MESSAGE FROM THE CHAIR

To our Nutrition community,

I hope the summer, now winding down, has been a good one for everyone. The past academic year was a challenging time for everyone as the national economic stresses were felt closer to home than before, and we have all had to do more with fewer resources. Hopefully with the slightly slower pace of July and August you found some time to enjoy family and our great New England outdoors. Personally, this was a good time for me, and with the help of many people, *Nutritional Epidemiology, Third Edition* should be in the hands of the printers by now.

Despite the stresses of this year, our department has been able to maintain our extraordinarily high level of research productivity and educational achievement, and I am deeply grateful for the extra efforts of so many people who made this possible. Despite delays, budget restructuring, and many unexpected twists and turns, we just received official notice that the Health Professionals Follow-up Study has been funded for another five years. Also, we put together a top-notch proposal for the next five years of funding for the Nurses’ Health Study II, and I am highly optimistic that this too will eventually be funded. Many other proposals also received funding, which attests to the quality of our faculty and administrative staff, given the challenging environment in the research world.

In June we graduated five doctoral students, which I think is our highest number of graduates ever. Our graduates and postdoctoral fellows have continued to find faculty positions in top-notch institutions around the world; this is a bittersweet experience for us because we have developed close relationships while they were here, but it also gives me the greatest pride to know that our trainees will continue to be international leaders in nutrition and public health. They are our most important ‘product’.

This new academic year promises to be especially exciting as HSPH ramps up for the celebration of our 100th year anniversary. We are welcoming another group of eight stellar doctoral students in nutrition from five different countries. On the scientific side, the opportunities are increasing rapidly as we can integrate new technologies to examine the human microbiome and metabolic pathways with our extensive data on genetics and decades of information on diet and physical activity. Also, we are substantially increasing our capacity to link our biological findings with clinical practice and policy. All of this translates to making our department THE place to be in nutrition as it relates to public health.

To help us get the academic year off to a great start, and to talk to department members who you may not meet every day, I hope you already have September 8 on your calendar for our departmental picnic in New Hampshire. Transportation, food, beverages and great company will be provided, and I hope to see everyone there.

With best wishes,

Walter Willett
MEET OUR NEWEST FACULTY MEMBER!
by Hilary Farmer

Josiemer Mattei, PhD, MPH has recently joined our faculty as an Assistant Professor of Nutrition. Dr. Mattei will contribute to several areas of research in our Department. Expanding upon her current work, she will investigate the nutritional and genetic contributors to chronic diseases in ethnic groups, focusing specifically on Latinos, and how genetic variants and the quality of their diet may shape racial/ethnic disparities in obesity, diabetes, and other cardiometabolic conditions. Dr. Mattei plans to implement dietary interventions and community programs for disease prevention among Latinos in the US and in Latin America in collaboration with HSPH’s Global Nutrition and Epidemiology Transition Initiative. We’ve asked Dr. Mattei to answer a few questions below so we could all learn more about her work and herself. Let’s all take a minute to welcome her to the Department of Nutrition!

HF: How might the quality of diet of ethnic groups such as Latinos in the US and Latin America shape disparities among populations and the increase in obesity and type 2 diabetes?

JM: Diet is a well-known risk factor for chronic metabolic diseases, and the poor dietary habits that some minority groups have adopted may contribute to a high prevalence of these conditions. Unfortunately, other disadvantages experienced by minorities in the US—lower socioeconomic status, less education, and psychosocial stressors—worsen their poor dietary choices. In Latin America, the increase in chronic diseases responds to an adverse transition from traditional healthy foods and lifestyles into inadequate diets and sedentary lives, partly due to globalization and urbanization.

HF: What efforts are you undertaking to develop culturally-tailored dietary interventions that would improve diet quality among Latino communities?

JM: We are investigating the food choices and behaviors of Latinos, and how these are associated with chronic diseases, so that we can tailor recommendations on which foods to reduce or to promote, addressing the quality of the whole diet rather than one nutrient. Understanding the cultural factors that drive food choices will also help us frame the interventions better. For example, we’d suggest cutting sugary ‘nectar’ beverages, rich desserts, and ‘frituras’, while encouraging beans, root vegetables, and traditional fish, fruits and vegetables, using approaches that are accepted by Latinos.

HF: How do you incorporate your work on the effect of gene variants on metabolic diseases with your work in nutrition and health disparities?

