# URInformed

THE URI EMPLOYEES' NEWSLETTER

Vol. 29 Issue 2 COMMENCEMENT 2021

### University of Rhode Island Announces Honorary Degree Recipients at Commencement 2021

A doctor who exposed the water contamination crisis in Flint, Michigan; an environmental scientist who exhibited bravery when public officials questioned the legitimacy of her scientific research; a decorated Vietnam War veteran who continues to support veterans, his community and his alma mater; and an entrepreneur and advocate who is fighting starvation around the world will be awarded honorary degrees by the University of Rhode Island during its 135th commencement ceremonies.

Mona Hanna-Attisha, M.D., M.P.H., the Michigan doctor who was responsible for uncovering the water crisis in Flint, Michigan, which began in 2014, will give the keynote address at the University of Rhode Island's 2021 Commencement.

Hanna-Attisha will give her remarks and receive her honorary doctorate virtually during URI's main Commencement ceremony that will run May 21 through May 23. The University plans to hold in-person college ceremonies for the graduates and two guests and a reduced number of faculty and staff at Meade Stadium.

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Mona Hanna-Attisha, M.D., M.P.H.

THE UNIVERSITY OF RHODE ISLAND





### **URInformed**

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If you have a suggestion for an article about a co-worker or colleague, or perhaps information about an event, or simply have an interest in being involved with the newsletter, you may send your request to:

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The editorial board reserves the right to select the material printed and to edit it to conform to space restrictions.

Please get involved! This is your newsletter and we need your support to make it work.

URI is an equal opportunity employer committed to the principles of affirmative action and values diversity.

### Honorary Degrees..continued from page 1

In addition, honorary degrees will be presented to: Linda S. Birnbaum, Ph.D., the former director of the National Institute of Environmental Health Sciences of the National Institutes of Health, and the National Toxicology Program; Col. William P. Babcock, '68, M.A. '72, U.S. Army, retired, recipient of the Silver Star, the Combat Infantry Badge, two Bronze Star medals, Purple Heart, Air Medal, and the Rhode Island Cross; and Navyn Salem, founder and CEO of Edesia, a U.S. nonprofit, social enterprise, with a mission to treat and prevent malnutrition in developing countries worldwide will.

The honorary degree is the highest honor bestowed by the University, and these four recipients will join 438 individuals recognized

with this distinction since URI's founding.

"We ask our students to think bigger themselves, and these outstanding public and community servants are the epitome of this University value," said URI Provost Donald H. DeHayes. "Throughout their careers, they have demonstrated courage, a commitment to the public good in their own communities and around the world and a thirst for lifelong learning. We are proud to honor these degree recipients, and I know they will serve as role models for the entire University community."

Mona Hanna-Attisha, M.D., M.PH., Honorary Doctor of Science, founder and director of the Michigan State University and Hurley Medical Center Children's Hospital Pediatric Public Health Initiative, was responsible for uncovering the water crisis in Flint, Michigan, which began in 2014 when the city switched its water supply from the Detroit system to the Flint River. The cost-cutting move resulted in toxic lead contamination and coinciding outbreaks of Legionnaires' disease

A pediatrician, scientist, and activist, Hanna-Attisha has testified twice before Congress, was awarded the Freedom of Expression Courage Award by PEN America, and was named one of Time magazine's 100 Most Influential People in the World. She has appeared on CNN, MSNBC, BBC, and countless other media outlets championing the cause of children in Flint and beyond. She is founding donor of the Flint Child Health and Development Fund.

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### **Commencement 2021**

### URI draws on diverse talent, resources to provide graduates with great experience

by Dave Lavallee

Meade Stadium, home to University of Rhode Island football, will play a starring role, and the show couldn't go on without URI Health Services. The Inner Space Center at URI's Graduate School of Oceanography will play a critical supporting role and so will the Custodial Services team.

As it has for the last year and a half during the COVID-19 pandemic, the University is relying on its ingenuity, expertise and teamwork to give the class of 2021 memorable, in-person commencement ceremonies that start Friday, May 21, and end Sunday, May 23, at Meade Stadium.

All participating graduates will dress in traditional regalia, have their names announced, cross the stage and have professional photographs taken. Graduates are allowed to invite two guests, and COVID-19 testing is no longer required for those attending. However, masks are still required for everyone in Meade Stadium.

