

# AtBuffalo

The magazine for alumni and friends of the State University of New York at Buffalo

The pre-draft Khalil Mack **p19**

My Arctic summer **p30**

UB alums get dirty **p48**

**Summer 2014**

## THE GLOBAL EPIDEMIC OF **Childhood Obesity** **p22**







### By the Numbers

**16:** Number of teams in 1984

**192:** Number of teams in 2014

**30,000+:** Estimated number of participants since '84

**3,120:** Slices of pizza consumed

**800,000:** Gallons of water pumped into the Mud Pit from Lake LaSalle

**100%:** Chance of finding footwear from the previous year when the field is tilled





**FIRST LOOK** Photograph by Douglas Levere

## Mud, Sweat and Tears

The 30th annual Oozefest, held on May 10, was the biggest, baddest ever, with about 1,500 participants competing in 400 matches. Between games, duct-taped players twerked to dance and hip-hop on an expanded dance floor, while the pizza line snaked down St. Rita's Lane to the outdoor "showers."

End-of-semester attitude was on full display as competitors slipped, sloshed and dove their way into the sticky mess—and the history books. Veteran team The Shepherders snatched its 100th career win, while Poached Trout in a White Wine Sauce commemorated 25 consecutive years in the slop with devilish makeup and a live soundtrack by members of the UB Marching Band. This year's champions, Seven and a Half White Men, celebrated their fourth back-to-back victory.

Creative team names is one of many cherished Oozefest traditions. Here are some of our favorites (we tried to keep 'em clean).

- » *Blood Bath and Beyond*
- » *Emma Watson*
- » *Interracial Sets*
- » *Mud, Sweat and Beards*
- » *PJ Bottoms Up*
- » *The Empire Spikes Back*
- » *The Itsy Bitsy Spikers*
- » *To Kill a Blocking Nerd*
- » *Wolves of Winspear*
- » *Word to Ya Mudder*

For more pics, browse the Oozefest photo gallery at [www.buffalo.edu/atbuffalo](http://www.buffalo.edu/atbuffalo).





UB's South Campus in 1969

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75	5.8%
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85	7.8%
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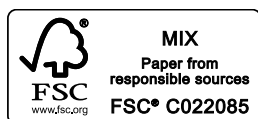
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**Moved?** Please send address or name changes to Alumni Office, University at Buffalo, 103 Center for Tomorrow, Buffalo, N.Y. 14260-7400, or email ub-alumni@buffalo.edu.

## EDITOR'S ESSAY

# Shared Honors

The night began in the atrium. Clad in UB blue and black concert dress, members of female a cappella group the Royal Pitches belted out the Charles Fox standard "Killing Me Softly" as honorees milled about, hugging, shaking hands and posing for pictures with President Tripathi. About 50 specially invited students mingled easily with alumni, their presence appreciably lowering the crowd's demographic and adding to the energetic vibe in the room.

Eventually the Pitches took to the stage, where they sang the alma mater and then transitioned to a lilting version of the spiritual "Wade in the Water." Their divergent musical choices mirrored the wide-ranging talents of the 13 individuals who had come to the Center for the Arts on March 28 to receive UB Alumni Association Achievement Awards. The recipients had traveled here from as far away as Taiwan, and ranged in age from 33 to 91.

They were recognized for achievements in an array of fields, along with their community service and contributions to the university (see "Top of the Class" on p. 41). Their ranks included a research chemist who was instrumental in bringing a failed cancer drug back to life as the breakthrough AIDS treatment AZT, a mechanical engineer who helped land the Curiosity rover on Mars, and an engineer whose Tech Savvy program for young girls captured White House honors. For a rank-and-file association member like myself, their accomplishments were awe-inspiring, and their humility astounding.

And yet Alumni Association President Carol Gloff managed to connect these very public triumphs with the unheralded activities of alumni everywhere. "Although each year we are able to recognize only a handful of alums, make no mistake—there are count-

Post-speech milling among the awardees.

less others," she said. "In fact, there are over 230,000 alums of this university who work hard every day to impact and improve their communities, and our lives, in ways both large and small."

Even with this reassurance, I wondered if I could draw inspiration from life stories such as these. Steven Shepsman, recipient of the Philip B. Wels Outstanding Service Award, helped answer this question with his pithy acceptance speech and everyman's role at the ceremony. Allowing that he had "never come up with a cure for AIDS" or assembled the scientific, medical or engineering credentials of those sharing the dais, Shepsman made a blunt pronouncement that underscored Gloff's point: "The thing about UB is that all the people up here are great, but they're not that unique. I hate to tell you that!"

A ripple of surprise ran through the audience after Shepsman made this audacious statement. But his remarks make perfect sense when you consider how many friends, mentors, parents, professors, classmates and others undoubtedly helped and guided the awardees throughout their careers. With these thoughts in mind, I finally saw how their achievements are part of a collective experience to be shared and celebrated, even as nothing can diminish their individual deeds.

Ann Whitcher Gentzke, Editor



ANGELA CONNERY

## Question: What are you going to be working on when you step back into your office today?

**T**o be honest, I don't expect I'll be seeing much of my office today! I'll be spending the day, as usual, talking with students like you, as well as faculty, staff and many others—near and far—who are invested in and connected to the life and work of our university. You'd be amazed at how much work can be accomplished, and how much can be learned, in a day's worth of conversations.

Already today, I've met with faculty members planning an educational outreach effort in the arts, spoken with a local legislator about a community-development initiative and taken part in a conference call about higher education accreditation with a national board I sit on. And it's only 10:30 a.m., so the day is still young.

After you and I meet, I'll be participating in a video interview about current efforts in realizing our university's long-range vision, UB 2020. Over lunch, I am headed to the Student Union to talk with student volunteers about the important work they do, then meeting with our faculty governance group to hear their recommendations on some academic policy matters. Afterward, I'll be speaking by phone with the president of one of UB's distinguished partner institutions overseas, then heading downtown to the Buffalo Niagara Medical Campus. While downtown, I'll meet with some medical students, participate in a news conference regarding a new

partnership in advanced manufacturing, and then wind down the day over dinner with a group of UB engineering faculty and some of their collaborators in the business community.

Of course, no day goes strictly according to schedule—new issues and unforeseen events and opportunities always arise. Regardless of what agenda items are on my calendar for the day, though, I'm always focused on one fundamental thing: helping to move our institution forward so that our students have the best education, so that our faculty can continue to make pioneering research contributions and so that our university can be engaged as an active partner in enriching our communities.

This list of the day's events tells you a lot about the vast network of people and communities that drive the university conversation on a daily basis. People often ask what it feels like to be the person in charge of such a large enterprise—a university that is like a small city in scale and scope.

The truth is, leading a university is not a solo effort. The work of a university is carried out by a multitude of people, and it is intimately connected with our larger communities—from our surrounding neighborhoods to the national higher education community, to our global scholarly community. A big part of the president's job is advancing these conversations by fostering the collaboration and dialogue that drive our university mission. Thanks for taking time to join me in that work today! ❖

### OUR STUDENT

#### Nicole Ciesielski

Ciesielski graduated this past May with two bachelor's degrees, one in psychology, the other in health and human services. A native of Eden, N.Y., she applied to UB's graduate program in rehabilitation counseling, with hopes of eventually working as a rehab counselor, possibly in addictions treatment. During the February photo shoot, Ciesielski and Tripathi chatted about yoga, her training regimen (she was a member of the Division I women's rowing team) and the GRE, which apparently is not required for the program she's interested in. When she indicated she may take it for practice, Tripathi responded with a bit of fatherly advice: "At least prepare—don't just take it to see."

*\*Nicole has since been accepted to the graduate program in rehabilitation counseling.*

President Tripathi

Nicole Ciesielski







## We want to hear from you!

Send letters and comments to [atbuffalomagazine@buffalo.edu](mailto:atbuffalomagazine@buffalo.edu) with the subject heading "Letters." Or mail to Editor, At Buffalo, 330 Crofts Bldg., Buffalo, N.Y. 14260. Letters are subject to editing for length and clarity. Please include a daytime phone number for verification.



## Clarifying crystallography

The article "Crystal Clear" (Spring 2014) begins: "If you're not in the field of structural biology, you probably have no idea what crystallography is." Crystallography is a nearly 100-year-old science and has been used in many areas, including the structure of metals, minerals and semiconducting materials. I understand that it can be difficult to write an article for a lay audience that conveys the excitement and relevance of science, but I think it's not too much to ask that the first sentence not be hyperbole.

**Dowman P. Varn**  
Davis, Calif.

*Editor's response: Crystallography indeed underlies a number of technical and industrial fields, a point we ought to have made in our opening. We thank Dr. Varn for bringing this fact to our attention.*

## From the Editor's Desk

### The man on the machine

Sometimes it's the tiniest item that gets the most mail. On April 18, we received a letter from Jeffrey Seitelman (MD '77) of Long Beach, Calif., about the man on the washing machine in "The Year That Was ... 1977" (Spring 2014): "It looks a lot like me in that year. Can you confirm the identity of the student?"

Intrigued, we pulled our intern off crucial university communications work to search through old yearbooks. She zeroed in on Eric Nussbaum (BA '77) of White Plains, N.Y., as a more likely candidate. Although he denied any connection, Nussbaum did sum up our conundrum nicely: "There must have been a thousand other guys who looked like that then."

Then we heard from another potential match: Richard Allen (BA '80) of Germantown, Md., who lived in Ellicott Complex in 1977, and recalls there being a laundry. At this point we turned

## Eyes opened to concussion danger

It's great to see articles like "At Their Own Risk" (Winter 2014) that spread awareness related to the impact of concussions. I am a speech pathologist who graduated recently from UB's speech pathology master's program. As part of my clinical work during my master's, I was privileged to be part of the implementation of the post-concussion program at the Speech-Language and Hearing Clinic that works closely with Dr. John Leddy and UBMD Orthopaedics & Sports Medicine. It's so good to see a growing awareness about concussions and articles related to their treatment!

**Mallory DiBerardino, MA '13**  
Buffalo, N.Y.

to Bill Offhaus (MLS '03), special collections assistant in the UB Archives, who located this close-up photo of Allen. We think we've found our man. If you beg to differ, please drop us a line.

## An update on Douglas Prade's case

Our Spring 2014 cover story ("False Impressions") centered on Mary and Peter Bush of the UB dental school and their research on bite mark evidence—work which, among other things, helped lead to the 2013 release of former police detective Douglas Prade, who was then serving a life sentence for murder.

On March 19, 2014, shortly after we went to press, an appeals court reversed the decision exonerating Prade. He was briefly jailed and then released by the Ohio Supreme Court, which has since ruled that he can remain out of prison until the justices decide whether or not to hear his appeal. According to an AP report, this ruling is expected sometime this summer.

## The key lives on ... and so does the music

The key depicted in our Winter 2014 Editor's Essay brought together two UB alumni—David Cohen (MusB '90, BA '77), a music director/organist in St. Louis, Mo., and Alan Ehrlich (BA '63), a patent attorney and musician in Bethesda, Md.—who each had a connection to the key's prior owner, Samuel Luskin, a composer and choir director at Temple Beth El in Tonawanda, N.Y.

As a young man, Cohen (whose organist father had worked with Luskin) performed Luskin's music at Temple Beth El. The young Ehrlich had trained for his bar mitzvah with Luskin. After reading the essay, Ehrlich reached out to Cohen. They "had a wonderful conversation," and Cohen has since mailed a piece of his father's music to Ehrlich, who may introduce the work to two choirs he sings with in the D.C. region.

In the words of Gabrielle Carlo, the UB graduate student helping to organize the Luskin holdings, "It's wonderful that the 'key' has brought these men and their passions together."



Seitelman

Nussbaum

Allen

Have we found our man?



- » A Roman convivium
- » A posh pad in Ellicott
- » Thigh gaps: What the what?



## Birds in Bulls Territory

Generations of peregrine falcons have become UB's feathered friends

KENNETH NUSSTEIN/UB FACILITIES

Above: A beady glare from BB, UB's female peregrine until 2013. Below: Falcon chicks are banded by the NYS Department of Environmental Conservation.

By Lesley Crawford » A shriek echoes through the South Campus. Two slate-gray peregrine falcons are hunting small birds for their chicks, tucked safely inside a man-made nesting box near the top of the MacKay Heating Plant tower. Students, birdwatchers and passersby stare in awe at the majestic birds, which can reach speeds of up to 200 miles per hour.

### SOUTH CAMPUS

UB's "pefas," as birders call them, have had their share of drama. In 2010, Smokey, UB's male peregrine at the time, was chased off by Yankee, a male from another nest, who then hooked up with Smokey's former mate, the tenacious BB. Together they raised an impressive 11 chicks until BB's relocation in 2013 for aggressively dive-bombing people

to protect her babies. Yankee and his current mate, Dixie, proud parents of three chicks last year, were looking after four little ones as At Buffalo went to press.

Peregrines were once endangered because of insecticide use, but thanks in part to a statewide partnership between local nesting sites like UB and the New York State Department of Environmental Conservation (DEC), the state's peregrine population has rebounded since the early 1980s. Before they fly the coop, chicks are banded at their ankles so DEC biologists can monitor their location, eating habits and other activities, using the information to better understand how to preserve the species.

In 2011, a live-streaming "falcon cam" ([www.buffalo.edu/falconcam.html](http://www.buffalo.edu/falconcam.html)) was installed at the nest to give the public a closer look. A viewing shelter below at Winspear Avenue also accommodates the growing number of local birdwatchers, who follow every movement of these remarkable birds. ☘



## UB EMOJI

A look back on our recent past with a smile, a wink or a whatever



### Tax shelter

Over the past six years, IRS-certified students from the UB School of Management have prepared 4,300 tax returns and brought nearly \$5.5 million in refunds back into the community. More than \$1 million was from the Earned Income Credit, helping low-income families most in need.



### Call it a comeback

In 2012, senior Judy Mai lost the presidential election for UB's scandal-tinged Student Association by a mere 47 votes. After proving herself as SA's assistant international coordinator, Mai was elected vice president in 2013 with the goal to "make people want to believe in [SA] again." We believe in you, Judy!



### Survey says

The university's anonymous testing program for sexually transmitted infections (run in partnership with the Erie County Department of Health) may be a bit too stealthy: A recent UB Spectrum poll found that 42 percent of sexually active students don't get tested for STIs, often for fear of discovery by parents or partners.



### Spring Fest stumper

Country trio The Band Perry headlined Spring Fest this year, representing a departure from the usual hip-hop acts. The choice elicited extreme reactions from students, ranging from "finally, a fest I want to go to" to "dumbest lineup I've ever seen in my life." Next year, we predict a return to rap, and a similar inability to please everyone.



**Tweetable:** All four #UBuffalo nominees for this year's prestigious Goldwater Scholarship were recognized, and two physics majors won the award.



Clockwise from top left: A Roman chariot greets diners; Cato the Elder's cheesecake; making peaches with cumin sauce; Parthian chicken.

# Let the Feast Begin

## A campus dining hall becomes ancient Rome for a night

By Marcene Robinson » When in Rome—ancient Rome, that is—eat lots of figs and cumin.

That's one of the lessons students gleaned at an April 6 event that transformed an ordinary collegiate dining hall into the Eternal City. Inspired by an undergraduate course of the same name, and jointly hosted by UB's Department of Classics and Campus Dining and Shops, "Eat Like a Roman" allowed thousands of UB students, along with their families and faculty members, to, well, eat like the Romans do—or, rather, *did*, millennia ago.

At dinnertime on that Sunday evening, a hungry but well-mannered mob gathered in the lobby of the Crossroads Culinary Center on UB's North Campus, which had been decorated with a cardboard chariot, swords and shields. Toga-wearing greeters shouted "Salve!" ("hello" in Latin) as guests made their way down a walkway lined by gold pillars into the main dining area. Dining staff were dressed as emperors and gladiators, classics students manned informational tables laden with replicas of ancient pottery and cookware, and Roman music played in the background.

The meal, developed from the recipes of Apicius—who inspired the only surviving ancient Roman cookbook—and his contemporaries, was not what one might expect. Ancient Romans didn't eat tomatoes (a New World plant) or pasta. Garlic was considered low-class fare. Reflecting the Mediterranean and Middle Eastern influences that did inform ancient Roman cooking, the dinner included such dishes as cinnamon lamb soup, baked ham with figs, honey and sesame "pizza," and peaches with cumin sauce.

