TC’s Basement Allure
By Anne Roland Lee

When we think of local restaurants and places to meet around TC, we often think of the little spots on Broadway or Amsterdam. But tucked neatly away in the basement of Grace Dodge Hall is TC’s own cafeteria. At first sight it may not have the same allure that some other spots might, but underneath it really is a gem. The dining room’s high ceilings make it feel airy, while the dark wood creates a warm comfortable feeling. It’s not uncommon to see students grabbing a quick dinner before class, or staff members enjoying an afternoon coffee.

The kitchen is open and clean. On a recent visit, I found our executive chef, Margaret Hoffman, grilling some marinated chicken breasts that smelled divine. Hoffman ran her own restaurant for several years before arriving at TC. Her restaurant on Broadway was the kind of trendy place that many of us now venture to before and after class. Hoffman’s menu featured vegetarian, natural, and other healthful choices.

When Hoffman first started at TC, the cafeteria served hot food until 2 pm and pre-made snack items until 7 pm closing. Now the cafeteria is open for hot meals from 7:30 am to 7:30 pm. There is also catering that goes on just about 24-7.

Even though the hours have changed, the focus and quality of the food has not. Hoffman stated that since she first started almost ten years ago, there has always been an emphasis on healthful food. The cafeteria offers a salad bar, a deli bar, hot food, and many snack and quick items. Some healthful choices are natural full fruit juices, organic meal replacement bars, nuts, and plenty of fresh fruits and vegetables.

What you may not realize is that many of the menu items have been carefully constructed to meet healthful standards. The mayonnaise is all low-fat, the oil for the fries does not contain trans-fat, and the baked ziti recipe calls for low-fat cottage cheese. In addition, the cafeteria offers less-processed prepackaged snacks with minimal or no chemical additives. Of course, snacks – yes even those sweet sticky yummy things – are also

(Continued on page 18)
Letter From the Editors…

Dear Nutrition Students, Faculty, and Staff:

Welcome to the spring 2006 issue of The Grapevine. The theme for this issue is none other than Teachers College! In past issues we’ve explored international foodscapes as well as discussed the benefits of eating locally. This issue gets as local as you can, by examining our own cafeteria, local restaurants, recipes from our faculty, and more.

We encourage you to write for The Grapevine during your time at Teachers College. We always have story ideas brewing, or you can suggest one of your own. Don’t think you’re a writer? There are plenty of ways to contribute, like testing and recommending recipes, or putting together a student survey. The next issue is already in the works, so please get in touch with us anytime.

We sincerely hope you enjoy the issue, and always welcome your feedback.

Sincerely,

Maggie Moon & Toby Amidor

Editors, The Grapevine & Grapevine Online
TC.columbia.edu/grapevine
grapevine@columbia.edu
When a Chair is Not Just a Chair
By Eric Ho

The *Herman Miller Aeron Chair* was designed in 1994 by Don Chadwick and Bill Stumpf of Herman Miller, Inc. to truly combine form and function. It is widely regarded as the chair that pioneered ergonomic chair design, and is now highly sought after by CEOs the world over. One look at its signature shape and you know you are going to enjoy every exquisitely supported moment spent sitting in it. So, what is its relationship to Teachers College, you might ask? The Gottesman Library.

Teachers College is rare among institutions of its type, boasting an entire fleet of these chairs, all housed in one building. There are at least 60 of them, each retailing for close to $900 per chair. A casual mention to any interior designer or architect friend of how the Gottesman Library is stacked floor to floor with these bad boys is likely to entice them to consider taking up courses. The chair is so well designed that it is guaranteed to fit every person. With its adjustable arm rests, deliberately sloped in the front; the tiltable back rests, the patented Pellicle material of the back and seat designed to enable ventilation; the carefully curved, ergonomic-research supported seat; and the back rest that fits the natural contours of the body -- this chair makes the prospect of working on that term paper almost pleasant.

In fact, a chair such as this greatly diminishes the stress of working on that seemingly impossible-to-finish thesis with the ever-looming deadline. It is well-documented that poor sitting posture is a major contributing factor to lower back and neck pains. There is a good chance that those kinks in your upper back and neck arose from hours of sitting in a poorly fitted chair. So, when you have that paper due, stake your claim to an Aeron chair in the Gottesman library.

If you cannot make it to the library, what else can you do to ease the pain of that term paper?

Firstly, you should get up and walk about regularly every 30 to 60 minutes. Sitting, especially while slouching, places 130% to 200% more stress on your spinal discs than standing. Always sit upright with your back firmly against the backrest and your buttocks all the way to the back of the chair. Your arms should be resting comfortably on the armrests with your elbows at a 90 degree angle. If possible, adjust the arm rests and the height of the seat so that your shoulders are not hunched, your elbows are at 90 degrees, and your forearms rest comfortably on the armrest and the table top. Your feet should be firmly planted on the floor or a footrest, with your knees at 90 degrees. If you have knee problems, avoid crossing your legs, which tends to put excessive stress on your joints. The monitor should be at about an arm’s length and at eye level to keep your neck from straining. Stretch your neck out at regular 30-minute intervals. And don’t worry about looking silly -- a stiff neck with a collar over it will look much worse. Here’s a link to a website illustrating good sitting posture behind a computer:

http://www.spine-health.com/topics/cd/ergo/ergo05.html

In the meantime, take a moment to learn how to handle the Gottesman’s Aeron chairs. Each feature was designed to make sitting a pleasant experience. Make it a habit to adjust the chair before you sit down for that marathon session. When you do, you’ll feel like a king, even when you’re just a graduate student working on that paper.
Composting 101
By Toby Amidor & Maggie Moon

The average New York City household discards two pounds of organic waste each day—accumulating greater than 1 million tons of organic waste per year. According to the New York Department of Sanitation website, “when we discard of this ‘waste’ we lose a potential resource that can help beautify our parks, gardens, blocks…and even our windows boxes and houseplants.” Not everybody is familiar with composting techniques or composter locations, however composting is available within the TC and New York City area. Here is some information that can help even the most unfamiliar composter recycle their organic waste.

