

WINTER
2018

THE GRAPEVINE

Teachers College, Columbia University



WINTER 2018

The Grapevine Newsletter

PROGRAM IN NUTRITION



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Pesticides and Farmworker Health

By Jasmine Hormati

Glyphosate, atrazine, chlorpyrifos... These are some of pesticides that are regularly used in industrial agriculture to suppress the growth of weeds or pests. They end up in our food and water supplies, damage some of our best agricultural soil, and expose us to a chemical concoction that is detrimental to our health. While we city-dwellers may experience low-level exposures to these, what about the farmworkers who apply these pesticides at high concentrations every day?

It is estimated that 5 billion pounds of pesticides are applied worldwide to farms each year. Farmworkers can inhale and/or absorb these chemicals when working with them or planting, weeding, irrigating, and harvesting the areas that have been sprayed. The federal government estimates that about 15,000 farmworkers suffer acute pesticide poisoning every year. Some of the short-term effects include stinging eyes, rashes, blisters, nausea, headaches, respiratory problems, and even death. Long-term exposure to some

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni, and Staff,

This is my last issue as editor, as I will be graduating this spring. I have very much enjoyed being the editor of The Grapevine for the past two and a half years. It has been a fun and educational experience, and a real pleasure getting to know many of the writers through The Grapevine. Thank you to all the writers for your hard work. I would like to officially pass the baton on to the new Grapevine editor, Jasmine Hormati. Welcome, Jasmine!

In this issue we would also like to give a warm welcome to the students who began the Program in Nutrition in the spring and fall of 2017. In New Student Notes, our new students share a little bit about their interests, backgrounds, and aspirations. Our faculty and staff also share with us what they have been up to in the Faculty & Staff Notes section.

Our feature story, written by our incoming editor, discusses the risks involved in pesticide use for farmworkers—and for the rest of us—and simple tips on what you can do to make a difference. For a peek into the dietetic internship, check out Tanya Mezher's experience at a clinical rotation. If you haven't made it to any of the Health Nuts events yet this year, you will want to make sure to attend the next one after reading the recaps of the hike up Bear Mountain and the book club with the book author as a special guest. Also check out our tasty recipes—pumpkin chili and apple muffins.

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

Enjoy the issue!

Julie O'Shea
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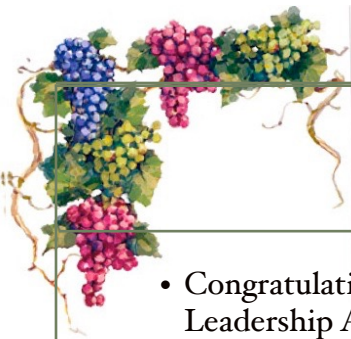
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Fresh Off the Vine: Events and Announcements

- Congratulations to Professor Emerita Joan Gussow (EdD '75) on winning a James Beard 2017 Leadership Award. <https://www.jamesbeard.org/blog/2017-leadership-award-winner-joan-dye-gussow?category=Impact>
- Congratulations to Karen Dolins for her award for outstanding abstract at the Food & Nutrition Conference & Expo (FNCE) for her work on a new validated tool of sports nutrition knowledge.
- Congratulations to Atapon Savitz for her promotion to Director of Academic Administration for Health and Behavior Studies. We are thrilled that you are still part of the department. We welcome Nicole Spiegel-Gotsch, our new Program in Nutrition secretary. Please stop by to say hello!
- Save the date for the annual alumni panel on Wednesday, January 24th from 5-7 p.m. Six TC graduates will return to share their experiences of what life is like after graduation.

TEACHERS COLLEGE FOOD DAY 2017

The TC dietetic internship class and the Tisch Food Center hosted a Food Day celebration on Wednesday, October 25. Here are a few snapshots from the event that over 500 people attended.



Pesticides and Health (continued from cover)

pesticides have been linked to increased risk of chronic health problems such as cancer, birth defects, infertility, Parkinson's disease, and neurological impairments. Pregnant women, infants, and children are especially vulnerable. Children are particularly susceptible because they consume more food per kilogram of bodyweight compared to adults and their bodies can't detoxify the chemicals as well as adults. Low-level pesticide exposure in this group can cause developmental and endocrine and related risks. Many farmworkers don't even know the risks of the chemicals they are working with because they don't receive proper training, and they often aren't provided proper protection. They are hardworking, low-paid, and often undocumented, which means they are less likely to seek medical care when exposed to these chemicals.

While research on pesticides and their health outcomes has helped ban the use of some of these chemicals, it may not be the most reliable solution. First, by the time researchers have enough compelling evidence for industry to remove a pesticide, the chemical companies have already come up with a new chemical to replace it, which can be just as dangerous, if not worse, as they are not extensively safety tested before use. Second, studies usually focus on the active ingredient in the pesticide. When the active ingredient is shown to have connections to disease, it's usually the additives in the pesticides that make them more dangerous by amplifying the effects of the active ingredient. Finally, there is corruption and too much bureaucracy within our federal regulatory agencies (i.e., EPA,

USDA, FDA). From scientists having conflicts of interest, to lead figures in the agency brushing research studies to the side due to lobbying efforts by Big Ag, we cannot rely on them to act quickly or definitively enough to protect farmworkers, their families, or us from exposure. It's up to us to change this system. Below are some things you can do.

Shop organic. Although organic products tend to be more expensive, if there is enough demand for them in the market, the supply will grow to meet it. If you can't afford organic for every food item, check out the Environmental Working Group's Clean 15 and Dirty Dozen lists. The Clean 15 are the fruits and vegetables with the least or no pesticide residues: avocados, onions, pineapples, cabbage, sweet peas (frozen), papayas, asparagus, mangos, eggplant, honeydew, kiwi, cantaloupe, cauliflower, grapefruit, and sweet corn (though this is usually genetically modified). The Dirty Dozen are the vegetables and fruits with the most pesticide residues: strawberries, spinach, nectarines, apples, peaches, pears, cherries, grapes, celery, tomatoes, sweet bell peppers, and potatoes.

Support local agroecological farmers. Agroecology is the study of ecological processes applied to agriculture and lays the foundation for sustainable agriculture. Shopping from a CSA or farmer's market helps you build a stronger connection to your food. You can directly ask the farmer if they use pesticides and what their farming practices are. Visiting the farm is also always fun!

Get political. There are a lot of ways to get politically involved, but with our busy lives, it can seem

a bit daunting. Taking action, however, can be just one click away. Earthjustice is a nonprofit environmental law organization that has attorneys who defend the wild, healthy communities, clean energy, and a healthy climate. Pesticide Action Network (PAN) is a coalition that fights problems caused by pesticide use and advocates "ecologically sound and socially just alternatives." Both organizations have action pages: <https://earthjustice.org/action> and <http://www.panna.org/take-action/online-action-center>.

