

SPRING
2018

THE GRAPEVINE

Teachers College, Columbia University

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Celiac Disease Symposium

By Jen Cadenhead & Shari Keats

Celiac disease experts from around the world met last month for a two-day conference hosted by the Celiac Disease Center at Columbia University. There were over 400 researchers, physicians, dietitians, other health professionals and patients in attendance from 15 countries. We had our own little crowd of 16 current Program in Nutrition students, three graduates and one faculty member!

Experts gave an update on celiac disease, an autoimmune digestive disorder of the small intestine which has increased 5-fold in the US since the 1950s. The only treatment is strict avoidance of gluten, the main protein in wheat,

barley and rye, to prevent complications like osteoporosis and cancer. Researchers like Jonas Ludvigsson, MD, from Sweden's Karolinska Institute said that in addition to the needed genes and exposure to gluten, triggers for celiac disease might be a common viral infection, makeup of the gut microbiome and even stress. Dr. Ludvigsson showed data that suggested celiac disease is likely not related to breastfeeding, amount and timing of gluten introduction as a child, vaccinations or other intrauterine environmental factors as previously thought.

Researchers from the Mayo Clinic presented NHANES data that showed the increased rates of celiac

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni and Staff,

Happy spring everyone! This is my first issue as Editor-in-Chief of The Grapevine and I'm really excited to work with you on our newsletter! During my tenure, I'd like to build upon the hard work of all the previous editors. Given the current political climate, I encourage you all to use The Grapevine as an outlet to discuss important topics and issues – highlighting both the negatives and positives, examining your personal interests and maybe sharing a delicious recipe or two!

As I embark on this journey as editor, I can't help but be thankful for all the experiences I've had that has lead me to this point in my education and career. If someone would have told me that I'd be the Editor-in-Chief of our program's newsletter when I first started graduate school, I would have never believed them. But that's the beauty of this program. From professors to colleagues, we are surrounded by some of the most hard-working and inspirational people in this field who foster a supportive and encouraging environment for us to explore our passions and the possibilities - even the ones we never imagined for ourselves.

At times we are presented with countless opportunities that are all incredible that it becomes difficult to just pick a couple. And in a field like nutrition where there are so many pieces of the puzzle that have to be put together to understand things like why socioeconomic status relates to obesity or how to treat a patient that has multiple comorbidities – it's no wonder that we're drawn to many aspects of this field. All of these pieces are important for seeing the bigger picture and determining the best course of action. As independent as I like to be, I know I'll never be an expert in everything that I want to be when it comes to this field. It's reassuring to know that there are others out there who are working towards the same goal and who I can turn to when needed.

The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at jh3856@tc.columbia.edu. Thanks to all of the students who volunteered to write for this issue!

Sincerely,

Jasmine Hormati
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Fresh Off the Vine: Events and Announcements

- Congratulations to Lucille Tang for receiving a \$5,000 AND Commission on Dietetic Registration Diversity Scholarship! Students are highly encouraged to apply for AND scholarships. The application is due Monday, April 23 - academy membership is a requirement.
- Congratulations to Carrie Russo for receiving the Dean's Grant for \$1,350 for Student Research! This grant will go towards Carrie's doctoral dissertation - Navigating Celiac Disease and the Gluten-Free Diet in a Family Setting: A Mixed-Methods Approach of Families of Children with Celiac Disease.
- SNEB (Society for Nutrition Education and Behavior) 2018 Annual Conference is from July 21-24 in Minneapolis, MN! Registration opens March 6th and there are student rates for registration and rooms. This year's theme is Optimizing Impact - Supporting Food Systems with Nutrition Education.
- ISBNPA (International Society of Behavioral Nutrition and Physical Activity) is hosting their 17th meeting from June 3-4 in Hong Kong! Registration is open now and there are student rates available.
- Digestive Disease Week conference will be held in D.C. from June 2-5. Student rates available.

TC HEALTH AND WELLNESS FAIR

BY TANYA MEZHER



The Program in Nutrition dietetic interns collaborated with the Office of Student Affairs to host the annual Health and Wellness Fair on March 22. In conjunction with National Nutrition Month's theme, "Go Further With Food," TC's dietetic interns were enthusiastic about sharing how to incorporate physical activity into busy schedules while choosing foods that can make a real difference. Groups of interns shared creative ideas for healthy breakfasts, benefits of eating a variety of colors, smart snacks, portion sizes, fruit infused beverages and whole-food alternatives to commonly used fitness supplements -- complete with delicious and nutritious samples. The afternoon included spontaneous squats for snacks, a chair yoga class and ideas for physical activity and stretch breaks. Despite the recent snowstorm, there was a warmth that filled Everett Lounge as the dietetic interns engaged in conversations with their fellow students and faculty. On top of it all, our former nutrition program secretary, Atapon Savitz, won the grand prize raffle of a Fitbit. Thanks to Debbie Rosenbaum, our DI Director, for all her support for a successful day!

CELIAC DISEASE SYMPOSIUM (CONTINUED FROM COVER)

disease for people over 50 years old over time. Although the prevalence of celiac disease (~1% of Americans) may have now peaked, there is a lot of concern about those who have gone on a gluten-free diet without testing first for celiac disease making it particularly hard to understand the true prevalence of the disease and properly diagnose individuals.