What qualifies as compost? You can compost just about any organic material. The usual suspects that may come from your kitchen include: melon rinds, carrot peelings, tea bags, apple cores, and banana peels. Avoid composting: cooked foods, meat, meat products, dairy products, and high-fat foods like salad dressings and peanut butter. These products will eventually decompose, but will smell bad and attract pests. Egg shells are a great addition to any composting pile, but should be crushed since they take a long time to decompose. In fact, crushing or chopping will speed up the composting process for all materials.

An ideal ratio of carbon-rich materials (browns) to nitrogen-rich materials (greens) is 25:1. Too much carbon will slow down the decomposition process, but it is important as the energy source for microbes. Too much nitrogen will create a noticeable odor, but some is necessary to provide protein. Examples of browns are dried leaves, straw, and wood chips; examples of greens are kitchen refuse and grass clippings. Getting the right ratio is considered more of an art than a science. Luckily, we can make good use of our kitchen “waste” without any of the fuss by dropping off our organic materials with the experts.

Within TC, you can compost your organic waste materials and help maintain the two composting boxes in the Earth Friends room (50 Horace Mann). The boxes are also available for educational demonstrations upon request (contact Pam Koch at pkoch@tc.edu). Within the area, there are also composters at Union Theological Seminary (Broadway between 120th & 121st St.), and Barnard College (Broadway & 118th Street). Contact host locations for more details.

However, your best bet may be to visit the Union Square Farmers’ Market during operating hours. You can bring your compost and leave it with the attendants. One of our students saves her organic scraps in a large yogurt container until full, and regularly transfers it into a bag to drop off at the farmers’ market.

Within the New York City area, the Lower East Side Ecology Center collects food scraps at the 14th Street farmer’s market on Monday, Wednesday, Friday, and Saturday. They collect approximately 1500 pounds of kitchen scraps from people every week. This is not a large amount compared with the quantity of garbage produced in New York City, but it is a start. The Lower East Side Ecology Center also collects old batteries which many people mistakenly place in the garbage, and which end up in landfills. In addition, old electronic devices are collected twice a year. More information about their services can be found at: www.lesecologycenter.org.

The New York City Botanical Gardens has workshops and composting events in their newly opened Home Gardening Center. You can learn how to create your own compost bins and check out other composting bins suitable for backyards, school gardens, and community gardens. A master composter is usually on site weekly to answer any questions. More information on the New York Botanical Gardens can be found at: www.nybg.org.

1 www.nyccompost.org
Student Profile: Anne Roland Lee, M.S.Ed, R.D
By Toby Amidor

Anne Roland Lee is just starting work on her doctorate degree in nutrition and education at Teachers College, however she has been in the field of nutrition for many years. Anne earned her undergraduate degree in dietetics from New York State University College at Oneonta in 1977; she continued her studies at the City University of New York at Queens College and received my master’s in nutrition education in 2002.

Anne has worked both in the clinical and administrative areas of hospital dietetics. She has also taught both dietetic and nursing students at the college level. Her current position is the nutritionist at the Celiac Disease Center at Columbia University, New York Presbyterian Hospital. It is a dream position for her in that she is able to participate in a wide variety of programs. Although she works in the pediatric gastrointestinal clinic, she counsels both pediatric and adult patients. Along with the physicians, she helps develop and conduct research projects, some of which have been published in Topics in Clinical Nutrition, Current Nutrition and Food Science, and other journals.

She is also able to develop educational programs and materials for both the patients and the medical staff. Some of these educational tools include the Gluten-Free and On the Go Pocket Guide, published in October 2004, and the Gluten-Free Lifestyle Pyramid, published in June 2003. One exciting project involved working with the FDA and the ADA; she worked with the FDA on the new allergen labeling laws, and with the ADA on the Evidence Analysis Library and Guidelines for Celiac Disease.

Anne tells The Grapevine that “Although there is a great deal of teaching that goes on each day, I miss teaching students in the classroom and in their clinical rotations. That is what brings me back to school and to Teachers College. It may take four or so years to achieve my goal, but I enjoy the academic setting.”

The other side of Anne’s life includes three kids and lots of sports and activities. She is a certified soccer coach. Her eldest daughter is a freshman at college who plays division 3 volleyball. Her second daughter is a junior in high school and plays both high school and travel soccer. Her son is the youngest, and keeps her busy with his rocketry club and high school marching band.

Have you seen Grapevine Online yet? Check it out at www.tc.edu/grapevine today!
Book Review: The Gastronomical Me by MFK Fisher
Reviewed by Jerlyn Jones

The Gastronomical Me is an autobiographical adventure that chronicles the author’s childhood in Los Angeles through her adulthood traveling in various countries. Throughout her lifetime Fisher fondly remembers both blissful and painful memories centered around food. Her story begins in 1912, as she describes the summer she spent with her mother and grandmother canning fruit that would be used for jam, pies, and preserves in the upcoming fall and winter seasons.

She reminisces about this experience in the first chapter of her book, "The first thing I remember tasting and then wanting to taste again is the grayish-pink fuzz my grandmother skimmed from a spitting kettle of strawberry jam. I suppose I was about four." Fisher and her father wanted to assist with this ritual, but her grandmother—described as a bitter, no nonsense woman—forbade men and children to do such an arduous task.

Fisher describes her enjoyment not only in the consumption of food, but also in cooking it. The first dish she prepared was a colorless pudding to which she added ripe blackberries from their backyard. Mrs. Fisher describes this dish as “pure poison” since it caused her mother to break out in hives. Afterwards, her mother assured her that it was "the loveliest pudding I have ever seen."

As an adult, Fisher was an avid traveler who passionately celebrated new foods and experiences. In 1929, the newlywed Mrs. Fisher embarked on a journey to Dijon, France where she delightfully indulged in French cooking and avid wine drinking. Her colorful encounters with an array of characters from an assortment of cultural and ethnic backgrounds expanded her palate greatly.

