

Before you leave for Winter break



Don't forget to:

- *Turn off lights
- *Unplug chargers and power strips
- *Turn off your computer
- *Turn down heat
- *Close blinds to help insulate windows

Have a wonderful break!

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Guns and public health



The mass shooting at Sandy Hook Elementary School should galvanize Americans to view gun violence as a public health crisis, says [David Hemenway](#), HSPH professor of health policy and author of "Private Guns, Public Health." Read an interview with

Hemenway in the [Harvard Gazette](#) and listen to his recent appearance on WBUR's [On Point](#).

Savory cold-weather side dishes



[Roasted Squash with Pomegranate](#)

[Roasted Sweet Potatoes with Pecans](#)

[Cardamom Roasted Cauliflower](#)

[Green Beans with Chili Garlic Sauce](#)

[Mushroom Stroganoff](#)

[Wild Rice with Cranberries and Cider](#)

Get [more recipes](#) from HSPH's Nutrition Source

New findings on mercury contamination and seafood



Mercury released into the air and then deposited into oceans is increasingly contaminating seafood, reports [Elsie Sunderland](#), Mark and Catherine Winkler assistant professor of aquatic science, and colleagues from HSPH and other institutions. [Read more](#)

Comparing U.S., India health systems



The U.S. and India can learn from each other's health care systems, said [Ashish Jha](#), associate professor of health policy at HSPH, and K. Sujatha Rao, a former secretary of health and human welfare in India, during a recent talk at HSPH. [Read more](#)