New Jersey Agricultural Experiment Station (NJAES) Annual Report Re-Design.

Our Mission

To enhance the quality, health, sustainability, and overall quality of life in New Jersey by developing and delivering practical, effective solutions to current and emerging challenges relating to agriculture, food, natural resources, the environment, public health, as well as economic, community and youth development.

MEETING GROWER PEST MANAGEMENT NEEDS

In 1983, the IPM Project was established by the director of the plant and environmental sciences and the agricultural and food sciences and nutrition faculty. This project, part of the University of New Jersey's IPM Program, was designed to meet the needs of New Jersey's farmers and growers.

Commercial Agriculture

Farming in a densely populated, highly regulated, high land-value state like New Jersey requires a resourcefulness that characterizes the traditions of mostly small, independent family farms whose yields rank high in productivity and profitability. The breadth and scope of its research and outreach ensure that the Rutgers New Jersey Agricultural Experiment Station plays a key role in preserving agriculture for future generations.

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BREEDING BETTER BERRIES

NJAES has made significant agricultural research in developing local fruit and berry varieties, better characteristics, and improved production.

Did you know?

Robert H. Goodman
Executive Director of NJAES
Commercial Agriculture

Farming in a densely populated, highly regulated, high land-value state like New Jersey requires resourcefulness that characterizes our tradition of mostly small, independent family farms whose yields rank high in productivity and profitability. The breadth and scope of its research and outreach ensure that the Rutgers New Jersey Agricultural Experiment Station plays a key role in preserving agriculture for future generations. Its county-based extension agents form the first line of defense in areas like invasive species, integrated pest management, and wildlife damage control. NJAES is at the center of meaningful discussions around new revenue streams for agriculture, biosecurity, small fruit breeding, alternative energy sources, land and resource conservation, and continual improvements to food safety and accessibility. NJAES focuses its resources in commercial agriculture to meet the needs of a new generation of farmers and business operators and a more engaged consumer.

njaes.rutgers.edu/agug

Volunteering with Rutgers Master Gardner Program

An integral part of the Rutgers Master Gardener program in Camden County is an initiative to provide a learning environment for 10 middle school students ranging from grades 6-8 as part of the Ocean County 4-H “Growing with Water” program. The diverse group of students, ranging from regular, advanced, or remedial-level science classes, was part of the Ocean County 4-H “Growing with Water” program. The diverse group of students, ranging from regular, advanced, or remedial-level science classes, was part of the Ocean County 4-H “Growing with Water” program. The diverse group of students, ranging from regular, advanced, or remedial-level science classes, was part of the Ocean County 4-H “Growing with Water” program. The diverse group of students, ranging from regular, advanced, or remedial-level science classes, was part of the Ocean County 4-H “Growing with Water” program. The diverse group of students, ranging from regular, advanced, or remedial-level science classes, was part of the Ocean County 4-H “Growing with Water” program. The diverse group of students, ranging from regular, advanced, or remedial-level science classes, was part of the Ocean County 4-H “Growing with Water” program.
Making a Difference
School of Environmental and Biological Sciences
Since 1864

Robert M. Goodman

EXECUTIVE DEAN, SCHOOL OF ENVIRONMENTAL AND BIOLOGICAL SCIENCES

Jersey Roots, Global Reach

Table of Contents
School of Environmental and Biological Sciences (SEBS) ‘Making a Difference’ Brochure Concept (continued).

**Clubs**

**International Programs Results**

IMP
INTEGRATED PEST MANAGEMENT PROGRAMS

I PM takes the guesswork out of controlling pests. It is a collection of pest management techniques that help growers fend off pest damage without having to spray pesticides on a calendar schedule. Instead, a number of methods are put into play: insect and disease pressure are carefully monitored to determine if and when sprays are necessary; targeting the life cycle of a pest at its most susceptible stage; disrupting its mating cycle; disease forecasting systems provide weather-based information for determining the timing of fungicide applications to control certain diseases; planting disease resistant plant varieties; and using the least harmful pesticides so as not to harm beneficial insects.

pestmanagement.rutgers.edu
My Research Makes a Difference

Laura Lawson
LANDSCAPE ARCHITECTURE

My teaching is inspired by a belief that landscape architects can make the world a better place by infusing good design with environmental quality and social justice. My contribution to the landscape architecture curriculum is a social perspective that raises considerations of equity, user needs, environmental stewardship, and community empowerment. I seek to challenge students to realize the connections between the built environment and people's ability to meet their daily needs as well as their fullest potential. As a design studio instructor, I incorporate this teaching philosophy through four approaches: place-based design, community engagement, multiculturalism, and interdisciplinary connection.
My teaching is inspired by a belief that landscape architects can make the world a better place by in fusing good design with environmental quality and social justice. My contribution to the landscape architecture curriculum is a social perspective that raises considerations of equity, user needs, environmental stewardship, and community empowerment. I seek to challenge students to realize the connections between the built environment and people's ability to meet their daily needs as well as their fullest potential.
NJAES Cooperative Extension ‘Making a Difference’ Pull-Up Banner Concept.

Making a Difference

COOPERATIVE EXTENSION

njaes.rutgers.edu/extension

RUTGERS
New Jersey Agricultural Experiment Station
NJAES ‘Making a Difference’ Pull-Up Banner Concept.
SEBS ‘Making a Difference’ Pull-Up Banner Concept.

Making a Difference

SCHOOL OF ENVIRONMENTAL AND BIOLOGICAL SCIENCES

sebs.rutgers.edu

Rutgers
School of Environmental and Biological Sciences
NJAES Cooperative Extension and SEBS ‘Making a Difference’ Table Top Banner Concepts.
NJAES Cooperative Extension and SEBS ‘Making a Difference’ Bumper Magnet Concepts.
Thank you for ‘Making a Difference’ Email Blast Concept.
RUTGERS
Making a Difference
Since 1766

Improving Lives in New Jersey

Jersey Roots, Global Reach

NEW JERSEY AGRICULTURAL EXPERIMENT STATION
njaes.rutgers.edu

SCHOOL OF ENVIRONMENTAL AND BIOLOGICAL SCIENCES
sebs.rutgers.edu
TEEM Gateway, ‘Making a Difference’ Ad.

RUTGERS
Making a Difference
Since 1864

CHANGING LIVES IN NEW JERSEY

T.E.E.M. GATEWAY
SCHOOL OF ENVIRONMENTAL AND BIOLOGICAL SCIENCES

COOPERATIVE EXTENSION
NEW JERSEY AGRICULTURAL EXPERIMENT STATION

Jersey Roots, Global Reach

teemgateway.rutgers.edu
sebs.rutgers.edu

rce.rutgers.edu
njaes.rutgers.edu
WE MAKE THINGS HAPPEN

Today’s engineers are out front communicating ideas and envisioning projects and solutions that make the world a better place to live.

At Rutgers Engineering students tackle issues of global importance from the sustainability of our infrastructure to inventing the devices that drive medical advances; from developing secure networking systems to using disposable materials in innovative ways; from alternative energy and waste management solutions to innovating the next generation of space flight vehicles; and so much more.

We offer top-ranked undergraduate and graduate engineering degree programs that emphasize hands-on learning and research excellence.

Bioenvironmental Engineering
Biomedical Engineering
Chemical and Biochemical Engineering
Civil and Environmental Engineering
Electrical and Computer Engineering

Industrial and Systems Engineering
Materials Science and Engineering
Mechanical and Aerospace Engineering
Packaging Engineering

Find out more at soe.rutgers.edu
The Nutritional Metabolomics Core Facility is part of the Rutgers Center for Lipid Research at the New Jersey Institute for Food, Nutrition, and Health. It was established to provide researchers with data on the identities and amounts of small molecules in biological samples.

The facility specializes in the analysis of lipids, including phospholipids, cholesterol and cholesteryl esters, acyl coAs, endocannabinoids, and mono-, di-, and triacyl-glycerols. Often, data for multiple lipid classes can be obtained from a single sample injection. We plan to increase our offerings to include other metabolite classes as we expand into a full-fledged metabolomics laboratory.

Our services are available on a fee-for-service basis to researchers both inside and outside Rutgers. Preference is given to those undertaking studies related to the Institute's main objectives: obesity, especially in children, and related conditions such as diabetes, metabolic syndrome, cancer, and cardiovascular disease. However, we will also consider other projects as time permits.

The facility is equipped with an AB SCIEX 4000QTrap triple quadrupole-linear ion trap mass spectrometer interfaced with a Dionex UltiMate 3000 liquid chromatograph. This system has the flexibility to do many types of analyses, and as a triple quadrupole instrument is well suited for quantitative work. Additional instruments will be acquired as the core facility expands its capacity and moves into the Institute's new building in 2015.

For more information, please contact:

Anita Brinker, Ph.D., Manager
848-932-3648
brinker@ifnh.rutgers.edu
State of the Climate: New Jersey provides an overview of recent climate events and trends, their impacts, and their implications for the future of New Jersey. The changes that we are experiencing in New Jersey will be examined in the context of human-induced climate change, an important driver of recent and future climate trends.