To the author, food is more than sustenance to survive; it is nourishment for deeper needs such as love and happiness. The Gastronomical Me is a book that takes you on a dream-like journey that explores one woman’s passion for food and the human spirit.

Important Dates to Remember

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Congratulations to our Graduates

**Master of Science**
Elizabeth Avery/APN
Rachel Blumenthal/NE
Erica Brilhart/NE
Kathleen Brooking/NE
Elise Chassen/APN
Christen Cooper/NE
Rachel Fassler/NE
Patty Fink/NPH
Erika Ichinose/NE
Erica Kelton/NE
Anyea Lovette/APN
Augustus Mosca/APN
Eileen Rothenstein/NE
Sari Schlussel-Leeds/NE
Vanita Spagnolo/NPH
Rebecca Ann Sparks/NE
Elizabeth Staum/NE
Amanda Straley/APN
Palma Volino/NE

**Master of Education**
Erica Brilhart
Rosanna Campitiello
Ari Garber
Hee Won Lee
Amrita Persaud
Michele Phulsuksombati

**Doctor of Education**
Joan Aronson
Lily S. Hsu
Leonor U. Maro
Experiences with LiFE

By Maggie Moon, Christina Riley, & Janice Wen

LiFE stands for Linking Food and the Environment, which is an inquiry-based science and nutrition education program developed collaboratively by TC’s Science and Nutrition Education programs.

From the LiFE website:

The LiFE curriculum has been developed to make scientific literacy a realistic goal for children living in urban poverty. In the LiFE Program, children have opportunities to experience science as inquiry in connected and culturally relevant ways through the domain of food; their teachers develop knowledge of the content, culture, and discursive practices of science; and their parents and other care givers are supported in their own efforts to interact comfortably and knowledgeably.

In LiFE, children, along with their teacher and parents study food, from production to processing to waste production and from transporting to nourishing their body. Through using the "intellectual" and "social" dimensions of food they figure out how the biological world works and how science, technology and society interact to impact the sustainability of the natural environment.

Dr. Isobel Contento is principal investigator, Dr. Angela Calabrese-Barton is co-principal investigator, Dr. Pam Koch is project director, and Ms. Marcia Dadds is assistant project director. Several of our students in the Program in Nutrition have made contributions to the project behind the scenes and in the classrooms. This is just a glimpse into three students' recent experiences in the classroom.

The teachers and students at PS 154, located at 250 W. 127th Street in Harlem, have taken to the LiFE curriculum with great enthusiasm and interest. PS 154 is a school with a dedicated administration and many fine teachers. At the same time, it is a school struggling to help a number of troubled and disruptive students while keeping classroom academics on track. Since implementing the LiFE curriculum early this year, two days out of the week, six classes made up of 4th and 5th grade students at PS 154 become “food scientists” where they explore and learn about the food that they eat and where their food comes from. The class size range from 20-25 students per class and students have the opportunity to work independently as well as in groups as they move through the student activities of exploring, experimenting, and theorizing about their food. Responses to the curriculum have been positive. The teachers notice that their students are making connections with their food and the food system that they otherwise would not have known and students engage in plenty of thought provoking discussions. Not only are the students learning, but also the teachers themselves, have admitted to thinking a lot more about their food and the food system. Although one of the biggest challenges is dealing with sometimes disruptive and troubled students, it is also the most rewarding to see the amount of learning and interest that can be brought about in a classroom through the domain of food. Helping implement the LiFE curriculum has been a wonderful and rewarding experience!

- JANICE WEN

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Experiences with LiFE
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I have been working to implement the LiFE program in PS 101, which is located on East 111th Street in Manhattan. The teachers and students who are taking part in this program are very diverse, which makes the work challenging, but also quite interesting. The classrooms range from 4th-6th grade with both accelerated classes and special education classes as part of the mix. It is interesting to see how each lesson is adapted to meet the needs of the individual classes of students. One teacher likes to make concept maps with each lesson, while another teacher likes to have the students present their ideas in groups and ask them follow-up questions that really get them thinking. However, all of the students enjoy the lessons where cooking or tasting is involved. I have found that each time I walk into a classroom, students know they will be doing LiFE and they get very excited. I enjoy seeing the students being creative as many lessons involve predicting and making theories about what will happen, why or how it works. I think sometimes individual creativity is a component that is missing from traditional classroom lessons and the students really enjoy knowing there is no right or wrong answer. They often come up with long, detailed scenarios to explain the ideas presented. I have really enjoyed my time working at the school and the students and teachers have as well.

- CHRISTINA RILEY

I have the great honor of working with six special education classes at Community School 211 (CS 211) in the Tremont Hill area in the Bronx. Though the students function at lower-grade levels, they are in the target age group for the upper-grade curriculum: Choice, Control, & Change (C3). Together, their teachers decided C3 would be the better choice in terms of content and applicability to their students’ lives. A major challenge is that the reading materials and assignments were designed for students functioning at a higher grade level. Many of the teachers go the extra mile by adapting the materials and conducting additional preparatory lessons to get students familiar with lesson topics. The students have been enthusiastic and open-minded. In one classroom, a few students always ask me, “Are we having you today? You’re the scientist!” It has been a pleasure watching these students develop ideas about the connections between food, science, and their lives. One student said, “It’s like we’re cars, and we use food up like gas.” The students are also sharing what they learn with their peers: students in outside classes were amazed to learn about Syndrome X from them. On a meta level, it is interesting to see how each teacher’s personality and teaching style influences how they implement the curriculum. The experience has been an education for me, and has been a great way of taking what I learned in one classroom and applying in another.

- MAGGIE MOON

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For more information on the LiFE program, visit www.tc.edu/life, e-mail LiFEatTC@columbia.edu, or call 212.678.3480.
On the Internship Front

By Chris Cooper

Reporting to a job, attending classes and handling life’s other responsibilities translates to a heavy workload for dietetic interns, but TC interns manage to handle this and excel at their sites. Having a positive internship experience depends a large part upon the intern’s adaptability to various work environments, duties, and, yes, even people!