This country tends to be very reactive. Big industries put a product out on the market and *then* test it to see if it's safe. A lot of corporations follow this model, from supplements to pesticides—heck, even our healthcare system. The only "people" who benefit from this reactionary process are the corporations. We need to demand a preventative and progressive system from our leaders and these corporations. Our food system is not going to change overnight, so it's up to us to protect ourselves and those who grow our food.

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FAST FOOD KIDS: AN AUTHOR'S CHAT

By Jen Cadenhead

The Health Nuts have been busy this school year! On Friday, October 27, 2017, our very own Dr. Isobel Contento and her husband hosted an event at their Soho home organized by the group. I was fortunate enough to attend. We started the evening socializing and eating some amazing dishes prepared by Drs. Wolf, Koch, Contento and many of the program's students. In fact, we could have just sat around chatting, eating the food, drinking the wine, and it would have been a complete evening. It was that amazing.



However, we were also treated to an author's talk. Amy L. Best, PhD, Professor of Sociology at George Mason University, walked the group through the highlights of her newest book, *Fast-Food Kids: French Fries, Lunch Lines and Social Ties*. Amy examined how American kids eat using an ethnographic approach. She followed Virginia high schoolers to their favorite eating spots and had an in-depth look at how the cafeterias were run in two public high schools with vastly different economic and ethnic profiles. One school drew from a small and predominantly upper middle class white community, whereas the other served a population that was much more diverse economically and ethnically, as well as being much larger. Amy reflected on how these differences played out in the choices made by the food service directors of each school, as well as how the students reacted to those choices, and their outside options.

For many of us who have taken Community Nutrition or Nutritional Ecology, the themes of inequality and the influence of money from

industry on food choices are very familiar. Students in the more diverse community that Amy spent time with were much more subject to the influence of big corporate food, which even impacted the contracts made with the school and food availability. The author noted that the food director in the more diverse school purposely tried to imitate food that might be purchased at fast food establishments, in part because that is what the kids were used to eating. And despite kids not exactly liking the school foods, the comparison to how many Americans live could not be missed.

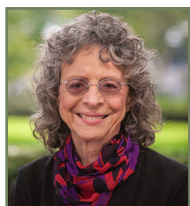
Many in the TC nutrition program will have been informed that many U.S. school districts, facing budget shortfalls in the 1970s, made tradeoffs that meant schools currently no longer have cooking equipment or staff available to make meals from scratch. The result? Flash frozen or canned, generally highly processed foods are largely served in public schools. The meals do meet USDA standards. But what are the implications?

Different choices were made for the students in the upper middle class school, including little things like allowing students to eat lunch away from school (open campus). The differences were notable. For instance, after the book was in print, this well-off district had the luxury of rejecting the National School Lunch Program's money and criteria, in order to better accommodate their families' preferences.

Amy left us with thought-provoking reflections and possibly ideas for future research. And, of course, we finished with amazing desserts.

Faculty & Staff Notes

Welcome to the Faculty & Staff Notes section, which allows the Program in Nutrition faculty and staff to share with you updates in their professional and personal lives. Read on to learn something new about the wonderful people that help run our Program in Nutrition.



**Isobel Contento, MA, PhD
Mary Swartz Rose Professor**

This past year has felt like an especially enriching one. I have spent more time than usual interacting with colleagues from many parts of the world. I am always struck by how those of us who work in the food and nutrition area instantly feel that we have a kindred spirit with those, no matter where, who want to make a difference in the world. In Victoria, Canada in June at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity I met up with old friends and made new ones from across the globe who are conducting research and exploring policy initiatives on how best to help people live a healthy and physically active life.

In October at the International Union for Nutrition Sciences conference in Buenos Aires, Argentina, the Program in Nutrition partnered with the Nutrition Education and Consumer Awareness Group of the Food and Agricultural Organization to organize a symposium to explore the question of “Why should governments focus on the linkages between nutrition education and food policies?” Preparing for it was hard work but we enjoyed the camaraderie and the session was well attended! Of course, it was also great to see another country, which before had seemed so far away. The world is getting smaller, though. With its many European settlers from a century ago, Buenos Aires could be in France or Germany! With the internet, everyone is also up on world affairs. I will say, though, that its invention of the tango is unique!

In addition, this past year Pam Koch and I participated in a project organized by the same FAO group, which brought together several dozen nutrition and food educators from all over the world to work on how to scale up effective, quality nutrition education in schools in low- and middle-income countries in the context of family and community. The workshop was hosted by United Arab Emirates University and held near Dubai. Again, a wonderful experience of shared mission and learning.

Closer to home I find that same sense of shared mission, learning, collaboration on many research projects, and camaraderie with my faculty colleagues and students here as well, and with the many alumni who keep in touch. Our long tradition as a nutrition program is a gift we all share. It makes me realize that we are all in this together, whether we work in the clinical, community, public health, exercise nutrition, or education aspects of the field. And we all enrich each others’ personal and professional lives. I feel fortunate indeed.

On a more personal note, my husband and I have a small but historic farmhouse on 40 acres in Ulster County (much in forest) where we had a vegetable garden for many years. But the deer, rabbits, and ground hogs, and the part-time nature of our presence, made the enterprise difficult. When a 400-year old farm close by started selling its produce at a farm stand, we decided to make that our “garden.” There is also a nearby orchard. This year’s products seem to have been especially abundant and delicious. All adding up to a very enriching year.

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Faculty & Staff Notes



Karen Dolins, EdD, RDN, CSSD, CDN

I continue to enjoy working with our Nutrition and Exercise Physiology (NEP) students, as well as non-majors taking my course in Sports Nutrition. In

addition to my work at the college, I maintain a private practice in White Plains, where I help competitive athletes, collegiate and high school athletes, casual athletes, and non-athletes of all ages achieve health and performance goals. I also serve as Sports Nutrition Consultant at Iona College in New Rochelle, NY. My areas of expertise are sports nutrition, weight management, disordered eating, and medical nutrition therapy. My research areas of interest include nutrition knowledge, beliefs, and behaviors of athletes and the impact of nutrition intake on performance in ultra-endurance sports. I am a past Chairperson of the AND Sports, Cardiovascular, and Wellness Nutrition (SCAN) practice group, and am the current Director of Membership for the organization. I also serve on expert committees for the Academy of Nutrition and Dietetics. I serve as a board member of the Maple Syrup Urine Disease (MSUD) Family Support Group, providing support to families affected by this rare genetic disease, and I edit the group's biannual newsletter. I sit on the board of Meals on Wheels White Plains, where my nutrition expertise helps guide policies and procedures. I stay fit with running, cycling, swimming, and strength training, and have recently rekindled my passion for scuba diving. I have three children, two of whom have just graduated college and are starting jobs! Thankfully they stay in close touch!



