

ASN Young Professional Interest Group

EB 2014
Special Edition

April 2014

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Who We Are

ASN's Young Professional Interest Group (YPIG) serves as a source of information and support for career advancement of emerging young nutrition scientists.

We support our membership primarily through programming young professional-centered events at ASN's Scientific Sessions and Annual Meeting during Experimental Biology.

Additionally, we aim to foster networking and communication among our membership by increasing our presence on social media platforms such as LinkedIn, Facebook, and Twitter.

What's New

Spring is approaching, and that means the ASN Scientific Sessions and Annual Meeting at Experimental Biology are almost here! This year EB will be in sunny San Diego, CA from April 26-April 30, 2014.

In addition to the exciting symposia and research that will be presented, the ASN Annual Meeting at EB is the biggest event of the year for young nutrition scientists to network. We at YPIG have planned a series of events to help our young professional members mix and mingle, and make some new contacts and friends!

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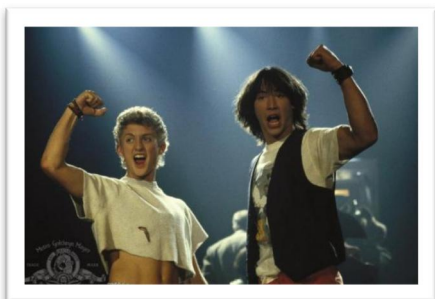
DuPont Nutrition and Health

YPIG is continually seeking and accepting opportunities for sponsorship. Sponsorship enables us to carry out our mission to provide networking and career advancement opportunities for the young professionals of ASN.

Contributing partners will also be recognized in the YPIG newsletter, as well as other ASN communications and the ASN website (www.nutrition.org). There is great potential for your organization to develop lifelong relationships with emerging experts in the field of nutrition through collaborations with YPIG.

If you or your organization would like to assist in our fundraising efforts, please contact ASN staff member Katie Oster (koster@nutrition.org). All donation amounts are appreciated!

Networking 101 for EB 2014



Networking is Excellent!

Did you find out what your career goal is? Maybe you're looking for an academic position and you hope to develop your own research program? Or maybe you want to work in the food industry helping to develop nutritious products to support the health of consumers? Maybe you're still on the fence?

No matter what your goal is, an extremely important step is to expand your professional network. Looking to get into academia? Get to know some early-career professors to find out some common pitfalls for you to avoid. Looking to get into industry? During the meeting, try and speak with scientists from companies you are interested in and see what they have to say about their day-to-day responsibilities.

Step 1: Develop your "elevator pitch" (aka: your introduction)

First off - and perhaps most importantly - think of your introduction. You want to communicate your name, your role/research interest, and what you're doing at EB quickly and efficiently. Don't bore them with the details - less is more!

Examples:

"Hi, I'm Ted 'Theodore' Logan, I'm a postdoc at the University of San Dimas looking at B-vitamins and epigenetics, and I'm here looking to find out more about the role government has in the future of research."

"Good to meet you. I'm Bill S. Preston, Esq. with Wyld Stallyns Nutrition, working on developing our value-added functional food portfolio, and I'm at EB looking to find out the latest research on new food components."

Remember: Intro, Position, Focus, Purpose. Keep it simple!

Step 2: Keep the conversation going! At a loss for words? Don't over think it – sometimes the simplest questions are the best questions.

- 1) How are you enjoying EB so far?
- 2) What are you looking to do while you're here?
- 3) Your field sounds really interesting. What's the biggest challenge you're facing now?

Step 3: Offer your service

"If there's anything I can ever do to help, please let me know."

When networking, always try and think of what you can do for the other person, not what they can do for you. It is much easier to make a positive impression on someone if you demonstrate that you're willing to go out of your way to help them. Pay it forward – you never know what they may be able to help you with in the future!

EB 2014 Itinerary of Events for Young Professionals

The ASN Annual Meeting at EB is the best time of the year to network and develop as a young professional, but you have to be in the right places to do it! We at YPIG will be hosting several events, but don't forget about some of the other programs available at this meeting - Poster sessions and talks are also easy opportunities to meet some new faces!

Saturday, April 26

YPIG Postdoctoral Research Award Competition

(Sponsored by DuPont Nutrition & Health)

10:00AM – 12:00 PM; Convention Center Room 29 A/B

Come and support exciting research presentations by your fellow young professional scientists! This year's finalists are: Meghan Azad (University of Alberta), Hannah Holscher (University of Illinois), Sharmeel Khaira (Tufts Medical Center), Amina Khambalia (University of Sydney), Laura Madore (Tufts Medical Center), and Ying Wang (American Cancer Institute).

