



# Media Readiness

Amy Gannon, MS, RDN, LD

# **Traditional Forms of Media**

# Charleston Daily Mail

Monday, November 4, 2013

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50 cents ★★

## Mingo deputies allegedly targeted

Reinstated officer claims firing was result of investigation into slain sheriff's drug activity

By DAVE BOUCHER  
DAILY MAIL CAPITOL REPORTER

WILLIAMSON — Mingo County deputies were systematically targeted, and at least one was fired earlier this year, after investigating allegations in 2012 that then Sheriff-elect Eugene Crum was peddling drugs.

Details of Crum's alleged drug activity were not revealed until earlier this year, when federal investigators accused other Mingo County officials of helping Crum try to thwart an FBI investigation.

Crum, who was shot and killed in April, fired Sgt. Arthur Farra in February for "insubordination." But in September, then-Mingo County Prosecutor Michael Sparks said he'd heard new information that led him to believe there was a different reason Farra was let go.

Sparks wouldn't elaborate at the time, and Farra was reinstated to his post with back pay last week.

Recent interviews with Sparks, new Sheriff James Smith and a transcript from a hearing where Farra tried to appeal his firing shed light on

## Food program could go unfunded

SNAP-Ed aims to educate families, children on proper nutrition, faces cuts in federal funding

By ZACK HAROLD  
DAILY MAIL CAPITOL REPORTER

A nutrition education program aimed at West Virginia's low-income families could wind up on the chopping block, depending on how negotiations in

Washington play out.

The SNAP-Ed program provides nutrition education services to families receiving assistance through the federal Supplemental Nutrition Assistance Program, commonly known as food stamps.

The program's funding was cut by 28 percent in 2013 as a result of federal budget negotiations.

And while West Virginia's SNAP-Ed was expecting \$3.3 million in federal funding for

the 2014 fiscal year, it only will receive \$985,000 until Congress passes a long-term funding bill.

There's no guarantee the program will survive the budgeting process fully funded, however.

"Maybe we'll make that up through the rest of 2014, but that is less money than we had budgeted for," said Cindy Fitch, West Virginia's SNAP-Ed program director. "No one knows what Congress will do."

Members of Congress, who

have so far failed to agree on a 2014 budget, managed last month to pass a continuing resolution funding the federal government through January.

But there are still negotiations and it's difficult to believe that the programs might be fully funded.

But there are still negotiations and it's difficult to believe that the programs might be fully funded.

## Democratic fundraiser a wrap



It teaches SNAP families how to buy and prepare healthy food...and stretch their food dollar and get to the end of the month without running out of food.

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Children can eat anything adults can eat, and the earlier parents start instilling healthy habits, the better.

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## Just say no to 'kid food'



Lori Wolfe/The Herald-Dispatch

Kadi Butcher, left, and Hannah Butcher, both of Huntington, learn about cooking and kitchen safety while attending Kids in the Kitchen Culinary Camp at Huntington's Kitchen in Huntington in 2015. Local experts advise that, while it takes time to teach children to become healthy eaters, it's worth it, because the earlier parents start instilling healthy eating habits, the better.

### Local experts share tips for raising a healthy eater

By KATHERINE PYLES

The Herald-Dispatch

Despite what restaurant menus, grocery aisles and drive-thru toys would have you think, there's no such thing as "kid food."

"I think a lot of times we assume that children only want 'kid food,' or that they only want things that are sugary, salty or fatty," said Amy Gannon, MS, RD, LD, assistant dietetics professor and director of the Didactic Program in Dietetics at Marshall University. "And while it's true that those flavors are preferred by humans in general, it's a mistake to assume that just because they're children they don't like healthy foods or aren't willing to try new things."

Children can eat anything adults can eat, Gannon said, and the earlier parents start instilling healthy habits, the better. If you're

not sure where to begin, start with a few simple tips from local experts.

#### Say goodbye to soda

First, throw out the sugary drinks. That includes juice, Gannon said.

"Children don't need special drinks," she said. "They don't need caffeine. They don't need sugar. They don't need juice, and they certainly don't need fruity drinks like Capri Sun or Vitaminwater. They just need water and milk. Even when they're running around playing sports, they need to hydrate with water, not sugary sports drinks."

For some variety, try fruit-infused water with fresh oranges, frozen pineapple or frozen berries, she said.