Ideally, interns end up at sites where dietitians are delighted to teach and mentor them. Realistically, preceptors (intern supervisors) must tend to their own set of personal and professional duties. Interns must keep in mind the limitations as well as the advantages of life as an unpaid trainee. Advantage: You can ask to do something you’re really interested in because you’re not being paid to do something else. Disadvantage: You are not an employee, and thus you don’t call the shots with patients. Your privilege is learning, not leading. Here are some hints for maximizing your experience in the clinical rotation and in general:

- **Talk to a number of students about their internship experiences before applying.** There are no better proponents and/or critics of the program than current and recent interns. Ask about their sites, the types of assignments they had, and the level of receptiveness and cooperation of their preceptors. Request sites which seem to be a good fit for you.

- **Research your chosen sites.** Whether you look at brochures or search on-line, look up important facts about your sites well before reporting to work. What is the hospital’s service philosophy? What are its specialties? What are its national and regional rankings? What is its work culture like? Who is the head honcho? Simply stated, don’t show up at an elder care facility asking where the kids are. Instead, during your first days, make a comment on the hospital’s good rating or on the interesting things you’ve heard about the facility.

- **Contact your preceptor in advance.** By calling your preceptor to introduce yourself rather than shooting her an e-mail, you subtly state that you are eager to know and learn from her/him and that you have a good professional demeanor. During this contact, also discuss your projected schedule for the coming weeks. Indicate the days and times that you will be attending class. Most scheduling conflicts can be resolved amicably, but waiting until the first day of work to announce them can complicate the schedule your preceptor has often painstakingly crafted for you.

- **Take a trial transportation run.** Punctuality is not only courteous, it’s something you’re formally rated on as an intern. Get on the train or in your car and practice (yes, practice) your journey from home to your site. Go at the time you will be reporting to work so that you can get an accurate time estimate, and factor in extra time for parking and traffic. Try to prevent getting lost en route or simply showing up late on your first day. Remember, first impressions stick.

- **Read ahead for assignments.** If you’re about to deal with renal patients, go over your Clinical notes and textbook chapters on renal nutrition, and do the same for all areas you tackle. There is nothing a preceptor likes more than a prepared student who can ask intelligent questions. (i.e. Do ask what range of creatinine values the facility considers within normal limits. Don’t ask where in the body the kidneys are located.)

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On the Internship Front  
(Continued from page 10)

✓ **Know some basic calculations.** At some point, you’ll tackle enteral and parenteral nutrition. Patients requiring nutrition support are usually the sickest in the hospital and require the most urgent care. If you can whip out a calculator and make some intelligent estimations of calorie, protein and fluid needs, you will show that you are not only prepared, but quick on your feet.

✓ **Openly say what interests you.** If you don’t reveal your interests, no one will know and they probably won’t inquire. If you have a particular interest in, for example, oncology, ask if you can spend more of your time assessing oncology patients. Remember that your down time is often harder for your preceptor to fill than for you. She/he would probably welcome your suggestions, as long as you get your assigned work done.

✓ **Treat everyone with respect.** Whether it’s a top surgeon or a junior dishwasher, speak to everyone with the same degree of respect and high regard. Not only does this approach demonstrate professional poise and confidence, but you never know who might be best friends with whom at a site.

✓ **Don’t burn bridges.** No matter how sweet or wicked your preceptor, do not lose your temper or undermine her authority. Even though you may believe that you are doing the facility a favor by working for free, your preceptor will feel that she is doing you a favor by agreeing to keep you around for days on end. If you make a mistake, which is human and will happen, apologize and commit to looking for the right answer. If you are falling behind on an assignment, explain that you are trying to be thorough and want to present your best work. Offer to help wherever you can, even if it’s repeating something you have already covered. Frequently, you learn a surprising amount from spontaneous assignments.

✓ **Leave with style.** If you’ve managed to stay friends with your preceptor and the other dietitians, you can leave them with an updated copy of your resume, remind them of your graduation date, and encourage them to call you if there is a job opening. Make sure you make your appreciation known to everyone who has helped and worked with you, especially the dietitians you tagged around with for weeks.

✓ **Complete your reviews thoughtfully.** Just as you are reviewed on your performance, you will have the opportunity to review your site and preceptors. It is important that you respond honestly and offer constructive criticism where it is due. This is the best way to help improve the program for future interns.
Restaurant Review: A

By Judith Belasco

Just like the A-train, the restaurant: A, is crowded and noisy; yet, you are transported and ultimately grateful. This tiny restaurant on the Upper West Side redefines the ability of New Yorkers to make the most of their space. The kitchen is the size of a bathroom and two people, with the help of hot plates, toaster ovens and mini-fridges, provide fresh, mouth-wateringly delicious French Caribbean fare.

Authentic French Caribbean seasonings are matched with high quality ingredients, which provide a dining experience that is well worth the price. The menu clearly states that the game is free range, produce is bio-organic, and other ingredients are eco-natural.

To start, my dining companion had escargot ($8). However, A is not just French fare and instead of the traditional butter sauce, the escargot was sautéed in a cayenne-curry sauce. The combination was different and delicious. As a vegetarian, I tried the mixed green salad with seasonal vegetables and scrumptious blood red oranges ($6), which as the menu describes, was bursting with fresh flavor.

Our pick of main dishes further explored the savory and sweet spice combinations found in this cuisine. The vegetarian cassoulet ($12) replaced the pork sausage traditionally used with acorn squash, a perfect fusion of French with Caribbean. The squash stew also included white beans and vegetables, and was dripping with a sweet buttery sauce.

My companion selected the confit ($12), roast duck leg in jerk spice and mango marinade with a side of couscous. The duck was crispy and the sauce yummy enough to deserve to be mopped up by the tea baguettes.