Dietary Bioactive Components/Nutrient-Gene Interactions/Vitamins & Minerals RIS Joint Reception and Poster Competition

5:00 – 7:00 PM; San Diego Hilton Bayfront, Sapphire OP

Three Research Interest Sections will be holding a joint poster competition and reception which will absolutely be well attended. Poster sessions are great opportunities to learn about new research and to meet some new faces, plus food will be available at the reception.

ASN Membership and University Mixer

8:00-10:00 PM; San Diego Hilton Bayfront, Sapphire ABEF

The ASN Membership Mixer is a great chance to meet some new people and catch up with old colleagues. Get your EB 2014 experience started off to a fun and classically California start at this beach party with sand buckets and surfboards! This event is a great kick-off for the start of ASN's Scientific Sessions. YPIG will also have a table set up, so please come by and say hello! Hors d'oeuvres and drinks will be served.

EB 2014 Itinerary of Events for Young Professionals

Sunday, April 27

Best Practices for Your Research Toolkit

8:00 AM – 10:00 AM; San Diego Convention Center, Room 29 A/B

The annual symposium sponsored by the Student Interest Group (SIG) will feature talks regarding establishing your research program as a grad student, postdoc or junior faculty member, as well as talks about funding and disseminating your research. Valuable information for any young professional! Also, former YPIG chair Dr. Victoria Vieira-Potter will be a speaker!

Monday, April 28

Neurocognition: The Food-Brain Connection

8:00AM – 12:30 PM; San Diego Convention Center, Ballroom 20

Make it a point to attend high-profile symposia. Breaks between the individual talks are great times to strike up a conversation with people sitting next to you. Featuring research about the growing connection between cognition and diet – including the controversial topic of “food addiction” – this event is sure to be well attended!

Have some free time between sessions? Be sure to walk around the posters and expo to see if you can spot any faces in the crowd. Another great opportunity to meet some new people!



Always give a firm

handshake when networking

with new contacts!

YPIG Speed Mentoring Event

(Co-sponsored with SIG)

7:30-9:30 PM; San Diego Hilton Bayfront, Room Cobalt 500

The annual Speed Mentoring Event co-sponsored with the Student Interest Group (SIG) gives students the opportunity to meet with emerging mentors in a “speed-dating” style event – that is, each student will meet with a mentor for 5 minutes before rotating to the next mentor. We welcome anyone to register for this event! We have mentors signed up at all stages of their careers and from all different fields, so this will be a great event for nearly anyone to stop by. Interested in being a mentor? Please send your name, current position and education/training to Jennifer Lambert (jel.lambert@gmail.com) or Pao Ying Hsiao (pyhsiao@gmail.com).

YPIG Networking Mixer

9:30-10:30 PM; San Diego Hilton Bayfront, Room Cobalt 505

Mingle with old colleagues and make new connections at the Young Professionals Networking Mixer. We have some great surprises in store for you there, including some remarks by Katy Tucker, PhD, Professor of Nutrition at UMass-Lowell and Editor-in-Chief of *Advances in Nutrition*. On a job hunt and looking for some new contacts? You never know who will be there and who is hiring! Please plan to join us at this event hosted by YPIG chair Dr. April Stull. Refreshments will be available. RSVP to Katie Oster (koster@nutrition.org) today!

EB 2014 Itinerary of Events for Young Professionals

Tuesday, April 29



YPIG Symposium:

"Successful Scientist: What's the Winning Formula?"

8:00-10:00 AM, San Diego Convention Center, Room 29 A/B

We have a fantastic lineup of speakers who will be talking about their paths to success in science from academia, industry, and government. They will be sharing tips for rising to the top in nutrition, as well as obstacles they have experienced and how they overcame them. This year's panelists are:

Regan Bailey, PhD, RD – Office of Dietary Supplements, NIH

Marion Sewer, PhD – University of California, San Diego

Michael McBurney, PhD, FACN – DSM Nutritional Products

Connie Weaver, PhD – Purdue University

Brian Wansink, PhD – Cornell University

**Young Professional
Interest Group
(YPIG)**

Bringing Together the Faces of Tomorrow

Each speaker will provide a quick overview of their path to success, and following that there will be a panel discussion focusing on their tips for success. Come listen in for what is sure to be a great session!

Did you know? FASEB organizes a series of professional development sessions each year that are a "must attend" for young professionals. Topics include job searching tips in industry, academia and government, how to interview well, developing your elevator pitch, and compensation negotiation tips.

[The listing of FASEB career development sessions is now available online.](#) Make sure to check your EB program books for exact times and locations.