JM: As much as diet contributes to disease, some genes also shape physiological outcomes. I look at
the unique genetic profile of Latino subgroups to determine if it may influence predisposition to disease, and how the combined effect of gene and diet specific to these groups may represent a double-whammy on disparities. The goal is to better tailor dietary messages to each genetically-interrelated group to prevent disease.

**HF:** When and how did you first become interested in this kind of nutrition research?

**JM:** Nutrition has been my passion since high school, when the obesity epidemic was booming in Puerto Rico, and unhealthy foods were the norm. I read all about how nutrients affected our bodies, but I struggled to find the recommended foods or the nutritional information that made sense for me. I started my undergraduate studies in microbiology, but kept reading the latest nutritional research and dreamed of a career that would merge public health nutrition and my scientific training. After college, I worked as DNA Study Coordinator for the Framingham Heart Study, where I learned about genetic and nutritional epidemiology. It was there that I found my calling! I went on to pursue a PhD/MPH at Tufts University, which neatly combined the science, the practice, and the passion.

**HF:** What brought you to the Harvard School of Public Health?

**JM:** The level of expertise and resources are truly unparalleled, and that was certainly a big draw, but I also noticed right away a forward-thinking and open environment, and a great sense of community that supported the individual as well as the science. The multi-level approach to public health also cinched me in—truly going from cell to society.

**HF:** Where did you study/work before you came here?

**JM:** I had the opportunity to be a Visiting Assistant Professor at Northeastern University, where I taught undergraduate nutrition. It was a wonderful experience, not only to learn teaching skills, but to advise and interact with these young students.

**HF:** What do you do in your spare time when you’re not here doing your research?

**JM:** My family and I love to travel around New England and we try to visit a different city as often as we can. I’m also an avid runner, sports fan (Go Patriots!), and reader (Latin American literature). I volunteer for a local dog rescue organization, where we adopted our Boston Terrier.

**HF:** You do so much work on designing dietary programs for others . . . . . . what kinds of food do you yourself like to eat, and what do you like to cook at home?

**JM:** I love traditional Puerto Rican cooking, with its savory herbs, seasonings and sauces. We have a large Puerto Rican community here in Boston, so I can easily find all the goodies that I need: beans, plantains, tubers, avocados, mangoes, and fine coffee. But my family and I have expanded our taste tremendously and we enjoy many other cuisines and keep our menus richly diverse. However, I admit that I cannot resist a scrumptious sweet, especially dark chocolate and Puerto Rican pastries.

**HF:** What do you consider your greatest success?

**JM:** Having a happy family and a balanced life. My husband, daughter, and parents keep me sane, grounded, and positive. They are my foremost motivation for all that I do.

**HF:** What advice do you have for aspiring nutritionists?

**JM:** Identify your passion, what ignites you, and pursue it with all your heart. This will carry you through thick and thin. Find great mentors and colleagues who can guide you and who’ll make this journey more interesting and enjoyable. And persevere!
THE NUTRITION DEPARTMENT WELCOMES OUR NEW AND RETURNING STUDENTS

by Amelia Marsh

We are pleased to announce that eight new doctoral students have entered our various nutrition programs this fall. As you can see, this promises to be an exceptionally talented and diverse group of students, and we hope that they and our other returning students enjoy a most fruitful and productive academic year ahead. Welcome to the Nutrition Department!

**Manar Al Jazzaf** is joining the Nutrition Department from Kuwait. Her concentration will be in Public Health Nutrition, and Dr. Frank Hu will be her advisor. While here she would like to learn how to take part in her country’s development towards improving its public health programs.

**Elizabeth Cespedes** comes to us with a Masters degree in Epidemiology from HSPH. She will also be concentrating in Public Health Nutrition under the guidance of Dr. Kirsten Davison. Elizabeth is interested in both the etiology of chronic disease and in unraveling which prevention and treatment approaches are more effective, and why.

**Katherine Fitzgerald** currently works with Dr. Alberto Ascherio doing statistical programming and analyses. She will continue under his guidance while pursuing a doctoral degree in Nutritional Epidemiology.

**Becky Franckle** was formerly the Project Director at the Boston Public Health Commission, where she worked on a federal grant for the City of Boston. Becky’s concentration will be in the Public Health Nutrition track, and Dr. Kirsten Davison will be her advisor.