With reasonably sized portions, we were ready for dessert. When the main dishes are sweet, expect dessert to be over the top. The chocolate torte ($6) was rich and so sugary it reminded us that sugar cane is grown abundantly in the Caribbean. Our favorite brand of tea, Yogi, was also available ($2 per cup).

While not a cheap meal, the place is BYOB which can help reduce the price of any dinner. Plus, the waitress makes no fuss about popping open bottles of beer or uncorking wine.

In the end, for a big night out in a little space, A is the perfect place.

~*~

Accessible from the A, C, B, D, 1, 2, and 3 subways 947 Columbus Ave (btwn 106th &107th Sts.) Open Tues-Sat 6-11pm
Cultural Spotlight: Caribbean Fusions
By Judith Belasco

French Caribbean cuisine was the ultimate fusion food even before fusion was fashionable. This collection of small islands, including Martinique, Guadeloupe, St. Martin, Montserrat and Haiti, was a revolving door for people from vastly different parts of the world. From the Caribs and Spaniards to the Dutch, Africans, Indians, Chinese and, finally French, people came, cooked, and left their mark. The results are dishes that are complex and surprising in their flavor combinations. The unusual ingredients and flavor combinations in French Caribbean cuisine have not yet gained wide popular appeal in this country. The abundance of tropical fruits, such as pineapple, mango, guava and melon, bring sweetness; and chilies, cayenne pepper, garlic and paprika bring sassiness to the food.

Two main cooking styles dominate today: French, with an island flare; and island Creole, which is a combination of French, African, and Indian influences. Island Creole should not to be confused with the Creole cooking found in New Orleans, which includes ingredients such as corn and sweet potatoes that are distinctly American.

Traditional French staples, such as ratatouille, are reinvented when cubes of fresh, sweet papaya are added along with spicy, hot scotch bonnets or habanera chilies. Scotch bonnet peppers are shaped, not surprisingly, like bonnets. They are reported to have a smoky apple-cherry and tomato flavor by those who can actually taste anything after the explosion of fiery heat erupts in their mouths.

An examination of a few specific island dishes will help develop an understanding of French Caribbean cuisine. On Martinique, favorite seafood dishes are: *lambi*, which is conch, or *blaff*, a boiled fresh fish with oysters and fresh-water crayfish. Even French soufflé is reconceived when sea urchin is added. A popular dish on Guadeloupe is a spicy salad called *féroces d'avocat*, which is made with avocados, cassava, and salted cod. Cassava is sweet and delicate, but only after completely cooking it, since it is toxic when consumed raw.

Of course, no cuisine is complete without dessert. Rum is perfectly paired with the local fruit, banana, to make the ultimate fiery treat, banana flambé. An extensive variety of excellent rums are distilled on the islands -- worthy of companions beyond Coke.

Throughout history the Caribbean influenced cultures have collided; the colonizers and the colonized have clashed. We taste this history of the French Caribbean Islands in every hot and sweet morsel.
Out and About: The 76th Annual NYSDA Meeting

By Toby Amidor

This year the New York State Dietetic Association’s annual meeting was held at the Rye Hilton in the beautiful town of Rye, NY. My mother, a registered dietitian as well, thought it would be a nice bonding experience if we attended together. Upon check-in, there was an elaborate display of raffle prizes: baskets with goodies, books, and magazine subscriptions. We bought tickets hoping to win the digital camera, but no such luck.

The morning began with an extensive array of juices, oatmeal, and bagels with various toppings such as peanut butter, jam, and cream cheese. Grabbing our food quickly, my mom and I grabbed some seats in anticipation of the first guest speaker. After the welcome address by Barbara Baron, the NYSDA President, and Keri Gans, the Annual Meeting Chair, we were delighted by the keynote address given by Dr. Jeffrey Levine.

Dr. Levine is a physician who was recently seen on the second season of the television show, The Biggest Loser, on which he spent 12 grueling weeks losing a significant amount of weight. His lecture focused on his personal battle with weight gain over the years of medical school and raising a family and the improvement in his quality of life since losing the weight.

After the keynote address, there were several lecture choices. My mom and I decided to attend the lecture titled, Nutrition Trends in the Food Industry: Emerging and Exciting Areas of New Product Development, which was given by a co-worker of mine at the culinary school where I teach. This lecture provided extremely useful information about new products that we will be seeing soon on supermarket shelves. Knowing the new food trends that evolve is important because many of our clients buy these products or need more information about them. I feel that it is the dietitian’s job to research these products before you get bombarded with questions from clients.

Some of the new products that you will see in vending machines include: organic yogurt, and dark chocolate candy bars with chocolate of 70% or higher. Other trends include the use of the word “zero” as opposed to “diet” in order to increase sales to consumers who are turned off by soda that is labeled “diet.” Another interesting trend geared towards children is something called “fizzy fruits” (www.fizzyfruit.com). These are fresh cut fruits that have been carbonated to give off a bubbly mouthfeel.

Another interesting part of the conference was the exhibitors. There were a wide variety of groups that were represented this year. Some exhibitors included the Diabetes Care and Education Dietetic Practice Group, a new mineral water company that gathers its water from a high calcium source, the Renfrew Center, and many others. It is always fun to chat with the representatives from each company and see what is new (and of course grab some cool pens and food samples).

Many other interesting lectures were given throughout the two days of the conference. One lecture, and the winner of the best speaker award of the conference, was titled, Hispanic Foodways: Essential Teaching Strategies for Dietetic Professionals. Another lecture was given by one of our own TC students, Anne Roland Lee, who is also highlighted in this issue’s Student Profile (page 5). Anne’s lecture topic was celiac disease management and the pros and cons of the new FDA food labeling laws regarding food allergies.

