

# NEWSLETTER

Spring 2011



## GREETING FROM THE DEPARTMENT HEAD

Dear Friends,

It is hard to believe another academic year is drawing to a close, and I am amazed at the productivity of our faculty, staff and students. Everyone primarily engaged in research has federal grants, two junior faculty received promotion and tenure, and our extension programs have increased in participants and funding. This success translates into an increasing interest in our programs by students. In the last four years, our enrollments have nearly doubled; we now have more than 560 undergraduate majors. The cross-disciplinary graduate program continues to excel, and we have 20 graduate students and 29 faculty. In an effort to meet student requests, we are initiating a minor in Nutrition as part of our Distance Education program, **"Online To You."** Through this program we offer online courses that are designed as excellent opportunities for continuing education for Registered Dietitians and Radiology Technicians. These courses include Nutrigenomics; Nutrition and Radiation Therapy; and Nutrition and Cancer. Complete course information is available on our website: [www.cals.arizona.edu/nutrition/](http://www.cals.arizona.edu/nutrition/) or [www.access.arizona.edu/](http://www.access.arizona.edu/).

This spring we also completed development of Strategic Directions for our Department and we will be sharing them with you through our website. One of our long term goals is to create a stronger link between education and employment. We want to know that the training our students get from us will meet their needs for the jobs they seek. **If we are to be successful, we need your help.** Only you can help us define current employment opportunities. As a first step in this effort, we will be asking our alumni to complete a brief survey on their past and current employment. If you are alumni, later this summer you may receive a request to complete a survey via Survey Monkey with a few questions that will really help us to make this connection for our students. Please know that we realize that your time is valuable and that if you choose to respond, you will do us a great service and really help our students.

Finally, we want to further develop this newsletter. Along this line, we would welcome your ideas for improvement. No doubt there are those of you that are involved in journalism, publishing and related positions whose sage advice and creative ideas would greatly benefit this effort. Please send your ideas and thoughts on what you would like to see to [tspicer@email.arizona.edu](mailto:tspicer@email.arizona.edu).

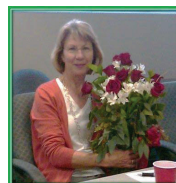
Thank you for your interest in our Department and for taking the time to read about the successes of our faculty, students and staff. This newsletter comes to you along with all of my very best wishes for a wonderful summer.

## CONGRATULATIONS



Congratulations to Dr. **Randy Burd** who received the College of Agriculture and Life Sciences Research Career Development Award. He was nominated for this award for his work in support instruction efforts and distance education.

Dr. **Linda Houtkooper** was selected to serve a three year term on the President's Council on Fitness, Sports and Nutrition (PCFSN) Science Board. She was nominated by the American Dietetic Association for her significant contributions to the advancement of research in nutrition and physical activity.



Congratulations to Dr. **Joy Winzerling** who was awarded the College of Agriculture and Life Sciences 2011 Administrator of the Year. She was nominated for this award for her outstanding achievements and contributions as the Department Head for Nutritional Sciences.



Congratulations to Drs. **Randy Burd** and **Kirsten Limesand** who each have been promoted to Associate Professor with Tenure.



**SAVE THE DATE!**

## 2012 "Research Frontiers in Nutritional Sciences" Conference

**"The Obesogenic Environment: Behavior, Biology and Policy"**

February 29th—March 1st, 2012  
University of Arizona Student Union  
Grand Ballroom

Some of our speakers will include:

- Dr. Johanna Dwyer, National Institutes of Health (Keynote Speaker)
- Dr. Paul Coates, National Institutes of Health
- Dr. Michele Forman, M.D. Anderson Cancer Center
- Dr. Stephen Hursting, M.D. Anderson Cancer Center
- Dr. Walter Willet, Harvard School of Public Health
- Dr. Dale Kunkel, University of Arizona
- Dr. James Sallis, University of Arizona

Steering committee includes: Drs. Donato Romagnolo, Wanda Howell, Cynthia Thomson and Scott Going. Program Coordinators are Theresa Spicer and Trudy Morrow.