The FASEB Career Center also includes cover letter and CV/résumé critiquing workshop which is an amazing (and free!) resource available to you. Definitely take advantage of this and bring a printed copy of your CV and cover letter for FASEB career experts to review (*Editor's Note: I will absolutely go on record saying that this critiquing service was invaluable during my job search, and I still consider it to be the single best career development tool I ever used - EC*).

Presentation Tips

Giving a talk or presenting a poster this year? Remember that this is a great opportunity for you to impress your audience with your scientific prowess. Make the most of this opportunity by giving the best presentation possible so that you give your audience a strong opinion of your work. If you're looking for that next position, it is critical to ensure that you're giving the best possible impression!

Giving an oral presentation? [Follow these ten simple rules.](#)

Making a poster presentation? [Follow these ten simple rules.](#)

Meet the YPIG Executive Board!

This year at EB, we at the YPIG Executive Board are going to make it our mission to meet as many of our members as possible. Looking to network? Look for us in San Diego and say hello!



Chair
April J. Stull, PhD, RD
Assistant Professor
Pennington Biomedical
Research Center
April.stull@pbrc.edu

Greetings YPIG members! I'm April, and currently the Chair of YPIG and Assistant Professor in nutrition and diabetes prevention at Pennington Biomedical Research Center (Baton Rouge, LA). My current research focuses on the impact of botanicals, such as blueberries and cherries, on improving insulin resistance (i.e., pre-diabetes). I received my B.S in dietetics and Registered Dietitian certification from Southern University and A&M College (Baton Rouge, LA) and Ph.D. in Nutrition Science with a minor in Gerontology from Purdue University (West Lafayette, IN). Also, I completed my postdoctoral fellowship at Pennington Biomedical. In my spare time, I enjoy traveling, scrapbooking, and spending time with family and friends. I look forward to meeting everyone at EB!



Vice Chair
Eric Ciappio, PhD, RD
Scientific Leader
DSM Nutritional Products
eric.ciappio@dsm.com

Hello YPIG members! Born and raised in New Jersey (Go Giants!), I work in Nutrition Science and Advocacy at DSM Nutritional Products, where my focus involves examining the health impact of nutrient fortification and supplementation. I completed my PhD at Tufts University and my postdoctoral fellowship at the National Cancer Institute, both studying interactions between epigenetics and nutrition. Outside of work, I'm an 80's action movie aficionado, terrible golfer and a competitive powerlifter. Fun fact: I was the Maryland state record holder for bench press for my weight class, and my next goal is to compete in my first national competition in July 2014. I'll also be running in my first Tough Mudder race the weekend before EB, so if you see me hobbling around you'll know why! Looking forward to spending some time in beautiful San Diego and meeting our YPIG members at EB this year!



Past Chair
Holiday Durham, PhD, RD, LDN
Instructor
Pennington Biomedical
Research Center
holiday.durham@pbrc.edu

As a junior faculty member of Pennington Biomedical Research Center in the sunny and festive Louisiana, I am interested in the nutritional health and well-being of moms and babies during both the pregnancy and the postpartum period. Using translational research, I study how long chain polyunsaturated fatty acids (LCPUFA) and endocannabinoids are regulated and travel from the mom to the baby in normal and complicated pregnancies, such as gestational diabetes mellitus (GDM). These fats are very important for the mom's health as well as the baby's growth, brain, and eye development *in utero* and early in life. Elucidating the mechanisms regulating LCPUFAs and Endocannabinoids directly translates to improving the clinical outcomes for moms and babies, thereby contributing to the health and well-being of our next generation. It is definitely an exciting time to be in nutrition! Thanks for reading our newsletter and being a part of YPIG! I hope our paths will cross in the future.



At-Large Delegate
Joel G. Anderson, PhD, HTP
Assistant Professor and Roberts
Scholar
University of Virginia
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Hello everyone! I earned my PhD in Nutrition from the University of North Carolina-Greensboro and a Bachelor of Science Degree in Biology from the University of North Carolina-Wilmington. My dissertation focused on the effects of dietary metals on neurotransmitter biology. Following my undergraduate education and prior to graduate school, I worked as a manager for two cancer research laboratories in the Comprehensive Cancer Center at Wake Forest University School of Medicine conducting research investigating the anti-cancer effects of complementary modalities *in vitro* and *in vivo*. I recently completed a T32-funded postdoctoral research fellowship in the conduct of clinical studies and research with human subjects at the University of Virginia Center for the Study of Complementary and Alternative Therapies. As a fellow, I served as a co-investigator on several clinical studies involving the use of complementary therapies in chronic disease populations. In addition, as a postdoctoral fellow I conducted secondary data analyses to examine the use of complementary therapies by persons with chronic diseases. I am a Healing Touch practitioner and a member of the Board of Directors and the Research Director of Healing Beyond Borders, the education and certification organization for Healing Touch. I am an active member of the International Dementia Scholars Collaborative, the Gerontological Society of America and the American Society for Nutrition. In addition to my role on the YPIG Executive Board, I am a member of the Kappa Omicron Nu honor society and the Sigma Xi Scientific Research Society. I also serve on the editorial board of the *Journal of Integrative Medicine & Therapy*. My current research interests involve the use of non-pharmacological therapies and interventions, including Healing Touch, to improve patient-reported and patient-centered outcomes in chronic disease and the acute care setting. Currently, I am collaborating with nursing researchers at the Inova Health System in Northern Virginia on several projects involving the effects of Healing Touch on patient-centered outcomes in the acute care setting.