I definitely feel that I have gained much knowledge from attending this conference, and I urge all students and practicing dietitians to find the time to attend conferences whenever possible. Nutrition is an ever-evolving field and it is important that we dietitians stay abreast of this new information.
Alumni Spotlight: Pamela Rothpletz-Puglia, EdD, RD

By Maggie Moon

Pamela Rothpletz-Puglia studied nutrition and dietetics before coming to Teachers College where she earned Master of Science and Doctor of Education degrees from our program. Prior to her formal education, her interest in nutrition stemmed from growing up with a brother with type 1 diabetes as well as a personal victory over an eating disorder during adolescence. As she matured, her interest in nutrition expanded beyond the personal realm, and she became very interested in human rights, advocacy and public health.

Pamela shared several memories of TC that have stayed with her. One of her most memorable experiences at TC was writing and defending her dissertation; when it came time for her oral defense hearing, she remembers how supportive her husband was and is grateful he waited outside the room for her to finish.

Pamela also recalls how Dr. Sharon Akabas taught Advanced Nutrition from her home while she was on bed-rest. She remembers Dr. Akabas as a committed teacher who spent the time to ensure Pamela understood the content.

Regarding Dr. Joan Gussow’s Nutrition Ecology course, Pamela appreciates the issues and critical thinking the class and Dr. Gussow famously demands. Pamela also recalls Dr. Isobel Contento’s courses, where she was having difficulty fully understanding the importance of theory, but now appreciates the groundwork Dr. Contento laid in her mind. She currently bridges theory with practice, e.g. her research is usually theory driven. Last but not least, Pamela fondly recalls the semesters of Research Seminar, during which her interest in research grew, and she really enjoyed discussing research with her peers.

Pamela experienced many jobs in nutrition and public health. Right after college, she was a nutritionist for the Special Program for Women, Infants and Children (WIC). She has also worked at Covenant House, a shelter for adolescents and their babies, in NYC; and she worked briefly at Bronx AIDS Services, and consulted for Medicaid. Pamela did a Fellowship with Dr. Keith Ayoob, another TC graduate, at the Rose F. Kennedy Center in the Bronx.

Pamela currently has a joint appointment with the Francois-Xavier Bagnoud Center (FXB) at the University of Medicine and Dentistry of New Jersey (UMDNJ) and the School of Health Related Professions at UMDNJ. She is also an adjunct assistant professor at TC as those of us who have taken Diet Therapy know.

At FXB, Pamela is the program manager for a grant from the Health Resources and Services Administration (HRSA), and she is the coordinator of nutrition and research. At SHRP, she is a clinical assistant professor. Her job entails overseeing the clinical nutrition program for children living with HIV infection, conducting qualitative and quantitative research, grant management, teaching graduate level nutrition courses, and mentoring student research at SHRP.

She recently completed a multi-site field study of gynecologic care and Pap screening for women living with HIV. This project was interesting to Pamela because it looked at the problem from multiple perspectives; the study included focus groups with patients and clinicians, review of medical records, site observations, and interviews with medical directors. Pamela enjoyed analyzing the data, and believes that the findings may impact gynecologic care for women living with HIV infection in Ryan White Care Act Programs in the US.

The FXB Center does a tremendous amount of international HIV work, including collaborating on the development of the WHO/CDC Prevention of Mother-to-Child Transmission of HIV (PMTCT) curriculum. Outside of her main duties at FXB, her other professional responsibilities include reviewing the content for infant feeding

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The Grapevine’s “Favorite Local Hotspots” Survey

Here are your picks from the “Favorite Local Hotspots” survey. Thanks to those Grapevine readers who responded to our survey. So if you are not familiar with the local TC hotspots, now you can check them out yourself!

<table>
<thead>
<tr>
<th>Favorite restaurant with friends</th>
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| **Hungarian Pastry Shop** | **Address:** 1030 Amsterdam Ave, New York, NY (between 110th & 111th Street)  
**Phone:** (212) 866-4230  
**Comments:** The best croissants ever- so scrumptious! |
| **Max Soha Restaurant** | **Address:** 1274 Amsterdam Ave, New York, NY 10027 (between 123rd Street & Morningside Drive)  
**Phone:** (212) 531-2221  
**Comments:** Great affordable Italian food. |
| **Metisse French Bistro** | **Address:** 239 W 105th St # 1, New York, NY 10025 (between Amsterdam & Broadway)  
**Phone:** (212) 666-8825  
**Comments:** Small and reliable with lots of fish dishes. |

<table>
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<th>Most romantic restaurant</th>
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| **Casbah Rouge** | **Address:** 2841 Broadway, New York, NY 10025 (@ 100th Street)  
**Phone:** 212.932.2222  
**Comments:** Hookah lounge serving Moroccan cuisine. One reader describes it as “Great food, beautiful atmosphere, and wonderful service.” |
| **Le Monde** | **Address:** 2885 Broadway, New York, NY 10025 (between 112th & 113th Street)  
**Phone:** (212) 531-3939  
**Comments:** A large restaurant that serves traditional French food. Atmosphere is a French Brasserie with intimate lighting. Food is reliably good, and they prepare very nice fish. Favorites include the monkfish, skate, and Coq au Vin. All they really need to make you think you are in France is some cigarette smoke and French waiters! |

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<th>Best for Sunday brunch</th>
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| **Kitchenette Uptown** | **Address:** 1272 Amsterdam Ave, New York, NY 10027 (between 122nd & 123rd Street)  
**Phone:** (212) 531-7600  
Website: http://www.kitchenettenyc.com/New.York/  
**Comments:** Possibly the only restaurant in New York to serve cheese grits, which makes it well worth the wait on weekend mornings! |
**Perfect for meeting classmates for drinks**

Amsterdam Cafe  
*Address:* 1207 Amsterdam Ave, New York, NY 10027 (@ 119th Street)  
*Phone:* (212) 662-6330  
*Website:* www.amsterdamrestaurant.com  
*Comments:* Described as having a cool ambiance; lower-level bar area has plenty of group seating; not too many undergrads.

