

ISSUE No. 5
SUMMER 2023

UNIVERSITY OF
ROCHESTER
GOOD
THINGS FOR
ALUMNI AND
FRIENDS

MELIORA
EVER BETTER

BUZZ

STORIES OF EVOLUTION

A conversation with
Shane Campbell-Staton '08

THE ADVENTURES OF ZACK AND JILL

Sailing around the world with
Jill Hummel '81 and her husband

IN AND AFTER THE NAVY

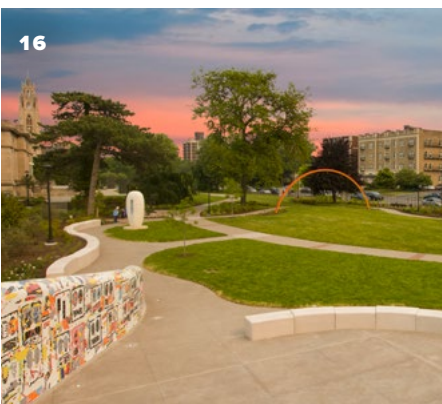
Life milestones with Rear
Admiral Gretchen Herbert '84

JUST FOR FUN

MAG's new sculpture park,
food myths debunked, and
a Rochester mascot quiz



CONTENTS



4 **STORIES OF EVOLUTION**

A conversation with Shane Campbell-Staton '08, a scholar, biologist, and master storyteller

8 **THE ADVENTURES OF ZACK AND JILL**

Sailing the world with Jill Hummel '84 and her husband, Zack

12 **IN AND AFTER THE NAVY:**

A 30-year military career and other life milestones with Rear Admiral Gretchen Herbert '84

16 **ART + COMMUNITY**

The expanded Centennial Sculpture Garden at the Memorial Art Gallery, upcoming events

20 **GOOD BOOKS**

Explore *The Restart Roadmap: Rewire and Reset Your Career* by Jason Tartick '16S (MBA)

22 **FOR YOUR HEALTH**

Food myths debunked

24 **WHAT'S COOKING?**

Easy-to-make, healthful, and tasty snacks

28 **SYMBOLS AND TRADITIONS**

Buzzing through the years with Rocky; take the quiz: what kind of Yellowjacket are you?

30 **GIVE ME FIVE**

Q&A with Sarah Peyre, dean of the Warner School of Education and Human Development

ON THE COVER: Meet Groundboi, a name coined by students for the groundhogs that live across the Rochester campuses. Explore Groundboi's home in a digital interactive tunnel system: uofr.us/gbtunnel

Illustration by Chris Lyons



DEAR READER,

Over the past few months, we've been busy celebrating traditions, marking milestones, and connecting with the University of Rochester community. Our students celebrated Dandelion Day, families came together for Commencement, and the University completed another successful year.

As we move forward, there are more chances to connect. This summer, we'll host many welcome events for new students. Then, in the coming months, we'll hold lectures, programs big and small, networking receptions, and community service days for our broad community. Additionally, Meliora Weekend will take place this fall, and we're hoping to see many of you there. We'll also meet with alumni to get feedback on the University's new strategic plan, Boundless Possibility.

This issue of *Buzz* features outstanding alumni who embody the Meliora spirit, tips and ideas from our experts, and resources for you to enjoy. We hope that the stories and photos included in this issue will fill you with pride, inspire meaningful connections, and stir up a sense of nostalgia.

On behalf of the University, thank you for your ongoing support and commitment. Enjoy the summer!

Thomas J. Farrell '88, '90W (MS)
Senior Vice President for University Advancement



Illustration by David Hildreth



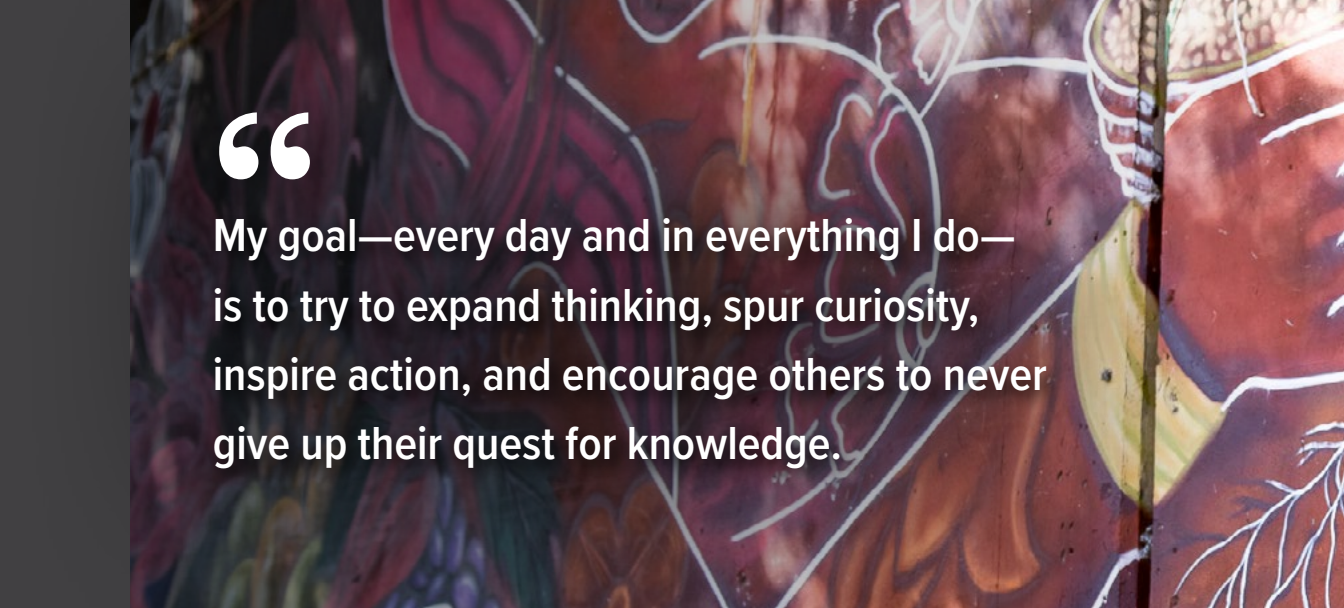
stories of evolution

A conversation with Shane Campbell-Staton '08

This scholar, evolutionary biologist, and master storyteller uses classrooms and lecture halls along with podcasts, television, and film to attract a broad and diverse audience to science. His goal? To help people see how science plays such an important part in our past, present, and future.

by **KRISTINE KAPPEL THOMPSON**

Shane Campbell-Staton '08, a biology professor at Princeton University, has dedicated his life to exploring human activity as a force for evolutionary change. He studies the Anthropocene—the geological period we're in now—during which human activity has been the dominant influence on climate and the environment. His lab, the Campbell-Staton Group, looks at animal performance, gene expression, and genomics to understand how human activity affects evolution.



“

My goal—every day and in everything I do—is to try to expand thinking, spur curiosity, inspire action, and encourage others to never give up their quest for knowledge.

“We study all kinds of creatures—from Russian wolves to tuskless elephants to mountain mice—to learn about how various species adapt to urbanization, climate change, invasive species, and natural as well as human-caused events and disasters,” says Campbell-Staton. “Our work is like putting together a puzzle—each piece is important and, when they are linked, we get a bigger, better picture of our place in this world and our impact on it.”