"As we have throughout the pandemic, URI has again marshaled its talent, resources and determination to put together this unique, exciting and safe celebration for our graduates," President David M. Dooley said. "I have said throughout this crisis that the students, faculty and staff, and all they have done to keep us going with in-person classes and student activities, have made me incredibly proud. And now, as we prepare to celebrate this crowning moment at the conclusion of this profoundly different academic year, our entire community is showing again how much it cares for and invests in our students. Congratulations to all."

The ceremonies will be streamed on the web for those who cannot attend in person, and recordings of all ceremonies will be posted to the commencement website.

The virtual main ceremony, which will include the keynote address by Mona Hanna-Attisha, M.D., M.P.H., degree conferrals by Dooley and Provost Donald H. DeHayes, the undergraduate student speech, and other traditional elements, can be viewed on the Commencement website throughout the weekend.

The in-person ceremonies, which will include brief speeches by the respective college deans, will be held rain or shine. Here is the commencement schedule:

### Friday, May 21

- •Graduate School, 10 a.m.
- •College of Nursing, 3 p.m.
- •College of Engineering, 6 p.m.

### Saturday, May 22

- •College of Health Sciences, 10 a.m.
- Alan Shawn Feinstein College of Education and Professional Studies, 3 p.m.
- •College of Business, 6 p.m.

#### Sunday, May 23

- •College of Arts and Sciences, 10 a.m.
- •College of Pharmacy, 3 p.m.
- College of the Environment and Life Sciences,
  6 p.m.

"I don't believe a University of Rhode Island outdoor athletic venue has ever been the centerpiece of our commencement ceremonies," said Shana Greene, director of University Events and chair of the campus-wide Commencement Committee. "Our beautiful Quadrangle has been the traditional home of Commencement, but this year we needed something with more controlled access to keep our students, their two guests, faculty and staff safe. The new and improved Meade Stadium, with its contrasting patterns of dark and Keaney Blue throughout the facility, has television-quality lights. The stadium will be adorned with academic banners and historic flags. It will be a striking setting for this historic weekend."

Greene said the Commencement Committee is grateful to URI Health Services, Facilities Operations, including Custodial Services, and Department of Public Safety, including Emergency Management, for their central roles in helping to protect the health and safety of all participants. Custodial Services staff members will sanitize the venue after each college ceremony.

\*\*Continued on page 4\*\*

### Commencement 2021...continued from page 3

"We have been working nonstop with Facilities Operations, Public Safety, and Health Services to keep on schedule," Greene said. "We ordered special chairs and protective flooring for the stage so they don't puncture the field's artificial surface."

She said ceremonies will follow mandates of the Rhode Island Department of Health and the URI COVID-19 Task Force. Students have been asked to leave their high-heeled shoes at home to protect the surface.

Thanks to the Inner Space Center, URI's renowned international hub for ocean science exploration and education, which can beam real-time video of the world's oceans to classrooms and laboratories around the world, the graduates, their families, friends and fellow students will be able to watch all of the action from the virtual main commencement at any time on their computers, phones and tablets.

"We are relying on the Inner Space Center to help us with production of the main ceremony, which will be all virtual, including remarks by President Dooley, our distinguished speakers, the conferring of honorary degrees, musical performances and more," Greene explained. "The center will weave together different elements for a captivating presentation, including shots of the campus, images of students and aerial shots of the campus."

In addition, a virtual recognition of all graduates, whether or not they participate in the inperson ceremonies, will be located on the commencement website, and students are being encouraged to submit photos so their name, photo and college will show on the site. With a click of a button, students, families and friends will be able to share that image on social media.

Finally, Greene said the event could not have been possible without the efforts of the dedicated and enthusiastic 105-member Commencement Committee, which represents every URI department and facet of life at URI.

"Everyone is so excited to be offering inperson ceremonies for our graduates that they are willing to do anything to help," Greene said.

"They are telling me, 'We will do whatever it takes.'"

Which has been a familiar refrain at URI throughout the pandemic.

### **URInformed Word Search Author**

by Shawn Marie Simmons

During my first few months at URI back in 2017, a call went out for someone to volunteer to create puzzles for URInformed the employee newsletter. I had never created puzzles, but I volunteered and began creating original word search puzzles for URInformed. I found that I love creating word search puzzles, and in the last few years, I've taken it up as a hobby and published four books of my original puzzles. For more information on where to find the books contact Shawn at shawnmsim@gmail.com

For the URI audience, I try to create seasonally and locally themed puzzles, but my puzzle books are classic literature and classic movies. The books are all original, printed in the USA and easy to recycle when they are all finished.