Our own, Dr. Randi Wolf, moderated a session on quality of life and adherence to the gluten-free diet, which included presenting her research conducted with the help of over a dozen Program in Nutrition students. Dr. Wolf and Dr. Anne R. Lee, EdD, RDN, LD, faculty and dietitian at the Celiac Disease Center and graduate of our doctoral program, both talked about the social and emotional challenges that children and adults face when following a such a strict gluten-free diet. Dr. Wolf stressed the importance of a multi-disciplinary team that includes physicians, dietitians and mental health professionals in order to support both dietary adherence and maximize quality of life for individuals with celiac disease. Dr. Claus Hallert, MD, of Linköping University, found that women struggle more than men and report isolation, fear of cross-contamination and worries about being a bother when eating outside the home. In his country of Sweden, managing celiac disease routinely includes managing quality of life. Unfortunately, this is not routine here in the U.S. where the focus is mostly on buckling down on diet adherence, often at the expense of quality of life.

There was an interesting and controversial session on “How gluten free is gluten-free food?” Representatives from General Mills explained their manufacturing process for Cheerios and how the company takes commodity oats, which contain wheat and barley, and through various screening and testing procedures ends up with gluten-free Cheerios. On the other side of the spectrum, Seaton Smith, the owner of family-run Gluten-Free Harvest, explained how his company produces gluten-free items from oats that are grown free from contamination in the fields according to a purity protocol. There is disagreement within the celiac community about the safety of products produced from commodity oats. While this session did not resolve the conflict, it was important to hear both sides of the story.

We also learned a new term at the conference - PWAGs – they are **P**eople **W**ho **A**void **G**luten without a diagnosis of celiac disease. It wasn't surprising to hear the increasing popularity of the gluten-free diet given

that gluten-free products and menus seem to be everywhere. But in addition to those who may have celiac disease, there are also those who may have non-celiac gluten sensitivity (NCGS) or non-celiac wheat sensitivity (NCWS). Although not a true IgE mediated allergy, those with non-celiac gluten sensitivity may be reacting to proteins in wheat other than gluten, which may be mediated by IgA, IgM and other serum markers. Those with non-celiac wheat sensitivity are likely reacting to the oligosaccharides in wheat similar to people who may have small intestinal bowel overgrowth, aka SIBO. Currently, researchers are working on developing standardized testing to help clinicians diagnose these conditions, where the terms are combined. Research indicates that approximately 5-10% or more of the population could be affected by these conditions.

Most medical professionals do not advocate adhering to a gluten-free diet unless patients have a proper diagnosis. A gluten-free diet is not necessarily a healthier one and, if not careful, can be low in fiber, calcium and vitamin D and high in sugar, fat and processed food. For those avoiding gluten without a diagnosis of celiac disease – those PWAGs – it's important they follow-up with a gastroenterologist to get properly tested and diagnosed.

Overall, the depth and knowledge of the presenters was very impressive. We learned about some of the latest drugs studies (several in the early stages – but diet remains the only treatment), new technologies for gluten detection (various home urine and stool tests), new methods of diet adherence (the ‘Doggie Bag’ study) and that beer (a good ol’ lager!) was included in the gluten-free diet in some places around the world, although not the case in the U.S! Most important, we heard a panel of patients’ perspectives – the most important voices for keeping the scientific community focused on what really matters.

The symposium was an incredibly informative and worthwhile experience. Although we learned a lot about what is known, Dr. Benjamin Lebwohl from the Celiac Disease Center at Columbia University concluded with what is still unknown. We still need to learn what causes celiac disease and how to prevent it at all ages. We also need to know how vigilant children and adults need to be about the diet, why patient's symptoms vary so much and which drugs, in addition to diet, are most promising. It's a field wide-open for research and we were excited to be part of the research team working to make a difference.

ANNUAL NUTRITION PROGRAM ALUMNI PANEL

By Faith Aronowitz

“Be flexible and push yourself outside your comfort zone!” That was the main takeaway from the Annual Nutrition Program Alumni Panelists about how to succeed in the DI and beyond. Nutrition Program faculty, students and alumni gathered together on Wednesday, January 24 to hear from six Program in Nutrition graduates who work in a variety of settings including clinical, sports and entrepreneurial/start-ups. The common thread that the panelists expressed was the solid foundation they received at TC that set them up for success as they pursue their career goals.

Moderator and current TC student, Carly Wertheim, started the panel discussion with a brief introduction of the six panelists. Our field is one that tends to draw career changers, however, it just so happened that five of the six panelists had a background in nutrition prior to starting the program at TC. Only Susie Zachman, MS, RDN, the founder of Better Beginning which is a nutrition education program for the parents of young children, was a career changer with a background in the corporate world.

After describing a typical day at work, including highlights and challenges, the panelists discussed how they found their current positions, something current students are typically interested in learning about. While Zachman’s current position grew out of piloting her capstone project, Casey Lubber, MS, RD, CDN, Yang Yang, MS, RD, CNSC, and Anthony Wind, MS, RD, all shared that they found their current positions from connections they made while

in the DI, emphasizing the importance of consummate professionalism while at every rotation even though it may not be a

favorite.