## INSIDE THIS ISSUE:

<i>Publications</i>	2
<i>Awards, Notables, and In The News</i>	2
<i>New Grants</i>	2
<i>Presentations, Seminars and Conferences</i>	3
<i>Other Presentations and Articles</i>	3
<i>NSC Seminars</i>	3
<i>Graduate Degrees and Awards</i>	4
<i>Undergraduate Student News</i>	4
<i>Alumni Update</i>	4
<i>Interview with:</i> <i>Kirsten Limesand, Ph.D.</i>	Insert
<i>Outreach Feature:</i> <i>Sharon Hoelscher Day, M.A.</i>	Insert
<i>UA Nutrition Network Update</i>	Insert

## PUBLICATIONS

### R. BURD ETAL.

Exploiting Tyrosinase Expression and Activity in Melanocytic Tumors: Quercetin and the Central Role of p53. (2010) *Integr Cancer Therapies*, Dec 31. [Epub ahead of print]

### M. HINGLE ETAL.

Adapting Values and Reasons Statements That Promote Effective Vegetable Parenting Practices Using Intensive Interviews. (2011) *Journal of Nutrition Ed Behavior*. Accepted.

### N. HONGU ETAL.

Behavior Change Strategies for Successful Long-Term Weight Loss: Focusing on Dietary and Physical Activity Adherence, Not Weight Loss. (2011) *Journal of Extension*, 49(1). Available Online: <http://www.ioe.org/joe/2011february/tt5.php>

Outdoor Eating: Enjoying Nature the No-Waste Way. (2011) [factsheet AZ1541 04/11]. University of Arizona Cooperative Extension. Available Online: <http://cals.arizona.edu/pubs/health/az1541.pdf>

### E. MEUILLET ETAL.

Development of Sulfonamide Akt PH Domain Inhibitors. (2011) *Bioorg Med Chem*. Mar 15;19(6);2046-54.

Novel Inhibitors of AKT: Assessment of a Different Approach Targeting the Pleckstrin Homology Domain. (2011) *Current Medicinal Chemistry*. In Press.

### S. MISNER ETAL.

Parent Calcium-Rich-Food Practices/Perceptions are Associated with Calcium Intake Among Parents and Their Early Adolescent Children. (2011) *Public Health Nutrition*. Accepted.

### D. ROMAGNOLO ETAL. AND O. SELMIN ETAL.

Trichloroethylene Induces Methylation of the Serca2 Promoter in H9c2 Cells and Embryonic Heart. (2011) *Cardiovasc Toxicol*. April 9.

Phytoalexins in Nutrition and Cancer Prevention. (2011) *Frontiers in Biosciences*, Invited review, In Press.

### C. THOMSON ETAL.

d-Limonene: A Bioactive Food Component From Citrus and Evidence for a Potential Role in Breast Cancer Prevention and Treatment. (2011) *Oncology Rev*. 5:31-42.

Nutrient Intake and Anemia Risk in the Women's Health Initiative Observational Study. (2011) *J Am Diet Assoc*. 111(4): 532-541.

Poor Physical Health Predicts Time to Additional Breast Cancer Events and Mortality in Breast Cancer Survivors. (2011) *PsychoOncology*, 20(3): 252-259. [PMID: 20878837].

Physical Activity, Additional Breast Cancer Events, and Mortality Among Early Stage Breast Cancer Survivors: Findings From the WHEL Study. (2011) *Cancer Causes Control*. 22(3): 426-435. [PMID: 21184262].

Vegetable Intake is Associated with Reduced Breast Cancer Recurrence in Tamoxifen Users: A Secondary Analysis from the Women's Healthy Eating and Living Study. (2011) *Breast Cancer Res Treat*. 125(2): 519-527. [PMID: 20607600].

Vitamin D and Breast Cancer Recurrence in the Women's Healthy Eating and Living (WHEL) Study. (2011) *Am J Clin Nutr*. 93(1): 108-117. [PMID: 20980485].

Measurement Error of Dietary Self Report in Intervention Trials. (2011) *Am J Epidemiol*. 172(7): 819-827. [PMID: 20720101].

The Relationship Between Incidence of Fractures and Anemia in Older Multiethnic Women. (2010) *J Am Geriatr Soc*. 58(12): 2337-2344.

Recruitment of Lactating Women Into a Randomized Dietary Intervention: Successful Strategies and Factors Promoting Enrollment and Retention. (2011) *Contemp Clin Trials*. Epub ahead of print. [PMID: 21382511].

Genome-Wide Association Study of White Blood Cell Count in 16,388 African Americans: the Continental Origins and Genetic Epidemiology Network (COGENT). (2011) *PLoS*. Accepted.

Green Tea Improves Metabolic Biomarkers, Not Weight or Body Composition: A Pilot Study in Overweight Breast Cancer Survivors. (2010) *J Hum Nutr Dietetics*. 23(6): 590-600. [PMID: 20807303].

## AWARDS, NOTABLES, AND IN THE NEWS

Dr. **Donato Romagnolo** was selected as Chair for the 2012 American Society for Nutrition Research Interest Section, Diet and Cancer Minisymposium on "Proteomic Technologies and the Detection of Molecular Targets for Bioactive Food Components."