Because the climate of any locality is influenced by global patterns and trends, the report begins with a discussion of the state of the climate on a global scale. This is followed by an analysis of local climate trends and recent extreme or unusual events and their impacts. The most noteworthy of these events, with estimated damages of approximately $10 billion in the region. The implications of future climate change for high-impact events such as Sandy will also be discussed. Much of the concern about future climate changes lies in their consequences for people, ecosystems, and the natural and built environments. Sidebar in the report discuss selected impacts of climate change on New Jersey residents and resources.

Global average temperature analyses indicate that 2012 was the eighth-warmest year on record since records began in 1880. Global temperatures in 2012 were slightly higher than in 2011, when La Niña conditions prevailed, but not as warm as 2010 when El Niño was in its warm phase. Arctic and Antarctic Sea Ice: Sea ice extent is a measure of the areal extent of sea ice in the Arctic and Antarctic. The most influential source of such variability is the El Niño Southern Oscillation (ENSO) phenomenon, which relates to the temperature of the tropical Pacific Ocean. ENSO can be in a warm phase (El Niño), a cold phase (La Niña), or neutral. Warm events are associated with warmer global temperatures and cold events with colder global temperatures due to the breadth of global ocean areas that ENSO affects. After beginning 2012 in its cold phase, ENSO transitioned to an El Niño warm phase in the middle of the year before returning to a relatively neutral state. Consistent with these variations, global temperature in 2012 was slightly higher than in 2011, when La Niña conditions prevailed, but not as warm as 2010 when El Niño was in its warm phase.

Hurricane Sandy damage in New Jersey. (continued)

The greatest surge affected the areas to the right of storm track, including the central and northern New Jersey coast, Long Island, New York Harbor, and adjacent waterways, and the coast of western Long Island. The storm surge reached 6 to 8 feet above normal tide levels in many of those locations, causing severe damage to property and infrastructure. Numerous homes were destroyed or damaged, and coastal infrastructure was temporarily opened across the Barnegat Peninsula in Monmouth County.

An important question for coastal planners and residents is whether climate change will increase the likelihood of hazards similar to Sandy. A determination of past changes in tropical cyclone activity in the North Atlantic is complicated by the changes in observing systems that have occurred as new technologies have been introduced. Recent studies that include evidence of increased hurricane activity and tropical storms in the North Atlantic during the past century have shown evidence of an increase in the frequency and intensity of intense tropical cyclones during the period since 1970. Projected future changes in tropical cyclone activity are an area of active research. Recent studies suggest that the global frequency of tropical cyclones will either decrease or change little as a consequence of global warming. Their average intensity may be in terms of both maximum wind speed and central pressure, and the frequency of the most intense storms is expected to increase (9). Regional projections of tropical cyclone activity cannot be made with great confidence, however, making it difficult to quantify future changes in tropical cyclone activity in New Jersey.

Despite the uncertainties in future changes in tropical cyclones, there is high confidence that the impacts of future storms are likely to be more severe because of rising sea levels. Sea level rise will cause the baseline for flooding events, making seasonal coastal flooding more frequent in the future. A recent NASA study projects that the return period for coastal flooding inundation equivalent to that from Sandy would decrease to less than 20 years by the end of the century in the New Jersey area at the high end of the expected range (14).

Hurricane Sandy In this study, results are presented in the high end of the expected range (14).

Hurricane Sandy damage in New Jersey. (continued)
Thanksgiving Holiday Email Card.

From Robert M. Goodman
Executive Dean, School of Environmental and Biological Sciences
Executive Director, New Jersey Agricultural Experiment Station

Have a Happy and Safe Thanksgiving!
The Office of Communications

The Office of Communications for the Rutgers School of Environmental and Biological Sciences and the Rutgers New Jersey Agricultural Experiment Station is an organizational support unit of the office of the Executive Dean. We partner with the faculty and staff to meet wide-ranging communication needs. Our aim is to use our organizational information in multiple formats, venues, and media. These include:

- Marketing, promotion, and recruitment materials
- Website development
- Legislative and advocacy efforts
- Executive Dean’s Office communications (speeches and presentations)
- Internal communications (departmental newsletters, email broadcasts)
- Event planning
- Public relations
- Publication development (fact sheets, newsletters, curricula, reports, etc.)
- Social media presence for the school and experiment station

Although most of our work is done in-house, we work with many internal and external partners to produce a wide range of products, outputs, and tools to satisfy the information and communication needs of our organization.

We will work closely with you to find the right communication tools and vendors to meet your specific goals and budget.

Please note: Clients are responsible for all production costs. For more details, please contact Mike Green at 848-932-4207.

oc.rutgers.edu
sebsnewsnews.rutgers.edu

Office of Communications staff participating in Community Day 2013.

Visit oc.rutgers.edu

Visit sebsnewsnews.rutgers.edu

Publications, including annual reports. She also provides writing and editorial support for web services as required.

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Visit sebsnewsnews.rutgers.edu

GRAPHIC DESIGN, PRINTING & PHOTOGRAPHY . MEDIA & PUBLIC RELATIONS

Below are some of the many resources available through our website:

- Fact Sheet and Bulletin Request Form
- Media Relations Policy and Tips
- Press Release Basics
- Style Guide for the School and the Experiment Station
- Style Guide for the University

PROGRAM EVALUATION . SOCIAL MEDIA . WEBSITES AND COMPUTING

- Constant Contact
- Google Analytics
- Google Analytics
- Google Analytics

SOCIAL MEDIA

- Facebook
- Mashable
- YouTube Resources

WEB DAY 2013

- Rutgers Visual Identity Standards
- Rutgers University Web Policy
- Writing for the Web

PERSONNEL

- Mike Green, Director
- Lisa Mongrano
- Gary Huntzinger, Assistant Director
- Gina Mangione
- Gary manages the computer hardware and software infrastructure of the Office of Communications. He handles all printer-printing requests, special projects, and assists in the management of the office in the areas of operations and personnel.
- Lisa Mangione
- Lisa is the head graphic designer of Office of Communications publications, print materials, and social graphics. She manages all web-based content for Rutgers visual identity standards.
- Cindy Rovins, Agricultural Communications Editor
- Cindy provides writing and editorial support to the newsroom, web editors, and monthly publications. Cindy is also a member of the Rutgers Cooperative Extension editing team for the communications editorial team for NJAES.
- Kristen Zaremba, Administrative Assistant
- Kristen manages all staff and administrative support activities for the office, prepares news releases, fact sheets, and bulletins, and works with other staff members to ensure a smooth workflow for the office.

Visit oc.rutgers.edu

Visit sebsnewsnews.rutgers.edu

THE OFFICE OF COMMUNICATIONS

Gra Phi C DES i G N, Prin Tin G & Ph O T Ogra Phy . ME D ia & Pu B li C r E la Ti o n S . Pr OG ra M Evalua Ti o n S . SOC ial M ED ia . W EBS iTES an D COMP u T in G

Paula Walton-Quinte, Exec Communications Specialist
848-932-4204
quint@aesop.rutgers.edu

Paula Walton-Quinte is responsible for internal and external communications related to the Office of the Executive Dean, including speeches and presentations as well as content, input, and feedback on major Office of Communications publications, including annual reports. She also provides writing and editorial support for web services and the newsroom.

Berenice Wasielewski, Web Designer
848-932-4203
wasielewski@aesop.rutgers.edu

Berenice is responsible for core school and experiment station website development and maintenance; Dreamweaver template development and support; and Wordpress support. She is the main contact for school and experiment station social media questions.

PhD Brainwell, Web Designer
848-932-4202
admin@aesop.rutgers.edu

PhD is responsible for core school and experiment station website development and maintenance; web application development and maintenance; Dreamweaver template development; support, and training; and database development and maintenance. He is the main contact for online calendar issues.

Bonnie pmontolm, Web Designer
848-932-4202
support for web services, special projects, and assists in the management of the office in the areas of operations and personnel.

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Gardens Gala Email Invitation.

7th Annual Gardens Gala
A BENEFIT FOR RUTGERS GARDENS HONORING
Roy H. DeBoer & Duke Farms

Please join us to honor

Roy H. DeBoer
Hamilton Award for Dedication and Outstanding Commitment

presented by
Kent Hiteshew, CC ’76

and

Duke Farms
Distinguished Achievement in Horticulture Award

presented by
Francis Barchi, Ph.D.

Thursday, September 12, 2013
5:00 - 9:00 p.m.
Log Cabin and Pavilion
112 Ryders Lane
New Brunswick, NJ 08901

Jersey Fresh wines and cuisine from our weekly market will be a part of this evening’s menu.

Proceeds raised through the Gala help to preserve and maintain Rutgers Gardens. Thank you for your support!
Office of Community Engagement Guest Speaker Email Invitation.

Date:
Thursday, October 24, 2013

Time:
6:00 PM
moderated Q&A
with Lester, followed by
book signing and receptions
(with light refreshments)

Place:
Neilson Dining Hall,
Rectangle Room

To register:
An Evening with Lester Brown
Or by phone 848-932-3572

Deadline to register:
October 14, 2013

Breaking New Ground
A Personal History
LESTER R. BROWN
Office of Community Engagement Guest Speaker Poster.

You’re Invited to an Evening with

LESTER BROWN (AG 1955)

Author of:
Breaking New Ground
A Personal History

Thursday
October 24, 2013
6:00 p.m.