Heights Bar & Grill  
*Address:* 2867 Broadway, New York, NY 10025 (between 110th & 111th Street)  
*Phone:* (212) 866-7035  
*Comments:* Even though it can get a little crowded with undergrads, it’s worth it when the weather is good and the windows are open…

**Great for late night munchies**

French Roast  
*Address:* 2340 Broadway, New York, NY 10024 (@ 85th Street)  
*Phone:* (212) 799-1533  
*Comments:* Though a little out of the TC area, it is open 24/7 and offers mid-priced French food, not just junk food, around the clock.

Nacho Mama’s Burritos  
*Address:* 2893 Broadway, New York, NY (between 112th & 113th Street)  
*Phone:* (212) 665-2800.  
*Comments:* One reader went there for some late night munchies after getting drinks with some other students.

**Most Nutritious AND delicious**

Crepes on Columbus  
*Address:* 990 Columbus Ave, New York, NY (between 108th & 109th St)  
*Phone:* (212) 222-0259  
*Website:* http://www.crepesoncolumbus.com/  
*Comments:* So not ALL menu items can be deemed nutritious, but their buckwheat crepes with veggie fillings are a good choice! They also have a wide variety to choose from.
TC’s Basement Allure

(Continued from page 1)

available, some even in bulk.

Another hidden benefit of the cafeteria’s selections is that even if you have special dietary concerns you can easily have a great meal. Although they do not prepare specific dietary items, Hoffman states that they are aware and try to plan around many of the common food allergens such as dairy, soy and wheat. She says they offer such an extensive variety to ensure that nearly anyone with food sensitivities or special dietary restrictions can easily have a meal. Almost everything is made in house, which means—among other things—that the knowledgeable staff can answer questions on ingredients.

As I finished my tour of the cafeteria and took a last look over the menu, I reminded myself to spend less time talking about food and more time sampling next time!

Alumni Profile

(Continued from page 15)

and other nutrition curriculum. Pamela also spends time with the visiting international clinicians who come for training in HIV care; she has also participated in several training excursions to South America and South East Asia with the medical teams.

She likes most things about her work, but is most excited about conducting qualitative research. Managing grants is a new aspect of her work, and Pamela appreciates the importance of doing the job well even if it doesn’t top her list of things she’s passionate about.

Not only does she enjoy conducting research, she also really enjoys mentoring student research. She likes connecting with people, whether it is clinically or in the classroom. As for the future, she tells The Grapevine that, “To be honest, I am not certain about my future career goals other than wanting a purpose-driven career while supporting my family’s needs.”

Most of her free time is spent taking care of and enjoying her two young children. Pamela tells us, “My husband and children reveal the hilarity in life and provoke fat tears of laughter to roll down my face. I also love to read, and I live and enjoy the large, beautiful, family farm where I originated.”

Her advice to TC students is to “Smell the flowers and cool the soup,” (hint – this has to do with breathing).

***
Fresh Off The Vine
By Maggie Moon

► As of May 1st, the Whole Grains Council (a food industry group) will mark foods with quantitative information like “100% whole grain,” or “16 grams of whole grains,” rather than the commonly seen qualitative claims of “good” or “excellent.” FYI, the WGC previously used “good source of whole grains” to reflect an 8-16 g content; and “excellent source of whole grains” for 16+ grams. The push for more transparency in whole grain content comes from the Dietary Guidelines, which recommend 48g/d.

► In the same exciting week of May 1st, former President Bill Clinton announced that his Foundation has an agreement with the beverage industry to eliminate soda from schools. This will help to reduce the amount of non-nutritive calories available to kids and should be paired with nutrition education both at school and at home.

► We largely have George A. Brooks, a professor in the department of integrative biology at the University of California, Berkeley, to thank for shedding light on a lactic acid myth. His research since the late ’70s rivaled common beliefs of the time by asserting that lactic acid doesn’t cause fatigue, and doesn’t cause muscle soreness. Muscles convert glucose and glycogen to lactic acid to be used as fuel by mitochondria, and the greater the mass of the mitochondria, the better the athletic performance. But we knew that.

► This summer, ZogSports at 14 Penn Plaza Ste 925, offers several opportunities to join coed sports leagues in: touch football, outdoor and indoor soccer, volleyball, kickball, softball, basketball and dodgeball. Different divisions exist for different skill levels, with six- to eight-game seasons (with the exception of softball, which has a 12-game season). Each team picks a charity to play for, and the winning team's charity will receive a donation from a corporate sponsor.

► WalkJogRun.net is a running route planner using Google maps. You can also calculate speed. Here’s how it works: Click on the map to set a starting point. Then keep clicking from point to point to draw a route. Click on any of the markers for your route and see how far this point is from the start and what the estimated time would be for a given speed. You can save your maps by clicking on any of your markers and hitting “Save Your Route” to add it to the database for future use by you or anyone else looking for a route in the neighborhood.

Nutrition and Exercise Club: Past, Present, and Future
By Angel Planells

The Nutrition and Exercise Club (NEC) is looking for new leadership! The still young club participated in events in its very first year. However, a challenge for NEC is competing with students’ other interests and responsibilities.

What can you do to revive the club? The club needs people with initiative and drive. TC’s Program in Nutrition has a number of creative and talented students who would do a fantastic job running this club. Graduating members, myself included, are willing to help in any way possible.

The vision of the organization is two-fold:

1. To apply our knowledge in the community.
2. To use socialization as a means for networking, including with alumni.

Future directions include getting more involved in the TC, Columbia, Morningside Heights communities, and beyond.

Angel Planells is currently a dietetic intern and will soon be leaving TC. If you are interested in rejuvenating NEC for the upcoming 2006-2007 school year, please contact him at acp2108@columbia.edu.
Recipes

Spinach and Roasted Pepper Frittata
This favorite faculty recipe was submitted by Joan Gussow who teaches Nutrition Ecology in the fall semester.