Flexibility, asking questions and carrying a small notebook go a long way in terms of exuding professionalism.

Stephanie Forsythe, MS, RDN, CDN, a clinical dietitian at Brookdale Hospital in Brooklyn, shared that she “threw [her]

Photo Credit: Desiree Halpern

resume at a bunch of places,” combing various job boards and listservs and was hesitant at first to apply to her current position. She now finds it a very rewarding experience, which goes to show that it’s important to keep an open-mind both in the DI and the job search, a sentiment that all of the panelists touched on in one way or another.

The panel discussion concluded with an audience question and answer session. Questions ranged from specific questions about credentials (CDN vs. LDN) to more general questions about dealing with different personalities in the workplace and distinguishing ourselves as trained healthcare professionals from the social media “nutritionist”. Yang, a pediatric clinical dietitian at St. Mary’s Hospital for Children, emphasized the importance of always documenting everything (specifically indicating when the doctors don’t take her recommendations), while several panelists agreed that briefly explaining our training and education to clients could be a good way to distinguish ourselves as evidence-based practitioners.



New Student Notes

On behalf of The Grapevine and the Program in Nutrition, we would like to extend a warm welcome to the new students who began the program in the Spring 2018 semester:

Francesca Castro: Originally from Wellington, FL, Francesca attended the University of Central Florida, where she earned an undergraduate degree in Biomedical Science with a minor in Fitness Training. Francesca is enrolled in the Nutrition and Exercise Physiology program. Her future professional interests include preventative medicine - specifically obesity and diabetes prevention through nutrition and exercise. She is also interested in policy work involving education within underserved communities. fc2588@tc.columbia.edu

Caroline Frier: From Colorado Springs, CO, Caroline attended the George Washington University, where she earned undergraduate degrees in Biology and French Language, Literature and Culture. Caroline is enrolled in the Nutrition and Education program. She spends most of her free time cooking, eating out of a jar of peanut butter, running/spinning/getting her sweat on and blogging about it. cf2735@tc.columbia.edu

Eden Haramati: From New York, Eden attended Queens College, where she earned an undergraduate degree in Dietetics. Eden is enrolled in the Nutrition and Education program. She is interested in specializing in weight management and maternal-fetal nutrition. eh2820@tc.columbia.edu

Tamar Kane: From Briarcliff Manor, New York, Tamar attended Northwestern University, where she earned undergraduate degrees in Human Development and Psychological Services. Tamar is enrolled in the Nutrition and Exercise Physiology program. She lived in Israel for the past 5 years ran her first marathon last year in Tel Aviv. trk2118@tc.columbia.edu

Lesley Kroupa: From Minnesota, Lesley attended Smith College, where she earned an undergraduate degree in Government and the University of Michigan Law School, where she earned her JD. Lesley is enrolled in the Nutrition and Public Health program. After practicing business law in New York City for eleven years and participating in triathlons and marathons in her spare time, she decided to change careers to pursue her passion for nutrition and fitness. Her goal is to combine her legal experience with her nutrition and public health studies to explore ways to promote healthy eating through public policy. lk2745@tc.columbia.edu

Peter Pace: Originally from Patterson, NY, Peter attended the Arizona State University, where he earned undergraduate degrees in Nutrition and Dietetics and Business Management. Peter is enrolled in the Nutrition and Exercise Physiology program. He worked as a farm apprentice for one of Dig In's farms. pep2122@tc.columbia.edu

Viktoria Sekmov: From Russia but born in Hungary, Viktoria attended the King's College London, where she earned an undergraduate degree in Biomedical Science and Imperial College London, where she earned a masters in Clinical Research. Viktoria is enrolled in the Nutrition and Exercise Physiology program. She used to be a yoga teacher and can't start her day without an earl grey tea with milk. vbs2118@tc.columbia.edu

Sahimar Yammine*: Originally from Caracas, Venezuela, Sahimar attended the American University of Beirut, where she earned an undergraduate degree in Nutrition and Dietetics and New York University, where she earned a masters in Public Health Nutrition. Sahimar is enrolled in the Nutrition and Exercise Physiology program. She has been all over the world. She completed high school in Venezuela, moved to Lebanon for her undergraduate and now is here at Columbia University going into her second masters. sey2116@tc.columbia.edu

*Sahimar was admitted into the program in Fall 2017 - somehow we missed her in the Fall issue. Sorry, Sahimar!

The Ultimate Reading Guide

Assembled by Michelle Rubinstein

As I find myself closer to graduation, I feel the opposite of what many may expect. Many may assume earning a Masters degree automatically makes students credentialed experts, or “masters”, in their area of study. Instead, my learning experiences have taught me how much more there is to learn *after* graduating. The Nutrition Masters programs undoubtedly create a solid foundation that will prepare students to become esteemed professionals one day, but even after years of coursework, it is important to remember that many of us are only just starting (or changing) our careers!

