

IGERT Inquirer  
Vol. 3, Issue. 4  
Week of April 11, 2005

## **Overall, Job Well Done!**

WSU-IGERT Fellows were under the pressure early in the month to complete their annual progress reports as part of the program's structure. Fellows presented in a myriad of styles to convey the essence of their past year the program.

Primarily, all the fellows presented a fundamental overview of their research, its high performance computing application, the associated interdisciplinary component, future directions of the research, their coursework, academic completions and objectives, publications as well as internship experience. It should be noted some did better than others, but overall these presentations were quite impressive.

Clearly, as the WSU-IGERT program moves toward identifying its fellows as top researchers who have the potential to make significant contributions in their discipline difficult renew decisions must be made. A poor performance in terms of a presentation is not the sole factor in whether they are offered a contract. There are many factors that are taken into consideration making the review process quite complex.

Fellows should keep in mind, that WSU-IGERT is committed to providing its participants a positive experience. However, it should also be noted there are expectations associated with being a WSU-IGERT fellow. It is up to the program to uphold its standards and make them known to fellows. Again, with the implementation of this structure tough decisions are made.

Regarding all the fellows who were eligible and did present, job well done! Fellows' pictures taken during the annual reviews are on the website.

## **Ethics Seminar**

In an effort to stay consistent with the WSU-IGERT theme, "*Providing Students with a Cutting Edge Interdisciplinary Experience*," SCP 7500, will be offered during the Spring 2005 session. This course is cross-listed with BMS 6010, Responsibilities in Biomedical Research. The course overviews the ethics associated with research.

SCP7500/BMS 6010 will be held on the medical school campus in Scott Hall. The course is scheduled to meet twice a week on Mondays 5-6P and Wednesdays 4-6P. Any fellow who is not planning to do a summer internship is advised to sign up for the ethics seminar that is scheduled for the eight weeks.

## **Another Defense in March**

On Tuesday March 29, 2005, Hrant Hratchian began the next portion of his academic career. As did a number of his research group mates did in March 2005. Hrant defended his dissertation on the date given above to a fairly large group which was comprised of his committee, research group members, family, friends and interested faculty.

Hrant who has been known to talk as much as 90 minutes on a 60 minute talk, kept his presentation fairly short, in terms of the science. While his dissertation primarily had six components, he presented two. Pictures of his defense can be accessed on the WSU-IGERT website.

The last portion of his presentation was a timeline. This was an information session and an attempt at humor relative to why and how Hrant got to this point in life. The presentation topics, which ranged from Hrant's initial desire to become a doctor (medical) to his somewhat challenging lab skills developed at Eastern Michigan to his decision to join Berny Schlegel's research group opposed to going to Ohio State University. He claims it wasn't the level of the stipend that influenced his decision.

Hrant, wife and recent new addition will be moving to Bloomington IN, where Hrant has a post-doc appointment. Ultimately, Hrant wants to go into the world of academia and mold future scientists. Provided the money is right!

## **Program Annual Review**

WSU-IGERT will begin its annual review of the program in April and ending in May. The program annual review is a mechanism where the program's structure is assessed. WSU-IGERT has always stated one of its goals is to insure that fellows have as much of a positive experience and as possible, as well as, give participants an opportunity to contribute to the effectiveness of the program. Clearly, feedback is vital to constructing a successful program. Hence, all WSU-IGERT fellows current and past need to provide WSU-IGERT with input.

Essentially, the annual review of WSU-IGERT provides it structure information on how best to obtain its goal, which is servicing the fellows. Questions such as the relevance of offering a class annually or for two semesters. Another series of questions may be to note what fellow's like most and least about the program.

Any and all aspects of the program can be assessed during this phase. An annual report let's WSU-IGERT know what's working and areas of concern. Since all IGERT programs must undergo this process, an exchange of information or structure in terms of something that provided favorable impact from another IGERT program could be implemented in the future.

## **WSU-IGERT Fellows Seminar Winter '05**

This is a list of fellows presenting seminars in the months of March and April on the followings dates. See below.

DATE	PRESENTER
3/11/05	Jiangping Wang
3/25/05	Jason Caravas
4/15/05	Nhi Pham
4/29/05	TBA

The seminars will be held on Fridays in 313 State Hall from 1:00P to 2:00P.

## **A Good Old Time**

WSU-IGERT fellows and staff met after its Friday March seminar to relax and enjoy each other company a the Traffic Jam restaurant near the main campus. As usual, the conversation was interesting a little shop talk and a lot of general dialogue.

WSU-IGERT looks forward to the next social for the fellows. The staff is busy trying to come up with a date and event for the fellows to once again meet. Of course, one of the fellows defended, Hrant Harchian, last month and this may just be a reason for the fellows to wish one of its own well and talk about his future plans.