**Ugonna Nwosu** joins us from Johns Hopkins University where he received his MD. While at HSPH he wishes to continue his research on the role of nutrition and disease in the Public Health Nutrition track. Ugonna will be under the leadership of Dr. Eric Rimm.

**Dong Wang** will be coming to HSPH from China and plans to pursue his research on multi-ethnic populations and their diets. He will focus on Nutritional Epidemiology while working under Dr. Frank Hu’s leadership.

**Rain Yamamoto** will be joining us from Japan. She received a Masters of Science degree here at Harvard. While at HSPH she will be pursuing her passion in Public Health Nutrition under the leadership of Dr. Frank Sacks.

**Changzheng Yuan** has just completed her Masters of Science degree in Public Health at HSPH. Dr. Walter Willett will be her advisor as she aims to develop environment–behavior–health models that take into account possible diet–health interactions and mediation.

Amelia Marsh, Academic Coordinator, and Patrice Brown, Departmental Coordinator, are always very happy to assist new students with any academic or administrative questions that they may have regarding the department or HSPH. You can find them in Room 305.
RECIPE OF THE MONTH

Expecting company over the weekend? Not quite sure what to serve for dessert? Try this surefire win and culinary delight from Keith Pankratz, Senior Grants Manager. It’s not only delicious—it’s nutritious, too!

Chocolate Tofu Pie

**Ingredients:**
- 13 oz semisweet chocolate chips
- 1 pound silken tofu (drained)
- 1 tablespoon honey
- 1 teaspoon vanilla extract (optional)
- 1 9-inch graham cracker crust (or use crushed-up gluten-free cookies as a healthier substitute)

**Directions:**
Bring water in a saucepan to a simmer over medium heat (enough in a 4-quart saucepan to come 1 inch up the sides). Set a medium metal bowl over the simmering water to double-boil the chocolate chips and vanilla extract, stirring often. Combine melted chocolate, honey, and tofu in a blender, and spin until smooth. Then pour filling into the crust and refrigerate for 2 hours (or until filling sets firm).

NUTRITION DEPARTMENT ANNOUNCEMENTS

Guy Crosby, PhD, Adjunct Associate Professor, has just finished a new book, "The Science of Good Cooking" by the editors of America's Test Kitchen and Guy Crosby, PhD, published by America's Test Kitchen, Brookline, MA, October 2012. Dr. Crosby’s book will be officially launched at a public event at the Museum of Science in Boston on the evening of October 3 (the purchase of tickets is required). For more information, see www.cookingscienceguy.com.

On September 20, Guy Crosby, PhD, will present a webinar on "Tasty Culinary Chemistry" for the American Chemical Society. The webinar is free and available to the public.

Mark your calendar!!! The annual Nutrition Department Picnic will be on Saturday, September 8 at Walter Willett's home in Sanbornton, NH (with a rain date of Sunday, September 9). Family members are welcome. A bus will be available for those who will need a ride. Contact Patrice Brown (pbrown@hsph.harvard.edu) for further information. Maps will be available from Department Office, Room 305. Call (617) 432-4680 if you are questioning the weather on the day of the picnic.
WHAT IS A RESEARCH SCIENTIST?
By Anne Lusk and Kana Wu

Many people may not be aware that there is a non-tenure, professional career track available for highly qualified doctoral researchers who are engaged in long-term, large-scale, or multidisciplinary research. This is the Research Scientist track, and is comparable to the Research Professor track at other universities. Research Scientists may teach (although teaching is not a requirement) and are expected to function as professional researchers and research managers. They write grants, serve as PIs and Co-Investigators, initiate and supervise research projects, and publish manuscripts. Thus, this is a highly viable career path that contains many opportunities for professional advancement and recognition.

These are non-faculty renewable appointments; Research Scientist appointments are highly competitive at Harvard. To become a Research Scientist, an individual must be nominated and pass rigorous criteria.

In the Department of Nutrition, we have seven Research Scientists and three Senior Research Scientists. The Research Scientist track here has only been formalized for a few years, and group identity is still evolving. In the Nutrition Department, our Research Scientists are a very diverse group, and their work covers almost the entire spectrum of public health/nutrition issues. Plans are currently underway to identify shared goals and concerns, and to improve communication for the Research Scientist community.

If you want more details, here is an overview of the Research Scientist track:
Feel free to check out this website or to ask some of the research scientists in our department about this track.

ASK THE EXPERT

We will be running a series of “Ask the Expert” articles in which we ask a member of the department to discuss a current issue in Nutrition Research. This month, we have consulted Ed Giovannucci.

