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Nutritional Sciences

Congratulations!

In early 2014, **Dr. Donato Romagnolo** and **Dr. Ornella Selmin** were awarded the competitive Expansion Award, a 3-year, \$560,000 award funded by the Department of Defense. Their research was chosen from a field of 130 applicants due to the potential impact their findings could have on cancer treatments. The Expansion Award will allow their lab to set up protocols and genetic models for future breast cancer research studies that focus on the possible link between the aryl hydrocarbon receptor (AhR) and risk factors like environmental pollution and high-fat diets. It is thought that the AhR gene may inhibit BRCA1 expression with prolonged exposure to these risk factors. While the link between BRCA gene mutations and breast cancer is well known, inherited mutations only account for a small percentage of breast cancer diagnoses. Drs. Romagnolo and Selmin think AhR could one day serve as a genetic marker, speeding up the development of targeted cancer therapies.



Mary Marian was selected this fall as one of only six recipients of the Academy of Nutrition and Dietetics (AND) 2014 National Medallion Award. Marian has been a member of the Academy since 1986 and has contributed to Academy Positions, Quality Management, and Nutrition Care Process committees in addition to serving in the House of Delegates. In the past, she has chaired the AND Dietetic Practice Group and held the title of Associate Editor of the *Nutrition in Clinical Practice* journal.

Dr. Jessica Miller was awarded a Susan G. Komen grant to study chronic pain related to breast cancer. Dr. Miller's study is entitled "Application of lipidomics to a sulindac intervention of pain" and is aimed at investigating the cause of joint pain and stiffness that often accompanies the use of drugs called aromatase inhibitors (AI). AI drugs are commonly prescribed to breast cancer patients, and Dr. Miller hopes to decrease the painful side effects associated with AI use.



Welcome!



Beth Stanley joined the Business Center this fall as an *Accounting Specialist*. Beth recently moved to Tucson from Chattanooga, Tennessee so that her husband could begin law school here at the U of A.

Michelle Mendoza joined the NSC advising team this fall as an *Undergraduate Advisor*. Michelle graduated from the NSC department in 2012, and is in the process of completing both an RD and MA with Bell State University.



Upcoming! Research Frontiers in Nutritional Sciences



The 2015 Research Frontiers in Nutritional Sciences Conference focuses on the Health Benefits of the Mediterranean Diet. The Conference theme is *Bringing Science to the Plate (with an Arizona twist!)*. The Conference kicks off with a welcome reception at the Tucson Museum of Art that is open to the public. The opening reception will feature Rudy Maxa from The National Geographic Blue Zones Project, the Arizona Wine Growers Association and celebrity chefs. The Conference continues on January 29 and 30 on the U of A campus with presentations by world-renowned scientists, live food demos and tasting opportunities. CEU's are available. Attendees may register for the reception, conference or both. Visit nutrition.cals.arizona.edu/nutrition-conference to register or for more information.

Faculty Publications

Please visit <http://www.cals.arizona.edu/nutrition/content/new-publications> to view a list of recent faculty publications in peer reviewed journals.

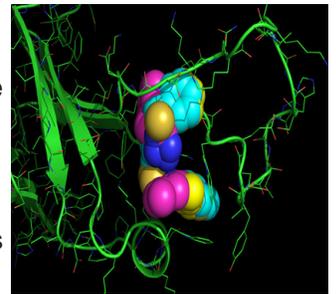


Research

Research Brief for Dr. Emmanuelle J. Meuillet: Advancing Pre-Clinical Research in Cancer Metastasis with an International Team!

Dr. Meuillet is leading an international research effort that aims to understand, treat and prevent the process of cancer metastasis. More precisely, she and her team of 11 worldwide scientists are investigating prostate cancer bone metastasis across two countries (France and The US) and spread over internationally renowned institutions such as the University of Arizona Cancer Center (Tucson, AZ), the MD Anderson Cancer Center (Houston, TX), and the Centre National de la Recherche Scientifique (CNRS) / Institut de Technologies Avancees du Vivant (ITAV), the Institut de Pharmacologie et de Biologie Structurale (IPBS) in Toulouse, France and in collaboration with private industries such as SiDMAP, LLC (Los Angeles, USA) and AFFICHEM, SA (Toulouse, France).