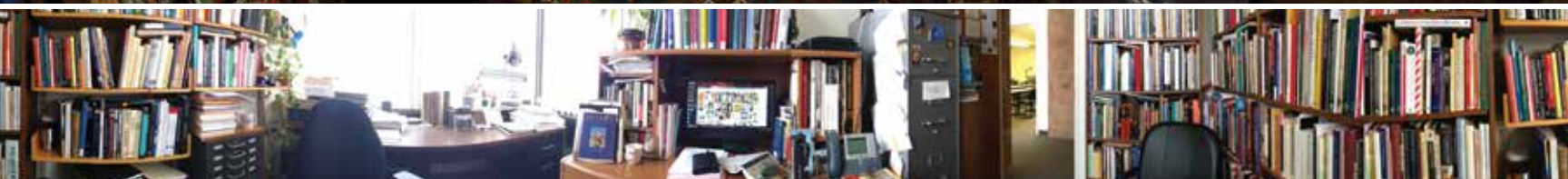
Reviews were mixed, though the pizza was a hit. This is, after all, present-day Buffalo. ♣

### NORTH CAMPUS



Student manager Nikkole Beadle, aka Aquilia Severa, wraps Peter Fowler, a freshman electrical engineering student, in a toga.





## 338 Millard Fillmore Academic Complex, North Campus

**The office of Bradley Ault, Associate Professor, Classics**



An archaeologist and art historian who specializes in ancient Greek and Roman domestic architecture, Bradley Ault has been happily ensconced in his Ellicott office since 500 B.C.

Just kidding! Ault has actually been in this space since 1999, when the classics department relocated to the Ellicott Complex and moved a lot of books across campus from the 7th floor of Clemens Hall. We love how the popular professor created such a homey vibe—everything from the antique tribal rug and the wall-to-wall library (organized by subject) to the soft medieval-era music piping in through tiny speakers.

**A Leather bag:** I got that while I was a grad student and studying in Rome, in the summer of '92. It's indestructible. I guess it's an artifact in its own right!

**B Ancient erotica:** I occasionally throw an image from one of these titles into a PowerPoint. It keeps my students on their toes.

**C Metal/wooden filing cabinets:** These are full of overhead projector slides,

which I mistakenly used to think were "the future." I started collecting them in grad school, but of course now we all use our computers.

**D Rug:** I collect antique tribal carpets; this one is from Northern Iraq and is more than 100 years old. No, no, put your feet down—it was made to be used.

**E CDs and speakers:** I'm always listening to classical music at the office. I'm

also a huge jazz fan. I've always wondered why more people don't listen to music at work.

**F Helmet on lamp:** It's a cheap replica, given to me by a student who bought it in Greece.

**G Inspiration:** "Archeology is Fact not Truth; for Truth go to the Philosophy Department along the hall." —Indiana Jones

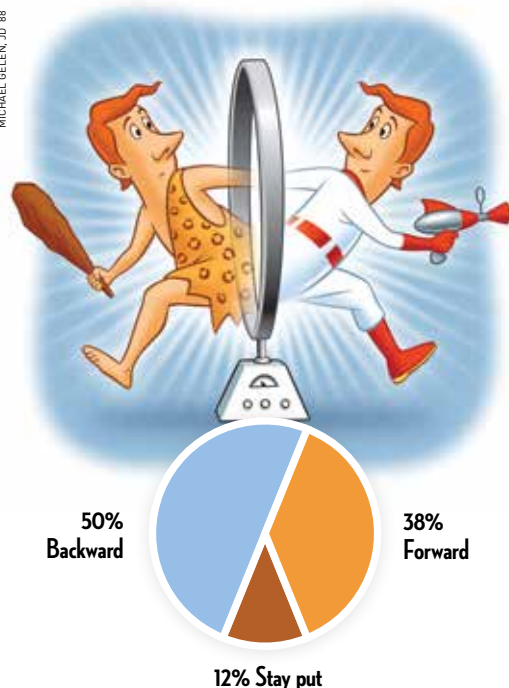


## On Campus

### POLL POSITION

An unofficial survey of 100 UB students

### Time travel: Which direction would you go?



### THE WEIGH-IN

Faculty experts shed light on news that makes us go, “wha?”

**The News:** Alarming “thigh gaps” (space between the upper thighs) are being Photoshopped into women’s clothing ads as the trend catches fire with millennials seeking the elusive perfect body

**The Expert:** Catherine Cook-Cottone, associate professor of counseling, school and educational psychology

“The thigh gap is one aspect of an ever-evolving, socially constructed, idealized body image that is constructed and propagated through mass media and social media. Unrealistic and idealized images are not only for women; men assess their six-packs and the distribution of body hair (i.e., less on the body and more on the scalp). The idealized image would have little influence on us if it were not for self-objectification—the internalization of the misguided value, ‘I am only as good as I look.’”



Navy veteran Mike Sformo at the Buffalo Sabres training facility.

## A Team Effort

### UB leads the way in treating wounded soldiers and vets

By Lauren Newkirk Maynard >> Traumatic brain injury (TBI)—a sudden, forceful trauma to the brain—has become the “signature wound” of the wars in Iraq and Afghanistan. From 2000 through 2012, more than 250,000 military personnel sustained TBIs, resulting in a host of chronic health problems among returning vets, from depression to neuromotor impairments. The U.S. Department of Veterans Affairs is trying to meet demand, but given the sheer number of wounded soldiers—and the complexity of their injuries—it hasn’t been easy.

Now top medical experts from UB and around the country are teaming up to help fill in the gaps. Operation Backbone, a Buffalo-based nonprofit formed in 2012, is working to create a nationwide network of care centers that will offer not only advanced brain and spinal surgery but also post-op rehabilitation, partially through a partnership with the NHL, to active-duty soldiers and veterans in need.

The idea is to work in conjunction with existing VA hospital care. “If the local VA hospital has 12 wounded soldiers but can treat only 10, we’ll take the extra two,” says Operation Backbone’s founder, Michael Sformo, a Navy veteran and Western New York native.

Here’s the best part: Care will be offered at no cost to patients, with all treatments being funded through private donations and corporate sponsorships.

One of the primary partners in Operation Backbone is UB, where radiologists and surgeons in the Department of Neurosurgery and at Roswell Park Cancer Institute have been donating their time to develop the program, including formulating a plan to screen patient cases and helping to grow the network (to date, Harvard Medical School, the University of Pittsburgh, Johns Hopkins University and the U.S. Military Academy at West Point have all signed on in various capacities). “Their guidance has been critical,” says Sformo of the UB team, which includes Elad Levy, chair of the neurology department, along with colleagues Adnan Siddiqui and Ken Snyder.

The UB team will also be the first to start taking patients, both locally and from around the country, later this summer. In addition to surgery, patients will have access to cutting-edge imaging services at the Gates Vascular Institute in downtown Buffalo, and to strength and nutritional training from the Buffalo Sabres at their downtown headquarters. The NHL partnership is also something that Sformo hopes to expand, with a goal of bringing Operation Backbone into the remaining 29 NHL cities.

“It’s an entire community of support,” says Snyder. “That is the key to the healing.” ♣

“If the local VA hospital has 12 wounded soldiers but can treat only 10, we’ll take the extra two.”

Michael Sformo



# Setting His Words Free

Poet Larry Eigner explored the world with his typewriter

Larry Eigner (1927-1996) was a prominent 20th-century American poet and a major influence on the avant-garde poetics of the 1950s, '60s and '70s. This 1940s Royal Portable Junior manual typewriter, a bar mitzvah gift, was his sole writing tool and a window into his prolific mind: Wheelchair-bound and unable to speak clearly from the cerebral palsy he contracted at birth, Eigner used the machine to painstakingly compose more than 3,000 poems, 40 collections of poetry, 75 books and pamphlets, and countless letters.

◀◀ Despite having spent most of his life physically isolated at his family's home in Swampscott, Mass., Eigner enjoyed a rich worldwide correspondence with Beat-era poets, including Robert Creeley, Robert Duncan and Charles Olson. In this photo, taken in 1970 in San Francisco, he's visiting with Portuguese poet Alberto de Lacerda (middle) and Duncan (right).

**UB's world-renowned Poetry Collection**—a special collection of the University Libraries—holds virtually all of Eigner's publications plus a large selection of his original manuscripts and letters.

Eigner's spare yet evocative style evolved from traditional rhymes he learned as a schoolboy into inventive constructions using space on the page. In 2010, four volumes of his collected poems were published to wide acclaim by Stanford University Press—each poem reproduced to closely resemble how he had originally typed it.

**Eigner typed and loaded paper using only the index finger and thumb of his right hand. In 1962, he underwent a successful cryosurgery that helped calm a severe tremor in his left side.**

Many scholars today explore the tension between Larry Eigner's stunning literary ability and his physical condition; some consider his process and his poetry to be inseparable, while others are less comfortable reading his poetry through the lens of his disability.

**Eigner's Royal Portable Junior** was donated to the UB Poetry Collection in 2011 by his brother, Richard Eigner. UB also owns typewriters once used by Robert Duncan, John Clarke and Theodore Enslin; plus one that likely was used by William Carlos Williams; and another that may have been owned by Fran Striker, author of "The Lone Ranger."

MANUSCRIPTS REPRODUCED WITH PERMISSION OF THE ESTATE OF LARRY EIGNER. PHOTO AND MANUSCRIPTS COURTESY OF THE UB POETRY COLLECTION.

# Eureka!

» Vibrating proteins » Shrinking gadgets » Hale and hearty germs

## An Ancient Middle Class

A five-year archaeological dig in Crete  
unearths a surprisingly equitable society

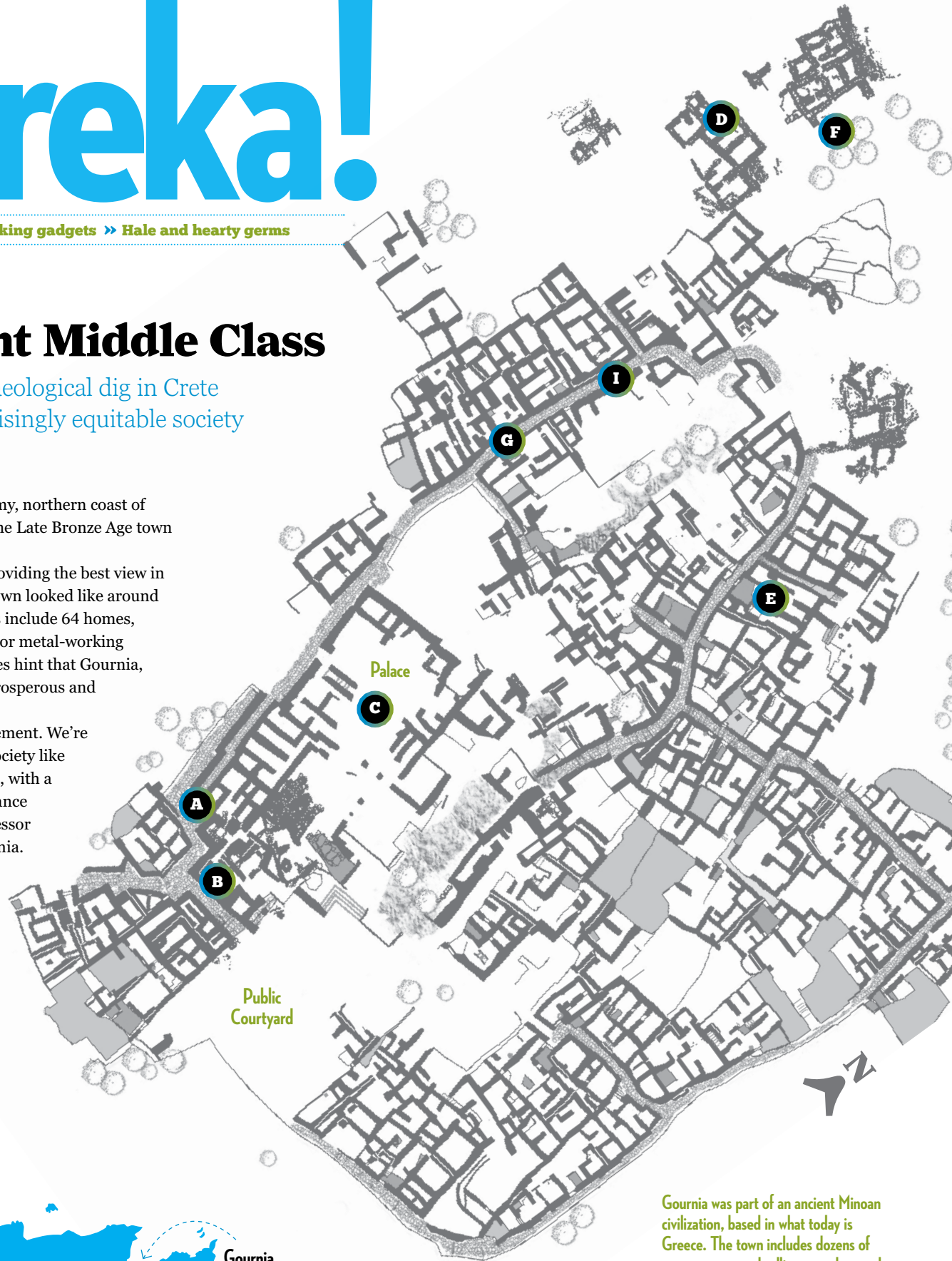
By Charlotte Hsu » On the balmy, northern coast of Crete lies an ancient marvel: the Late Bronze Age town of Gournia.

The ruins are expansive, providing the best view in Greece of what a prehistoric town looked like around 1500 B.C. Archaeological finds include 64 homes, many sprinkled with ceramic- or metal-working tools. These and other treasures hint that Gournia, a town of artisans, was both prosperous and egalitarian for its time.

"It was a middle-class settlement. We're not looking at a hierarchical society like you have elsewhere in the area, with a huge lower class," says UB's Vance Watrous, a visual studies professor leading a five-year dig at Gournia.

UB researcher Matthew Buell, who recently finished his PhD in classics, has helped direct UB student diggers to uncover a plethora of objects that provide a glimpse into the town's past.

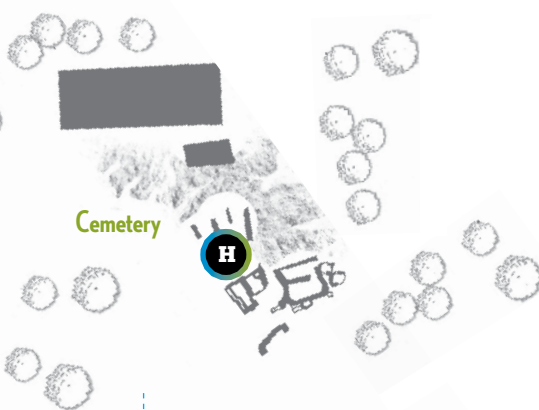
### The island of Crete



Gournia was part of an ancient Minoan civilization, based in what today is Greece. The town includes dozens of dwellings, a palace and a network of cobblestone streets. About 2,000 feet to the north, fortification walls overlook the sea, protecting a massive ship shed and terraced vineyards.

### About Gournia





Clay vessels

### **A** Respect for the gods

More than 700 of these clay vessels were found lying in heaps near a stone altar. The vases held offerings of wine and pomegranates that townspeople made to the gods after a volcano erupted on the neighboring island of Thera around 1600 B.C. The force of the explosion shook Gournia and collapsed houses, Watrous says.



Tablet fragment

### **B** A literate society

This tablet, found inside the palace, appears to be a receipt documenting ancient trade. The words are in a system of writing called Linear A. Other artifacts bearing inscriptions have been found in homes, showing that citizens were able to read.



Partially reconstructed incense holder

### **C** The palace

Home to the town's religious leader, the palace is the one spot with ostentatious architecture. The building's masonry is elegant, and artifacts discovered inside include a banquet set, incense holders, figurines and cult stands.



Decorated pottery

### **D** Home décor

Residents all over town owned gorgeously decorated pottery, a middle-class status symbol.



Potter's wheel

### **E** A center of craft production

Excavations have revealed a wealth of craftsmen's tools, including potter's wheels, a metal-working furnace and spindle whorls. Artisans made Gournia a hub of regional trade—the place you went “to buy stuff,” Watrous says. Exports ranged from bronze weapons to textiles, pottery and wine.



House foundation

### **F** Home, sweet home

This well-preserved house is typical of Gournia, with two stories joined by stairs. The kitchen was likely on the first floor, and the living quarters on the second. Storage vessels for crops, like wheat, appear limited in Gournia's homes, suggesting that residents had steady access to fresh food, bartered for through trade.