Neilson Dining Hall,
Cook/Douglass Campus

Renowned environmentalist and
Rutgers Distinguished Alumnus
Lester Brown will share his life and
times in a “fireside chat” with
interviewer Joseph Seneca, professor
of environmental economics and
policy at the Edward J. Bloustein
School. A book-signing and reception
will follow. This event is open to the
public, and free of charge.

ONLINE REGISTRATION
by October 14, 2013
OR PHONE 848-932-3572

Rutgers
School of Environmental
and Biological Sciences
RCE 'Rutgers Cooperative Extension 100th Year Anniversary' Icons.

njaes.rutgers.edu/extension100years
RCE 'Serving New Jersey for Over 100 Years' Posters.
RCE 100 Years Name Badge and County Mesh Banner.

RUTGERS
COOPERATIVE
100
Anniversary
EXTENSION

Diana Boesch
AGRICULTURAL SECRETARY
Hunterdon County

RUTGERS
New Jersey Agricultural Experiment Station

Cooperative Extension
Extending Knowledge and Changing Lives for More Than 100 Years!
New Brunswick Community Farmers Market Flyer.

**In Benefits**

WIC, FMNP, SNAP, and Senior Farmers Market Checks

**Buys You**

$15*

in fresh, local New Jersey Fruits, Vegetables, and more!

**New!**

Wednesdays 11-3

108 Albany Street

at Kilmer Square Park

at the corner of George Street and Albany Street

Thursdays 11-4, Saturdays 10-4

178 Jones Avenue

at Farmers Market Pavilion and Gardens

off of Georges Road next to Pine Street

We also accept cash, credit/debit

*While funds are available – Minimum $5 purchase per vendor buys $7.00 of qualified produce. Subject to the terms and limitations of each benefit program. Cash and Credit/Debit purchases not eligible for incentives.

Follow us on Facebook.

www.facebook.com/nbcfarmersmarket
New Brunswick Community Farmers Market Door Tag.

We bring **healthy foods** and more from **local NJ farms** and local businesses to New Brunswick residents and families.

*Now accepting SNAP, WIC, FMNP, & SFMNP*

**new!**

**WEDNESDAYS 11-3**

**108 ALBANY STREET**

*at KILMER SQUARE PARK*

*at the corner of George Street and Albany Street*

**THURSDAYS 11-4, SATURDAYS 10-4**

**178 JONES AVENUE**

*at FARMERS MARKET PAVILION AND GARDENS*

*off of Georges Road next to Pine Street*
New Brunswick Community Farmers Market Wind Banner.
New Brunswick Community Farmers Market Mesh Banners.
New Brunswick Community Farmers Market 5” x 7” Information Card in English and Spanish.

We bring healthy foods and more from local NJ farms and local businesses to New Brunswick residents and families.

Featuring nutrition and health information and fun, exciting kids’ activities!

nbcfarmersmarket.com

Off street parking available
Easy access from bus lines

We Proudly Accept
WIC, FMNP, SNAP, and
Senior Farmers Market Checks

* Until September 25, ** Until August 29, *** Until October 26

Miércoles* 11-3
108 Albany Street
en Kilmer Square Park
en la esquina de George Street y Albany Street

Jueves** 11-4, Sábados*** 10-4
178 Jones Avenue
en el Pabellón del Mercado y el Jardín
al lado de Pine Street desde Georges Road

Síganos en
facebook.com/nbcfarmersmarket

Traemos comida saludable y más de granjas locales de NJ y negocios locales a residentes y familias de New Brunswick.
Tenemos información sobre la salud y nutrición y actividades divertidas para niños!

Orgullosamente aceptamos WIC, FMNP, SNAP, y Cheques de FMNP para la población mayor

facebook.com/nbcfarmersmarket

* Hasta el 25 de setiembre ** Hasta el 29 de agosto *** Hasta el 26 de octubre

Somos fácilmente accesibles desde el autobús
Tenemos estacionamiento

* Abierto Ahora!
** Nueva ubicación!
New Brunswick Community Farmers Market, ‘Market Bucks’.

Accepted by all market vendors • not redeemable for cash

Accepted by todos los vendedores; no se puede cambiar por efectivo

$1

$5

$10
Office Of Communications

Portfolio of Work

4-H 'Design It!' Program Form.

New Jersey's Partnership for Afterschool Science and Engineering presents...

Design It!
An Afterschool Engineering Program for Ages 8-12

Now enrolling afterschool sites for 2013-2014.
An enrollment form and deposit are due June 7.

Check our website below for more information and a description of enrollment options and packages.

Rutgers Cooperative Extension 4-H Youth Development and NJSACC - The Network for New Jersey's Afterschool Communities, are proud to offer Design It!, an engaging, inquiry-based, and fun STEM program designed specifically for afterschool. This comprehensive program was developed by the Education Development Center, Inc. (EDC) in Boston through the support of the National Science Foundation.

Rutgers and NJSACC will provide:
1. materials kits
2. curricula
3. professional development
4. ongoing support to school and community based afterschool organizations who enroll by June 7.

This is a full-year program that includes six engineering projects. Each of the six projects lasts approximately one month, with youth meeting in their “Junior Engineer” club once a week for the duration of the program.

Selected projects for 2013-2014 include:
• Balls and Tracks
• Gliders
• Paper Bridges
• Rubber Band-Powered Cars
• Straw Rockets
• Trebuchets.

Youth work in teams to design, build, and test their models - repeating the process as they optimize their design.

nj4h.rutgers.edu/designit

“...i have not taken advantage of these trainings – wait no longer! I have been to several and they are fantastic. They are focused, hands-on, and professionally run. You also leave with all of the materials you need to share these projects with your clubs, afterschool programs, and summer programs.”

New Jersey NPASS2 Participant 2009-2012

nj4h.rutgers.edu/designit

50% deposit (or full payment) is due by June 7, 2013. Final payment is due no later than September 19, 2013.

Send payment (checks payable to NJSACC) and enrollment form to:
NJSACC, Attn: ____________________________ 231 North Avenue West #363, Westfield, NJ 07090.

Purchase Orders and credit cards are accepted – contact Mike MacEwan at 856-701-3960 for questions regarding payment. Over the summer, additional information will be emailed to your organization's primary contact.

$1,800 is an investment of $90 per youth for approximately 6-months of afterschool science and engineering for a group of 20 meeting in a "Junior Engineer" club once a week. This is $15 per youth per project and includes three full-day workshops for up to three staff, all curricula guides for each workshop attendee, all needed materials for each project, and ongoing support.
EcoComplex

ALTERNATIVE ENERGY INNOVATION CENTER

Offering Science-based Expertise in:

- Alternative/Clean Energy Technologies
- Technology Testing and Verification
- Biomass Assessment
- Life Cycle Assessment
- Solid Waste Recycling and Management
- Controlled Environment Agriculture

ecocomplex.rutgers.edu

New Jersey Agricultural Experiment Station

EcoComplex
ALTERNATIVE ENERGY INNOVATION CENTER

Supporting New Business Concepts:
Office, Lab, and Greenhouse Space
Business Development Assistance
Marketing and Branding
Technical Assistance
Research and Development
Demonstration and Commercialization
Research Partnerships
State-of-the-Art Conference Facilities

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Rutgers
New Jersey Agricultural Experiment Station
NJ CERN

THE NEW JERSEY CLEAN ENERGY RESOURCE NETWORK
EcoComplex
Alternative Energy Innovation Center

NJ CERN DATABASE:

Designed to Assist RE & EE Companies to Grow and Prosper in New Jersey

Flexible, Easy to Navigate Website
Provides up-to-date Information to the Clean Energy Community

INFORMATION ABOUT:

State and Federal RE & EE Incentives
Business Financing Opportunities
Policies and Permitting Information
Business Development Assistance
Green Job Training

njcern.rutgers.edu
The Russell Nutrition Symposium Event Program.

This symposium is sponsored in part by the Office of the Executive Dean for the School of Environmental and Biological Sciences, The Department of Nutritional Sciences, The New Jersey Institute for Food, Nutrition and Health and by unrestricted educational grants from PepsiCo and Campbell's.

Office Of Communications
Portfolio of Work

The Russell Nutrition Symposium
Nutrition and Cognitive Function Throughout the Life-Span
Douglas Campus Center
October 24th, 2013

Purpose and Scope
The Russell Nutrition Symposium is one of the highlights of the Rutgers Department of Nutritional Sciences academic calendar. Previous symposia on the series focused on the long-term health implications of nutrition in childhood (2011) and maternal-infant nutrition (2012). In this year’s third annual Russell Symposium, the topic is how nutrition affects the brain and cognitive function. The presentations by leading international experts in these respective fields span a range of topics from cognitive development in early childhood to preservation of cognitive function in old age.

