

THE GRAPEVINE

TEACHERS COLLEGE, COLUMBIA UNIVERSITY



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Education at the table (E.A.T.) is the perfect ingredient for nutrition educators

By Shari Keats and Blair Silverman

The need for culinary confidence among nutrition and health experts is of the utmost importance. As nutrition educators, we need to be able to close an ever-growing gap between healthy and unhealthy eating by using practical culinary guidance within our scope of practice.

Education at the Table (E.A.T.) is a unique culinary nutrition program that goes beyond cooking skills to provide guidance on how to use cooking as nutrition education. This novel program was developed as

a collaboration between the Program in Nutrition faculty and alumna, Stefanie Sacks, a culinary nutritionist.

This two-day experiential program focused on two main areas: teaching students how to run cooking demonstrations and classes and learning how to market these services. Sacks took her years of experience and knowledge of nutrition and the culinary arts to create a sense of confidence and ease in the kitchen for students with the aim of fostering the next generation of culinary nutritionists.

Continued on page 4

LETTER FROM THE EDITOR

Summertime and the livin' is easy... or so I thought! It's officially stone fruit season, a.k.a. my favorite fruit season. Peaches, nectarines, apricots, plums, cherries, raspberries, strawberries, blackberries (they have small stones)... the list goes on and on. There's just so much to choose from and so little time to enjoy them all.

Born and raised in California, I grew up having access to these fruits throughout the year. Transplanting across the country, I was not only forced to brave the elements, but I also had to adjust my eating habits. While I knew about the seasonality of crops prior to moving, I had never been forced to actually follow nature's rules. Since moving to New York, however, I've definitely been made aware that I will not find a peach until summer or a blood orange until winter.

In New York, I've embraced more canned and frozen foods than ever before. While I'm not a huge fan of the taste of canned peaches or frozen berries, I included them in my desserts or smoothies every now and then to avoid the monotony of citrus and apples. Walking into the market the other day and seeing the first bounty of fresh nectarines and plums since moving here was more exciting than catching the B train late at night on a weekend just seconds before it leaves.

Having access to these fresh fruits again made me realize how fortunate I have been to not only be able to afford some of the most delicious treats nature has to offer, but also to find them at my neighborhood market. There are so many people who don't have access to fresh fruit in any season. This makes me more appreciative for the foods I have access to and renews my motivation to help promote an equitable food system where everyone can also enjoy fresh fruits and vegetables. As we continue to enjoy the season's abundance, it's essential to keep in mind those who face more challenges to do so and take action to make sure they never have to again.

The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at jh3856@tc.columbia.edu. Thanks to all of the students who volunteered to write for this issue!



Sincerely,
Jasmine Hormati

A handwritten signature in black ink, appearing to be 'JH', written over a light blue background.

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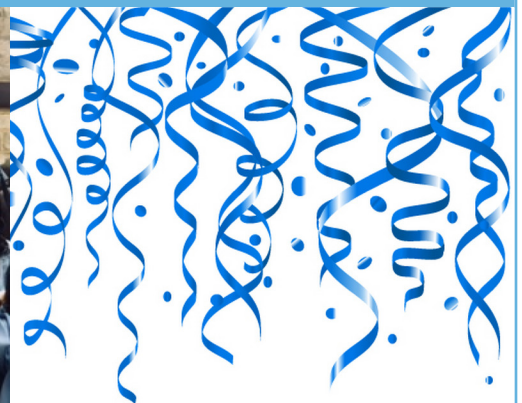
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Fresh Off the Vine: Events and Announcements