Limestone-based walls

### **G** Egalitarian walls

The town's houses had limestone bases topped by a wood-and-mudbrick second floor. Watrous sees a story in these walls. In other ancient settlements, masonry quality varies by house, with the well-heeled able to afford better work. In Gournia, craftsmanship is consistent across dwellings.



Cemetery tomb

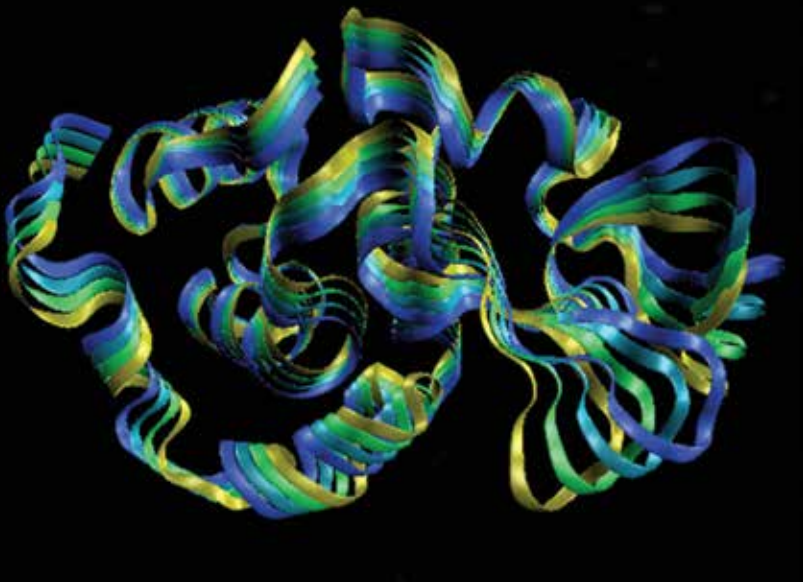
### **H** Equal in life, equal in death

Another sign of Gournia's middle-class status comes from its cemetery, where all the graves held the same modest contents. In death as in life, no one seemed richer than his neighbor.



### **I** The Blue stone road

Among Gournia's many cobblestone streets, this one stands out for the shimmering blue of its paving stones. Watrous thinks the roadway's builders chose the color for a simple reason: It was beautiful.



ANGELA MARKELZ AND KATHERINE NESSEN

Vibrations in lysozyme, an antibacterial protein found in many animals, excited by terahertz light.



## 60 Seconds with

Andrea Markelz



You might say that UB physicist Andrea Markelz studies the symphony of life. Her research provides the first conclusive evidence that proteins in the body vibrate in different patterns, like strings on a violin. Scientists believe these tiny motions are critical to biological processes, enabling cells to function.

### Why are protein vibrations so difficult to observe?

In the lab, it's hard to see solely the protein's structure and what it's doing. There's water everywhere, and it's moving. And there are these little chemical sidechains hanging off the protein, and they're all moving, too.

### How did you get around this problem?

We used a new microscope technique that enables us to basically remove the parts that we don't want to see. So it's like putting on a filter, right? If you want to see green light, you filter out all the colors except for green. That's the philosophy. What we do in the lab is filter out everything except the signals from the protein.

### What did the vibrations look like when you saw them?

Some scientists thought protein vibrations would dissipate almost immediately because the proteins would lose energy very quickly. Instead, we saw very clear signatures of sustained vibrations that persisted over time, like the ringing of a bell.

### What purpose do protein vibrations serve?

One possible answer is that proteins have to change their shape so they can bind to other molecules, like a clamp. The oscillation, with the clamp going from open to closed, creates the shape necessary for binding.

### Why is this binding so crucial?

It allows for intimate contact between molecules, for chemical reactions to take place. Biological processes that rely on these internal motions may include nerve transmission—cells signaling to one another—and gene expression.

### What's the practical value of your research?

Pharmaceuticals often work by knocking out or inhibiting unwanted chemical reactions. So imagine if you could put a very rigid piece of tape on the protein, so it can't change shape and clamp anymore. Knowing what the vibrations look like can help us do this.

## Beaker Briefs

Research highlights from the desk, lab and field



### WHAT THEY'RE WORKING ON

### WHAT IT'S ALL ABOUT, IN 50 WORDS OR LESS

### WHO'S LEADING IT

#### Teeny Tiny Gadgets

To boost semiconductors' performance without upping their size, researchers are developing "optical nanocavities"—arrangements of mirrors that let beams of light circulate in a closed path. The nanocavities could enable ultrathin semiconductors to absorb more light and create more energy, leading to smaller, thinner and more powerful electronic gadgets.

UB engineering researcher Qiaoqiang Gan, with Fudan University colleague Suhua Jiang

#### Rust Belt Housing

Think gentrification is limited to the likes of San Francisco and New York? Not so. Even in poorer areas, many residents are priced out of desirable neighborhoods. That's why researchers have launched a project to identify where affordable housing should go in 10 fast-shrinking American cities, including Buffalo.

Urban and regional planning researchers Robert Silverman and Li Yin, and social work researcher Kelly Patterson

#### Surprisingly Perky Germs

Scientists have long thought that two common strep bacteria die quickly once they leave the body. Unfortunately, they were wrong. In a day-care center, biofilms of *Streptococcus pneumoniae* and *Streptococcus pyogenes*—which cause ear infections and strep throat, respectively—survived for hours on books, cribs and toys.

Microbiology researcher Anders Hakansson

#### Polar Bear Genomics

Scientists who sequenced the polar bear genome are combing it for clues as to how the animal survives those harsh Arctic winters. One early discovery: The bears have genetic adaptations related to the production of nitric oxide, which could affect how much heat the body produces. ♡

Biologist Charlotte Lindqvist





# Mixed Media

» Micah Nathan explores the universal » The hectic life of Harold Rosenbaum » Tweetable: Black Sabbath's Ronnie Dio



## Pushing the Artistic Envelope

The genre-bending work of Douglas Fitch

Above: Vincent McCloskey (left) and William Da Silva (right), puppeteering in "Petrushka." Below: Douglas Fitch as Petrushka.

By Lauren Newkirk Maynard » To call Douglas Fitch a theater director, or a visual artist, or a puppeteer—or heck, all of the above—stops far short of the truth. A media polymath, Fitch is a dabbler in and master of many artistic trades, an irrepressible “maker of things,” as he puts it.

On his own and with his New York-based production company, Giants Are Small, Fitch has directed avant-garde theatrical, musical and operatic productions for major arts institutions around the world, including the New York Philharmonic, the National

Arts Centre in Canada and the Royal Stockholm Philharmonic Orchestra. A puppeteer since age nine, when he joined his family's touring puppet theater group, Fitch also is a professionally trained chef who has spent more than a decade making experimental, site-specific “feasts” with art-

ist Mimi Oka. In the 1980s he even morphed into an architectural designer, creating several pieces of furniture and designing homes and interiors for those in the know (violinist Joshua Bell, for one). But his signature works remain his theatrical performances: sensory explosions of live theater, film, puppetry, music and visual art.

This past spring, UB was lucky enough to experience his singular talent. Fitch was a guest artist in President Satish Tripathi's 2014 Signature Series, a new spring tradition launched last year that celebrates the university's culture of creativity in arts and letters. The series included a gallery exhibit of Fitch's landscape sculptures and culminated with a public “fireside chat” between the artist and noted art historian Janne Sirén, director of Buffalo's Albright-Knox Art Gallery.

Fitch returns to campus in the fall for a year-long artist's residency, during which he'll collaborate with performing arts students and faculty on a production to be held Nov. 13 at the Center for the Arts. Puppets may or may not make an appearance. ♣





JESSIE CONTOUR

# The Art of the Novel

**Author Micah Nathan finds inspiration in his Buffalo roots**

By Ann Whitcher Gentzke » The plots of Micah Nathan's novels twist and turn like a bracing Lake Erie wind. "Gods of Aberdeen," his best-selling first novel, is a coming-of-age story *cum* thriller about a 16-year-old boy raised in foster care who receives a scholarship to an elite college in Connecticut. "Losing Graceland" is a zany tale about a young man's picaresque journey with an Elvis impersonator who just may be the King.

**MICAH NATHAN, BA '98**

During a recent appearance in downtown Buffalo, Nathan (BA '98) read from his latest novel-in-progress, "In Search of Absolutely Nothing," about a 58-year-old New York art dealer, Tosh Philby. A survivor of the 1980s AIDS epidemic, who saw many of his friends and lovers die, Philby is burdened with survivor's guilt and, says Nathan, "the sense that he's squandered his good fortune."

Now 40, Nathan says his preoccupations remain universal despite efforts to explore a different theme with each novel. "I keep coming back to the same questions: Can people change? What is the nature of friendship, redemption, loss, courage? Vague words,



BENJAMIN NIEMCZYK

## Setting the Tempo

**At 64, choral conductor Harold Rosenbaum shows no signs of slowing down**

By Lauren Newkirk Maynard » Harold Rosenbaum talks quickly, his voice breaking up momentarily on his cellphone as his Manhattan-bound train pulls into a station.

"I love what I do. I guess I'm just driven," Rosenbaum says of his head-spinning schedule. In addition to directing two student choirs and heading the graduate program in choral conducting as an associate professor of music at UB, he leads weekly "Sunday Seminars" in conducting at Columbia University in New York, and regularly shuttles between Buffalo, New York and Europe juggling several conducting, consulting and judging projects.

During one crazy season, he recalls, he was artistic director of 11 choirs in New York, most of which met weekly at opposite ends of the state.

Rosenbaum's passion for calling the shots began

early, in college. "It was my fourth year and I was really enjoying singing in this volunteer chorus, but I started disagreeing with the conductor's interpretations," he recalls.

At 23, he left the group and started his own 12-member ensemble, the Canticum Novum Singers, which now has 50 singers and tours internationally. He also created the critically acclaimed New York Virtuoso Singers in 1988, building it into an all-professional choir that has premiered more than 250 new works with the world's leading orchestras. Personally, he has presented the world premieres of about 475 works, more than 60 of which he commissioned.

Among a slew of awards and credits too numerous to recount here, Rosenbaum this year was the first choral director to win Columbia University's Ditson Conductors Award. It's the country's oldest



I know; thus my compulsion to decipher them.”

Nathan lives in Holliston, Mass., with his wife, Rachel Kane (JD '91, BA '86). He received an MFA in creative writing from Boston University in 2010—the same year he won the school's Saul Bellow Prize for his fiction—and will be writer-in-residence at Kingston University in London later this year.

Though Nathan's early life is the stuff of novels—he was born in Hollywood, Calif., then moved across the country by parents who were, he writes in his blog, “intellectuals in the tradition of Dylan, Kissinger and Nureyev”—it is facets of his upbringing in rural Boston, N.Y., about 30 miles from Buffalo, that bubble up in his writing. The suburb of Cheektowaga plays prominently in “Losing Graceland,” for instance, and the main character in that book is, like Nathan, an anthropology graduate of UB.

But Nathan's connection to Buffalo goes beyond an occasional local allusion. “My Western New York roots run deep, and my artistic aesthetic—decay, rebirth, sorrow, hope—is the direct result of my childhood in the Boston Hills and my college years at Buff State and UB,” he says. And then adds, in his writerly way, “I adore Buffalo, for all its problems. My soul remains in that battered, beautiful city.” ♣

“I keep coming back to the same questions: Can people change? What is the nature of redemption?”

Micah Nathan

continuing conducting award and has honored, among others, James Levine, Leonard Bernstein and another gifted figure associated with UB, Lukas Foss.

This summer, Rosenbaum ticks off one more life goal: to expand his teaching activities beyond university students. Sponsored by Columbia University, the Harold Rosenbaum Choral Conducting Institute will be held on UB's North Campus in August and later, in January, at Columbia.

All types and skill levels of professional choral directors can apply to the six-day institute to deepen their skills. Run and directed solely by Rosenbaum, the program will include one-on-one instruction, rehearsals and performances. “I hope it attracts people from the area, all over the country—even Europe,” he says.

With the institute, Rosenbaum is squeezing in yet another opportunity for communal music-making. “I'm 64 and feel like I want to give back as much as I can before I'm gone,” he says as the train picks up speed. “I just want to keep going.” ♣

## UB Bookshelf WHAT WE'RE WRITING



### Shot in the Head: A Sister's Memoir, A Brother's Struggle

Katherine Flannery Dering  
(MA '71)

Using a mix of narrative, photographs, emails and pictures of cherished objects, Dering, one of 10 siblings, documents her family's struggles to care for her younger brother Paul, who suffered from schizophrenia (until his death at the age of 48 from lung cancer) during the deinstitutionalization of New York State's hospital system. (Bridgecross, 2014)

### Things to Do with Your Mouth

Divya Victor (PhD '13)

Victor probes the boundaries of history resulting from its repeated suppression of women's speech—physically as well as metaphorically. Inspired by archaic, often gruesome, practices (like attempting to silence accused 17th-century witches for eternity by filling their dead mouths with gravel), Victor's poems unflinchingly confront society's “fear of speaking women.” (Les Fiches Press, 2014)

### How to Play in a Rock or Jazz Band

Jeffrey Vigness (MM '02)

This primer for beginner soloists and rhythm section musicians outlines basic music theory and common song structures in an easy-to-follow format. To get your feet tapping, Vigness offers free, complimentary play-along tracks (downloadable at jeffreyvigness.com). (Disproportionate Press, 2013)

### Unfinished Stories: The Narrative Photography of Hansel Mieth and Marion Palfi

Janet Zandy (PhD '96)

“Unfinished Stories” follows the lives and careers of Hansel Mieth (1909-1998) and Marion Palfi (1907-1978). Mieth was the second female staff photographer at Life magazine, while Palfi's work landed the cover of the first issue of Ebony magazine. Zandy, an award-winning author who documents American working-class culture, offers a fascinating look at these two German-born émigrées who had “remarkably similar photo narratives of unseen America.” (RIT Press, 2013)

### Calling alumni authors

Send us your latest novel, mystery thriller, memoir, poetry collection, non-fiction or other published work! Mail a review copy to At Buffalo, 330 Crofts Hall, Buffalo, N.Y. 14260.

## Nightstand WHAT WE'RE READING

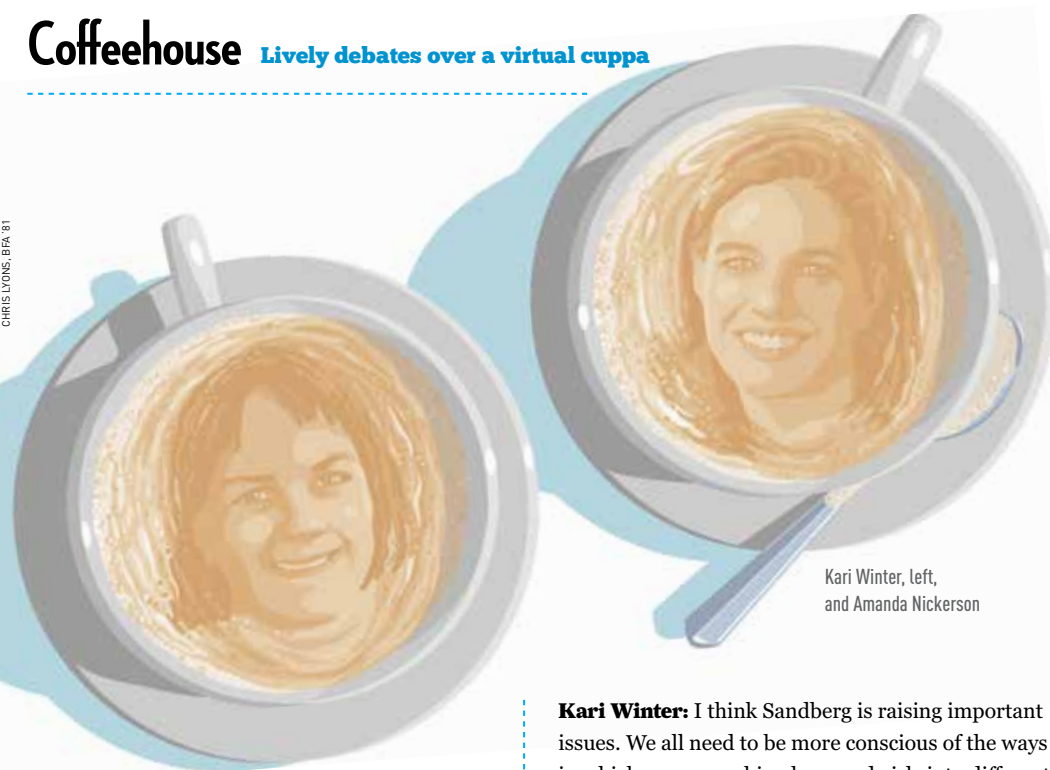
Jerold Frakes, SUNY Distinguished Professor, Department of English

“Un échec de Maigret” by Georges Simenon

“Simenon was a philandering Belgian who wrote more than 200 novels, among them around 75 detective stories whose main character, Commissaire Maigret, was a hard-drinking, intuitively brilliant Paris police officer. The narrative style is characterized by rapid-fire, sardonic dialogue, through which Maigret eventually comes to the solution of the case. It's a great (non-challenging) way to unwind at the end of a long day.”