Please see **HEALTHY/7C**

An easy first step to a healthier diet for your kids is to eliminate sugary drinks, even juice and sports drinks.

Metro Creative

### WHAT THE EXPERTS SAY

"You want to expose kids to as many healthy foods as possible during those early years. Young children are still forming their taste preferences, and something that tastes too bitter to them the first time they try it could end up being something they love later on. Don't give up!" — Amy Gannon, MS, RD, LD, assistant dietetics professor and director of the Didactic Program in Dietetics at Marshall University



"Somewhere around \$2 billion a year is spent on food advertising aimed at children, and only about 3 percent of those ads are for healthy foods. They're targeting kids with things like fast food restaurants, sugary drinks and cereals that come with a toy. Television has the power to change the way our kids — and we as adults — think. Kids should be brought to the table to eat. Eating in front of the television at any age promotes overeating and can lead to obesity." — Dr. Jacquelline Ray, FAAP, assistant professor of pediatrics at the Joan C. Edwards School of Medicine and pediatrician at Marshall Pediatrics



"Change isn't likely to happen overnight. Provide lots of encouragement, and reward them for even the smallest effort to improve their eating habits — even if that's just touching or smelling a food for the first time. ... One thing I've found helpful is making a chart called 'Foods I Like' with pictures of foods they have tried. If kids start trying to eliminate a food from their diet, the chart is an easy reminder. You can say, 'See, you like this. It's on your food chart.'" — Julie Blake, MA, CCC-SLP, senior speech therapist at Milestones Physical Therapy Inc.



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Dietetics is such a diverse field...The more you know, the more you can help people.

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## State sees field of dietetics expand

■ Dietitian says top specializations are in diabetes, renal diseases and cardiovascular health

By ELAINE MARSHALL  
FOR THE DAILY MAIL

The field of dietetics is growing and becoming more diverse in the Mountain State.

Since the beginning of the year, 11 people have become registered and licensed dietitians in West Virginia, said Helen Lodge, chairwoman of the West Virginia Board of Licensed Dietitians. Currently, there are 186 dietitians in the state.

"Just as physicians have specialized into the different disease states, so have the dietitians," said Richard McGinnis, a registered dietitian and certified diabetes educator at Thomas Health System.

Dietitians now work in specific fields such as cardiology, diabetes, eating disorders, exercise physiology, gastroenterology, geriatrics, hypertension, neonatal, oncology, osteoporosis, pediatrics, pregnancy and breast feeding, renal diseases, sports medicine, trauma and weight management.

Susan Ponderier, a registered and licensed dietitian at Charleston Area Medical Center's Memorial Hospital, equates the situation to lawyers specializing in divorce or environmental law.

"Back in the '80s, specializations took the forefront," Ponderier said. "And each one is very important in its own right."

Lodge says renal diseases and cardiovascular health are the top dietetic specializations in West Virginia.

Nearly 50 dietitians from across the state this week met with first lady Gayle Marshall at the Governor's Mansion to celebrate National Nutrition Month.

Amy Gannon, president of the West Virginia Dietetic Association,



Members of the West Virginia Dietetic Association gathered at the Governor's Mansion this week to discuss proper nutrition with the first lady.



"Dietetics is such a diverse field. The more you know, the more you can help people."

Amy Gannon  
President of the W.Va. Dietetic Association

was among those who attended Wednesday's event.

Gannon said specialization helps to address and prevent nutrition problems.

"Dietetics is such a diverse field," Gannon said. "The more you know, the more you can help people."

Lodge said all dietitians in the state have four-year degrees and about half attain master's degrees in nutrition before becoming specialized in the workplace.

"We all have the same education, but some go a step further in

their career to become specialized," Lodge said.

Amy Spadafora is a board-certified specialist in pediatrics.

In fact, she is the only one in the state.

Spadafora has been helping children from across the state at CAMC's Women and Children's Hospital for more than seven years.

To become certified, Spadafora completed 1,000 hours of practice beyond her degree and passed an exam. She faces a recertification process every five years.

Spadafora said many of the children she works with have cerebral palsy or a genetic disease that makes it impossible for them to eat by mouth. She sees up to 10 patients a day who have to be fed through a tube or intravenously.