Ronald E. Osborne once said, “Unless you do something beyond what you’ve already mastered, you will never grow.” In agreement, I reached out to the Teachers College Nutrition faculty to prepare a reading list for post-graduation. I requested from everyone to kindly recommend their top five favorite books, books that have been meaningful to them and valuable throughout their lives and careers. Every member responded differently, and of course, went above and beyond in their suggestions.

Here is your go-to recommended reading list so you can continue learning. The lists are exactly as they were presented to me – no filter!

Dr. Joan Gussow

“Books that had a big effect on my thinking.”

Empire as a Way of Life: An Essay on the Causes and Character of America's Present Predicament along with a Few Thoughts about an Alternative by William Appleman Williams

Cat's Cradle by Kurt Vonnegut

Empire as a Way of Life: An Essay on the Causes & Character of Slaughterhouse Five by Kurt, Jr. Vonnegut

Small is Beautiful by E.F. Schumacher

The Lost Language of Plants by Stephen Harrod Buhner

The Poisonwood Bible (& anything else) by Barbara Kingsolver

The Pursuit of Loneliness by Philip Slater

The Unsettling of America: Culture and Agriculture by Wendell Berry

Who Will Tell the People? by William Greider

Dr. Pam Koch

“Expands my appreciation for people from different places and different lived experiences.”

A Man Called Ove by Fredrik Backman

A Single Shard by Linda Sue Park

Balzac and the Little Chinese Seamstress by Dai Sijie

Behind the Beautiful Forevers by Katherine Boo

Between the World and Me by Ta-Nehisi Coates

I am Malala by Malala Yousafzai

Jeremy Fink and the Meaning of Life by Wendy Moss

Mighty Be Our Powers: How Sisterhood, Prayer, and Sex Changed a Nation at War by Leymah Gbowee

The Immortal Life of Henrietta Lacks by Rebecca Skoort

The Invention of Wings by Sue Monk Kidd

Vitamina by Catherine Price*

Continued on next page

Dr. Lora Sporny

“Authors To Die For: These books are about life, death and medical care, valuable for future dietitians.”

Being Mortal by Atul Gawande*

Better by Atul Gawande

The Checklist Manifesto by Atul Gawande

Vitamina by Catherine Price*

Working Stiff: Two Years, 262 Bodies and the Making of a Medical Examiner by Judy Melinek

Stiff: The Curious Lives of Human Cadavers by Mary Roach

How Doctors Think by Jerome Groopman

How We Die by Sherwin Nuland

The Emperor of All Maladies: A Biography of Cancer by Siddhartha Mukerjee

The Gene: An Intimate History by Siddhartha Mukerjee

Dr. Randi Wolf

“My night stand is always piled high with ‘self-help’ books. I love learning lessons from others and always find a few nuggets that I come back to over and over from each book.”

Being Moral by Atul Gawande*

The Last Lecture by Randy Pausch

Mindset by Carol S. Dweck

Essentialism: The Disciplined Pursuit of Less by Greg McKeown

The Life-Changing Magic of Tidying Up by Marie Kondo

Happiness is a Choice you Make – Lessons from a Year Among the Oldest Old by John Leland (my current read).

Professor Shelley Mesnik

The Neapolitan Quartet by Elena Ferrante

Dr. Isobel Contento

“I have found that these research-based historical novels, or histories written so interestingly that they read like novels, to provide insights and context that help me understand the religious and political events in the world and the lived experience of those in many places.”

A Thousand Splendid Suns by Khaled Hosseini

Outlander series - in particular, *A Breath of Snow and Ashes* by Diana Gabaldon

Peter the Great and *Nicholas and Alexandra* by Robert Massie

After the Prophet: The Epic Story of the Shia-Sunni Split by Lesley Hazleton

A History of God: The 4000-Year Quest of Judaism, Christianity and Islam by Karen Armstrong

Too Soon Old, Too Late Smart: 30 True Things You Need to Know by Gordon Livingston (very short book!)

Where to Begin?

For those hungry for more, I hope this list satiates your reading appetite as it has mine. If you're looking for a place to start, you will find that *Being Mortal* by Atul Gawande and *Vitamina* by Catherine Price were recommended by more than one of our professors. I hope you enjoy these books as much as they did...all 44 of them!

***Books recommended more than once.**

Farm Bill 101

By Jade Lopez

The Farm Bill is the Super Bowl of US food legislation. It comes around for renewal around every 5 years and is set to expire this fall. It consists of twelve sections called “Titles” that cover everything from nutrition to crop insurance and dictates what foods end up on American plates.