**Tweetable:** The late Ronnie James Dio, Black Sabbath frontman and popularizer of the iconic “devil horns” gesture, was a pharmacology major at UB.



Kari Winter, left,  
and Amanda Nickerson

## Ban bossy? Not so fast, say our experts

**N**ow that Facebook COO Sheryl Sandberg has gotten women to lean in, she's on to her next campaign: banning the word bossy.

Sandberg believes girls get called bossy when a boy would be called a leader, eventually crippling girls' desire to lead. "Ban bossy" has gotten a lot of support—from corporations, Girl Scouts of the USA, even Beyoncé. But it has its critics too, many of whom think girls and women should simply take ownership of the word.

We asked Kari Winter, professor of transnational studies and director of the Gender Institute, and Amanda Nickerson, associate professor and director of the Alberti Center for Bullying Abuse Prevention within the Graduate School of Education, what they think of the campaign.

**Kari Winter:** I think Sandberg is raising important issues. We all need to be more conscious of the ways in which we are pushing boys and girls into different kinds of behavior, and punishing and rewarding them in inequitable ways. However, censorship is not an effective way to deal with social change. The women's movement, like the civil rights movement, has strategies for dealing with painful terms of abuse. One of them is to take the word and claim it, to reframe it in positive ways, because it simply is not effective to try to censor words. It invites a kind of "governmentality" that is far more dangerous to society than a word.

**Amanda Nickerson:** I agree. We want to open the dialogue, not police it. That said, I couldn't come up with a two-word way to say what I think needs to happen, so good for them for coming up with something. But I think it's the dialogue, the interchange, that's going to do much more than just going around and saying "ban bossy." I actually think we should be using words like bossy to describe both boys and girls when they're behaving in a way that is cutting off other people's ideas or opinions. I know I've used that word before with my boys, but the way I say it is, "You know, that sounded a little bossy to me. How do you think the other kids are going to feel when they say something and you come out with that? What could you say instead?"

**KW:** It would be helpful if people reflected on the qualities they want to cultivate in children. The word I come up against all the time is "leader," and I don't hear any accompanying—what kind of leader? Hitler was a leader. Stalin was a leader. There is no connection between being a leader and being a good human being. I'm not interested in cultivating a leader in my son. I'm interested in cultivating kindness, compassion. I'd much rather hear those kinds of words in re-

lation to cultivating children's capacities than either the word bossy or leader.

**AN:** I haven't thought about it that way and I'm not sure that I entirely agree. When I think of leader, I think of someone who is able to inspire others and move toward a goal. But I agree that having these kinds of conversations is important. I'm all for anything that will let us take pause about the words we use and how we treat others.

**KW:** One of the interesting things about language is the way in which the same word in a different context will have a very different effect. Children in particular are extremely adept at hearing what is meant, not just what is said. And children, like all of us but more so, can be very fragile. They can have really good feelings about themselves and be operating in the world in a very robust and healthy way until somebody says something cruel. And I do think there's a gender component here. The word bossy would hit a girl more painfully because in the world it's more acceptable for boys to be bossy, so they can cope with that word better. It's less acceptable for girls.

**AN:** Words absolutely matter. We're finding—and not just us, but people all over who are doing research on bullying—that verbal bullying has more of an impact and a more long-lasting impact on people's self-esteem, their relationships, than the physical kind. That really goes to show just how powerful words can be. But as Kari said, so much of it is context. There are some people who can take the word bossy and own it. I can see girls with sparkly shirts saying, "You wanna see bossy?!"

**KW:** I think Sheryl Sandberg's larger point—she's really searching for ways to help girls and women become more comfortable with being empowered, to have a more positive relation to the concept of being in charge and exercising power, and I admire that. My only reservation has to do with reminding people that women are not inherently more moral than men, so the question isn't just having power, it's how do you exercise power? That's important for all of us. ☘

### How do you take your coffee?

**Kari:** One-and-a-half to two cups before 10 a.m., with lots of half-and-half.

**Amanda:** I don't drink coffee, but I love hot chocolate with extra whipped cream!



# LockerRoom

» Coach Jack fires up women's b'ball » A former champ returns to the ring » A catcher's weird warm-up

## Big Mack

From one college offer to the NFL's No. 5 pick

By [Jonah Bronstein](#) » Two months before the NFL draft, in early March, spring break is in full bloom in Khalil Mack's home state of Florida. That's where many NFL hopefuls have chosen to train, but Mack is chilling up here in Buffalo, enduring a March blizzard so he can thaw out his weaknesses.

Mack's formidable strengths made him the most devastating defender in UB's football history. Two months from now, he'll become the highest-drafted Bull ever, well surpassing Gerry Philbin's selection in the third round in 1964 by the New York Jets.

Of course he doesn't know that yet. But speculation is running rampant. As Mack is working up a sweat in the coldest building around—the Northtown Center, where another former UB football player, John Opfer (BA '99), operates Proformance Sports Training in a turf corridor above two ice rinks—ESPN analyst Mel Kiper is generating even more heat around Mack's name by projecting him as the No. 1 overall pick in his most recent mock draft.

Mack doesn't see Kiper's mock draft until after his workout, and barely raises an eyebrow when he receives the news.

"I don't try to notice that, you know what I mean?" Mack says. "I try to keep that on the back burner. I'm still working hard, and that's what it's about with me. I don't focus on the attention."

With the humility and hunger of a last-round prospect, Mack works diligently on strengthening his core and hip musculature, ensuring the NFL team that invests a first-

CONTINUED

## Locker Room

round pick in Mack gets a better athlete than the one they scouted.

At the NFL Scouting Combine in February, Mack ran the 40-yard dash in a disappointing 4.68 seconds. He immediately dumped his noted speed coach and called Opfer, whom he'd worked with before. "I knew he was what I needed," Mack says.

### 2013 season stats

**100**  
total tackles  
(56 solo)

**19**  
tackles for loss

**10.5**  
sacks

**3**  
interceptions

After just four days with Opfer, Mack shaved more than one-tenth off his time at UB's annual Pro Day at the Buffalo Bills Fieldhouse; one scout timed him at 4.45 seconds. And just like that, Mack's draft stock rose even higher.

It's hard to imagine now, but Mack received scant recruiting attention while playing for Westwood High in Fort Pierce, Fla. He was originally focused on basketball, and a junior-year knee

injury limited his opportunities in both sports. UB was the only Division I-A program to offer him a scholarship.

Playing on the scout team as a redshirt freshman in 2009, Mack terrorized his teammates in practice, and gained inspiration later that spring when the Green Bay Packers drafted UB's James Starks in the sixth round, while Naaman Roosevelt (Buffalo Bills) and Davonte Shannon (Washington Redskins) received post-draft contracts. The next year, the Dallas Cowboys drafted UB's Josh Thomas in the fifth round.

"Those guys solidified what it took to get to the NFL for me," Mack says. "Seeing how hard they worked made me want to work even harder."

Last fall, Mack became the NCAA Football Bowl Subdivision's all-time leader in tackles for loss (75) and forced fumbles (16). He was named Mid-American Conference Defensive Player of the Year, received the Jack Lambert Trophy as the nation's top linebacker and helped the Bulls qualify for a bowl game for just the third time in school history.

"He's absolutely the best player I've seen," says UB football coach Jeff Quinn. "He's just so complete. He's a game-changer." ♣

*\*Just before At Buffalo went to press, the Oakland Raiders took Mack fifth overall and signed him to a four-year contract.*



PAUL HOKANSON

"I was ready to push somebody." — Felisha Legette-Jack

## Raising Their Game

**Legette-Jack brings excitement—and wins—to women's basketball**

By David J. Hill ► Here's something you'll rarely see a coach do after a loss in postseason play: smile.

But there was no mistaking the wide grin on Felisha Legette-Jack's face after her team fell to Ball State in the MAC women's basketball tournament quarterfinals in March.

Why the happy face? "We won 17 games this season, the third-most in the history of the program. It was just our second year together. I think our future's so bright that you can't do anything but smile," Legette-Jack explains.

Two years ago, there wasn't much for Legette-Jack to smile about. She had just been dismissed from Indiana University after a 6-24 season—despite the fact that, in her six years there, she had led the Hoosiers to three Women's National Invitation Tournament (WNIT) appearances and, in 2008-09, a program record-tying 21 wins.

After losing her job in March 2012, Legette-Jack planned to move her family south and become a life coach. Three months later, Danny White was introducing her as UB's head coach. White was impressed by Legette-Jack's success at Indiana, but more so by her record at Hofstra, a mid-major program similar to UB's, and where Legette-Jack coached from 2002 to 2006. She guided the Pride to the WNIT in 2005-

06, one of the greatest seasons in Hofstra history.

After only two seasons in Buffalo, Legette-Jack, a 1989 graduate of basketball-crazed Syracuse University, where she ranks among the top five in Orange history for career points and rebounds, knows she's in the right place with the right team. "When I came to Buffalo, I felt like I was needed, I felt like I was wanted. Those kids needed somebody to push them, and I was ready to push somebody."

"Coach Jack pushed us harder than ever," agrees Margeaux Gupilan, a senior on the team who leaves with the sixth-most assists in program history. Adds sophomore Mackenzie Loesing, who led the team in scoring this past season, "I am in no way exaggerating when I say that her passion is unlike anything I have ever seen."

More than three quarters of UB's scoring output will return next season, including Loesing, who this year became the first sophomore in program history to reach 800 career points, and Kristen Sharkey, whose 36 points in an earlier matchup against Ball State ranks as the third-best at UB.

Even more importantly, says Legette-Jack, "These kids have faith. They can't wait until November of next season, and that's something we haven't had here toward basketball. It's different now." ♣



**TweetaBULL:** #HornsUp for Javon McCrea, the MAC men's hoops Player of the Year, UB's career scoring leader and the first Bull to surpass 2,000 points.



## The Clubhouse

Stats from right, center and left field

Compiled by Kevin Stewart



60

### Heads up

UB's leading shot put-ter, Jonathan Jones, can throw the 16-pound metal ball more than 60 feet. And he doesn't have to yell, "Fore!"

### No rest for the winners

Instead of sitting on a beach sipping margaritas over spring break, the men's lacrosse club team traveled more than 2,800 miles in eight days, finishing 4-1.

2,800

### Rocky Mountain high

Every week the women's track distance team runs a combined 1,600 miles in practice, far enough for this herd of athletes to make it to Denver.

1,600

### Hang onto your Speedo

After spinning and flipping in mid-air, the hard-headed members of the UB diving team hit the water at around 20 mph.

20

# The Gloves are On

**An unexpected phone call reignites Wendy Casey's passion for boxing**

By David J. Hill >> When Wendy Casey (BA '08) first walked into the UB Boxing Club training room, she was all smiles and pigtails—a classic giddy freshman. Dean Eoannou, the club's coach and trainer, refused to let her box. "He didn't think I had what

#### ALUMNI SPOTLIGHT

it took. I had to beg him for months to let me in the ring,

and when he finally did he had me spar with a 12-year-old," Casey recalls with a laugh.

Eoannou and many others soon learned that Casey's sweet demeanor outside the ring belied her boxing prowess in it. "I had her pegged all wrong," remembers Eoannou.

A smart, savvy boxer, Casey, who had wrestled in her Binghamton high school but never boxed before college, soon became the club's most successful female fighter. By the time she graduated, her name was written all over the training room walls in celebration of her 20 amateur victories, including three New York State Golden Gloves titles and a U.S. Nationals silver medal. "She fought 27 fights and never had a nosebleed," Eoannou says.

Though boxing was Casey's life at UB—"I

arranged my schedule around it," she says—she left it behind after college. Now 28, she's a middle school math teacher in the Buffalo Public Schools and also teaches an after-school program. Asked how she could give up her passion for boxing so completely, she sighs. "Adult life gets in the way."

Or does it?

Earlier this year, Eoannou called Casey to ask for her help in training Hannah Krueger, a promising sophomore boxer. Casey leapt at the chance and has been thoroughly enjoying passing on her knowledge. "As a fighter, I can see her weaknesses better in the ring than Dean can, because he's not allowed to spar with them," Casey says. "I kept getting this one punch in on her and she said, 'How're you doing that? Can you show me?'"



Wendy Casey is eager to fight again.

Training Krueger has been so rewarding, it's gotten Casey thinking about scheduling her first bout in six years—which seems especially plausible now that there's talk of holding boxing matches at UB. Her plan is to use her summer to get back into fighting shape and find an opponent.

"Being in the gym, in that environment, it just sucks me in," says Casey. "It's like my home away from home." ♣

DOUGLAS LEVERIE

## VERY SUPERSTITIOUS Pregame Rituals of UB's student-athletes



**Kyle Brennan** Most catchers suit up just before the first pitch.

Kyle Brennan warms up in full gear. "You've got to make sure you're comfortable," says the sophomore exercise science major from South Setauket, N.Y. The oddness continues: During the warm-up, Brennan often goes off by himself, dipping and diving to get his body ready to block a stray pitch. "It's a little weird," he admits, "like an infielder playing a ground ball and making a throwing motion and not having a ball in his hands."

His teammates joke about his habits, but Brennan doesn't mind. Last year, a senior on the team reminded him that a former UB catcher, Tom Murphy, caught flak for some weird traditions too. Now the Colorado Rockies draft pick is getting the last laugh.



HAL MAYFORTH







# Fast Food Nations

Story by Nicole Peradotto

**Childhood obesity** is no longer just an American problem. Epidemiologist Youfa Wang seeks solutions to a **global epidemic** that is growing as rapidly as our kids.

◀◀ A young boy and his father at a KFC in Shanghai.



It's a small world, after all?

Try telling that to Youfa Wang. The new chair of UB's Department of Epidemiology and Environmental Health in the School of Public Health and Health Professions, Wang researches burgeoning BMIs around the globe. His findings, published in some of the scientific community's most prestigious journals, illuminate an obesity crisis that is no longer contained within the United States, or even the West.

"In many countries, obesity is prevalent and increasing rapidly in adults and children," says Wang, who has an MD and a PhD in nutritional epidemiology, and holds a joint appointment in UB's School of Medicine and Biomedical Sciences. "There's a high prevalence of it in Mexico, for example. It's a problem in Brazil, the Netherlands, Australia, Canada.... The list goes on."

Before joining UB last fall, Wang was an associate professor at Johns Hopkins University's Bloomberg School of Public Health and School of Medicine, where he led a university-wide effort to secure a \$16-million grant from the National Institutes of Health. The money went toward establishing a global center of excellence dedicated to better understanding the causes and prevention of childhood obesity. Wang, the center's inaugural director, hopes to found a similar program at UB.

His seminal body of research in the field includes a cross-national comparison study on worldwide trends in childhood obesity that has been cited more than 1,500 times since its publication in 2006. With very few exceptions, he and his colleagues found that children had become heavier in the 67 countries they studied, including Wang's native land of China.

China?

Especially China.

"Most people are surprised to hear that overweight and obesity rates are actually increasing faster in China than in the United States," he says. "The prevalence has gone up about a percentage point per year. About one-third of adults in China are overweight or obese. In major cities, about 20 to 30 percent of children are overweight or obese."

Now, Wang is leading an ambitious study to explore the reasons behind this dramatic upswing. With a \$2-million-plus NIH research grant, he and a team of international collaborators are exploring the interplay of biological, social, economic, environmental and policy factors affecting Chinese

**A child eats lunch at a base of the Aimin Slimming Centre in Wuhan, Hubei Province, China. Doctors in the center have combined acupuncture, exercise and diet to help obese teenagers lose weight.**



children's eating habits, physical activity, weight and related health outcomes.

