Last night Wofford welcomed activist/scholar/author/foodie Gary Nabhan to campus. After a delightful catered dinner at the Goodall Center, Nabhan addressed a large audience in Leonard Auditorium. His presentation, *Food, Genes and Culture: Why Silver Bullet Diets and Quick Genetic Fixes Won’t Reduce the Prevalence of Nutrition-Related Diseases*, investigated the relationship between our guts, our genes, and our dinner plates. The food we’ve grown up eating, as Americans, while tasty, is very far from the food that our ancestors ate, and this evolutionarily sudden change is, it turns out, a real challenge for our health. We see some popular diets trying to fix this (as a former Californian, I know a lot of people who are into “Paleo”), but at the same time, no diet is one-size-fits-all – the food my ancestors ate in the snowy forests of Scandinavia a thousand years ago would not have much overlap with the foods that people were eating at the same time in what would become South Carolina. These foods interacted with, and even changed, our genes and our gut microbiome – the little animals that live in our digestive tracts. We’re figuring all this out now, but as Nabhan pointed out, we’ve left ourselves with enormous health problems, from diabetes to gluten intolerance to food-stressed communities. Nabhan’s work in Arizona (one of the less likely places for food production) shows promising signs of the way that farmers, scholars, politicians, and communities can work together to solve these problems and create a stronger, healthier food system. Perhaps we’ll see more of this thinking in Spartanburg.
Upcoming Events and Opportunities

October 24th
5:30pm-7:00pm

Mary Black Foundation presents Dr. Ann Kulze, The Happiness Diet: Learn how to use food to boost happiness, beat stress and unleash your brain’s remarkable power. Chapman Cultural Center – refreshments, 5:00-5:30pm. This event is free to the public; please RSVP by October 17 to lrciley@maryblackfoundation.org.

October 27th
7:00pm

Santee Cooper Lecture Series - Reimagining Infrastructure*: The first of three lectures will kick-off our final Santee Cooper Lecture Series with a lecture and “Beaver Believers,” a documentary movie by filmmaker, photographer, and educator Sarah Koenigsberg, in Olin 101.

October 28th
5:00pm

Santee Cooper Lecture Series - Reimagining Infrastructure*: The second lecture will feature beekeeper, Robert MacKimmie from CityBees in San Francisco at the Goodall Environmental Studies Center. Dinner will be provided following this event. Transportation to and from campus will be provided. See Dr. Brewitt for transportation information and to RSVP for dinner by October 21 (limit 40 people).

October 28th
7:00pm

Santee Cooper Lecture Series - Reimagining Infrastructure*: Following dinner at Goodall (see above to RSVP), the third lecture on hydropower will feature Dr. Nina French from Lucid Energy. See Dr. Brewitt for transportation information to and from campus.

October 29th
8:15am

Lake Conestee Nature Park with Reimagining Infrastructure Guests*: The bus departs from Black Science Annex to Lake Conestee for a walking tour with Dr. Dave Hargett, executive director. See Dr. Brewitt to join the group for this walk.

October 28th – 29th

SURF – SoCon Undergraduate Research Forum: The forum will feature students, including our own Carol Morel and Ben Thomas, and faculty from the 10 Southern Conference institutions presenting their research projects in all disciplines of the Arts, Humanities, and STEM. Schedule to be announced in various locations on campus.

November 3rd
12:00pm-2:00pm

Spartanburg Area Conservancy Open House at Cleveland Preserve: Learn about farm-to-school and sustainable farming initiatives at SPACE’s 300-acre Cleveland Preserve. Please sign up for this free event, https://www.eventbrite.com/e/space-cleveland-preserve-farm-open-house-tickets-2829466108.

*These count toward your two required extracurricular events for the semester.

PROFILE OF THE WEEK:

Appalachian State University – MBA in Sustainable Business

The Walker College of Business at Appalachian State University has an enrollment of 100 graduate students and was included in the Princeton Review’s Best 295 Business Schools for 2016.

An MBA, with a concentration in Sustainable Business, is offered in a compressed time frame allowing the student to complete the program in one year from their start date by going full time year round and taking summer classes and/or participating in an internship. A rolling admissions plan is also offered so students can start the program in the fall, spring or summer. Off-Campus students go halftime year round with classes two nights a week and generally finish in two years.

One of the factors that differentiate the Walker College MBA Program from programs at many other universities is the small class size. With a target class size of 20-25, students receive more individual attention in class and individual assistance with career related issues than are available with larger classes. Quality is more important than quantity. https://business.appstate.edu/academics/mba-program