9:00-9:30 Registration - Continenital Breakfast

9:30-9:45 Welcome & Introductions
Robert M. Goodman, Ph.D., Executive Dean and Director School of Environmental and Biological Sciences, Rutgers University
Joshua W. Miller, Ph.D., Chair Department of Nutritional Sciences, School of Environmental and Biological Sciences, Rutgers University

9:45-10:30 Hidden Hunger in America
Maureen M. Black, Ph.D., Professor Department of Pediatrics, University of Maryland School of Medicine, Baltimore, Maryland

10:30-11:15 Macro and Micronutrient Deficiencies and Development in Children
Sally Grantham-McGregor, MBBS MD DPH FRCP Emerita, Professor of International Child Health, UCL Centre for International Health and Development, Institute of Child Health, University College, London

11:15-12:00 Brain and Behavior in Early Life Iron Deficiency
Betsy LeCroy, M.D., Professor, Department of Pediatrics and Communicable Diseases & Research Professor, Center of Human Growth and Development, University of Michigan, Ann Arbor, Michigan

12:00-1:30 Lunch

1:30-2:15 LCPUFA Supplementation and Developmental Outcomes
Anah Colonbe, Ph.D., Professor Department of Psychology, University of Kansas Director, Schollbach Institute for Life Span Studies, Lawrence, Kansas

2:15-3:00 Synapse Survival in Alzheimer’s Disease - The Battle Between Insulin and the Toxins that Cause Dementia
Elizabeth C. Aiken, Ph.D., Professor, Department of Psychology, University of Kansas Director, Schollbach Institute for Life Span Studies, Lawrence, Kansas

3:00-3:45 Protecting The Brain from Alzheimer’s Disease with High-Dose B Vitamins
A. David Smith, FMedSci, Professor Emeritus Department of Pharmacology, University of Oxford, Oxford, United Kingdom

3:45-4:00 Discussion/Adjourn

We gratefully acknowledge the contributions of all speakers involved in this program.

Speakers

Maureen M. Black, Ph.D. in the John A. Scholl MD and Mary-Lea Simonsen School of Medicine Professor in the Department of Pediatrics and the Department of Epidemiology and Public Health of the University of Maryland School of Medicine. She also has appointments in Adjunct Professor in the Center for Human Nutrition at the Johns Hopkins Bloomberg School of Public Health and the Department of Psychology of the University of Maryland Baltimore County. Her research includes intervention trials to prevent childhood's health, nutrition and development among low income families in Maryland and in low and middle-income countries. Her work focuses on both undernutrition and overweight.

Sally Grantham-McGregor, MBBS MD DPH FRCP, trained in Pediatrics at St. Mary’s Hospital, London University and worked at the Tropical Metabolism Research Unit at the University of the West Indies from 1977 until joining the Institute of Child Health, University College London in 1983. She chaired the Steering Committee for the Lancet series on Child Development in Developing Countries published in 2007. She has published over 200 peer reviewed articles and book chapters on factors affecting child development in developing countries. She previously chaired the subcommittee on Nutrition and Mental Development of UNICEF and was a member of the Task Force on iron for the UK Scientific Advisory Committee on Nutrition. She is on the Advisory Board for Early Childhood Program for Open Society Foundation, and a member of the Advisory Panel on Early Childhood and Readiness to Learn for the Inter-American Development Bank, Washington and on the Global Child Development Board. She contributed to the recent series in the Lancet on Maternal and Child Nutrition.

Betsy LeCroy, M.D., a developmental-behavioral pediatrician, received her M.D. from Rush Medical College in 1977. She received her M.D. from Case Western Reserve University School of Medicine in 1977. She was Director of the University of Michigan Center for Human Growth and Development for 11 years and is currently Professor of Pediatrics and Communicable Diseases in the Medical School and Research Professor at the Center. Her research focuses on the effects of iron deficiency on infant behavior and development. A long-standing concern since iron deficiency is the most common single nutrient disorder in the world, her research has received uninterrupted support from NIH for the last 35 years, and she was on the National Advisory Board on Early Childhood and Readiness to Learn for the Inter-American Development Bank, Washington and on the Global Child Development Board. She contributed to the recent series in the Lancet on Maternal and Child Nutrition.

Nutrition and Cognitive Function Throughout the Life-Span

Douglass Campus Center
October 24th, 2013
The Russell Nutrition Symposium
Nutrition and Cognitive Function Throughout the Life-Span

Douglass Campus Center
October 24th, 2013
The Department of Nutritional Sciences focuses on nutrition health and wellness through basic, translational, behavioral, clinical, and applied research and education.

**We are committed to:**
- Undergraduate, Graduate, and Professional Nutrition Education
- Multidisciplinary Nutrition Research
- Evidence-Based Public Service to Improve Nutritional Habits, Health and Wellness

Specific departmental emphases include molecular, biochemical, physiological, psychological, clinical, and cultural dimensions of human nutrition. The combination of biology and social science in teaching and research enables the Department to take a fresh look at nutrition problems and develop unique solutions that improve the quality of life for people throughout New Jersey, the United States, and the world.

**What We Offer:**
- Undergraduate Nutritional Sciences Major
- Nutritional Science
- Dietetics (DPE)
- Community Nutrition
- Food Service Administration
- Graduate Program M.S. and Ph.D
- Nutritional Biochemistry and Physiology
- Applied and Community Nutrition
- Combined Masters-Dietetics Internship
- Nutritional Sciences Preschool
- Outreach and Extension
  - NJ SNAP-ED
  - EFNEP
  - Ask Before you Eat

**Research and Education for a Healthy Tomorrow**
The Rutgers Marine Science family has grown dramatically over the last two decades and to celebrate our growing alumni family we are focusing on strengthening our wider community. Please share any updated information so we can keep you informed about exciting happenings here in NJ and around the world, lectures by Rutgers people in your local communities, and to better coordinate the growing social network of Rutgers Marine Science alumni. We want to invite you back to campus to interact with current students and faculty as our doors are always open!

We look forward to seeing you!

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For more information contact us at 848-932-3408 or email us at kasule@marine.rutgers.edu
Please join us **Friday, August 30, 2013** for the

NEW JERSEY INSTITUTE FOR FOOD, NUTRITION, AND HEALTH

Ground Breaking Ceremony

10:00 a.m.
Food Science Building
63 Dudley Road
New Brunswick, NJ 08901

RSVP by August 15

[Click here to respond](#)
You are cordially invited to attend the 3rd ReConnect with Rutgers Food Science event on Friday April 25, 2014 at the Cook Campus Center.

Enjoy reconnecting with friends, alumni, faculty and colleagues of the Department of Food Science at Rutgers University. Friday’s event will begin in the afternoon with a networking mixer, including alumni, students, current and retired faculty, and guests, followed by a sit-down dinner and a fun filled evening.

Stay the night, and come back Saturday morning for a continental breakfast followed by an optional tour of the Food Science building. You can also enjoy Rutgers Day activities including barbeques and Food Science ice cream.

For more information and registration visit us at: foodsci.rutgers.edu or contact Irene Weston at 848-932-5432 or weston@aesop.rutgers.edu.

A $55 per person contribution is kindly suggested to defray the cost of the event. I look forward to seeing you in April!

- Mukund Karwe, Chair, Department of Food Science
FCHS ‘Working Well in New Jersey’ Logo Design.
Introduction

The Working Well in New Jersey Toolkit was made possible by a grant from CDC to the New Jersey Department of Health – Office of Chronic Disease Prevention. The Office of Chronic Disease Prevention sub-contracted the grant to Rutgers University School of Public Health, in cooperation with the Office of Chronic Disease Prevention Statewide Worksite Initiative. The grant was sponsored by the New Jersey Theory and Research Center for Community Health Sciences and Community Health Sciences Education. Rutgers University School of Public Health, in cooperation with the Office of Chronic Disease Prevention Statewide Worksite Initiative, developed the Working Well in New Jersey Toolkit for implementation in the 21 counties of New Jersey as part of the grant. The goal is to have the Working Well in New Jersey Toolkit be the go-to resource for New Jersey employers. 

Heart disease and stroke, the principal components of cardiovascular disease (CVD), are among the nation’s leading causes of death and disability. Heart disease is the leading cause of premature disability among working age adults. The emphasis of this toolkit is to prevent heart disease and stroke by addressing risk factors that can eventually lead to heart disease. The risk factors include physical inactivity, high blood pressure, poor nutrition, obesity, high blood cholesterol, tobacco addiction, and other health-related behaviors. It will take the active involvement of public and private partners to bring about change in employee and community behaviors. Together, we can improve the healthy lifestyles of our employees and their families while in the same time reducing the burden of obesity, heart disease and stroke, and high employer/employee health care costs.

Special thanks to the following New Jersey employers for participating in the pilot of the Working Well in NJ Toolkit:

- AAA South Jersey
- The Arc Atlantic County
- Cape Counseling Services, Inc.
- Eastern Prepares
- Cape May for Children & Families
- Community Health Sciences
- Fellowship Village
- Groupe SEB USA
- Integrity House, Inc.
- James Alexander Corporation
- Liberty Corner Health Department
- Michael Foods, Inc.
- Morris County
- New South Behavioral Health Care
- Northstar Travel Media
- Outback
- Preferred Behavioral Health of N.J., Inc.
- QuestCare
- Robert Wood Johnson Hospital – Rahway
- Talk, Inc.
- Township of Westerly
- Vito’s
- Wakefern Food Corporation
- Whelan’s Food Corporation

Today’s employers are wise to invest in workforce health promotion. Motivated, healthy employees are the vitality of a workplace as a whole and have a major impact on an employer’s bottom line. An investment in Working Well in New Jersey health promotion programs:

- Improves employees’ health, productivity and contributes to an improved quality of life
- Reduces missed workdays due to chronic illness related to heart disease and stroke – reducing the cost to employers for downtime and temporary help.
- Decreases absenteeism, employee turnover and health care costs.
- Can reduce the management of health care, and the cost of benefits and insurance.
- Can increase a culture of wellness in the work environment.

