Dear colleagues,

Spring, which has finally arrived, is a time of revival. I sincerely hope you are enjoying the change of season. Thinking about revival, it is a good time to look back at our goals and commitments set out in the Strategic Plan, the progress we have made and where we want to be moving. As I mentioned in the Town Hall meeting, we will be revisiting goals we set in the Strategic Plan, and asking many of you for your thoughts on our success thus far, steps forward and how best to refresh our goals. There will be several forums for presenting feedback, culminating in a retreat to be held this summer. We will keep you posted.

This issue of the newsletter, among other things, recaps the HNRCA Seminar Series, announces a new collaboration with the Friedman School called Lunch and Learn, and highlights some exciting events in the near future which I look forward to seeing you at. Sadly, we mourn the loss of a extraordinary colleague, Nevin Scrimshaw, but also celebrate his life. See below for information on a planned memorial for Nevin that coincides with Experimental Biology 2013.

Please also read an interview with Gregory Dolnikowski of the Mass Spectrometry unit, who introduces our latest (and impressive) instrument addition, the QTOF.

In an ongoing effort to expand the reach of the HNRCA, we have recently entered the world of social media joining Facebook. I encourage you to connect (“like”) and participate in discussions related to nutrition research through this outlet. The goal is to create an arena
the HNRCA to individuals who are not aware of the many interesting things we do.

We continue to show growth as a Center on many levels and there continues to be exciting research coming out of our labs. In the months of January and February alone, we had 148 media mentions collectively and the center published over 50 papers in professional journals. See below for a link to these publications.

Please mark your calendars for the HNRCA awards ceremony, May 13, where we will be honoring members of the Center. In addition, will be informing you of the planned retreat that will focus on Strategic Plan Revitalization.

I am grateful to each of you for your hard work and dedication as the Center continues moving in positive directions.

My Best,

Simin Nikbin Meydani

A call for increased investment in agricultural research

The President's Council of Advisors on Science and Technology (PCAST) released a report in December titled Agricultural Preparedness and the Agriculture Research Enterprise. The report, by an independent, presidentially appointed advisory group, urges the launch of a effort to increase American agricultural science through increasing public investment and re-balancing the U.S. Department of Agriculture’s research

Seminar Series Continues

The 2012/13 HNRCA Seminar series has had a diverse mix of speakers, all with the goal of exploring inventive ways to incorporate collaboration across Tufts’ varied schools. Remaining speakers and topics are listed here. Be looking for the Student/Postdoc Summer 2013 Seminar Series beginning in the next few months.
network of public-private agricultural “innovation institutes,” to leverage the strengths of government scientists and commercial interests. Read more about the report here.

Nevin Scrimshaw

The Nutrition Science community recently lost a friend, colleague and pioneering nutritionist, Nevin Scrimshaw, on February 8th. Nevin, who was an Institute Professor emeritus at the Massachusetts Institute of Technology, and Visiting Professor at the Friedman School of Nutrition Science and Policy, died of congestive heart failure at the age of 95. In addition to bettering what has been called “countless” lives of children in developing countries through the

Talk and Taste: Cooking with Kale

The second installment of the Talk and Taste series, which is held in partnership with the Massachusetts Horticultural Society, Cooking with Kale, took place on Saturday, March 9th. The day started out with a presentation by Sarah Booth titled K for Kale, Vitamin K and Koagulation, followed by a cooking demonstration of Brothy White Bean, Butternut and Kale Soup by Chef Rolando Robledo of Clover FoodLab. Betty Sanders, Master Gardener from the Massachusetts Horticultural Society, rounded out the speakers talking about best growing practices for kale in New England. Finally, the event finished with a tasting of the soup Rolando prepared in the HNRCA lobby. With repeated great attendance, this series is proving to be a very popular way to capture the attention of a broader cross-section of the public.

Congratulations to these award recipients from the HNRCA!
introduction of low-cost vegetable-based foods, Scrimshaw founded the Department of Nutrition and Food Science at the Massachusetts Institute of Technology, the Institute of Nutrition of Central America and Panama, and the Nevin Scrimshaw International Nutrition Foundation (INF). Dr. Scrimshaw is widely known as one of the first people to describe the role of nutrition in regulation of immune response and prevention of infectious diseases. Irwin Rosenberg, MD and the INF Board Chair, paid respect to this great man saying "He has left a mark in that field which is unmatched by anyone else." In conjunction with EB, a gathering in tribute to the life of Nevin Scrimshaw, 1918-2013 will take place April 20th from 12:00-3:00 pm at the Friedman School. For more information and to RSVP, please see [here](http://us5.campaign-archive1.com/?u=2259e035a317346f9580...).

**OSQR submissions**

As lab members and assistants at the HNRCA know, in the next few months, submissions will be made to the Office of Scientific Quality Review (OSQR). This USDA office requires rigorous peer review of proposed research plans at the Metabolism Lab - 1st place in the 2013 Nutrition Education RIS student and postdoctoral fellow research competition for *Relationship of cravings with weight loss and hunger: Results from a 6 month worksite weight loss intervention*. She will be awarded at EB.

**Jacob Selhub**, Senior Scientist and Director of the Vitamin Metabolism Lab, and **Allen Taylor**, Senior Scientist and Director of the Nutrition and Vision Lab have been selected as Fellows of the ASN. This high honor involves nomination, is committee- chosen and acknowledges scientists with distinguished careers in nutrition. They will be inducted into ASN Fellowship during the *ASN Scientific Sessions and Annual Meeting at EB 2013* and honored at a Fellows luncheon, also held at EB.