### URInformed Word Search Winner

Congratulations to **Patricia Williams**, **Accounting!** Please contact Shawn Simmons in the Provost's Office (4-4410) to claim your prize.

Check out the Word Search on page 5!





### **Everglades National Park**



S	N	A	K	E	E	N	0	Z	0	C	E
W	R	E	F	1	U	Q	A	Q	U	E	N
A	A	A	E	K	R	0	T	S	E	E	0
M	N	H	L	K	F	P	E	B	M	V	<b>T</b>
P	G	0	Z	L	0	M	0	A	A	E	S
A	E	T	0	E	1	H	N	L	R	L	E
D	R	0	E	N	C	G	A	Z	S	A	M
1	D	R	0	E	R	U	A	P	H	N	1
R	<b>T</b>	L	E	0	K	0	E	T	X	A	L
0	E	K	V	D	M	L	A	R	0	C	A
L	0	E	G	R	A	S	S	R	1	R	K
F	A	N			A	T	A	0	L	F	E

- 1. Alligator
   10

   2. Aquifer
   11

   3. Canal
   12

   4. Ecozone
   13

   5. Fanboat
   14

   6. Fire
   15

   7. TFloat
   16

   8. Flood
   17

   9. Florida
   18
- 10. Grass
  11. Hot
  12. Lake
  13. Levee
  14. Limestone
  15. Mangrove
  16. Marsh
  17. Slough
  18. Okeechobee
  - 19. Pahokee 20. Ranger 21. Seminole 22. Stork 23. Snake 24. Swamp

25. Tree

*DIRECTIONS:* The object is to find the 25 hidden words within the grid. Words can be found horizontally, vertically, diagonally, backwards or forwards. Return the completed wordsearch to Shawn Marie Simmons, Provost Office, Green Hall, Room 109. Please include your name, address and e-mail with your entry. A drawing of all correct entries will determine the winner. A URI prize will be given to the winning entry.

The winner will be announced in the next issue of URInformed. Good Luck!					
Name	Dept				
Campus Address					
Phone Ext E-mail					

### New Sergeant Brings Diverse Background, Perspectives to URI Police Department

If you were thinking about a great candidate for the police force at a university with students, faculty and staff from all of the world, you couldn't do much better than Raul Douglas.

Douglas, who has been with the URI Police Department for six years, was born in Guyana, and is African American, East Indian, Irish and Scottish.

"I believe my background and personal experiences, including being born in and spending my early childhood in South America gives me a unique perspective and enables me to connect with students from diverse backgrounds," said Douglas, who was recently promoted to sergeant. "Those connections hopefully allow me to build trust and relationships with our diverse URI community to expand and strengthen our community policing efforts." stated Douglas.

Douglas grew up in Rhode Island where he lived in multiple and diverse communities. He spent the majority of his childhood in Cranston,

but also lived in Central Falls and Providence. He graduated from Cranston High School East where he played basketball. After graduating, he began working at Ricoh, a printer services company where he was a field service representative.

He was at Ricoh for about three years, first as a field representative who traveled to different work sites and then as an on-site specialist in Woonsocket.

"Both positions involved a lot of customer service and creative problem-solving and troubleshooting, which are skills that I definitely use in my role as a police officer," Douglas said "I thoroughly enjoyed this job, but knew eventually I would have to grow."

He went to Briarwood College for one year where he played basketball. Although he had to leave due to financial issues, he continued his education at the Community College of Rhode Island where he received an associate's degree in general studies in May 2014.

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**CONGRATULATIONS: URI Police Maj. Michael Jagoda**, right, congratulates newly promoted sergeant, **Raul Douglas**.

URI photo by Nora Lewis

### **Honorary Degrees**...continued from page 2

Hanna-Attisha earned her bachelor's and master of public health degrees from the University of Michigan and her medical degree from Michigan State University College of Human Medicine. She is an associate professor of pediatrics and human development at MSU's College of Human Medicine.

Her bestselling book, What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City, is a riveting, beautifully rendered account of a disaster that became a tale of activism and hope, the story of a city that came together to fight for justice and the right to build a better world for their—and all of our-children.