- Congratulations Dr. Pamela Koch for her recent nomination as Vice President of Society for Nutrition Education and Behavior (SNEB). In three years, she will become the President!
- Congratulations to the 2018-2019 TC Dietetic Interns, Danielle Bertiger, Marguerite Crosby, Evelyn Grant, Eugenia Hamshaw, Darrien Harris, Geraldine Herisse, Carmine Ingenito, Jong Min Lee, Nicole Lindel, Mary Morawetz, China Reichert, Michelle Rubinstein, Serra Tuma, Jiayu Wang, Puyang Zhang, Qianhui Zhang, Chenyuan Wang!
- Congratulations to doctoral student, Deborah Olarte, for receiving a grant from the TC's Smith Learning Theater to support development of her dissertation project on teacher perceptions of their role at school lunch.
- Congratulations to MS student, Mary Morawetz, for receiving a Student Travel Grant to attend the 2018 Digestive Disease Week Conference and present her abstract on development of a cooking program for adults with celiac disease using Contento's DESIGN procedure.
- Congratulations to Qianhui (Jera) Zhang for her poster on alternative grains and the gluten-free diet being accepted to the 7th Asian Congress of Dietetics in Hong Kong!

CONGRATULATIONS CLASS OF 2018!



**Best wishes on all your
future endeavors!**

E.A.T. is the perfect ingredient for nutrition educators (continued from cover)

On the first day of the program, we prepared to conduct a mock cooking demonstration. We created specific menus that would be economically and culturally effective for our target audience, be it elementary school children or elderly participants at a senior center. Next, we created talking points and produced materials containing ingredient history and sourcing that would be used during the cooking demonstration.

On the second day, each student led a mock cooking demonstration with Sacks and other students role-playing the different audiences. Sacks provided individualized feedback to each student allowing them to gain a greater understanding of their strengths and challenges. In the afternoon, Sacks led a session on marketing, teaching us how to effectively price services and how to maximize our expertise to create work opportunities.

The demonstrations fostered group cohesion, self-efficacy, eliminated personal barriers as well as illuminated many previously unrecognized barriers. The 30-minute demonstrations created a safe simulation of a cooking demo for everyone. We not only learned from our own experience, but also from watching our fellow classmates.

We learned about working with and connecting to different populations, from the elderly to inmates. One of the biggest lessons was understanding how to take ownership of the demonstration so that you



control the flow and ensure a safe and fun experience for all. In class, Sacks seamlessly connected various themes from knife skills to marketing and presented them in a way that *makes sense* to the student. Her vast experience in the culinary nutrition world enables her to beautifully orchestrate a cooking lesson with everyone on the first day encompassing a dozen recipes. As we cooked and listened to Jim Morrison's music to set the mood, Sacks provided personal attention to each student. Her presentation style was professional and personal as she wove anecdotes throughout helping the information come to life. She was able to connect with us on a personal level while simultaneously cultivating a

remarkable level of respect and admiration.

E.A.T. is a unique culinary nutrition program that goes beyond cooking skills and how to lead a cooking demo. The program solidified the training we received in our master's program at TC. Classes that we thought were on the opposite side of the spectrum, from Medical Nutritional Therapy to Nutritional Ecology, were united in the kitchen through this thoughtfully curated program. We were able to see a glimmer of the larger picture and our roles within it.

If we had to describe the program in one word, it would be unification. It was the unification of ideas, concepts, principles and most importantly, people. The original goal to bring our academic career to the kitchen and learn how to connect not only with each other, but also various populations was certainly accomplished. And isn't unification something we could all use a little more of right now? Through the E.A.T. program, nutrition educators will have the tools to help them do so with ease.

This pilot showed the utility of the E.A.T. program. The Program in Nutrition is hoping to secure grant funding in order to offer E.A.T. again in the future - stay tuned!

Summer is officially here and that means it's time to shake up your workout routine. NYC offers an array of outdoor fitness classes and activities suited for just about any fitness level and interest. So try something you know you'll love and take the opportunity to venture outside your comfort zone.

NYC Parks Shape Up NYC

If you're looking for a more traditional workout, look no further than Shape Up NYC's free drop-in workout classes offered daily in parks throughout the five boroughs. Classes include everything from yoga, Pilates and boot camp to Zumba, Tango, Tai Chi and West African Dance. Check out <https://www.nycgovparks.org/events/outdoor-fitness> for the full summer schedule, locations and class descriptions.