Joan Gussow, MEd, EdD

When The Grapevine yearly asks me to update my biography, they always send me last year's so I won't fall into the trap of repeating myself. And then, of

course, I repeat myself since the weather—and its effect on the garden—inevitably seems to top my grower's mind. Two years ago I complained about a garden hard-frozen in February, and last year February was so warm I reported planting a blueberry bush in the middle of the month.

And although this year's February seemed normally cold and icy, it initiated a strange garden year, which is an urgent issue to me because I grow all my own produce. I felt this year as if I were in a losing war with Nature. Everything grew twice as fast as usual, which meant being constantly surprised by giant grasses turning up in the middle of what had been a perfectly clean bed of garlic. Once fall came and Nature backed off a bit, I felt more in charge and could actually look out on my beloved garden without a sense of panic!

But a highpoint of my year had nothing to do with plants—or with nutrition or education. It was a once-in-a-lifetime trip to Italy, motoring with 11 other adventurous people on Eolo, an antique flat-bottomed sailboat captained by a Venetian sailor/chef named Mauro to various of the 180 islands in the vast Venice lagoon. There we stopped on Certosa, on Mazzorbo, on Mallomocco, and others, for splendid dinners, overnight stays, and breakfasts. One day we visited the site of the original Venice—Torcello, once a city of perhaps 20,000 people, where currently 11 families live, and on another day we wandered around on Lazaretto Nuovo, the island where people arriving in Venice by water during the plague were held for forty days (“*quaranta giorni*,” hence *quarantine*) while their goods were fumigated in a giant building that still stands.

Back on the boat after our daily excursions we sipped Prosecco in preparation for multi-course, on-deck lunches, prepared in the galley from ingredients mostly taken that day from the land and sea around us. Raw clams, crab morsels, mantis shrimp, bass, and one memorable dish

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featuring two kinds of domestic and one kind of wild asparagus. The meals were served on sparkling tableware laid out on freshly ironed tablecloths. Sometimes a nap on the deck followed.

And oh yes, I gave a few speeches last year, and I received a James Beard Leadership Award in November, so I think it's OK if I go back to gardening and writing another book.

If my description convinces you, you too should go to the lagoon of Venice, I can tell you how. All you need is enough money! I made the trip just in time. Nine hours sitting up on a direct flight to Venice and then 9 hours back is not advised for those approaching 90. My younger son warned me about blood clots and urged me to get up and walk around no matter what my seat mate thought. But I was in the aisle seat and my seat mate had gotten the same advice, so I finally changed seats with him and dozed against the window while he restlessly walked the aisle! I trust he got no clots. I didn't.



Pamela Koch, EdD, RD
Research Associate Professor
and Executive Director,
Laurie M. Tisch Center for
Food, Education & Policy

Over the past year I have been thinking a lot about how we can make children's experiences with food in school meaningful and positive. We want high-quality nutrition education embedded in students' day-to-day learning. Imagine using food to teach critical thinking. Younger children rate how much they like the smell, taste, and texture of new foods and discuss how they would like these foods served at school lunch, while older children analyze how chemical pesticides impact farm yields and contrast that with how chemical pesticides impact local waterways, insects, animals, and people to write persuasive essays on whether chemical pesticides should be used in their community.

Imagine schools where cooking and gardening help to teach about collaborative learning, and these are followed by English classes where students write reflections on these experiences. Imagine school lunchrooms where students have enough time for lunch. They learn about the food they are eating—who grew it and how it was prepared, and then nourishing, scratch-cooked school meals are served family style.

Imagine schools where students work in groups to assess the food available in their community and advocate for increased access to healthy, affordable, culturally relevant, socially just, and ecologically sustainable foods in their community.

If today's children receive this education they will become tomorrow's adults who can face climate change and other challenges. I recently reviewed a 1959 booklet published by our Program in Nutrition, *Promising Practices in Nutrition Education in the Elementary School*. This booklet ends by arguing that nutrition education can equip students to be "better prepared to cope with the problems of a new age. These are the possibilities. When can we achieve them? Today is not too soon." Today's "new age" has even more problems that good nutrition education can solve.

I feel so fortunate to be able to build on the work of Dr. Mary Swartz Rose, founder of our program, as well as Drs. Joan Gussow, Isobel Contento, Randi Wolf, and so many others. I am also incredibly grateful that our program has the Laurie M. Tisch Center for Food, Education & Policy with our incredible staff, Claire Uno, Raynika Trent, and Julia McCarthy, to advance this work. Together, we can build on the movement happening across the country and around the globe to increase nutrition education in schools so that gardening, cooking, and critically thinking about food are baked into education.

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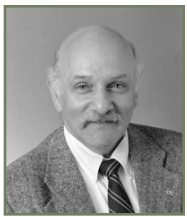
Faculty & Staff Notes



**Shelley Mesznik, MA, RD,
CDE, CDN**

I can't believe I've already lived in Connecticut for two years. Last year I resumed counseling a couple of my old patients from NY. I still think about

setting up a private practice here in Connecticut. In the meantime I travel, garden, hike in the Litchfield Hills, visit old friends, visit my family here and abroad, do a lot of cooking, and teach counseling skills in different settings. For example, last year I ran workshops on behavior change, problem-solving skills, and motivational interviewing for pediatric dentists and for certified diabetes educators. I love what I'm doing, but I never seem to have enough time to read all the books I'd like to, prepare all the recipes I've collected, take all the trips I dream about, and start that private practice!



**John Thomas Pinto, PhD
Professor, Biochemistry and
Molecular Biology**

My adjunct teaching responsibilities include Teachers College (Advanced Nutrition II) and the University of New

Haven, where I provide three courses for the weekend master's program in Human Nutrition. My fulltime faculty responsibilities involve teaching in the Medical Biochemistry program and serving as course director for dental biochemistry at the Touro Dental College, both at New York Medical College. I also serve as a reviewer for the *American Journal of Clinical Nutrition*, *Nutrition and Cancer*, *the Journal of Nutrition*, and *Analytical Biochemistry*. My current research focuses on identifying chemopreventive strategies for diminishing primary and secondary cancer risks. In particular, my investigations examine the effects of organosulfur, organoselenium, and polyphenolic compounds on redox responsive metabolic pathways within human cancers of the prostate, oral mucosa, and colon. My research has

identified epigenetic mechanisms by which these diet-derived constituents exert control over cell growth and proliferation by modifying sulfhydryl-disulfide regulation of signal proteins, affecting transcription factors of gene expression, and inhibiting histone deacetylation.

Outside of research and work, I serve on the Norwalk Harbor Management Commission in Norwalk, CT, which oversees planning and events on-going in the Norwalk Harbor that involve mooring of vessels, commercial and recreational boating, construction of docks, and infrastructural concerns such as a dredging. I also enjoy making wine (reds, in particular). I have my second degree black belt in the traditional Korean-style Karate known (Soo Bahk Do) and enjoy teaching the art to young people. Lastly, I try to keep pace with my 11 grandchildren.