Linda S. Birnbaum, Ph.D., Honorary Doctor of Science, has exhibited bravery during a time when science, especially environmental science, has been marginalized. She is a pioneer, leader, researcher, and environmental health advocate.

Birnbaum is the former director of the National Institute of Environmental Health Sciences of the National Institutes of Health, and the National Toxicology Program. A board-certified toxicologist, Birnbaum served as a federal sci-

entist for 40 years, and was granted scientist emeritus status when she retired. She spent 19 years at the U.S. Environmental Protection Agency, where she directed the largest division focusing on environmental health research.

In 2016, she was awarded the North Carolina Award in Science. She was elected to the Institute of Medicine of the National Academies, one of the highest honors in the fields of medicine and health, and to the Collegium Ramazzini. an independent, international academy of internationally renowned experts. She earned honorary doctorates from the University of Rochester, Ben-Gurion University in Israel, and Amity University in India. Named a Distinguished Alumna by the University of IIlinois, she received the Surgeon General's Medallion in 2014.

President of the Society of Toxicology and vice president of the International Union of Toxicology, the umbrella organization for toxicology societies in more than 50 countries, she is the author of more than 1,000 peer-reviewed publications. She is an adjunct professor at the University of North Carolina, Chapel Hill, and was recently appointed a Scholar in Residence at Duke University.

Col. William P. Babcock, U.S. Army, retired, Honorary Doctor of Humane Letters, is a 1968 graduate of the University of Rhode Island who has served his country, Rhode Island, and his alma mater with honor. At URI, he completed the Army Reserve Officer Training Corps program, earned his bachelor's degree in history, and was commissioned as a second lieutenant.

In August 1969, Babcock was assigned to the Republic of South Vietnam. During one of his missions in Cambodia, his company commander was killed. Babcock immediately took command of the company and also rescued a wounded comrade. He was awarded the Silver Star for his actions.

After his first active-duty tour, Babcock earned a master's degree in education from URI and worked for the next 15 years as a student personnel administrator at various colleges and universities. He also completed a master's degree in business administration at Bryant University. He is a graduate of the Army continued on page 8 War College.

### **Honorary Degrees**...continued from page 7



Col. William P. Babcock, '68, M.B.A '72, U.S. Army, retired

Babcock served full time in the Rhode Island National Guard for 21 years, and volunteered for active-duty tours in Afghanistan in 2003 and Iraq in 2005.

He retired as a brigade commander and is a founding member and first president of the URI ROTC Alumni chapter.

His awards include the Combat Infantry Badge, Silver Star, two Bronze Star medals, Purple Heart, Air Medal, and the Rhode Island Cross.

He now serves as coordinator of Veteran Mentors for the Rhode Island Veterans Treatment Court.

Navyn Salem, Honorary Doctor of Humane Letters, set out in 2009 to help end the crisis of global malnutrition by founding Edesia, a U.S. nonprofit, social enterprise, with a mission to treat and prevent malnutrition in developing countries worldwide. She is founder and CEO of the company, whose Rhode Island factory produces a range of fortified, peanut-based



Navyn Salem, CEO, Edesia

products like Plumpy'Nut for such humanitarian agencies as UNICEF, World Food Programme, USAID, and other non-governmental organizations working in emergency and conflict zones. Since 2010, Edesia has reached more than 13 million children in over 58 countries, including Somalia, Venezuela, Yemen, and Syria.

In 2019, Salem launched a new line of nut butters called MeWe, developed to address hunger and the nutritional challenges through the ages and stages of life here in the United States from babies to the elderly. MeWe is also used as a snack in school lunch programs and for food banks here in the United States as part of the COVID-19 emergency response.

Salem was named Ernst & Young Entrepreneur of the Year/New England in 2018, New Englander of the Year by the New England Council in 2017 and New England Business Woman of the Year by Bryant University. She was awarded honorary degrees by her alma mater, Boston College (2012), as well as Bryant University (2014), Providence College (2017), and Curry College (2018). She is a trustee of Boston College. She is a 2014 Henry Crown Fellow of the Aspen Institute and a

### URI Sergeant...continued from page 6

After graduating, Douglas applied to what he thought was a security guard position at URI. He later realized that he applied for a position as a police officer and successfully completed the 22-week Rhode Island Municipal Police Training Academy.

