

# THE CAPITAL CHEMIST



A Publication of the Chemical Society of Washington Section of the American Chemical Society

## Message from the President

*Contributed by Dennis Chamot, CSW President*

This is the last issue of the Capital Chemist for 2016, and December is my last month as president of CSW. I am deeply indebted to the large number of members who very actively organized and participated in the wide variety of activities that help to make this local section one of the best in the ACS. I have enjoyed working with you throughout the year, and look forward to continued interaction. I offer a warm thank you to all.

I have also been responsible for organizing most of the member meetings this year. We have had several dynamic speakers on a variety of topics – Martian chemistry; job prospects for chemists; communicating with the public about science and chemistry; and more. If you haven't attended these sessions in a while, I hope you will do so in 2017. Not only are the talks interesting, but the meetings are a great way to network.

Finally, I would like to note that the CSW officers and several managers participated in a strategic planning retreat earlier this year. This day and a half activity was facilitated by experienced ACS-trained discussion leaders and gave us much to think about. Now that my official duties will be easing, I plan to proceed with one of the suggested outcomes, namely, that we seek broad member input on member interests and needs that may be met by CSW. While you can send me comments at any time (email to [csw@acs.org](mailto:csw@acs.org) and put "message for Dennis Chamot" in the subject line), we'll be working on something more formal in the coming year.

I wish you all a joyous holiday season and a Happy New Year.

**Volume 66, Number 9**  
**December 2016**

### Inside this issue:

- Speaker info and meeting logistics for December's CSW Meeting
- Mentors needed for Project SEED



Top: Volunteers at the Marine Corp Marathon in Crystal City on October 30th.



Bottom: Volunteers at the National Chemistry Week outreach event at Eaton Elementary School in DC on October 15th.



# December CSW Meeting: Recognizing 50- and 60-year Members & New Nutritional Fact Labeling Presentation

On December 10, 2016, Crystal Rivers, FDA, will give a presentation on the new Nutritional Facts label, which was announced by the FDA earlier this year. This meeting will also honor our CSW 50- and 60-year members. We hope you're able to attend!

## Abstract

On May 20, 2016, the FDA announced the new Nutrition Facts label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases, such as obesity and heart disease. The new label will make it easier for consumers to make better informed food choices. The FDA published the final rules in the Federal Register on May 27, 2016. This presentation will review the changes in the Food Labeling: Revision of the Nutrition and Supplement Facts Labels Final Rule.



## Biography

Crystal Rasnake Rivers is a nutritionist in the Office of Nutrition and Food Labeling, Center for Food Safety and Applied Nutrition (CFSAN), Food and Drug Administration. She is a member of the nutrition science review team responsible for evaluating scientific evidence for health claims using an evidence-based review system. She also works on issues related to the Nutrition Facts label. Prior to joining FDA in 2005, Crystal worked as a Research Associate at the Institute of Medicines' Food and Nutrition Board on the Dietary Reference Intakes (DRIs). Crystal was also an Extension Agent with Virginia Cooperative Extension, where she taught educational programs in nutrition and food safety. Crystal holds a B.S. and M.S. in Human Nutrition, Foods and Exercise from Virginia Polytechnic Institute and State University (Virginia Tech).

## Meeting Logistics

Date: Saturday, December 10, 2016

Time: 11:30 am: Check-in

Noon: Lunch

1:00 pm: Speaker presentation and 50- and 60-year member recognition

Location: Maggiano's Little Italy, Tysons Galleria, 2001 International Drive, McLean, VA 22102

Menu: Three courses, served family-style:

First Course: Maggiano's Salad, Stuffed Mushrooms, and Spinach & Artichoke al Forno

Second Course: Rigatoni & Vegetables with Tomato Pesto Broth, Chicken Florentine, and lemon and herb tilapia with Italian-style vegetables

Dessert: New York-style Cheesecake and tiramisu

Cost: The cost for attendees and guests is \$30.00. The meal is complimentary for 50-year members.

RSVP by noon Monday, December 5 - [csw@acs.org](mailto:csw@acs.org) or by phone (messages only: 202-659-2650)

Please provide the names in your party when you RSVP. The public is invited to attend.

You may attend the talk only, but reservations are appreciated. Those who make a reservation, but are unable to attend, should send a check for the cost of their meal to the CSW office.

If you need any further information or would like to make a reservation, please contact the CSW office by email at [csw@acs.org](mailto:csw@acs.org) or by voicemail at 202.659.2650.

# Mentors Needed for Project SEED Summer 2017

Contributed by Allison Aldridge, CSW Project SEED Co-chair



A mentor is someone who takes a special interest in helping another person develop into a successful professional. Many of us have fond memories of our mentors that inspired and helped us become the chemists that we are today. A good mentor shares life experiences, wisdom, and technical expertise and is a good listener, observer, and problem solver. Being a Project SEED mentor can be part of your already-established program.

Project SEED places economically-disadvantaged high school students in academic, industrial, and governmental research laboratories for 8-10 weeks during the summer, allowing the students to discover the world of chemistry.

CSW is looking for mentors for summer 2017. We need mentors with projects that high school students can complete in 8-10 weeks in a chemically-related discipline.

For more information on Project SEED, go to

<https://www.acs.org/content/acs/en/education/students/highschool/seed.html>.

If you are interested in becoming a Project SEED mentor, send an email to Allison Aldridge at

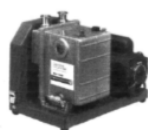
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*Photo: Project SEED summer 2016 students attending the career panel event.*



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## CSW Calendar of Events

### **December**

12/10: CSW Meeting