

Bananas to blueberries, here's our latest news and events.



## **Bananas vs. Ibuprofen: The Anti-Inflammatory Results**

A new study published by Dr. David Nieman, director of the Appalachian State University Human Performance Laboratory, is getting national headlines. Why? Because it found that unique banana compounds actually mimic the activity of over-the-counter-pain medication like Ibuprofen to reduce inflammation after intense exercise.

Blueberries are another fruit known to reduce inflammation. To learn more about blueberries, watch Dr. Mary Ann Lila, director of the NC State Plants for Human Health Institute, on the Today Show.

Dive into the banana study  
details.

View the Today Show  
segment.

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## Thank You to Our State Legislators



Pictured L-R: Representative Linda Johnson (R-Cabarrus), Steven Zeisel, MD, PhD, UNC Nutrition Research Institute Director, Representative Susan Martin (R-Pitt, Wilson), Joint Life Science Caucus Co-Chair, and Xiaohe Yang, MD, PhD, NC Central University Nutrition Research Program Principal Investigator.

Last month state legislators with the Joint Life Science Caucus, NCBIO and leaders in the life science industry visited the NCRC. They met scientists from UNC Charlotte, Appalachian State, UNC Chapel Hill, NC Central, the Dole Nutrition Institute, the David H. Murdock Research Institute and Endev Laboratories. They learned how the new Food Processing and Innovation Center (FPIC) will benefit the state's food manufacturing sector. The FPIC is made possible by NC General Assembly funding and a partnership with the NCRC, NC State, the NC Department of Agriculture and Consumer Services and the Economic Development Partnership of NC (EDPNC).

[Learn more about the visit.](#)

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## **NCRC Science Stop**

May 5, 10 am-4 pm

Visit the Science Stop at the City of Kannapolis' Jiggy with the Piggy Festival at the NCRC. Games, a photo booth and more about Cooking for a Healthy Life, part of Discover a Healthy Life.

Get your Jiggy on.



## **RCCC STEM Open House**

April 19, 5-8 pm

What happens when science, technology, engineering and math come to life? Your family can find out at this free Rowan-Cabarrus Community College event at the NCRC.

Learn more about the event.