"I'm very happy with the way things turned out," he said "After I earned my degree, I was looking for a growth opportunity in a field where I could establish a career. While I may not have understood the full scope of the position initially, I was very interested in working in higher education. After learning more about the position through the recruitment process, I felt like the job would challenge me in new and exciting ways and I would be a good fit for what URI was looking for in a University Police Officer," Douglas said.

During his time at URI he has been extremely involved in the community, including community policing events, community outreach and the police force dodgeball tournament every year.

"One aspect I enjoy is interacting with our community members," Douglas said. "Whether attending community events or walking around campus, I always try to gain a different perspective from everyone I meet. I also enjoy utilizing our technological resources during the course of my work. I have a background and interest in information technology and those skills have come in handy in many cases."

URI Police Major. Michael Jagoda said, "In his new leadership role, Sgt. Douglas, will mentor and serve as a role model for our officers. He also serves as an ambassador for our entire department and is dedicated to the values and principles of community policing and in partnering with our diverse stakeholders daily. Sgt. Douglas is always continuing to improve his skill set, his learning and his education."

Gianna Cardarelli, an intern in URI's Department of Marketing and Communications and a public relations major, wrote this press release.

### Honorary Degrees..continued from page 8

member of the Aspen Global Leadership Network. Salem's father is from Tanzania, and she has four daughters, all of whom were the inspiration for the creation of Edesia.

### Pets Corner Invitation

### What are your pets doing during COVID?

Send us your favorite photo of you and your pet.

We need a high resolution jpg.
Your name and department.
Your pet's name, breed
One or two sentences about your
pet. Maybe the photo will tell us all
we need to know.

Contact: Nancy Gillespie ngillespie@uri.edu

### URInformed is now on the Web

at

http://web.uri.edu/urinformed/

Browse the current issue of URInformed





### Job Opportunities

The classified and non-classified application process is now automated so that you can apply on-line for positions here at the University. You will also be able to review the status of your application during the recruitment process, update your on-line application, and apply for positions that become available in the future. For the job opportunities visit:

https://jobs.uri.edu

### We Welcome the Following People to our Community...

Marc Baglini (Dining Board Operations); Kate Barber (Research Office); Courtney Blanks (Small Business Development Ctr); Robert Bozikowski (Facilities-Utilities); James Carroll, Jr (GSO Marine Office) Ronald Catchings (GSO Marine Office); Maxwell Davis (Dining Board Operations); Peter Krafka (Univ Coll for Academic Success); Rebecca Manuel (Biomedical & Pharmaceutical Sc); Scott McKay (HRL Facilities); Shamus Moore (Facilities – Utilities); Gina Morris (Psychological Testing); Jillian Pierce (ASF CCE Child Development Center); Derek Rogers (GSO Marine Office); Ojaira Suero (GSO Marine)...

#### ... and Say Goodbye to ...

Karen Beck (Campus Design); Cynthia Stanton) Risk Management); Mary Sullivan (CELS Academic Unit 1); William Kelley (Enrollment Services); Lisa Case (Custodial Services); Nicole Cook (Summer/Winter Session Admin); Korissa Davis (Dining Board Operations); Benjamin Rattier (HRL Residential Education); Matthew Ahuja (CELS Academic Unit 3); Nicole Leper (Psychological Testing); Colleen Peters (GSO Research); Ross Levine (Research Office); Jose Perez-Garcia (GSO Marine Office); Mohammad Al-Mamun (Pharmacy Practice); Emerson Paton (CELS Academic Unit 2); Kayla Watson (HRL Facilities)...

#### ... and Best Wishes To Those Who Retired

Rose Marie Zwolinski (Custodial Services); Mary Sumner (Kingston Library); Donna Belden (Info Tech Services); Jerry Eugen Walmsley (HRL Facilities); Paulette Labrie (Custodial Services); Lorraine Olson Memorial Union); Debra Benabio (Janitorial Services); Stephen Locke (Mail Services).

#### In Memoriam

- ❖ Paul Cohen, Professor Emeritus, Cell & Molecular Biology
- Dorothy Donnelly, Professor Emerita, English
- ❖ David Gitlitz, Professor Emeritus, Hispanic Studies
- ❖ William Klenk, Professor Emeritus, Fine Arts
- ❖ Murn Nippo, Professor Emeritus, Animal Science
- Susan Thomas, Professor, Music

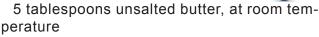


### **Blueberry-Lemon Ricotta Pound Cake**

This healthy pound cake recipe isn't just delicious-it also only requires one bowl to make. For the best cake texture, be sure to beat the sugar and butter together long enough in Step 2 to look creamy--the time it takes to get there varies according to the type of electric mixer you have. Serve with brunch or alongside a cup of coffee in the afternoon.