**Debbie Rosenbaum, MA,
RDN, CDN
Director, Dietetic
Internship Program**

I have been a registered dietitian-nutritionist and a certified dietitian-nutritionist

for over 20 years. My first job after my internship was as a staff dietitian at the Hebrew Home for the Aged in Riverdale, New York. I learned of my passion for geriatric nutrition there, which set the course for the next several years of my career. Next I worked at Florence Nightingale and the Rehab Institute of New York in Manhattan, where I honed my management skills while being mentored by an amazing supervisor. Initially, I was a Nutrition Services Coordinator and then advanced in my career as the Chief Clinical Dietitian. I was then presented with an amazing opportunity to further my career and oversee the nutrition staff in an 850-bed facility that consisted of long-term care, rehabilitation, acute care, adult daycare, pediatrics, dialysis, and outpatient specialty clinics including, but not limited to,

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bariatric surgery, diabetes, HIV+, and a burn center. I remained the Director of Nutrition Services at Kingsbrook Jewish Medical Center in Brooklyn, New York, for over 12 years until I accepted my current position as Director of the Dietetic Internship Program at Teachers College in September 2014.

Prior to becoming the Dietetic Internship Director at TC, I had been speaking publicly on various topics for several speakers' bureaus as well as teaching, precepting, and mentoring Teachers College dietetic interns for 15 years. I have always felt it important to give back to a field that has brought me so much pleasure. I still remember the time and energy that each of my preceptors put into my experience as an intern, and I have always remained indebted.

This year we have 24 interns in the TC DI. The interns have completed their first semester in either clinical or community settings and are eager to continue to gain experience in the field of dietetics! We have such a wide variety of sites, and they are enjoying learning in the many different settings this DI provides. Next year we will undergo a site visit for re-accreditation from the Academy. It remains an honor to work with the faculty within the Program in Nutrition within the Department of Health and Behavior Studies at Teachers College.

On a personal note, I recently completed my second marathon. My first one was back in 2009, and I now had the pleasure of finishing the NYC marathon this past November. It was an amazing experience, especially having my six-year-old son cheering me on throughout the course!



**Nicole Spiegel-Gotsch,
Program in Nutrition
Academic Secretary**

Nicole, a NY native who has lived in three out of the five NYC boroughs, is our new

program secretary. She has a background in design and marketing, and for the last 10 years has been working for herself as a consultant. During the first tech bubble, she co-managed a nonprofit that helped place high school and college students into paid internship programs with tech companies. This drive to help students is part of what brought her to TC. Some of her personal interests include running, being outdoors, going to museums, reading, occasionally binge watching a Netflix series, and her pets: 2 cats, 1 dog, and a turtle! Feel free to stop by her office and introduce yourself. Welcome, Nicole!



**Lora A. Sporny, EdD, MEd,
MA, BS, RDN, Full-Time
Lecturer in Nutrition and
Education**

I continue to enjoy teaching Nutrition Care Process and Medical Nutrition Therapy I and II, Nutrition and Human

Development, and Introduction to Nutrition. In addition, I am the faculty supervisor of master's students who complete Extended Fieldwork in Nutrition and Public Health. I also communicate with and provide advisement to prospective graduate students who represent all corners of the globe. During the past year I continued to work with Debbie Rosenbaum, who is the director of the Dietetic Internship Program. Our goal is to foster a smooth transition from the classroom through supervised practice. During nice weather in my spare time I enjoy gardening, tennis, swimming, and hiking the Mianus River Park trails in Connecticut.



Randi Wolf, PhD, MPH

One of the greatest rewards of my job is collaborating on research with graduates of our Program in Nutrition. This past year, I was particularly grateful for the opportunity to partner

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with several former doctoral students. Dr. Anne Lee, EdD, RN, LD (graduated in 2012) is now faculty of Nutritional Medicine and head dietitian at the Celiac Disease Center at Columbia University Medical Center (CUMC). We recently received an Irving Center Clinical Trials Office (CTO) grant and have been developing a series of research projects to better understand eating patterns in children and adults with celiac disease, as well the utility of novel theory-based behavioral interventions to promote dietary adherence and quality of life.

This year, Dr. Lee and I have been collaborating with another doctoral graduate (graduated in 2009), Dr. Janet Schebendach, PhD, RDN, now an Assistant Professor of Neurobiology at CUMC specializing in eating disorder research. Together, we have been conceptualizing a project to better understand the increased rates of disordered eating being seen among celiac patients.

I feel very fortunate to have these former students as my close colleagues and am constantly thankful for the many research opportunities these collaborations have provided to our current master's and doctoral students.

I continue working closely with Dr. Koch, Dr. Contento, and the Laurie M. Tisch Center staff on a variety of projects to learn about the best ways to promote school lunch consumption. This year was dedicated to a grant funded by the Robert Wood Johnson Foundation and the Goldman Foundation evaluating the effects of transforming school cafeterias to promote increased school lunch participation and consumption, as well as positive attitudes about the school lunchroom experience. We learned that creating an open, choice-based serving line, variable seating options, and nutrition education messaging had positive effects on all outcomes. This project, along with others such as the two-year evaluation of Wellness in the Schools, could

not happen without the dedication and commitment of our current students that spend countless hours in school cafeterias collecting and analyzing data.

When not teaching or doing research, my boys keep me busy at home. Ei is now 7 years old and a second grader. He loves piano and playing soccer and wears his bright yellow soccer shoes to school every day – snow or not. Spencer is now 11 years old and started middle-school this year. He loves reading, math, and computer programming. You can imagine how pleased I was when he told me that he was learning about Michael Pollen in social studies class and about qualitative vs. quantitative data collection in his science class. When I asked if he thought he'd like to be a nutrition researcher like his mommy he said, "No. I want to be an investment banker." Sigh.

celiacdisease
center at columbia university medical center

We look forward to welcoming you to

**Celiac disease,
now and the future.**

An international symposium
hosted by the Celiac Disease Center
at Columbia University.

March 2-3, 2018

Faculty House at Columbia University
64 Morningside Drive
(between 116th and 118th Streets)
New York, NY 10027

Click here to download conference program

REGISTRATION:

International Symposium
(for physicians, scientists and industry)

Clinical Forum
(for patients, dietitians, nurses, and
other healthcare professionals)

celiacdisease
center at columbia university medical center

COLUMBIA UNIVERSITY
MEDICAL CENTER

<http://files.constantcontact.com/e366018e301/b39f409a-5b36-4bc5-af3e-387701b4e7ed.pdf>

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 2017 and fall 2017 semesters. In the next issue we'll highlight our spring 2018 students.