Spadafora said breakthroughs in medicine and nutrition have made it possible for children with cystic fibrosis to live longer.

But treating children and adults with the disease is complicated. Patients must consume more than 4,000 calories per day. They also must eat a high-fat diet, as well as plenty of enzymes to properly break down the fat.

She said working as a pediatric dietitian is unlike helping adults, and specialization is necessary.

"Kids are just 100 percent different than adults," Spadafora said. "Their needs are different and they vary with their age."

■ Turn to **DIET/20**

# COMMENTARY

## Taking Small Steps Can Kick-Start a Healthier New Year

Midnight champagne toasts, watching the ball drop from Times Square and making New Year's Resolutions.



Amy GANNON

All are wonderful traditions and, for most of us, they are all distant memories by now. If you blew your diet with appetizers at a college bowl game party, you may think you're too far off track to stick with your healthy plan. Don't be too hard on yourself. Take time to reflect on what went wrong and set a few realistic goals to get back on track.

When trying to lose weight, don't go for a quick, easy fix. Avoiding crash diets that promise unrealistic outcomes is your best bet to staying healthy and keeping weight off for many months to come. Eating right will not only help you lose weight, but help you avoid long-term health problems such as high blood pressure, diabetes and high blood cholesterol.

Choose just a few of the top 10 New Year's Health Tips below, and you'll be well on your way to a healthier body in 2013.

■ When eating carbohydrates, choose wisely. Cakes, cookies, soda and sweetened breakfast cereal are bad for your waistline and your heart. Additionally, they provide few nutrients and are usually loaded with calories.

■ Replace white breads, pastas and other refined flours with whole grains. Foods made from white flour are low in fiber and are more quickly digested than whole grains. Over time, this may cause your blood sugar and insulin levels to rise to unhealthy levels.

■ Don't drink your calories. Calories consumed from beverages won't fill you up. Go with a tall glass of water with lemon, low fat milk and other low-sugar beverages such as green tea or fruit spritzers.

■ Help reduce your body's inflammation level by choosing anti-inflammatory foods, including salmon, walnuts, tart cherries, olive oil, berries and freshly ground flax seeds.

■ Replace meat with vegetable-based proteins such as beans, several times per week. Beans are a good source of soluble fiber (the type that reduces cholesterol), protein, folate and saponins — a phytochemical that may protect against cancer.

■ Load up on nutrient-rich fruits and veggies, especially those of the dark green and orange variety. When used to replace higher calorie foods, all fruits and vegetables promote weight loss. However, those that are dark green and orange are jam-packed with antioxidants such as vitamins A and C and give our immune system the boost it needs during cold winter months.

■ Eat a nutritious breakfast, in-

### EATup

Want to incorporate some of these tips into a New Year meal? Try the following recipe, comments of the American Institute for Cancer Research (<http://www.aicr.org/>).

### Spinach and Clementine Salad

2 lb. Clementines (8-12)  
2 lb. baby spinach, washed and dried  
4 celery stalks, cut into thin diagonal slices  
1/2 cup walnuts pieces, toasted  
1 cup red onion, sliced thin  
1/4 cup dried cherries or cranberries  
2 Tbsp. red wine vinegar  
Pinch of sugar  
1/4 cup extra virgin olive oil  
1 tsp. Dijon mustard  
1 small clove garlic, minced  
Salt and freshly ground black pepper

Peel Clementines, removing all white pith. Separate segments. Put in a large salad bowl with spinach, celery, nuts, onions and berries. Mix well.

Whisk together remaining ingredients in a small bowl. Drizzle over salad and serve.

Makes 8 servings.

Per serving: 195 calories, 12 g. total fat (1 g. saturated fat), 19 g. carbohydrate, 6 g. protein, 6 g. dietary fiber, 120 mg. sodium

cluding at least three of the five food groups every day. People who eat breakfast everyday weigh less than their breakfast-skipping counterparts. Studies suggest that eating breakfast reduces your hunger throughout

“When trying to lose weight, don't go for a quick, easy fix. Avoiding crash diets that promise unrealistic outcomes is your best bet to staying healthy and keeping weight off for many months to come.”

Amy Gannon is a registered dietitian and hypertension specialist for West Virginia University's Center for Hypertension Service's Family Nutrition Programs.

