



Monthly News from the George H. Cook Campus January 2023



Gardening Education Series Begins in February

Rutgers Cooperative Extension is conducting an [online horticulture education program](#) for home gardeners from February 9th to May 25th. Expert-led lecture topics include soils, botany, vegetable production, and much more.



Study Shows Higher Protein Intake Can Help with Dieting

Sue Shapses, professor of nutritional sciences at Rutgers, authored the [study](#), which notes that eating more protein led people to make better quality food choices overall, such as green vegetables, while also cutting back on sugar. The retention of lean muscle mass, associated with weight loss, was also notable.



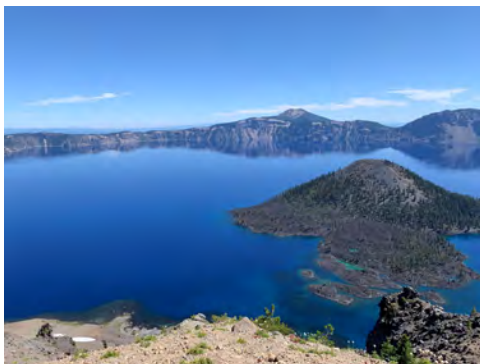
Doctoral Candidate Selected for Quad Fellowship Program

A student in the plant biology graduate program, Kirsten Allen was [named to the inaugural cohort](#) of the program, which supports international students in STEM. The Quad Fellowship is so named in recognition of the four governments that launched this initiative: Australia, India, Japan, and the United States.



Dietetics Alumna Excelling in Her Field

Jenna Deinzer SEBS'16 completed her degree in Nutritional Sciences and a dietetics internship at Rutgers. She credits her experience at Rutgers as a major contributor to her current success as a registered dietitian. You can read [this article](#) from *EatRight* to find out about the impactful work she is doing.



Read Current and Back Issues of *The Trail Online*

The [student-run newsletter](#) covers a wide range of environmental topics, such as wildlife conservation, environmental policy, and eco-friendly technologies. The newsletter is supported by the Department of Human Ecology.

Photo by Amanda Heckman MGSA'25



Retired Faculty and Staff Return to Cook Campus.

Retirees from SEBS and the Experiment Station returned to campus for the annual Retired Faculty and Staff Luncheon at Neilson Dining Hall on December 8th. Executive Dean Lawson and other leadership members were on hand to provide updates to those in attendance. The [article](#) contains a summary and photo gallery.

Other Items of Interest

Registration is open for the [Rutgers Environmental Stewards 2023 class](#). Designed for those who are not scientists, the program provides stewards with the ability to give back to their communities by dealing with local environmental issues.

[Cook's Market](#) at Rutgers Gardens is closed for the winter. The [Rutgers Farm Store](#) remains open on Fridays from 11am to 3pm.

Read about all kinds of fun facts, figures, and stories that demonstrate Rutgers' impact on our world in [Great Things to Know About Rutgers](#).

The next meeting of the Cook Community Alumni Association (CCAA) is Tuesday, February 28th. It will be hybrid, with an in-person gathering in Martin Hall and also available via Zoom. All alumni of the school are welcome to attend. Contact CCAA secretary, Ted Wendin SEBS'11, for information and to register - twendin@gmail.com.

More News

[Update us](#) with any information or news to share.

Calendar

Save the Dates! The Department of Marine and Coastal Sciences will be making a presentation in Sarasota and Ft. Lauderdale, Florida, on March 7th and 9th. Details will be coming soon.

The [Big Ten Ag Alumni Reception](#) in Washington DC returns on Monday, March 13th. Join your fellow alumni, and alumni from the other Big Ten ag schools, at the National Press Club for an evening of good food, drink, friendship, and networking.

Mark your calendars for Ag Field Day at [Rutgers Day](#) on Saturday, April 29th! There are food vendor and sponsorship opportunities available.

Quick Links

This newsletter is brought to you by the Office of Alumni and Community Engagement at the School of Environmental and Biological Sciences and the New Jersey Agricultural Experiment Station. You may contact the office at 848-932-4215 or alumni@sebs.rutgers.edu.

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