Zainab Almousa: From Kuwait, Zainab attended the University of California, Berkeley, where she earned an undergraduate degree in nutritional sciences. Zainab is enrolled in the Nutrition and Public Health program. In the future, she would like to teach health education at Kuwait University. zmalmousa@gmail.com

Maya Billig: From Elmsford, NY, Maya attended Muhlenberg College, where she earned undergraduate degrees in psychology and public health. Maya is enrolled in the Nutrition and Exercise Physiology program. She is interested in sports dietetics. Maya loves exploring new restaurants in NYC and has a food Instagram account called @bestofthebites, which features food from NYC and beyond. mayabillig@gmail.com

Erica Bohdan: From Bridgewater, NJ, Erica attended New York University, where she earned an undergraduate degree in nutrition and dietetics. Erica is enrolled in the Nutrition and Exercise Physiology program. An avid long-distance runner, Erica ran collegiately at NYU, specializing in the 5,000 m and 10,000 m. Erica would love to work as a sports dietitian with collegiate athletes. She is also interested in working with populations with eating disorders. elb2178@tc.columbia.edu

Anne Capelle: Originally from New Zealand, Anne attended the University of Auckland, where she earned undergraduate degrees in law (with honors) and German. Anne is enrolled in the Nutrition Public Health program. She has two daughters who have watched so many cooking competitions that they now grade her meals based on presentation (“too messy”) and taste (“It could use a little more seasoning.”). Anne’s future professional interests include policy work. annecapelle@hotmail.com

Juan Castillo: From Dallas, TX, Juan attended Southern Methodist University, where he earned an undergraduate degree in painting and ceramics, with a minor in business administration. Juan is enrolled in the Nutrition and Exercise Physiology program. His professional interests include athletic training, research, commercial gym ownership, and professorship. Juan is a professional artist and online gallery owner (juancastillo.com and gallery86.org). He also loves boxing and krav maga self-defense. Jac910913@outlook.com

Chloe Cerino: From Syracuse, NY, Chloe attended New York University, where she earned undergraduate degrees in nutrition and food science and psychology. Chloe is enrolled in the Nutrition and Education program. She is interested in working as a dietitian in eating disorder treatment in a private practice. Cgc2135@tc.columbia.edu

Christine Clement: From Boston, MA, Christine attended Boston University, where she earned an undergraduate degree in psychology. Christine is enrolled in the Nutrition Education program. She is interested in working with and educating young kids and families and would love to be able to incorporate her love for cooking into her future profession. cec2239@tc.columbia.edu

Cristina DelPrete: From Franklin Lakes, NJ, Cristina attended Johns Hopkins University, where she earned an undergraduate degree in neuroscience. Cristina is enrolled in the Nutrition and Exercise Physiology program. Cristina is interested in becoming an RD, personal training, and competition prep coaching. She is a National Physique Committee Bikini Competitor (nationally qualified), personal trainer, and foodie, and she loves to cook. crd2148@tc.columbia.edu

Lauren Mackenzie Duffy: From Sea Girt, NJ, Lauren attended Fordham University, where she earned an undergraduate degree in psychology. Lauren is enrolled in the Nutrition and Exercise Physiology program. She volunteers at Care Point Health Medical Center in Hoboken, NJ. Lauren’s future professional interests

New Student Notes

include working with professional athletes or the military, police, and firefighters. imd221@tc.columbia.edu

Suzanne Finkel: From New York, NY, Suzanne attended Skidmore College, where she earned an undergraduate degree in American studies. Suzanne is enrolled in the Nutrition and Education program. She is interested in the gut microbiome, food sensitivities and allergies, sustainable food systems, food waste, and food marketing. She is undecided about specific professional roles. suzannefinkel@gmail.com

Ge Ge: From Ningbo, China, a small city near Shanghai, Ge attended Penn State University, where she earned an undergraduate degree in nutritional science. Ge is enrolled in the Nutrition and Exercise Physiology program. She has volunteered at a food bank, led a group of kids in summer camp, and worked in a senior center as an assistant nutritionist. In the future Ge would like to focus on sports nutrition and clinical nutrition. She also likes to write, though she is not a native English speaker. Ge enjoys reading nutrition blogs, new health findings, and innovative recipes. gg2696@tc.columbia.edu

Yara Gholmie: From Canada, Yara attended McGill University, where she earned an undergraduate degree in nutritional science and dietetics. Yara is enrolled in the Doctoral Behavioral Nutrition program. She would like to work with children and parents and focus on behavioral nutrition in that field. She really enjoys teaching and would like to be able to do that once she finishes her PhD. yg2517@tc.columbia.edu

Tamara Hoover: From New York, NY, Tamara attended Illinois Institute of Technology, where she earned an undergraduate degree in computer science engineering. Tamara is enrolled in the Nutrition and Education program. Her future interests include working with children with ADHD. tamara.hoover@gmail.com

Jasmine Hormati: From Los Angeles, CA, Jasmine attended the University of California, Berkeley, where she earned an undergraduate degree in conservation and resource studies. Jasmine is enrolled in the Nutrition and Public Health program. Her future professional interests are too many to list. She's looking forward to working with everyone over the next few years. jh3856@tc.columbia.edu

Weigian Hu: From China, Weigian attended Pepperdine University, where she earned an undergraduate degree in nutritional science. Weigian is enrolled in the Nutrition and Exercise Physiology program. Weigian's future professional interests are nutrition counseling and clinical nutrition. hu.rothy@gmail.com

Qiao Kang: From Changchun, Jilin, China, Qiao attended the University of California, Davis, where she earned an undergraduate degree in food science and technology. Qiao is enrolled in the Nutrition and Public Health program. Qiao is planning to apply to the DI at TC and become an RD in the future, then go back to China to get a job in schools or public health organizations. qk2111@tc.columbia.edu

Brooke Marsal: From Palo Alto, CA, Brooke attended Connecticut College, where she earned an undergraduate degree in sociology. Brooke is enrolled in the Nutrition Education program. She is a yoga instructor, and her future professional interests include working within clients who have digestive disorders and/or cancer patients. bem2138@tc.columbia.edu

Autumn Rauchwerk: From Holmdel, NJ, Autumn attended American University, where she earned an undergraduate degree in environmental studies. Autumn is enrolled in the Nutrition and Exercise Physiology program. Her future professional interests include preventive medicine—integrating nutrition, physical activity, and mindfulness to reverse and prevent chronic disease. She is also interested in debunking nutrition myths and fad diets. Autumn teaches yoga at the Dodge Fitness Center and has also taught STEM nutrition and cooking classes to kids of all ages. arr2207@tc.columbia.edu

New Student Notes

Lindsay Stone: From Seattle, WA, Lindsay attended Boston College, where she earned an undergraduate degree in biology. Lindsay is enrolled in the Nutrition and Exercise Physiology program. At Boston College, she was a nutrition specialty health coach. Lindsay is excited to fuel her passions for nutrition and exercise here at TC. She hopes to enter the field of sports nutrition and become a sports dietitian. She is excited to see where her journey takes her. lls2168@tc.columbia.edu