Dr. **Romagnolo** was also invited to be a member of the Editorial Board for The Journal of Nutritional Biochemistry.

Congratulations to Dr. **Kirsten Limesand** who was elected the 2011-2012 President for the Salivary Research Group, International Association for Dental Research.

Dr. **Nobuko Kay Hongu** received this year's American Dietetic Association Foundation Food and Nutrition Research Endowment for her work entitled, "*i-Challenge!, an Individually Tailored Web-Based Nutrition and Physical Activity Intervention using Smart Phone: Randomized Controlled Trial.*" This trial is part of the United States Department of Agriculture Childhood Obesity Prevention Project, Stealth Health.



Dr. **Scottie Misner** along with others of the University of Arizona SNAP-Ed group will be providing input to the United States Department of Agriculture regarding the fiscal year 2013 grant programming. Focus will be integration of nutrition, physical activity, gardening, evidence-based nutrition education interventions and use of incentives.

Congratulations to **Kelly Jackson** who received the Recognized Young Dietitian of the Year Award from the Arizona Dietetics Association.



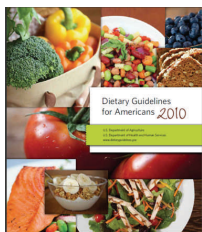
Congratulations to **Monique Whiting**, Professional Advisor who was awarded a grant from the University of Arizona Advising Resource Center to attend the National Academic Advising Association Rocky Mountain Region 10 Conference in Albuquerque, NM.

## NEW GRANTS

*We Can Community Service Grant: YMCA Student Leadership and Food Bank Energize our Families.*  
Investigator: **Jennifer Reeves**  
Funded by: National Institutes of Health

*General Mills Active Healthy Children Grant - Teen TALK (Teen Advocates as Leaders for "Let's Move" for Kids.*  
Investigator: **Jennifer Reeves**  
Funded by: General Mills Foundation

## PRESENTATIONS, SEMINARS AND CONFERENCES



### DR. HONGU

Invited Presentation: "2010 Dietary Guidelines for Americans: A Change for the Better." Nutrition Education Train-the-Trainer Workshop, Pima County Cooperative Extension, Tucson, AZ, March, 2011.

### DR. HOWELL

Invited Presentation: "Where's the Beef? Patients Need Protein and Calories to Heal Wounds" and "Feed Me: Avoiding a Little Shop of Horrors Through Nutrition-The Forgotten Ingredient." Diabetic Foot Global Conference, Los Angeles, CA, March, 2011.

### DR. LIMESAND

Invited Presentation: "IGF-1 in the Protection of Normal Tissues From Radiation Damage." Gordon Research Conference on Insulin-Like Growth Factors in Physiology & Disease, Ventura, CA, March, 2011.

Invited Presentation: "Signaling Pathways Involved in Radiation-Induced Salivary Gland Dysfunction." Gordon Research Conference on Salivary Gland and Exocrine Research, Galveston, TX, February, 2011.

Seminar: "Signaling Pathways Involved in IGF-1 Mediated Protection of Normal Tissues From Radiation Damage." Department of Human Oncology Cancer Biology Research Seminar, University of Wisconsin, School of Medicine and Public Health, Madison, WI, April, 2011.

Poster Presentation: "Cdk Inhibitors in Prevention of Radiation-Induced Salivary Gland Dysfunction." International Association for Dental Research, San Diego, CA, March, 2011.

Poster Presentation: "The Role of Autophagy in Radiation-Induced Salivary Gland Dysfunction." Gordon Research Conference on Salivary Gland and Exocrine Biology, Galveston, TX, February, 2011.

Poster Presentation: "Rapid IGF1-Dependent DNA Repair Decreases Apoptosis Following Radiation Therapy." Gordon Research Conference on Salivary Gland and Exocrine Biology, Galveston, TX, February, 2011.

### DR. MEUILLET

Presentation: "Novel Therapeutic Targets for GI Cancers." Gastrointestinal Research Program Retreat, Arizona Cancer Center, Tucson, AZ, February, 2011.

### DR. MISNER

Invited and Poster Presentation: "Consumer Food Safety Within the EFNEP and SNAP-Ed Programs." National EFNEP Conference in Washington, DC, March, 2011.

### DR. ROMAGNOLO AND DR. SELMIN

Poster Presentation: "BRCA-1 Promoter Hypermethylation and Silencing Induced by the Aromatic Hydrocarbon Receptor-Ligand TCDD are Prevented by Resveratrol in MCF-7 Cells." 2011 Annual Meetings of the American Society of Nutrition, Washington, DC, April, 2011.