## Dietician: Many don't know how to make healthy food choices

By George Hohmann

Posted: Sep 26, 2014 1:18 PM EDT

Updated: Oct 26, 2014 1:18 PM EDT

Registered dietician Amy Gannon sees obesity from two perspectives.

She administers federal grant programs that aim to educate low-income residents across the state to prevent obesity. She also works with Dr. Jamie Jeffrey in a private practice that treats obese children.

Gannon said a common denominator is many West Virginia children and parents don't know how to make healthy food choices.

Gannon is a West Virginia University extension specialist who administers programs in the WVU Extension Service's Family Nutrition Program. One of her biggest jobs is administering a \$3.3 million statewide nutrition education program for food stamp recipients. It is formally known as the Supplemental Nutrition Assistance Program-Education, or SNAP-Ed. She also administers a \$1.1 million program known as the Expanded Food Nutrition Education program. Both are funded by the U.S. Department of Agriculture.

There are 50 instructors statewide who work in the SNAP-Ed program, which has youth, adult and public health components.

"The youth program educates about 20,000 low-income children a year all across the state on how to eat healthier and move more," she said. "You've heard of 'My Plate' dietary guidelines — they really teach good common-sense eating: choosing more whole grains; making half of your plate fruits and vegetables; choosing a wide variety of fruits and vegetables; lean proteins; low-fat dairy. That's basically what we teach.

"I always joke that I'm Appalachian born and bred, so I know what we eat and I like what we eat but what we eat isn't healthy. We like starchy vegetables. We often have a plate full of potatoes and corn."

Gannon said she tries to teach children to choose dark vegetables — dark green and dark orange vegetables that are richer in nutrition and lower in starch. She said she also tries to teach children to choose fruits and vegetables for snacks instead of cookies or snack cakes and to drink milk rather than sugar-sweetened beverages.

"We will have a whole generation of children who are not getting calcium, not building bone during those bone-growth years," she said. "So we focus on getting kids to reduce sugar-sweetened beverages and replacing that with low-fat milk and water.

"It's just good, common-sense nutrition that over several generations has somehow escaped us."

Every time the extension service teaches about nutrition, children are given foods to go along with the lesson.

"Lots of children in West Virginia don't know what whole grains are," Gannon said. "They've grown up eating white, refined grains. That's the Appalachian way.

"We let kids taste what whole grain crackers and bread taste like."

Gannon said children often tell the extension service instructors, "I've never tried carrots or spinach but now I'm going to go home and ask my Mom to buy them.

"I think obesogenic habits and behaviors people have make a big difference," Gannon said. "I hear this from patients all the time: 'I had a little bit of pop today, and I'll have a sundae tomorrow. It's not going to hurt me. It's not often.' But it's those small choices and small behaviors that add up over time and make a tremendous difference."

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I think obesogenic habits and behaviors people have make a big difference. I hear this from patients all the time: 'I had a little pop today, and I'll have a sundae tomorrow. It's not going to hurt me.' But it's those choices and small behaviors that add up over time and make a tremendous difference.

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“ In general my patients’ goals are the same as anyone else’s: to eat a well-rounded, nourishing diet, but when there is not one but many cases, two or three conditions that can affect their ability to eat or digest food, to burn calories and to communicate, every case is like a puzzle. ”



# **New Forms of Media**

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Small changes throughout the day such as incorporating fruits and veggies, eliminating higher calorie foods and substituting more fruits and veggies and whole grains...Also amounts of physical activity

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## National Nutrition Month Kicks Off in West Virginia

Posted Wednesday, March 3, 2010 ; 11:35 AM | [View Comments](#) | [Post Comment](#)

Updated Wednesday, March 3, 2010; 11:59 AM

First Lady Gayle Manchin helped start the campaign at an event Wednesday.



CHARLESTON -- Dietitians across West Virginia are trying to educate young people about healthful eating.

March is National Nutrition Month and West Virginia First Lady Gayle Manchin was on hand Wednesday for an event at the Governor's Mansion to help kick-off the campaign in the Mountain state.

This year's theme focuses on getting back to the basics of healthful eating.

Dietitians say making small changes in what you eat can make a big difference.

Amy Gannon, Registered Dietitian WWU Extension Service, said, "Small changes throughout the day such as incorporating fruits and veggies, eliminating higher calorie foods and substituting more fruits and veggies and whole grains," Amy Gannon, Registered Dietitian WWU Extension Service. "Also, amounts of physical activity."

