

Newsletter of the  
Rocky Mountain Section  
of IFT - Internet Version

**E-NEWS**

**YOUR RMIFT OFFICERS:**

Jeremy Adler, Past Chair  
jeremy.adler@ecolab.com  
303.877.3725

Chair - Position Vacant

Aliyar Fouladkhah, Chair-Elect  
aliyar@lamar.colostate.edu  
970.690.7392

Tony Zarlingo, Secretary  
Tony.zarlingo@onassignment.com  
303.388.3869

Ashok Dhruv, Treasurer  
Ashok\_dhruv@comcast.net  
720.949.6498

Shannon Koski, Member At Large  
skoski@usdec.org  
303.465.1016

Kris Zehren, Member At Large  
kris.zehren@us.nestle.com  
303.705.2243

Sandy Baack, Member At Large  
sbaack@rockymountainingredients.com  
303.278.8729

Kris Zehren, Employment Coordinator  
kris.zehren@us.nestle.com  
303.705.2243

# RMIFT

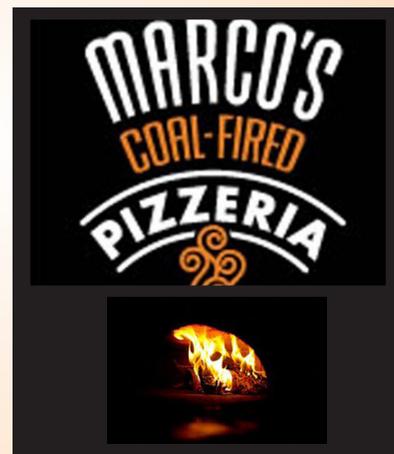
ROCKY MOUNTAIN INSTITUTE  
OF FOOD TECHNOLOGISTS

February, 2011

WE CORDIALLY INVITE YOU TO ENJOY  
DINNER FOLLOWED BY A PRESENTATION  
BY DR. JAIRAM VANAMALA ON

'MODERN EVIDENCE  
FOR ANCIENT  
WISDOM ON  
DIET AND DISEASE'

WEDNESDAY,  
MARCH 2, 2011 AT ...



## DINNER AND PRESENTATION

**SPEAKER:** DR. JAIRAM VANAMALA, ASSISTANT PROFESSOR IN THE DEPT. OF FOOD  
SCIENCE AND HUMAN NUTRITION OF COLORADO STATE UNIVERSITY

**TOPIC:** MODERN EVIDENCE FOR ANCIENT WISDOM ON DIET AND DISEASE.

**DATE:** WEDNESDAY, MARCH 2, 2011

**LOCATION:** MARCO'S COAL-FIRED PIZZA  
2129 LARIMER STREET, DENVER, CO 80205.  
PHONE: (303) 296-7000  
WEBSITE: [HTTP://WWW.MARCOSCOALFIREDPIZZA.COM/](http://www.marcoscoalfiredpizza.com/)

**SOCIAL:** 5:30 – 6:00 PM

**DINNER:** 6:00 – 7:00 PM

**SPEAKER:** 7:00 – 8:00 PM

~ Business-casual attire is recommended for our meetings. ~

DINNER AND PRESENTATION (CONT'D. FROM PG. 1)



**'MODERN EVIDENCE FOR ANCIENT WISDOM  
ON DIET AND DISEASE'**

**PRESENTED BY: DR. JAIRAM VANAMALA**

Jairam Vanamala, Ph.D. is an Assistant Professor in the Dept. of Food Science and Human Nutrition. As plant based diet is protective against variety of chronic diseases including cardiovascular diseases and cancer, his laboratory is exploring anti-oxidant, anti-inflammatory and anti-cancer properties of bioactive compounds found in fruits, vegetables, grains and herbs. Currently his research team is working to determine whether or not bioactive carotenoids and/or anthocyanins from colored potatoes exhibit anti-oxidant, anti-inflammatory properties and alter the gut-microbiota and energy-balance in a live pig model, particularly after processing (raw vs. baking, chipping, and French frying), as part of a multi-institutional USDA NRI Integrated project (Jan 2009- Dec 2012), for which he serves as the principal investigator. Dr. Vanamala says, "the long-term goal of my research is to optimize the health profiles of food products and provide modern evidence for ancient wisdom on diet and disease."