## **Inquirer Calendar**

WSU-IGERT April Social	TBA
Retention/Recruitment meeting	April 14 <sup>th</sup>
WSU-IGERT Program Review	April – May
ACT prep course	April 19 <sup>th</sup>
Retention/Recruitment meeting	April 27 <sup>th</sup>
Semester Ends	April 25 <sup>th</sup>
Finals Week	April 27 <sup>th</sup>
Spring Commencement	May 5 <sup>th</sup>
Motor City Makeover in Midtown III	May 7 <sup>th</sup>

## **FEATURED ARTICLES (Healthy eating)**



FOR IMMEDIATE RELEASE

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### **FRESH FRUIT!**

#### **LATEST NUTRITIOUS MENU CHOICE FROM WENDY'S**

DUBLIN, OHIO, January 25, 2005 – Fresh Fruit. That's what consumers who are looking for tasty, nutritious menu options will soon find at Wendy's Restaurants.

The Company announced today that the U.S. introduction of a fresh fruit bowl and cup are nearly complete. More than 80 percent of Wendy's restaurants now offer these options, with completion of the rollout by mid February.

The bowl and cup feature fresh cantaloupe, honeydew melon and pineapple chunks along with red seedless grapes. The entrée-sized fruit bowl comes with a low-fat, strawberry-flavored yogurt for dipping.

"We're giving our customers an easy, convenient way to add more fruit to their daily diet," said Tom Mueller, president and chief operating officer, Wendy's North America.

The new menu choices help consumers follow a key recommendation of the recently released 2005 edition of Dietary Guidelines for Americans. The guidelines from the U.S. Departments of Agriculture and Health and Human Services recommend that people consume two cups of fruit per day (based on a 2,000 calorie diet).

That makes Wendy's new selections especially convenient since the fruit bowl allows consumers to meet the recommendation, and the fruit cup provides half of the daily requirement.

Fruits, in general, are high in fiber; contain important nutrients like vitamins A and C, folate and potassium; and are relatively low in calories.

#### **TEN SUPER FOODS YOU SHOULD EAT**

1. Sweet Potatoes - one of the most nutritious vegetables you can eat, loaded with Vitamin C, potassium, and fiber.
2. Whole Grain Bread - higher in fiber and about a dozen more vitamins and minerals than white or wheat flour.
3. Broccoli - lots of Vitamin C, carotenoids, and folic acid.
4. Watermelon - excellent source of Vitamin C.
5. Beans - low in fat, rich in protein, iron, folic acid, and iron.
6. Cantaloupe - a quarter of a melon supplies as much Vitamins A and C as most people need in a day.
7. Spinach and Kale - loaded with Vitamin C, carotenoids, calcium, iron, and fiber.
8. Oranges - rich in Vitamin C, folic acid, and fiber.
9. Oatmeal - Whole grain oatmeal is inexpensive and has no added sugar or fat.
10. Fat Free (skim) or 1% fat milk - excellent source of calcium, vitamins, protein with little or no artery clogging fat and cholesterol.

### **List II**

Beans, Blueberries, Broccoli, Oats, Oranges, Pumpkin, Salmon, Soy, Spinach, Tea (green or black), Turkey, Walnuts, Yogurt, Tomatoes

### **Ten Foods You Should Never Eat**

#### *Quaker 100% Natural Oats & Honey Granola*

This cereal has more artery-clogging fat than you'd get in a McDonald's hamburger? You should eat low-fat, low-sugar, whole grain or bran cereals like Grape-Nuts, Wheaties, Kellogg's All-Bran, Post 100% Bran, shredded wheat, oatmeal, or Wheatena. If you're stuck on granola (and sugar), at least choose a product like Healthy Choice Low Fat Granola, Nature Valley Low Fat Fruit Granola, or Quaker 100% Natural Low Fat Granola with Raisins.

#### *Bugles*

Bugles are fried in highly saturated coconut oil. This oil is twice as saturated as lard. (Chips are usually fried in corn, soy, or canola oils.) One serving (just over a cup) of these fried wonders will give you 40% of your daily limit of saturated fat. If you're looking for a low-fat snack, give Baked Bugles a shot, or try baked low-fat tortilla chips made by Tostitos or Guiltless Gourmet.

#### *Buitoni Contadina Alfredo sauce*

Why not melt a third of a stick of butter on your pasta? You might as well if you fall for Contadina's refrigerated Alfredo. On the other hand, you could choose Classico Spicy Red Pepper, Tomato & Basil, Fire-Roasted Tomato & Garlic, or any sauces from Healthy Choice or Ragú Light instead. All are lower in everything but taste.

#### *Pizza Hut: Big New Yorker*

Two slices of this pizza has almost a full day's saturated fat (17 grams) and sodium

(2,200 mg), and 790 calories. That's without sausage, pepperoni, or anything else. Down an entire Healthy Choice Supreme French Bread Pizza, on the other hand, and you'll get only 1.5 grams of saturated fat, 580 mg of sodium, and 330 calories.