The largest piece of the pie goes to the Supplemental Nutrition Assistance Program (SNAP). Roughly 79% of the Farm Bill budget goes to SNAP.¹ Not only does it get the most money, it also tends to face the most public scrutiny. In January, Secretary of Agriculture, Sonny Perdue, released the *USDA’s Farm Bill and Legislative Principles* that urges increased work requirements for individuals receiving SNAP benefits and a program to assess fraud and abuse.² Additionally, President Trump’s 2019 budget plan proposes a 30% reduction in cash spending on SNAP by completely eliminating SNAP-Ed, extending time limits on childless adult recipients and offering a food-aid package of “100 percent American grown food” called USDA America’s Harvest Box, amongst a range of other cuts.³

The second largest Title is crop insurance. Farmers are able to purchase federally subsidized insurance to protect their crops in case of failure or drops in prices. The 2014 Farm Bill increased its allocation to



Source <https://www.nationalreview.com/2014/01/pork-farm-bill-michael-tanner/>

crop insurance by extending availability of insurance to more crops and agreeing to cover farmer’s deductibles. Basically covering the amount farmer’s have to pay before they are covered by insurance. Opponents of increased crop insurance funds argue that depending on price fluctuations, an exorbitant amount of money can end up being spent with most of it going to large-scale wealthy operators rather than acting as a safety net for those farmers in greatest need. There will likely be talk of payment limits and possible strategies for handling structural inequities in the 2018 bill.

The third largest Title is conservation, which took a \$4 billion cut in 2014.¹ The conservation program promotes growing more on less land, encouraging farmers to use eco-friendly production methods and improve soil health. The maximum acreage cap for the Conservation Reserve Program was reduced to 24 million acres in 2014.⁴ Many would like to see the cap raised in order to reduce supply and boost prices, particularly for commodity

Continued on next page

Farm Bill 101 (continued)

crops. On the other hand, increasing acreage caps would take funding away from programs aimed at improving agricultural practices.

Commodity programs make up 5% of Farm Bill spending and protect producers against price fluctuations for corn, wheat, soybeans, rice, peanuts and dairy.¹ The 2014 bill saw spending for commodities decreased and shifted to support crop insurance. Since 2014 prices for commodity crops have fallen and the agricultural economy has seen a decline making this title a point of contention for legislators with farming constituencies and interests that would like to see price increases.

The remaining 1% of programs supported by the Farm Bill cannot be forgotten. There are currently 39 programs on the chopping block that if they are not siphoned funding from other programs will be cut entirely. These programs assist young farmers, support regional food systems, increase access to fresh food, encourage conservation and

aid farmers supplying the growing organic market.

Given the news coming out of D.C. the 2018 Farm Bill is going to be another hard fought legislative battle. There is still time to comment and make your voice heard. Reach out to your elected officials and advocate for a farm bill that is nutritionally sound and



Source: Barbara Kelley, *Thrive* - Summe 2017

promotes a healthy future for all Americans.

References

¹ Plumer, B. (2014, January 28). The \$956 billion farm bill, in one graph. *The Washington Post*. Retrieved from https://www.washingtonpost.com/news/wonk/wp/2014/01/28/the-950-billion-farm-bill-in-one-chart/?utm_term=.938d5c88233b

² USDA. (2018, January 24). *Perdue Announces USDA's Farm Bill and Legislative Principles for 2018*. <https://www.usda.gov/media/press-releases/2018/01/24/perdue-announces-usdas-farm-bill-and-legislative-principles-2018>

³ Bjerga, Alan. (2018, February 12). Trump Budget Would Swap Food Stamps for '100% American' Food Packages. *Bloomberg*. Retrieved from <https://www.bloomberg.com/news/articles/2018-02-12/trump-budget-swaps-food-stamps-for-100-percent-american-food>

⁴ National Sustainable Agriculture Coalition. (2017). *Farm Bill 2018: A Primer*.

Yoga for Athletes: Why You Should Practice and How to Get Started

By Brooke Marsal

Often times when I introduce myself to new people and say that I'm a yoga instructor, the next thing I hear are all the various reasons why people can't or don't do yoga. Most common things I hear are "I'm not flexible enough" and "I should do yoga, but I just get bored." Well let me debunk those myths for you. If you have a body, you can do yoga and it absolutely can be fun. Athletes right now I'm looking at you in particular.

Yoga is one of the best types of cross training for any sport. Some of the various benefits that come from a yoga practice are:

- Strength and stabilization
- Improved mobility
- Injury prevention
- Increased stamina
- Mental control and focus
- Increased body awareness
- Increased balance
- Improved core strength
- Decreased recovery time

Have I convinced you to start practicing yet? Incorporating even a small yoga practice at the start or end of your day can make a huge difference. Believe me, I've worked with athletes and I've seen it! It will also have the added benefit of helping you better manage all of life's stressors.

Below are 5 of the most functional yoga poses to start incorporating into your life. You don't need to attend classes in order to have a practice and you don't need to be able to put together a beautiful dance-like flow in order to reap all the benefits of yoga. Simply start by beginning or ending your day (or sports practice, run, etc.) with these poses. They will help you calm your mind, connect to your breath and open your hips, hamstrings, quads and shoulders. They will help lengthen and mobilize your spine, improve your balance and strengthen your core. Make sure to do each pose on both sides.

1. Reclined Hand to Big Toe



2. Reclined Figure 4 Pose (Supta Kapotasana)



3. Plank Pose (Phalakasana)



4. Low Lunge (Anjaneyasana)



5. Revolved Low Lunge Pose (Parivrtta Anjaneyasana)



Movie Night

By Lesley Kroupa

Students, faculty and their friends and family came together to spend a relaxing Friday night in March to enjoy food, drink and a movie with a local connection. The Health Nuts organized a great movie night graciously hosted by Dr. Wolf and her family at their lovely home in Brooklyn. While watching the sunset over the Manhattan skyline, everyone enjoyed a delicious feast. Move aside, Chef Morimoto, because if the evening had been an episode of Iron Chef, then the secret ingredient would have been tofu and without a doubt Dr. Koch's Famous Baked Tofu with Peanut Sauce would have been unanimously voted the winner.