His current grant (2009-2012) was selected as a Model USDA NRI Integrated Grant and he was an invited speaker at the USDA Project Directors Meeting organized jointly by the Bioactive Food Components for Optimal Health and Improving Food Quality and Value programs, IFT, Anaheim, CA, June 5-6 and presented a seminar entitled "Integrated Research: Addressing the US Food and Nutrition Challenges". He received Distinguished Early Career Contributions Award, 2008 for excellence in Functional Food Research from the 5th International Functional Food Conference, Baton Rouge, 2008 for his contributions in bringing experts together from economics, horticulture, animal science, food science, nutrition and medicine to work on complex problems in the area of functional foods and chronic disease prevention. He directs Bioactive Compounds for Health Laboratory and also serves on the Sub-Committee For Professional Nutrition Education, American Society for Nutrition (ASN; 2007-2010).

Dr. Vanamala is originally from India and worked at National University of Malaysia (1998-2000) before moving to Texas A&M University (TAMU), College Station, TX for his doctoral studies on bioactive compounds and colon cancer prevention. He completed his Ph.D. in 2004 and pursued a Post-doctoral Fellowship (2004-2006) at the Dept of Nutrition and Food Science on a NASA funded grant with an aim to develop dietary ingredients that protect future astronauts to Mars against cosmic radiation induced colon cancer. Before moving to Colorado State University in August 2008, he worked at the Obesity Research Institute (2006-2008), TAMU on obesity-promoted colon cancer prevention.

**PLEASE VISIT US ON FACEBOOK WHERE YOU  
CAN GET VIRTUAL INFORMATION AND  
REMINDERS TO ALL RMIFT FUNCTIONS!**

DINNER AND PRESENTATION (CONT'D. FROM PG. 2)

DINNER MENU

3 House Salad Selections • 15 Pizza Selections  
3 Nutella Dessert Pizzas • 2 Dolce Dessert Pizzas  
Soft Drinks, Tea, Coffee  
*Vegetarian pizzas will be available.*  
MEMBERS \$20 • NON-MEMBERS \$25 • STUDENTS \$10

**RSVP:**  
Please RSVP to  
Aliyar Fouladkhah by Monday,  
February 28th, 2011  
at [aliyar@lamar.colostate.edu](mailto:aliyar@lamar.colostate.edu)

**Direction to Marco's Coal-Fired Pizza:**

**From Fort Collins (1 hr. and 9 min.)**

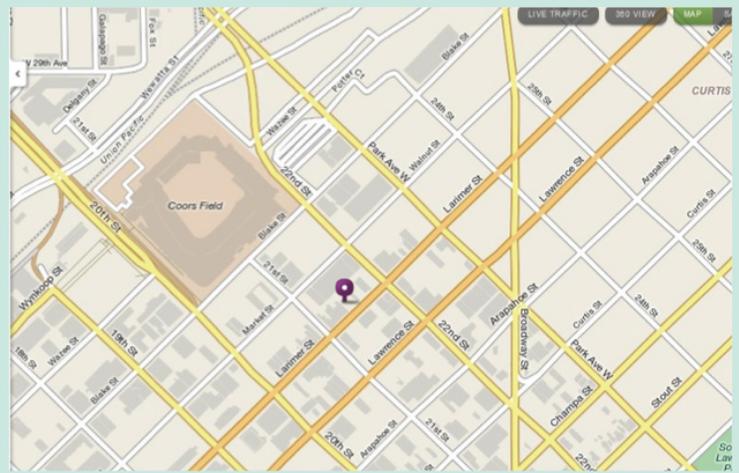
- Head north on S Sherwood St toward W Oak St
- Take the 2nd right onto W Mountain Ave
- Turn left at N College Ave
- Turn right toward Jefferson St
- Take the 1st right onto Jefferson St
- Continue onto Riverside Ave
- Slight left at CO-14 E/E Mulberry St
- Merge onto I-25 S via the ramp to Denver
- Take exit 213 toward Park Ave
- Merge onto Fox St/Park Ave W, Continue to follow Park Ave W
- Continue onto 22nd St
- Turn right at Larimer St