The Sweat Sessions

Head to Hudson River Park's 14th Street Park on Tuesday evenings to get in some yoga, boot camp and dance cardio taught by instructors from a variety of studios around the city. Following the sessions, enjoy some complimentary snacks and drinks provided by local businesses. Classes are 45 minutes and start at 6pm, 7pm and 8pm. They're free, but RSVPs are required. Go <https://thesweatsessions.splashthat.com> for class schedules and to RSVP.



Source: <http://mizzfit.com/blog/post/797-win-tickets-to-self-workout-in-the-park-nyc-sl>



Source: <https://govisland.com/things-to-do/activities/summertime-skating-at-mels-rink-on-governors-island>

Summertime Ice Skating... Seriously

Governors Island offers all sorts of fun outdoor activities during the summer. Mel's Rink, a state-of-the-art synthetic ice rink designed to mimic the properties of real ice is a newcomer to Governors Island this year. Skating is free for the first hour from 10 am to 12 pm, Monday through Friday. Visit <https://govisland.com/things-to-do/activities/summertime-skating-at-mels-rink-on-governors-island> for more information.

Join an Intramural Sports League

Meet new people, stay active and take on some friendly competition by joining an intramural sports league. ZogSports and NYC Social Sports are two of the more popular ones. Sure, they offer the basics: softball, volleyball, soccer and basketball. But there's also kickball, wiffle ball, bocce ball and even cornhole. With so many options to choose from, you're bound to find something you like! Prices vary – visit <https://www.zogsports.com> and <http://nycsocial.com> for details.

Trapeze School New York

Ever dreamt of flying? If so, splurge on a flying trapeze class at Trapeze School New York. Safety first. You're securely hooked up to the safety lines from the moment your feet leave the ground. Classes are structured so that participants of all skill and fitness levels can enjoy this exhilarating experience. At \$65-\$75 a pop, these classes are not cheap, but overcoming your fears is worth it! Visit <https://newyork.trapezeschool.com> for more information.

2018 Just Food Conference - Feed the Resistance

By Lidiane da Luz

The 2018 Just Food Conference with the theme *Persist/Resist* was held at Teachers College, Columbia University this last March. The event was aimed at highlighting the community-driven efforts to tackle racial and economic inequities in the food system and connect cross-sector organizations related to food justice and equity.

The day started with a tasty and fresh breakfast followed by a poem, “Food for Thought,” recited by a young woman and a ceremonial acknowledgment to the natural world by an indigenous young man, which showed the sensitivity with which the subject of food justice would be presented throughout the conference. Participants could choose between many activities lead by organizations that work on social justice in NYC, as well as learn more about people’s life transformations, challenges and possibilities of a more equitable and just society.

Anti-racism, community empowerment and youth leadership were some of the transversal topics of Just Food Conference which should be addressed in all practices of food education and food policies. This is because most health problems related to overweight and obesity in US take place in low-income communities of African Americans and Latinos which is in some ways explained by the food environment, food supply, socioeconomic issues and cultural habits in these areas.^{1,2}

I participated in a session where we learned about the relationship between our food, history, culture and health. Northeast Brooklyn Housing Development Corporation (NEBHDCO), the organization that promoted this workshop, works with youth in low-income areas of NYC and develops cooking classes to feed their bodies, minds and souls. Through cooking lessons, one can talk about

almost everything that is pertinent for youth in those areas, such as physical and mental health, family and community issues and political determinants of food access. All these aspects are related to peoples’ food choices and the impact they have on themselves and this world through their consumption practices.

The final plenary, “Healing as Resistance,” touched me the most. It focused on finding cures for the chaotic world we are living in through simple practices that can change our perception about ourselves and about the environment. Meditation, cooking classes and gardening are all activities that can have this curative effect in people.

There are many ways of promoting the changes we want in our food system such as protests, advocating for food policies and organizing a social movement. Ultimately, the conference reminded me that social justice can also be conquered through day-to-day activities like cooking. Preparing food in your kitchen can be a powerful way to heal yourself, help others and promote good ideas for more sustainable food systems.

References

1. Lutfiyya MN, Garcia R, Dankwa CM, Young T, Lipsky MS. Overweight and obese prevalence rates in African and Hispanic children: An analysis of data from the 2003–2004 National Survey of Children's Health. *J Am Board Fam Med*, 2008; 21: 191–199.
2. Kumanyika S, Grier S. Targeting interventions for ethnic minority and low-income populations. *Future Child*, 2006, 16:187–207.