At-Large Delegate
Marie Kainoa Fialkowski, PhD, RDN
Junior Researcher
University of Hawaii at Manoa
mariekf@hawaii.edu

Aloha mai kakou (Hello everyone)! I was born and raised on the beautiful island of Oahu, Hawaii and after about 10 years of higher education I've finally found myself back home. I received my BA in Biology with a double minor in Native American Studies and Sociology from Dartmouth College. To try to stay warm in the not so warm state of New Hampshire, I was also a collegiate athlete playing all 4 of my undergraduate years on the Division I women's volleyball team. My experiences as an athlete, where I recognized the link between diet and performance, and my upbringing in a small, rural, predominately Native Hawaiian community inspired my path to pursue graduate degrees related to nutrition. I received both of my graduate degrees from Purdue University, Boiler Up! My MS is in Foods & Nutrition and my PhD in Health Promotion and Disease Prevention. I am also a Registered Dietitian Nutritionist (RDN). I was so lucky at Purdue to be able to study under my mentor, Dr. Carol Boushey, for both of my degrees. Addressing the diet and health of indigenous populations is an area of great interest to me, as indigenous populations, such as Native Hawaiians, tend to suffer the greatest amount of the chronic disease burdens evident today. My goal was to be able to return home to Hawaii so that I may serve my Native Hawaiian, Hawaiian and Pacific community and I'm glad to say that I'm doing exactly that! I am currently at the University of Hawaii at Manoa where I am an Assistant Program Director for the Children's Healthy Living Program for Remote Underserved Populations of the Pacific (CHL). The CHL program seeks to prevent childhood obesity by building the capacity of the U.S. Affiliated Pacific Region through research, training, and engagement. I am so fortunate to be able to work with a wonderful group of colleagues from across the region including CHL's Program Director, Dr. Rachel Novotny. Mahalo (thank you) to my kupuna (ancestors) who've laid the path for me to be serving my community and the nutrition field in this capacity.



At-Large Delegate
Mary N. Henderson, PhD, RD
Postdoctoral Researcher &
Pediatric Dietitian
Children's Hospital & Research Center,
Oakland
mnrhenderson@gmail.com

Originally a Northern California native, I am currently a Postdoctoral Researcher and Pediatric Dietitian at Children's Hospital and Research Center, Oakland. As well, I am a Lecturer in the Nutritional Sciences and Toxicology Department at the University of California, Berkeley. Nutrition is and has been my major field of study for the past twelve years! The field has allowed me to pursue my passion for research, education, as well as practicing in the clinical setting. I obtained a Bachelor of Science degree at UC Davis in Clinical Nutrition with a minor in Human Development and then went on to complete my Master of Science Degree in Nutrition at Tufts University in Boston, MA. While working on my Masters, I completed my Dietetic Internship at Tufts Medical Center and am currently a Registered Dietitian. I then returned to UC Davis to complete my PhD in Nutritional Biology, with an emphasis in Developmental Nutrition. My research interests include Developmental Origins of Health and Disease, specifically investigating gestational weight gain and dietary patterns of women during pregnancy to observe (if any) persistent developmental effects of the fetus that may increase or decrease chronic disease risk later in life. I am particularly interested in investigating maternal-fetal nutrient interactions on a genetic/genomic level. In my free time, I enjoy cooking/baking, reading, traveling, playing soccer, going on crazy long trail runs, and spending time with my friends and family!



At-Large Delegate
Pao Ying Hsiao, PhD, MS, RD, LDN
Adjunct Instructor
University of South Dakota
pyhsaio@gmail.com

Hello YPIG! I am currently working as an instructor for The University of South Dakota as well as serving as a nutrition and wellness research consultant for Vcleanse, a growing health and wellness start-up company based in Shanghai. My current research interests focus on nutrition epidemiology, aging and obesity. In my free time, I love cooking, baking and spending time raising my backyard chickens.