This summer, Campbell-Staton will host *Human Footprint*, a six-part PBS documentary series in which he travels from farms to restaurants, high-tech labs to street markets, and ancient forests to the back alleys of big cities to gain insights into human nature, human impact, and what it means to be a human being. Audiences can also tune into Campbell-Staton on his ongoing *Biology of Superheroes* podcast. Inspired by comic books, graphic novels, movies, and television, each episode tracks the boundaries of where science meets fiction.

In June 2023, Campbell-Staton gave the keynote presentation at the University’s Juneteenth Celebration, where he delved into the challenges he overcame at Rochester and elsewhere, the opportunities he’s cultivated, and the life lessons he’s learned along the way. He also discussed the connections between biology and human history, science, politics, economics, culture, and structural racism.

HOW DID YOU GET INTERESTED IN SCIENCE?

Growing up in Sumter, South Carolina, I didn’t have easy access to nearby woods or tidal pools, but I was captivated by science through television shows like those hosted by Steve Irwin and Jeff Corwin. My neighborhood was home to many small lizards, called anoles. So, TV and lizards were what first sparked my interest in science.

WHAT IMPORTANT LIFE LESSONS DID YOU LEARN AT ROCHESTER?

One of the most important lessons was how to fail successfully. During my first year, I struggled with math, calculus, and chemistry classes, which left me feeling dejected after failing some of them. I even considered leaving school. However, my mother encouraged me to persevere and not quit because I was afraid to fail. Her support inspired me to spend the summer devouring high school science books to prepare for my sophomore year.

WHAT DO YOU THINK MAKES A GREAT SCIENTIST?

A great scientist is not someone who has all the answers. In my personal statement to Harvard, I talked about how the giants of science are those who persevere when they hit a wall. I have experienced my share of failures and setbacks, but I have never given up. I am tenacious and curious, and I keep trying until I get it right. These qualities have helped me to succeed and get accepted into several graduate schools, including Harvard, where I earned my PhD and focused my dissertation on my favorite childhood lizard: anoles.



Photo: Day's Edge Productions

WATCH ON PBS THIS SUMMER

Human Footprint

LISTEN ON APPLE PODCASTS

The Biology of Superheroes

JUNETEENTH REAL CONVERSATION

uofr.us/realconversations

BLACK ALUMNI NETWORK

uofr.us/BlackAlumniNetwork

WHAT SPARKED YOUR INTEREST IN COMIC BOOKS?

As a graduate student, I was drawn to “Superman vs. Muhammad Ali” in a bookstore window in Harvard Square. I was intrigued and had to find out who won the battle. That launched my interest in comic books. After an intense day working on my dissertation, I really liked reading comic books and escaping into another world. One night during that time, I had a dream that combined science and superheroes, which led me to start the *Biology of Superheroes* podcast with Arien Darby '07, a fellow comic book fan and friend I met at Rochester.

WHO IS YOUR BIGGEST ROLE MODEL?

I have many role models, but I have to say that my mother is the most important one. She has always encouraged me. When I was a kid, she told me that people can take just about anything from you. They can take your money, your power. But, she said, once you learn something, it's yours—you get to keep it. And she underscored that you can actually give away what you know and still keep your knowledge.



Photo: Day's Edge Productions



*PACIFIC
OCEAN*

*ATLANTIC
OCEAN*



“

We love adventure,
learning, and taking on a
challenge. Sailing brings
it all together for us.



THE ADVENTURES OF

ZACK & JILL

An alumna and her husband retired, sold everything, and now live full-time on their 56-foot sailboat

by **KRISTINE KAPPEL THOMPSON**

On their 38th wedding anniversary, Jill Hummel '81 and her husband, Zack—otherwise known by their self-appointed titles of Captain Zack and Admiral Jill—moved out of their three-story home in Connecticut and onto their 500-square-foot sailboat. It was August 1, 2020, and the couple decided to brand their new home *Che Figata*, which means “totally awesome” in Italian slang—an apt description for this exciting new phase of their lives.

Today, the couple’s address is wherever the wind takes them. So far, that’s included the entire east coast of the United States, the Caribbean Islands, and even the Galapagos. Their ultimate plan is to circumnavigate the world over the next few years. “We love adventure, learning, and taking on a challenge,” says Jill. “Sailing brings it all together for us.”



This spring and early summer, the Hummels are sailing to Australia and New Zealand with about 30 other boats affiliated with the World Sailing Club. When they get to Australia, they plan to rent an RV and explore by land for about six months before charting a course to Indonesia and Thailand.

Fate, the Hummels say, brought the two of them together. Forty-three years ago, they were college students participating in the same Semester in Politics program in London. Jill hailed from the University of Rochester, and Zack from the University of Michigan. They hit it off, returned home, and maintained a long-distance relationship before marrying in 1982.

Since then, they've both earned law degrees, raised three children together, and welcomed two grandkids. They also pursued busy, high-profile careers. Most recently, Jill served as the president of Anthem Blue Cross Blue Shield in Connecticut, and Zack was a partner at the Shipman & Goodwin law firm working out of the Stamford, Connecticut, office.

The couple's love for sailing started 16 years ago when they bought their first sailboat. Zack, who grew up sailing on Lake Michigan, introduced Jill to the sport. After years of sailing together, they started talking about the possibility of selling everything and living on a boat. A few years ago, the Hummels said, "If not now, when?" That's when their daydreams started turning into real plans—they prepared their lives, plotted their routes, and got a bigger boat. And off they went.

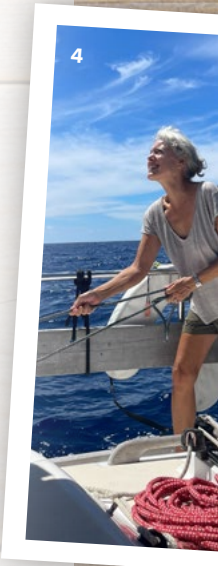
"We love this life," Jill says. "By no means is it easy, though—it requires careful planning, constant vigilance, and tireless maintenance." The couple wouldn't have it any other way. "We get through challenges every day—that's just the way of life on a boat," adds Zack. "We also have a lot of joy in our lives and appreciate everything more, from sunsets to snorkeling to each other."

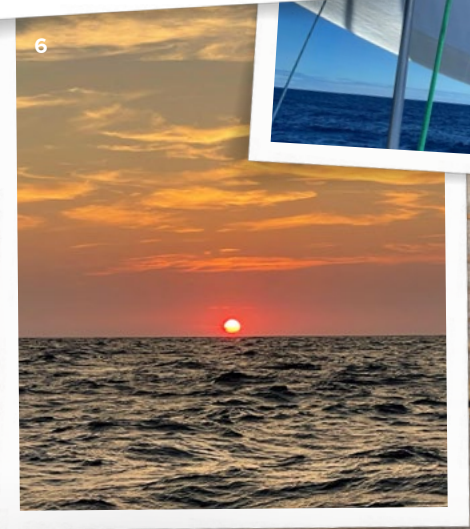
FOLLOW THE HUMMELS AT
sailingchefigata.com

**GOT THE TRAVEL BUG? FIND
AN ADVENTURE THROUGH THE
UNIVERSITY'S TRAVEL CLUB**
uofr.us/travelclub

**EXPLORE LIFELONG
LEARNING OPPORTUNITIES**
uofr.us/lifelonglearning

**WHERE IN THE WORLD
IS THE CHE FIGATA?**
my.yb.tl/CheFigata





1. THE WILDLIFE:

In Turks and Caicos, Zack jumped into the water for a swim and was soon joined by two dolphins. Jill took notice, and the couple ended up taking turns in the water, each spending one-on-one time with the smaller dolphin while the other looked on. "It was an incredible personal interaction—kind of like a playdate—with these dolphins," Zack says.