What is a Worksite Wellness Program?

A worksite wellness program is an organized approach to begin to make necessary changes that will support employee health like environment, policies, and programs that encourage healthy lifestyle behaviors like, healthy eating, increased physical activity, reduced tobacco exposure, and reduced stress.

Why Have a Worksite Wellness Program?

The average employee spends more time in the work setting than any other setting on an average day. Of those places, the work setting (like schools) lends itself to changing lifestyles and behaviors. By providing a strong environment to change behavior with healthy habits than can be shared by other health risk factors. When employers invest in workforce health promotion, highly motivated employees are vitally important to a workplace and can have a significant impact on an employer’s bottom line related to health care costs. An investment in workforce wellness:

- Improves employee health, morale and quality of life
- Increases productivity, while creating a desirable environment
- Provides a return on investment
- Reduces absenteeism
- Improves spend 30% of their total waking hours at work. Many employees are becoming overweight due to poor eating habits, physical inactivity, heart disease and stroke are linked to common risk factors associated with poor eating habits, physical inactivity, and tobacco use.

The worksite environment is ideal for increasing employee knowledge and skills needed to address healthy lifestyle behaviors. Together, employers and their employees can help employees manage potentially increases productivity by decreasing absenteeism, and improve attention to physical fitness. In addition, the healthy lifestyles of employees’ families, and communities can be improved, while in the same time reducing the burden of obesity, heart disease and stroke.

The emphasis of the Working Well in New Jersey Toolkit is to prevent heart disease and stroke by addressing risky behaviors that can eventually lead to chronic disease. The risk factors include physical inactivity, high blood pressure, poor nutrition, obesity, high blood cholesterol, tobacco addiction, and other health-related behaviors. It will take the active involvement of public and private partners to bring about change in employee and community behaviors.

Video: Why Worksite Wellness

[https://vimeo.com/69475645](https://vimeo.com/69475645)
Creating a Healthier Workplace

Steps to Creating a Healthier Workplace

- Create a Culture of Wellness in the Workplace
- Gain Support of Management
- Create a Wellness Committee
- Assess the Needs and Interests of Employees
- Develop a Realistic Plan to Achieve Your Goals

In some cases, worksites may need to adjust their strategic plan to effectively accomplish a healthier workplace. Offices may encourage employees to increase their physical activity by outlining a walking path around the inside of the facility or outdoors in a safe well-lit area. Some employers may establish a series of educational workshops to better suit the needs of their employees. Even the placement of bilingual posters could encourage employees to adopt a healthier lifestyle. To increase participation, the organization could consider making healthy food choices and avoiding diet trends. It might include providing healthy options in vending machines in the worksite. Perhaps offering healthy choices while limiting or eliminating high sugar/fat/sodium foods and making healthy food choices and avoiding diet trends. It might include providing healthy options in vending machines in the worksite. 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It is essential to gain the support of management to conduct an effective worksite wellness program. For a successful wellness initiative, the employer and those administering the initiative must share the vision of the program. In some cases, the CEO will be the driver of the health promotion work and in other instances a human resource leader or wellness champion within the worksite may lead the effort. The most effective programs may be the result of the leading wellness as part of the company mission. The level of buy-in from senior level management will be critical to a successful program. A good indication may be that management participates in wellness practices and activities to improve their personal health.

Before approaching management be prepared to answer these questions:

- How will this initiative improve our workplace?
- How much will it cost to run this program or bring about the desired change?
- How can we persuade workers to participate?
- How will we know if this was meaningful use of time and resources?

Tips for gaining management support:

- Find out if management participates in wellness activities and practices healthy lifestyle habits
- Tailor the health promotion strategy to meet the goals and mission of the organization
- Share wellness/health claims data if it is available
- Use the Action on Heart Disease & Stroke for NJ and the Chronic Disease & Health Protection in America sections of the Working Well in NJ Toolkit

Working Well in NJ Online Webinar Training: Gain Management’s Support

Voices From the Field

QualCare has established a Wellness Committee inclusive of the organization’s President, Medical Director, CEO, Director of Benefits and staff hospital employees. This top-down approach assists our organization in achieving its objectives. 

Robert Wood Johnson Hospital

A number of our administrators have participated on wellness committees and serve as liaisons Preferred Behavioral Health of NJ

Our management is totally on board!

A member of our Administrative team participates on wellness committee and serves as liaison.

Robert Wood Johnson Hospital Rahway

Wakefern Food Corporation

Northstar Travel Media

Flight Centre USA

Eastern Propane

Integrity House

Video! Gain Management’s Support

http://www.youtube.com/watch?v=qU3HPm0tU20

Step 1: Design the Committee

Gain Support of Management

Winning Well in New Jersey

A culture of wellness will encourage a sense of belonging, self-confidence, some of accomplishment and increased levels of productivity among employees. The health promotion environment may also lead to higher productivity on the job and reduced absenteeism. Tangibles in relation to a culture of wellness may include some of the following changes:

- Company policy to eliminate or restrict smoking on the workplace
- Healthier menus choices in the cafeteria
- Opportunities for employees to increase their level of physical activity (walking path)
- Work for employee to participate in informational workshops or lunch and learn programs
- Discussion at a local fitness center
- Recognition in company communications
- Individual or team awards

Step 2: Start Discussions About Worksite Wellness

A presentation was done for the executive team to get their buy-in.

Northstar Travel Media

We created a “Healthy” Calendar outlining all Health and Wellness events and handed out a copy to each Executive at Executive Staff Meeting.

Working Well in NJ Online Webinar Training: The Importance of a Wellness Committee

Employment Voices

We established an employee wellness committee, and then installed state-of-the-art water coolers to encourage more water consumption. In addition, we implemented the Get Moving Get Healthy NJ Workplace online wellness newsletter with Rutgers Cooperative Extension. We commissioned Documentary “Nagging for Change” and sampled hydroponic juices and healthy snacks. Now we are working with vending machine company on offering healthier options, and establishing an organic produce co-op.

Preferred Behavioral Health of NJ

We are in the process of finalizing our wellness committee. The plan is to bring in three speakers on cancer prevention, diabetes prevention, and heart health. Next we will execute a smoking policy.

Promote Progrees

Our wellness committee plan was to introduce biometric readings, lunch & learns, considering place changes that will support wellness.

Jonathan DiCesare

• How will this initiative improve our workplace?
• How much will it cost to run this program or bring about the desired change?
• How can we persuade workers to participate?
• How will we know if this was meaningful use of time and resources?
Additional technical assistance features of the Working Well in NJ Toolkit:

- Chronic disease and health promotion in America
- The burden of heart disease and stroke in New Jersey
- Links to 25 brief webinar trainings plus 10 informational videos on YouTube and Vimeo
- Information about HIPAA and Non-HIPAA issues
- Walk NJ Point-to-Point online tracking tool
- Employer and employee pre and follow-up assessments
- Wellness Committee Prioritizing Tool
- Wellness Committee Work Plan
- Resource directory for employers

For more information find us at: nj.gov/health/fhs/chronic/stroke.shtml

The New Jersey Worksite Wellness Toolkit

The average employee spends more time in the work setting than any other setting in an average day. Of most places, the work setting (like schools) lends itself to policy and environmental changes that encourage healthy habits. Worksites provide a strong environment to change behavior with healthy habits that can lower the number of health risk factors. When employers invest in worksite health promotion, healthy motivated employees are vitally important to a workplace and can have a significant impact on an employer’s bottom line related to health care costs. An investment in worksite wellness:

- Improves employee health, morale, and quality of life
- Increases productivity, while creating a desirable environment
- Provides a return on investment
- Reduces absenteeism

Employees spend 36% of their total waking hours at work. Many employees are overweight due to poor eating habits, and physical inactivity. Heart disease and stroke are linked to common risk factors associated with poor eating habits, physical inactivity, and tobacco use.

Toolkit Components:

- Create a culture of wellness in the worksite
- Gain support of management
- Create a wellness committee
- Assess the needs and interest of employees
- Develop a realistic plan to achieve your goals
- Marketing your program
- Recruit community partners
- Lose, medium, and high cost resources
- Topics of interest to NJ employees
- Legal issues
- Evaluate the program
- Sustaining your wellness program

What employers are saying about the toolkit:

Survey to staff gave us a lot of input as to what they wanted.
Employment Horizons

The employee survey was very helpful and has given us a direction with our programming. We found that our employees were mostly sedentary and were interested in having more healthy foods/snacks at work. Thanks for the online tools and trainings, they are helpful and motivating!
Northstar Travel Media

We were able to find speakers to come in to speak with our group. We had good success finding vendors for our health fair and found the community willing and able to help us.
Arc Atlantic

The toolkit is an awesome tool for employers to reference whether they are starting from scratch or had a wellness plan in place.
Robert Wood Johnson Hospital Rahway

Although our wellness committee was already established before the toolkit, we are now a little more concrete, more focused, more results driven.
James Alexander Corp

The toolkit has some great resources and links that I use for my wellness bulletin board. The toolkit makes the wellness part of my job go smoother and I spend less time searching for resources.
Flight Centre USA
Attention New Jersey Employers!