The study dovetails with Wang's ongoing NIH-funded research on childhood obesity in the United States. Combined, this China-U.S. comparison research will help explain how factors ranging from individual biology to national food trade policies conspire to produce chunkier kids in both the world's largest industrialized country and the world's largest developing country.

Of even greater importance to concerned parents—including Wang, who has two sons under the age of 10—the work involves developing effective strategies for combating the global epidemic.

## China expanding

In 1985, China had a childhood overweight and obesity rate of only 3 percent. Just two decades later, it had escalated to roughly 10 percent in girls and 20 percent in boys.

That swift trajectory notwithstanding, it's noteworthy that China's youth, on the whole, are still slimmer than American kids, of whom one in three is overweight or obese. But China appears on pace to catch up. And in one key demographic—that of urban boys—Wang and his colleagues found that the Chinese actually outweigh their American counterparts.

"We recently saw the encouraging news that the obesity prevalence in the United States seems to have leveled off among very young children," Wang says, citing data from the Centers for Disease Control and Prevention that showed that preschoolers' obesity rates dropped between 2003 and 2012. "We've seen obesity rates begin to plateau in some European countries as well. However, in China they're going in the opposite direction."

What's tipping the scales in the most populous nation on Earth?

In a PowerPoint presentation Wang created to help explain the obesity crisis in China, there's a photo illustration of a preteen boy hefting a double cheeseburger to his mouth with a pair of chopsticks. A map and accompanying bar graph reveal the regional distribution of Kentucky Fried Chicken restaurants in China over two-and-a-half decades. In 1987, the first franchise set out its shingle; by 2010, 3,700 were in business, concentrated primarily on the urban East Coast, where obesity rates have skyrocketed.

"You would be amazed to see all the fast-food advertisements in China, in particular from American chains," Wang says. "At least a few years ago, you would see them in elevators, on buildings, on billboards, on TV. Often they attempted to leave parents and children with the impression that these foods

**"About one-third of adults in China are overweight or obese. In major cities, about 20 to 30 percent of children are overweight or obese."** Youfa Wang



Youfa Wang at UB's South Campus Child Care Center playground.

are healthy and desirable because they would provide you with adequate protein and were served in appealing restaurants. There are few regulations on this kind of thing because these restaurants produce tax revenue for the local governments. To officials, that's a good thing because it grows the economy."

Although fries and shakes have permeated the Asian dining scene, America's high-fat export is just one of many culprits in the super-sizing of China's kids. No one appreciates this more than Wang, whose research constantly reminds him of the seismic shifts that have taken place in his homeland since he was a boy.

Wang grew up in China during the 1970s and '80s. He lived in the suburbs of Tianjin, China's third-largest city. Like all Chinese citizens of that era, his family used government-issued coupons to obtain food, a rationing policy initiated in the 1950s to cope with scarcity in a country with a lot of

mouths to feed but walled off from global trade.

"If you were a male, you could buy about 15 kilograms of grains for the month; for females, about 13 kilograms," says Wang. "You had to plan well during the month so you wouldn't run out of food at the end. Under these circumstances, it was very hard, if not impossible, to overconsume. Back then, the real problem was undernutrition."

By the 1980s and '90s, economic reforms in the country, combined with the opening up of global markets, made food more affordable and abundant while rendering the rationing system obsolete.

As the standard of living improved, many families—Wang's included—began abandoning bicycles as a primary mode of transportation. In the capital of Beijing, for example, the number of cars on the road grew from 1 million to more than 5 million between 1997 and 2012.

CONTINUED

DOUGLAS LEVENE



A cafeteria worker passes out healthy lunch items at a South Central Los Angeles elementary school shortly after passage of a law aimed at improving the quality of school meals in the U.S.

What's more, China's one-child policy, mandated in the mid-1970s, unwittingly promoted sedentary behaviors among kids by shifting household duties onto older generations and according a privileged status to these singletons, dubbed "little emperors."

"We call it the '1-2-4 syndrome': The family has one child, two parents and four grandparents," Wang says. "That means there are many resources to support just one child, so children have a lot of access to food and whatever else they want. At the same time, there's not much work for kids to do around the house, which reduces their physical activity."

Add to the equation a Chinese education system and social norms that emphasize and reward academic excellence while devaluing physical education. Then, consider that China's youngsters, like their American peers, have an insatiable appetite for video

games and high-tech gadgets. It's a perfect storm for pediatric weight gain.

But what of the disparity in obesity rates between Chinese boys and girls? This gap doesn't exist in the United States. Why are China's boys twice as likely to be overweight as the girls?

"Girls—not only in China, but in Japan and South Korea as well—are heavily influenced by body image, and related peer and social influences," says Wang, noting that they often take their image cues from Hollywood. "Their parents don't want them to be heavy, either. But for boys, the standard is not the same. Parents aren't that concerned about a heavy boy." Indeed, he adds, his own mother still frets over his lanky frame every time he returns to China.

Wang notes an even more striking gender divide in tobacco use among China's citizens. "Near to 60 percent of men smoke, but only about 3 percent of

women do. That's because smoking is viewed more favorably among men. It's part of the male social and professional culture. It all comes back to cultural norms and acceptance."

## A global approach

Whether in Beijing or Brooklyn, shifting these cultural norms is critical to combating many public health threats, childhood obesity included, Wang says.

"A lot of my work argues that obesity is not just a behavioral or biological problem. It's not just an individual's problem, or a family problem. Society plays a very important role in the equation. Society needs to create policies and programs that promote a healthier environment."

Not surprisingly, one of the most effective places for healthy habits to gain traction is where kids spend the bulk of their days—in school.

Wang is an authority on the matter, having led federally funded research that resulted in an 835-page review of all published childhood obesity prevention studies—most of them school-based—that took place in high-income countries worldwide over the past three decades. Building upon that data, he and his colleagues recently reported in the journal *Circulation* that many of these programs, including those that didn't reduce obesity in children, successfully reduced the children's blood pressure.

A decade ago, Wang launched an NIH-funded school-based obesity-prevention program in Chicago. Working in four low-income public schools, his team took a series of steps to foster healthy lifestyles among the students. These included providing physical education equipment to the schools, training gym teachers, posting health-promotion posters and boosting the health curriculum. They hosted food tastings, coached the cafeteria workers to dole out portion sizes based on a child's age, and even instructed them to cut up fruit to increase its eye appeal and reduce the likelihood that kids would dump it in the trash.

A few years ago, they initiated a similar study—this time, for middle-class students in the Chinese city of Nanjing.

Among children of different means and cultures, in schools at opposite ends of the planet, they observed similar results: The grade-schoolers in both sets of intervention schools had reduced body mass index compared with kids in the control schools.

"Education alone doesn't work—or doesn't work well," argues Wang, emphasizing that his team's programs succeeded because they approached the problem from many different angles.

As an example of a failed educational strategy, he points to the "Five-a-Day" campaign in the U.S.,

**China's one-child policy unwittingly promoted sedentary behaviors among kids, shifting household duties onto older generations and according a privileged status to these "little emperors."**





A KFC and a McDonald's in Shenzhen, Guangdong province, China.

a government-led effort in the early '90s to encourage Americans to up their consumption of fruits and vegetables.

"Considerable resources were used for that, and what was the result? Did people eat better? Did they eat more fruits and vegetables? Not really. What we need to do instead is modify people's environment—to, in effect, change the default choices."

With prompting from the federal government, that's starting to happen in American schools.

As part of first lady Michelle Obama's "Let's Move" initiative, the U.S. Department of Agriculture in 2012 released rules to boost the nutritional quality of cafeteria meals, the first major revision of such standards in 15 years.

With new regulations requiring any food sold in public schools to meet calorie, fat, sugar and sodium limits, junk food and sugary beverages are being pulled from school vending machines. Earlier this year, the Obama administration announced a call for companies to phase out advertisements for such products on scoreboards and elsewhere on school grounds.

Beyond limiting children's access to unhealthy food, these mandates have the added perk of drawing major media attention to the problem of childhood obesity, Wang notes. And when pudgy kids are put under the glare of the national spotlight, they're hard to ignore.

"Childhood obesity has been in the news so much recently, and parents are paying attention," says Wang, who has presented his research findings on the U.S. obesity epidemic and its related financial toll to lawmakers on Capitol Hill. "Parents are starting to make changes in the home, and I think that's why we've seen a drop in the rates of obesity among preschoolers."

As the fast-rising childhood obesity rates and the already high rates of cardiovascular disease and diabetes foreshadow a major public health crisis in China, the country can take cues from the United States' example, which serves as both a narrative of hope, given the incremental improvements that have been made, and a cautionary tale of, literally, epic proportions. "China can look to the U.S. to see how bad the situation can get," says Wang. "That is," he

adds, "how heavy kids can get."

At this juncture, the obesity expert remains cautiously optimistic. China is providing universal health care coverage and investing more in public health. And while it does not have a first lady who has made it her mission to reduce childhood obesity rates, or major governmental support to advance such a cause, the country has implemented some initiatives to tackle obesity. For example, the Sunshine Sports Program, launched by China's Ministry of Education in 2007, requires primary and middle school students to get at least one hour of physical exercise a day.

On the other hand, Wang is well aware of the challenges China faces—public health being one of many issues on the government's plate. "The priority of most government officials in China is to develop the country, to build the economy and strengthen industry," he concedes. "That's the priority—not obesity." ❖

*Nicole Peradotto is a writer and editor in UB's School of Medicine and Biomedical Sciences.*





# Kabul, Interrupted



Above: Kabul's cityscape on an unusually clear day.  
Below: Ahmad Zaki in Buffalo's Delaware Park.



Story by Jim Bisco

THE DEPARTURE OF AHMAD ZAKI (MUP '14) from his native Afghanistan was sudden. He was told he had received a Fulbright Scholarship—to pursue a master's degree in urban planning at UB—the day before his flight. Taking the opportunity would mean leaving behind his family and job, but it would also mean pursuing a lifelong dream to help his beloved city of Kabul. He accepted.

Ravaged by decades of war, with extreme levels of pollution, out-of-control construction, a population that has swelled from 500,000 to five million in the past decade and numerous other urban woes, Kabul is in desperate need of planning. This is where Zaki comes in: Armed with knowledge gained at UB, he hopes to establish the country's first urban planning program at Kabul University, where he is a professor of architecture.

We met with Zaki at the end of his two-year program at UB's School of Architecture and Planning, shortly before he boarded a plane back to his home country to set his dream in motion.

#### **How was your experience in Buffalo and, in particular, at UB?**

It was really challenging at the beginning. But as day by day goes on, you find out how friendly are the teachers, classmates and environment. I've started to love the place, to have a feeling that I'm tied with the area.

#### **Did you find the program at UB to be relevant to the situation in Afghanistan?**

Yes. It is enriched with courses that are applicable all over the world—how to plan to create jobs for poor people, how to advocate for distressed communities, how to plan for environmental quality. I can take that knowledge and apply it back home.

#### **How bad is the situation in Kabul right now?**

Everything is in bad condition—the environmental system, transportation system, sanitation system. Observing this desperate condition strengthened my determination to get my master's.

#### **Has there ever been any urban planning there?**

Kabul is a city with over 3,500 years of history. Its story as a capital city of modern Afghanistan, however, began in 1776. In the early 1900s the city began developing in a modern style, with European architecture, a new palace and tree-lined avenues. Kabul was considered one of the most beautiful cities in Asia until 1978, when war not only halted its development, but also made it a target for different parties. There was a plan in place then, but most of it was never implemented. During the civil war, from the 1980s to 2001, a majority of the city was burned to ashes and it was left with a dysfunctional infrastructure and destroyed environment. After 2001, immigrants, displaced persons and a huge amount of housing brought such a dynamic movement to the city that it was actually impossible for the government to control. Everyone just came and built anywhere, including in parks, on governmental buildings and on hillsides.

#### **There seems to be so much to do. What are the top priorities when you get back?**

Uncontrolled development and environmental quality, especially in the capital. People are burning wood to heat their houses. During the summer it's full of dust and smoke, and during the winter it's full of smoke. There are great areas that are so distressed, with no recreational areas for the people to go and enjoy a walk. It's literally not walkable or bikeable. The public transportation system is really poor. And a sewage system is needed.

#### **How do you plan to address these issues?**

My primary objective is to establish this program

together with my colleagues to educate the young generation and produce planning professionals who can slowly change things. I also hope they give me an opportunity to work in a governmental position to implement my ideas after I establish the program.

#### **Do you think young people are eager for this kind of program?**

There is a big demand for it, but a big portion of students who want an education are not admitted to universities. Currently about 300,000 students are waiting to take the admission exam, but the government has the capacity to accept only about 40,000 students.

#### **And do you feel this is the right time to reintroduce the idea of urban planning in Afghanistan?**

Unfortunately, thinking about improvements and development usually is not appreciated, especially when it comes from a person who had a professional education in the western world and came back. Also, [it can threaten] some personal benefits, so some “old-school” people would actually resist this kind of change. Another challenge is an autocratic system that says changes have to come from their side because they are the decision makers. Since the decision is made top-down, any efforts from the bottom may not get attention. Then, there are the political situations. Any time, any moment, something could just happen.

#### **Yet, despite all these potential setbacks, you seem to maintain a positive attitude.**

Yes, I have positive feelings, especially during the last 10 years because things have significantly changed. The people here, especially the young generation, are being exposed to opportunities and successes, and now they know their right to have a good quality of living. The young generation also got out from a dark era to a brighter era; many, many students like me came to the western world and got an education. So this is a big opportunity for the country. And I think if there is good leadership, the young generation has the ideas and the will. This, I think, is something that gives hope to many. ♣

*Jim Bisco is a freelance writer whose work appears in various UB publications.*

“Everyone just came and built anywhere, including in parks, on governmental buildings, on hillsides.”



Greenland snapshots. Cronauer is pictured top left.

# Journey to the End of the Earth

Master's student Sandra Cronauer recounts the thrills and hardships of living in an Arctic research camp

By Charlotte Hsu » To study the history of glaciers, you have to go where the ice is, and for Sandra Cronauer, a UB master's student in geology, that means the Arctic.

Cronauer spent the past two summers in field camps in Greenland, where she worked with Associate Professor Jason Briner and fellow graduate students to gather fossils, lake mud and other geologic samples in an effort to learn

how ancient glaciers reacted to climate change. Their discoveries could help us understand how rising temperatures will impact ice on Earth today.

In a diary covering both trips, Cronauer documented her life in the Arctic—the joys, the hazards, the blisters, the bugs, the moments of loneliness and the absolute wonder at being somewhere so isolated and strange.

TURN  
THE PAGE TO SEE  
CRONAUER'S  
**survival  
kit**



**Aug. 6, 2012**

Tomorrow I fly to Greenland for my graduate program at UB. I have a lot of fears about losing my things on the plane, not being able to print the boarding pass, not getting my financial aid on time, dying on a helicopter flight gone wrong, not being warm enough, not being strong enough, not being smart enough.

**Aug. 8, 2012**

Flying to Greenland. What an experience! Towering ridges rising from a white vastness with patterns sketched in, showing the flow. Landslides staining the headwalls of cirques and the randkluffs<sup>1</sup>/bergschrunds<sup>2</sup> visible with clarity and resolution despite the distance ... and then the white, blinding vastness again.

**Aug. 9, 2012**

I think my nose might be sunburned ... Jason's right. That sun is nuts! It never goes down.

**Aug. 15, 2012**

Today started out rainy + gray then by midday it was sunny + beautiful + we were on our way to our next campsite. It is beautiful here and I wish I could share it with all of my friends. The distant booms of ice falling into the fjord are sporadic and tantalize the ear + the imagination. We sat up by the margin + had a few beers. It was amazing :) I think I'm really starting to get the hang of this stuff. Buffalo is looking like a great life choice after all. We saw a gorgeous sundog<sup>3</sup> over our lake + I have high hopes for tomorrow.

**July 21, 2013**

Just massacred about a dozen flies that were buzzing around my tent. Tired + homesick for Alex.

.....  
Saw three musk-ox skulls today.  
.....

So much to do + I will excel at it all! Or at least try to.

**July 24, 2013**

Big round moon in the sky + fish jumping in the lake.

**July 26, 2013**

Today we will be attempting to not get stuck in tidal flats ... ugh. It's been hard to get up in the morning because of the rain. I think I should get going. Jason let us sleep in today since tide is high @ 2:00ish + we will head out around 1ish ... I think? Need to take cosmo samples<sup>4</sup> near the margin for deglaciation. Maybe I'll start kissing the rocks for good luck.