Skeletal metastasis occurs in ~80% of advanced stage prostate cancer patients and are the main cause of morbidity and mortality. Existing therapies only provide palliative relief of symptoms while the castration resistant forms of prostate cancer develop. Dr. Meuillet's team has identified several proteins as potential predictive biomarkers of interest to prostate cancer metastasis. These proteins are over-expressed in prostate cancer where they are independent predictors of decreased disease-free survival, and their increase has been shown to be associated with increased metastatic potential in prostate cancer as well as other types of cancers. The overall goal of the team is to develop small molecule drugs that will selectively inhibit signaling pathways that are important for cancer progression and metastasis. The research team spans over multiple disciplines such as *in silico* screening, crystallography, *in vitro* and *in vivo* testing, pharmacology and immunohistochemistry/pathology. The current stage of the research effort includes the entries of two lead candidate molecules in the pre-clinical setting.



Joint Appointed Faculty Research: Dr. Sean Limesand

Where straw hats become surgical caps, we cultivate a unique niche at the campus farm. Here, our group is able to utilize pregnant sheep to investigate fetal growth restriction, a leading complication in human pregnancies that is responsible for increased infant morbidity and mortality. In developed countries fetal growth restriction is common, with 10% of infants defined as small-for-gestational age (SGA). Epidemiological evidence shows that SGA infants are predisposed to metabolic disorders. For example, children born SGA developed glucose intolerance and obesity more frequently, and in adulthood exhibit a greater risk for developing Type 2 Diabetes. These associations suggest that lifelong complications in a person's metabolism originate in the developing fetus. Our goal is to understand how the fetus responds to nutrient restriction and how this response acts to reprogram their metabolism.



In the fetus, insulin is a major anabolic hormone secreted by fetal pancreatic endocrine cells. Similar to adults, insulin in the fetus is secreted in response to nutrient availability, which suggests that insulin responses help coordinate fetal growth with the nutrient supply from the mother. Our work in the intrauterine growth restricted fetal sheep has shown that insulin secretion and insulin producing cells are decreased in the fetus. This shows that defects in the endocrine pancreas exacerbate growth restriction and is a site for reprogrammed metabolism in the fetus. We have shown these deficiencies are, in part, caused by the high concentrations of stress hormones, epinephrine and norepinephrine, circulating in the growth restricted fetus. These hormones are normally associated with quick responses, however in the growth restricted fetus these fight or flight hormones are elevated for weeks. Our work indicates this chronic stress response plays an important role in shifting fetal metabolism. These adaptations also occur in skeletal muscle and fat, the tissues primarily responsible for glucose homeostasis. And importantly, the adaptations caused by chronic stress persist into childhood, as evidenced by our work in growth-restricted lambs. Collectively, our work shows that fetal stress hormones imprint metabolic deficiencies, and represent one aspect that might be reversible to improve infant outcomes.



Graduate Program

Congratulations!



Andrew Kunihiro was selected for the prestigious University Fellow award for the 2014-2015 academic year. He holds a BS in Bioengineering from UCLA, an MS in Nutritional Sciences from CSU, Long Beach and started the Nutritional Sciences PhD program at the U of A this fall.

Andrew is particularly interested in the relationship between cancer and bioactive compounds and hopes to focus his research on either the development or treatment of cancer. He started rotations with Dr. Beth Jacobs, where he wrote a mini-review on prostate cancer and vitamin D. Currently, Andrew is working in Dr. Janet Funk's lab exploring the relative growth rates of various estrogen receptor positive breast cancer cell lines. These cells are being used to develop an ER+ breast cancer mouse model that metastasizes to bone. Dr. Funk's lab also researches the role of curcuminoids in breast cancer metastasis to bone and in metastatic-related lytic bone loss.



The Nutritional Sciences Graduate Program would like to acknowledge the DeBell family for their gracious support of student research. Through their generosity, the DeBell Research Enhancement Award has been established to promote graduate student summer research.