Announcing New Jersey’s comprehensive worksite wellness toolkit, created for employers interested in:

- Improving employee health
- Improving employee morale and quality of life
- Increasing productivity in a desirable environment
- Reducing absenteeism

Rutgers Cooperative Extension is an equal opportunity program provider and employer. Contact your local Extension Office for information regarding special needs or accommodations.

Funded by the NJ Dept of Health, Chronic Disease Prevention

nj.gov/health/fhs/chronic/stroke.shtm

Rutgers Cooperative Extension is an equal opportunity program provider and employer. Contact your local Extension Office for information regarding special needs or accommodations.
FCHS ‘Get Moving-Get Healthy WORKFORCE’ Logo.
Retired Faculty Luncheon Email Invitation.

Warmest Greetings…

The fall semester is off to a great start, with a record enrollment for the School and many new developments on campus.

For instance, it is fascinating to watch the rapidly rising “home” for the Institute for Food, Nutrition, and Health under construction next to the Department of Food Science building on Dudley Road. This is the first new academic building construction on campus in decades.

Also, if you attended last year’s Retired Faculty Luncheon, you heard about the new Rutgers Retired Faculty and Staff Association and the plan to create a center as a gathering place for all University retirees. You will be pleased to learn that the new Rutgers Retired Faculty and Staff Center now exists and soon will be open for business with a full-time staff person. It is located off the lobby of Administrative Services Building 2 on Route 1 on the Cook Campus.

Once again this year, Executive Dean Bob Goodman will be hosting the Retired Faculty Luncheon. Here are the details:

2013 Retired Faculty Luncheon
Tuesday, December 3, 2013 – 11:30 a.m. to 2 p.m.
University Inn and Conference Center
178 Ryders Lane, New Brunswick, New Jersey 08901

Come visit with your colleagues as well as some of our deans and directors, alumni representatives, and students who will be on hand to greet you. Lou and Fran Iozzi are planning to be back this year and will perform a musical interlude as part of the day’s festivities, and we will have several varieties of poinsettia as gifts to brighten your holiday season.

We are asking that you register by November 22. If you have access to the Internet, please visit www.discovery.rutgers.edu where you will find the link to the registration page. Or you may phone me at 848-932-4215, or email orban@aesop.rutgers.edu. As always, the luncheon is free for each retired faculty member and his/her guest.

Looking forward to seeing you and having a chance to catch up.

Best regards,

Diana

Diana M. Orban Brown
Director, SEBS/NJAES Office of Community Engagement
NJ EFNEP
NJ SNAP-Ed
Mercer County

The New Jersey Expanded Food and Nutrition Education Program (NJ EFNEP) and the New Jersey Supplemental Nutrition Assistance Program – Education (NJ SNAP-Ed) are Rutgers Cooperative Extension programs aimed at reducing hunger, preventing obesity, and increasing physical activity among limited-resource adults and youth.

Our behaviorally-focused, research-based lessons include topics such as:

- MyPlate/MyPyramid
- Eating More Vegetables and Fruits
- Healthy Eating on the Go
- Eating Less Sugar
- Eating Less Fat
- Reading Food Labels
- Meal Planning
- Stretching Food Dollars
- Food Safety

For more information on these topics, visit our interactive one-on-one learning site:

snaped4me.org

We work with community-based programs and schools to deliver classes in English and Spanish at no cost to you.

To start a class series, call 609-989-6835.

mercer.njaes.rutgers.edu
RCE Mercer County 'Master Gardeners' Poster.

Master Gardeners
Mercer County

Trained by the County Horticulturist and Rutgers faculty, Master Gardeners host free horticultural programs throughout the year.

Year-round advice on horticultural matters including
- Plant identification
- Plant disease
- Pest identification and management

Mercer Educational Gardens
- Learn about backyard composting
- Garden inspiration for your home
- Open daily, dawn to dusk

Events
- Spring garden symposium
- Plant sale
- Insect Festival
- Monthly educational programs

Become a Master Gardener

Do you want to excite, inspire, and encourage the residents of Mercer County to participate in the rewarding experience of responsible gardening and pest management? Ask for an application today.

Helpline
609-989-6853

mercercounty.mastergardeners.rutgers.edu
Family and Community Health Sciences

Mercer County

Promoting Healthy Families, Schools and Communities

Focus Areas
- Chronic Disease Prevention
- Nutrition and Physical Activity for a Healthy Lifestyle
- School Wellness
- School Gardens
- Farm to School
- Food Safety
- Food Allergy
- Food Security

Nutrition and Health Education For Youth and Adults

Programs available for people with developmental disabilities, their families, teachers, and caregivers.
- Schools
- Child Care Settings
- Workplaces
- Senior Centers
- Community Centers
- Houses of Worship
- Health Fairs
- New Parents Groups

Family & Community Health Sciences, a part of Rutgers Cooperative Extension, promotes health and wellness through education, research and collaboration, with outreach in food, nutrition, and healthy lifestyles.

Volunteers Wanted!
Become an FCHS Wellness Champion

mercer.njaes.rutgers.edu
4-H Youth Development
Mercer County

Afterschool Programs
Camps, Day and Overnight
Community Clubs
County 4-H Fair
Teen Programs

School Enrichment
Educator Workshops

The 4-H Youth Development Program uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes and skills they need to become competent, caring and contributing citizens of the world.

mercer.njaes.rutgers.edu

Volunteers Wanted!
We work with commercial and governmental agencies to offer educational outreach, conduct relevant research, and improve public understanding of the agricultural community in Mercer County.
Steps to Becoming a 4-H Volunteer

1. CONTACT YOUR LOCAL 4-H OFFICE
   - Apply to be a volunteer through your county’s 4-H Volunteer Program. Each county has a 4-H staff member who can help you get started. Find the contact information for your local 4-H office at nj4h.njaes.rutgers.edu

2. FIND THE RIGHT FIT
   - Talk with your county 4-H staff person to learn about the current volunteer opportunities available. Be sure to share your interests and skills. Together you will determine the best volunteer role for you.

3. APPLY TO BE A 4-H VOLUNTEER
   - Complete the NJ 4-H Application form and return it to the county 4-H office.

4. COMPLETE THE SCREENING PROCESS
   - For the protection of 4-H members, adult volunteers must be screened prior to acceptance for the volunteer position.

5. MAKE A DIFFERENCE
   - Your 4-H staff will review the 4-H Volunteer Appointment Agreement with you. You will become an official 4-H volunteer and your adult volunteer position is complete.

6. OBTAIN A CHARTER
   - Complete applications for obtaining a Charter.
   - Complete Charter application
   - Create Club bylaws

7. SCHEDULE YOUR 4-H YEAR
   - Create a meeting schedule and calendar for the year with your members, including dates, times, and places.

8. ORDER SUPPLIES
   - Coordinate with your county 4-H office to order 4-H project materials.
   - Use Project record books, entry forms.

Starting a 4-H Club

1. RECRUIT MEMBERS
   - Tell family & friends.
   - Recruit at least 5 youth from 3 different families.
   - 4-H staff can help you with recruitment strategies.

2. HOLD YOUR FIRST MEETING
   - Organize your first club meeting.
   - Announce location
   - Define your project area
   - Work with your members to name your club.

3. REGISTER YOUR CLUB MEMBERS
   - Distribute registration forms to members.
   - Make sure they are completed by every member and sent to your county 4-H office.

4. HOLD ELECTIONS
   - Members hold elections.
   - Members nominate club officers.
   - Nominated members give speeches.
   - Elections are held.

5. COMPLETE TRAINING
   - In-person training sessions take place locally and are led by county 4-H staff. Your Extension office will contact you for available training dates. Complete the 4-H Volunteer Registration form.

6. AGREE TO SERVE
   - Make a difference in the lives of 4-H members by serving as a caring adult volunteer.

7. START YOUR CLUB
   - Tell family & friends.
   - Recruit at least 5 youth from 3 different families.
   - 4-H staff can help you with recruitment strategies.

8. INSPIRE YOUR MEMBERS
   - Inform your club members about upcoming county, regional, and State events.

Essential Elements

I pledge my hand to closer thinking

INDEPENDENCE
- In order to develop self-confidence, youth need to feel and believe in themselves. They also need to experience success at solving problems and meeting challenges.

I pledge my heart to greater loyalty

BELONGING
- Youth need to feel that they are able to influence others through their decision-making. A growing ability to think, feel, make decisions, and initiate action represents the sense of responsibility and independence that comes with increased independence and self-reliance.

I pledge my hands to larger service

SERVICE
- Youth need to feel their lives have meaning and purpose. By participating in 4-H community service and citizenship activities, youth can connect to communities and learn to give back to others. Youth learn that they do not live in a secluded world, but instead it is indeed a global community, which requires awareness and compassion for others.

I pledge my health to better living

HEALTH
- Youth need a sense of physical and emotional safety. They need to feel connected to others in their group. Research shows that it is important for youth to have opportunities for long-term, consistent relationships with adults other than their parents. A sense of belonging may be the single most powerful factor that promotes positive youth development.

STEP 3

Find the contact information for your local county 4-H program at nj4h.njaes.rutgers.edu or call the NJ State 4-H Office at 848-932-3700.