.....  
There are good field days + bad field days.

Bad field days are full of rain + bugs + mud + cold.

Pain in your knees.

.....  
Cold rain that seeps up your underarms + into your marrow.

Nose raw + running from a relentless wind.

Good days make all of it worth it. Those are the ones where you cruise along an ice margin with sections like broken blue glass in a fjord + watch an eagle wheel around your boat while you ride the tide home.

**July 28, 2013**

Long day! My knee keeps getting worse. I didn't tell Jason or Sam how close I think I got to blowing it out a few times. Tomorrow we will hike all our stuff back down again. Did a 15K or something today! That's a lot considering tundra, relief + heavy s\*\*t on our backs. Dreading getting the boat back to camp but hoping we'll get an early start + get it over with quickly tomorrow morning. Can't wait to shower!!! And wash all my clothes ... might see if

there is a laundromat in Ilulissat. Need to make a list of things to do for Ilulissat! Ahhh!

**July 31, 2013**

Feel warm with beer, had a pint + a little glass, one at happy hour at the Isfjord + the other at Café Ilulissat. My face is on fire! It's early for bed (not even 8:00 pm yet) but I'm exhausted. All my clothes are dry for the most part (socks should be done tomorrow morning) so I'm confident about the next 2 weeks supply-wise. We'll see if we are missing anything. Excited to get my chance at doing research + hope it goes well.

**Aug. 2, 2013**

Got to Qeqertaq no problem. :) Got camp set up no problem, even with big packs. Icebergs breaking are like gunshots.

.....  
Knee seems OK. Hurt during trek today but I think we did well despite my slow pace. Got 5 samples, though 1 doesn't count. Learned to use the stove so hopefully I can try to light it tomorrow for breakfast. I think I'll be much more confident in myself when I'm done here. Need to learn how to take sample pictures. Yikes! Mine are kind of horrible so far.

**Aug. 4, 2013**

Today is a slower day. Leisurely morning + are only looking for deglacial samples. Popped all three layers of my blister, two yesterday + the third this morning.

.....  
I'm very lucky to be here even if it's hard.

**Aug. 6, 2013**

Tired ... very very tired. Need to break the news to Jason that we're not going up the massif today. Also need to do a bunch of mapping so I know what the heck is going on. Birds woke me up around 4:30 + made it hard to sleep. I feel bad

because I think when I opened my zipper to pee I woke Sam up. It is hard camping so close to another person. You can hear everything. Lack of privacy can be hard after a while.

**Aug. 12, 2013**

The field experience is one that challenges and rewards in equal measure. When you are on the ground you are constantly bombarded with questions + uncertainties + doubts about your knowledge + success. Then, in the air, flying away, you see all of what you have learned, all of what you have accomplished.

.....  
Most things in the Arctic, you hear before you see. Calving<sup>5</sup> events, icebergs rolling/breaking, helicopters (your ride back home), streams in the ice beneath your feet.

**Aug. 19, 2013**

Last day in the field! Hope it doesn't last too long. Just have to get it all done quickly so we can get picked up earlier. Probably not going to happen, but a girl can dream.

**Aug. 21, 2013**

On the plane now, just made the trek to the bathroom. Always feel bad stepping all over people. Can't wait to be home + for it to be the moment Alex rolls up in his Rav 4.

.....  
Glad that I got to come this year + feeling like perhaps I'll come away a better person.

.....  
Who knows what the future holds ... but I'll be ready for it.

<sup>1</sup> Randkluff: a chasm caused by ice breaking away from a mountainside

<sup>2</sup> Bergschrund: a type of crevasse on a mountain glacier

<sup>3</sup> Sundog: a halo or spots of light that form around the sun when light reflects off ice crystals in clouds

<sup>4</sup> Cosmo sample: a piece of rock from a boulder or bedrock surface that is dated using cosmogenic nuclides to determine when it was last covered by ice

<sup>5</sup> Calving: when large pieces of ice snap off of a glacier or ice sheet



# Survival Kit

What do you need to do research in the Arctic? Below are a few items Cronauer took to Greenland, together with a sampling of objects picked up on-site.

Photograph by Douglas Levere

A **passport** is a must for scientists working abroad. Greenland is an autonomous territory within Denmark.


Some **rocks** are for keeps. Cronauer picked this one up as a souvenir.

**Folding rulers** are easy to pack for day hikes. They're used to measure the height of boulders, the length of sediment cores and other geologic artifacts.

**Sample bags** hold rocks collected for study.

Wayfinders, like **maps** and **GPS locators**, are vital tools of the geologist's trade. They guide you to remote research sites—and back to camp.





Cronauer's **diary** offers up honest reflections about her life in a faraway place.

**Packaged food** is sometimes all there is for sustenance in an Arctic camp, where slow-spoiling onions and potatoes may be the only "fresh" vegetables you eat for weeks.

In her **field journal**, Cronauer scribbled research notes, sketched maps of campsites and compiled to-do lists.

A **sediment core**, a sample of lake-bottom mud, was brought home by the research team for study.

This **pink flamingo**, which Cronauer brought with her on a whim, became an inside joke as researchers took turns placing it in odd locations around camp.



# One Man's Waste...

BY RESTORING ABANDONED BUILDINGS  
WITH FOUND MATERIALS,  
**Andrew Perkins** IS BATTLING A CULTURE  
OF rampant consumerism AND  
reckless waste—AND CREATING SOME  
PRETTY COOL SPACES IN THE PROCESS

STORY BY SHERYL JAMES



WHEN ANDREW PERKINS (MARCH '12, BS '10) arrived in Flint to restore a dilapidated former mortuary in one of the most blighted neighborhoods of what is perhaps Michigan's

most distressed city, the first thing he did was put two padlocks on the front door. Still, within days, all his tools were stolen.

The young architect took it in stride. After all, for his master's thesis at UB, he had not only restored a vacant building on Buffalo's troubled East Side, but also had lived in the house throughout the project. He wasn't new to urban challenges.

"What I saw in Flint wasn't anything I hadn't seen in Buffalo or Detroit or even New York City," says Perkins, now 26. "Every city has its share of vacancy and rough neighborhoods. I learned quickly in Buffalo that more often than not, those areas really aren't bad once you get past the image, past the fear. That helped put things into perspective."

Perkins' perspective has been formed in part by his commitment to working in some of the dodgiest neighborhoods in the country, but also by his dedication to a small but emerging corner of his profession that is perhaps best termed "reclamation architecture"—with maybe a hint of "Occupy architecture" too.

CONTINUED

RYAN GARZA







Matthieu Bain (left) and Andrew Perkins in Spencer's Art House, Flint, Mich.



First in Buffalo, and then in Flint, Perkins' goal was the same: to restore an abandoned building using primarily leftover, discarded and recycled materials. A means of combatting the consumerist mentality that continually creates buildings, then leaves them to rot, this form of architecture is as much statement as science, more process than precision. It is also challenging work, to say the least.

As Perkins wrote regarding his UB thesis project, a joint effort with fellow architecture student Matthieu Bain (MARCH '12, BS '10):

*We've had to tread—and oftentimes cross—very thin legal lines. We've put ourselves and our possessions into areas ... known for being run down and rampant. We've endured discomforts far beyond the average (American) person's tolerance of such things. There were moments of utter failure, of misery and of questionable sanity. The process is extremely labor intensive and requires a great deal of patience compared to modern means of construction.*

Similarly, in Flint, Perkins worked for 20 months for virtually no pay in a building that had been vacant for 15 years. Outside, a liquor store a few yards away formed the hub of neighborhood activity. Inside, the only toilet was positioned in a room with gaping open windows; in the winter, it snowed inside as well as out.

**P**ERKINS AND BAIN were first inspired to pursue this kind of work by one of their UB architecture professors, Dennis Maher. Maher's adventures turning an abandoned Buffalo house into a sort of ever-changing sculptural landscape of found and reconfigured objects were documented in The New York Times, which noted Maher's interest in "exploring the space between erasure and reconstruction." It also observed that his girlfriend, overwhelmed by the "destabilizing" experience of living in an environment that is "constantly collecting and reforming," eventually moved out.

Unlike Maher's girlfriend, Perkins and Bain were jazzed by the idea of living-in-while-simultaneously-reconstructing an abandoned house using nothing but found objects. In the fall of 2011, they bought a small, one-story home on the East Side for \$800 from the Buffalo Foreclosure auction and, despite a lack of heat, electricity and running water, promptly moved in.

Not everyone believed they could pull it off. "One adviser voiced his doubts that we could make it through winter without cheating, i.e., going to Home Depot to buy insulation," says Perkins. "We always knew there was some shock factor to the idea. Doubt really just motivated us further."



Perkins inside his UB thesis project on Buffalo's East Side.

As described in a highly entertaining blog that Perkins kept throughout the process, titled "Dwelling on Waste," the students threw themselves into the project, and didn't cheat. In an Oct. 18, 2011, post called "House Warming," written shortly after they moved in, Perkins noted:

*Without an established heat source, the house isn't much warmer than outside. We have to rely on our own body heat to keep us warm, so we opt to create a sort of "tent" using the solar pool cover we recovered several weeks ago. ... The thousands of air pockets in this material will act as an insulating barrier to help keep our sleeping shelter warm, and its large size is easily able to create an enclosed space.*

Though they eventually inherited a wood-burning stove from a friend of a friend, insulation remained a problem, as a Jan. 24, 2012, post, titled "Keeping Warm," makes clear:

*Scraps of rigid insulation in varying sizes, colors and origins are used as a first defense. These aren't as prone to water damage as bad insulation is, and can withstand any leaks that our quick roof patching failed to catch. A few \$3 cans of expandable foam seal the cracks and go a long way in keeping heat from escaping. With the largely airtight seal established, the fiberglass insulation is packed in with lathing strips until a "finish" surface can be applied.*

Perkins and Bain worked eight months on the house, earning high marks from Department of Architecture chair Omar Khan. Two years later, Khan still views the project as "one of the clearest and most prescient architectural responses to our current housing dilemma." Stephen Zacks, a Brooklyn, N.Y.-based journalist and critic of architecture and

design, who had been invited by Maher to review the project, was equally impressed, citing the "poetry" in their "very moving presentation" and the "level of commitment ... to engaging in a hands-on and personal way with their time."

Zacks, a Flint native, is the executive director of his hometown's Flint Public Art Project (FPAP), a local community initiative. FPAP's mission, according to the project website, is to "activate disused structures, connect people and places, inspire residents to imagine new uses, and amplify the emerging identity of the city."

By 2012, FPAP had won grants for several projects. One entailed finding a way to reuse the dilapidated mortuary in Flint's Carriage Town Historic Neighborhood, a run-down area full of once-hand-some, mid- to late-1800s and early-1900s homes.

While in Buffalo, Zacks broached the idea of Perkins and Bain working on the mortuary. They jumped at the chance, and in July of 2012, Perkins moved to Flint to become the FPAP resident architect, with Bain on board to work part time. Perkins figured it would be a five- to six-month stint.

**F**ORMERLY KNOWN AS Spencer's Funeral Home, the building occupying 520 University Ave. was built in 1910; initial appearances suggested to Perkins that its decline began soon thereafter. There was "catastrophic roof damage," he observed in his blog. Debris filled the home's interior. There was little paint left on its outer cedar shingle siding. The foundation was crumbling.

The goal of the project, which by then had been dubbed Spencer's Art House, was to create a community center and art space. Three months into the project, Bain married and moved to the Boston area. He continued to lend support as he could, but it became largely Perkins' show.

Timothy Monahan, a licensed builder and construction professional as well as a Carriage Town homeowner and former president of the Carriage Town Neighborhood Association, worked often with Perkins, and soon became the young architect's biggest fan.

"His ability to get materials was just amazing," Monahan says. "He literally took 2-by-4s and built these engineered trusses with a very specific bow. The city has since certified them for structural components."

On another occasion, Perkins heard a bowling alley was being demolished and rushed to help remove the debris. "He found these massive tongue-in-groove redwood boards," Monahan recalls admiringly. They can now be seen beneath the house's front windows.

During a recent tour, Monahan pointed to other progress: the rebuilt and reglazed front windows;





**Scenes from a Reclamation:** **A)** An interior cut-out along the stairwell allows for better light and circulation. **B)** A 2,200-gallon rainwater collection system, purchased through Craigslist, pays for itself within two months. **C)** Concrete blocks salvaged from a demolished bowling alley require just a little cleaning. **D)** Dozens of damaged window sashes are good as new after a “diligent week” of restoration. **E)** Scavenged tongue-in-groove redwood boards get new life under the windows. **F)** A student apprentice, from a school that teaches construction skills to at-risk youth, cuts and assembles truss pieces. **G)** A wood-burning pizza oven forms the locus of an outdoor community space between lots. **H)** A series of performances, screenings, art exhibits, etc., fosters community spirit and involvement. The instruments are made from found objects.

the new basement-level brick wall; stacks of high-grade, laminated beams and large glass panes, both waiting for use.

Then there is the pizza oven, which Perkins built in what was formerly a room on the back of the house (the roof had long since collapsed). The oven was intended to encourage development of the area between houses as community space, and eventually become an amphitheater built with discarded steel pipe from a former General Motors plant, old bicycle wheels and other items.

Potlucks, community workshops, art exhibits, performances and film screenings took place in that space, pizzas baking all the while, as the reclamation project continued. Before long, Perkins became something of a favorite son in the neighborhood for his vision and enthusiasm, his sense of fun, and, above all, his hard work.

Meanwhile, Perkins warmed to the locals, homeless and otherwise. “It didn’t take long to realize

they were all harmless,” he says. “They were clearly used to being looked down upon, but it’s amazing how good-natured people tend to be. All you have to do is lift that curtain and say, ‘Hello.’”

By September 2013, Perkins and volunteers had, among other accomplishments, replaced the cracked parking lot, fixed about 50 of the house’s 66 windows and replaced some outdoor siding.

But shortly thereafter, the project, which had been bumping along from grant to grant, ran out of money. Though additional grant applications were filed, there was an even bigger problem: Perkins, who had college loans to pay off and mounting daily expenses, couldn’t afford to stay in Flint any longer. In December 2013, he reluctantly left the city to take a job in Baltimore, Md.

The departure, as Perkins told the local newspaper, was “bittersweet.” On the other hand, it seems his 20 months in Flint had profound and lasting effects, both on himself and on the neighborhood

he left behind.

As for himself, says Perkins, “I got the opportunity to dabble in a lot of things, from laying brick and writing grants to speaking at conferences and organizing large-scale artistic productions. There’s an extraordinary amount of effort that goes into these types of things. It’s humbling, and has taught me to engage others—regardless of their status, appearance or profession—with a little more respect and patience.”

As for the neighborhood, Zacks says Perkins’ dedication has sparked not only a commitment to finish Spencer’s Art House, but also a new plan to rehabilitate an old brick neighborhood fire station into a brewery.

Most important, says Monahan, “He left us with a vision that is so cool, we can’t let go of it.” ♣

*Sheryl James is a Pulitzer Prize-winning journalist based outside of Detroit, Mich.*





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\* National Association of Colleges and Employers (NACE)



» UB beanie, baby

» And the awards go to ...

» Sisters and wives

## A Pioneer in the Fight Against AIDS

Janet Rideout holds dozens of patents—including the one for AZT

By Lauren Newkirk Maynard » In 1984, a retrovirus called HIV (human immunodeficiency virus) had just been identified as the cause of a contagious, deadly syndrome called AIDS. At the time, Janet Litster Rideout (PhD '68) was an organic chemist working in medicinal chemistry and drug design at the North Carolina research lab of Burroughs Wellcome Co., a British pharmaceutical company that tested thousands of known chemical compounds for potential pharmaceutical uses. "We worked mostly with DNA and RNA. Retroviruses were a new target for the company," says Rideout, who began working at Burroughs shortly before graduating from UB.

Rideout and her lab team tested many compounds in search of a cure for AIDS. "It was a very strenuous but exciting time, and we

were going as fast as we could," she recalls, noting that Burroughs Wellcome Co. was just a small subsidiary, and the amount of work required to identify the right compound immense. Meanwhile, AIDS was becoming "a death sentence."

They eventually narrowed the search to 14 compounds, then just one: AZT. The drug had been developed 20 years earlier by a Michigan cancer researcher as a potential tumor-fighter, but it was shelved when it failed to show promise. Rideout's team determined that AZT could destroy a non-human virus very similar to HIV. "It didn't work for common viruses, but we found it was very effective against the enzymes that certain retroviruses use to reproduce," she says.

