Teaching skills and knowledge is an integral part of what we do at Monell. From mentoring underserved students to supporting promising postdoctoral fellows, training at Monell prepares the next generation of scientists.

In a broad sense, Monell training also extends to improving lives beyond the lab. In the school lunchroom, we’re learning how to best teach kids to enjoy healthy veggies. Elsewhere, by hosting a smell training workshop, we continued our commitment to support the anosmic community.

We hope you enjoy this newsletter – please keep your eyes out for our Annual Report and the 2016 Taste and Smell Quiz, coming soon.

Robert Margolskee, MD, PhD
Director & President

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**Cold and Bubbly Best Quench Thirst**

According to a new study, the sensory perceptions of coldness and carbonation help reduce thirst. These findings could help guide increased fluid intake in populations at risk for dehydration, including the elderly, soldiers, and athletes.

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**Food Fight: Combating Obesity with Vegetables**

Research shows that eating vegetables is related to lower rates of obesity and nutrition-related diseases. So how can we get our kids to eat their veggies? Monell investigates a unique approach to improving lunchroom nutrition.

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**Brian Lewandowski Named First Director’s Fellow**

Brian Lewandowski, PhD, has been named the Monell Center’s inaugural Gary K. Beauchamp Director’s Fellow. The senior postdoctoral position recognizes the potential for exceptional professional development in taste and smell science.

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A Celebration of Monell Student-Scientists
This past summer marked the Monell Science Apprenticeship Program's 35th year. Through MSAP, Monell engages underrepresented students in hands-on research to promote careers in science.

Monell Hosts Smell Training Workshop
Smell training advocate Chris Kelly recently visited Monell to speak with scientists and physicians about anosmia and conduct a workshop for recovering acquired anosmics. This video summarizes Chris's smell training technique.

YOU CAN MAKE A DIFFERENCE – DONATE TO MONELL

What do you think of this newsletter? Tell us your thoughts!