Selection criteria includes the student's ability to communicate the impact of the research they plan to conduct. **Almira Rezaimalek** was selected to receive the DeBell Research Enhancement Award during the summer of 2014. Almira's research extends work from Dr. Jennifer Teske's laboratory suggesting that brain stimulation by the endogenous neuropeptide orexin-A may be instrumental in preventing excessive weight gain during sleep deprivation. Almira's project brings us one step closer to elucidating the neurobiological basis underlying behavior, which is a prerequisite to developing novel tools to treat obesity and disordered sleep.

Alumni Update: Caitlin Dow

I graduated in Spring 2013 with a PhD in Nutritional Sciences and a minor in Physiological Sciences. Since graduation, I have moved to Boulder, Colorado where I am doing my postdoctoral training under Dr. Christopher DeSouza in the Integrative Vascular Biology (IVB) Laboratory in the Department of Integrative Physiology. I believe the NSC department prepared me well for my post doc work, and I have brought a unique perspective to the IVB lab that I wouldn't have if my training was in anything other than Nutritional Sciences.



During my graduate work, I was funded as a USDA National Needs Fellow in Obesity Research. My work focused specifically on the interplay between obesity and cardiometabolic health and how that relationship could be modified by grapefruit intake. The training that I received in the NSC department was unique because it was so integrative – I learned cellular and molecular mechanisms, metabolic trafficking and nutrient utilization, as well as public health issues and policy approaches to improving the health of a population. Most fields don't give you that breadth of training.

In the IVB Lab where I currently work, my primary role is coordinating a study evaluating the influence of exercise without weight loss on vascular function in overweight and obese adults. I've learned hands-on techniques to studying the vasculature from mechanical and cellular biochemical levels. I'm also the first person that has ever worked in the lab with a background in nutrition, so I have been able to develop datasets (with 15 years worth of nutrition information) to look at any question I want regarding vascular function and diet. My main interest right now is the role of dietary fat on endothelial function, and I have started publishing in the area. In June of this year, I also received an NIH T32 Cardiology Fellowship to study the role of borderline high fasting triglyceride concentrations (150-199 mg/dL) on endothelial function.

When I'm not being a scientist, I enjoy basking in all that Colorado has to offer: yoga, bluegrass festivals, hiking and backpacking when there isn't snow on the ground, skiing and snowshoeing when there is snow on the ground, and drinking the finest beer from one of Colorado's 217 microbreweries year round. It's important to maintain a work-life balance!



Career Celebration



For the past 3 decades, Dr. Wanda Howell has been a vital force in the continued developmental progress of NSC, CALS and the UA. As a beloved teacher and mentor, and an unapologetic advocate for the students and faculty on campus, she will be missed as she retires.

In a way, Dr. Howell's academic career began in 6th grade, when a teacher pulled her mother aside to insist that Wanda, one day, go to college. Despite the fact that this was not considered a necessary expense in her family at the time, her mother saved (sometimes clandestinely) and made it happen. That same determination grew in Wanda as she developed a motto: 'try to do what you think you can't do'. In high school, almost as a joke or protest, Wanda tried out for the cheerleading squad. But when she made it, she decided to make challenging herself a lifelong priority.

It was in college that Wanda was first drawn to nutrition because it was not mainstream. However, after a hot dog and mixed vegetables recipe from 'quantity cooking' that was served campus-wide and breaking multiple glass droppers while making homemade mayonnaise in 'experimental foods', she found herself gravitating toward clinical nutrition. Post-graduation, Wanda earned an RD and MS in Ohio and then took several positions that challenged her to be innovative in the field of clinical nutrition. From integrating nutrition into the care process of nurses at the University of Cincinnati to integrating nutrition education into medical school curriculum at the University of Pennsylvania, Wanda's work was characterized by an interdisciplinary approach. She started the PhD program at The University of Pennsylvania, where her training in medical nutrition support served as a good foundation for a future in academia.