CONTINUED

DOUGLAS LEVERIE

The initial formulation was rushed to market amid considerable controversy over its price, toxic side effects and the FDA's initial insistence on conducting placebo trials instead of giving AZT to all infected subjects—much of which was documented in the 2013 Oscar-winning film “Dallas Buyers Club.” But AZT was and remains the most important discovery in the history of AIDS treatment. Now dosed much lower, and combined with a more effective cocktail of antivirals to help patients manage their disease symptoms, the drug has saved millions of lives since it received FDA approval in 1987.

Rideout, now retired after 26 years at Burroughs Wellcome Co. and five years at Inspire Pharmaceuticals, visited UB in March to receive a Distinguished Alumni Award from the Alumni Association for her role in unearthing and testing AZT against HIV. Though she is modest about her place in history, her work at Burroughs (now GlaxoSmithKline) put her at the vanguard of the relatively new field of retroviral medicine. Just four other scientists—including two other women—share the AZT patent with Rideout, who now has more than 40 U.S. patents to her name. ♣

AZT was and remains the most important discovery in the history of AIDS treatment.

## Thicker than Blood

### When friends become family

By Namrata Loka » We've all heard stories of college sweethearts-turned-spouses. But two best friends becoming sisters-in-law?

Two decades ago, Kristen Danas (BA '95) and Polly Hall (BA '96) met as freshmen in Goodyear Hall, and became fast friends. They lived together as suitemates, then rented an apartment together on Lisbon Avenue near the South Campus.

They recall many a morning spent eating breakfast at the popular diner Amy's Place in lieu of attending class, and evenings whiled away at Duff's. “We always added bleu cheese on our pizza,” says Kristen. “Seems crazy, but we loved it!”

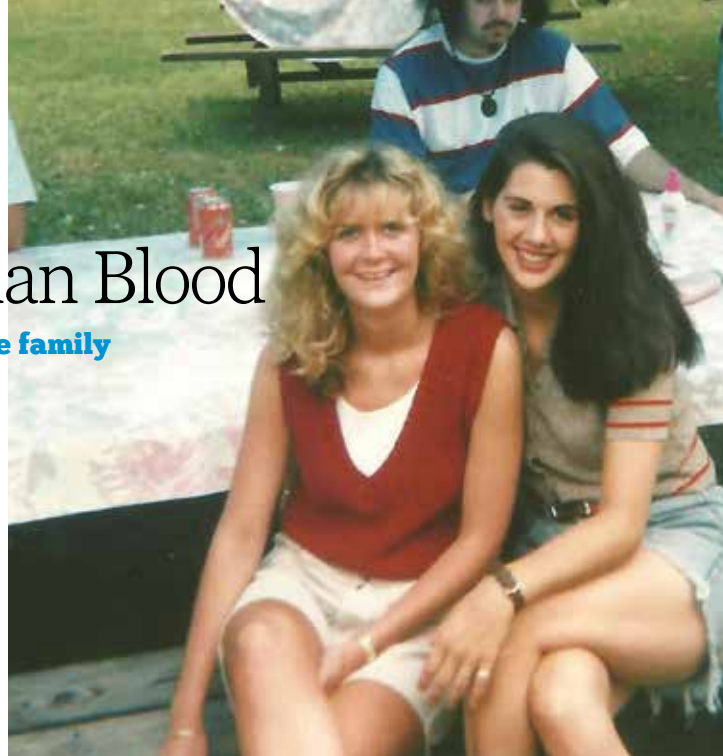
Fast-forward past graduation to Polly's wedding, in 2004 in Fredonia, N.Y. Polly was marrying her long-term fiancé, Robert Carty (BPS '96), and Kristen was in attendance as a bridesmaid. Sparks flew when Kristen met Kevin, Robert's brother, at the church rehearsal the night before the wedding. At the rehearsal, Kevin, an usher, practiced walking Kristen down the aisle. Three years later, it was

### BLUE BOND

Kevin and Kristen who were getting married, with Polly and Robert attending the ceremony.

Though the couples now live in different states (Kristen and Kevin in North Carolina, Polly and Robert in New Hampshire), they remain a close-

knit bunch. Kristen and Polly talk on the phone every other day and their families frequently vacation together in Florida or Long Island, where the kids watch VHS tapes Kristen and Polly made of their college-era shenanigans and wonder why their moms “looked so weird.” Apparently, these suitemates-turned-sisters have updated their style over the past 21 years, but their friendship has only deepened. ♣



Before they were the Cartys: Polly Hall (left) and Kristen Danas at a post-graduation picnic.

**TELL US YOUR BLUE BOND STORY »** Do you have a lifelong relationship that started at UB? Email a brief account to [bluebond@buffalo.edu](mailto:bluebond@buffalo.edu).

## KEEPSAKES What did you save?



### UB Beanie

Like Proust's madeleine, the UB beanie kept by **Scott Forman (BA '67)**, now a lawyer in Greensboro, N.C., triggers a visceral memory of his early days at UB, half a century ago.

ever worn it other than to show people). Apart from its ragged appearance, it is an instant reminder to me of the start of my college days and the events of just two months later when I was informed, as I left a calculus exam, that President Kennedy had been shot. I have not been back to UB in many years, but I could find that exact spot outside Hayes Hall on the old campus where I first heard that news as easily as I could locate any of my old homes. The beanie and its memories will stay with me always.”

“Noticing your ‘call for keepsakes’ in the winter issue of *At Buffalo*, I immediately headed to my closet for my UB beanie. I was issued the beanie as an incoming freshman in September of 1963, exactly 50 years ago, and I have held onto it ever since (not sure I’ve

### SHARE YOUR KEEPSAKE »

What did you keep from your years at UB? Email a photo and brief story to [keepsakes@buffalo.edu](mailto:keepsakes@buffalo.edu).



# Top of the Class

**UB honors its most accomplished graduates, young and old**

It was an evening of passion, humility and long-lost hairlines. The Alumni Association held its annual achievement awards on March 28, honoring 13 highly successful doers, thinkers, philanthropists and mavericks from around the world at a ceremony and reception at the Center for the Arts.



## Seen and heard

"After you're dead, nobody can see all the fun you are having with the money. I believe in giving."

Charles Bauer, on his giving-while-living philosophy

"YOU are the one the world is waiting for. You have value. You have ideas that we need."

Tamara Brown, on what she tells teenage girls

"In my field, we are very gung-ho. We all knew—from the moment we took our first plane ride or saw our first shuttle launch—that we wanted to be either astronauts or pilots, or that we were going to build the rockets or planes."

John Crassidis, on what drives aerospace engineers

"I'm hoping that we find building blocks of life ... so we can start colonizing. We're not going to be able to take all that with us."

Jeffrey Umland, on what he hopes to find on Mars

"It's an affordable, incredible research institution. ... Allowing everybody an opportunity to partake in this incredible environment is what this university is about. I'm so proud to be associated with this school."

Steven Shepsman, on UB's value



## Cue the music

**2**

Requested time limit (in minutes) for acceptance speeches

**4**

Average length of said speeches

**1.5**

Shortest speech

**17**

Longest speech

Right: Kuo-Chun Chang, who came to UB from Taipei in 1979, swept his hand across his now-bare head and recalled that, back then, he was "full of hair."



## And the awards go to:



**Allen Barnett (PhD '65)**, founder of Buffalo-based

Kinex Pharmaceuticals, which is involved in developing next-generation anti-cancer drugs (Distinguished Alumni Award)



**Paul Hammer (BA '78)**, UB Alumni Association board member

and UB booster (Volunteer Recognition Award)



**Charles Bauer (MD '46)**, long-time volunteer and

donor with gifts totaling more than \$1.6 million to the UB schools of medicine and management (Capen Award)



**Janet Litster Rideout (PhD '68)**, one of five scientists who

share the patent for the AIDS drug azidothymidine, or AZT (Distinguished Alumni Award)



**Tamara Brown (MS '03)**, founder of Tech Savvy, a

program that encourages middle school-aged girls to pursue fields in science, technology, engineering and mathematics (Distinguished Alumni Award)



**Steven Shepsman (BS '75)**, executive managing director of New

World Realty and a top volunteer on several UB academic and philanthropic campaigns (Wels Award)



**Kuo-Chun Chang (PhD '85, MS '80)**, director of Taiwan's

National Center for Research on Earthquake Engineering (International Distinguished Alumni Award)



**Jeffrey W. Umland (PhD '91, BS '85)**, chief mechanical

engineer for NASA's Mars Science Laboratory Mission, the team that conceived the Mars rover landing (Furnas Award)



**John Crassidis (PhD '93, MS '91, BS '89)**, UB professor of

mechanical and aerospace engineering (Sarkin Award)



**Lesley Weitz (BS '02)**, lead simulation modeling engineer at

MITRE Corporation in Vienna, Va. (Thorn Award)



**Donna Fernandes**, president and CEO of the

Buffalo Zoo (Community Leadership Award)



**Jeffrey Wigand (PhD '73, MA '72 and BA '69)**, former execu-

tive for Brown & Williamson Tobacco Corporation who became a whistleblower in the industry and was featured in the 1999 film "The Insider" (Distinguished Alumni Award)



**Mark Hamister**, chairman and CEO of The Hamister

Group, a health care and hotel management company (Cooke Award)

# Shakespeare 101

**Actor Joyce Stilson reflects on a lifelong friendship that began onstage at UB**

By Lauren Newkirk Maynard » It was 1993, and Joyce Stilson (MA '90, BA '86) was struggling through her opening monologue as Helena during a dress rehearsal of Shakespeare's "A Midsummer Night's Dream."

Stilson's director, Saul Elkin, gave the young actor some directions to try. She ran her lines again, and then Elkin did something she'll never forget: He walked up to her, gently put his hands on her face, and said, "Joyce Stilson, that was lovely."

"It's a very vulnerable thing to be an actor," Stilson says, as if still in disbelief. "To turn and make a 180-degree change on the spot can be difficult. Saul was right there with me the whole time."

During his 39-year career at UB, Elkin, now SUNY Distinguished Service Professor Emeritus of Theatre and Dance, made similarly indelible impressions on thousands of thespians on campus and throughout Western New York. An actor by the age of seven with the Yiddish Art Theatre in Manhattan, he has stage credits in more than 250 performances on and off Broadway, and has appeared with several regional theater companies—and in film—in New York State. In 1969, he began teaching at UB, chair-

ing the theater department from 1975 to 2000.

Elkin retired from UB in 2008, but is still very active in the Buffalo theater scene. This summer, he will direct "Henry V" as part of Buffalo's acclaimed outdoor Shakespeare in Delaware Park Series, which he founded in 1976.

Stilson's first role for the series was as Perdita in "The Winter's Tale" in 1988, but that production of "Midsummer" will always remain a career highlight.

The play opened on a Tuesday, she remembers, but just a few days before, the set still wasn't done. Then it started to rain. As the cast huddled together under some trees, Stilson recalls Elkin slowly walking toward them up the hill toward the stage. "We were silent, which was unusual. He put his hands on his hips, looked at us and said, 'Well, it's raining,' and we all laughed, scared to death that the play wouldn't come off. Then he told us, 'It's going to be fine. We've done good work.'"

He was right; although they never had time to do



From left: Joyce Stilson, Katie White, Saul Elkin and Pamela Rose Mangus in "The Careful Glover," 2009.

NEAL RADICE

a run-through with the new set, the cast had been "incredibly well-rehearsed," Stilson says, and the production was a hit.

Stilson took undergraduate acting classes with Elkin, returning as a graduate assistant in the late '80s to help him and other faculty members teach UB's Theatre 101 course.

The two have since acted together and directed each other in several local productions over the years, including seven plays "on the hill." Being onstage with Elkin every night is wonderful, Stilson says, calling him a "generous" director and colleague. But just hanging out with him is even more special. "He's very jovial, and so amazingly present when you speak with him—you feel like you're the only person in the room," Stilson says. "It's a rare gift." ♦

**TELL US ABOUT YOUR FACULTY FAVE »** How did a UB professor make a difference in your life? Email a brief account to [facultyfave@buffalo.edu](mailto:facultyfave@buffalo.edu).

## EVENTS

### Carol's Picks

A selection of campus events, open to all alumni



Carol Gloff (BS '75) is our Alumni Association president.

#### All summer long

**UBThisSummer Free Lecture Series featuring outstanding UB faculty**  
**Wednesdays June-August**  
(no lecture 07.02.14)  
Davis Hall,  
North Campus

**UBThisSummer Student Association Summer Film Series**  
**Tuesdays and Fridays, Dates TBA**  
North and South Campuses

**UBThisSummer Warm Weather Wednesdays: Outdoor Activities**  
**Wednesdays through August 6**  
North Campus

#### July

**School of Medicine and Biomedical Sciences Mini Med/Vet School**  
**Tuesdays**  
Butler Auditorium,  
Farber Hall,  
South Campus

**University Heights Collaborative Samuel P. Capen Garden Walk**  
**07.12.14**  
South Campus neighborhoods

**School of Management Alumni Association 18th Annual Golf Outing**  
**07.14.14**  
Westwood Country Club  
Williamsville, N.Y.

**Office of Community Relations UB on the Green**  
**Wednesdays in July**  
Hayes Hall Lawn,  
South Campus

#### August

### Freshman Move-In Day

**08.21.14**  
Wilkeson Quad,  
North Campus

Carol says:  
"Freshman Move-In is a great alumni volunteer opportunity!"

All dates and times subject to change. Visit [www.alumni.buffalo.edu/events](http://www.alumni.buffalo.edu/events) for updates.



# ClassNotes

- » 'Lloyd' talks tacos
- » Shelter animal myths
- » What your classmates are up to



## UB's guy at SI

From interviewing naked models to breaking bread with Matt Lauer, Richard Deitsch has been there, done that

By Jim Bisco » Deadline was fast approaching when Richard Deitsch (BA '92) got a hurried call from a high-ranking editor at Sports Illustrated to write a spread on body painting for the annual swimsuit issue.

He arrived posthaste at a Manhattan studio to interview Joanne Gair, a prominent body artist, and the model she was painting, who turned out to be Heidi Klum—a nude Heidi Klum. “It took a good five minutes to wrap my head around the fact that I’m interviewing one of the most beautiful women in the world, who’s nude,” Deitsch recalls, laughing. “I told myself, Bob Woodward never faced this kind of test.”

Deitsch has been living his dream: working for the magazine that set the course for his future in sportswriting after his mother, a professor at SUNY’s Farmingdale State College, gifted him with a

**RICHARD DEITSCH, BA '92**

ERICK W. RASCO

CONTINUED

subscription when he was 7 years old. "The people who wrote for that magazine felt like giants to me," he says. "It became my goal to work for SI."

Deitsch, who grew up in Wantagh, N.Y., has covered nearly every division at Sports Illustrated since interning at SI for Kids in 1997. His current beats are sports media, which he initiated at the magazine, women's basketball, tennis and the Olympics.

"I told myself, Bob Woodward never faced this kind of test."

Richard Deitsch

the games soon vanquished any dark clouds. In addition to covering "one of the most spectacular events" of his career (the women's hockey gold medal match), Deitsch found himself writing more media stories than expected, thanks to perennial anchor Bob Costas' sudden absence. "Normally, rank-and-file reporters like myself don't get to hobnob with NBC talent, but ironically I was booked into the same hotel and saw Costas, Matt Lauer and Al Michaels every day at breakfast. As a reporter, I was in the center of the storm."

Deitsch maintains that he would not have landed his dream job without his pivotal experience at UB. Although he majored in communications and political science, he refers to his work on the student newspaper as his real major. "My love of journalism was fostered at The Spectrum," he says. "It gave me confidence that maybe I would have a shot at a career in this field." ♣

**Stay connected!** Share your photos and tell us your story on the UB Alumni Association Facebook page, [facebook.com/buffaloalumni](https://facebook.com/buffaloalumni), or follow us on Twitter @UB\_Alumni.

## CLASS NOTES BY DECADE

# Person to Person

Look for the little blue asterisk, which denotes an Alumni Association member!



Jacalyn Spoon

MLS 2003

Spoon was named the director of the Cortland Free Library. Prior to the position, she served at the Adelson Library in the Cornell Lab of Ornithology at Cornell University. Spoon also manages a Boer goat and Toulouse goose farm. She resides in Groton, N.Y.



60

**Mark Chertok, BA 1967**, was recognized by Continental Who's Who as a Pinnacle Professional of legal services for his role in environmental law. Chertok is vice president of Sive, Paget and Riesel. He resides in New York, N.Y.

