

HSPH helps "make over" the muffin



A regular blueberry muffin from a national coffee shop chain has 450 calories on average and most of those calories come from carbohydrates--primarily white flour and sugar. A low-fat muffin has about the same amount of calories, but contains more carbohydrates and sugar, and about 60% more sodium (700 milligrams) than a regular muffin. Now, HSPH and the Culinary Institute of America offer a tasty new blueberry muffin recipe, redesigned at just 130 calories. [Read more](#) and get recipes for [Blueberry Muffins](#), [Cranberry Orange Muffins](#), [Jalapeño Cheddar Corn Muffins](#), [Lemon Chickpea Breakfast Muffins](#), and [Whole Wheat Banana Nut Muffins](#).

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Around the School

Celebrate with the Stars on February 16



The annual HSPH Celebration with the Stars event honors employees who have reached a benefits-eligible milestone between January 1 and December 31, 2011.

[New Year's fitness deal](#)

Discounts available at Longwood Medical Area gym.

*Please note that the discount is only available through March 1, not April 1 as reported in a previous issue.

Parents: Have a back-up plan for winter's school closings and runny noses



[Parents in a Pinch](#) provides emergency back-up care for when your child care arrangements are not available or your child is mildly ill.

School Innovation Project launches HSPH is launching a new program to engage the entire HSPH community in efforts to reduce costs and diversify our sources of revenue. Faculty and staff will be invited to submit ideas for cost savings or revenue enhancement. A committee will review suggestions to determine if they are workable. Upon implementation, the person who submitted the idea will receive 5% of estimated first-year savings or revenue enhancement, up to a limit of \$5,000 per idea. All participants receive a "lunch on us" coupon and are eligible for a raffle of an Apple iPad.

[David Hastings](#), administrative director for the Department of Genetics and Complex Diseases, will oversee this effort. Contact him if you are interested in serving on the Idea

Event highlight

[Harvard Transdisciplinary Research in Energetics and Cancer Center \(TREC\) Annual Conference](#)

Feb. 13, 2012
1:30-6:00 PM

HMS, New
Research Building,
Rotunda

Research news and interviews



[HSPH's "Dam Guy"](#)

Evaluation Committee. More information regarding the submission process will be announced soon.

2012 Armen H. Tashjian, Jr. Award for Excellence in Endocrine Research

The Armen H. Tashjian, Jr. Award was established to recognize scholars early in their career who are pursuing novel areas of discovery in endocrine and related areas of research. The recipient will be a faculty member or senior fellow at Harvard School of Public Health with demonstrated excellence in developing and conducting innovative research in basic biomedical sciences.

Nominations should be submitted electronically to [Tashjian Nomination](#) and should consist of:

- Candidate's curriculum vitae
- List of candidate's two most significant papers
- Description of the nominee's research in no more than 100 words

The receipt date for nominations is 5:00 PM on February 1, 2012.

The award recipient will receive an honorarium and a medallion minted with the likeness of Tashjian. The winner will be invited to deliver a lecture, and be acknowledged at a reception to be held Monday, April 23, 2012, with a dinner following that evening. [Read more](#)

[tackles water problems around the world](#)

[La Niña weather patterns linked to flu pandemics](#)

[Red meat linked to higher stroke risk](#)

[Lifelong effects of early childhood adversity, stress](#)

[NC task force on sterilization victims headed by HSPH alumna](#)