.S. '03) had a son on September 14, 2016.

Kelly A. Hughes (B.S. '03) had a son on April 14, 2017.

Meagan Schroeder Majeski (B.S. '03) had a daughter on September 1, 2016.



Fellow VT alumna **Krista Gallagher** (B.S. '03) and **Krista Schoels** (FM '05) are coauthors of *A Taste of Virginia Tech*, which is available on Amazon. Gallagher lives in Arlington, Va., with her husband and two sons. Schoels lives in New York City with her husband.



Trent Hargens (Ph.D. '07) was recently named senior editor for the sixth edition of *ACSM's Resources for the Personal Trainer*, one of the companion books to *ACSM's Guidelines for Exercise Testing and Prescription*. Hargens (above, left) is an associate professor of exercise physiology in the Department of Kinesiology at James Madison University. hargenta@jmu.edu

Jennifer Sue Harris Miller (B.S. '07) had a daughter on October 3, 2016.

Christopher J. Parker (B.S. '05) is executive director of the National Junior College Athletic Association.

Michael C. Prater (B.S. '05) had a son on September 3, 2016.

Leigh Baerenz Rogers (B.S. '08) of Sparks, Md., passed away on February 17, 2017, from injuries sustained in an accident.

Michelle Stockunas Spangenburg (M.S. '00, Internship '00) is the director of education and research for the American Society of Parenteral and Enteral Nutrition.

CLASS NOTES & NEWS

2010s



Anna Grace Chelko (B.S. '13) was awarded Clinician of the Year with Morrison Healthcare in Oxford, N.C. She and her husband, Jared Chelko (CE '09), had a son in October 2018. agchelko@gmail.com

Laura Dengo (Ph.D. '10) is an assistant professor in the Department of Health Professions at James Madison University. dengofal@jmu.edu

Chris Gentile (Ph.D. '06) is an associate professor in the Department of Food Science and Human Nutrition at Colorado State University. christopher.gentile@colostate.edu

Jessica K. Li (B.S. '15) received the inaugural Richmond Academy of Medicine Medical Student Scholarship at Virginia Commonwealth University School of Medicine.

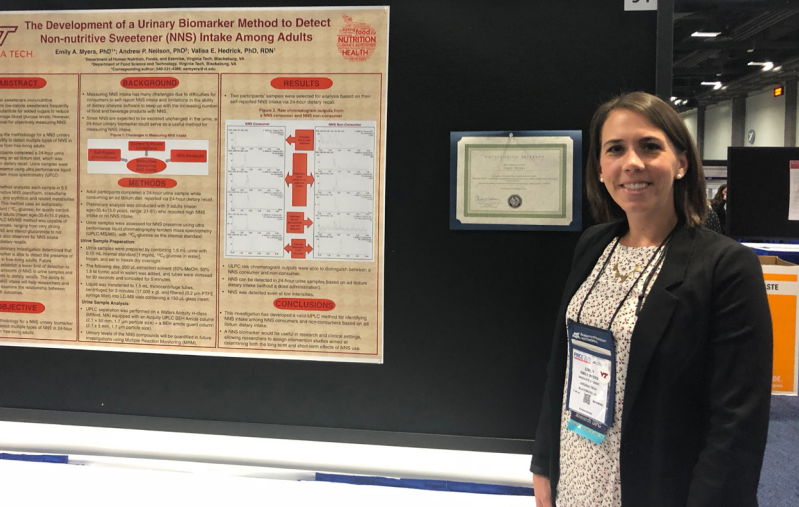
Elise Deming (Internship '16) is currently a nutritional analyst at Campbell Soup Company, where she disseminates the nutrition facts panel and nutritional claims to influence attributes provided to third parties. She also helps influence the role of nutrition in the marketplace and what Campbell reports to its customers and consumers. Deming also develops nutritional content for philly.com and Simply Good Jars. Deming loves the ever-changing world of nutrition and has been inspired by natural and organic food companies to follow her own culinary creativity. She recently completed her master's in clinical nutrition at East Tennessee State University. edeming8@gmail.com



Angela Bowers Mabalot (B.S. '10) had a daughter on September 26, 2016.

Alexis Pereira (B.S. '10) is an acute therapy supervisor with Del Sol Medical Center in El Paso, Texas. Alexis.Pereira@hcahealthcare.com

Erin Smith (Ph.D. '13) is a health sciences research librarian with Virginia Tech Libraries and an adjunct instructor for HNFE. erinsmith@vt.edu



Emily Myers (Ph.D. '18) won the Outstanding Abstract Award from the Academy of Nutrition and Dietetics for her research, "The Development of a Urinary Biomarker Method to Detect Non-nutritive Sweetener (NNS) Intake Among Adults." The award was presented last October at the Academy's annual meeting, the Food and Nutrition Conference and Exposition. Myers, who was mentored by Valisa Hedrick (Ph.D. '11, B.S. '06), was also honored as the 2019 Outstanding Graduate Student for the College of Agriculture and Life Sciences. eamyers@vt.edu

Elizabeth Tankovich Ressler (B.S. '12) received a direct commission into the U.S. Army upon graduation and completed her master's degree and dietetic internship through the U.S. military's Graduate Program in Nutrition. After a three-year assignment in Hawaii, she is stationed in Yongsan, South Korea, serving as the officer in charge of clinical dietetics for the 121st Combat Support Hospital. elizabeth.b.ressler.mil@mail.mil

Elizabeth and her husband, Lt. Col. Sheldon Ressler



Julia Workowski (B.S. '18) was honored as HNFE's 2018 Outstanding Senior; she was selected for her leadership, scholarship, and commitment to the fields of nutrition, foods, and exercise. She served as president of Sigma Alpha Lambda National Leadership and Honors Organization and as the Virginia Tech student liaison for the Southwest Virginia Academy of Nutrition and Dietetics. Workowski will complete the Virginia Tech Internship in Nutrition and Dietetics in May 2019.



The editor would like to thank the retired faculty who graciously shared their memories of the department (left to right): Ryland Webb, Jo Ann Barton, Janet Johnson, Eleanor Schlenker, S. J. Ritchey, and Bill Herbert (not pictured is Forrest Thyne).