The movie viewed was *All Saints*, which tells the true story of a salesman-turned pastor whose first assignment was to close a small church in rural Tennessee. With a dwindling congregation, but growing mortgage and competition from a "mega-church" the town over, the church saw closure as inevitable. However, a group of Karen (*kub-REN*) refugees from Burma joined the congregation and convinced the pastor to save the church by starting a farm on the land surrounding the church. With the big-box store developers nipping at their heels, the Karen, the pastor and members of the community worked feverishly to plant crops with the hopes of a bountiful harvest that could be sold to raise money for the church and be given to local families in need.

While farming can often be romanticized, the movie showed the intense labor and expensive equipment that is required to raise crops plentiful



enough to support a community as well as the control that must be ceded to mother nature with the unpredictable challenges she may bring. Without too many spoilers - but to assuage any worry - there is indeed a happy ending. The movie respectfully explores the challenges of integrating cultures and the unique challenges newly arrived refugees face. After his time in Tennessee, the pastor and his family moved here to New York City and he currently works at Saint Thomas Church on Fifth Avenue. Dr. Koch has met them and learned of their inspiring story. The evening was a great opportunity to mix, mingle and discuss a movie that touched on themes of community, diversity and service.

Pam Koch's Famous Baked Tofu with Peanut Sauce

- 1 pound firm tofu, cut in to 1 inch cubes
- $\frac{3}{4}$ cup water
- $\frac{1}{3}$ cup peanut butter
- 2 Tbs soy sauce
- 1 Tbs rice vinegar
- 2 Tsp honey
- Juice of 1 lemon
- 2 cloves garlic, minced
- $\frac{1}{4}$ Tsp cayenne (optional)

In a large bowl, combine all ingredients (except tofu) and thoroughly mix. Add tofu and marinate for several hours (or overnight). Bake at 325°F for 1-1 $\frac{1}{2}$ hours, turning tofu about every 15 minutes. Tofu is done when the sauce is a thick liquid.

ROSEMARY, BASIL AND THYME, OH MY!

By Lindsay Stone

One of the things I miss most about being home in Seattle is having access to fresh herbs from the outdoor herb garden I planted many years ago. Stepping out of the kitchen to grab a pinch of thyme or a sprig of rosemary to enhance the flavors of a dish was something I took for granted. After being surrounded by weekly farmers markets in NYC this summer stocked with individual herbs for sale, I was reminded of how special an herb garden can be. After some online research, I was inspired to plant my own indoor herb garden in my apartment's well-lit kitchen.

As I embarked upon my new project, I stopped by my local farmers market and decided to utilize some spare mason jars I had lying around to house my new purchases. Per the internet's instructions – an always trustworthy source – I placed rocks in the bottom of the jars to prevent the roots from getting soggy, replanted my herbs and placed them on my windowsill to get plenty of sun. I then enjoyed all the benefits of using fresh, homegrown herbs in my cooking. That is until my plants slowly began to feel the effects of my rusty green thumb.

Without proper drainage, my mason jar pots caused my herbs to slowly wither and die. With too much direct sunlight, my basil quickly shriveled and browned. My constant attention and fear of under watering caused my thyme and rosemary to drown despite my well-intentioned care. Needless to say, my new herb garden was soon an herb cemetery. My project needed a total reboot.

For those of you looking to enjoy fresh herbs and avoid my mistakes, here are some words of wisdom that I can offer from my trial and error:

Before



After



- *Go for functional, not cute* – sure, a mason jar garden looks nice in photos, but without proper drainage, your plants will get wet feet as their roots begin to rot.
- *Don't overwater* – water is essential for life, but in excess your herbs might drown. In fact, herbs don't need much water. Not sure how to tell if water is needed? Stick your finger deep into the soil to feel if the soil is wet or dry. This could be anywhere from a few days to over a week depending on your plant. Worried about neglecting your plants? For a little extra investment, you can purchase planters that self-regulate or even have indicators for you to know when water levels are truly low.

- *Location, location, location!* – keep your herb garden in a well-lit room but off of windowsills and out of extreme direct sunlight, especially in hot New York summer months. Brown spots are a clear indication of this – plants can get sunburnt, too!

- *Provide room to grow* – plant your herbs in pots that provide ample room for the root system to spread out and grow. Again, while mason jars are cute, their narrow shape can be restricting.

Now as spring approaches, I enter the new season with a greener thumb than when I started my indoor herb project a few months ago. I look forward to farmers markets filled with herbs once again and adding new ones to my herb garden this time in proper containers and placed in proper areas around my kitchen. Though cultivating an herb garden indoors may not be easy, it is without a doubt very rewarding.