### DR. THOMSON

Presentation: "Design & Outcomes of Fresh Vegetable and Fruit Interventions." Arizona State University, Tempe, AZ, April, 2011.

Research Update: "Lifestyle & Breast Cancer Survival." 2011 Race for the Cure Sponsor Appreciation Reception, Tucson, AZ, April, 2011.

Poster Presentation: "Racial Differences in Colorectal Cancer Incidence and Mortality in the Women's Health Initiative." American Association for Cancer Research, Orlando, FL, April, 2011.

Poster Presentation: "The Efficacy of Ruby Red Grapefruit Consumption on Weight, Blood Pressure, and Lipid Control in Overweight and Obese Adults." FASEB, Washington, DC, April, 2011.

Scholarly Presentation: "Dietary Interventions to Reduce Morbidity in Breast Cancer Survivors." M.D. Anderson Grand Rounds, Houston, TX, January, 2011.

## OTHER PRESENTATIONS AND ARTICLES

### MELANIE HINGLE

Invited Presentation: "New Approaches to Increasing Physical Activity in Youth." The University of Hong Kong, Institute of Human Performance and The Chinese University of Hong Kong, Hong Kong, China, February, 2011.

### JENNIFER REEVES

Invited Speaker: "Developing District School Health Advisory Councils- Building Capacity in Arizona Schools." Worthy Obesity Institute, Phoenix, AZ, January, 2011.

Invited Speaker: "Curbing Obesity with Student Leaders in Tucson Schools." LULAC Conference, Tucson, AZ, March, 2011.

Invited Speaker: "Camp on the Move - Student Leadership Model for Healthy Living, Youth Development, and Service." National American Alliance for Health, Physical Education, and Recreation Convention, San Diego, CA, March, 2011.

Invited Speaker: "Student Advisory Nutrition and Physical Education Leaders in Sunnyside Middle Schools Partners for Active Healthy Adolescents Project, Coordinated School Health State Conference, Tucson, AZ, January, 2011.

Invited Speaker: "Camp on the Move." 125<sup>th</sup> Camping Celebration of the YMCA, Estes Park, CO, December, 2010.

Invited Speaker: "Building Capacity for Chronic Disease Prevention in Pima County." Arizona Department of Health Services Partners Meeting, Phoenix, AZ, April, 2011.

## NSC SEMINARS

**Dr. Roy Martin**, Professor, Pennington Biomedical Research Center. Louisiana State University. "Stimulation of Millions of Friends in the Gut: Role of Gut Fermentation and Resistant Starch in Improved Health Outcomes."

**Dr. Melanie Hingle**, Assistant Research Scientist, Department of Nutritional Sciences, University of Arizona. "Behavioral Approaches to Obesity Prevention."

**Dr. Richard Bruno**, Assistant Professor, Nutritional Sciences, University of Connecticut. "Suppression of Oxidative Stress Responses Implicated in NAFLD & CVD with Functional Foods & Bioactive Food Components."

**Dr. Dale Kunkel**, Professor, University of Arizona, Department of Communication. "The Impact of Industry-Self-Regulation on the Nutritional Quality of Foods Advertised on Television to Children."

**Dr. Pawel Kiela**, Associate Professor, Steele Children's Research Center, Departments of Pediatrics and Immunobiology. "Curcumin in Inflammatory Bowel Diseases: Clinical Potential and Mechanisms of Action."



## GRADUATE DEGREES AND AWARDS



### Doctors of Philosophy



**Monica Laudermilk**

Monica plans to pursue a post-doctoral position in the areas of child/adolescent obesity prevention or nutrition and physical performance. She has strong interests in entrepreneurship, research and teaching in addition to career opportunities in the health/fitness and dietary supplement industries.

**Nicole Stendall Hollis**

Nicole will be doing a post-doctoral fellowship in Nutrition and Cancer at the Masonic Cancer Center with the University of Minnesota.

### Masters of Science

**Julie Cornelius**

Julie will be staying in Tucson and continue to grow her business, Julie Bar. Julie Bar is a fruit and nut bar made with all organic ingredients. She hopes to expand the business within the Tucson community and beyond!

**Caitlin Dow**

Caitlin will continue to work towards her Ph.D. with Dr. Cynthia Thomson.

### Awards and Notables

Congratulations to **Hope Jones** (Mentor: Kirstin Limesand), who was the recipient of a Salivary Gland and Exocrine Biology Gordon Research Conference Travel Award.