PROTEIN: ANSWERING THE UNANSWERED QUESTIONS

By Autumn Rauchwerk

Back in April, a group of Nutrition and Exercise Physiology students attended the EAT, LIFT, BUILD: Nutrition Strategies for the Strength Athlete conference, organized by the New England chapter of the American College of Sports Medicine and the National Sports and Conditioning Association.

Some of the most hotly debated topics in sports nutrition were discussed. Dr. Stuart Phillips, a professor and director of the Physical Activity Centre of Excellence and the McMaster Centre for Nutrition, Exercise and Health Research at McMaster University answered controversial questions about protein and building muscle:

1. **When should we consume our protein?** Dr. Phillips said that protein timing has little effect on hypertrophy and it is ideal to distribute protein throughout the day with four equally spaced protein-containing meals and one pre-sleep meal. He says there is no 30 minute window after exercise where people must supplement protein; rather, protein will be effective any time in the 24 hours following exercise.
2. **What about taking Branched Chain Amino Acid (BCAA) supplements?** Dr. Phillips said that the branched chain amino acid leucine has the most profound effect on stimulating muscle protein synthesis. Many people interpret this to mean that they should take a BCAA supplement, but branched chains compete with one another for transport and may inhibit leucine uptake and utilization. Further, all essential amino acids are required for protein synthesis. During his presentation, Dr. Phillips suggested skipping the BCAA supplement and if you're looking for a high leucine supplement, whey protein isolate has the highest leucine content of the supplements out there. Supplements, however, won't necessarily provide superior results as you can get adequate protein (and leucine!) from dietary proteins. In the chapter he coauthored in the newest edition of the Sports Nutrition Handbook for Professionals, Dr. Phillips advises high-quality protein foods rich in leucine, such as poultry, beef, eggs and milk proteins rather than supplements.
3. **What we really want to know is how much protein do we really need?** Increasing protein consumption beyond the RDA may help support greater muscle protein synthesis. Protein

consumption above 1.6 grams per kilogram of body weight, however, does not lead to significant increased muscle growth and the precise amount needed to promote muscle hypertrophy is unknown. The impact of protein supplementation is not significant compared to the impact of strength training itself, which is more important for muscle gain.

4. **Aside from athletes, are there populations that benefit most from protein supplementation?** Increasing protein consumption is helpful for older adults and a recent meta-analysis demonstrated that protein supports bone health. It can also be helpful in weight loss as it stimulates satiety and is a poor lipogenic (fat creating) substance, reducing fat mass and helping people gain lean mass.
5. **Can too much protein be dangerous?** Consuming excess protein is neither beneficial nor is it dangerous. Some are especially concerned that there may be a link between a high protein diet and renal disease. Dr. Phillips made it clear, however, that high protein diets do not contribute to renal damage to kidneys. This would be dangerous, however, for those with existing kidney disease.

Want more insight from Dr. Phillips on protein? Check out this interview with him:

<http://www.leanbodiesconsulting.com/articles/the-protein-interview-an-interview-with-dr-stuart-phillips/>

There is also this video by BioHackers, "Prof Stuart Phillips: How Much Protein Should You Have a Day + Keto/Low Carb Needs."

https://www.youtube.com/watch?v=L_MXKahAtAo

As confusing as the messages about protein can be, there are some simple guidelines we can follow in our lives and in the advice we give as health professionals. We should let go of the idea that we have to consume the "perfect" amount of protein. Getting enough is important, especially for older adults and people losing weight, but strength training is most important for muscle gain in athletes. We can also let go of the fear of consuming too much protein.

Protein, like other nutrients, cannot be addressed in isolation. The optimal amount will depend on energy balance and carbohydrate content of the diet.

