Breastfeeding or Else: The Challenge for Nutrition Educators
By CHRIS COOPER

A headline in the Science Times on June 13, 2006 warned: “Breastfeed or Else.” This eye-catching story, which pictured a large, crossed-out baby bottle, acknowledged not only that breast milk is superior to infant formula, but that not breastfeeding may be hazardous to infants’ health. The article presented new data which suggests that skipping breastfeeding is as potentially harmful to newborns as smoking or drinking during pregnancy. It also mentioned proposed legislation that would require warnings labels on formula containers reminding mothers that formula does not provide the same range of health benefits as breast milk. The article probably left many non-breastfeeding mothers feeling rather uncomfortable. Is this outright shake-up what we need to get more mothers to breastfeed?

The trouble is, not everybody knows why breastfeeding is so important, and for many women, the perceived barriers still outweigh the benefits. Currently, around 70% of American women at least initiate breastfeeding, with just over a third continuing for the full six months recommended by Healthy People 2010. Breastfeeding rates for all U.S. population groups have risen since the 1980’s, but rates for poor and minority women are still the lowest. Research shows that awareness is only one

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Letter From the Editors...

Dear Students, Faculty and Staff:

For many of us, summer us a nebulous time between the end of one school year and the start of a new one. For some, it is a time of reflection; a time to re-group and think about future directions. Not least of these, is what direction to take after our time at TC.

We’ve devoted this summer issue to looking ahead to our future. Not only is it the yearly alumni issue, with updates from many of our respected alumni, but we also have articles highlighting interesting job experiences. To read about a unique career path, check out the alumni spotlight on New York based Ellie Krieger, host of a new Food Network show.

We hope you enjoy this issue, and welcome feedback and advice from our readers.

Sincerely,

Maggie Moon & Toby Amidor

Select letters to the editor will be published online. To write to us with comments, accolade, questions, or ideas, please send an e-mail to GRAPEVINE@columbia.edu.
On the last day of class, which was also the last day of the spring semester, our Community Nutrition class was lucky enough to host a book signing party for *Grub: Ideas for an Urban Organic Kitchen* with the authors: Anna Lappé and Bryant Terry. The Columbia University Housing and Dining department provided a room, a jazz band, and local apples, cheese, and cider. In addition to the students in our class, supervisors from our community field sites, and many of the speakers who came to talk to us throughout the semester came to celebrate Ms. Lappé, Mr. Terry, and of course, grub.

So what is grub? Grub is organic and sustainable food that is good for our bodies and good for our communities and planet. *Grub*, the book, provides a brief synopsis on what Lappé and Terry refer to as the six illusions created by the great experiment otherwise known as our current industrial food system. The remainder of the book focuses on what each of us can do in our own kitchens and daily lives to change the way we, our country, and our world, eats. The last section of the book provides seasonal recipes, party menus, and even suggestions for music to accompany our cooking endeavors.

The Program in Nutrition at Teachers College exposes students to so many articles written by influential authors in the field of sustainable agriculture, that I was a little intimidated to meet authors Anna Lappé and Bryant Terry. Lappé is no stranger to writing about food and sustainability: she and her mother, Frances Moore Lappé, cofounded the Small Planet Institute and coauthored *Hope’s Edge: The Next Diet for a Small Planet*. Anna Lappé comes from an impressive legacy of socially conscious and venerated parents who have written numerous books on sustainability, food and hunger, politics, and the environment. Bryant Terry, a chef and food justice activist, is also the founding director of B-Healthy!, a non-profit organization targeting food and hunger issues in New York City. Both authors were friendly, approachable, and so….normal. They shared their experiences with writing *Grub*, and in doing so, conveyed their passion and commitment to their mission.

I took the Nutrition Ecology course last fall, followed by Community Nutrition this spring. Both classes exposed me to problems within our food system, policy, government, and more. It has been eye-opening, frightening, and at times, anger-provoking. It was also depressing. But now I find myself at the stage where I can begin to make changes. That’s the whole point, right? We have to appreciate that we have choices, and that we can create change.

Lappé and Terry encourage us to create a grub environment in our kitchens, and they provide practical guidelines for galvanizing support so that we can broaden the idea of grub outside of our kitchen and into our communities. That is what *Grub* is all about.

Other recently published books on nutrition and locally sustainable food:
- Michael Pollan’s *The Omnivore’s Dilemma*
- Marion Nestle’s *What to Eat*
- Nina Planck’s *Real Food*
**Book Review**

*Golden Arches East: McDonald’s in East Asia*

Reviewed by JERLYN JONES

*McDonald’s Arches East* explores McDonald’s cultural, political, and social impact in East Asia since its global expansion of the 1960s and 1970s. Five prominent anthropologists conducted an ethnographic study by observing the everyday interactions of families, couples, individuals, and McDonald’s employees. Customers and McDonald’s managers were also informally interviewed regarding their views and opinions of this widely popular American fast food restaurant.

McDonald’s has been incorporated into East Asian dietary patterns. For example, it is now acceptable for Japanese consumers to eat with their hands while at a McDonald’s restaurant. In Hong Kong, consumers now eat eggs, muffins, and hash browns as part of breakfast.

The contributors to this book offer a glimpse into some East Asian dietary patterns and feelings toward food. The conclusion is not surprising: McDonald’s food remains popular, while creating generational rifts in how to define a meal.

Golden Arches East is edited by James L. Watson.
I was in Shanghai for two days before it happened.

I was visiting chic Xintiandi, a bit of old Shanghai architecture carefully preserved and reimagined as an entertainment plaza in the midst of modern developments. Aptly named, "New Heaven and Earth," and complete with an original Shikumen-style home you can tour at your leisure, it boasts more charm than kitsch. So imagine my surprise when I turned a corner and was faced with a big fat Starbucks.

Whether you are comforted or disappointed by the iconic masthead and green block lettering may depend on your reasons for traveling to a foreign country. Or perhaps it's more complicated -- you may feel some combination of the two impressions. Surely, there is a comfort in the familiar, but then again, isn't an integral part of travel the chance to try new things, to purposefully get out of one's own element?

I went to China to experience a different culture, and I found corporate icons intrusive and offensive. It made me think about why they were there, what they were doing to the local communities, and what was being lost. Regardless of your emotional response, a reasonable question is: what are the implications of transplanting the ubiquitous coffee house to a nation of tea drinkers? I don't pretend to answer the question here, but it's food for thought.

On the one hand, there seems to be a demand. In addition to tourists, large expat communities in major cities like Shanghai and Beijing are fertile markets: inflated salaries far exceed their needs in China, and afford them the familiar five-dollar lattes. Additionally, there is a growing desire among Chinese nationals to be more western, more American. When McDonald's first breached the People’s Republic, long lines wrapped around the block for the payoff of a single lackluster hamburger from the famous fast-food joint. Naturally, corporations can't resist the temptation to create a huge new market (even in “communist” China).

On the other hand, establishments like Starbucks (e.g. McDonald's, KFC, Baskin Robins) disrupt part of the charm of China by replacing and competing with local eateries. If there is one thing you will notice about local food and drink in China, it's that it's everywhere -- on the Great Wall, by the farms, even in the hutongs (alleys) – and it's largely cheaper, more healthful, and more flavorful than the corporate offerings. Locally available cuisines generally include more fruits and vegetables than the intruding chains, and many flavors are available from the familiar to the exotic. Yet expanding waistlines, 500-Calorie Frappuccinos, and McNuggets are becoming more common.

What it comes down to, of course, isn't simply the choice between coffee and tea, but corporate v. local. What would you choose? At least for this traveler, the choice was easy.
We have a lot of choices when it comes to careers in nutrition. Read about three students who are getting a jump start on their post-TC careers by getting some work experience now: they worked for a well-known nutritionist, an all-girls school, and Wall Street brokers.

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Working with Joy Bauer was a great experience. First of all, she's just a remarkable person who has built up two extremely successful practices which employs 11 RDs: one in NYC and one in Rye Brook (Westchester County, NY). She has already written several books (cookbooks and weight loss books), and is due out with a new book in 2007. In other media, she is a regular on New York’s morning TV circuit (Today Show, The View, Regis & Kelly); she writes the monthly "Ask the Nutritionist" columns for Self Magazine; and regularly gives lectures in the New York metropolitan area.

My main job as her intern was to assist in compiling research. Because of her many projects, she is constantly gathering background research. Some of the projects I worked on included: writing a synopsis of four current diet books on the market (Sonoma Diet, Rice Diet, Flavorpoint Diet) to prepare Ms. Bauer to comment on the Today Show; putting together 5-day menu plans for a chapter in her upcoming book, which is about dealing with macular degeneration by paying attention to key vitamins and minerals essential to eye health; and researching the health benefits of chocolate (bitter vs. semi-sweet vs. white chocolate) for another Today Show segment. I was given the opportunity to do a great deal of research which proved to be fun and interesting.

Although I did not get to sit in on any client sessions, I sat in on a staff meeting, which gave me a glimpse into client-nutritionist relationships. I also had a chance to meet Joy and several other nutritionists in the office. Overall, it was a great experience, and I now look forward to one day working in private practice.

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Last semester I worked for a company called Health Coach, which was founded by a nutritionist. The idea behind Health Coach is “healthy, custom meals delivered to your desk.” Initially, the company was run out of the New York Stock Exchange Luncheon Club. It was created primarily for their employees, who spend
most of their time standing all day on the trading floor and, more often than not, eating an unhealthful lunch. The company grew and began to reach all of the surrounding corporations, such as Goldman Saks and Prudential. Shortly after I began working for Health Coach, the Luncheon Club closed, so that all of the lunches are now prepared and delivered out of a nearby restaurant. While working at Health Coach, my responsibilities included: overseeing the preparation of the meals by a professional chef; making sure that all meals were properly labeled and sent out on time; and ordering lunch for the clients from a selection of low-fat, low-calorie recipes, and based on clients’ food preferences and health conditions.

Health Coach is a great example of how we, as nutritionists, can think outside the box, and put our knowledge and skills to use in unique settings.

I have spent the last three years working at an all-girls K-12 private school on the upper east side of Manhattan. The majority of the 600 students come from very affluent families; others are on scholarship; but each is there because of her tremendous academic abilities and willingness to work hard -- many commute for hours each day. Despite their education and means, the students have many misconceptions when it comes to nutrition. They are subject to an abundance of misinformation from media, peers, and even parents.

Many parents obsess about the newest fad diet, spend large sums of money on over-priced diet foods, and practice fasting and cleansing rituals. Though many of these parents have their daughters’ best interests in mind, many of them project their fanatical behaviors onto their children. Students are always approaching me with nutrition-related questions like, “does oatmeal make your nails grow?” “will two Diet Cokes a day give you brain cancer?” “can I go on the South Beach diet like my mom suggested?” Not surprisingly, many of these young girls have disordered eating behaviors.

The school nurse and I pleaded with the kitchen staff to begin offering fresh made salads and sandwiches for purchase, which they did, but the program was soon discontinued because the students didn’t buy them.

To help address some of the issues, I have tried several things. Since the private school setting lacks mandated curriculum requirements, the health curriculum committee has the freedom to cover anything they choose (with school administration approval). Even with this freedom, the health curriculum only allows for three weeks (nine classes) that focus solely on nutrition. Classes are split into three units: Macronutrients, vitamins, and minerals; Fad diets, current nutrition information, and menu planning (focusing on lunch choices); and Eating disorders and body image.

This past year, I began a “Nutrition Tip of the Week” e-mail that included nutrition-related information as well as a forum for all students and faculty to ask questions and share comments and recipes. The school community was very supportive and really seemed to benefit (or at least pay attention).
Faculty Notes
Annual updates from our distinguished faculty members

Evan Berk, PhD — Adjunct Assistant Professor. During the past year, I received my PhD from the Institute of Human Nutrition, Columbia University. My research focused on identifying physiological reasons for the increased prevalence of obesity and type 2 diabetes mellitus in African American women compared with Caucasian women. Specifically, I studied metabolic inflexibility, a condition of impaired fasting and insulin-stimulated substrate utilization in skeletal muscle. This summer, I will begin a Post-Doctoral Research Fellowship at the New York Obesity Research Center at St. Luke’s-Roosevelt Hospital. During this fellowship, I will work on research projects funded by the NIH, American Diabetes Association and the American Society of Nutritional Scientists. Additionally, I have received an Adjunct Assistant Professor appointment at Teacher’s College.

Isobel Contento, PhD - Coordinator, Program in Nutrition. I was pleased to return from sabbatical and work with students again last September. We had a larger than usual Spring entering group -- 18 to be exact instead of the usual 2-3. That made for a large Food, Nutrition and Behavior class in the Spring -- 75 to be exact! I have finished the textbook I was working on: Strategies for Nutrition Education: Linking Theory, Research, and Practice. It should be out next year. This issue of the Grapevine focuses on alumni and I am always glad to learn about what our alumni are doing. They do such varied and interesting things. For example, the work of Lisa Kingary at the Fondy Farmers' Market in a low-income area of Milwaukee was recently written up in the Milwaukee Journal Sentinel. She described her job as a "dream job," because she gets to educate people through cooking demonstrations and other strategies how to use the 200 different fruits and vegetables brought in by area farmers. Felicia Stoller is the president of the New Jersey Dietetic Association and works tirelessly on behalf of dietitians at the state and federal level. Keith Ayoob, Director of Nutrition services at the Kennedy Children's Center at Einstein College of Medicine in the Bronx, is a much sought after speaker all around the country on working with parents and with consumers at large to make positive lifestyle modifications. There are many more of our graduates who are making a difference in the world. Please let us hear from you!

Christina C. Costa MS, RD, CNSD — Director, Dietetic Internship Program. The internship program continues to accept 2 new classes each year and continues to attract interns with diverse academic backgrounds. I have continued to lecture during the Internship class days and have expanded the curriculum to include different guest speakers and site visits. As always my goal is to maintain the high pass rate on the RD exam, as well as, expose the interns to different specialties within the field of nutrition. Graduate surveys were completed in fall 2005 and the data analysis has recently been completed. The survey response rate was the higher than any other year so many thanks to those that returned their completed surveys. It is always a thrill to read about all the diverse things that graduates are doing in the field of nutrition how pleased graduates are with their internship and graduate education.

My oldest daughter, Sophia Elizabeth, is 4½ years old and has really grown up in the last year. She is trying to find the right balance between wanting to be more independent and wanting to still be a toddler like her sister. She just had her first ballet recital and although she did not remember the dance routine she was unbelievably adorable in her costume and just thrilled to be on stage. Her younger sister, Olivia Grace, is 20 months old and is truly a joy. She has an easy going personality and is always smiling. I feel blessed to have 2 beautiful daughters that just complete me.

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Stephanie Di Figlia-Peck, MS, RD, CDN — I teach the Clinical Nutrition course at TC. I am the Clinical Nutrition Manager for St. Lukes and Roosevelt Hospital, where I manage 13 clinical nutritionists. I coordinate quality improvement reporting and initiatives for Food and Nutrition Services and am currently working on several outcome studies that we are hoping to publish. I the fall I teach Nutrition and Diet Therapy at the Phillips Beth Israel School of Nursing. In addition, I have a small private practice in Long Island where I mainly see clients in their homes. I am a TC Columbia graduate with an APN degree. In my spare time, I enjoy biking and exercising and reading current research to keep me abreast of trends in the field, as well as spending time with my family.

Karen Dolins, EdD, RD — In addition to my adjunct position at TC, I continue to work as Director of Nutrition for Altheus, a health and performance enhancement center in Rye, NY. In this capacity, I work with competitive and professional athletes as well as individuals striving to improve their overall fitness levels. I have been fortunate to have the assistance of several dietetic interns at this site throughout the year. I also continue to maintain a private practice for medical nutrition therapy, guest lecture at the Institute for Human Nutrition, and serve on the board of the Genetic Disease Foundation which seeks to aid in the prevention and treatment of genetic diseases. I am the editor of the MSUD (maple syrup urine disease) Family Support Group newsletter. My triathlon days are on hold due to a knee injury, but I continue to swim and cycle. My kids are now all in middle school, and I enjoy my role as spectator and cheerleader as they continue to play a variety of sports.

Joan Gussow, PhD — In these scary times, let me start by urging you to believe that you can win politically even if you do the unpopular thing. Last year I noted that I and my fellow trustees on the Piermont Village Board faced an irate population when we announced that we were going to reassess all the village properties so they fairly reflected relative values. The taxes of people who had been under assessed were bound to go up, and they urged that our board be recalled. We did the reassessment, and some taxes went up, yet the two of us who ran for office in the middle of all this citizen outrage were re-elected despite a hard working, though unqualified (when did that ever hinder successful office seeking?) opposition.

Having spent last spring and summer deploiring the fact that board or professional meetings always took me away in the busiest gardening seasons, I took my older son's advice and started giving notice—first to the Chefs' Collaborative on whose board I had sat for several years. In May, I attended my farewell meeting in Monterey, California. The fact that I like all my fellow board members and value what they do for the cause, (added to the fact that they always met in delicious and beautiful places) made the decision to leave hard! But now that I have stayed home for a while—also skipping both of my professional meetings—I have actually found moments to sit in the garden—not just race to catch up with the work.

What I hope will be my last journal article—I much prefer writing books!— appears in the debut issue of the Journal of Hunger and Environmental Nutrition. It’s a reflection on the progress of the idea of nutritional health and environmental sustainability. Nothing in it will surprise those who are survivors of the ecology course that Toni and I are once again preparing for this fall.

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John Thomas Pinto, PhD — Adjunct Professor. My teaching responsibilities at Teachers College involve integrating recent scientific advances with current knowledge of vitamins, minerals, and macronutrients in health and disease within the Advanced Nutrition II course.

My research as Senior Scientist with the Cornell-Burke Medical Research Institute in White Plains, New York involves investigations on the effects of chemopreventive agents, dietary factors, and xenobiotic substances on modifying oxidation/reduction capacity in human cells and tissue. S-allylsulfides, S-cysteinyl and organoselenium compounds from allium foods (garlic, onion) alter antioxidant enzyme systems and cytosolic signal proteins that affect proliferative and apoptotic processes within human cancer cells. Studies in this area are made possible by a newly awarded grant entitled “Targets for selenium in prostate cancer prevention” sponsored by the National Cancer Institute. For studies on identifying and characterizing prostate-specific membrane antigen in human prostate cells, I am co-recipient of a patent on its uses in clinical medicine. In addition to training graduate and undergraduate students in my laboratory, I have served on Ph.D. committees for candidates at Weill Medical College of Cornell University and New York Medical College. My peer-reviewed publications include 7 book chapters, 78 research articles and 92 scientific abstracts presented at national meetings. I serve as a reviewer of manuscripts submitted to the American Journal of Clinical Nutrition, Journal of Nutrition, Nutrition and Cancer Prevention, Analytical Biochemistry and mostly journals devoted to nutritional sciences. I am an active member of The American Institute of Nutrition, The American Federation for Clinical Research, and The American Society for Clinical Nutrition. Outside academia, I serve on the Norwalk Harbor Management Commission and the Mayor’s Water Quality Committee in Norwalk, CT. On a state level, I am President of the Connecticut Harbor Management Association, a statewide organization of municipal harbor management commissions. As a second-degree black belt in the United States Soo Bahk Do Moo Duk Kwan Federation, I teach this traditional Korean martial art to children and adults at our local YMCA.

Pamela Rothpletz-Puglia, EdD, RD — Adjunct Assistant Professor. Hello TC community. I was featured in the alumni spotlight in the spring Grapevine so I apologize for the redundancy. My work this year has focused upon completing a multi-center field study and beginning another. The research project I am carrying out now involves conducting focus groups around the country to discover women’s opinions about the process for routine HIV testing during pregnancy i.e. Opt-out testing. The public health authorities in the US are recommending that all women should routinely be tested for HIV to prevent perinatal transmission. The purpose of the focus group study is to help figure out how to carry out Opt-out testing during pregnancy in the most respectful and educational way. This year I also began to manage a grant and have learned valuable new skills in doing so. On the clinical front, we have hired another nutritionist thereby enhancing nutrition services for women and children living with HIV at the Francois-Xavier Bagnoud Center of the University of Medicine and Dentistry (UMDNJ). Finally, I continue to enjoy teaching research and nutrition courses at UMDNJ and TC.

Lora A Sporny, EdD, RD – Adjunct Associate Professor. I continue to enjoy teaching and advising students at TC. During the past academic year I also taught three courses for the University of Connecticut and conducted a lecture series for NYU’s Graduate School of Journalism. For four months during the winter I circum-
-navigated the globe while carrying the flag for TC’s Nutrition Program. In which countries was I? I
Land-Rovered through the rain-forest-covered mountains of the island where the “Bounty” crew tarried awhile,
gazed upon the bay of “The City of Sails,” contemplated bungee jumping at its place of origin, hiked to the
summit of Mount Wellington while keeping a wary eye out for “devils,” snorkeled the Great Barrier Reef,
chuckled through a production of “Falstaff” at the famous opera house on the harbor, sipped on a “sling” while
lunching at the Raffles Hotel, milled about Goethe’s birthplace, nibbled pate de foie gras in the city where the
European Parliament gathers, eyed the gem-encrusted sultan dagger at Topkapi Palace, and sailed the
Bosporus. My travels concluded with a 7-week stay in Israel where I taught an intensive 5-week graduate
course titled “Nutrition and Aging” at The Hebrew University of Jerusalem.

The course, which was part of the university’s Nutritional Sciences Department and the university’s new Inter-
national Nutrition Program, was attended by students from Thailand, India, Nepal, Eritrea, Ethiopia, Mexico,
the U.S. as well as Israel. My goal is to continue to blend travel with academics while learning more about nu-
trition training in other universities and introducing foreign faculty and students to the Nutrition Program at
Teachers College. Future collaboration between overseas universities and TC is the ultimate goal.

Randi L. Wolf, PhD, MPH — Professor. It has been another busy and wonderful year. I continue to enjoy
teaching and advising students, conducting research on two large NIH-funded projects, and serving as a mem-
ber on the TC Institutional Review Board (IRB). Baseline data collection on one of the grants is nearly com-
plete and we now have dietary data related to knowledge and beliefs about fruit and vegetable consumption
from over 450 urban black men. The second study is related to the prevention of complications from diabetes.
We currently have over 180 primary care physicians and 250 of their patients with diabetes enrolled into the
study. We have been collecting interesting data on what physicians recommend to their patients with respect
to weight loss and diet, including how much time they spend having conversations related to nutrition. We
also are learning whether or not primary care physicians recommend that their patients with diabetes see a reg-
istered dietitian for nutrition therapy, and if not, why not. I’ll look forward to analyzing these data shortly.
Personally, it has been an exciting year as well. My husband and I had an opportunity to travel to Tanzania
and the beautiful country of Rwanda. One of the highlights was trekking through the forest of Rwanda and
spending time face-to-face with the mountain gorillas. It was such a privilege to be in the presence of these
unbelievable (and endangered) primates — an experience I’ll remember forever. I suspect this coming year will
be filled with even more adventure as we expect our first baby this October. I will be on maternity leave this
fall (back in the Spring) but will continue to be in touch with staff and students throughout the semester.

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Cultural Spotlight

Restaurants Go Local

By JUDITH BELASCO

Lanza Del Vasto, the philosopher, poet and non-violent activist said, “Find the shortest, simplest way between the earth, the hands, and the mouth.”

Chefs and restaurateurs are increasingly heeding this advice. As more people frequent farmers markets, chefs are among the shoppers. What was once a fringe concept in 1971 when Alice Waters opened Chez Panisse in Berkeley, CA is increasingly more available and accessible throughout the country. Farm to restaurant relationships are sprouting up everywhere.

High end restaurants were early to embrace this movement. The viewpoint at Savoy (SoHo, NYC) is that “we can create delicious and memorable meals by sourcing the very best ingredients from farmers we know, and then augment those flavors with a straight forward cooking style.” Part of Chef Guarnaschelli’s philosophy at Butter, a trendy SoHo restaurant/nightclub, is to “call upon the Union Square Green Market's vast selection of fresh local ingredients to showcase the best produce the season has to offer.”

These establishments bring the farm to the restaurant; other places bring the restaurant to the farm. While on site restaurants like the New Boonville Hotel in California flourished and faded during the 1980s, Blue Hill at Stone Barns continues the tradition of directly linking farm to table.

Around the country, the trend is everywhere. In Pewaukee, Wisconsin you can find 20 varieties of heirloom tomatoes growing along the fence outside of Jake’s Restaurant. In Washington State, Herblife grows most of the restaurant's vegetables and 114 herbs organically on 2½ acres that are about a mile away. "I believe the garden and farm are really another station of the kitchen - this is where the food in the restaurant begins," said Wuesthoff, the chef and founder of Herblife. If you find yourself in Hendersonville, NC, check out Season’s Restaurant at Highland Lake Inn. Many of the ingredients are from the Inn’s own organic garden or bought from local growers.

A large expense account and travel budget isn’t always required in order to enjoy only the freshest ingredients in your meal. For $2.25 a slice, pizza at DiFara's on Avenue J in Brooklyn is arguably some of the best in the city. Fresh basil that is snipped right from the window sill planter and infused into the tomato sauce is just one of the reasons the wait is worth it.

The East Village vegetarian restaurant, Counter, uses 54 rooftop planters to grow herbs and produce, including: orange verbena, lemon grass, chocolate mint, chervil; organic strawberries and tatsoi, which appear on their menu daily.

Whether chefs grow their own food or purchase it direct from a local farmer, the new trend in restaurant culture of linking farm to restaurant enhances freshness and flavor. So eat out and eat local, your taste buds will be able to tell.
With Fairway open, a water taxi running to Manhattan and IKEA on the way, it is now the time to wander the streets of Red Hook and discover where the old cobblestone meets the new construction. Along the way, The Good Fork is a good find.

The menu was nicely varied with ethnic tastes. The Asian accent is first tasted in the tempura zucchini blossoms with manchego cheese and piquillo pepper puree ($10). This deep fried dish slightly overwhelmed the delicate taste of the blossoms rather than accent them, but the cheese and peppers traditional to Spain made it a tasty, unique treat. Also, as a starter, the organic mixed green salad and homemade pickled vegetables was fresh and flavorful, the house dressing was a bit heavy on the mustard seasoning ($5).

For the main course, the ravioli stuffed with arugula, mushroom and ricotta and topped with pine nuts and Parmesan brown butter was satisfyingly salty, nutty and rich ($12). As an additional treat, the arugula was grown by local Red Hook teenagers at the Added Value farm. I must admit that my palate is not quite refined enough to actually taste exactly where the arugula came from, but just knowing that my dinner helped to support a great organization was enough to add something special to the dish.

The Good Fork also re-invents the traditional breakfast "steak and eggs" for dinner Korean style. My dinner companion felt it captured the “Seole” of Korea with a perfectly grilled skirt steak, topped with a fried egg and a side of savory kimchee rice ($17). The chef is also happy to substitute tofu for the steak for $12. A variety of sides are also available, I highly recommend the potato-parsnip mash ($5).

The drink list included a variety of red and white wines for $5-8 a glass. There are also a number of creative cocktails like the Red Hook Cooler which combines mint, lemon juice, and gin ($7).

A decent meal becomes divine when dessert is delicious. The flourless chocolate cake with crème anglaise ($6) was flawless. The light texture was perfectly balanced with the rich flavor. The warm apple tart with vanilla ice cream and caramel sauce ($6) managed to be simultaneously wonderfully crispy and creamy.

The Queen Mary II now docks in Red Hook so it is appropriate that this other new addition to the neighborhood, The Good Fork, has subtle nautical décor and a striking curved wooden ceiling that evokes a boat cabin. So travel over to South Brooklyn, try the cuisine and don’t skip dessert.
The Grapevine: What is your undergraduate degree?

Ellie Krieger: I got my undergraduate degree in clinical nutrition from Cornell.

TG: How did you come to TC and nutrition?

EK: Nutrition has been a passion of mine since high school. I love food and I love the sciences. What could be more perfect?!

By the time I was a senior at Cornell I knew I wanted to focus my nutrition career on media communications. I wanted to be in NYC and TC offered a top-notch nutrition program with a media emphasis.

TG: What degree did you receive from TC? Are you an RD?

EK: I received an MS in nutrition education from TC and I completed my dietetic internship through TC. Yes, I am an RD.

TG: What is your most memorable TC experience? Most memorable TC class?

EK: My most memorable experiences at TC were with Joan Gussow. She offered me a profound new way of thinking about nutrition, considering its political and environmental aspects. Her environmental nutrition class was one of the most eye-opening classes I have ever taken.

TG: Where do you currently work?

EK: I have been self employed since graduating from TC. I have a new show on Food Network called Healthy Appetite, which airs Saturdays at 1pm, and I recently published my first book, Small Changes, Big Results – a 12-Week Action Plan to a Better Life (Clarkson Potter). I also write for magazines and do some spokesperson work.

TG: What is your job title? Job responsibilities?

EK: That’s a tough one. TV Host, Author, Freelance writer, Nutrition Consultant, Cook, Recipe developer... I wear many hats.

TG: What do you like most/least about your work?

EK: I love being able to reach so many people with the health messages I feel so passionately about. The media gives you a voice that can be heard by millions of people. It is thrilling. I enjoy how my job is constantly changing and unpredictable. It is an exciting way to live. But the flip-side is that there is very little security in it and you need to be very resilient. That has been very tough at times. I also relish the creative aspect of my job. Writing, developing recipes, and on-air performing are all very creative processes.

TG: How did you break into writing for the popular press?

EK: I broke in very gradually, writing for small local publications for very little money and sometimes for free. I gradually acquired a portfolio of clippings and I built relationships with editors who moved to national publications and continued to offer me assignments. As time went on I connected with more and more editors, sent query letters, did a lot of follow-up and built a solid reputation.

TG: What are your future career goals?

EK: I would like to build on the foundation I have in place with my television and writing work and enlighten more and more people about the joys and how-to's of eating well and living a healthy life.

TG: What other jobs have you held besides your current position?

EK: I was in private practice for more than ten years. And I was a model with Wilhelmina models from 1989-2000.

TG: What do you like to do in your free time?

EK: I try to spend a lot of time with my daughter Isabella, who is almost 4. In my “me time” (what little there is) I love to do yoga, go hiking and biking. I also enjoy playing the guitar and reading novels.

TG: What advice or words of wisdom can you offer TC students?

EK: Practice the area of nutrition that genuinely inspires you. If you have the passion and you work hard you will be successful. Sometimes you have to take a job or do work that you don’t love in order to pay your dues (and/or the bills), but don’t get caught up in all the “shoulds” There are many different paths to follow or blaze.
2005
Lily S. Hsu, EdD, RD (Nutrition and Education) is the dean for Health, Human Services, and Education programs at Massachusetts Bay Community College. These programs offer certificate and associates degree options. As an academic leader, her tasks involve curriculum development, assessments, budget, supervision of staff and faculty, policy development, and resume development. lilyshsu@gmail.com

2003
Yu-Yao (Kevin) Cheng, EdD (Nutrition and Education) is a postdoctoral research fellow at the Institute of Biomedical Sciences, Academia Sinica (www.ibms.sinica.edu.tw) where he conducts nutritional and epidemiological studies, coordinates academic affairs, and provides academic advice to research staff and doctoral/master’s students. yc136@columbia.edu, yc136cu@netscape.net

2001
Toby Jane Hindin, MS, EdD, NYS-LN, DC-LN, CNS (Nutrition and Education, Community Nutrition Education) works for Advanstar Communications where she is the editor-in-chief for Applied Clinical Trials magazine. She oversees editorial aspects of the magazine including managing the editorial staff, attending global conferences, conducting round tables and webinars, and overseeing content of web pages. www.actmagazine.com, tjhindin@verizon.net

1999
Lorna Henry (Shepherd), EdD, RD, LD (Nutrition and Public Health- 1999, Community Nutrition Education- 1994) is the founder/owner of Shepherd’s Nutrition Counseling (SNC) private practice. Look out for her new book The Shepherd’s Diet Plan. Production begins in July 2006 and will be marketed nationwide. Lorna plans on writing many more nutrition and inspirational books in the future while her private practice continues to grow from 271 current clients to an anticipated 400+ by the end of the year. Prior to starting her own business, she worked as an assistant professor and college department administrator where she was responsible for day-to-day management of practice, financial planning/management, advertisement/referral networking, and patient/client consultations. Since graduating TC, Lorna has remarried and is extremely happy. Her husband Greg is also a business owner in Georgia and her 16-year-old son, Sedek, is an honor student and high school senior who is preparing for college in 2007. Ashley, now seven, is also an excellent student and is always on the principal’s list. Lorna and her family have been residing in Lithonia, Georgia for the past five years. www.sncenterprises.net, lornashepherd@yahoo.com

1992
Lora Sporny, MA, EdD (Nutrition and Education) is an adjunct professor in the Nutrition and Education Program at Teachers College, Columbia University. golora@msn.com

1984
Wan Manan, EdD (Community Nutrition Education-1981, Nutrition and Public Health-1984) is a professor of Nutrition and Public Health at the Universiti Sains Malaysia where he teaches, conducts research, and supervises students. wanmanan@kb.usm.my

(Continued on Page 16)
(Continued from Page 15)

1983
Betsy Haughton, EdD, RD, LDN (Nutrition and Public Health) is a professor at the University of Tennessee as well as the Director of the Public Health Nutrition Program. There she teaches undergraduate and graduate classes, conducts research, and provides public and institutional services. Haughton@utk.edu

1981
Lorraine Handler Sirota, EdD, RD, CDN, FADA (Nutrition and Education) is an associate professor at Brooklyn College, City University of New York. She has taught a number of graduate and undergraduate courses in the field and currently teaches Geriatric Nutrition, Community Nutrition Education, Nutrition and Exercise, and Fundamentals of Nutrition. She also provides counseling and mentoring as well as conducts research for the University. Isuesir@aol.com

1980
Arlene Spark, EdD, RD, FADA, FACN (Nutrition and Education- 1980, Community Nutrition Education- 1973, Nutrition and Public Health- 1972) is an associate professor and coordinator of nutrition programs at Hunter College where she teaches, conducts research, and coordinates the BS and MPH degree curriculums as well as the dietetic internships. She is also completing a public health nutrition book for CRC Press (2007). aspark@huntercuny.edu

Patricia Giblin Wolman, EdD, RD (Nutrition and Education) is a department chair and director of graduate studies for the Department of Human Nutrition at Winthrop University. wolmanp@winthrop.edu

1983
Marcia C. Miller, EdD, RD, CDN, CFCS (Nutrition and Education) is retired. Marstan18@msn.com

1969
Susana Judith Icaza, EdD (Nutrition and Education) is a (retired) dietitian, public health nutritionist, and nutrition educator. Her last position was as a regional advisor in nutrition education for WHO/Pan American Health Organization. There she promoted curriculum development, organized seminars and meetings for the discussion of teaching methods and evaluation procedures in the School of Nutrition and Dietetics of Latin America. She currently attends consultation requests from the School of Nutrition of the University of Panama and the Association of Nutritionists-Dietitians of Panama. Susana@icaza.org

1967
Margaret Belais Salmon, MS, RD, LD (Nutrition and Education) practices as a clinical dietitian at Rockland Psychiatric Center where she is responsible for patients in four units. She observes food intake of patients, interviews patients, assists patients with diets, and completes nutrition assessments as well as supervises food service employees. She is the author of Soy Discoveries! Over 700 quick soy recipes and Food Facts for Teenagers and Pre-teens (second edition published by Charles C Thomas). salmonhp@yahoo.com

(Continued on Page 17)
1950
Margaret Jolley, EdD (Nutrition and Education) held her last position before retirement as Dean of the College of Life Sciences at Nicholls States University. mvjolley@bellsouth.net

Mildred J Roush, RD, PDIPLM (Nutrition and Education) is currently a retired dietitian. Previously she worked at Colorado State University Intercollege Exchange with University of Peshawar, Pakistan and set up the Department of Nutrition.

1948
Marian Melby Abbott, MA (Nutrition and Education) completed her ADA internship in 1946 at the University of Michigan. She is now retired.

1945
Dorothy Abel Rosner, MA (Nutrition and Education) relocated to California in 2003 after a career of teaching Home Economics and Nutrition, followed by a career in real estate sales. She now heads the AARP chapter in San Jose dealing with senior issues.

1943
Virginia Rogers Cushing, MA (Nutrition and Education) also received her MS in Science Teaching from American University in 1972. In 1944-1949 she got her teaching credentials and taught math and science in overseas school as well as in Fairfax, Virginia for over 25 years. Additionally, she worked as a German-language translator. Virginia, her husband, and the rest of the family are all healthy and she attributes this partially to providing nutritionally sound food for all of them in the Congo (1961-1965) during famine.

Want to learn more about the alumni you read about here?

Nominate someone for the next Alumni Spotlight by writing to us at Grapevine@columbia.edu.

Students are also welcome to contact alumni via e-mail.
Though she is from just over the East River in Queens, NY, Kristin Manicelli comes to TC via France where she lived during the Mad Cow scare. It led her to read up on food production and food-health relationships. After returning to NYC, she worked for a year as a nutrition educator for adolescents at the Harlem Children’s Zone, where there were ups and downs:

I loved this position, but I was also frustrated that the young people I worked with had very little access to the healthful foods that would form the foundation of a good diet.

Kristin currently works as a research assistant for the I-CARE project, a study promoting healthy vision practices in people with diabetes. She is passionate about this work because an eye exam is the only way to detect retinopathy and prevent blindness. She shares with us that,

The scariest part about it is that some of the people I call don’t even know that they have diabetes, or they don’t really understand how serious the disease is. I hope all of my fellow classmates in nutrition education can change that!

A second job allows Kristin to travel, and she takes the opportunity to learn about regional food availability.

I went to Florida recently, and the supermarket there carried seven varieties of oranges—every one grown in California. One day I hope Floridians will have access to Florida oranges, and New Yorkers to NY State apples; and that is essentially why I’m here.

Looking forward, Kristin wants to take her general interest in food system reform to work with major food purchasing institutions, like schools and hospitals, to buy more locally and responsibly grown food. She’s also interested in public policy related to food production and distribution (e.g. farm subsidies, FDA regulations). Potentially, she even sees herself becoming a lawyer to lobby against big agribusiness.

I just hope that by the time I retire I will have contributed to the existence of better quality food and healthier communities. To that end, would everyone reading this please ask their local grocer or bodega to make one positive change in their food offerings? That would be a start.

In her free time, she enjoys cooking, eating, and talking about food. She also loves to explore grocery stores to scope out what they have to offer.

At a Glance
Undergraduate degree: Chemistry
TC Major: Nutrition and Public Health
RD: Not yet, but plans to become one
Graduation: Spring 2008

Have you seen GRAPEVINE ONLINE yet? Check it out at www.tc.columbia.edu/GRAPEVINE today!
Hairnets, aprons, and dishpan hands, Oh my! This is what immediately came to mind when I first started the food service rotation of the dietetic internship this past spring. As I pulled up to the large office property of EAB/Reckson Plaza located on Long Island, I didn’t know what to expect since this was going to be my first food service experience. I was greeted with smiles and a warm welcome from my preceptor and the employees, which helped ease my preconceived fears of food service. My preceptor, the executive chef, informed me that my experience at EAB/Reckson Plaza would be whatever I made of it. I would be able to use my time at the facility to shadow him, complete my assignments from the foodservice class, ask questions about foodservice operations, and help in food preparation and service as needed. Because I lacked experience in the food service industry I needed to get my hands dirty, and find out exactly what actually goes into preparing an appealing and delicious meal. I soon came to realize the enormous amount of responsibility that goes into a running a food service facility.

Highlights of working at EAB/Reckson Plaza start with the independence I was given in devising my own educational plan for the rotation. Fortunately, my preceptor gave me the time I needed to complete my assignments, and was available to assist me whenever necessary. Shadowing my preceptor gave me valuable experience toward managing a food service facility. He showed me everything that encompasses food service including specifics in food preparation. I learned how to select vendors via comparison bidding, the workflow of the facility, quality improvement programs, menu planning, costing a menu, determining the yield of recipes to make recommendations for food production, purchasing and ad forecasting, developing recipes, cafeteria promotion, and food safety. The staff employees were some of the nicest people I have ever met, and they supported me when I needed assistance. The food service employees at my facility take their jobs very seriously, which is inspiring. I could not have asked for a better work environment. Both my preceptor and staff employees showed appreciation for my work, even when I made a mistake or two.

The only thing about the foodservice rotation that I would change is having a more nutritional approach in menu planning.

My advice for future interns is to go into your foodservice rotation being eager to learn everything about the facility. Make the most of your food service internship experience because it is your opportunity to learn about food from the time it enters a food service facility through the time it becomes leftover waste. As far as hairnets, aprons, and dishpan hands – they are, indeed, a part of foodservice. We may not look stylish but the experience is well worth it!
Breastfeeding or Else: The Challenge for Nutrition Educators

Determinant in the breastfeeding decision. Socio-economic, cultural, physiological and emotional factors also have significant impact.

For African-Americans, who have the lowest breastfeeding rates among minority groups, the legacy of slavery has contributed to a modern-day preference for formula feeding. Slave women grew to associate breastfeeding with negative and painful experiences such as rape and sexual assault, since these horrors sometimes befall mothers when they exposed their breasts to nurse. Breastfeeding was viewed as a dangerous form of infant-mother dependency at a time when infants and mothers were frequently separated by the slave trade. Slave women were sometimes forced into working as wet nurses for white children at the neglect of their own infants, and others were worked so hard in the fields that they could not produce milk. Consequently, little social support for breastfeeding has developed within the black community, and few role models exist to teach this skill to today’s new mothers.

On the other hand, foreign-born black women, as well as foreign-born Hispanic and Asian women, tend to breastfeed at much higher rates than their U.S.-born sisters. This reinforces the notion that there is something about the American experience that impacts attitudes about breastfeeding.

Perhaps the strongest factor affecting infant feeding decisions today is women’s early return to work. At least 60% of all mothers return to work within a few months of giving birth, and since few employers provide extended maternity leave or facilities devoted to breast pumping, most women drastically reduce or give up breastfeeding all together. Salaried women who try to pump milk at work lack privacy and social acceptance. Women paid hourly wages may not even be allowed short breaks to pump milk (despite the fact that smoking breaks are still widely acceptable).

Other barriers to breastfeeding include: poor body image, fear of breast changes, nipple soreness, and serious maternal illness. There are also some physiological problems that limit breastfeeding capacity, including mastectomies or cosmetic breast surgery. Some lactation consultants, however, claim that cases of total breastfeeding impairment are very rare. They insist that if the breast is stimulated by an infant’s suckling, the amount of milk produced will equal that which the baby requires. In contrast, RD Lauren Brandel of Blythedale Children’s Hospital in Valhalla, NY, says that physical stress, exhaustion, and particularly the emotional stress of having a very sick baby, can greatly inhibit lactation. She says that it is common for mothers of critically ill infants to find that they cannot produce, or can produce only very little, milk due to the release of powerful stress hormones under such circumstances.

This new information about the direct links between breastfeeding and optimal health presents nutrition professionals with an important challenge. The majority of nutrition education studies performed over the past decade suggest that conveying “how-to” and “why-to” knowledge is not enough to get more women to breastfeed. They suggest that the very intimate nature of breastfeeding requires a focus on changing attitudes, both individual and societal, as well as changing social norms. Not only will the public need to learn to regard breastfeeding as natural and acceptable, but since the majority of mothers re-enter the work force, employers must make time and space for breastfeeding. For now, nutrition professionals can continue to encourage individuals to breastfeed, and to lobby Congress to continue supporting breastfeeding in every public and private space. They can also learn to target the individual and population-specific variables which make the biggest difference in the infant feeding decision.
A research article co-authored by our Nutrition Program Coordinator Isobel Contento and published in the *Journal of Nutrition Education* in 2001 reveals the food choice behaviors of adolescents. In this study, 651 High School seniors were interviewed on their opinions of food system practices. The purpose of this cross-sectional study is to describe adolescents’ views and behaviors related to foods produced organically or locally, as well as to examine the relationship between adolescents’ views and behaviors. Researchers found that about 60% of the adolescents shopped for themselves, while 46% reported shopping for their family, and 83% cooked food at home. Approximately 70% of the adolescents understood that conventional farming techniques involved the use of pesticides or herbicides and about 51% agreed that these techniques are harmful to the environment and need to be changed. Approximately 74% of the adolescents agreed that organic foods are better for the environment and personal health. Overall, the importance of taste when choosing foods was agreed upon by 93% of the teens and 45% of the teens said that organic foods tasted better. However, 61% of adolescents did not report feeling a responsibility to buy organic foods in order to help change food production practices. Researchers concluded that organic and locally grown foods should be made available despite the fact that how or where foods are grown does not seem important to adolescents personally. However, implications from the study suggest that food and nutrition educators may effectively target the adolescent population by providing them with a conceptual understanding of the issues surrounding food production. Moreover, it is important to provide more opportunities for teens to examine psychosocial factors such as attitudes and sense of responsibility towards food production.


A second research study authored by one of our faculty Randi Wolf and published in the *Am J Clinical Nutrition* focuses on the relationship between vitamin and mineral antioxidants and bone mineral density (BMD). This study included a sample of 11,068 women aged 50 to 79 years. All women were enrolled in the Women’s Health Initiative (WHI) observational study. Women taking oral glucocorticoids, bisphosphonates, calcitonin or tamoxifen were excluded. Diet intake was assessed via a FFQ. Nutrient analysis was conducted for vitamin A, beta-carotene, vitamin C, vitamin E, and selenium. Additional measures included weight, height, waist circumference, BMI and BMD via DXA scan. Baseline serum antioxidant levels were tested in 379 randomly selected participants. Observed effects of antioxidant levels were inconsistent across different BMD sites (i.e. hip, spine, femoral neck). Main findings were that higher BMD was not associated with higher dietary intake or serum concentrations of antioxidants. However, researchers did observe a significant interaction between the total intake of vitamin C and hormone therapy (HT) use. HT seemed to be more beneficial to women taking greater amounts of vitamin C. Researchers attributed this finding to the role of vitamin C in collagen formation in the bone matrix. Limitations to the study include other confounding factors in BMD, unknown latent period, and the fact that certain antioxidants may have serum concentrations that are too low in the body in order to exert a significant individual effect. This study warrants the recommendation for future research to investigate the relationship between antioxidants and BMD among individuals with lower concentrations of antioxidants, as well as a focus on the relationship of whole food groups instead of select antioxidants.

From ADA: All school districts participating in the National School Lunch Program must have their school wellness policies in place by July 1, 2006. What are your thoughts and perceptions on the local wellness policies and their impact on school lunch and nutrition? ADA has posted a short 10-minute questionnaire on the Web that you can complete anonymously. The ADA will post the survey results on the ADA Web site for members, and share them with the 3-A-Day of Dairy program partner organizations. Funding for the survey was provided by the National Dairy Council. To participate, go to: http://www.impulseresearch.com/ADA/ada.htm

NYT reports: New industrial processes, including one that involves a protein cloned from the blood of an Arctic Ocean fish, have allowed manufacturers to produce very creamy, dense, reduced-fat ice creams with fewer additives. [snip] This ingredient, called an ice-structuring protein, has been approved by the Food and Drug Administration, and is used by Unilever to make some products in the United States, like some Popsicles and a new line of Breyers Light Double Churned ice cream bars. (07.26.2006)

SNE’s news: SNE has established a new division – The Healthy Aging Division. The goal of this division is to provide a forum for SNE members to network, stimulate research, and optimize nutrition-related quality of life for older adults through improved nutrition education and behavior and policy development. For more information, contact Mary Meck Higgins at: mhiggins@humec.ksu.edu

NYT reports: Recently, a small group of farmers and entrepreneurs have come up with creative ways to get fresh local meat to the lucrative New York market by figuring out how to get the meat processed. So many slaughterhouses have closed in recent years, because of increases in costs and the tightening of regulations, that farmers must wait for months and often drive 100 miles or more to have animals processed…. priciest pieces [go] to places like Mas and Il Buco in Manhattan and less expensive cuts and hamburger meat to neighborhood places like Diner and Sparky’s in Williamsburg, Brooklyn. (07.26.2006)

### Important Dates to Remember

#### August 2006

- **Mon. 7** Registration for the Autumn Term for continuing students via web and touch-tone registration begins
- **Thur. 31** Beginning of occupancy in Teachers College residence halls for new students attending Autumn Term.

#### September 2006

- **Fri. 1** Last day to submit, to the Registrar’s Office, formal Master’s essay for the October 18 award of degree
- **Fri.-Tues. 1-5** New Student Experience Program (Orientation).
- **Mon. 4** Labor Day, University Holiday
- **Tues. 5** In-person registration for Autumn Term. Hours 10 am to 7 pm
- **Wed. 6** Classes begin. Autumn Term 2006.
- **Wed.-Fri. 6-8** Registration and add/drop period. Hours 9:30am to 6pm. Wednesday and Thursday 9:30am to 5pm, Friday advisors available from 3-5pm.
- **Thur. 7** Last day to file application for Doctoral Certification Examination (Ed.D/Ph.D) to be given October 20 or October 27.
- **Thur. 14** Last day to file notification in Office of Doctoral Studies of intention to defend Ed.D and Ph.D dissertations during the Autumn Term 2006.
- **Tues. 19** Last day to add and drop courses for the Autumn 2006 term, file a Certificate of Equivalency, and enroll in Student Health Service and Student Medical Insurance programs.
- **Wed. 20** Requests for late registration under exceptional circumstances on or after this date require Registrar’s approval and payment of $100 late fee.
- **Mon. 25** Last day to deposit Ed.D dissertation and abstracts, which have been corrected in accordance with Dissertation Secretary’s evaluation, and pay microfilm fee for the October 18 award of degree.
Naeng Myun, A taste of summer in Korea
Recipe by MAGGIE MOON

The broth can be more of an art than a science, but this recipe gives a general idea of the dish. It is culled from watching my mom. Many variations on the theme exist, but these are the basics. Try Kum Gang San at 49 West 32nd Street to have the dish expertly prepared by a chef with 40 years of experience with it.

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Buckwheat noodles from a Korean grocery store - ask for naeng myun – other listed ingredients may/may not include: sweet potato starch, wheat, and salt.</td>
</tr>
<tr>
<td>1 carton</td>
<td>Organic beef broth (or make your own)</td>
</tr>
<tr>
<td>To taste</td>
<td>Sea salt</td>
</tr>
<tr>
<td>To taste</td>
<td>Vinegar (brown rice vinegar is best, white vinegar will do)</td>
</tr>
<tr>
<td>To taste</td>
<td>Hot mustard</td>
</tr>
<tr>
<td>1</td>
<td>Cucumber, sliced into thin strips about 2 inches long</td>
</tr>
<tr>
<td>1</td>
<td>Asian pear, peeled and thinly sliced (can substitute apples, pears, or nectarines)</td>
</tr>
<tr>
<td>1/person</td>
<td>Soft boiled egg</td>
</tr>
<tr>
<td></td>
<td>Ice cubes</td>
</tr>
</tbody>
</table>

Instructions

1. Prepare (or buy) beef broth, and refrigerate to cool. You may add hot mustard, vinegar, and/or sea salt to taste. It should have a refreshing tang.

2. Cook buckwheat noodles in boiling water for 20 seconds or until just al dente. Remove immediately and rinse in cold water to stop cooking process. Rinse again in ice water to keep noodles crisp. Drain and keep cold.


5. Slice fruit (Asian pears work well, but you can also use apples or nectarines) into thin, round, flat slices. Keep cold.

6. When all ingredients are cool, assemble each bowl: arrange noodles in a large bowl; top with cucumbers and fruit; set two egg halves in bowl; then pour in ample cold broth to cover up to ¾ of the noodles. Additional ice cubes may be placed in the bowl. Repeat for each bowl.
Mango Salsa

This recipe is from Ellie Krieger’s Healthy Appetite show on the Food Network. It is delicious for the summertime, perhaps topping a nice piece of fish or chicken.

**Ingredients**

- 1 mango, peeled and diced
- 1/2 cup peeled, diced cucumber
- 1 tablespoon finely chopped jalapeno
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro leaves
- Salt and pepper

**Directions**

1. Combine the mango, cucumber, jalapeno, red onion, lime juice and cilantro leaves and mix well.
2. Season with salt and pepper, to taste.

---

Triple Melon Smoothie

Source: www.metrokc.gov

This is an editor’s favorite pick for August. Who can resist a mouth watering, refreshing smoothie on a hot summer day?

**Ingredients**

- 1 cup low-fat peach yogurt
- 1 cup skim milk
- 1/2 cup watermelon, chopped and seeds removed
- 1/2 cup cantaloupe, chopped
- 1/2 cup honeydew melon, chopped
- 4 ice cubes

**Directions:**

1. Put yogurt, milk, and watermelon in blender and blend on high for 20 seconds
2. Add cantaloupe, honeydew, and ice cubes and blend on high until smoothie reaches desired consistency.
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:

1. Your Name
2. Program of Study
3. News brief title
4. Summary of your idea in 4-5 sentences
5. Correspondence information: E-mail address, phone number, and current mailing address

Send your ideas via E-mail to: GRAPEVINE@columbia.edu.