2. THE BOAT:

Home is on the Hummel's semi-custom Hylas sailboat. "We love everything about it—from its solid build and hull shape to the headroom and beautiful woodwork," says Zack. The primary cabin is located aft, featuring a king-size bed, an ensuite head, and a stall shower. The forward, or "VIP," cabin has a private entrance and a second head, while the third cabin is used to store tools, scuba equipment, and other gear.

3. ALWAYS A YELLOWJACKET:

Jill and Zack have made a custom sail as well as hats, inspired by their last name, Hummel, which means "bumblebee" in German.

4. SAFETY FIRST:

Zack and Jill follow strict safety protocols. For instance, while on passage, one person is always assigned to keep watch and helm the ship. The designated person cannot leave the cockpit unless the other partner is awake and present nearby. Zack says they have heard too many tragic stories of people getting tangled up in lines and dragged into the water, even if they're wearing a life jacket. For the Hummels and other sailing couples, the term "partner" carries a profound significance when it comes to ensuring each other's safety.

5. KEEPING THE PEACE:

Effective communication is essential to successfully living with your spouse 24/7 in a small space, Jill says. "Cruising couples discuss this topic frequently. It's crucial to talk about what brings you happiness and what bothers you—on a boat, there's no space for significant unresolved issues." Jill and Zack encountered another cruising couple in Antigua who named their dinghy "Time Out." Whenever one of them needs a break, they use it.

6. IDYLIC MOMENTS:

The couple agrees—the most restful and peaceful times come when they are way out on the deep ocean, especially at night, when there's no land in sight, no light, and no noise pollution. "There also aren't any sharp, pointy things in the water that could harm the boat," adds Zack. Another plus: The sky is vast, and the stars are incredible.

What life's like



In AND AFTER the Navy

REAR ADMIRAL

Gretchen Herbert '84



Sports, the military, and a career full of milestones have marked this alumna's life

by **KRISTINE KAPPEL THOMPSON**

When Gretchen Herbert was a teenager, her parents were very realistic with her about the cost of college: They could afford to support four years at a state school or two at a private one. That's when Herbert's father started handing her Naval Reserve Officer Training Corps (NROTC) brochures—a timely move because he knew how much his daughter wanted to go to the University of Rochester, her dream school.

“As a high school student, I wasn't too enthusiastic about NROTC at first, but I knew a scholarship would make it possible for me to go to Rochester,” says Herbert. “So, I filled out the paperwork, was accepted into the program and the University, and looked forward to all the opportunities ahead of me—academically, athletically, and in the Navy.”

Herbert's experience at the University turned out to be everything she hoped it would be. She loved science and majored in geology. She played soccer as a defender for three years and basketball as a power forward for all four years. NROTC filled her days, too, as she woke up early for training, participated in drills, and completed other Navy coursework throughout the week. She thrived amidst all the hard work.

AT ROCHESTER

Herbert's soccer coach, Terry Gurnett '77, and her NROTC commanding officer, Colonel Larry Ogle (USMC), provided steady inspiration throughout her college years and beyond. "They were major influencers in my life," she says. "I learned so much from them and from sports and NROTC—I enjoyed all the training, competition, and studying with my teammates and colleagues, too. We always had each other's backs, and many of us have become lifelong friends."

Herbert's plan was to graduate, serve her required four years in the Navy, and then pursue a civilian career. She didn't expect to love the Navy, but she did. Those early days in the NROTC formed the bedrock of what would evolve into a 30-year naval career. She retired in 2014 as a rear admiral—one of the military's higher ranking positions. Only about six percent of active duty and retired Navy admirals are women.

"Gretchen was always prepared to practice and play," Gurnett says. "She was the consummate teammate, a joy to coach, and a natural-born leader—everyone loved and respected her. It's no surprise to me that she went on to have such a successful career."

BEING A NAVY WOMAN

When Herbert graduated in 1984, the U.S. Department of Defense's combat exclusion policy was still in effect, part of the Women's Armed Services Integration Act. Passed in 1948, it gave women the ability to join the armed forces during times of peace, but they were not permitted to serve in combat positions. This policy meant that Herbert's assignment options were more limited than those available to men.

As graduation neared, Herbert sat down with Col. Ogle to talk about what kind of naval assignment she—and any woman—could pursue.

"It was a fortuitous conversation that led to my first assignment, an operational role in an important anti-submarine warfare program that was established during the Cold War," says Herbert, who spent her first five years in the Navy engaged in anti-submarine warfare, tracking Soviet submarines throughout the Atlantic Ocean.

After repeal of the combat exclusion policy in 1993, Herbert served as a satellite communications officer in London. A few years later, she embarked on her first shipboard tour as the combat systems officer on the *USS George Washington*, a nuclear aircraft carrier that still operates today with 5,000 service members on board. "That post ended up being the best experience of my career—exciting work, great people, and a mission that was critical to our country's national security," she says.

During the early years of her career, Herbert notes that women made up just more than 10 percent of the Navy's active duty force. Even before the combat exclusion law was rescinded, all of her junior officer assignments were at commands that were well integrated with women. "I never felt like a minority during those tours," she says. "The gender demographics were similar to what I experienced in the NROTC program at Rochester."

Being a woman in the Navy continued to be a non-issue for Herbert when she was assigned to commands where women were disproportionately outnumbered by men. "Throughout my career, I have always been encouraged, supported, motivated, and respected," she adds. "The Navy afforded me tremendous opportunities. I couldn't ask for a better career."

PURSUING EXCELLENCE

Herbert then spent four years working at the Pentagon until 2011, when she was selected to lead the Navy's Cyber Forces Command. Its mission was to staff, train, equip, and certify



“

Rochester taught me how to be focused, yet flexible. It showed me how to manage priorities, responsibilities, and obligations to myself, my teammates, and my fellow students. It also provided me lessons both on and off the field, which I've used throughout my career to better prioritize, manage my time, work as a team towards a common goal, and to collaborate with others.



combat-ready cyber forces throughout the Navy. The command was created in recognition of the growing importance of cybersecurity and the need for skilled individuals to protect the country's intellectual property, operational plans, and military capabilities.

Herbert will tell you that she served alongside those with a wide range of educational backgrounds, including engineering, history, English, and more. She also underscores that the specific degree is not as important as the pursuit of excellence through the educational experience.

FINDING OPPORTUNITY

Herbert's career advice for young people? Bloom where you are planted. "In the Navy, you don't apply for a job because you think it sounds interesting; you are assigned based on your skills, experience, and the military's needs," she says. "Every opportunity, no matter how challenging or unplanned, offers something to learn and grow from."

Upon retirement, Herbert wasn't interested in continuing in a technical or defense contracting field. Although consulting was an option, she decided to pursue other opportunities.