**From Boulder (33 min.)**

- Head south on 19th St toward Arapahoe Ave
- Take the 1st left onto Arapahoe Ave
- Turn right at US-36 E/28th St, Continue to follow US-36 E
- Take the exit onto I-25 S toward Denver
- Take exit 213 toward Park Ave
- Merge onto Fox St/Park Ave W, Continue to follow Park Ave W
- Continue onto 22nd St
- Turn right at Larimer St

For directions from other areas, please visit a map website and create directions from your location, visit to <http://www.marcoscoal-firedpizza.com/> or use the link below:  
<http://maps.google.com/maps?client=firefox-a&rls=org.mozilla:en-US:official&hl=en&tab=wl>

**Map of Marco's Coal-Fired Pizza Location:**



**!!! VOLUNTEERS NEEDED !!!**  
**EXECUTIVE COMMITTEE OPENINGS**

RMIFT is in need of two volunteers! We are looking for RMIFT Members who would like to be more involved with the group as a part of our Executive Committee. We need someone to fill our Chair-Elect and Website Editor positions. Please see below for descriptions regarding both positions.

**Chair Elect (May 2011 - September 2012)**

The Chair-Elect is responsible for the continuity of Section programming by helping plan our meetings which occur 3 times per year and helping with the planning and execution of our Golf Outing and Supplier's Night. In addition, the Chair-Elect performs the duties of Chair in the Chair's absence, provides information on Section Programs throughout the year to the Section Newsletter Editor, Web Editor and to the IFT Director of Membership Relations. Following a one year term, the Chair-Elect succeeds to the office of Chair, and will be responsible for the overall welfare of the Section and its activities, to keep the Section focused on setting and meeting the goals of IFT and the Section. The duties are largely managerial and include ensuring that all officers and committees carry out their functions and are held accountable for their responsibilities. The final position of the term is that of Past Chair and the duties include participating in the development of the overall strategy of the Section, identifying qualified candidates for each Section election and assuming the role of the employment coordinator. You must be a RMIFT and National IFT member in order to fill this position. Please contact Jeremy Adler at Jeremy\_RMIFT@yahoo.com or at 303.877.3725 for more information or if you are interested in filling this position.

**Website Editor (May 2011 - September 2012)**

Website Editor is a new position for RMIFT. We are looking for someone who is detailed oriented and can work well with the other members of the Executive Committee in order to keep the RMIFT website updated with the correct information. Updates occur 4-5 times per year as our meetings and Supplier's Night information become available. More or less updates may need to occur depending on what is going on with the section. You must be a RMIFT member to fill this position. Please contact Michelle Harlow at michelle.RMIFT@hotmail.com or at 303.877.3725 for more information or if you are interested in filling this position.

*We would love to have you join us!!*



**Mark Your Calendars!!**

**RMIFT 2011 SUPPLIER'S NIGHT**

This year's Supplier's Night will take place on Wednesday September 21, 2011 in Denver, CO. Exhibitors and attendees please check our website for more information in the coming weeks.

