

Thursday 25 Feb 2016

# SPICES AND HERBS

## Chemistry & Health

Carolyn Fisher  
*Decernis, Rockville, MD*



A general overview of the components of spices and herbs is presented, along with their attributes for the food industry. Rosemary, Ginger, Capsicum, and Cinnamon as well as others are surveyed. Bioactivities of their components are discussed, with emphasis on antimicrobial, antioxidant, anti-carcinogenic and anti-diabetic activities.

**6:00-6:30 pm Reception**, Howell Hall Atrium

**6:30-7:15 pm Dinner**, Nigh University Center, Will Rogers Room, Room 421

**7:15-8:15 pm Presentation**

**University of Central Oklahoma,**  
Edmond, OK

<http://www.uco.edu/>

### Menu, Ultimate BBQ Buffet

grilled hickory chicken, sliced BBQ brisket,  
slow-cooked pulled pork  
ranch style beans, mini corn cob  
cornbread with butter  
potato salad, green salad, macaroni salad  
apple pie or peach cobbler  
coffee and tea

### Cost

\$20 members

\$5 students



UCO campus map

### RSVP Deadline

Monday, February 22<sup>nd</sup>, noon

Contact: Carla Supon

phone: 405-974-5732

email: [csupon@uco.edu](mailto:csupon@uco.edu)

*Vegetarian option available. Please indicate when you RSVP*

**Directions** Campus map (QR above or see page 2) Paid parking is available in the Visitor Lot, east of the Nigh University Center. The Howell Hall Atrium is on the ground floor between Howell Hall and the Howell Hall Laboratory Annex Building. The Will Rogers room is on the fourth floor to the right of the central stairway.

### Carolyn Fisher Biographical Sketch

Dr. Fisher received her B.S. from Wayne State University and Ph.D. from Stanford University. Her career moved from Research (Kalsec, 1978–1991) to Teacher (Univ. of Delaware, 1992–1996) to Book Author (Flavours: Biology & Chemistry, 1997; Royal Society of Chemists; available in English and Spanish). At McCormick & Co., Carolyn was a member of cross-functional teams developing visions, strategies and action plans for more efficient commercialization processes, moving from Quality Assurance (1996–2005) to Regulatory (2005–2010) to Knowledge Management (2011). She completed the 5-year leadership training program known as the Corporate Multiple Management Board. Using her QA skills in regulatory, she managed cross-training and consensus sessions for regulatory professionals which resulted in updated Desk Procedures, communications explaining the science behind certain regulatory compliance strategies and

a course within the Learning Development Center for McCormick professional development.

As Senior Scientist at Decernis (2012–present), Carolyn directed data capture of over 160 countries' food additive regulations and supported the development of rule-based queries to provide regulatory evaluation of ingredients and formulas for global compliance. She translates customer desires into actionable working solutions as well as provides customer training and issue resolution related to gComply and gComply Plus.

An active IFT member and Fellow, Carolyn was an instructor for the IFT short course, Labeling Requirements and Implications for Foods Marketed in the U.S. (2008–2014) and is currently on the IFT Board of Directors (2015–2017). She is also an active member of the Flavor & Extract Manufacturers Association and the American Chemical Society.