*Entenmann's Rich Frosted Donuts: Variety Pack*

How can one doughnut has as much artery clogging saturated and *trans* fat (10 grams) as nine strips of bacon? That's what happens when you completely cover a doughnut in chocolate. Try Entenmann's Light Donuts instead. With anywhere from six to nine grams of fat per doughnut (no more than three of them saturated), they're not health foods. But if you've got to have a doughnut, they're a lot better than the regular version.

*Nissin Cup Noodles with Shrimp*

What could be wrong with a cup of steaming-hot noodles? Well, because the noodles are pre-fried in artery-clogging palm oil, a serving of this soup looks like one-and-a-half cups of whole milk to your arteries. Try Fantastic Foods Chicken Free Ramen Noodles instead.

*Burger King: French Fries*

Burger King makes some of the worst French fries you can buy at a fast-food restaurant. Thanks to the salty coating that allows more oil to be absorbed, a King Size order of their fries packs 590 calories and 30 grams of fat — 12 of them artery-clogging. That's worse than McDonald's Super Size Fries — and more than half the "bad" fat you should get in an entire day.

*Campbell's (Red & White Label) Soups*

They're brimming with salt. Half a can averages more than 1,100 mg of sodium. That's about half your ideal quota for an entire day. Try brands like Healthy Choice and Campbell's Healthy Request, which have less than half as much sodium as Campbell's regular soups. You can also check out lower-sodium dried soup cups by Fantastic Foods or Health Valley.

*Frito Lays Potato Chips*

These chips, like Fat Free Pringles, are fried in Olean (olestra), the indigestible fat substitute. Olean doesn't provide any calories, but in many people causes gastrointestinal symptoms — some people have said they suffered such severe cramps or diarrhea that they had to go to the emergency room. Olean also prevents the body's absorption of carotenoids. These products won't do much to help you lose weight or reduce your risk of heart attack, but might cause you a lot of misery. Instead buy baked potato or tortilla chips.

*Denny's Grand Slam*

This belt-buster breakfast (2 eggs, 2 sausage links, 2 strips of bacon, and 2 pancakes) may seem like a great deal to your wallet, but it's no bargain for your waistline or arteries. It'll sock you with three-quarters of a day's total fat (50 grams) and saturated fat (14 grams), nearly a full day's sodium (2,240 mg), and one-and-a-half day's cholesterol (460 mg) — not to mention 800 calories. If you're craving a hearty breakfast, try Denny's Slim Slam

instead. It slashes the calories to 600, the fat to 12 grams, the saturated fat to 3 grams, and the cholesterol to a mere 35 mg.

Retrieved from: [http://www.cspinet.org/nah/10foods\\_bad.html](http://www.cspinet.org/nah/10foods_bad.html)  
[http://members.aol.com/lawtonuoa/super\\_foods.html](http://members.aol.com/lawtonuoa/super_foods.html)

## **Eat a Nutritious Diet**

Retrieved from: <http://www.whitehouse.gov/infocus/fitness/chapt4.html>

### Background

Eating right is vital to promoting health and reducing the risk for death or disability due to chronic diseases such as heart disease, certain cancers, diabetes, stroke, and osteoporosis. In fact, it has been estimated that dietary changes could reduce cancer deaths in the United States by as much as 35 percent.

Nevertheless, a large gap remains between recommended dietary patterns and what Americans actually eat. Very few Americans meet the majority of recommendations of the Food Guide Pyramid or the *Dietary Guidelines for Americans*. Only 3 percent of all individuals meet four of the five recommendations for the intake of grains, fruits, vegetables, milk products, and meat and bean food groups. Only one-fourth of U.S. adults eat the recommended servings of fruits and vegetables each day. Unfortunately, poor eating habits are usually established during childhood. And more than 60 percent of young people eat too much fat, and less than 20 percent eat the recommended servings of fruits and vegetables.

The Food Guide Pyramid is an outline of what to eat each day, and it calls for a variety of food and nutrients. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are associated with good health. Low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of heart disease and some types of cancer. Milk products provide protein, vitamins and minerals and are the best source of calcium. However, fats, oils, and sweets provide calories and little else, and should be used sparingly. Drinking enough water is also essential to keeping hydrated, converting food into energy, carrying nutrients through the body, and removing waste.

### The President's Challenge:

Americans can dramatically improve their overall health by making modest improvements to their diets. All Americans can benefit from reducing their fat intake and by working more fruits and vegetables into their daily meals. Every little bit of effort counts:

- *Eat at least five fruits and vegetables every day.* A large number of research studies have shown that higher intakes of fruits and vegetables are related to decreased risk for cardiovascular disease as well as a lower incidence of certain cancers, including lung

cancer, cancers of the mouth and pharynx, squamous esophageal cancer, laryngeal cancer, and some colon cancers.