<http://www.ift.org/sections/rockymountain/events.html>

## Students Corner

### **RMIFT Scholarships & Travel Grants**

Students!! It's time to start thinking about fulfilling scholarship and travel grant requirements. This year, RMIFT is proud to offer two (2) \$1000.00 scholarships and four (4) \$500.00 travel grants. If you are studying Food Science, Meat Science, Nutrition, or other food related field, you are eligible to receive these scholarships and grants. Applicants may be undergraduate or graduate students. We would like to see students attend our events throughout the year in order to be considered for these scholarships and travel grants. Please visit the RMIFT website or contact Tony Zarlingo, RMIFT Secretary, for more details and to find out how to apply.

**Tony Zarlingo**  
**RMIFT Secretary**  
**Lab Support**

A Division of On Assignment  
8778 Wolff Court Suite 207  
Westminster, CO 80030  
tony.zarlingo@onassignment.com  
303 388 3869

### **RMIFT Educational Scholarships**

With the support of its industry members, RMIFT will award two (2) \$1000.00 scholarships to qualified students in food science/meat science and related programs. The scholarships assist students with school related costs.

### **RMIFT Travel Grants**

With the support of its industry members, RMIFT awards four (4) \$500.00 Travel Grants to qualified students in food science/meat science and related programs. The Travel Grants assist students to attend scientific meetings in their area of interest, including the 2011 IFT Expo in New Orleans, Louisiana.

---

***The deadline is May 1, 2011 for both Scholarship and Travel Grant applications.***

***No exceptions to the deadline.***

***<http://www.ift.org/sections/rockymountain/students.html>***

---

### EMPLOYMENT OPPORTUNITIES

Please visit our website at <http://www.ift.org/sections/rocky-mountain/jobs.html> for more information about these or other jobs. If you have a job you would like to include in our next Newsletter or website, please email our employment coordinator, Kris Zehren, at [kris.zehren@us.nestle.com](mailto:kris.zehren@us.nestle.com).

***Please do not send resumes to Kris.***

**FIND THE  
RIGHT ...**



**PERSON!**



**POSITION!**

### POSITIONS AVAILABLE

**THERE WERE NO AVAILABLE JOB POSTINGS AT TIME OF PUBLICATION,  
HOWEVER:**

*Please see our website as well for more postings.*

Our employment coordinator is Kris Zehren. If you have a job you would like posted on our website, please email Kris at [kris.zehren@us.nestle.com](mailto:kris.zehren@us.nestle.com).

***Please do not send resumes to Kris.***

# RMIFT Dues Renewal Reminder

If you would like to become a member of the RMIFT or if you need to renew your membership, please click the link below and fill out the form.

<http://www.ift.org/sections/rockymountain/membership.html>

Membership is only \$15.00 for professionals and \$5.00 for students!  
Dues can be paid in person at one of our events or by mailing the form  
and payment to the RMIFT Secretary, Tony Zarlingo at:

Tony Zarlingo  
RMIFT Secretary  
Lab Support  
A Division of On Assignment  
8778 Wolff Court Suite 207  
Westminster, CO 80030

A banner with a black background and a red border. It features the RMIFT logo (Rocky Mountain Institute of Food Technologists) in the center, flanked by three green arrows pointing right on the left and three green arrows pointing left on the right. Below the logo, the word "WEBSITE" is written in large, green, block letters. Underneath that, the URL [www.ift.org/sections/rockymountain](http://www.ift.org/sections/rockymountain) is displayed in blue. At the bottom, a message in black text reads: "Remember to check our web site for info on upcoming meetings, members, job announcements, food industry links & more!"

**RMIFT**  
ROCKY MOUNTAIN INSTITUTE  
OF FOOD TECHNOLOGISTS  
**WEBSITE**  
[www.ift.org/sections/rockymountain](http://www.ift.org/sections/rockymountain)  
Remember to check our web site for info on upcoming meetings, members,  
job announcements, food industry links & more!

Rocky Mountain IFT Newsletter is published in August, October, February, and April.  
The opinions expressed in this newsletter are the opinions of the contributors and do not  
necessarily represent the official position of IFT, nor of the Section, and should not be  
interpreted as such.