“ People were definitely glad that [Oliver’s] show was happening...Dietitians in the area were happy. Even if it’s negative publicity, if change happens and people become more aware of the obesity epidemic, it’s good. I love the fact that he is teaching people how to cook. ”

## Today's Dietitian

The Magazine for Nutrition Professionals

### Dietitians React to Jamie Oliver's Food Revolution

By Sharon Palmer, RD

This year, British chef Jamie Oliver stormed the nation with his ABC TV show *Jamie Oliver's Food Revolution*. Oliver is taking on America's obesity problem, honing in on Huntington, W.Va., dubbed throughout the show as "the unhealthiest city in America." Following the success of his British TV programs that improved the quality of school lunches, Oliver hopes to bring the same sort of change to America. He started a petition ([www.jamieoliver.com](http://www.jamieoliver.com)) to support his revolution that includes ideals such as American kids need better food at school, better health prospects, and to develop cooking skills. At press time, nearly 800,000 people had signed the petition.

Gannon to contribute to a weekly blog about the show. (View the blog at <http://herald-dispatchblogs18.blogspot.com>.)

What is so special about Oliver that Oliver has unleashed a ve food. His overriding philosophy home-cooked, healthful food.

Families watched as Oliver ba breakfast and daily French frie chicken and rainbow-colored s classrooms, discovering that s of high schoolers to promote g Oliver planned for a flash mob parents, he hauled out a dump some kids eat at school. He vi the backyard, piled their week checkup.

Oliver bet a local radio station in the community to cook a me the West Virginia governor, an Oliver took the DJ on a field tr session with teens affected by

You might say that Oliver has nutrition community respondi

**Dietitians React**  
Dietitians have voiced mostly i of the West Virginia Dietetic A program at West Virginia Univ Huntington—was keenly intere

"People were definitely glad th were happy. Even if it's negati the obesity epidemic, it's good people that I work with don't e carrot," says Gannon, who car clinic who weigh up to 300 lbs.

What's not to like about shining a public light on the nation's nutrition problems? It seems that RDs aren't happy about one thing: the noticeable lack of nutrition professionals appearing on a show about food and nutrition. Dietitians in the community did offer Oliver their support and assistance, but he didn't take them up on it, according to Gannon. A group of West Virginia dietitians even attended the thousand-people cook-off to show their support.

But what went on behind the scenes? It does appear that the show's producers did their homework on the school lunch program. One year ago, Oliver's campaign manager contacted Debra Eschmeyer, Institute for Agriculture and Trade Policy and Kellogg Food & Society fellow and outreach and communications director for the National Farm to School Network at Occidental College in Los Angeles, to educate them on the 2010 Child Nutrition Reauthorization, which encompasses programs such as the National School Lunch Program.

Oliver's personal publicist, Kimberly Yorlo, reports, "The school lunch program [Oliver] created for the show was run through Sustainable Food Systems, [a consulting service that helps foodservice operations integrate sustainability practices into their programs], and their menus exceeded all of the federal nutritional standards. Jamie's emphasis was on getting processed food out, fresh food in, and removing the flavored milk."

Dietitians' complaints have also focused on how the show represents the school lunch program, resulting in massive complaints for the School Nutrition Association. "The school lunch program needs to improve, but Huntington schools have a higher percentage of free and reduced-price meals, and this is a poor community," says Gannon, who reports that for some children, the school lunch program is their primary source of nutrition.

The truth is that many Huntington schoolchildren preferred their staple of chicken nuggets, French fries, and pizza over Oliver's dishes—a problem with which many dietitians are far too familiar. But no one, including Oliver, said fixing the problem was going to be easy. After all, when Oliver asked school kids, while munching their chicken nuggets in the cafeteria, what they had for dinner the previous night, too many responded, "Chicken nuggets."

Some dietitians also point out that *Food Revolution* disregards countless organizations across the country that have toiled away at their own food revolutions. One dietitian wrote in a listserv discussion, "It is more than slightly upsetting not to see or hear any mention of the amazing local, regional, and national organizations working on the 'food revolution' that Jamie says he is 'starting' in the U.S."