### F.R.E.S.H Club

The Future Researchers and Educators Stimulating Healthy (F.R.E.S.H) Lifestyles Club is a newly formed Graduate Student club that will focus on helping the Tucson community. Club organizers include **Danielle Vassallo, Monica Laudermilk, Caitlin Dow, Mary Jo Cantoria, Ashley Vargas, and Lindsey Diemert**. The club has held 2 events to help raise awareness of a genetic disorder, Neurofibromatosis Type 1 (NF1), which affects 1 in 4,000 people throughout the world. Profits made from these events will be formed into a scholarship and go towards travel expenses to doctor appointments, for 8 year old Lauren Cleveland. Lauren is the granddaughter of Donna Bourbon, who is a Program Coordinator in the Department of Nutritional Sciences who has NF1.

## UNDERGRADUATE STUDENT NEWS

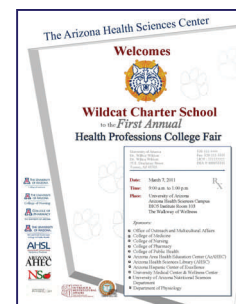
**Nicholas B. Knutson and Bianca M. Teran** presented their research studies at the 20<sup>th</sup> Annual Statewide Arizona/NASA Space Grant Symposium, Memorial Union, Arizona State University, Saturday, April 9, 2011.



### Student Recreation Center's Instructional Kitchen

**Ben Truong**, a Nutritional Science major and Chair of the Student Health Advisory Committee (SHAC), took part in a newly formed cooking class at the Student Recreation Center's new instructional kitchen. **Hanna Feeney**, a Campus Health Nutrition Counselor and former Nutritional Sciences graduate, worked closely with Ben to develop the idea for "dorm-friendly" cooking classes last semester. The classes are aimed at teaching students who live on campus, some basic ways to prepare healthy foods.

**Margeaux Krieger, Dezi Abeyta, and Josh Siegleman** represented the Nutritional Sciences Department at the First Annual Health Professions College Fair at the Arizona Health Sciences Center, March 2011.



## ALUMNI UPDATE - MARGARET FLOWERS, BS, PH.D.



**Margaret Flowers** received her Bachelor's degree in Nutrition in 2003 and her Ph.D. in Nutrition and Cancer Biology in 2008. She came to the University of Arizona as a non-traditional student after a 20-year career in food service. Nutrition and healthy lifestyles had been a longstanding personal interest, though her culinary career hadn't included many healthy menus. That changed in 1998, when Margaret started to work as a demonstration and production chef at Canyon Ranch, Tucson. It was this experience at Canyon Ranch that inspired her to return to school to get her degree in nutrition. During her undergraduate work, Margaret continued to work at Canyon Ranch, expecting to join the Canyon Ranch nutrition staff once she completed her degree and dietetics internship. After two summers in the Undergraduate Biology Research Program (UBRP), however, Margaret's ambition shifted to a career in research, and upon graduation Margaret enrolled in the UA Nutritional Sciences Graduate Program. She joined the laboratory of Dr. Patricia Thompson at the Arizona Cancer Center and pursued a study on the effects of conjugated linoleic acid on mammary tumor progression in transgenic mice and its effect on signaling pathways in cultured breast cancer cells. Dr. Cyndi Thomson

co-mentored Margaret in her dissertation work. Currently, Margaret is finishing a post-doctoral experience with Dr. Myles Cabot in the Department of Experimental Therapeutics at the John Wayne Cancer Institute in Santa Monica, CA. She has two forthcoming manuscripts describing her work on the role of sphingolipid metabolism in multidrug resistance and breast tumor biology. While her laboratory experience has been interesting and personally rewarding, it has lacked the relevance Margaret was pursuing in her choice to do breast cancer research, a decision that was driven by the loss of her mother to metastatic breast cancer. She has decided that she can best contribute to the fight against breast cancer in the non-profit sector and has accepted a position with the Susan G. Komen (SGK) Foundation. At SGK, Margaret will remain engaged in breast cancer research, though as an enabler rather than a doer. She is joining the SGK staff of scientific grants managers and will work closely with investigator grantees to ensure that breast cancer research continues to move forward and to address the vitally important unanswered questions. The position also allows Margaret to work from home, making it possible for her to return to Tucson and rejoin her boyfriend of 4½ years. She embraces this new challenge and is grateful to all of her mentors who have contributed to her success and helped make this transition possible.

This newsletter is also available online at: <http://nutrition.arizona.edu>. If you would like to receive our newsletter via email, please contact Theresa Spicer at 621-7126 or email [tspicer@ag.arizona.edu](mailto:tspicer@ag.arizona.edu). The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.