Ya Xuan Sun: From Canada, Ya Xuan attended McGill University, where she earned an undergraduate degree in nutritional science and dietetics. Ya Xuan is enrolled in the Nutrition and Exercise Physiology program. Ya Xuan is interested in clinical nutrition and counseling. yxs2001@tc.columbia.edu

Lucille Tang: From Elmwood Park, NY, Lucille attended Montclair State University, where she earned an undergraduate degree in nutrition and food science. Lucille is enrolled in the Nutrition and Education program. Her future professional interests include research in nutrition education and policy and curriculum writing to integrate food/nutrition with public education. She has studied abroad in China and England, loves to travel, and loves food. Let her know if you'd like a food tour in Flushing, Queens. lt2659@tc.columbia.edu

Emily Turitzin: From Chappaqua, NY, Emily attended Franklin & Marshall College, where she earned undergraduate degrees in American studies and dance. Emily is enrolled in the Nutrition and Education program. Her future professional interests include school-aged nutrition education, improving food in schools, improving nutrition in urban schools, and eating disorder nutrition. emilyturitzin@gmail.com

Diana Ushay: From Bronxville, NY, Diana attended the Culinary Institute of America, where she earned an associate in occupational studies degree in baking and pastry arts, and Cornell University, where she earned an undergraduate degree in food science. Diana is enrolled in the Nutrition and Education program. Her future professional interests include pediatric disease management and nutrition education in elementary schools. She is also interested in researching correlations between diet and autism. Diana loves cooking and ballet. dmuz105@tc.columbia.edu

Jen Verola: From Great Neck, NY, Jen attended Muhlenberg College, where she earned an undergraduate degree in psychology with a minor in public health. Jen is enrolled in the Nutrition and Public Health program. She works part-time at Nourish Snacks, a new healthy snack company. Jen is interested in working with adolescents and teens who suffer from eating disorders, and in helping patients manage chronic disease. jbv2111@tc.columbia.edu

Anne Viperman-Cohen: From Los Angeles, CA, Anne attended Johns Hopkins University, where she earned an undergraduate degree in behavioral biology. Anne is enrolled in the Nutrition and Exercise Physiology program. Her future professional interests include sports dietetics at the university or Olympic level, sustainable community nutrition, and research related to plant-based nutrition and its impact on disease and/or athletic performance. av2769@tc.columbia.edu

Feiyang Wang: From China, Feiyang attended the University of California, Davis, where he earned an undergraduate degree in clinical nutrition. Feiyang is enrolled in the Nutrition and Exercise Physiology program. In the future Feiyang wants to be an RD with a fitness emphasis. fw2304@tc.columbia.edu

Meijuan Zeng (Jenny): From Chengdu, Sichuan, China, Jenny attended Rutgers University, where she earned an undergraduate degree in nutrition/dietetics. Jenny is enrolled in the Nutrition Education program. She is a member in FCI Peer Support department and she also works as a research assistant at the Tisch Food Center. Her future professional interests include working as a registered dietitian in both clinical and community settings. mz2635@tc.columbia.edu

ON THE INTERNSHIP FRONT WITH TANYA MEZHER

We interviewed TC dietetic intern Tanya Mezher, who shared her internship experience so far. Tanya co-led the Health Nuts Events Committee last year, which was a great way to get involved and connect with fellow classmates, colleagues, and professors. She is a frequent contributor to The Grapevine, and previously assisted with the In Defense of Food curriculum pilot project and the Dental School Interprofessional Collaboration and Education pilot project.

Why did you choose TC for your DI? I chose TC for my DI because of the unique nature of the program in terms of individualized experience. No other program I found provides such a broad range of rotations and sites throughout NYC, which our DI director does an amazing job of assigning based on individual factors such as experience, location, career interests, etc. The field of nutrition is vast and I wanted exposure to the diverse experiences of a RD that TC provides its dietetic interns.

What rotation have you've done so far? My DI started with clinical rotations. So far I have worked at The New Jewish Home, which is a 514-bed sub-acute rehab and long-term care facility on the Upper West Side. It was a great place to start my clinical rotations. It gave me exposure to both long-term care, which tends to be slower paced, and sub-acute rehab, which resembles more acute cases seen in the hospital setting. I got to work with diverse individuals experiencing a variety of medical conditions. The dietitians there were wonderful to work with, always willing to answer questions and help, which for an intern is invaluable.

Briefly, what is a day like in that rotation? My first few days were spent orienting to the site, staff, and electronic medical record (EMR) system. As interns, the majority of our time was spent conducting and documenting Nutritional Risk Assessments for new admissions. Each day we received a list of newly or re-admitted patients and residents, which our preceptor assigned. I went through each patient's medical history and gathered information about his past and current diagnoses, labs, medication, and

treatment plans. This could take anywhere from 20 minutes to two hours depending on the extent of his medical conditions and records. I then went up to meet with each patient and conduct an assessment, gather information about food preferences, discuss diet and supplemental nutrition plans, and provide nutrition education, as needed. This was all recorded in the EMR, where we also calculated BMI, estimated daily nutritional needs, and documented PES statements and interventions. Often times patients were unable or unwilling to communicate much during the interview due to their diagnosis, pain, or altered mental status, hence the importance of gathering information from their records and communicating with the nursing staff and family members. Each assessment was reviewed and signed off by an RD on the team. In addition to assessments on new admissions, I also was able to conduct quarterly assessments on long-term residents, follow up on notes, and attend relevant seminars such as one on pressure ulcer management.

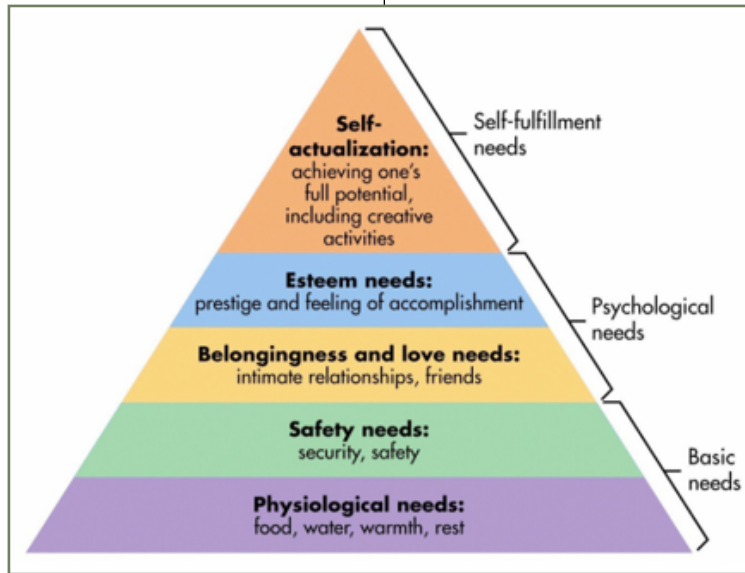
What should students applying to the DI know? TC students are well equipped to go out into the field and practice; however, I will say we have a reputation of "going by the book." I would emphasize the need to be flexible and professional, and to maintain the student mindset and openness to learning. Each case needs individualized interventions, each organization has different ways of doing things, and even within the same organization, each dietitian has different expectations or preferences. Know that the internship is hard work, but it is rewarding and true what they say—you will get out of it what you put in.

