

# GSDA NEWSLETTER

OCTOBER 2017



## IN THIS ISSUE

- Meet & Greet, p.2
- Celebrate U Event, p.2
- Meet the Post-Bacs, p.3-4
- Lebanese Festival, p.5
- Legislative Event, p.5
- CMU Veggie Day, p.6
- Recipe, p. 6
- Upcoming Events, p.7

## Welcome to gSDA!

*Danielle Marzella, CMD Year 1*

The Graduate Student Dietetic Association (gSDA) has started the year off strong! Many of the CMD and post-bac students have already shown dedication to the dietetics field through their involvement in the community. The gSDA increases opportunities for students to become further involved, within both The University of Pittsburgh and the Pittsburgh area.

This year students have already shown enormous passion and we cannot wait to see all they accomplish this year! Please feel free to reach out to our president, Rachel, if there are any projects you think gSDA could participate in!

# Meet & Greet

*Friday, September 8*



gSDA members had the chance to meet up for drinks and appetizers together at The Porch. Everyone was able to catch up after summer, make new friends, and discuss plans for the semester!

# Celebrate U Event

*Thursday, September 14*

*Rachel Duncan, gSDA President, CMD Year 1*

SHRS's newest event, "The School of Health and Rehabilitation Sciences Celebrates U," was designed to highlight the different programs taking place under the Forbes Tower roof. Student organizations set up tables featuring their members and current activities, and International students brought pieces of their culture from home to share. Pitt pride radiated as the Pitt cheerleaders, Roc, and a DJ got everyone moving. Local food vendors accented the unique tastes of Pittsburgh with some of the city's signature dishes.



The Graduate Student Dietetic Association was in attendance, showing off the exciting activities that the nutrition and dietetics students have been up to over the past year. The gSDA station had delicious infused water for tasting and helpful educational materials highlighting the importance of proper hydration. First year CMD students, Danielle Marzella and Pei-Yi Lin, represented the group and chatted with those who visited the table.

Events such as this remind us all that our differences should be celebrated. The University of Pittsburgh brings people together from all around the world with diverse backgrounds, interests, hobbies, and ideas. We can learn so much from each other, and that is something to celebrate every day of the year. Thanks to Student Services and others that organized this event. We can't wait for next year!

# Meet the Post-Bacs!

## Shannon Frizell

I got my B.S. in Public Health at Slippery Rock University. My hobbies & interests include sports (especially softball & volleyball), hiking, & fishing. I've lived in the South Hills my whole life so I'm excited to be continuing my education here in Pittsburgh. I became interested in dietetics through nutrition & health education courses I took at SRU. I'm not sure what area of dietetics I want to focus on yet; I've shadowed outpatient dietetics settings so I'm interested in gaining more experience in other areas through this program.



## Greta Garland

Hi! My name is Greta Garland and I am from Columbus, OH. I was a competitive Irish step dancer for 14 years growing which led me to become very interested in sports nutrition. I am also interested in the many other areas of dietetics and am excited to get to learn more about them over the next 3 years. My favorite food is any breakfast food and always coffee! I love dogs a lot and I have a German shepherd at home who is my basically my best friend.

## Jillian Herschlag

I got my B.A. in Environmental Studies at Dickinson College. From there, I worked at the organically operated College Farm which led me to managing organic vegetable farms in the Bucks County region. Providing fresh produce for my community is why I'm drawn toward dietetics, food access issues, & community nutrition. Since moving back to Pittsburgh, I volunteer at Produce to People led by the Food Bank & work as a host at Presbyterian Hospital. I enjoy running with a local running group and I am currently training for my 2nd marathon.



# Meet the Post-Baccs!

## Madeline Hric

I'm originally from Robinson Twp. here in Pittsburgh and graduated from John Carroll University with a B.A. in Exercise Science in 2017. I want to become an RD because nutrition and cooking have always been passions of mine since the 6th grade, and I finally decided to make my passions my career! I hope to work in the cardiac rehab, oncology, or diabetes settings. I enjoy doing Olympic lifts, CrossFit, running, cooking, and blogging.



## Wint Nandar

My native country is Myanmar, Southeast Asia. I received a B.S. in Biology from Radford University and a Ph.D. in Neuroscience from Penn State University. My prior research focused on dietary interventions for neurodegenerative diseases, such as Lou Gehrig's disease and Parkinson's. I am studying to be an RD because I want to move from research to directly helping people use diet to improve their health. My hobbies include reading, running, as well as trying new foods and recipes.