In 1986, Wanda moved to Tucson to teach at the UA, while still working on her dissertation. The openness and big sky in Tucson was love at first sight. Balancing work and family life was a challenge, but she persevered and earned her PhD in 1990. Shortly afterward, she began a position as Assistant Professor, a job she describes as difficult because "you have to make it on your own. In academia you know what to do to succeed and you are the only one who can make it happen. It's like being self-employed and having a life that renews itself each fall. The amount of work that one puts in to an academic job is a lot more than outsiders think".



In 1996 Dr. Howell became a full professor and DPD director. While she ran a successful research lab, working with students was her passion and 'always fun'. She especially enjoyed when students pretended to be her during case study presentations; like Wanda B. Adietitian.

"It has been my good fortune to have been a colleague of Dr. Wanda Howell's for her entire career as a faculty member in the Nutritional Sciences Department. Wanda has always been a champion of the land-grant college mission, faculty governance, and student success. She is a strong supporter of high quality science in our undergraduate and graduate programs which was key to having an excellent dietetics program in our department. Her dedication to the dietetics profession contributed to innovations in improving policies and practices for dietitians throughout the state and the country. Wanda has certainly influenced the lives of many students, staff, faculty and alumni in her career. She has helped make our Department, the College and the University a better place. Her efforts and achievements leave a lasting legacy for years to come. I wish her the very best as she launches a new chapter in her life. Happy Trails to you Wanda!" - Dr. Linda Houtkooper

She found these 'caricatures of Wanda' to be quite endearing because as a mentor and teacher "it is important to be a great presence, but also to have a great sense of one's eccentric self. Having students imitate you in that way is the greatest form of flattery." As a mentor, she has written about 500 letters of recommendation for students and colleagues, happily helping students during the most important transition of their young lives.

For the past 8 years, Dr. Howell has served as Chair of the Faculty and on the Faculty Senate. Throughout her tenure, the faculty senate became a more visible force at the departmental, college and university level, gaining respect from the Board of Regents. She enjoyed the sense of shared governance and is especially proud of her role in changing policies on P&T. As Chair of the Faculty, Dr. Howell helped to expand the definition of research and scholarship during the P&T process, including outreach work and patents. 'Persuasion' was her favorite non-nutrition course during college, and certainly came in handy during this time.

Now that university related responsibilities are slowing down, travel may be on the radar. Dr. Howell spent time in the United Arab Emirates in the early 2000's working with medical nutrition teams and would love to do that again. She would also like to visit Australia or New Zealand. Recently, she traveled to Verona, Italy with NSC 495a; an experience that she considers one of life's special moments. She loved that it combined travel and students. Though not being in the classroom has been an adjustment, Dr. Howell says that "if you don't force life, it will turn out to be your best life". She also says that "you have to constantly reinvent yourself" and that "you learn about your potential by being open to opportunities and change". From farmgirl, to cheerleader, to TPN pioneer, to academic professor, to researcher, to mentor, to Chair of the Faculty.....it's clear that Dr. Howell has always lived by these rules. So as she remains open to new opportunities, the best is sure to come.



“Oh, It’s been fun!” -Dr. Wanda Howell, 2014

“Ever since Wanda Howell served on the hiring committee that recommended me for my current position in faculty affairs, I have referred to her as my second boss because Wanda has long been The Boss when it comes to faculty. No one I know has worked harder for faculty. She has advanced reforms on issues ranging from revising our University P&T criteria to improving our support for nontenure-track faculty. The years that Wanda invested in leading our campus have made a tangible difference in the lives of the people who work here. She has helped to shape our sense of who we are and what we do. In the Senate, she often fearlessly tore through diplomatic euphemisms to ask pointed questions of the powers that be. She helped hold our top administrators accountable, not only by holding forth in the Senate but also in countless meetings behind closed doors where she has been equally direct on cutting to the heart of issues. Wanda has been a tireless advocate for shared governance. Her impact on our work will continue long after she has punched out and turned to other things. We’ll miss you, Wanda.” -Dr. Thomas P. Miller, Vice Provost for Faculty Affairs

“Wanda is a wonderful colleague and was a vital leader here at the University of Arizona. Her years of service and dedication to the institution, to our students, and to her peers throughout campus have left an indelible impact on the UA and I am grateful to have worked with her. She is a wise and candid colleague who is always willing to tell the truth, even as we must work together through difficult issues. We are fortunate to have her as a member of the UA family.”
-Dr. Ann Weaver Hart, University of Arizona President