- *Follow the Food Guide Pyramid and the Dietary Guidelines for Americans in your food choices.* Use fruits, vegetables, and grains as the foundation of your meals, and limit your intake of fat and sugar. Foods in one group cannot replace another, nor is one group more important than another. Research studies examining American diets have documented that people who choose foods from all of the Food Guide Pyramid are not only improving their nutrition, but are better able to maintain a healthy weight.
- *If you are a parent, set good habits for your family by choosing and preparing food in a sensible way.* When you shop for groceries, read labels and make wise choices for your family. Prepare foods using as little salt, oil, cholesterol, and fat as possible. Reducing blood cholesterol levels by dietary means has been shown to be effective in decreasing the risk for coronary heart disease. In addition, one study found that reducing saturated fat intake produced a trend towards a decrease in both coronary mortality (21 percent) and total mortality (6 percent).
- *Eat sensible and moderate portions.* You can keep your weight in a healthy range by not overeating and balancing what you eat with the energy you expend. Compare the recommended serving size and portions of the food you prepare with what you actually eat. Be sure to eat appropriate servings to ensure proper vitamins, minerals, carbohydrates, and proteins are included in your diet.

#### Promoting Improved Nutrition: Administration Actions

Enhancing the National 5 A Day for Better Health Program--The Administration is strengthening this program by launching a more coordinated effort between the USDA, CDC, and the National Cancer Institute. The expertise of the science and medical communities will lend valuable support for improving overall nutrition and increasing the consumption of fruits and vegetables in the United States to five-to-nine servings every day. The program seeks to inform Americans that eating fruits and vegetables can improve their health and reduce the risk of heart disease and cancer, the two leading causes of death in the United States.

Promotion of Nutrition Curriculum and Education--The Department of Education (ED), USDA, and HHS are collaborating on a new MOU concerning the promotion of nutritional excellence in school. Just as USDA and HHS assist in the operation of the school lunch programs, these Departments will also provide guidance on good nutrition that can be incorporated into daily classes and lessons on health. Based on a successful program in elementary schools, this joint effort will be expanded to higher grades. The information will help students identify how a healthy meal is planned by using the school lunch as an example and will highlight examples of healthy lunches brought from home.

Eat Smart-Play Hard Campaign--This national nutrition education and promotion campaign is designed by the USDA to convey science-based, behavior-focused, and motivational messages about healthy eating and physical activity to pre-school and school-aged children. The campaign focuses on four basic themes: the importance of breakfast, healthy snacks, physical activity, and balancing what you eat with what you

do. The campaign's primary communication vehicle is Power Pantherä , a spokes-character who conveys nutrition and physical activity messages in a fun and non-threatening way as a peer. Future projects in this campaign include Spanish language materials, an interactive web site with an expanded children's page, public service announcements, and a multi-year development and promotion plan.

## **Solicitation**

Anyone who has "items of interest" to share with the rest of the group is encouraged to send a note to Doris King so that the information can be submitted or the issues can be addressed. We are especially looking to inform fellows about various activities such as additional seminars, workshops, and conferences that would enhance their research experience especially if a fellow is presenting at the conference.

The *Inquirer* looks to not only inform, but also to become a vehicle to be used by faculty, staff, associates, supporters and fellows to improve the overall program. Hence, we welcome any feedback that may arise from this text. All views will be evaluated and posted.

## **Inquirer Statement**

The *Inquirer* was originally designed as part of the WSU-IGERT Summer Internship program. This document's main purpose was to inform readers about policies and issues related to this summer project. Clearly, communication was vital to the development of an effort such as the WSU- IGERT Internship program. With the success of the *Inquirer*, it was decided that the format of the *Inquirer* would be changed to a monthly, year round component. Moreover, it was decided that the scope of this document would be changed to reflect the activity of the WSU-IGERT program in high performance computing and simulation in its entirety. Thereby, evolving into a resource that can be used by a larger audience.

With this in mind, the *Inquirer* will target text that introduces its readers to the highlights of some of the accomplishments of its members. It would also inform readers about the structure of WSU-IGERT. The *Inquirer* will look to become a feedback mechanism relative to policy, course work and most importantly, promoting the concept of "Interdisciplinary research."

## **Next Month's issue: To be added**

Next month, the *Inquirer* will present additional interesting featured articles. Suggestions on how to maximize your productivity during the summer months will be presented. Also, articles will be presented by WIGSCO plans for the academic 2005-06 school year. In May we will also provide informational highlights about community service projects and other related activities. Lastly, as we move toward the summer months and plenty of outdoor activity, articles will be presented that address the benefits of getting exercise.