During the dog days of summer, many people take off for the beach to frolic in the sun and cool off in the water. However, some people are now afraid to do this because they worry about the dangers of getting melanoma. In this month’s Ask the Expert column, we asked Dr. Edward Giovannucci, MD, ScD, Professor of Nutrition and Epidemiology, Departments of Nutrition and Epidemiology, to explain the complex interrelationship between vitamin D deficiency, skin cancer, and sun exposure. Dr. Giovannucci specializes in cancer epidemiology.

Editor: There have been a lot of recent health warnings about increased risk of skin cancer and exposure to sunlight. On one hand, people are strongly advised to put on sunscreen every time they go out in the sun, to wear hats and protective clothing, and to stay in the shade as much as possible. In fact, sporting companies now manufacture special clothing that protects the wearer against UV rays. Recent news reports now feature people sporting umbrellas whenever they go out in the sun! On the other hand, several important studies such as your own have shown an association between vitamin D deficiency (which can result from not getting enough sunlight exposure) and increased risk of heart disease, prostate and other cancers, and other chronic diseases. How would you address these conflicting viewpoints? Are these people merely exercising due caution against the dangers of too much sun exposure, or is this unreasonable paranoia about being exposed to any kind of sunlight at all?
Dr. Giovannucci: Throughout human history, some sun exposure was generally considered beneficial to health. In the latter half of the twentieth century, the connection of sun exposure to skin cancer has reversed this thinking. Demonization of almost any sun exposure has intensified in the past several decades. We are cautioned to protect ourselves against any stray photons, to use sun screen with extraordinarily high SPF s, to make sure we cover even our fingernails, and to apply sun screen even when walking from the parking lot to the grocery store. Sun exposure has been equated to cigarette smoking. Some completely ignore these warnings, some take them to heart, and others are confused.

Unquestionably, there are some serious downsides to excessive sun exposure, particularly in those with low skin pigmentation. However, the relationship between sun exposure and melanoma, the most serious potential consequence of overexposure, is complex. It is likely that acute high exposures to sun, leading to sun burns before the age of 35, increases melanoma risk, but chronic lower level exposure does not increase risk, and may possibly even be protective.

What about potential downsides of too little sun exposure? There has been a lot of interest recently in vitamin D. Some evidence has supported beneficial roles of vitamin D for many conditions, including musculoskeletal health, cancer risk, auto-immune diseases, infections, and cardiovascular health, among others. Other than contributing to bone health, the other benefits of vitamin D are not definitively proven. Nonetheless, the evidence for protection against some conditions such as colorectal cancer and multiple sclerosis is quite supportive.

If all of the potential benefits of sun exposure are attributable to vitamin D, the solution perhaps would be to avoid sun and take vitamin D supplements. However, the use of vitamin supplements has received a bad rap recently, perhaps not entirely justifiable. If an individual receives minimal sun exposure, the current recommended intakes of vitamin D are probably too low to achieve even conservative levels of vitamin D adequacy. Additionally, some of the effects of sun exposure can be independent of vitamin D. For example, sun exposure seems to have some effects on immunity that are independent of vitamin D production.

While many uncertainties remain, a balanced approach may be to protect oneself from excessive sun exposure, but not worry about some casual sun exposure—thus, applying sun screen for a 10-minute walk may be unwarranted. Ten to fifteen minutes of sun in a day, even longer for dark skinned individuals, may even be desirable. Vitamin D supplementation at a reasonably high level, such as 1000–1500 IU/day, especially from November to May, would be useful to avoid vitamin D deficiency.
MEET THE NEW POSTDOCS!
By Patrice Brown

The Nutrition Department is pleased to introduce six new postdocs starting in September. These new postdoc additions have very rich, diverse, and international backgrounds. Please take a minute to welcome them to our Department!

**Liana Del Gobbo** has a PhD in Human Nutrition from McGill University, Canada. She will also be working with Dr. Mozaffarian on original research related to policies to improve dietary habits globally as well as on the relations of dietary magnesium with cardiovascular disease.

**Claudia Gehre** has an MPH from the Berlin School of Public Health, Germany. She will be working with Dr. Kirsten Davison on the Mass in Motion initiative to build on community-level experience and related clinical obesity prevention work to develop an integrated intervention in two Mass in Motion cities, Fitchburg and New Bedford. Claudia will also be working with Dr. Steve Gortmaker on the impact of increased water accessibility and water intake in multiple settings on overweight and obesity in children and adolescents.