TC's 2nd Annual Dr. Martin Luther King Jr. Oratorical & Spoken Word

By Arthur Gillman

This was my entry for TC's '2nd Annual Dr. Martin Luther King Jr. Oratorical & Spoken Word Competition,' which was held on February 26. Although I had never performed spoken word before, it... spoke to me. The theme of the event was based on MLK's quote, "Injustice anywhere is a threat to justice everywhere." Although I only peripherally touched upon this theme, my speech focused more on my personal life journey as it pertains to race relations, my internal conflict debating between MLK and Malcolm X's divergent philosophies and trying to figure out what my role should be as a White person, regarding issues of race in the United States. Even though this piece admittedly has nothing to do with nutrition, I would like to believe Joan Dye Gussow would appreciate it because Martin Luther King Jr. is often associated with environmental justice and ecology: it's all about interconnectedness!

2017. Dr. Cornell West and Ta-Nehisi Coates kerfuffled.

My cynical, Jamaican-born, militant Marxist co-worker's feathers were ruffled.

"You need not worry," he said to me. "This affects the BLACK community."

Flashback. University of Connecticut. Undergrad. 1992. 21 years old: Rodney King and the LA Riots unfold.

The prophetic words of Dr. Martin Luther King emblazoned on the library wall, was a wake-up call – a jolt to my docility; an affront to my fragility: "Injustice Anywhere is a Threat to Justice Everywhere: There comes a time when silence is betrayal."

15,000 undergrads. 90% white? Only 300 students – mostly brown and black - rallied to fight. WHERE WERE THE WHITE PEOPLE?!!! WHERE WERE THE WHITE PEOPLE THAT NIGHT?!!!

"You need not worry," he said. "This affects the BLACK community."

I'm not gonna lie to you. Malcolm X *first* inspired a brash, impressionable me, leaps and bounds more than a sedate Dr. King could ever dream. Turn the other cheek? Love thy enemy? We shall overcome? Hell no! So attached to the Malcolm teat was I, that I penned a college editorial on the fly, begging non-believers to behold, Spike Lee's cinematic gold - by any means necessary!

"What can *I* do to help?" was a popular '60s white liberal yelp. But Malcolm dismissed the request, on behalf of the oppressed.

"You need not worry," he said. "This affects the BLACK community."

After my Rodney King epiphany, a fresh-faced, vibrant guest speaker, Jesse Jackson *Jr*, was posed the same question by me: What can *I* do to help? To my surprise, Jesse *Sr*'s speechwriters were Caucasian allies! Keep hope alive indeed! Still, I was jaded, and not entirely persuaded.

Evolution of thought into my 20s and 30s: Steer clear of inflammatory rhetoric absurdities. Bend over backwards to embrace diplomacy. But when a butcher like bin Laden gets snuffed out, how do even the most diehard pacifists *not* rejoice and shout?

Metamorphosis: as a father, in my 40s: multiculturalism, inclusion and diversity: benign buzzwords of Dr. King's legacy, which give a free pass to white supremacy.

Used to be "when they go low, we go high," but now a toxic, unfit, unhinged, orange-tinged bully of a man-child, rage-tweets on the White House throne, and we're supposed to preach peace, love and harmony without a groan?

A new wave of police brutality on the rise, and the visceral response is comply, comply, comply? Hands up. Don't shoot! Can't breathe. No reprieve! People are sick and tired of being sick and tired. Cynicism vs. hope. It's a slippery slope.

But what if Ta-Nehisi Coates is right? And this *isn't* your grandma's Civil Rights Movement no more to fight? Freedom Riders. Sit-ins. Spit on. Chewed up and spit out. *Involuntary* migration. 250 years of slavery + 100 years of Jim Crow legislation. Lest we forget: School-to-Prison Pipeline in full effect. And non-violence is the remedy? God-forbid, Kaepernick takes a knee.

"You need not worry. This affects the BLACK community."

ON THE INTERNSHIP FRONT WITH CHELSEA AMENGUAL

Chelsea Amengual is a Dietetic Intern at Teachers College. She has a background in competitive cycling and fitness instruction. Chelsea is currently completing a Masters of Science in Nutrition and Exercise Physiology. In her spare time, Chelsea enjoys running, cuddling up with her Frenchie, Dijon, or getting away from the city with her boyfriend, Danny.

Why did you choose TC for your DI?

I chose to complete my DI at TC for the same reason I chose to do my masters here. Aside from the fact that TC and Columbia are objectively excellent institutions, the dietetics program itself is very unique. Many of the programs I considered were limited to a very clinical focus. Given my background, I was intrigued by the way TC allowed for a combined degree with exercise physiology. The DI extends this variety by allowing for community rotations in sports nutrition.

What rotations have you've done so far?

I completed my clinical rotations last fall, which included East River Gastroenterology, Elizabeth Seaton Pediatric and Amsterdam Nursing Home. My first community rotation this semester was with God's Love We Deliver and I am currently working at my second community site with Columbia University Athletics. Each site has offered a unique perspective into the various roles a dietitian plays in the industry. The long-term care facilities allowed me to become invested in a resident's care plan and to hone my assessment skills. At God's Love, I was able to participate in an amazing cause while improving my counseling abilities. Aside from my current rotation, the other site that stood out the most was outpatient gastroenterology with the amazing Tamara Freuman, MS, RD, CDN. Tamara is not only a powerhouse of an individual, but also a brilliant dietitian and an excellent educator/mentor. I was very fortunate to have been placed with her (thanks, Debbie!)

