The Hormel Institute's Former Executive Director Ralph Holman Named "Pillar of the City"

Dr. Ralph T. Holman, one of The Hormel Institute’s former executive directors who is known for his pioneering research and naming of Omega-3, was selected as one of Austin’s “Pillars of City.” The pillars, which are located near Mill Pond on North Main Street, recognize people in Austin’s past and present, who have made significant contributions to improving the quality of life in Austin related to growth, economic impact, health, education, culture, recreation, communications, business or scientific innovation.

Dr. Holman (1918-2012) was a world-recognized biochemist and considered the pioneer researcher of Omega-3.

The Hormel Institute's Gail Dennison and Dr. Ted Hinchcliffe at the unveiling of the 2023 Pillars of the City on July 4.

Read more about Dr. Holman's life, career, and accomplishments.
The Hormel Institute's New Faculty Members

The Hormel Institute is excited to introduce our newest faculty members! To learn more about all of our faculty members, click here.

Aleksandra Babicheva, PhD
Qi (Eric) Tan, PhD
Dan Xu, PhD
David Guinovart Sanjuan, PhD

SUPPORT

Ryan Gordon Memorial Golf Tournament & Silent Auction Raises $18,000 for The Hormel Institute

The Ryan Gordon Memorial Golf Tournament & Silent Auction raised more than $18,000 for cancer research at The Hormel Institute! The Gordons were joined by The Hormel Institute's Brenna Gerhart, Gail Dennison, and Dr. Sergio Gradilone for a check presentation. Thank you to everyone who attended this fundraiser and to the Gordon family for organizing this event!
This year's Smashing Cancer Demolition Derby raised $15,000 for Paint the Town Pink! The Hormel Institute's Dr. Gasper Kitange joined the Mower County Fair Board for a check presentation. Thank you to everyone who organizes and participates in this great event that supports cancer research at The Hormel Institute!

KTTC Wins National Award for Support of Eagles Cancer Telethon

Every dollar counts, because 100% of your donation goes directly to cancer and biomedical research. Today's RESEARCH, Tomorrow's CURES.

Thank You Donors!

DONATE NOW

COMMUNITY OUTREACH & EDUCATION

Family Learning Day at The Hormel Institute
The Hormel Institute hosted Family Learning Day on June 10. Nearly 300 attendees went "Strollin' Through the Colon" to learn about colorectal cancer prevention, participated in hands-on activities and science experiments, and much more. Thank you to everyone who attended Family Learning Day!

The Hormel Institute at 4th Avenue Fest

Thank you to everyone who stopped by The Hormel Institute's Booth at 4th Avenue Fest on June 7 to learn about cancer prevention and clinical research studies!

Save the Date: The Hormel Institute at the Minnesota State Fair

The Hormel Institute will be at Minnesota State Fair participating in Goldy VS Cancer Day and STEM Day Thursday, August 24! We hope to see you there!

SURE Internship

The Hormel Institute's 2023 Summer Undergraduate Research Experience (SURE) internship program is in full swing! In addition to working with our scientists in the lab, our SURE interns also attend a weekly Lunch and Learn where they learn about different topics related to biomedical research.

Are you a former SURE intern? We want to hear from you! Our goal is to maintain and strengthen relationships between SURE interns and The Hormel Institute faculty and staff, even after your internship is done. To stay connected, click.
Educational Experiences

In June, The Hormel Institute hosted several educational groups, including Project E3, Austin Public Schools Foods class, and Boys of Tomorrow. The students got to participate in hands-on activities and experiments and learn about the incredible research happening at The Hormel Institute.

Stay Healthy with The Hormel Institute's Clinical Research and Outreach Nurse: National Parks and Recreation Month

July is National Parks and Recreation Month. Did you know that parks have many health benefits?

- Parks provide millions of Americans with the opportunity to be physically active.
- People who use parks and green spaces are three times more likely to achieve the recommended levels of physical activity than non-users, which is likely linked to why park users have fewer doctor visits and lower blood pressure, BMI, and cortisol levels.
- Spending more time in green spaces has been shown to enhance recovery from surgery, boost immune system function, and help diabetics achieve healthier blood glucose levels.
- For children, outdoor play in a natural setting can improve motor strength, balance, and coordination.
- Studies show that people who move to greener areas have significant and long-lasting improvements in mental health.
- Group nature walks are linked with significantly lower levels of depression and stress.
- Being outdoors and exercising in nature has been shown to improve focus and creativity.
Celebrate National Parks and Recreation Month by exploring all the parks that your community has to offer. If you meet any of the hundreds of thousands of park workers and volunteers, say thank you for all the work they do to maintain these spaces that benefit our community. For more information, the National Recreation and Park Association website.

Emily Health, Clinical Research and Education Nurse, The Hormel Institute

CLINICAL TRIALS

Participants Needed for Clinical Trials

10,000 Families Study

The Hormel Institute is partnering with the University of Minnesota for the 10,000 Families Study (10KFS). 10KFS is a study of family health across Minnesota looking at how environment, genetics, and daily life affect health and illness over time.

Want to see if your family is eligible to join 10KFS? Click here. Questions? Email tenkfs@umn.edu.

Two Drink Study

The Hormel Institute is in need of participants for the Two Drink Study. The goal of this research is to determine if consuming one of the two study drinks will help enhance the detoxification of multiple environmental toxicants and cancer-causing agents. There is compensation for participants of up to $690 if all parts of the study are completed. To learn more, click here or scan the QR code to the right.
Try email marketing for free today!