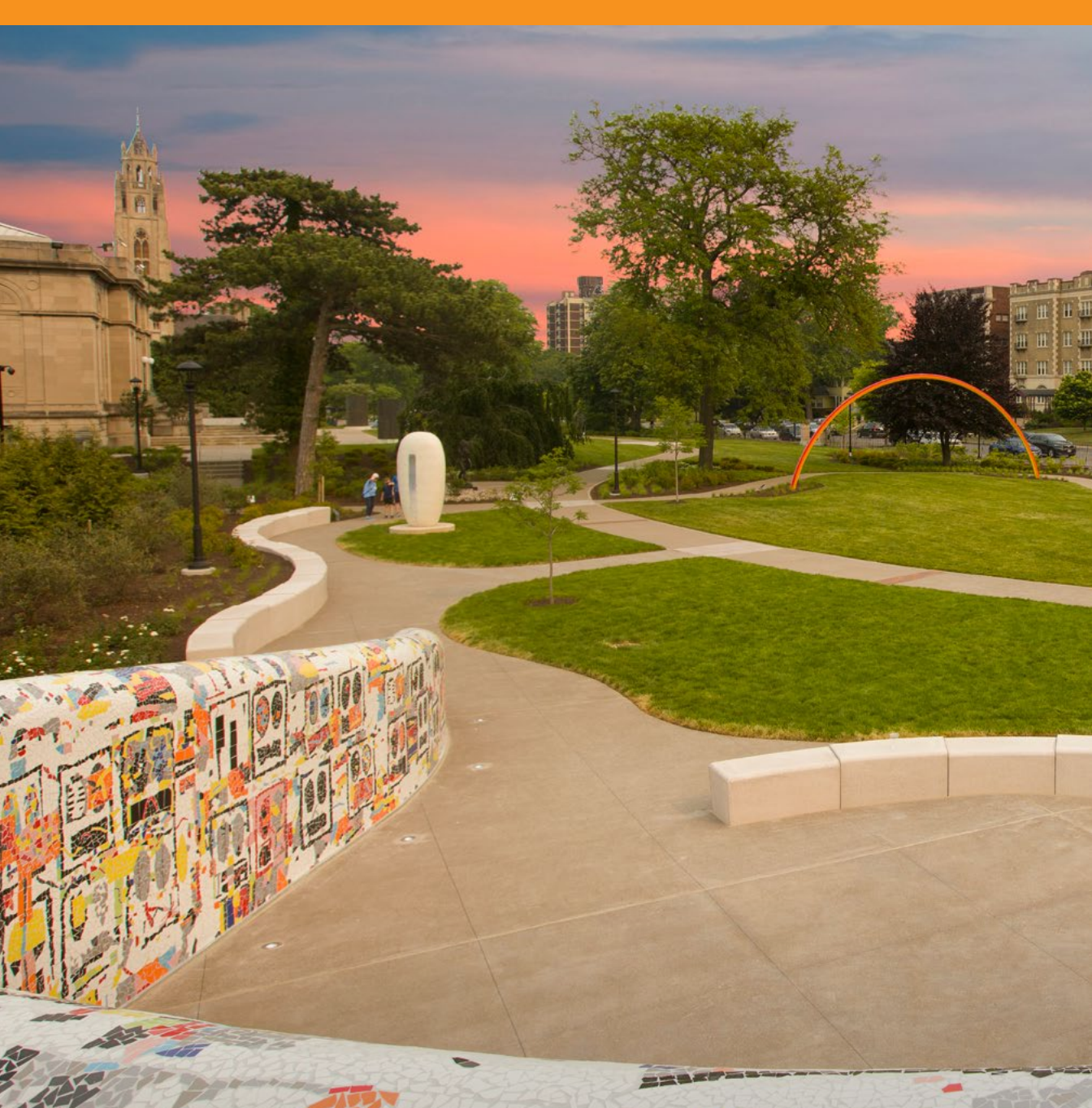
"I wanted to dig in the dirt, hike every day, and try my hand at more artistic pursuits like refinishing furniture," she says. "So that's what I do—I've commandeered our garage and have a brush sitting in a bucket of water on most days, ready to bring new life to an old dresser. I also serve on a few boards, including the National Outdoor Leadership School with my husband, Roger, a retired Navy Seal, and I volunteer at our local animal shelter, walking rescue dogs three times a week. Life continues to be an adventure."



**ROCHESTER'S NROTC:
75 YEARS OF LEADERSHIP**
uofr.us/nrotc75

**GET TO KNOW
ALUMNAE THROUGH
OUR WOMEN'S NETWORK**
uofr.us/WomensNetwork

**EXPLORE ATHLETICS
AT ROCHESTER**
uofrathletics.com



THINGS TO DO @ MAG

Pride Celebration Day

July 13

M&T Bank Clothesline Festival

September 9 and 10

Hispanic Heritage Celebration Day

October 1

**MAG'S CURRENT AND UPCOMING
EXHIBITION SCHEDULE**

uofr.us/magcalendar

art
the



Always open, always free

Outside the Memorial Art Gallery (MAG), the Centennial Sculpture Park greets and welcomes visitors. Adorned with sculptures from many renowned contemporary artists, the park—which is always open and always free—offers a vibrant place for the community to gather, reflect, and find inspiration.

In early June 2023, MAG completed the final phase of its Centennial Sculpture Park, which now includes major works by seven celebrated artists: Sanford Biggers, Deborah Butterfield, Pia Camil, Tony Cragg, Rashid Johnson, Jun Kaneko, and Nathan Mabry. This array of new art joins sculptures by Wendell Castle, Jackie Ferrara, Tom Otterness, and Albert Paley that have been on permanent display since the park opened in 2013 as a way to mark MAG’s 100-year anniversary.

“The Centennial Sculpture Park exemplifies what MAG is—an ever-evolving, urban museum,” says Michael Marsh, MAG’s chief operating officer and interim director of the gallery. “The park beautifies our grounds, introduces people to great art, and enriches the visitor experience. We invite everyone to explore it.”

people



PIA CAMIL
(Mexican, b. 1980)

Lover's Rainbow

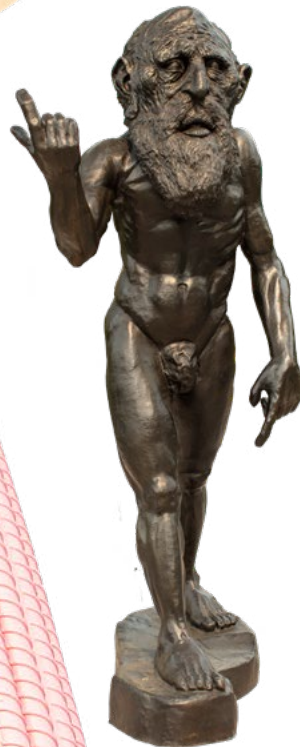
The monumental 42-by-16 1/2-foot sculpture is made of painted stainless steel rebar, a material typically used to reinforce concrete's structural integrity that is only visible when a building is in ruins or incomplete. With *Lover's Rainbow*, Camil creates a vision of hope and love using a material that speaks to the challenge of building something that will last. For MAG, this is an iconic work for its expansion and a landmark for the City of Rochester that may soon prompt people to say, "Let's meet at MAG's rainbow."