**Let the Revolution Continue**  
At the end of the day, there are far more reasons than not to be excited about *Food Revolution*. Rumors are swirling that Oliver may produce a second season, and producers invited people to send in videos of how they are starting their own food revolution. Yorlo urges dietitians to get involved in their community to help with the revolution by signing Oliver's petition and contributing to the *Food Revolution* Facebook page.

Let's face it: Oliver is getting the conversation started. And as Gannon says, as a high-profile personality, "Jamie Oliver can bring light to this issue in a way that a dietitian never could."

— Sharon Palmer, RD, is a contributing editor at *Today's Dietitian* and a freelance food and nutrition writer in southern California.

“TV, computers, video games, texting, iPods — all these things are causing them to be sedentary and not outside playing, and a lot of it is food, fast food that is cheap, heavy-calorie convenience food. It’s often times a mix of all those things combined.”

## Behavior changes can help reverse costly problem of childhood obesity

For the Times West Virginian Oct 9, 2011

There is a problem in America that carries significant costs.

Statistics from the federal Centers for Disease Control and Prevention (CDC) indicate childhood obesity has more than tripled in the past 30 years. The percentage of children aged 6-11 years in the United States who were obese increased from 7 percent in 1980 to nearly 20 percent in 2008. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5 percent to 18 percent over the same period.

In 2008, more than one third of children and adolescents were overweight or obese.

So often, the problem continues into adulthood. In West Virginia, nearly one-third of all adults — 32.5 percent — are considered obese. Only Mississippi, at 34 percent, exceeds that figure, with Alabama a close third at 32.2 percent.

The costs show up in significant health issues.

Obese youth, according to the CDC, are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes. Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Longer-term health problems include heart disease, type 2 diabetes, stroke, several types of cancer and osteoarthritis.

That's the bad news.

The good news is that the problem can be attacked and risks lowered by making sound choices and changing behavior. Being active and eating a health diet are critical.

Amy Gannon, a registered dietitian with the West Virginia University Extension Service in Charleston who runs a weight-loss clinic for obese children and adolescents, said that "screen time" has contributed greatly to the epidemic of childhood obesity.

"TV, computers, video games, texting, iPods — all these things are causing them to be sedentary and not outside playing," Gannon said. "And a lot of it is food, fast food that is cheap, heavy-calorie convenience food. It's often times a mix of all those things combined."

Parents, of course, are the first line of defense in promoting habits that give their children the best chance at a long, healthy life. The CDC also stressed that the school system is an area that can be a motivating force to reverse the obesity trend.

In Marion County, for instance, all bread has to be at least 51 percent whole wheat whether it is purchased or school-made, said Terri Alma, the supervisor of school nutrition. Also, any chocolate milk offered in the school system will be skim milk, whereas the regular variety can be skim or 1 percent. Students also cannot purchase soda during the school day, and fresh fruits and vegetables are served every day.

Diet alone is not enough. Increased activity is essential.

Mary Welke, who promotes health in schools for the West Virginia Department of Education's Office of Healthy Schools, said kindergarten students through eighth-graders will be targeted to get moving for 15 minutes a day in times that they probably would have been sedentary. According to state legislation, that time should be broken at least three 5-minute intervals during the day. The extra activity would

## Marshall Dietetics Cooking in a New Kitchen

By CLARK DAVIS • JAN 29, 2016



Marshall University Dietetics Students measure ingredients.  
CLARK DAVIS / WV PUBLIC BROADCASTING

"I think it will help us learn more because we have more time and space to do things and we have our, we have another classroom upstairs and there is just more space and we get to know the people more because we're around them more often in this part of town," Fletcher said.

The kitchen was originally a tool for community outreach – the intention was to help a community once labeled as the unhealthiest in the country learn how to eat better. Gannon thinks it's opportunity for the dietetics program to help in the fight for healthy eating.

"I think having us in this environment, in this kitchen and being able to do the outreach that we can will really enhance what we have always brought to the community, but will make it even better," Gaannon said. "We really didn't have the ability or space to do this type of education or outreach in the past."

The department of dietetics has been teaching healthy eating at Marshall since 1923.

“I think having us in this environment, in this kitchen and being able to do the outreach that we can will really enhance what we have always brought to the community, but will make it even better.”



**PROCESSED MEATS UNDER FIRE**

CHARLESTON, WV