New Cafeteria Redesigns May Have Positive Effects on What High Schoolers Eat and Attitudes Toward School Lunch

By Pamela Koch and
Randi Wolf

New York City Office of School Food secured a \$20 million dollar investment to redesign middle and high school cafeterias to create open, choice-based serving lines, a variety of inviting and comfortable seating options, and nutrition education messaging that promotes healthy choices. Edward R. Murrow High School (ERMHS) was the first school to receive the redesign, which we called School Transformations and Redesigns of Cafeterias (STARCafé). Faculty members Pam Koch and Randi Wolf worked with the Office of SchoolFood to conduct an evaluation of the STARCafé intervention to determine the impact the of the Pre- and three-month Post-Redesign on students' school lunch consumption, attitudes toward school lunch, and participation rates.

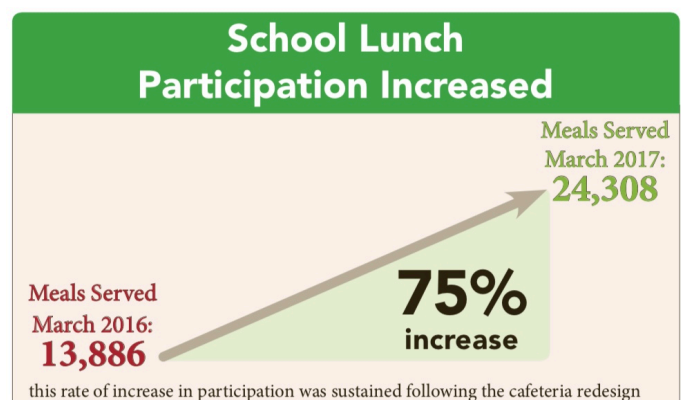
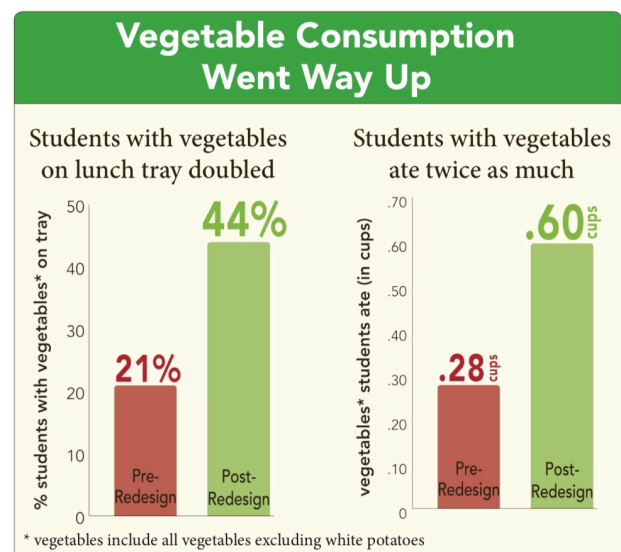
One of the funders¹ for the evaluation is the Robert Wood Johnson Foundation (RWFJ). Dr. Koch presented initial results from ERMHS at the RWFJ Healthy Eating Research Conference in Nashville TN, April 25–27. The results show the cafeteria redesign had positive effects on students. The percentage of students who had vegetables (excluding white potatoes) on their tray doubled (21% to 44%), and for students who had vegetables, the amount consumed also doubled (.28 cups to .60 cups).

Attitudes also increased. For example, the percentage of students who agreed with the question, "I like the food at school lunch." increased from 25% to 56%. Agreement with the question, "The cafeteria has nice tables and chairs." increased from 24% to 90%. School lunch participation also increased. In March 2016, (pre-redesign) 13,886 meals were served, and in March 2017 (post-redesign) 24,306 meals were served. This is a 75% increase with this increase being sustained since the redesign. Well-designed serving lines and seating areas seem promising to improve school lunch

consumption and attitudes of high school students.

Since this project was initiated in February, 2017 many of our Program in Nutrition students have helped to collect and code the data. For the additional two schools that are part of this study, final data collection is scheduled for September, 2018 and the study will be written up to submit to a journal later in the fall.

¹The two funders for this evaluation study are Robert Wood Johnson Foundation and the Joyce and Irving Goldman Family Foundation.



ON THE INTERNSHIP FRONT WITH LIN WAN

Why did you choose TC for your DI?