**Sylvia Ley** has a PhD in Nutritional Sciences from the University of Toronto, Canada. Sylvia will be working with Dr. Frank Hu to investigate the long-term health implications of glucose intolerance in pregnancy. Their study aims to assist in finding risk factors for diabetes and in developing nutritional and other lifestyle prevention strategies specific to high-risk young women and their children.

**Reiko Nishihara** has a PhD in Health Science from Osaka University, Japan. Dr. Nishihara will work with Dr. Edward Giovannucci to examine the relationship between lifestyle factors and genetic and epigenetic alterations in colorectal cancer, utilizing two ongoing prospective cohort studies, the Nurses’ Health Study and Health Professionals Follow-up Study.

**Jessica Smith** has a PhD in Physiology and Endocrinology from Université Laval, Canada. Dr. Smith will be working with Dr. Dariush Mozaffarian on research related to nutrition, obesity, weight change, and related outcomes.

**Liyun Wang** has a PhD in Molecular Biotechnology from Ochanomizu University, Japan. Dr. Wang will be working with Dr. Frank Sacks to study the HDL system in humans by identifying new types of HDL that have diverse functions and determining their metabolic properties and relation to heart disease.
Finance Department Keeps Wheels of Grants Process Running Smoothly

by Hilary Farmer

If you’re like me, the word “finance” immediately conjures up images of dark pin-striped suits, briefcases, Wall Street, and investment bankers. Curious as to what types of functions a small finance department at HSPH actually performs, I decided to find out for myself by interviewing Katrina Soriano (formerly Wright-Singer), its assistant director, about her role here and about Nutrition’s finance department in general. The following conversation ensued.

Katrina, if you could sum up the finance department in one word, what would it be?

KS: Compliance. Basically, we ensure that the Nutrition Department complies with all federal and non-federal regulations for grants (which is our umbrella function). We’re responsible for the management of sponsored awards in the department, financial compliance and reporting, and accounts payable transactions. We assist with pre-award proposal development and post-award grants administration. Our office also coordinates with various central departments around the university, including the Office of Sponsored Programs, central Finance, Accounts Payable, and Travel—to name a few. Above all, our overarching goal is to help facilitate the department’s research and provide a high level of customer service.

Could you please describe a little what this means?

KS: Well, pre-award basically means putting all the different proposals together by reviewing each proposal submitted by an investigator to see that it follows all of the respective sponsors’ and HSPH regulations. We also help our investigators put their grants together and submit them electronically, and we handle subcontracts with collaborators—especially since foreign subcontracts are often quite tricky. Post-award means that after a grant is awarded, Finance again ensures compliance (both administrative and financial) with its sponsor’s guidelines.

This review process sounds rather complex to me? Is it?

KS: Yes, the review process can be quite complex because there is a whole chain of checks and balances in operation here. For example, our grants managers monitor compliance with all the various regulations, but Bristian Justice (accounts payable coordinator) handles all outgoing payments (invoices, reimbursements, participant payments etc.) for the grants. Thus, all transactions and proposals flowing through our office go through several levels of review.

Wow. This all seems pretty interconnected. What else does the finance department do?

KS: We also handle purchase orders, equipment, lab assays—and everything in-between!

Can you tell me a little about the various members of your finance team?

KS: Well, the finance team is composed of myself, Keith Pankratz (senior grants manager), Cassaundra Knight and Tom Armington (both grants managers), Shannon Oriola (finance associate), and Bristian Justice. By the way, Cassaundra and Tom are both newcomers to Nutrition—so let’s all welcome them to the Department!

You mentioned before that you coordinate with various central departments around the University. Could you please expand on this?

KS: Sure, the finance department also serves as a liaison between our faculty and other central departments at Harvard. For example, I’ll often go to outside meetings just to act as a ‘sounding board’ for new ideas proposed by Central (and may object to a proposal that I don’t think will work or
might not be totally feasible). You might call me a ‘sifter’ for policies and procedures that flow from Central to Nutrition; I serve as a conduit of sorts.

**Sounds like you all have got quite a lot on your plate. Is there anything else you would like to add about what Finance does?**

**KS:** We also sponsor temps from local programs such as BRIDGE and ABCD (an urban youth program) in an effort to mentor them so they can build financial skills to enable them to get a full-time job. In fact, we have two temps here right now.