**John Wolcott, BA 1967**, retired after 46 years as an editor, sports writer and reporter at the Niagara Falls Gazette and Lockport Union-Sun & Journal. He lives in Niagara Falls, N.Y.

70

\* **Patrick Dailey, BA 1972**, a United States Air Force veteran, retired as manager of claims at Empire Insurance Group. He resides in Buffalo, N.Y.

**Peter Farina, PhD 1972**, received an honorary doctorate from the University of Connecticut School of Pharmacy. Farina is an executive in residence at Canaan Partners and is managing partner of Salient Science and Technology. He lives in North Salem, N.Y.

**Luz Valdes-Norris, BA 1972**, was included in Strathmore's Who's Who Worldwide Edition for her achievements in education. Valdes-Norris is a Spanish instructor for University of New Mexico's continuing education department. She resides in Albuquerque, N.M.

**Winifred Brownell, PhD 1973, MA 1970, BA 1967 & BA 1967**, received the Dream Maker Award from the Rhode Island Film and TV Office. Brownell is the dean of arts and sciences at the University of Rhode Island. She lives in North Kingstown, R.I.

**Irene Jacobs, BA 1973 & BA 1973**, was nominated as a Connecticut Superior Court judge by Gov. Daniel Malloy. Jacobs is a partner at Jacobs and Jacobs. She resides in West Haven, Conn.

**Thomas Lombardo Jr., MD 1973**, an orthopedic surgeon at Northtowns Orthopedics, received the National Federation for Just Communities of WNY's Community Leader Award for Healthcare. He lives in East Aurora, N.Y.

**Paul Pugliese, BA 1973**, president of Greenwich Land Company, was inducted into the Greenwich REALTOR Hall of Fame by the Greenwich Association of REALTORS. He resides in Old Greenwich, Conn.

**Barbara Malinowski, MS 1974**, coordinator of the parish nurse program at Mount St. Mary's Hospital, received the National Federation for Just Communities of WNY's Community Leader Award for Healthcare. She lives in Lewiston, N.Y.

**Gary Praetzel, BA 1974**, retired as dean of Niagara University's College of Hospitality and Tourism Management. Praetzel will continue to serve the university as a special assistant to the president and academic vice president. He resides in Buffalo, N.Y.

80

**Ernest Gagnon, BA 1977**, was elected president of the New York Mental Hygiene Institute's board of directors. He lives in Caroga Lake, N.Y.

**Daniel Getman, BS 1977**, was named chairman of Sucampo Pharmaceuticals' board of directors. He resides in Kirksville, Mo.

**Anthony DeJohn, MS 1981 & BS 1980**, was promoted to deputy Northeast region business manager at Parsons Brinckerhoff. DeJohn previously served as the firm's New Jersey area manager. He lives in Chesterfield, N.J.

\* **James Pace, MA 1984**, joined Buffalo Musicians' Association Local 92 AFM as president. Pace was previously employed at Lake Shore Central Schools as music department chair and senior high orchestra director. He resides in West Seneca, N.Y.

**Shane Farolino, BA 1985**, was named a 2014 Ohio Super Lawyer by Super Lawyers Magazine. Farolino is a partner at Roetzel & Andress. He lives in Canton, Ohio.

**David Miranda, BA 1985**, was appointed president-elect of the New York State Bar Association. Miranda is a partner at Heslin Rothenberg Farley & Mesiti. He resides in Voorheesville, N.Y.

\* **John Saylor, BS 1986**, was promoted to fellow grade in the American Society of Mechanical Engineers. He lives in Seneca, S.C.

**Keith Stolzenburg, MBA 1987 & BS 1981**, was named managing partner of the PricewaterhouseCoopers Buffalo office. He resides in East Amherst, N.Y.

**Chan Chong, BA 1989 & BS 1989**, was appointed vice president of Kulicke and Soffa Industries' Wedge Bonder Business Unit. Chong lives in Singapore.



**Gary Schneider, MS 1989**, a distinguished member of technical staff at Motorola Solutions, received his fifth U.S. patent. He resides in Stony Brook, N.Y.



\* **Joanne Bender, MBA 1990 & BS 1989**, joined Chiampou Travis Besaw & Kershner as a senior tax manager. She lives in Williamsville, N.Y.

**Jeffrey Parrish, BS 1990**, was appointed to the board of directors of Robert-James Sales. He joined the company as an inside sales representative and is currently vice president of sales. He resides in Sanborn, N.Y.

**Cheryl Ann Jankowski, BS 1991**, was promoted to partner at Chiampou Travis Besaw & Kershner after 12 years with the firm. She lives in Hamburg, N.Y.

**Quanxi Jia, PhD 1991**, was named a 2014 Fellow of the Materials Research Society. Jia is leader of nanoscale electronics and mechanics at the Center for Integrated Nanotechnologies in Los Alamos National Laboratory. He resides in Los Alamos, N.M.

**Timothy Lambrecht, BA 1991**, joined Wladis Law Firm, where he will focus his practice on litigation and environmental law. He lives in Syracuse, N.Y.

\* **Carmen McCormick, BA 1991**, was named corporate and compliance counsel of MicroVent. She resides in Irvine, Calif.

**John Pieroni, BA 1991**, was appointed a managing partner at WNY Asset Management. Pieroni also serves as the firm's chief compliance officer. He lives in Snyder, N.Y.

**Rosalind Sulaiman, MD 1991**, joined the Grand Island Family Practice primary care team in the Niagara Falls Memorial Medical

Center. Prior to the position, Sulaiman was clinical assistant professor of internal medicine and pediatrics at the UB School of Medicine and Biomedical Sciences. She resides in Buffalo, N.Y.

**Genda Chen, PhD 1992**, a professor of civil, architectural and environmental engineering, was named the Robert W. Abbett Distinguished Chair in Civil Engineering at Missouri University of Science and Technology. He lives in Rolla, Mo.

**Michael Conway, BS 1993**, was elected treasurer of SurfFlight Theatre's board of directors. Conway is the global head of sales operations, learning and effectiveness at Thomson Reuters. He resides in Caldwell, N.J.

**Gonzalo Bearman, MD 1997**, was named the division chair of the Division of Infectious Diseases at Virginia Commonwealth University Medical Center. Bearman is a professor of medicine, epidemiology and community medicine, and serves as associate hospital epidemiologist for the VCU Health System. He lives in Richmond, Va.

**Kevin Connor, EMBA 1997 & AAS 1991**, was appointed managing director of Prism Healthcare Partners. Connor previously served as CEO of ALTUS Management. He resides in Lockport, N.Y.



**Bradley Nowak, BS 2000**, joined Morris, Manning & Martin LLP as partner. Nowak will be a member of the energy and infrastructure team in the firm's Washington, D.C., office. He lives in Arlington, Va.

**Joshua Trexler, BS 2001**, was inducted into the Chemung County Sports Hall of Fame. He resides in Atlanta, Ga.

**Sharon Hayut, BS 2002**, was included in New York

CONTINUED



TRAVIS FOSTER



## HOW-TO

### Chris Dorsaneo

BS '03

Co-owner and head chef,  
Lloyd Taco Truck



In 2010, Lloyd Taco Truck was exactly that—a truck. Its lone location was a lunchtime post at Main and West Mohawk in downtown Buffalo. Four years later, largely through word of mouth, the brand has exploded. There are now three Lloyd trucks, and their schedules are packed fuller than one of Lloyd's signature burritos, with booked locations for lunch and dinner six days a week and late-night service on weekends. Just this March, Lloyd Taco Truck was voted Mobile Cuisine's 2014 Food Truck Taco of the Year, winning national recognition.

Lloyd is the brainchild of lifelong friends Chris Dorsaneo and Peter Cimino; Dorsaneo has the culinary training, and Cimino, the business acumen. We asked Dorsaneo for his tips on making a scrumptious Southern California-style taco.

## How to build a killer So-Cal taco:

### Start with a quality tortilla

If tacos are a piece of art, the tortilla is your canvas. You want to use a high-quality, flavorful one. We use 4.75-inch white corn tortillas, the most commonly found size on the streets of Southern California. Our goal is to achieve authentic taqueria-style street food.

### Pick your protein

From chicken to lengua (beef tongue) to crickets, anything goes in the world of tacos. It

depends on your personal preference and how adventurous you're feeling. I personally enjoy slow roasted pork carnitas. You cook the pork butt until it's falling off the bone, shred it and then quickly pan fry the meat to add a little crispness.

### Balance your flavors

Taco toppings serve two major purposes: flavor and texture. You want the correct balance of sweetness, saltiness, creaminess, acidity and texture

based on the protein you picked. For pork carnitas, my toppings would be shredded cabbage (for texture), pickled red onions (for acidity) and fresh avocado (for creaminess).

### Add the final touch

The crown jewel of any So-Cal-style taco is fresh-squeezed lime and chopped cilantro. The lime elevates the flavor of anything it's paired with and the cilantro adds a brightness that cannot be duplicated. Trust me.

# Class Notes

Magazine's 2014 Top Wealth Managers in New York City. She lives in New York, N.Y.

**Jamie Karek, MA 2002**, is a founding partner of Commonwealth Law Group. Her practice focuses on workers' compensation. She resides in Richmond, Va.

**Lisa Ghanoum, BA 2003**, was promoted to partner of BakerHostetler's Cleveland office. She lives in Shaker Heights, Ohio.

**Briana Fundalinski, BS 2009**, joined Hancock Estabrook as an associate. Her practice focuses on business and litigation. Fundalinski lives in Baldwinsville, N.Y.

**Kristy Goodman, BS 2009**, was appointed physician assistant resident at Valley Obstetrics & Gynecology Medical Group. She resides in Wolcott, N.Y.

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**Ryan Hartnett, PhD 2010 & BA 2002**, was named assistant vice president for academic affairs at Villa Maria College. Prior to the position, Hartnett was a professor and academic administrator at Trocaire College. He lives in Buffalo, N.Y.

**Nicholas Jones, MS 2010 & BS 2009**, joined Paramax Corp. as an associate. Jones was previously employed at Citigroup as a senior associate in equity research. He resides in Grand Island, N.Y.

**William Lechowicz, BS 2010**, was appointed senior accountant at Tronconi

Segarra & Associates. He lives in Cheektowaga, N.Y.

**\* Stephanie Stoll, PMBA 2010 & BS 2003**, was named director of strategic partnerships at PLS 3rd Learning. She resides in East Amherst, N.Y.

**Steve Szubinski, EMBA 2010**, was appointed president of PCA Technology Group. Szubinski was a partner with the firm since its founding in 1989. He lives in East Amherst, N.Y.

**Lauren Dixon, BS 2011**, was named community manager at Crowley Webb. She previously was a social strategist for Social@Ogilvy. She resides in Getzville, N.Y.

**Derik Kane, MUP 2011**, joined the Genesee County Planning Department as a senior planner. He lives in Alden, N.Y.

**Ryan Undercoffer, BA 2011**, was appointed confidential secretary for the Niagara Falls City Council. He resides in Niagara Falls, N.Y.

**Molly Harrington, MSW 2013**, was promoted to intake specialist at Total Aging in Place's Weinberg Campus. She lives in Hamburg, N.Y.

**Daniel Kirst, MS 2013 & BS 2012**, was appointed a staff accountant at Tronconi Segarra & Associates. He resides in Buffalo, N.Y.

**Samantha Kowalski, MSW 2013**, joined Health Force of WNY as a service coordinator. She lives in Cheektowaga, N.Y.



LUCY ENGELMAN



TOP FIVE

## Laurie Garrison

PhD '92 & BA '84

Senior director of applied research, ASPCA



Laurie Garrison loves all animals. But she has a soft spot for one particular kind: big, furry dogs. "The furrier the better," says Garrison, who in 2012 left her position as CEO of the Monmouth County SPCA in New Jersey to take her "dream job" in the Shelter R&D Department at the ASPCA in New York City.

Despite a lifelong desire to "save every stray animal that's crossed my path," Garrison began her career on a completely different trajectory, using her PhD in cognitive psychology to help develop the voice technology in the iPhone at AT&T Labs. She began volunteering at the Monmouth animal shelter after adopting a blind dog named "Mr. Bumpus," then joined its board and ultimately became its top executive.

In her current position, Garrison conducts research to give animal shelters the tools and information they need to do their work better. "I love that I can use my research background to help save the lives of animals in shelters across the country," she says. We asked her to dispel five commonly held misperceptions about animals in shelters.

## Five myths about shelter animals:

### 1. They're bad to the bone

Most pets waiting for homes were loved family members, not "bad" dogs or cats. The most common reasons people give up their pet are housing or personal issues—nothing to do with the pet!

### 2. They're the runts of the litter

The majority of shelter pets are healthy. While they may have minor issues, such as kennel

cough because of their stay at the shelter, most are already spayed/neutered and vaccinated.

### 3. Mutts abound

Shelters typically have a wide variety of pets, and approximately 20 to 25 percent of those waiting for new homes at shelters are purebred.

### 4. It's raining cats and dogs

Your local animal shelter likely has rabbits, guinea pigs, parakeets,

hamsters, you name it. Most animals are there for the same reason: Their humans ran into personal problems and now these pets need a new loving home.

### 5. Instructions not included

An animal shelter is a great place to learn everything you need to know about your new pet. Talk with the knowledgeable staff and there will be few surprises.

### Made you look

Now that we've grabbed your attention, how about sending us your class note? Log on to [alumni.buffalo.edu](http://alumni.buffalo.edu).







UB's All-Alumni Celebration in Western New York

# Come Celebrate with us at Larkinville!

Larkinville will be the setting for the third annual all-alumni celebration in Western New York. Formerly the site of the Frank Lloyd Wright-designed Larkin Administration Building, this historic venue is now a thriving business district and one of the most popular entertainment spots in town.

Join UB president Satish K. Tripathi, alumni and friends for drinks and hors d'oeuvres, applaud the accomplishments of your alma mater and hear about its exciting future.

**Friday, Sept. 19, 2014**  
**6:30 p.m. (Remarks at 7:30 p.m.)**

RSVP online at [alumni.buffalo.edu/events](http://alumni.buffalo.edu/events) or  
 by phone at 716-645-3312







The 1998 squad, pictured above: Timur Qader (BS '99), Joe Chason (BA '99), Carl Miller (BA '97), Bill Ogilvie (BA '98), Stan Shih (DDS '03, MA '00, BS '97) and Jason Bellows (MD '01, BA '97).

## UB YESTERDAY

# 1998 The Sheepherders

On a sunny April afternoon at Oozefest, UB's sprawling, annual mud volleyball tournament, The Sheepherders were covered in muck from the St. Rita's Lane competition courts, their smiles gleaming as they celebrated their first championship win (the team won again in 2003).

One of the founding Shepherds, former chemistry major Carl Miller (BA '97), explains the oddball name: "It was sort of random. We needed a name in order to register, so someone suggested The Sheepherders." Since then, the roster has changed and knee joints have grown achy, but the team's commitment to fun hasn't waned. "We used to drink a ton and eat junk food, but now we all like hummus," Miller jokes.

They've been known to wear black contractor bags—not the most glamorous look, but, says Miller, "they soak up heat from the sun and are great at keeping you clean." In May, the Herd competed in its 21st consecutive mudslinging, reaching the finals of their bracket and winning their 100th match.



Prepping for battle with duct tape.





*Thanks to you,*  
I had four amazing years at UB.

Shant'e White is a winner. She was a high school shot put and discus champion in Syracuse, N.Y. She won a highly selective national Gates Millennium scholarship to support her UB undergraduate education. At UB, she won track and field championships in hammer throw and was named Outstanding Female Field Performer at the Mid-American Conference championships. Shant'e won accolades in the classroom, too, graduating summa cum laude and winning a State University of New York Chancellor's Award for Student Excellence, which recognizes students who best integrate academics with other aspects of their lives. So it wasn't surprising that Shant'e won admission to medical school at UB, where a portion of her expenses will be covered by an endowed scholarship. Her secret is no secret: hard work as a student, hard work as an athlete and good time management. **When you support UB, you support students like Shant'e White.**

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## LAST LOOK

**It's the end of the semester as we know it...** Bulletin boards across campus serve as the canvas on which flyers advertising everything from paid research studies to textbooks for sale are hung throughout the semester. This Kandinsky-like kaleidoscope of colorful paper is what's left behind at the end of each term when the flyers are removed, signaling the onset of a quieter period on campus.