At-Large Delegate
Jennifer Lambert, PhD
Postdoctoral Fellow
University of Calgary
jel.lambert@gmail.com

I currently serve as a delegate at large on the YPIG committee and hail from Canada (you may remember us from such events as Olympic Hockey). I received my BSc in Exercise Physiology from the University of Calgary, and PhD in Nutrition/Metabolism from the University of Alberta with Dr. Tom Clandinin, where my research focused on lipid nutrition and metabolism in various patient groups (healthy, diabetes, transplant). I really enjoyed being a "fat-head", so I decided to pursue a fellowship that would allow me to gain more expertise in fatty acid metabolism. After a couple "convenient" (i.e. completely intentional) interactions at scientific conferences, I was extremely fortunate to be taken on by one of my science idols, Dr. Elizabeth Parks, for a 2yr postdoctoral fellowship at UT Southwestern Medical Center, where my projects focused on stable isotopes, lipid metabolism and dietary interventions in obesity. I then decided to return to the great white north and am currently in a second fellowship with Dr. Raylene Reimer at the University of Calgary, where I am involved in research on dietary fiber and learning about gut microbiota and metabolomics.



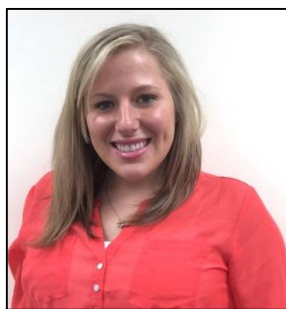
Advisor
Christina Sherry, PhD, RD
Research Scientist
Abbott Nutrition
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I am a Research Scientist working in the area of prenatal and pregnancy nutrition with a focus on nutritional early programming of later health outcomes. I am also responsible for product support and innovation of Similac Mom, clinical studies involving breastfeeding as well as supporting innovations around early programming for the Similac brand. My undergraduate degree in dietetics is from Bluffton University and my PhD in Nutritional Science from The University of Illinois at Urbana-Champaign. Prior to joining Abbott, I was a post-doctoral fellow at the University of Michigan. Community service has included volunteering with Cooking Matters both in Michigan and Ohio and serving on the Board of Trustees for the Greater Columbus Rowing Association. I also love playing the piano and rowing.



Advisor
Robert Rhoads, PhD
Assistant Professor
Virginia Polytechnic Institute
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I am currently an Assistant Professor in the college of Agriculture and Life Science at Virginia Polytechnic Institute and State University. I am a "triple alum" from Cornell University, where I received my Bachelor's, Master's, and PhD. Currently, my research is focused on mammalian growth and development, with an emphasis on investigating cellular and molecular mechanisms governing skeletal muscle size, regeneration and metabolism. I have been involved with ASN for over five years, and previously I served as the chair for the Experimental Animal Nutrition RIS.



ASN Staff
Katie Oster
Member Relations Coordinator
American Society for Nutrition
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Hello everyone! I am the Member Relations Coordinator at ASN and serve as the staff liaison to the YPIG. I am originally from Ohio and graduated from Ohio State University where I received my Bachelor of Science in Human Ecology-Nutrition. While at OSU I became involved with various research projects which let me see the importance of scientific publications. I am a huge Ohio State fan and enjoy running, traveling and volunteering at the Great Cleveland Autism Society Summer Camp. Looking forward to meeting everyone at EB!

EB Tools

Need help planning which events you are going to attend at EB? We have two great tools to help you!

Check out the [online itinerary building tool](#) - an easy way to organize which exciting sessions you want to attend.

On the go? Head to the iTunes App store or Google Play store to download the EB 2014 app, which contains a full program and other exciting information for this year's conference!

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Get The Word Out!

Spread the word and the contents of this newsletter to your young professional colleagues with an invitation to join YPIG. Membership is our future and provides the resources to maintain the group's activities and technical programming. Please visit our website: <http://www.nutrition.org/join>

Near the end of your postdoc? Looking for a new job? Make sure to check out the ASN job board (<http://jobs.nutrition.org/jobs>).

You can help us extend and improve opportunities: contribute to the Postdoc/Young Professional Fund, which is dedicated to supporting early-career activities. No gift is too small to have an impact! Submitting your contribution is easy and convenient online at www.nutrition.org/contribute.

Interested in writing an article for the newsletter? Send an email to Eric Ciappio (eric.ciappio@dsm.com) to let us know! We are happy to publish on any topic that might be of interest to our young professional readers. Plus, getting involved with ASN by participating in activities such as the newsletter is a great way to increase your visibility within the field of nutrition!



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