#### Ingredients:

3/4 cup granulated sugar



- 3 large eggs, at room temperature (see Tip)
- 3/4 cup part-skim ricotta cheese
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice plus 1 teaspoon, divided
  - 1 teaspoon vanilla extract
  - 1 ½ cups white whole-wheat flour

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### Cook's Corner

Share your favorite recipes in the Cook's Corner

### Rustic Summer Squash Tart

Ready In: 1hr 5mins -- Serves 8

You can make this a desert by substituting peaches, pares, or apples in place of the squash with appropriate spices.

You can use any leftover vegetables with seasonings and cheese of your choice.

### Ingredients:

1 tablespoon extra virgin olive oil

1 lb mixed summer squash (zucchini, yellow squash and patty pan, cut into 1/4-inch rounds)

2 shallots, thinly sliced

2 teaspoons fresh thyme or 2 teaspoons fresh marjoram, chopped

1 teaspoon chopped garlic

Fresh ground black pepper

1 refrigerated pie crust (from a 15-ounce box)

4 ounces Roquefort cheese (or other goodquality blue cheese) or 4 ounces gorgonzola (or other good-quality blue cheese)

1 roasted yellow pepper (freshly roasted or from a jar) or 1 red pepper (freshly roasted or from a jar)

1 large plum tomato, sliced and seeds removed

1 large egg, beaten

Directions:

Heat oil in large nonstick skillet over medium heat.

Add squash and shallots and cook, turning pieces as they start to color, 7 minutes or until crisp-tender.

Remove from heat, stir in thyme, garlic and pepper to taste, cool to room temperature.

Heat oven to 400 degrees F.

Line a baking sheet with parchment paper, unroll or unfold pie crust on the parchment.

With a rolling pin, roll crust to a 13-inch round. Crumble half the cheese over crust to within 2 inches of edge.

Arrange squash mixture, pepper strips and tomato slices on cheese; fold edge of the crust over filling and brush crust with egg.

Bake 35-40 minutes or until pastry is golden. Slide tart, still on parchment, onto a wire rack. Crumble remaining cheese over top.

Let cool before serving.

### Blueberry-Lemon Ricotta Pound Cake

Ingredients: (cont. from page 10)

2 teaspoons baking powder

½ teaspoon salt

2 cups fresh blueberries

2 tablespoons packed confectioners' sugar

#### Directions:

1). Preheat oven to 350 degrees F. Coat a 9-by-5-inch loaf pan with cooking spray and line the bottom with parchment paper.

2). Beat sugar and butter in a large bowl with an electric mixer on medium-high speed until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce the mixer speed to medium-low and beat in ricotta, lemon zest, 2 tablespoons lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over the flour. With the mixer on low speed, beat until almost combined. Add blueberries and gently fold into the batter. Transfer to the prepared pan.

3). Bake the cake until starting to brown around the edges and a tester inserted in the center comes out clean, about 1 hour. Let cool in the pan on a wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert it onto the rack. Carefully turn it right-side up. Let cool completely.

4). Clean the bowl, add confectioners' sugar and whisk in the remaining 1 teaspoon lemon juice until smooth. Brush the glaze on the cake.

Make Ahead Tip: Wrap cooled cake airtight and store at room temperature for up to 1 day; glaze shortly before serving.

Tip: Room-temperature eggs make cakes fluffier. Here's a quick trick--place them (in the shell) in a bowl of lukewarm water for about 5 minutes.

Serving Size: One 1-Inch-Thick Slice -- Per Serving: 303 calories; protein 8.4g; carbohydrates 44.9g; dietary fiber 3.3g; sugars 24.8g; fat 11g; saturated fat 6.3g; cholesterol 96mg; vitamin a iu 433.3IU; vitamin c 7.3mg; folate 15.4mcg; calcium 148.3mg; iron 3.7mg; magnesium 9mg; potassium 124mg; sodium 318.6mg; added sugar 21g

## THE UNIVERSITY OF RHODE ISLAND

### THINK BIG WE DO™

### **URInformed**

**The URI Employees' Newsletter** 73 Upper College Road, Kingston Campus



Congratulations 2021 Graduates!