## Jillian Tyson

I'm a PA native from Williamsport and graduated in 2014 from Lock Haven University with degrees in Health Science and Spanish. After graduation, I worked abroad for two years: volunteering in Guatemala and working as an ESL teacher in Spain. I enjoy drinking coffee, working out, and spending time with my cat. I've always had an interest in health and nutrition and wish to work with Spanish speaking individuals and communities in the future.



# Lebanese Festival



*September 15, 16, and 17  
Therezia Alchoufete, CMD Year 2*



This year's Pittsburgh Lebanese Festival was record-breaking, and it was a fantastic opportunity to merge my world of nutrition with my culture. The gSDA volunteers were able to get first-hand experience serving food to a large number of people, and they even got to take home some of their favorite food items! With the help of all our volunteers, food was served to thousands of visitors. Plates were piled high with authentic Lebanese recipes such as grape leaves, hummus, raw kibbee, tabouli, lubyia, falafel, and so much more. Guests enjoyed their Mediterranean-inspired meals while watching live entertainment and listening to traditional Lebanese folklore songs. More information about upcoming events can be found using the Facebook handle: @pghlebanesefestival.



## Legislative Event

*Friday, September 22 Kayla  
Spridik, gSDA VP, CMD Year 1*

First year CMD students had the opportunity to attend this year's Legislative Luncheon hosted by the Pittsburgh Academy of Nutrition and Dietetics. This event was an excellent opportunity for us students to discuss current dietetics issues with local legislators and their aides. Conversations were flowing over lunch at the Grand Concourse among legislators, PittAND members, and students while we addressed various public policy issues that affect dietitians in Pennsylvania. The Legislative Luncheon was a great opportunity to network with Registered Dietitians, gain a better understanding of current public policy issues, and learn how to continue making positive changes in our community.

# CMU Veggie Day

Thursday, October 5 Danielle Marzella, CMD Year 1

Earlier this month, Pei and I had the opportunity to participate in Carnegie Mellon's quest to find the best served vegetarian food on campus as part of our independent study. Our role was to present a poster on the vegetarian diet and teach students the importance to incorporate plant-based proteins in their meals. We focused on Menus of Change and their mission of the protein flip. Students were able to learn about plant-based foods, ask questions, and even play a Plinko game for raffle tickets! It was a great interactive experience for all involved.



## Teriyaki Salmon Recipe

Prep Time: 10 min  
Cook Time: 20 min  
Serves 4

*Laura Kleiber, CMD Year 1*



### Ingredients:

- 1 large salmon fillet
- 2 bell peppers, chopped
- 1/2 white onion, chopped
- 1 c. chopped or sliced carrots
- 2 c. broccoli florets
- Salt and pepper to taste
- 2 T. olive oil
- 1 1/2 c. teriyaki sauce
- 2-3 c. cooked brown rice

### Directions:

- Preheat oven to 400 degrees.
- Combine veggies and oil in a bowl.
- Grease a large baking sheet. Arrange salmon in the center with veggies around it. Season with salt and pepper.
- Drizzle 2/3 of sauce over salmon and veggies.
- Bake for 15 - 20 minutes.
- Drizzle with remaining sauce and serve

# Upcoming Events

October 21-24: FNCE

Are you attending this year's Food and Nutrition Conference and Expo in Chicago? If so, we want to hear from you! Email us your pictures and a short article to be featured in the next newsletter!

October 31: Happy Halloween!

## FNCE<sup>®</sup> 2017

Food & Nutrition Conference & Expo™

McCormick Place West | Chicago, IL | October 21-24



## Meet the gSDA

President - Rachael Duncan

Vice President - Kayla Spridik

Business Manager - Laura Kleiber

Editors - Madeline Hric &

Danielle Marzella

## Interested in Writing?

Contact us if you'd like to contribute an article to next month's newsletter! Content can include activities you've participated in through gSDA, service projects you're doing in the field of nutrition and dietetics, or informative blogs on current nutrition topics.

We'd love to hear from you!

If you'd like to have a more active role in gSDA leadership, let us know! There are always opportunities to lead different projects and committees.



University of Pittsburgh

School of Health and Rehabilitation Sciences  
Department of Sports Medicine and Nutrition