Above, Dr. Robert Bell, Director of Southern Regional Educational Board Doctoral Program in Atlanta, Georgia speaks to McNair scholars about getting into graduate school and succeeding. The topic of his lecture was “Do You Have the Heart of a Thoroughbred to Earn a Graduate Degree?”

Below, following the lecture was a dinner at Fulin’s where students practiced their etiquette skills and learned how to use chopsticks.

Congratulations to the following students on receiving a 4.0 GPA Fall 2009!

- Lauren Easley
- Lindsay Gates
- Jasmine Gray
- Matt Hampton
- Nick Mackie
- Lucy Miller
- Chelsea Norman
- Monique Richard
- Kamryn Warren

And congratulations to the following students for being on the Dean’s List Fall 2009

- Felicia Brown
- Kalandrian Davis
- Lauren Easley
- Joshua Fryer
- Lindsay Gates
- Jason Gerald
- Johnathan Gilliam
- Jasmine Gray
- Matt Hampton
- Denise Harris
- Tiffany Hughes
- Nick Mackie
- Jeanie Mattilko
- Lucy Miller
- Petra Morkel
- Chelsea Norman
- Eric Pegues
- Angel Perrin
- Monique Richard
- Christiana Runkel
- Ana Valenzuela
- Kamryn Warren

Andrew Cole was born to Megan Musick on September 24, 2009. Megan graduated from MTSU May 2006 with a degree in Biology. Congratulations Megan & John.

DID YOU KNOW?
15 former MTSU McNair students are enrolled in masters degree programs and an additional 14 are enrolled in Ph.D. programs.

Shaun Guffey, 2nd from L and Nick Mackie, 2nd from R attended the Student Conference on United States Affairs at West Point, NY in November where they sat on a panel and discussed foreign policy development and implementation.

Lucy Miller, far R attended the American Anthropological Association Conference where she presented her research. While there she got to meet Monte Hendrickson, far L who is a McNair graduate working on her PhD at Vanderbilt.

McNair Moments

New Recruits
- Felicia Brown Sociology
- Kalandrian Davis Organizational Communication
- Joshua Fryer International Relations
- Lindsay Gates History

Graduates
- Amber Gray Aerospace
- Denise Harris Journalism
- Michael Harris Accounting
- Jenae Mattilko Social Work & Global Studies

Social Science Symposium
- Chelsea Norman Health Ed & Global Studies
- Ana Valenzuela History
- Kamryn Warren Sociology

Potpourri
- Chelsea Norman Health Ed & Global Studies
- Ana Valenzuela History
- Kamryn Warren Sociology

Not Pictured
- Matthew Foriest -History
- Matt Hampton -Economics
- Petra Morkel -History
- Eric Pegues -Political Science
- Angel Perrin -Psychology

In this issue:
- 1/16 First Seminar
- 1/26 Grad School Essentials with Dr. Jeff Clark
- 2/2 Honors Lecture Series: Calamitous Clusters with Steve Saunders
- 2/8 IRB Approval Process with Leigh Goostewski
- 2/16 How to Read and Review Literature with Dr. Charles Apigian
- 3/30 National Fellowships and Scholarships with Laura Clippard
- 4/13 Presentation of RAP
December 2009 Graduates

!important; font-weight: bold; margin-left: 10px; margin-top: 10px; margin-right: 10px; text-align: center; width: 150px;}

Christian Davenport
BSW Social Work

Monica Hicks
BS Psychology

Suzanne Hicks
BS Psychology

Sandra Plummer
BS Psychology

Healthy Eating Promotion in the Land of the Pyramids

One of the most historically rich countries in the world, Egypt is where Muslims and Orthodox Coptic religious converge. Amid a 7 million people in its capital of Cairo appear the infinite wonder of the Pyramids. They stand alone in the desert and offer a peaceful moment of awe as one crosses on the back of a camel!

I had the privilege and honor of traveling with a group to Cairo for this Christmas break on a mission to share with local children the benefits of proper nutrition and healthy eating. We, of course, had to immerse ourselves in the culture of this country and make the most of our time to experience all it has to offer. Myself and my two peers, one being native Egyptian, are nutrition and food science majors with a concentration in dietetics, and we decided to make a concerted effort to share our knowledge in a less privileged country.

We wanted to speak to the children that need attention in order to make changes in nourishing themselves and prepare for a healthy future. We journeyed to a local elementary school and spoke to 75 students ranging in age from 9-14 about what nutrition means, food choices, and how they affect energy, physical health, and cognitive well-being. The principal was ecstatic to share his school with three Americans willing to elaborate on a less studied subject. We found many kids lacked basic knowledge about vitamins and minerals necessary to grow, or even what nutrition meant.

The children or parents are solely responsible for packing school lunch as there is no cafeteria on the premises, and often chicken nuggets, French fries or pasta sandwiches, along with chips and sodas, would appear in their lunch bags. Others however astounded us with their knowledge of food, choice, and traditions in their home and we commended them to keep following that path. Keep in mind, however, this school was attended by what we would call middle to upper class students and they may have had an advantage most local Egyptians do not have.

An ironic twist of Western influence appeared as we were leaving the school. Snacks being delivered included Doritos and Pepsi. We also teased the principal for his affinity to Doritos and how the teachers taunted on his guilty pleasure, and noted he needed to make an honorable example for the school children.

I also had the opportunity to visit Alexandria and admire the beautiful Mediterranean coast city, see the library, and visit a self-sufficient monastery on a 3,000-acre spread. We went to the natural history museum where relics of pharaohs and mummies preserved amid jewels and protective statues lay. We spent a few minutes at a nursing home in Cairo and attended a Christmas night concert with traditional songs sung in Arabic and English. We feasted on homemade hummus, ta'mallia, mashi, and all the delicious and unique Egyptian fare. It was truly an adventure to experience the land of the pyramids. Maybe I’ll start a new tradition to celebrate the holidays with my Egyptian family. In Arabic, “shakara,” or in French also spoken there, “merci.”