**That’s great. Katrina, can you tell us a little about yourself now?**

**KS:** Before I came to Harvard, I worked at the BU Medical School and Boston Medical Center in research administration on more lab-based studies. I just earned my MA from Harvard Extension School in management, with a focus on nonprofit management. My earlier background was art history and German languages and literature, and I received my BA and certificate in medieval studies at UMass/Amherst.

**Cool. What kind of art do you specialize in?**

**KS:** Mostly oil painting. I previously worked in art galleries and taught at the Acorn School of Art in Marblehead, and I still love to paint and draw in my spare time, as well as sail and play tennis.

**Is there anything else you’d like to add about yourself, Katrina?**

**KS:** I love to travel. I spent 3–1/2 months camping cross-country (in US and in Canada) and I’ve also hosted across Europe. I’ve built houses for Habitat for Humanity in the Mississippi Delta and have gone on an archaeological tour of Israel—where I also went spelunking.

**Do you have a favorite food?**

**KS:** Being a typical New Englander, I have to say I love seafood—especially lobster and scallops!

**Are there any final thoughts you’d like to add?**

**KS:** Yes, I’d like to emphasize that I and the rest of our finance team are all eager to be a resource for the department. For example, we will gladly help the academic community find possible funding sources and sponsors. Because Harvard offers so many resources, knowing what all of them are can be quite confusing for people! Feel free to come see me in Room 310E or contact me anytime (kwright@hpsh.harvard.edu, 617–432–4654). If my door is closed it’s because I’m in there listening to music, so just knock.

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### RECENT NUTRITION GRANT AND FELLOWSHIP AWARDS

The following members of the Nutrition Department were recently awarded grants and fellowships:

**Ana Lindsay,** **PI.** Preventing childhood obesity in Latino family child care homes. Sponsor: The Aetna Foundation

**Lu Qi,** **PI.** Genotype effects on weight loss and metabolic benefits with diets of varying fat and carbohydrate content: a 2-year randomized trial. Sponsor: GenoVive LLC

**Frank Hu,** **Mentor,** and **Deirdre Tobias,** **Fellow.** Lifestyle and environmental determinants of gestational diabetes mellitus and type 2 diabetes mellitus. Sponsor: American Diabetes Association.
POSTDOC CORNER

By Elinor Fondell

The Nutrition Department currently has 27 postdocs, who literally come from all over the world. They represent 14 different countries, including Peru, Canada, Japan, and Australia, and 7 different states in the US.

The Postdoc Association at HSPH has regular gatherings and activities and is well-represented in the Nutrition Department by Myriam Afeiche (Social Chair), Leah Cahill (Treasurer), and Amy Lampard (Postdoc Post).

Postdocs, be sure to mark your calendars for a BBQ–Picnic on September 15 at Larz Anderson Park in Brookline. Friends and family members are welcome, too! For more information about this and other postdoc activities, look in the Postdoc Post.

NOTE: We will be running a regular Postdoc Corner and welcome your ideas, suggestions, and any announcements you would like to include in future issues! Please contact your postdoc representatives or Hilary Farmer with your thoughts. Email: hfarmer@hsph.harvard.edu

FROM THE EDITOR:

Your feedback is very important. Let us know how you liked our first issue. What would you like to see in future issues? Please send any ideas you may have for topics you’d like to see covered as well as any new research that you are involved in, new grant awards, honors and prizes, articles in press, new faces in the department (as well as departures), and upcoming workshops, symposia, and conferences that you think people may be interested in attending. We want to hear from everyone in the department. And don’t forget to share your favorite recipes with us! We value all of your suggestions, and would love to hear from you. Contact Hilary Farmer at hfarmer@hsph.harvard.edu

I want to thank the people who directly contributed to this issue: Patrice Brown, Elinor Fondell, Anne Lusk, Amelia Marsh, Keith Pankratz, Katrina Soriano, and Kana Wu; and Barbara Vericker for her help with the production.

I also want to thank everyone who offered their creative input and enthusiastic support for this endeavor. I loved all of your wonderful suggestions! If you don’t see them in this first issue, look for them in later ones.

The image on the masthead was adapted from Dr. Willett’s Healthy Eating Plate graphic. It was intended to connote that very different segments fit well together to yield “healthy” results. Like the newsletter, it is still evolving, so if you have any comments or suggestions for a logo, please let us know.