What are your future interests? My future interests are in clinical nutrition and education, as well as holistic wellness. I plan to specialize in working with individuals with diabetes. However, exposure to different areas through my rotations during this internship continue to expand my horizons and I am open to various opportunities and excited to see where this next year leads.

What role does the government play in personal food choice? Anyone who works in nutrition is familiar with the statement, "I don't want the government telling me what to eat," and I think that is completely fair. On the other hand, most of our food choices are already affected by the government in ways we might not realize. For instance, why does a bag of processed chips cost less than an organic apple? In the farm bill, our government decides to incentivize the products and processes that create that bag of chips, which indirectly discourages the farming of fruits and vegetables, leading to this price disparity.

Not only do these decisions affect us on the individual level, but as nutrition professionals, government policies will affect our patients and the trajectory of our careers. I would put forth the opinion that food choice is the result of a mixture of certain government provisions and empowerment at the individual level. I believe this idea is beautifully explained by psychological theory.

The psychologist Abraham Maslow coined the idea of a hierarchy of needs that guide our motivation. His model suggests we all have a set of four fundamental needs that, if not met, cause tension and anxiety in our lives. These four fundamental needs build on each other; we cannot achieve a higher level need until the ones below it are met (with some exceptions). These needs, starting with the base of the pyramid and moving up, are: physiological, safety, social belonging, and esteem. *Physiological* needs encompass the most basic of requirements, such as air, energy (calories), and water. *Safety* needs include personal security and health, financial stability, and shelter from abuse and violence. *Social belonging* means an individual feels accepted by friends and family, or has other intimate relationships. *Esteem* is respect from others and from oneself.



So where does nutrition, or food choice, fit into this model? At the very top of the pyramid, Maslow describes a level of self-actualization—a state in which an individual can focus on achieving her full potential that can only be realized once all of the

other basic needs are met. I suggest that choosing foods that will nourish our bodies and constructing our lives in such a way that encourages healthy eating is self-actualized behavior. This means we cannot focus on positive food choices if we do not have a home, if we do not feel safe, if we do not feel a part of a community or if we feel oppressed in some way, if we do not have clean water, and so on.

Although Maslow's model is not perfect, and critics argue it does not apply to all types of societies (for instance, a collectivist may not resonate with the message of personal achievement), it nonetheless emphasizes an extremely important point: we cannot expect individuals to care about their food choices if they are suffering from the absence of a basic need. A TC Program in Nutrition Doctoral student, Cristina Alvarez, recently described her trip to Mexico to study the effects of a national soda tax on citizens' consumption of sugar-sweetened beverages:

On more than one occasion it felt odd to interview families about their soda consumption habits when they had so many unmet needs and issues ranging from poverty, violence, and access to health care, to marital abuse and alcoholism.

We hear arguments all the time between the hunger advocates who believe we just need to provide calories to the hungry and the public health advocates who believe we need to think carefully about what we provide in terms of nutrition. In my opinion, they are both correct; both are trying to meet the needs of a community where they are.

Continued on next page

E.A.T. With Stefanie Sacks

By Blair Silverman

The Education at the Table program is the ingredient that will make your nutrition career sizzle. You will learn how to incorporate cooking into all practice settings. —Pam Koch

Smart, sassy Stefanie Sacks is a force to be reckoned with in the culinary nutrition world. Her revolutionary program Education at the Table (E.A.T) is the perfect vehicle to combine the eclectic and comprehensive education from Teachers College with culinary skills to help educate any population that one might encounter.

Stefanie seamlessly connects various themes from knife skills to marketing and presents them in such a way that *makes sense* to the student. Her vast experience in the culinary nutrition world enables her to beautifully orchestrate a

cooking lesson encompassing over a dozen recipes, all the while giving tips and tricks and weaving in personal anecdotes. She is able to connect with the students on a personal level while simultaneously cultivating a remarkable level of respect and admiration.

One of the most rewarding and memorable aspects of the program is the personal cooking demo that each student conducts. It fosters group cohesion, self-efficacy, breaks down personal barriers as well as bringing many to the surface. The demos created a safe real-world experience that we could learn from and by doing so trust that we would be prepared for when we encounter such a situation in our future endeavors. We learned about working with and connecting to different populations, from the

elderly to inmates. One of the biggest lessons for everyone involved was understanding how to take ownership of the demo so that you control the flow and ensure a safe, fun, and complete experience for all.

E.A.T. is a unique and enlightening culinary nutrition program that goes beyond cooking skills and how to lead a cooking demo. I'm still in awe of how it brought to light everything I learned throughout my program. Classes that I thought were on opposite sides of the spectrum were united in the kitchen. I was able to see a glimmer of the larger picture and my role within it. Thus, if I had to describe the program in one word, it would be unification.

The E.A.T. program is being offered on March 13-15. The cost is \$450.

GOVERNMENT'S ROLE IN FOOD CHOICE (CONTINUED)

If then food choice as it relates to nutrition is a self-actualized behavior, how can the government set individuals up to make healthy decisions? As many argue, this isn't about removing choice or trying to be a "nutritional nanny." It is about ensuring that our basic needs (read: rights) as humans are fulfilled so that we can look to achieve more. This is also where prevention occurs. I believe it is the government's

place to ensure we all have a fair, living wage coupled with job opportunities; to address institutional racism and discrimination in government programs that cause certain groups to feel marginalized; and to protect the safety of the most vulnerable, to name a few responsibilities. These types of policies and programs would ultimately ensure we are set up to make positive food choices for ourselves.

Information Pollution

By Sundus Malaikah

The very acts of eating and moving on a daily basis create interest for many people in knowing more about food and physical activity. Yet in the era of technology and social media, it becomes difficult to find accurate health information and to distinguish fact from fiction. Moreover, some influencers, especially on social media and television, attempt to use evidence-based information, which is great, but they too often misinterpret the research.