I came from an undergraduate program that emphasized clinical nutrition and I always felt that there must be more to the work that a dietitians are capable of doing. Unlike many DI programs that spend a good amount of time training interns in the clinical setting, the TC internship does not default any specific area as a priority. Instead, it gives interns equal chances to be exposed to community nutrition, clinical nutrition and food service. I also love that we get to choose where to do our last rotation! As someone who came in uncertain about future interests, being able to get a taste of everything in the DI has really helped me figure out my true passion.



What rotations have you've done so far?

My first community rotation was at Cicatelli Association Inc., which provides state-wide training for WIC clinic staff. I then worked with Tamara Duker Freuman, MS, RD, CDN, at East River Gastroenterology and Nutrition. Tamara is a wealth of knowledge in the field of GI health and observing her counseling sessions truly was an amazing learning opportunity. My last community rotation was with Unit Nutrition, a start-up company that specializes in evidence-based sports beverages. I got a behind-the-scenes experience of what running a nutrition company looks like and had a great time communicating nutrition education directly to consumers. My clinical rotation took place at The Riverside Premier Rehabilitation & Healing Center and New York Presbyterian Hospital, which was a good combination of long-term care and acute care. Both sites served as good drill for my clinical knowledge. I just started my food service rotation with Unidine at Peace Care St Joseph's and I'm looking forward to dive into it more.

Briefly, what is a day like in one of your rotation?

For my clinical rotation at New York Presbyterian, the first thing I did in the morning was look at the daily workload reports and divide up the patients with my preceptor. She tried her best to assign me interesting cases to work with. Depending on the day, I attended the morning round meeting with the interdisciplinary team before I looked up the patient

in the electronic medical record. I took notes on each patient (such as disease condition, diet, labs, treatment updates, etc.) so I knew what to address. I also talked to the unit nurse or aide to get the more information when necessary. Then I visited each patient in their room for interviews, nutrition education or a nutrition-focused physical exam. The rest of the day was left for me to complete notes and go over them with my preceptor to cosign. Before we called it the day, I reached out to the team and communicated the dietary recommendations.

What should students applying to the DI know?

Be a sponge! The master program at TC prepares us really well with the skills we need as interns, but learning should never stop there. There will **always** be something for you to learn from everyone around you. So be curious, be a sponge and absorb as much knowledge as you can. Take advantage of the DI and ask a lot of questions. No knowledge is useless or irrelevant.

Now that you are almost finished with the DI, what is the most rewarding experience for you during the DI?

The DI benefited me in a variety of ways: building connections, sharpening skills and expanding my knowledge. But the biggest reward for me has been working with different preceptors at the sites and I learning more about myself. I also learned to handle challenges and frustrations in ways that I never knew I was capable of. Looking back now, both the "a-ha" moments and the rough patches have been chances for me to take another look at myself and they will remain to be invaluable gifts I got out of the DI.

What are your future interests?

I'm interested in clinical work and counseling patients. I love spending time with individuals and seeing how my work makes an impact on their life. I plan on returning to China where the field of nutrition is developing. I'm looking forward to utilizing the experience I gained in the U.S and contributing to the well-organized system that trains competent dietitians in China.

Plant Powered: ICVN Conference

By Anne Vipperman-Cohen

It was all about "plant power" at the 7th International Congress on Vegetarian Nutrition (ICVN) in Loma Linda, CA. This conference convenes every five years and welcomes academics, health professionals, students and community members from around the globe. I had the opportunity to go this spring semester and learned so much about the latest research on vegetarianism and plant-based diets for promoting health.

Some of the highlights from my two-day immersion:

Berry Power: Dr. Aedin Cassidy, from Norwich Medical School in England, had a fascinating symposium on the gut microbiome and described new research on polyphenol-rich foods, such as tea, red wine and berries, and the association with increased microbial diversity and improvements in inflammation and insulin sensitivity. Dr. David Baer, from the USDA, added to this discussion by presenting new data on how tree nuts may mediate the risk for heart disease and cancer through effects on the microbiome. Nuts may deliver more dietary fat to the large intestine than most other foods, which result in the microbiome altering biomarkers that may affect risk for disease.

Soy Power: Dr. Mark Messina, from Loma Linda University, described new clinical trial research on how soy food products consumed by breast cancer survivors is not only safe, but potentially beneficial. Epidemiological data involving over 11,000 Chinese and American breast cancer survivors found that consuming soy after a diagnosis of breast cancer reduced breast cancer recurrence and mortality. Collectively, the evidence indicates that soy intake recommendations aimed at healthy women are applicable to breast cancer survivors.

Pulse Power: Dr. John Sievenpiper, from University of Toronto, described plant-based diet interventions with an emphasis on pulses (beans, peas, chickpeas and lentils) have largely failed for promoting weight loss and glycemic control, except with the use of acarbose, a medication that controls blood sugar in diabetic patients. Dietary pulses are sustainable, affordable and nutrient-dense and may



represent a nutritional analogue to acarbose. Evidence shows improvements in body weight, glycemic control, blood lipids and blood pressure in replacing high glycemic carb sources and meat with pulses. This suggests that they may play an important role in plant based diets to control cardio risk factors and in preventing heart disease.

Whole-Food Power: During the symposium, two cases studies demonstrated reversal of heart disease, type 2 diabetes and renal disease using carefully designed whole food, plant based diets. One case study featured a man with type 2 diabetes, hypertension, high cholesterol and cataracts who suffered a heart attack. His expected survival at the time of assessment was two years. He was instructed by doctors to take 17 different medications/day and insulin to manage his conditions. He turned to a dietitian for dietary modification instead. After less than one year on a whole food, vegan diet, he no longer needed any pills or insulin. Not all patients may be willing to make the lifestyle changes necessary to achieve disease reversal, but it is important that the medical community see it as an effective treatment option for clinical improvements.

Dr. David Katz summed things up best when he said, "The dietary past is characterized by nutrient fixations and the failure to focus on overall dietary pattern. The present is characterized by a cacophony of competing opinions and agendas that obscure the fundamental truths. A path to the future is demonstrating the truth about wholesome foods, mostly plants, in sensible combinations as a primary strategy for health promotion, disease prevention and disease reversal."

STRESS-RELIEVING TIPS FOR YOUR MIND AND BODY

By Jennifer Verola

As I reflect on my first year, I realized the importance of making time for myself. As my study group sat for hours in the library reviewing for Advanced Nutrition, I noticed that each of us have different methods of dealing with stress. I asked some peers for advice:

Maintain a consistent sleep schedule

“During finals, I make sure to keep to a consistent sleep schedule. That way I can stay relaxed and well rested (even if it’s slightly less than usual) and minimize the risk of a burn out. Plus, knowing that I won’t stay up to the wee hours of the night keeps me on schedule with my studying, studying breaks, etc. It’s a simple way that I’m able to take care of myself during busy, stressful times!” -

Lindsay Stone

Acknowledge your wins

“Every night when I go to sleep I write down three good things that happened that day. Sometimes they're small like "my latte was amazing" and sometimes they're big like "I got an A on a test." It's a really helpful exercise!” -

Emily Turitzin

Walk

“My favorite way to unwind and step away from school work is to take my dog for a walk, preferably in the woodsy trail near my house where it is really peaceful and I can get absorbed in nature. Even a walk around the block and some fresh air are usually helpful to clear my mind. I also

enjoy some mindless and shameful television before I go to bed... something like Bravo, Naked and Afraid or HGTV.” -

Leslie Heineman



Meditate

“As soon as I wake up, I put on music that’s going to bring me either joy or peace. I’ll make tea, light a candle, burn sage or incense, journal, and meditate for a few minutes. My go-to meditation is either eyes open or

closed, sitting comfortably with tea cup in hand or next to me, breathing slowly, and simply enjoying everything about the present moment - from the smell of the candle to the warmth of the tea, to the sound of the rain or the sunshine coming through my window. This is the quickest and most enjoyable way to clear my mind, find peace and put myself in a good space for the rest of the day.” - *Brooke Marsal*

Stay organized

“The best way I can handle the stress of finals and life is to be truly organized throughout the entire term. I honestly plan my calendar from day one. That being said, I have to merge a lot of calendars: family, social, doctor’s, my daughter’s school, my daughter’s doctors - not just my classes. It took me ten years to do my undergrad part-time, while I worked full-time and was married. I wouldn’t have gotten there without planning.” - *Tamara Hoover*

Sing it out

“Singing in choir was a hobby for both of us from elementary to high school. Joining the TC Community Choir was a great way to revisit an activity from our youth that brought us back to a fun and playful place. It’s been a great way for us to destress after a long day of work by singing in unison with other TC students, staff, alumni and community members. Although we may enter the choir room with our minds racing with the countless things we have to do, we leave it feeling revitalized because of all the energy everyone else brings to the music. While it’s nice to find new hobbies, it’s never a bad idea to go back to something you once loved and enjoyed.” - *Anne Vipperman-Cohen & Jasmine Hormati*

Quite simply, take time for yourself

“Self-care can mean many different things depending on the individual, but it’s whatever can bring you joy, relaxation or restoration. Taking some time out for yourself, learning to establish boundaries and what your body needs based on your life’s demands really pays off.” - *Suzie Finkel*

We can all greatly benefit from putting our mental and physical health first, allowing ourselves a minute to step away from the noise, breathe, and focus on what our bodies truly need. Now let’s breathe it out...

As summer comes into full swing and the weather starts getting hotter, I really enjoy making dishes that require minimal cooking and utilize lots of fresh veggies. One of my favorite things to make during this time of year is a panzanella salad. It's versatile, refreshing and easy to make. I tailor to what I have on hand - really any vegetables, cheeses and herbs could work in this recipe depending on your preferences or what looks good at the store or farmer's market!

- Christine Clement

Panzanella Salad

Ingredients

2 bell peppers (red, orange, yellow or green), chopped
2 cups cherry tomatoes, halved
1 cucumber, chopped
2 cups crusty bread, cubed
½ cup pitted Kalamata olives, chopped
¼ of a red onion, thinly sliced
½ cup feta cheese
1 garlic clove, finely chopped
3 tablespoons fresh lemon juice
1 teaspoon Dijon mustard
3 tablespoons olive oil
Salt and pepper to taste



Directions

1. Heat a large sauté pan on medium heat and add a tablespoon or so of olive oil (or oil of choice) to the pan. Add the bread cubes and season with salt and pepper. Toss occasionally and let toast until browned, about 10 minutes.
2. While the bread toasts, combine the chopped peppers, tomatoes, cucumbers and olives in a large bowl.
3. For the dressing, in a small bowl combine the garlic, Dijon, lemon juice, salt and pepper. Slowly stream in olive oil while whisking with a fork or whisk.
4. Toss feta and toasted bread cubes into the vegetable mixture, pour in dressing and toss all together. Enjoy!

Lemon Ricotta Cookies

Ingredients

2.5 cups of flour (white or whole wheat)
1.5 teaspoons baking powder
1/2 teaspoon salt
1 stick butter, softened
1.5 cups sugar
2 eggs
1 (15 oz) container of ricotta cheese
1 teaspoon vanilla
3 tablespoons lemon juice
1 lemon, zested

Glaze:

1.5 cups powdered sugar
3 tablespoons lemon juice
1 lemon, zested

Directions

1. Preheat oven to 350° F.
2. Sift flour, baking powder and salt together into a bowl.
3. Place butter and sugar into the bowl of an electric mixer with paddle attachment and beat on med-high speed for about 2 minutes.
4. Add eggs to butter and sugar mixture one at a time, mixing well after each addition.
5. Add ricotta, vanilla, lemon juice and lemon zest to the mixture and combine well.
6. Add flour to ricotta mixture slowly until just combined, scraping down sides of the bowl if needed.
7. Scoop cookies onto a parchment lined baking sheet about two inches apart and bake 15 minutes or until bottoms are lightly browned.
8. After cookies have cooled, mix all ingredients for glaze together and dip the tops of cookies into mixture, letting excess drip down the edges. Let the glaze set or enjoy right away!