“Wanda had this amazing way of keeping the pulse of the entire university. If it was happening, she knew about it. And if she knew it, she most certainly had an opinion about it! We will miss her activist spirit.” -Dr. Allison M. Vaillancourt, Vice President, Human Resources & Institutional Effectiveness

“I wanted to be part of sending you ‘well wishes’ as you move on to this next chapter of your life. You were one of my most memorable instructors. Thank you for your inspiration and enthusiasm as a teacher. I hope you keep that enthusiasm as you continue your life’s journey. Teaching can be a thankless job but I hope you can draw comfort in the fact that you did play a role in the decisions we made in our careers. Thank you for all you did for us students!” -Anne Hyde (Tinkham), RN

“Wanda taught me the real value of shared governance by showing how it worked best, in public and in private. She demonstrated her care for the UA through trusted and personalized professional relationships that helped when difficult issues arose. Wanda added real value to the complex task of running a major research university, and I am thankful for what I learned from her about effective administration. I know the UA is a significantly better institution because of what she achieved in her time as Chair of the Faculty.”
-Dr. Andrew Comrie; Senior Vice President for Academic Affairs

“I would like to acknowledge Wanda for her pioneering efforts to advance the role of dietitians in clinical practice including the NUMEROUS students she supported to RD status. Her wit, sense of humor and perseverance under pressure made a lasting impact on students, faculty and the University of Arizona. She will be fondly remembered!”
-Dr. Cynthia Thomson

“As Wanda’s first graduate student, I couldn’t have had a better mentor, friend and teacher. Wanda inspired me to continue my career in nutrition, which now spans 20 + years. She has inspired hundreds of students who still remember her lectures and words of wisdom. Wanda may be retiring, but she will forever be in our hearts!”
-Dr. Martina Cartwright

“Since Dr. Howell joined the department in 1986, her commitment and dedication have helped to grow our undergraduate program into one of the most sought after majors on campus; not to mention that our department enjoys a stellar reputation campus-wide!” -Dr. Scott Going



“Wanda has been a strong leader, spokesperson and advocate. Her dedication and commitment to the DPD program, maintaining the rigor of our student programs, and representing NSC, CALS, and the university faculty has been unparalleled! I’m especially grateful to her for modeling all that a dietetic professional should be. THANK YOU Wanda!” -Dr. Scottie Misner

“Wanda, you are a trip. Your friendship, guidance and kindness have always been an inspiration. You have been a major influence in my academic life and I will always be grateful for the opportunity to have worked with you and to have become acquainted with your quirky, yet remarkable, sense of humor.”
-Dr. Patricia Sparks

“Dr. Howell was the most memorable professional I worked with in my time at the UA. Her ability to teach beyond the textbook provided real-world experience and prepared me for a career after graduation. The examples she set for her students are fond memories I look back on as I work with my patients today.” -Courtney Burford Addison

“Wanda has been a mentor, role model, and friend during my time in the department. I admire her drive as a tireless advocate for students, as well as being a competent and caring individual. Congratulations on your retirement Wanda Lou!”
-Kelly Jackson, MS, RD



Undergraduates

Melanie Begaye Volunteers with Iskashitaa



Having been born and raised on the Navajo Nation in the Four Corners region of the US, my goal is to eventually return to play a role in improving the health of the Navajo people. As a result, I chose to pursue Nutrition to best prepare for a future career. I was able to learn more about nutrition through the eyes of different cultures this semester through NSC395A: *Experiential Learning*. I was paired up with Iskashitaa, a non-profit organization that focuses on assisting local refugees and gleaning unwanted produce throughout the Tucson area. My volunteer duties have included researching nutrition information, working

at the Santa Cruz Farmer's Market and making produce profiles to distribute at the Market.