Steps to Starting a 4-H Club

1. Complete training
2. Recruit members
3. Hold your first meeting
4. Register your club members
5. Hold elections
6. Complete training
7. Recruit members
8. Hold your first meeting

Rutgers
New Jersey Agricultural Experiment Station
Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

Office Of Communications
Portfolio of Work
TO BE A 4-H VOLUNTEER IS TO **CONNECT.**

- Connect with your community
- Share your talents and knowledge with kids
- Network with other adults with similar interests

TO BE A 4-H VOLUNTEER IS TO **SHARE.**

- Share experiences that you will never forget
- Give back in a meaningful way
- Positively impact youth in your community

IN 4-H, YOUTH AND ADULTS **CONNECT & SHARE.**

- Make new friends
- Learn new skills
- Spend time together
- Develop hidden talents

The role of a 4-H volunteer is to help youth feel they can **BELONG, BELIEVE AND ACHIEVE.**

Connect Today, become a 4-H Volunteer!

For more information contact your county Rutgers Cooperative Extension office or visit us at [www.nj4h.rutgers.edu](http://www.nj4h.rutgers.edu)

Like us on [facebook](http://facebook.com/NewJersey4-H)
4-H Volunteers

Connect and Share

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- Connect with your community
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- Network with other adults with similar interests

TO BE A 4-H VOLUNTEER IS TO SHARE.
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IN 4-H, YOUTH AND ADULTS CONNECT & SHARE.
- Make new friends
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- Spend time together
- Develop hidden talents

RUTGERS
New Jersey Agricultural Experiment Station

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Connect Today, become a 4-H Volunteer!

For more information contact your county Rutgers Cooperative Extension office or visit us at www.nj4h.rutgers.edu

Like us on facebook at facebook.com/NewJersey4-H
TO BE A 4-H VOLUNTEER IS TO CONNECT.
- Connect with kids and share your talents and knowledge.
- Network with other adults with similar interests.
- Build career experience.
- Choose a flexible schedule that fits your lifestyle.

TO BE A 4-H VOLUNTEER IS TO SHARE.
- Share experiences that you will never forget.
- Give back in a meaningful way.
- Share a spirit of generosity with others.
- Positively impact youth in your community.

The role of a 4-H volunteer is to help youth feel they can BELONG, BELIEVE AND ACHIEVE.
4-H Volunteers
Connect and Share

TO BE A 4-H VOLUNTEER IS TO CONNECT.
• Connect with your community
• Share your talents and knowledge with kids
• Network with other adults with similar interests

TO BE A 4-H VOLUNTEER IS TO SHARE.
• Share experiences that you will never forget
• Give back in a meaningful way
• Positively impact youth in your community

Connect Today!
RUTGERS COOPERATIVE EXTENSION OFFICES

Atlantic County
609-625-0056
Bergen County
201-336-6785
Burlington County
609-265-5052
Camden County
856-216-7130
Cape May County
609-465-5115
Cumberland County
856-451-2800
Essex County
973-353-1338
Gloucester County
856-307-6450
Hunterdon County
908-788-1341
Mercer County
609-989-6833
Middlesex County
732-398-5261
Monmouth County
732-431-7260
Morris County
973-285-8300
Ocean County
732-349-1227
Passaic County
973-684-4786
Salem County
856-769-0090
Somerset County
908-526-6644
Sussex County
973-948-3040
Union County
908-654-9854
Warren County
908-475-6502

IN 4-H, YOUTH AND ADULTS CONNECT AND SHARE:
• Develop hidden talents
• Learn new skills
• Make new friends
• Spend time together

or visit us at nj4h.rutgers.edu
Let’s Do Lunch With the Executive Dean!

Saturday, April 26 12-1:30

With Executive Dean Bob Goodman

Calling all Ag, CAES, Cook and SEBS Alumni!
Come to the Ag Field Day Lunch with the Executive Dean at Cooper Dining Hall on the Cook/Douglass Campus
Spouses/partners and your children are welcome!

Come meet classmates, friends, favorite faculty members, and students for a tasty barbecue, beer garden, music and camaraderie.
Weather permitting, the barbecue and tables will be set up outdoors so that all can enjoy the sunshine.
Bad weather? No problem – we’ll enjoy the festivities inside charming Cooper Dining Hall.

The lunch is free, but you will need admission tickets, so registration by April 18 is required.
Please visit tinyurl.com/ExecDeanLunch2014 to register.

See you on the 26th!

Questions? Contact Diana Orban Brown at orban@aesop.rutgers.edu or 848-932-4215.
Cook/Douglass Campus
Community Day 2013
September 17, 2013, 4:00 p.m. - 7:00 p.m.
at Passion Puddle on Red Oak Lane
(rain date: September 19)

Raffle Every Hour!
for a Kindle Fire HD Tablet
(student I.D. required, must be present to win)

Free!
t-shirt
(first come, first serve)
barbecue
information booth giveaways
and live music!

If you would like to reserve a table for your student club, visit:
ghcookcampus.rutgers.edu/communityday
Save the Date!

Community Day 2013

09.17.13

Save the Date!

9.17.13

Community Day 2013

Rain Date 9.19.13
‘Community Day’ Tee Shirt.

Cook/Douglass Campus
Community Day
2013
Your student club is invited to participate at the

Cook/Douglass Campus
Community Day 2013

September 17, 2013, 4:00 p.m. - 7:00 p.m.
at Passion Puddle on Red Oak Lane
(rain date: September 19)

To reserve a table for your student club, contact Kristen Rumolo at rumolo@aesop.rutgers.edu

For more information visit us at ghcookcampus.rutgers.edu/communityday
Check-in Here to Win a Kindle Fire HD Tablet

Drawing Times:

4:30 P.M.
5:30 P.M.
6:30 P.M.

Must have a student ID and be present to win.

sponsored by:
Offices of:
The Executive Dean of the School of Environmental and Biological Sciences
The Executive Dean of the School of Arts and Sciences
The Dean of Mason Gross School of the Arts
The Dean of Students and the Cook Campus Dean

Community Day
Your student club is invited to participate at the

It’s Not to Late! Cook/Douglass Campus

Community Day 2013

September 17, 2013, 4:00 p.m. - 7:00 p.m.
at Passion Puddle on Red Oak Lane
(rain date: September 19)

To reserve a table for your student club, contact Mike Green at
green@aesop.rutgers.edu

For more information visit us at
ghcookcampus.rutgers.edu/communityday
Challenger Glider Mission Icon *(unfinished)*.

1. Challenger Glider Mission

2. Challenger Glider Mission

3. Challenger Glider Mission

4. CHALLENGER glider mission

5. Challenger GLIDER MISSION
The stability of New Jersey beaches and the viability of our coastal communities were significantly challenged by the damaging hurricanes Irene and Sandy. The National Hurricane Center’s list of costliest hurricanes in United States history ranks Sandy second at over $60 billion and Irene eighth at over $15 billion in damages. Despite the epic scale of these two storms, the loss of life was greatly minimized due to accurate forecasts of the tracks of the hurricanes days in advance. However, forecasts of hurricane intensity were less accurate, reducing the ability to proactively minimize damage. Rutgers Coastal Ocean Observation Laboratory (COOL) within the Institute of Marine and Coastal Sciences (IMCS) was able to accurately simulate Irene and Sandy’s intensity as they slammed into New Jersey’s coast. This was possible using an advanced and expansive array of ocean observing technologies from satellites that can measure ocean temperatures, high frequency shore radar that can measure the ocean surface currents, and autonomous underwater gliders that can measure the ocean’s interior conditions. For Irene, the hurricane intensity was significantly over-predicted where for Sandy, the rapid acceleration and intense force just before landfall were under-predicted. Over-predicting Irene’s intensity led to skepticism about storm surge warnings for Sandy. By under-predicting Sandy’s intensity and storm surge, the result was insufficient preparation.

Twenty years of global atmospheric model development have significantly reduced errors in hurricane tracking forecasts but the predictive skill for hurricane intensity forecasts has remained essentially flat. The progress of IMCS’ COOL action-oriented research on predicting hurricane intensity is providing insights into the oceans’ influence on hurricane intensity.

Lessons Learned. Here is a summary of what happened during Irene and Sandy. Summertime conditions in the Mid-Atlantic are much like a backyard swimming pool, with a warm water layer on top and a colder layer of water on the bottom.
‘Essex County 4-H Sustainable Communities Sustainable Commons’ Logo and Banner.
4-H connects kids with Rutgers
www.RUinto4H.org
Office of Community Engagement Event Invitation.

Big Ten Ag Alumni Reception

Monday, March 3, 2014
6:00–8:00 PM
Washington, D.C.

New location: National Press Club
529 14th St., NW
Washington, D.C. 20045
(Metro Center stop—13th St. Exit)

Register online: bitly.com/bigten-ag

In the spirit of institutional cooperation, the Big Ten schools with agricultural programs are once again gathering our alumni and friends in the Washington, D.C., area for a special event—this year at a new location, the National Press Club! Now in its fourth year, the reception has been a great success with alumni and friends networking across institutions and enjoying one another's company. We are looking forward to seeing everyone again (and some new faces!).

Please join us for a reception and enjoy the fellowship of alumni and friends from
the colleges of agricultural sciences and natural resources representing Michigan State University, The Ohio State University, The Pennsylvania State University, Purdue University, Rutgers University, University of Illinois, University of Maryland, University of Minnesota, University of Nebraska, and the University of Wisconsin. Reconnect with college deans, administrators, faculty, and staff from your alma mater. Learn how our colleges are working cooperatively on behalf of land-grant institutions.