TONY CRAGG
(British, b. 1949)

Versus

Gift of David Brush

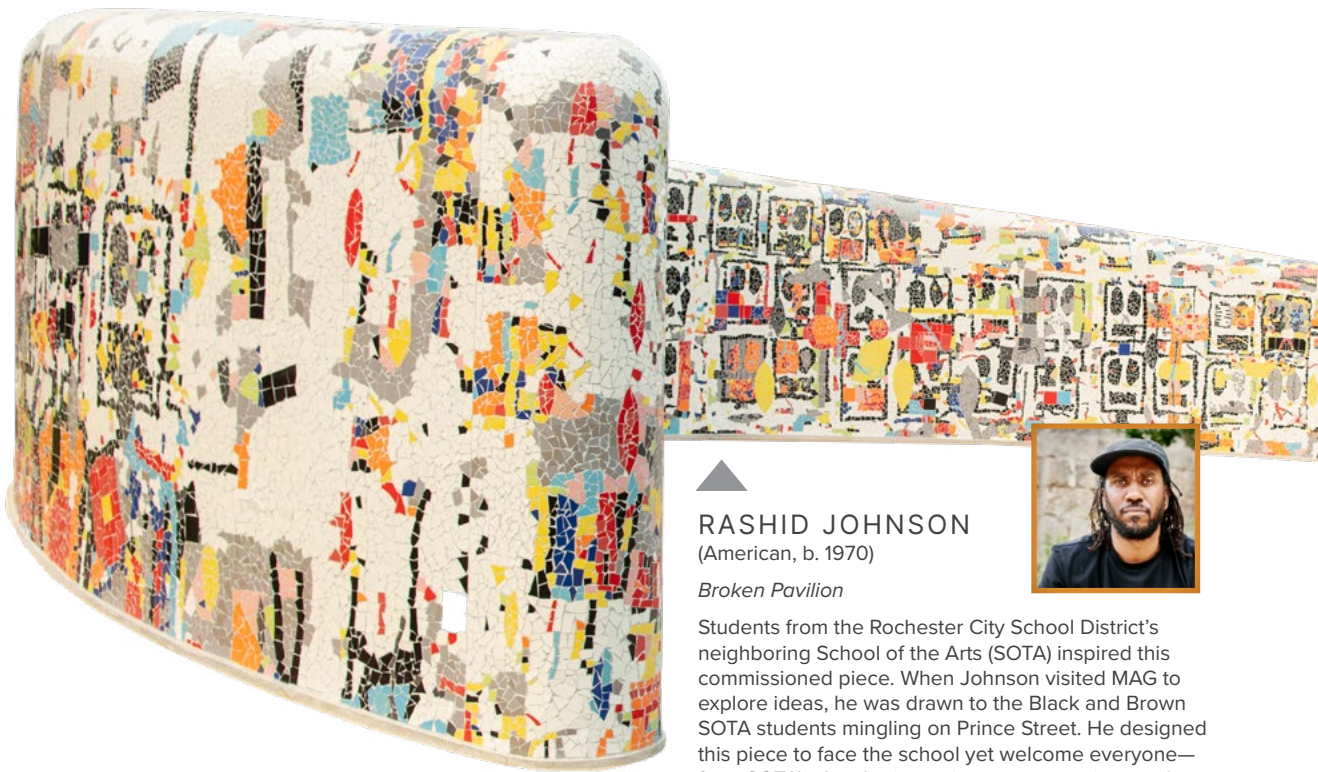


SANFORD BIGGERS
(American, b. 1970)

Oracle

In the spring of 2021, Biggers' 25-foot *Oracle* sculpture at Rockefeller Center caught the attention of MAG. Many months later, MAG commissioned a 9-foot version of it. Biggers' website notes that his *Oracle* sculptures are part of an ongoing Chimera series, which consists of works that merge mythology and history, including Greco-Roman and African sculptures. Biggers' work is an interplay of narrative, perspective, and history that speaks to current social, political, and economic concerns while also examining the context from which they came.





RASHID JOHNSON

(American, b. 1970)

Broken Pavilion



Students from the Rochester City School District's neighboring School of the Arts (SOTA) inspired this commissioned piece. When Johnson visited MAG to explore ideas, he was drawn to the Black and Brown SOTA students mingling on Prince Street. He designed this piece to face the school yet welcome everyone—from SOTA's developing artists to community members to museum visitors. The interior of this expansive 10-by-40-foot sculpture features non-gendered, non-raced faces, and its overall curved form invites in and embraces those who explore the pavilion.

The Rashid Johnson Community Pavilion is supported through a gift from Constellation Brands, the Sands Family Foundation, and Abby and Doug Bennett.



NATHAN MABRY

(American, b. 1978)

Process Art

(An Eye for An Eye)

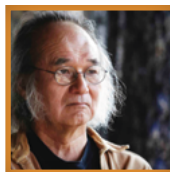


DEBORAH BUTTERFIELD

(American, b. 1949)

Untitled

Gift of Robert B. and Pamela Goergen



JUN KANEKO

(American, born in Japan, b. 1942)

Untitled, Dango

MAG's *Dango* (Japanese for "dumpling") is one in a series of monumental, glazed works created by Kaneko. Of the sculpture, *Ceramics Monthly* says, "In the unity of physical form and surface pattern, the *Dango* is like a Pyrenean boulder incised with ancient petroglyphs." Kaneko is drawn to installations that promote civic interactions and has completed more than 60 public art commissions. Over his career, Kaneko has also partnered with industrial facilities to realize many large-scale, handbuilt sculptures.

The Memorial Art Gallery gratefully acknowledges Gwen M. Greene for her generous gift to the Centennial Sculpture Park in memory of her husband, John D. Greene.

good books

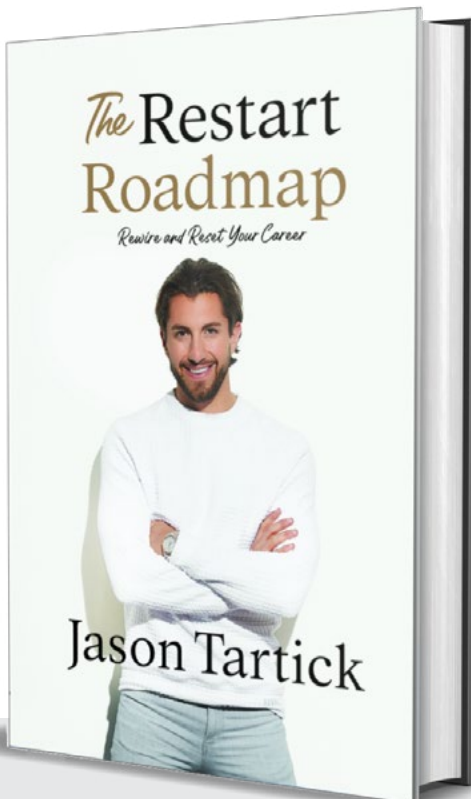


*In his Wall Street Journal bestseller, **The Restart Roadmap: Rewire and Reset Your Career**, Jason Tartick '16S (MBA) provides actionable steps for readers to achieve their vision of financial, professional, and emotional success. Tartick—an author, investor, entrepreneur, speaker, and Simon Business School alumnus—draws on his nearly 10 years in corporate banking and MBA coursework in accounting and finance to help readers reassess their priorities and redefine themselves.*

“Many people set their career course in their early 20s and stay there without reevaluating what’s most important to them along the way,” says Tartick. “If you feel like you are stuck or moving in the wrong direction in your career, you’re not alone. Know that you can take steps to change—it’s never too late to reinvent yourself.”