**Dr. Mohsen Meydani**, Director of the Vascular Biology Laboratory at HNRCA, is the 2013 Recipient of the McCormick Science Institute Research Award of the American Society for Nutrition. This award honors researchers whose scientific contributions advance the understanding of the potential health benefits of culinary herbs and spices and their bioactive components. In support of this award, Dr. Meydani’s recent research has targeted the modulation of adiposity through suppression of angiogenesis in adipose tissue by bioactive components of foods, specifically curcumin, a component of the spice turmeric. Meydani and colleagues have reported that...
participating and if you have any questions, the USDA has created a webinar for guidance.

37th National Nutrient Databank Conference

The day before EB begins, April 19th, the National Nutrient Databank Conference will be held at the HNRCA. The annual meeting exists to foster communication among nutrient data base generators and users. Participation is open to researchers from academia, the food industry, government and other interested parties. Click here for more information on the conference, the program, and to register.

EB 2013 is right around the corner (April 20-24) and the HNRCA, along with the Friedman School will co-host a reception at the Westin Boston Waterfront on Monday, April 22 from 6:30-8PM. We are looking forward to the many presentations, talks and award ceremonies that the Tufts and HNRCA curcumin reduces body weight, adiposity, and microvessel density in adipose tissue. Meydani has also discovered that curcumin prevents steatohepatosis, a serious health condition in which lipids accumulate in the liver. In addition to investigating curcumin as an antioxidant, he and colleagues have been focused on discovering the molecular mechanism by which curcumin can modulate adiposity, angiogenesis, and atherosclerosis. Meydani has further expanded on his work with curcumin by studying its effects in combination with piperine, a bioactive component of pepper, on reducing body weight and fat in a mouse model of diet-induced obesity. Dr. Meydani will be formally honored for this award during the Experimental Biology 2013 Meeting on Sunday, April 21, 2013 (6:00-7:30PM) at the American Society for Nutrition (ASN) Awards Ceremony at the Westin Boston Waterfront.

(Stefanie Marco)

Barbara Shukitt-Hale and Marshall Miller of the Neuroscience & Aging Lab, published an article, Berry Fruit Enhances Beneficial Signaling in the Brain which was one of the top 10 most read of the year in the Journal of Agriculture and Food Chemistry.

HNRCA/Friedman Lunch and Learn Series begins

The first of a new series meant to
the lookout for a schedule highlighting HNRCA members' involvement at the conference.

**Trivia Night**

Join the Employee Recreation Association (ERA) for Trivia Night at Jacob Wirth’s! The ERA will be attending trivia the first Wednesday of every month. The premier event in March was a success so we will be going again next month on Wednesday, April 3 from 5:30 - 7 PM! Please spread the word around to your labs and other groups around the HNRCA – hope to see you there! Contact Kathryn Corcoran for more information.

**Team HNRCA is participating in the 2013 Walk for Hunger**

Team HNRCA is again participating in Project Bread’s Walk for Hunger with Project on Sunday, May 5th. It is a 20-mile walk route through several Greater Boston neighborhoods, all of which have individuals and families who between Friedman/HNRCA faculty and scientists took place on February 1st at the HNRCA. The series brings together one member from each institution, each sharing their thoughts on a related topic for 10 minutes; leaving 10-15 minutes for discussion/questions. The first speakers, Skean Cash, Associate Professor, Friedman School of Nutrition Science and Policy brought food choices to the discussion while Susan Roberts, Senior Scientist and Director of the Energy Metabolism Laboratory spoke about weight loss interventions. The discussion was lively, and the 10 minutes left for discussion was not nearly enough. The next Lunch and Learn will be Friday, May 17 featuring Jimmy Crott and Fang Fang Zhang, who both work in cancer and nutrition.

**Center Spotlight: Greg Dolnikowski**

Greg provides managerial and scientific direction to the Mass Spectrometry laboratory, and he teaches scientific personnel to use GC/MS, LC/MS and
struggle with poverty and a lack of access to healthy food. Please consider giving support Team HNRCA or joining the team. See the Team HNRCA page or contact Allyson J. Gotsell for more information.

LC/MS/MS methods in research protocols. The Mass Spectrometry Unit recently acquired an impressive Mass Spectrometer, the QTOF. For an interview with Greg and to learn more about the QTOF, click here.

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**Employee Anniversaries**

Congratulations to the individuals below. Thank you for your impressive number of years of dedication to the HNRCA and advancing science and nutrition.

**10 Years of Service:**
Elizabeth Whitcomb  
Nutrition & Vision Lab

**15 Years of Service:**
Barbara Steele  
Metabolic Research Unit  
Margaret Diffenderfer  
Lipid Lab  
Martha Morris  
Epidemiology  
Natalia Crivello  
Neuroscience Lab  
Nicola McKeown  
Epidemiology  
Senait Assefa

Since the beginning of the year, members of the HNRCA have published over 50 papers in numerous journals. Click here for a full list.
Stephanie Valliere
Nutrition Evaluation Lab

**20 Years of Service:**
Andrew Greenberg
Obesity Metabolism Lab

**25 Years of Service:**
Elizabeth Johnson
Carotenoids Lab

**30 Years of Service:**
Helen Rasmussens
Metabolic Research Unit
Jose Ordovas
Genomics Lab
Mazie McIntosh
Metabolic Research Unit
Verona Bembridge
Metabolic Research Unit

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