Ingredients
16 cups spinach (lettuce, beets, or other soft greens can be substituted)
4 garlic cloves, finely chopped
1 yellow or red (or ancho) pepper, roasted, peeled, and diced
2 scallions, thinly sliced on diagonal
3/4 cup feta cheese, crumbled (3 oz, but use less)
1/3 cup grated Parmesan
1 plus 1/2 Tbsp olive oil, divided
1 tsp. fresh rosemary, finely chopped
2 tsp. fresh lemon juice
1/4 teaspoon salt
Pinch of pepper

Instructions
1. Preheat oven to 325 degrees Fahrenheit
2. In a large skillet with oil, heat spinach over high heat. Add garlic, salt, and pepper. Let greens cool, squeeze out water, and chop coarsely.
3. Meanwhile, combine in a large bowl, pepper, scallions, cheeses, rosemary, and lemon juice. Add chopped, cooled greens.
4. In a 9-inch sauté pan, heat 1 Tbsp. oil to just below smoking, swirling to cover bottom and sides. Turn heat low and add frittata over low heat for 1-2 minutes. When sides begin to set, put in oven and bake, uncovered for 20-25 minutes, until golden and firm.

Curried Couscous
(Slightly modified from the Barefoot Contessa Cookbook)
I absolutely love this recipe! I have made this dish so many times – it is always a hit with company. It's a great side dish for fish or chicken, but I love to serve it as a main course with a huge salad and lots of fresh crusty bread. Hope you enjoy!
- Randi Wolf -

Ingredients
1 ½ cup couscous
1 Tablespoon unsalted butter
1 ½ cups boiling water
1/4 cup plain yogurt (I like to use the Greek lowfat yogurt)
¼ cup good olive oil
1 teaspoon apple cider vinegar
2 teaspoons curry powder
¼ teaspoon ground turmeric
1 ½ teaspoon kosher salt
1 teaspoon freshly ground black pepper
½ - ¼ cup grated carrots (grated, not chopped)
½ - ¼ cup chopped fresh-flat leaf parsley
½ - ¼ cup dried cranberries
¼ - ½ cup sliced almonds (I like to toast them first in a pan over the stove)
2 scallions, thinly sliced (white and green parts)
¼ cup small-diced red onion (optional)

Place the couscous in a medium bowl. Melt the butter in the boiling water and pour over the couscous. Cover tightly and allow couscous to soak for 5 minutes. Fluff with fork.

Whisk together the yogurt, olive oil, vinegar, curry, turmeric, salt, and pepper. Pour over the fluffed couscous and mix well with a fork. Add the carrots, parsley, cranberries, almonds, scallions, and red onions. Mix well. Serve at room temperature.
More Recipes

Fish Fillet Cooked with Vegetables and White Wine
This favorite faculty recipe was submitted by Shelley Mesznik who teaches Nutritional Counseling.

Ingredients
1 pound white fish filet such as halibut, snapper, or fresh red tuna, cut 1/2” thick and skinned
1 Tbsp. olive oil
2 cloves garlic, peeled and cut in half
2 large onions, quartered
1 large carrot, sliced
2 celery stalks, sliced
3 plum tomatoes, quartered (or one 14 oz. canned tomatoes, drained)
Salt and pepper, to taste
1 bay leaf
1 lemon, sliced
3/4 cup dry white wine or broth of any type
1/2 cup Italian parsley, finely chopped or basil (optional)

Instructions
1. Preheat oven to 425 degrees Farenheit.
2. Put oil in large shallow baking dish. Add the garlic, onions, carrots, celery, and tomatoes, and lay the fish on top. Sprinkle with salt and pepper and arrange the bay leaf and lemon slices on top of the fish. Add the wine or broth.
3. Place baking dish in oven and bake 30 minutes, covered with foil. Start checking after 25 minutes because fish cooks quickly.
4. Remove the bay leaf and lemon slices. Puree the vegetables in a food processor. Place fish on a platter and spread the puree over it.
5. Sprinkle with parsley or basil, if desired. Serves 6.
More Recipes

Quinoa & Black Bean Salad
This recipe was submitted by Dana Angelo who provided this semester’s Nutrition Education Seminar class with a great cooking demonstration using this recipe. Variations of this recipe would be to prepare the quinoa with vegetable stock for added flavor and to substitute other favorite herbs, beans, or vegetables.

Ingredients
3 c dry quinoa (yields 9 cups cooked)
1 can black beans
1 bell pepper, chopped
¼ red onion, diced
2 c corn
3 tbs parsley chopped
3 tbs cilantro, chopped
1 ¼ c Balsamic and Lemon vinaigrette (recipe below)
sea salt & black pepper to taste

Instructions
1. Prepare quinoa according to package directions (rinse, drain, cook)
2. Rinse and drain black beans.
3. Combine quinoa, pepper, corn, black beans, onion, and herbs.
4. Add dressing. Stir to combine. Add salt and pepper.
5. Serve alone as a side dish or add grilled shrimp, chicken, or tofu (serves 12-15)

Balsamic & Lemon Vinaigrette

Ingredients
⅝-1 c Extra virgin olive oil
½ c Balsamic vinegar
Juice of ½ lemon
Salt and pepper
1 tsp thyme leaves
1 tsp chives, chopped

Instructions
1. Combine ingredients
2. Cover and shake
Want To Write For The Grapevine?

The search continues for student writers to contribute:

**Feature Articles**- Keep our program up-to-date by writing about a food, health, or nutrition related issue.

**Hot Topic**- Inform your colleagues of a controversial issue being discussed by the press.

**Journal Watch**- Give a comprehensive review of recent professional articles important to the field of nutrition.

**On the Internship Front**- Key fellow students in on the happenings and accomplishments of the dietetic internship class.

**Restaurant Review**- Think you can eat healthfully on a student budget at a Manhattan restaurant for dinner? Take along some friends to review a restaurant of your choice and tell us about it. Your challenge is to dine on $25.00 or less per person (drinks and tip included). In addition to cost, be sure to describe the healthfulness of the meal, décor, and service!

**Seasonal Recipe Corner**- We want to hear what interesting dishes you can make with seasonal foods.

We are already starting to work on our next issue. Share your ideas with us and be sure to include the following: