Spring Challenge contestants gear up for high-stakes finale

For the past week, ten student teams participating in HSPH's first-ever Spring Challenge have been learning the ins and outs of the legislative process and brainstorming on ways to put their big ideas into practice. On Friday, March 30, each team will present a policy memo recommending ways to integrate prevention, wellness, and other public health initiatives into health care payment and financing reform efforts currently underway in Massachusetts. The winning team will deliver its recommendations to an audience of high-level decision makers at the Massachusetts State House.

Read more

The final competition is open to the public and will be held on March 30 from 3:00-4:30 PM in the Joseph B. Martin Conference Center, Pechet room.

Pictured: Challenge participants with Dean Julio Frenk, faculty advisors, and guest speakers. Photo by Aubrey LaMedica

Sign up by March 31 to "Take the Stairs" in April

The Take the Stairs campaign is an initiative aimed at increasing physical activity, improving health, and reducing our environmental impact at HSPH (by using the elevator less and thereby using less energy). Each year, hundreds of members of the HSPH community sign up to compete against each other, putting their best foot forward, striving to reach the highest of peaks around the world. This year's goal: Antarctica's 16,067 ft. Vinson Massif.

Read more

Event highlights

Dean's Distinguished Lecture: book presentation

Relaxation Revolution
Author and Keynote: Herbert Benson
With remarks by Lilian Cheung and Dean Julio Frenk

April 4
4:00-5:00 PM
Kresge G-3
Reception to follow

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**Learn more and register your team**

**Vegetarian recipes for a Healthy Eating Plate**

"Go with plants" is one quick tip for following Harvard's [Healthy Eating Plate](http://www.hsph.harvard.edu/healthy-eating-plate/). To put that tip into practice, acclaimed cookbook author Mollie Katzen and Harvard University Dining Services have cooked up a meatless version of the Healthy Eating Plate. Crispy coconut tofu or "cozy" mashed red lentils anchor the protein portion of the plate. Colorful vegetables and fruits--baby greens, eggplant, squash, dates, pomegranate, and more--offer delicious ways to fill half your plate with produce. For whole grains, quick-cooking, fiber-rich bulgur gets dressed up with tomatoes, walnuts, and herbs. Try these six new recipes:

- Cozy Red Lentil Mash
- Thai Eggplant Salad with Coconut Tofu Strips
- Garlic-Braised Greens
- Roasted Squash with Pomegranate
- Simple Celery Date Salad
- Fantastic Bulgur Dish

*Read quick tips for following the Healthy Eating Plate.*

**Questioning the safety and necessity of flame retardants**

Did you know that your couch most likely contains up to a pound of flame retardants? And that these are toxic chemicals that may cause cancer, harm reproductive health, or adversely impact brain development? Guest speaker Arlene Blum, a biophysical chemist, recently described to an HSPH audience the potential public health dangers of flame retardants and her efforts to keep these substances out of everything from sofas to nursing pillows.

*Read more*

**Around the School**

**Time to schedule your performance review**

Visit the HSPH Performance Management site for forms and tips. All reviews must be submitted to HR by April 30.

**8th Annual Public Health Leadership Forum: Mandating Public Health**

April 11, 1:00-5:00 PM, Massachusetts Medical Society. HSPH is cosponsoring this continuing medical education conference.