Tartick believes that many people fall into the trap of following the expectations and opinions of others, rather than pursuing their own passions and dreams. He encourages readers to focus on their personal brand by identifying their differentiating values, interests, and strengths, and use them to create a personalized roadmap for success. He also suggests ways to drown out distracting noise and take control of what will bring people personal, professional and financial happiness.

Fun facts: Tartick, a Buffalo, New York, native, gained widespread recognition as a contestant on season 14 of ABC’s The Bachelorette. He hosts a popular Apple business podcast, Trading Secrets, which delves into money and career-related topics. He also owns a talent management company where he works with celebrities to monetize their brand. He has appeared on various entertainment and news programs, too, including ABC’s Good Morning America, Entertainment Tonight, and Yahoo! Finance, and is currently working on his second book.



LEARN MORE
www.jasontartick.com

**FIND TARTICK’S BOOK AT
BOOKSELLERS EVERYWHERE
AND ON THE UNIVERSITY’S
ALUMNI BOOKSHELF**
uofr.us/bookshelf

**FOLLOW TARTICK
ON INSTAGRAM**
[@Jason_Tartick](https://www.instagram.com/Jason_Tartick)

**JOIN THE
UNIVERSITY’S
ALUMNI BOOK CLUB**
pbc.guru/rochester

A whole world of possibilities awaits you at Meliora Weekend 2023.

BE BOUNDLESS

MELIORA WEEKEND

OCTOBER 5-8, 2023



Exciting keynote speakers, celebrity headliners, innovative academic sessions, and world-class music to soothe your soul. Not to mention the #Roc comfort food you know and love. Join us on all our campuses for an unforgettable celebration.

Registration opens August 9.

rochester.edu/melioraweekend



EXPERIENCE THE POSSIBILITIES



UNIVERSITY of ROCHESTER



#melioraweekend

FOOD MYTHS

DEBUNKED

by SYDNEY BURROWS

myth busting!

Myth: Carbohydrates are bad.

Answer: FALSE

Not all carbohydrates are created equal, and not all of them are detrimental to your health. Says Friedman, “Carbohydrates are the primary fuel source that we have evolved to use and they are crucial sources of energy. Unfortunately, we have lumped all carbohydrates into one category, but there is a big difference between an apple and an apple danish, a potato and French fries, and a bowl of oatmeal and a bowl of Cocoa Puffs. The disparity lies in the processing, which often removes fiber and other beneficial nutrients and adds potentially harmful elements such as sugar, fat, and salt.” The quality of carbohydrates consumed is more important than the amount, too, so the next time you prepare your favorite pasta dish, consider using whole wheat pasta, or opt for an orange instead of a glass of orange juice in the morning.



Myth: You can't have too much protein.

Answer: FALSE

Our society focuses a lot on building muscle, which is often connected to consuming protein. While protein is certainly a key factor in a healthy diet, daily protein needs are less than the media portrays. In fact, too much protein can be harmful. “There’s a big focus in this country on protein but having a diet that is too protein-heavy is a risk factor for cancer and heart disease and can shorten one’s lifespan,” Friedman says. “We need to have protein in our diet, but we need to right-size it.” The bottom line is that all whole foods have protein, and if you eat a well-balanced diet that focuses on vegetables, legumes, whole grains, and fruit, you will get enough protein.



Myth: Beans are among the healthiest foods you can eat.

Answer: TRUE

It’s important not to underestimate the benefits of legumes. These foods, including lentils, peas, and beans of various colors and shapes, are rich in fiber, protein, and nutrients. Consuming beans and other legumes can significantly contribute to disease prevention as they help regulate blood sugar, reduce cholesterol, and enhance digestion. They also make an excellent alternative to meat and can be easily incorporated into many dishes.



A well-balanced diet provides essential vitamins and nutrients, helping us stay strong and healthy, preventing diet-related illness, and contributing to our overall well-being. Knowing what food choices to make can be overwhelming though, especially with so much information available. To help with this, **Susan Friedman, MD, MPH, the director of Highland Hospital's Lifestyle Medicine program**, provides valuable guidance on how to distinguish food myths from facts and offers suggestions to optimize your nutritional intake.



Myth: Eating healthy is expensive.

Answer: FALSE

The staples of a healthy diet—whole grains, beans, and root vegetables—are inexpensive. To optimize your diet, Friedman suggests purchasing foods without labels, such as fresh fruits and vegetables. Consider visiting a local farmer's market for lower-priced and fresher products than typical grocery stores. Frozen fruit and vegetables are also an inexpensive option; they are picked at the peak of ripeness, so they are chock-full of vitamins and other nutrients. You can buy them in larger quantities, too, and not worry they'll go bad before you eat them. Before shopping, make a list of necessary ingredients for planned meals to avoid impulsive purchases or extra trips to the store. Additionally, oatmeal bars, fruit cups packed in water or 100 percent fruit juice, and low-cost snacks with minimal added sugar, salt, fat, or chemicals can be excellent pantry staples. Look for the term "whole" on packaging, indicating the use of whole grains that are particularly beneficial for regulating cholesterol.



Myth: You need milk for strong bones.

Answer: FALSE

If you don't eat dairy, there are many other options for sources of absorbable calcium. Friedman recommends kale, broccoli, bok choy, soybeans, mustard greens, turnip greens, collard greens, and fortified plant milks. She adds, "You need other nutrients like vitamin C, antioxidants, potassium, magnesium, and vitamin K for bone health. So, eat a variety of fruits and vegetables to stock up on these components."



Myth: Most of us need more fiber in our diets.

Answer: TRUE

When in doubt, add fiber to your plate. Fiber is key for gut health and cholesterol management, Friedman notes. While the American Heart Association recommends eating 25 to 30 grams of fiber daily, most people in the United States don't consume nearly enough of it. Fiber-rich foods include beans, nuts, berries, and almost anything that can be pulled from the ground. So get your gardens going—a fiber-rich diet has been shown to help prevent chronic illness and improve longevity.



**FIND OUT MORE ABOUT
HIGHLAND HOSPITAL'S
LIFESTYLE MEDICINE PROGRAM**

uofr.us/lifestylemed

what's cooking?

Jill Chodak, MS, RD, CDN, a clinical dietitian at UR Medicine's Center for Community Health & Prevention, offers up the following healthy snack recipes. Each one is easily customizable and contains fiber, protein, and healthy fats, which together help satisfy hunger and control blood sugar.

Food styling and photography by Joanna Hackett



gluten-free oat bars

This simple go-to snack is packed with nutrients. The coconut and chocolate chips add texture and a little sweetness.

Number of servings: 10-12

Prep time: 10 minutes

Cook time: 20-30 minutes

2-3 cups gluten-free oats

2-3 ripe bananas

½ cup applesauce (optional)

½ cup chopped walnuts (or nuts of your choice)

½ cup gluten-free chocolate chips

½ cup unsweetened shredded coconut

1 tbsp ground flaxseed

1 tsp ground cinnamon or 1 tbsp pumpkin pie spice

Mix all ingredients into a bowl until all are incorporated and the mixture is soft. Spray a casserole pan with non-stick spray and cook in the oven at 350 degrees for 20 to 30 minutes. Serve warm, or let cool and store in the fridge for up to a week and then eat cold.

ants on a log 2.0

This spin on a classic childhood snack is easily adjustable based on dietary restrictions, allergies, and preferences.

