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.
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