I began my volunteer experience by getting to know everyone in the Iskashitaa office, including Barbara Eiswerth, the founder of Iskashitaa. I was able to visit with several refugees while we cut pomelos and removed basil from the stems. It was fun, yet very tiring sitting out in the hot sun. During the second week, I met with Iskashitaa volunteer coordinators at a Refugee 101 event. Refugee 101 is a must for anyone interested in volunteering. At these events, prospective volunteers learn about Iskashitaa's mission and the types of situations refugees face before coming to America. I enjoyed forming a group with other prospective volunteers and having "simulations" of the refugee conditions and scenarios. I began to think in a more worldly manner; and realized my life of college and apartment living are easy compared to what other people have to face.

Since mid-September, I have worked Thursday afternoons at the Santa Cruz Farmer's Market in Mercado San Agustin. My mom, a Navajo artist, has frequently asked me to be her sales person at Native art shows over the past several years. This sales experience has helped to prepare me for the Farmer's Market position. Each week we have a different selection of produce ranging from dates to quince to carob. At the farmer's market, we spread the word about Iskashitaa, give out samples of gleaned produce, and sell a variety of produce.

Contributed by NSC Major Melanie Begaye:
melaniebegaye@email.arizona.edu

Karen Tsui Writes for the Cooperative Extension



In January of 2014, I started working with Dr. Kay Hongu on NSC and Cooperative Extension projects. I have gained a lot of experience about human research while working with the Walk Across Arizona (WAAZ) and Tailored Intervention Promoting Physical Activity (TIPPA).

Currently, I am writing an extension article called *Fishing for Health*. Though I was born in Taiwan, where fish consumption is more prevalent than in the US, I did not eat a lot of fish until recently. Because fish are so nutrient-rich, I want to encourage others to include more fish meals in their diet. My mission for this extension article is to educate people on the health benefits of eating fish as well as provide necessary information regarding buying fish. I hope my extension article can assist people who want to add fish into their diet.



I never thought I would enjoy cooking before I moved to America because I was busy with school and didn't have much time to spend in the kitchen. Also, it is very convenient to buy cooked food in Taiwan. But when I first moved to the States, I really enjoyed baking with the big oven. Then I started looking at other people's recipes and try to change them to a healthier way.

While working with Dr. Hongu, I learned how to write good recipes for community education. I also found I enjoy cooking healthy meals, sharing them with friends and family and taking lots of food pictures. I believe there is no such thing as a bad food, only nutrition-rich or less nutritional food. My goal is to create healthy recipes that are easy for people to follow and incorporate into a healthy lifestyle.

Contributed by NSC Major Karen Tsui:
ctsui@email.arizona.edu Page 6



Outreach

UANN Leads Parent Group in Healthy Meal Planning



Program Coordinator Delia Smeaton, MS, RD, from the University of Arizona Nutrition Network (UANN) Pima campus unit recently led a two-part series of lessons with the Ocotillo Early Learning Center family literacy program. The group consisted of around 30 mostly Spanish-speaking parents. Delia and NSC undergraduate Priscila Enriquez facilitated a bilingual lesson and discussion on the topics of MyPlate and meal planning, including how to plan healthy meals and snacks with picky eaters in the family. The parents worked together to develop ways to resolve some common behaviors of picky eaters. For example, some parents suggested having the children help with meal preparation. Together, Delia and the participants developed a list of meal preparation tasks that are age appropriate for children of two to five years old.

After the second lesson, each participant brought a healthy and colorful dish to share with the group at a potluck. Delia brought an Arizona Sunshine Salad, a recipe found on the eatwellbewell.org website. The series and culminating potluck highlight the UANN's diverse outreach activities intended to support SNAP families in preparing and consuming meals that meet the Dietary Guidelines for Americans. The Co-Principal Investigators are Dr. Vanessa Farrell and Dr. Laurel Jacobs, and the Principal Investigator is Dr. Scottie Misner.

Contributed by UANN Program Coordinator Lauren McCullough: laurenmccullough@email.arizona.edu

The Nutritional Sciences Club and Smart Moves Participate in Food Day

On October 22 students and faculty came together to celebrate Food Day on the UA mall. *Sustainable, healthy, and affordable* were the three key aspects highlighted in relation to food and agriculture. Every booth was unique, which made for an exciting experience for students to learn about sustainable foods like mushrooms and view cooking demonstrations. Foods like homemade tortillas, naturally sweetened seltzer and gluten free granola bars were available for sampling. Representatives from the community also participated in the event to bring awareness to organizations benefitting agriculture and sustainable water practices.