As graduate students, we have the opportunity to read scientific articles and also to learn to recognize their strengths and limitations. We also know that not every published study can be used to create guidelines and recommendations for the general public. Moreover, we learn in graduate school how theoretical knowledge may not be directly applicable to practice, which may confuse a layperson. For example, there's a lot of literature that suggests that carbohydrates increase insulin levels, leading some to believe that carbohydrates are "bad." However, the issue is a lot more complicated than that. Carbohydrates are essential macronutrients that are part of a healthy well-balanced diet. The effects on the body of heavily processed carbohydrates such as those

found in cookies or candy differ from those found in fruits and vegetables, which also contain fiber and other nutrients that mediate the impact of carbohydrates on insulin levels.

One of the reasons that the results of nutrition studies can be confusing is because they are often taken out of context. Individual studies with controversial results often make headlines because they are contradictory to other research out there. However, the public needs to understand how that information fits into the larger body of work, which usually presents a more complicated story.

A recent event that frustrated me was when one of my favorite fitness gurus bashed a health organization because it stated that coconut oil is unhealthy. She wrote an article explaining how wrong it was and that a "natural" source of fat is always healthier than the liquid vegetable oils advertised. Now, there's some debate about the use of coconut oil and the effect it has on raising cholesterol; yet since it mostly consists of saturated fats, the recommendation is to limit its use. Both of the USDA and American Heart Association recommend limiting saturated fat intake to 8-10% of total energy intake.

So, what's the problem? When those with great influence on social media discredit the recommendations of health organizations based on the controversial results of one study, people often listen to them, which may contribute to the public's confusion about nutrition information.

Being in the nutrition field, I truly understand people's confusion about which foods to eat, which can be frustrating. Nutrition information can sometimes be contradictory to what people previously thought, which raises questions. This necessitates raising awareness about how nutrition trials are conducted so that people can understand the difficulty of coming up with concrete conclusions about the foods we eat. Additionally, I believe it's within our role as nutrition educators to spread awareness and share our understanding of research, especially on social media. The internet is filled with coaches, trainers, and others claiming to be experts, which increases the need for the scientific community to counter myths and false information using reasonable, creative, and achievable methods.

HEALTH NUTS BEAR MOUNTAIN HIKE

By Jen Cadenhead

On an October Saturday morning, 15 TC nutrition students set off on an adventure to Bear Mountain. The Health Nuts, a student-run group that organizes student events, arranged for our venture beyond the city. Bear Mountain, part of the Bear Mountain State Park, which spreads into two New York counties, Rockland and Orange, is located about 40 miles north of TC on the other side of the Hudson River. It's just a few miles south of West Point Military Academy. The Health Nuts organizers, Carmine Ingenito and Lucille Tang, took care of the logistics, including mapping the route and arranging for rides.



As the early morning sprinkles eased, it turned out to be the perfect day for a hike. We chatted and hiked, and were rewarded with glimpses of the early fall colors and wonderful views of the Hudson Valley. With students from all over the world, many of the students had never had an opportunity to experience hiking in New York State. We chose to do the Bear Mountain Loop Trail, which is a moderately challenging 4.2-mile hike. This means it is not a flat trail and you will likely get a workout no matter who you are.

We started from the north side of the loop, which is the steeper side and provided views of the Hudson River north of Bear Mountain Bridge on our climb up. It also provided plenty of rocks to scramble over, including one with a metal chain to assist climbers. At about 600 feet, some of the group thought we had reached the summit. Sorry guys! When we did reach the summit, at a little over 1,200 ft, we were treated to an open fire tower that provided panoramic views of the region. You could see

down the valley to New York City and take in all of the neighboring peaks. It was beautiful.

Our group had a rest and lunch at the summit. It was a lovely spot that was shared with

tourists who had driven up (gee, they missed all the fun!), along with a community of wasps intent on stealing fruit. Heading back down via the southern part of the trail was a much easier task than going up. Lunch, hydration, rest, and more chatting may have helped with that too! However, the descent was made more pleasant with

stairs, instead of sheer rocks, and the occasional wildlife sighting of white-tailed deer and chipmunks. Everyone seemed to enjoy the hike, but after the four hours of hiking, we were also happy to be done.

Cleverly, our trip planners had also planned the hike to coincide with Oktoberfest, which was being held on the other side of the park. Our group drove over to check out the festivities. Many of us had worked up an appetite. This was a great place to end the day after a long hike. Oktoberfest featured beer, beer, and more beer. One mug was shared by seven of us—it was really that large. There were also many of the traditional Oktoberfest foods: schnitzel, sauerkraut, red cabbage, German potato salad, and sausages. A band played a combination of polka, country, and rock music. At around 5:30 p.m. we headed back to the city, satiated in more than one way.

Jen Cadenhead, although not new to TC, is a new doctoral student in Behavioral Nutrition and Epidemiology.

RECIPE CORNER: WINTER FARE

When I want to take a break from my schoolwork to bake something, this quick muffin recipe is a good choice. I eat these muffins as a breakfast or snack. I also like to share them and the recipe with my friends and family. Not only do they appreciate it, but I also get to advocate healthy eating and baking when I share these!
—Meijuan Zeng



Apple Muffins

Ingredients

- 1 egg
- 2 Tbsp vegetable oil
- ½ cup skim milk
- 1 cup cake flour*
- ¼ tsp salt
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 Tbsp sugar
- 1 apple, chopped

Directions

1. Preheat the oven to 350°F. Line a 6-cup muffin pan with paper liners and set aside.

2. Beat 1 egg into a large bowl.
3. Add vegetable oil and skim milk and blend until smooth.
4. Sift cake flour, salt, baking powder, cinnamon, and sugar into the liquid mixture.
5. Mix batter until smooth and no lumps remain.
6. Pour the batter into muffin cups.
7. Bake 15–18 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Yield: 6 servings *cake flour

Pumpkin Chili

Ingredients

- 1 can pumpkin purée
- 1 can black beans, drained and rinsed
- 1 can white beans, drained and rinsed
- 1 cup lentils, dry
- 6 oz tomato paste
- ¼ cup or to taste of coconut aminos (or substitute soy sauce or vegan Worcestershire sauce)
- 1 bunch celery, chopped
- 3–4 bell peppers, chopped
- 1 cup pearl onions or 1 large onion, chopped
- 2–3 garlic cloves, chopped
- 1–2 cups veggie stock or water (spice the dish more if using water)

Spices to taste: chili powder, smoked paprika, turmeric, black pepper, cayenne pepper

Directions

1. Add all ingredients to a large pot.
2. Bring to a boil and let simmer for at least 30 minutes. The longer it sits the better it tastes!
3. Serve over rice, quinoa, pasta, or as a dip with veggies and tortilla chips.

Feel free to play around with bean type and veggies!

Believe it or not this chili is completely vegan! But I promise you that vegheads and meat lovers alike will rejoice after trying this dish. Fun fact: It actually won a chili contest against 9 other recipes (all of which were meat heavy). This one on the other hand is nutrient dense, high fiber, no sugar added, and powered by plants!

—Danielle Bertiger