Number of servings: 6-8

Prep time: 10 minutes

Cook time: none

- 1 head of celery washed, with stalks cut horizontally into 3 equal pieces
- 1 jar of peanut butter or 1 container of light cream cheese or vegan cream cheese with chives
- 3 tbsp cocoa powder (if using peanut butter)
- 1-2 small boxes of raisins (if using peanut butter)

Arrange celery with openings face up on a serving plate. If using peanut butter, place about a ½ cup into a small bowl and mix in cocoa powder. Then, spread this into the openings of the celery, top with raisins, and serve. If using cream cheese, spread cream cheese into openings and serve. Add fresh chives, paprika, or hot sauce, as desired. Serve as is or enjoy the topping on an everything bagel.

cucumber circles

These flavorful, easy-to-assemble, bite-sized snacks are great midday or as appetizers.

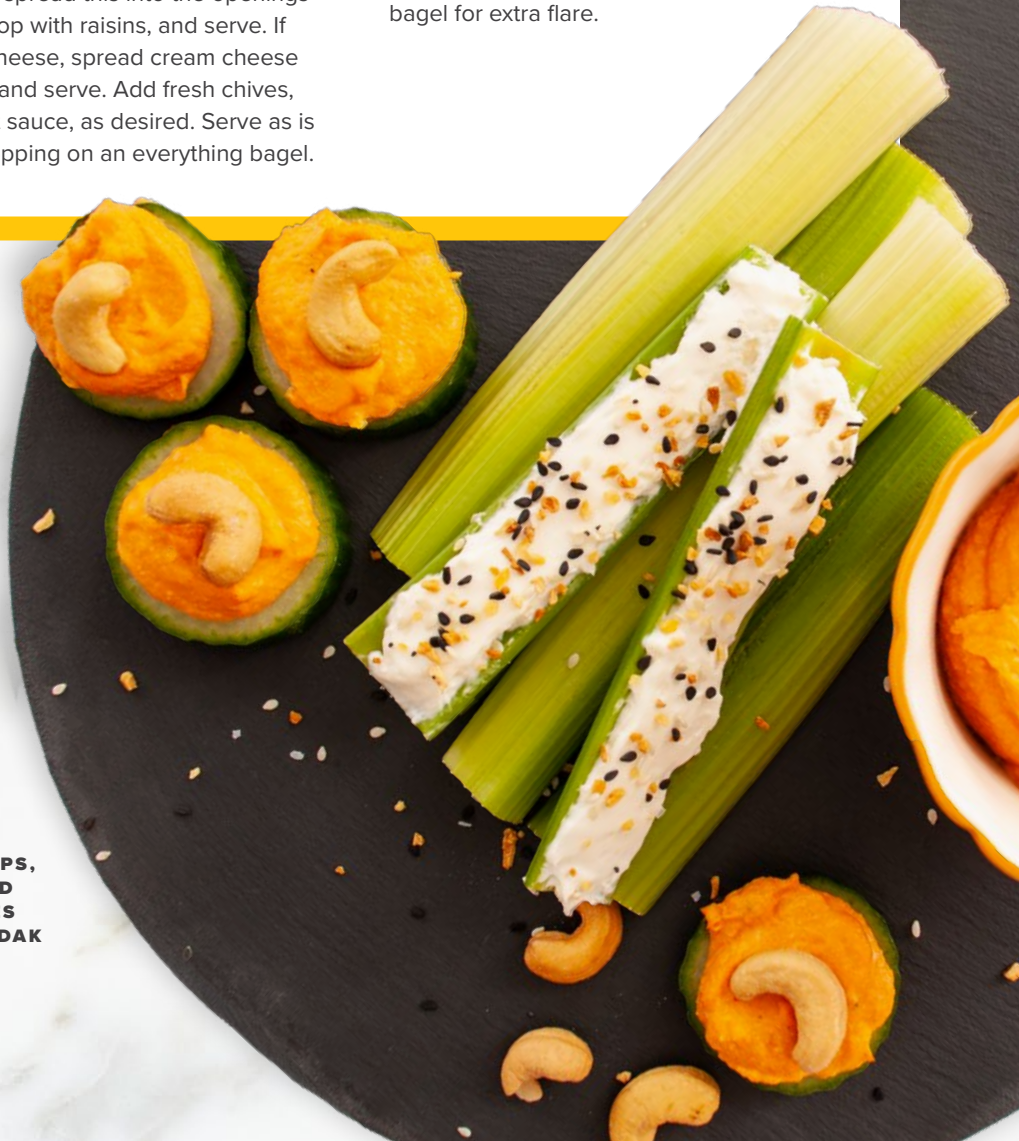
Number of servings: 20

Prep time: 15 minutes

Cook time: none

- 1 large cucumber, sliced into circles (and peeled as desired)
- 1 container of flavored hummus such as roasted red pepper
- 1 bag of unsalted, roasted cashews (or any kind of nut)

Arrange cucumber circles flat on a serving plate. Place about 1 tbsp of hummus on each, then add a cashew on top. Top with parsley and/or serve on an everything bagel for extra flare.



**FIND NUTRITION TIPS,
MORE RECIPES, AND
BEHIND-THE-SCENES
VIDEOS FROM CHODAK**

uofr.us/chodak

*Emily Robbins,
T-Cell Acute Lymphoblastic
Leukemia survivor*

ROBBINS
STRONG

WILMOT WARRIOR WEEKEND

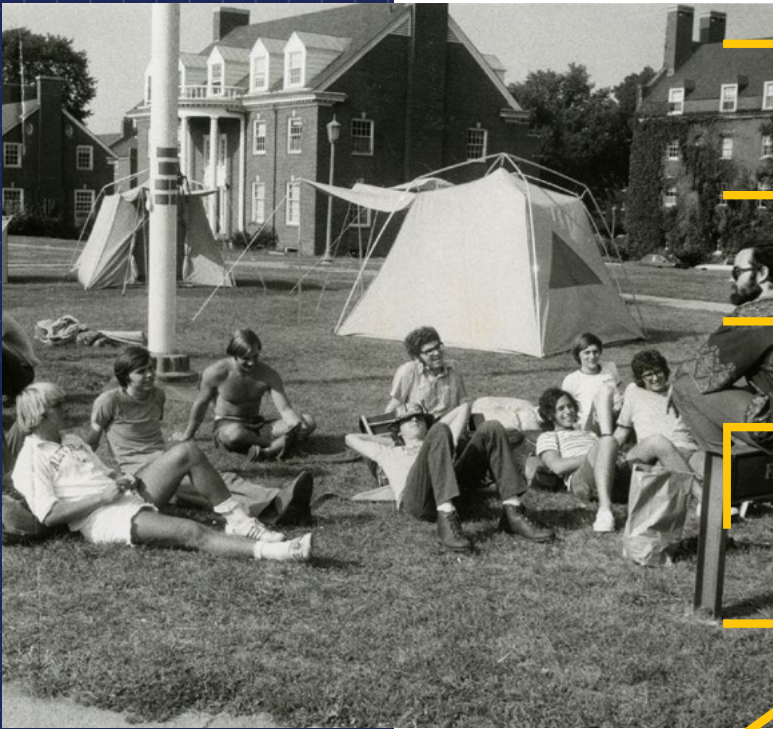
*leaving cancer
in the dust*

September 30, 2023
Inaugural Breakaway Ride

October 1, 2023
Warrior Walk and 5K

Giving 100% to conquer cancer.
Register | Form a team | Sponsor
warriorweekend.urmc.edu

#WilmotWarrior



THE
M
Z

+

N
O
W



FROM TENTS TO HAMMOCKS ON THE RIVER CAMPUS

In the 1970s, students donned cut-off denim shorts and hung out in canvas tents on the Fraternity Quad. Today, they enjoy nice weather days in hammocks on Eastman Quad and elsewhere throughout the River Campus. If students don't own a hammock, they can sign out one from the Common Connection, a well-stocked student resource in Wilson Commons.