Briefly, what is a day like at your current rotation?

My current rotation is Columbia University Athletics with Amy Marteney, MA, RD, CSSD, ATC. If you are interested in sports nutrition, Amy is an excellent resource! This rotation has been my one of my favorites so far. The day-to-day schedule varies a lot, which is a plus for me (too much routine can become monotonous). In general, the



main responsibilities are individual counseling with student athletes, stocking the in-season fueling stations and developing educational materials for students in the form of workshops/presentations, newsletters, bulletin boards and various handouts. My personal favorite is the counseling since I love to connect with people, particularly this population. From experience, I know that student athletes, especially women, need a lot of support. Misinformation plagues the internet and the media and it is so important for these students to have a legitimate resource to guide them through their training and lifestyle needs. It is a pleasure to learn from Amy how to best navigate the relationship between a sports dietitian and a student athlete, and to watch her help improve the health and performance of these athletes.

What should students applying to the DI know?

Be confident, not nervous! Your pursuit of the masters has well prepared you for the DI. Look at this as an opportunity to go even further with your professional development. There will be many bumps in the road, but you will learn from them. Not every site will be 100% perfectly tailored to you. Use it as an opportunity to improve your flexibility/adaptability, and to develop a better idea of your ideal future job. Lastly take advantage of every opportunity you can; after all, you worked hard to get here!

What are your future interests?

My future interests include individual counseling, specifically in sport nutrition, weight management, gastroenterology and general health and well being. I would love to work in a multi-disciplinary practice, as I believe patient care is optimized through practitioner collaboration. Additionally, I will continue working as a fitness instructor because nutrition is just one piece of the puzzle that is a healthy lifestyle.

RECIPE CORNER: SPRING FARE

Quick Pickled Radishes

Makes about 1 cup radishes

Ingredients

- 1 bunch radishes, trimmed and sliced into 1/8 inch thick rounds
- 3/4 cup apple cider vinegar
- 3/4 cup water
- 2 tablespoons maple syrup, honey, or sugar
- 2 teaspoons salt
- 2 cloves garlic, peeled (optional for some extra flavor)
- 1/4 teaspoon red pepper flakes (optional for some spicy)

Directions

1. Place the sliced radishes into a wide-mouth glass pint jar.
2. Prepare the brine by bringing the apple cider vinegar, water, sweetener, salt, garlic cloves, and red pepper flakes to a boil in a small sauce pan. Stir to dissolve the sweetener and salt then pour mixture over the radishes.
3. Allow the mixture to cool and then serve immediately or cover and refrigerate for up to two weeks.

Seasonal spring vegetables, tangy pickled radishes, and creamy goat's cheese create a marvelous melody together in this wheat berry salad. Complete with whole grains, a variety of seasonal produce, vibrant herbs, and a crunch from sunflower seeds, this dish makes for a wonderful packed lunch or make-ahead meal. If you will be consuming the salad another day, keep the radishes, sunflower seeds, and goat's cheese separate until you are ready to eat

- Carly Wertheim

Spring Wheat Berry Salad with Asparagus, Peas, and Quick Pickles Radishes

Makes 4 servings

Ingredients

- 1 cup wheat berries, rinsed and soaked overnight (or a few hours in hot water)
- 2 cloves peeled garlic, one whole and one minced
- Sea salt
- 1/4 cup extra virgin olive oil, divided
- 1 bunch asparagus, bottoms trimmed and cut into 1 inch pieces
- 1 cup fresh or frozen English peas
- 1/2 cup quick pickled radishes (recipe bellow)
- 3 tablespoons pickling liquid (from quick pickled radishes)
- 1/4 cup chopped fresh dill
- 1/2 cup chopped fresh parsley
- 3 ounces crumbled goat's cheese
- 4 cups baby arugula
- 1/4 cup sunflower seeds, toasted
- Ground black pepper

Directions

1. In a medium-sized pot, bring 5 cups water to a boil. Add wheat berries, 1/2 teaspoon salt, and one whole clove of garlic. Bring back up to a boil and reduce to a simmer. Cook, stirring occasionally, for about 45 minutes, or until the wheat berries are tender. (If wheat berries were not soaked overnight, you will need to increase the cooking time.) Drain, rinse with cold water, remove the garlic clove, and set aside.
2. Heat a sauté pan over medium heat. Add 1 tablespoon olive oil. When the oil shimmers, add the minced garlic. Cook for 30 seconds until fragrant. Add the cut asparagus, peas, and a generous pinch of salt. Cook until asparagus is crisp tender, about 4 minutes. Set aside to cool.
3. In a large bowl, combine the wheat berries, cooked vegetables, pickled radishes, 3 tablespoons olive oil, pickling liquid, dill, parsley, arugula, and goat's cheese. Add salt and pepper to taste. Top with sunflower seeds and serve immediately.