The Nutrition Club participated in Food Day by partnering with Smart Moves, whose goal is to make it easier for students to learn about and locate healthy foods on campus. Smart Moves offers students a quick way to make good choices when it comes to food, simply by looking for the "SM" next to a food item when eating on campus. The interactive Smart Moves booth featured a game in which students were asked to identify the "Smart Move" on campus. While some students may have initially attended Food Day for free food, it was apparent that students gained more from the event and left with knowledge about healthy eating. Food Day truly did a thorough job of representing all aspects of food and agriculture.

Contributed by NSC Major Lorraine Mericle: lmericle@email.arizona.edu

NSC and Activate Tucson



Dr. Scott Going and Jennifer Reeves of Nutritional Sciences, and Dr. Dan McDonald from Pima County Cooperative Extension, were inducted into the YMCA of Southern Arizona's Hall of Fame for their role as founders of Activate Tucson. Started in 2004, Activate Tucson is a coalition of organizations working together to improve the quality of life for residents of the Tucson area.

Visit <http://activatetucson.org/> to learn more.

Extension

Tucson Village Farm Hosts the Fifth Annual Harvest Festival



During this past semester, through NSC 395a: *Experiential Learning*, I have had the pleasure of volunteering at the Tucson Village Farm (TVF). This unique site, only 4 miles from campus, helps to educate the Tucson community about urban farming and healthy foods. The TVF is partnered with Cooperative Extension in the College of Agriculture and Life Sciences, as well as Arizona 4-H. They rely on grants, private donations, and program fees to support programs, including classroom visits from local schools, Farm Camp, U-pick and their annual Harvest Festival, which was November 15th.

The Harvest Festival is one of the biggest events of the year and attracts hundreds of people to the farm. Children are given a farm map as they arrive and received a prize after visiting all the stations. Participants saw live cooking demos, had the opportunity to buy local farm fresh produce, held chicks and rabbits, learned about mushroom cultivation, took tours of the farm, danced to live music and played games. Santa Rita High School students from the JTED program sold lunch. Local fresh honey was available for tasting and children of all ages were invited to pick popcorn from stalks in the farm wagon. Events like these truly bring the Tucson community together to share the excitement of autumn and local foods.



Contributed by NSC Major Alexandra Seherr-Thoss: seherrthoss@email.arizona.edu
Photos courtesy of Brian Forbes Powell Photography: Brianforbespowell.com

Dr. Hongu Presents at Arizona Senior Academy

On September 25, 2014, Dr. Kay Hongu presented "*Brain Health: Benefits of a Healthy Lifestyle*" to the AZ Senior Academy. Recent studies suggest a correlation between adherence to the diet and other lifestyle factors, and lower the risk of cognitive decline and several mental illnesses, including dementia. Additionally, fish derived omega-3 fatty acids may have some protective effects on brain health. This presentation outlined symptoms and prognosis of dementia, mild cognitive impairment, and Alzheimer's disease; and discussed the benefits of healthy lifestyle, foods of the Mediterranean diet, and mental and social activities that are the most likely to prevent dementia. The AZ Senior Academy is a UA affiliate. More information can be found at: <http://www.asa-tucson.org/>



Support Nutritional Sciences

Supporting the Department of Nutritional Sciences has never been easier! All contributions are made to the UA Foundation, a 501(c)3 organization. Through this foundation donors may choose how their gift is applied. All gifts are tax deductible. Visit <http://cals.arizona.edu/nutrition/content/donations> for direct links to the UA Foundation for secure, online giving.

Contact Us!

Address:
Shantz Building, Room 309
1177 E. 4th St.; P.O. Box 210038
Tucson, AZ 85721-0038

P: 520-621-1186 | **F:** 520-621-9446

nscdept@email.arizona.edu
<http://www.cals.arizona.edu/nutrition/>



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