UNIVERSITY



THROUGH THE YEARS

About one year after the University was founded in 1850, Rochester adopted its motto of Meliora—Latin for “ever better.” Today, that motto, along with symbols like Rocky, Rochester’s Yellowjacket mascot, serve as tributes to the University’s past and emblems of the spirit shared among alumni, students, faculty, staff, and friends.

Since its creation in the mid-1920s, Rochester’s Yellowjacket mascot, which is based on the common North American wasp, has been portrayed in a range of styles, from club-wielding to cute. The current version of Rocky debuted in 2008, designed to reflect the strength, character, and competitiveness of Rochester’s Yellowjacket athletes.

LEARN MORE
rochester.edu/about/symbols.html

Bee Campus USA: *This spring, the University was awarded Bee Campus certification status from the Xerces Society for Invertebrate Conservation, the result of a two-year student effort led by Zoë Bross '23. The certification comes with another for Bee City USA, from the same organization. These certifications recognize the University's efforts to protect native pollinators by increasing the abundance of native plants, providing nest sites, and reducing the use of pesticides.*

1940s



1950s



1960s



1990s



today



TAKE THE QUIZ: WHICH ROCHESTER MASCOT ARE YOU?
uofr.us/URmascot

GIVE ME 5

FIVE MINUTES WITH Sarah Peyre

Dean and Professor
Warner School of Education and Human Development

WHAT WAS YOUR FIRST PROFESSION AFTER GRADUATING FROM COLLEGE?

After earning my bachelor's degree from UC Berkeley and while getting my teaching credentials at night, I taught 35 fourth graders inside a small trailer in north Long Beach Unified School District. It was hard—I didn't know if I was making a difference and I didn't have the kind of support structure that we offer today to students at Warner. I ended up leaving that position and taking a job as an administrator within the University of Southern California's surgery department, which launched my 20-year career in medical education.

HOW DID YOUR MEDICAL EDUCATION CAREER PREPARE YOU FOR BEING DEAN OF THE WARNER SCHOOL?

After working at USC and earning a master's in medical education and a doctorate in educational psychology there, my career took me to places such as the Brigham and Women's Hospital and Harvard in Boston and, for nearly 10 years, at the University of Rochester Medical Center. When the Warner opportunity came up, I knew that—as an educator, researcher, and curriculum purist at heart—I could learn, grow, and transfer my skill set in a meaningful way.

WHAT'S YOUR VISION FOR WARNER DURING THE NEXT FIVE TO SEVEN YEARS?

We're just finishing our strategic plan, Warner 2030, which aligns well with the University's Boundless Possibility strategic plan, especially as it relates to building a just and equitable society. Warner is—and will continue to be—a research-based

institution focused on improving educational outcomes for our community's children. To continue to do this in an exemplary way, we are building in more mental health support for our students; creating networking and mentorship opportunities for them and our alumni; leveraging technology and understanding its impact on our field; and bolstering as well as expanding our programs, including partnerships across the University and in the community.

WHAT'S WARNER DOING TO ADDRESS THE NATIONAL TEACHER SHORTAGE?

Right now, about 50 percent of new teachers leave after a few years. We must develop innovative programs to address retention, ones like the Roc Urban Fellows program with the Rochester City School District. Each fellow is awarded a two-year contract with RCSD. During that time, the fellows become classroom interns, partner with master educators, and earn their teaching credentials at night at Warner. Programs like this work—around the country they retain about 80 percent of teachers after a few years.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES IN EDUCATION?

I believe that education is the backbone of a democracy. With such division and discord in our society, our educational systems and institutions are being attacked and devalued. Yet, when people talk about their formative experiences, so often they describe the inspiration and aspiration that came from their teachers, the ones who had the skills to help them achieve their dreams. At Warner, we have to be the strongest advocates for teachers, students, and the experience of education overall.

TELL US ABOUT ONE OF YOUR FAVORITE TEACHERS—HOW DID THAT PERSON INSPIRE YOU?

Professor Ann Swidler taught Sociology 101, and she opened up a world to me as a teenager who had grown up sheltered. On the first day of class, she asked us to reflect on how tombstones mark the year we are born and the year we die, but that life is all about that dash in the middle—it's about what we do with the dash that matters. She talked about things I had not thought about, too, like the second shift in gender politics. She described how, when women come home from our jobs, our second shift starts. We take care of the kids, make dinner, clean the house. It prompted me to think about my mother and how she was a school teacher by day and then ran our home at night and on the weekends. I started to think differently about myself and society and how I'd approach my life choices.

ADVICE FOR TEACHERS TODAY?

In 2023, the front line of COVID is still with them, in the classroom. Everything they are feeling is real, complex, and difficult. Lean into your networks, peers, and colleagues for support. Share your struggles and problem-solve together. Think about learning a new skill or getting a certification in an additional field—do something different to change your perspective a bit. If you are thinking of leaving education, know that the grass isn't always greener on the other side. Remember why you got into teaching in the first place—there isn't a better job in the world to impact the lives of children. Get to summer break, go on a vacation, feel proud of what you accomplished this year, and be purposeful in your next steps.



Buzz Magazine Spring 2023

THOMAS FARRELL '88, '90W (MS)

Senior Vice President
for University Advancement

KAREN CHANCE MERCURIUS

Vice President
for Alumni and Constituent Engagement

ERIN MARTIN KANE

Executive Editor

MICHELLE HILDRETH

Creative Director

KRISTINE KAPPEL THOMPSON

Editorial Director + Writer

MARY BONOMO

Designer

Additional Staff Contributors

SYDNEY BURROWS

JOANNA HACKETT

SALLY PARKER

NANCY ZAWACKI



UNIVERSITY *of* ROCHESTER

NON-PROFIT ORG
U.S. POSTAGE
PAID
ROCHESTER, NY
PERMIT NO. 780

Larry and Cindy Bloch Alumni and Advancement Center
300 East River Road | Rochester, NY 14627

FIRSTNAME LASTNAME

ADDRESS LINE ONE

CITYNAME, XX 12345



**Did you like this
issue of *Buzz*?**

Tell us what you think.

SCAN THE QR CODE OR VISIT:

uofr.us/buzzsurvey



Course of History

When the PGA Championship came to Oak Hill Country Club in May 2023, the world watched the sports' elite athletes play the home course of the University of Rochester Yellowjackets golf team. While the Oak Hill Country Club is today located in nearby Pittsford, N.Y., the course was originally built on what is now the University's River Campus.

**TAKE AN IMAGINARY 18-HOLE TOUR OF WHAT THAT RIVER
CAMPUS COURSE WOULD LOOK LIKE TO GOLFERS TODAY:**

uofr.us/oakhill