Cost is $20 per person.
Heavy hors d’oeuvres and beverages

Register online by visiting bitly.com/bigten-ag.

Registration deadline is February 24, 2014.

For questions or assistance, contact the Penn State College of Agricultural Sciences Alumni Office at 814-865-2717.

For directions, visit press.org/about/visit-us.

This publication is available in alternative media on request.
Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce. Produced by Ag Communications and Marketing

We look forward to seeing you there!
You're Invited to

Jim Alampi, alumnus
Rutgers School of Ag 1969
Former Mercer County 4-H Member

Author of:
Great To Excellent; It’s the Execution!

Wednesday
May 7, 2014
3:00 p.m.

Phillip Alampi Room
Marine and Coastal Sciences Building

Jim Alampi is the eldest son of the late Phillip Alampi. His father instilled leadership skills in him and he has spent his career leading companies, from a $325 million auto auction business (NASDAQ: IAAI) to a $1.5 billion chemical distribution business (NYSE: UVX).

For the past twelve years he has helped entrepreneurs in the areas of leadership, strategy and execution. He has been a director on 20 boards and has chaired four of them.

On May 7th, he is donating his time to present us with a faculty and staff professional development seminar to help us:

- overcome barriers
- set and execute critical priorities
- remain focused
- create accountability
- create and communicate vision and goals

This seminar comes at a critical time for Rutgers and will address strategic planning to execute tactical bite-size pieces.

Click Here to Register
Rutgers Dining Services, 'Connect to Success' Event Web Banners.
‘21st Annual Celebration of Excellence’ Program

Rutgers
21st Annual Celebration of Excellence

School of Environmental and Biological Sciences
New Jersey Agricultural Experiment Station

Award Ceremony & Reception

Thursday, April 24, 2014
Nelson Dining Hall

Welcome
Richard D. Ludescher
Dean, Academic Programs

Presentation of Awards

Teaching excellence award
Rebecca Jordan
Department of Human Ecology
Daniela Sharma
Department of Animal Science

Research excellence award
Kenneth Able
Department of Marine Science

Outreach excellence award
Michael Haberland
Department of Agricultural Resource Management Agents

International excellence award
Carl Pray
Department of Agriculture, Food and Resource Economics

Staff excellence award
Alison Cattaneo
Department of Ecology, Evolution and Natural Resources
Phyllis Lepucki
SEBS Office of Human Resources

Team excellence award
Asian Tiger Mosquito Project

Closing
Richard D. Ludescher
You’re Invited...

SCHOOL OF ENVIRONMENTAL AND BIOLOGICAL SCIENCES

Scholarship Appreciation Dinner

November 4, 2013

This year, your support enabled us to award $690,000 in scholarship funds to the students enrolled in the School of Environmental and Biological Sciences. For most students, your scholarship allows them to focus less on how to pay for college and more on excelling in their studies. It also allows our School to continue to attract and reward our best and brightest students, who we fully expect will do great things later in life with the knowledge and experience they’ve gained in our programs.

Please join us for this year’s dinner and a brief program where you will meet and get to know our outstanding scholarship recipients.

We look forward to having you join us.

MONDAY, NOVEMBER 4, 2013
Trayes Hall, Douglass Campus Center
(on the Cook/Douglass Campus)
100 George Street, New Brunswick, New Jersey 08901

5:00 – 6:00 p.m. Meet and Greet with students and the School of Environmental and Biological Sciences faculty
6:00 – 7:00 p.m. Dinner
7:00 – 7:30 p.m. Program

Dinner Choices:
- Chicken Breast with Apple Craisin Chutney
- Pistachio Crusted Halibut
(Special dietary selections available by request.)

Please RSVP your attendance, along with your dinner choice, by October 21, 2013, by emailing Carden@aesop.rutgers.edu or by calling 848-932-3572.

Rutgers
School of Environmental and Biological Sciences
Department of Food Science Banner and Lawn Signs.
Dear Friends:

As Executive Dean of the School of Environmental and Biological Sciences, it is my privilege to interact with our students almost daily. These interactions reinforce to me how truly bright and engaged our students are. I am also constantly reminded of the extraordinary opportunities available to our graduate and undergraduate students alike to pursue research with world-class faculty. I applaud their hard work and dedication, especially in the highly competitive environment of a modern research university like Rutgers.

When our students graduate from the School, they are poised to make significant and indelible marks on society. Armed with a Rutgers education that balances both classroom and practical, hands-on experience, many of these students are recognized for their scholarly and research achievements both locally and around the world. They are awarded prestigious fellowships to study abroad and internships right here at home that enable them to apply what they have already learned and reach to the next level. They are an impressive group of young people and I am pleased you have the chance to meet them tonight at this annual Scholarship Appreciation Dinner.

This year, more than $690,000 in scholarship awards help make it possible for our students to give their full attention to learning and less time to worrying about how they will pay their tuition bills. I am proud that these students are mindful of the investment our donors have made in them and that they pursue their studies with vigor and enthusiasm.

Your role as donors in supporting the educational endeavors of our students both here on campus and around the world is indispensable to this cycle of learning at Rutgers. Thank you so much for your generous giving to the School of Environmental and Biological Sciences and for your support of the promising young men and women who entrust their education and their futures to us.

Sincerely,

Robert M. Goodman
Executive Director of the New Jersey Agricultural Experiment Station

Donor Remarks:

Dr. Richard Ludewicher
Dean of Academic Programs
Professor, Food Science

Wishing Remarks:

Robert M. Goodman
Executive Dean Rutgers

Donor Remarks:

Professor Bonnie J. Mohr

Student Speakers:

Jordan Foreman, 2014
Christopher Smith, 2014

Ms. Mei-li Wen, Dr. Barbara A. Zilinskas

Scholarship Appreciation Dinner 2013

Monday, November 4, 2013

Scholarship Appreciation Dinner 2013

DOUGLASS CAMPUS CENTER
School of Environmental and Biological Sciences

Jersey Roots, Global Reach

Rutgers University

SCHOLARSHIP APPRECIATION DINNER 2013

SCHOLARSHIP APPRECIATION DINNER 2013

SCHOLARSHIP APPRECIATION DINNER 2013

STUDENTS: Abigail Cohen, Nicole Guzman, Tina Harrison, Rebecca Noah
Linda Rudolph Burns Memorial Scholarship
DONOR: Mr. Frank R. Burns
STUDENTS: Courtney Kibbe, Hannah Toreno, Alexia Ulrich
George M. Carman Prize in Lipids
DONORS: Dr. and Mrs. George Carman, Ms. Grace Hu, Dr. He Mu and Jonathan Yun
STUDENT: John Douglass

Dr. Kenneth and Mrs. Jane Charlesworth Endowed Scholarship in Teacher Education
DONORS: Dr. Kenneth and Mrs. Jane Charlesworth
STUDENT: Sabado Alega

Dr. Kenneth and Mrs. Jane Charlesworth Endowed Scholarship
DONORS: Dr. Kenneth and Mrs. Jane Charlesworth
STUDENT: Rahul Ghagti

Norman F. Childers Scholarship
DONORS: The Professor Norman F. Childers Family
STUDENT: Samantha Lee

Cipriano “Keeping it Green” Foundation Scholarship
DONOR: Mr. Christopher Cipriano
STUDENTs: Amy Brown, Ryan Daddio, Arturo Hernandez, Nathaniel Kelly

Cook Community Alumni Association Scholarship
DONORS: Cook Community Alumni Association; Mr. and Mrs. Roger Downey III; Mr. and Mrs. David Earl; David L. Singer, Esq.; Mr. Lucas J. Visconti; Ms. Laurel Van Leer and Dr. Charles Weibel
STUDENTS: Sara Lepard, Madison Little, Christopher Smith, Rodney Valverde, Kristi Wahlke

Daun Family Endowed Graduate Student Prize in Food Science
DONORS: Dr. and Mrs. Henyk Daun
STUDENT: Minqian Wang

Roy H. DeBoer Travel Prize in Landscape Architecture
DONORS: Professor Roy H. and Mrs. Joan DeBoer; Mr. and Mrs. David Earl; Mr. Bruce R. Katsena
STUDENT: Rebecca Cook, Ben Granovsky, Gwenn Heerschap, Jonathan Jack Peters

Dr. Richard T. Dewling Scholarship
DONOR: Dr. Richard T. Dewling
STUDENTS: Kevin Geiger, Thomas Wang

Joseph DiConzo Memorial
DONOR: Mrs. Madeline DiConzo
STUDENT: Q Zhang

Kevin Dorko Memorial Award
DONORS: Mr. Paul A. Dorko, Mr. and Mrs. David Earl, Ms. Linda Hancox
STUDENTs: Ryan Goodstein, Gwenn Heerschap

Rutgers School of Environmental and Biological Sciences

SCHOLARSHIP APPRECIATION DINNER 2013

SCHOLARSHIP APPRECIATION DINNER 2013

SCHOLARSHIP APPRECIATION DINNER 2013

SCHOLARSHIP APPRECIATION DINNER 2013
NJAES App Icon and Splash Screen.
Email Banners.
SEBS and NIAES Email Banners.