

ISSUE No. 4
FALL 2022

UNIVERSITY OF
ROCHESTER
GOOD
THINGS FOR
ALUMNI AND
FRIENDS

MELIORA
EVER BETTER

BUZZ

THE ART AND SCIENCE OF WINE

Kerith Overstreet '98M (MD)
talks about what it takes to
make a great bottle of wine

PLAYING FROM THE HEART

Meet Jefferson Svengsouk '05S (MBA),
professor of emergency medicine
and Native American flute player

TAKING A LOOK AT OPTICS

Three alumni from different
generations shed light on
this fast-growing field



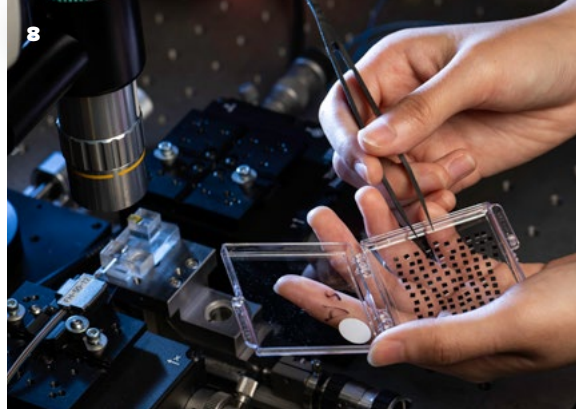
JUST FOR FUN

Wine and food pairings, spot
the difference, for your health,
shop@MAG, and more

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ON THE COVER: Rochester rowing teams have a long tradition of practicing on the Genesee River at sunrise. *Illustration by Chris Lyons.*



DEAR READER,

As the calendar leads us closer to the end of another year, we are delighted to publish the latest edition of *Buzz* magazine. The *Buzz* is about staying connected with our alumni and friends and offering content that is lifestyle-oriented, interesting, and substantive.

In the spirit of connection, in 2022 we celebrated our reunion classes not once, as is the tradition, but twice. In June, we invited the classes who would have celebrated milestone reunions in 2020 to come back to campus. In October, we put on a more traditional Meliora Weekend with dynamic speakers, faculty lectures, Yellowjacket football, plenty of food, and live entertainment. It was great to see so many of our alumni, parents, and friends join our students, faculty, and staff for a celebration of all things Rochester. It was especially gratifying to see so many alumni come back to mark the Eastman School's centennial.

Staying connected to the University and to each other gives us the opportunity to leverage our individual contributions to help make a positive difference in our complex, wonderful, but challenged world. Our connections also support the increasingly important mission of the University.

If it has been a while since you've been to one of our events, I hope you'll consider attending a holiday celebration or new-year gathering in your region in the weeks ahead—or find another way to meaningfully connect to all the good things going on in the University community.

Until then, please enjoy the *Buzz* and best wishes for a joyous season.

Thomas Farrell '88, '90W (MS)

Senior Vice President for University Advancement



THE art & science OF WINE

with Kerith Overstreet '98M (MD)

by KRISTINE KAPPEL THOMPSON

This physician-turned-winemaker runs Bruliam, a boutique winery in Sonoma County

Kerith Overstreet always knew that someday she'd go to medical school. She grew up loving science, writing, problem-solving, and paying attention to details—all skills that physicians need. After graduating from Cornell University with a degree in English, she pursued her dream and attended the University of Rochester's School of Medicine and Dentistry (SMD).

It was the perfect place for her. The school welcomed students who came from a wide variety of academic disciplines and had a sharp mind for medicine. While at SMD, Overstreet discovered something new: a passion for wine.

"My medical school friends and I would go in on cases of our favorites—and we enjoyed the 15 percent discount that came with buying in bulk," says Overstreet, with a smile. "Together, we

discovered the fun and fruitiness of Beaujolais, the elegance of pinot noir, and the crispness in a cold glass of chardonnay. It was such a great time of life—gathering with friends, talking about rotations, and making memories over a glass of wine."

COMING HOME

After graduating from medical school in 1998, Overstreet returned home to California to complete a residency in surgical pathology, followed by two fellowships. In 2007, she had an opportunity to crush fruit at a cooperative urban winery in San Francisco. That experience confirmed what her gut was saying: to pursue a career in wine. Overstreet then enrolled at UC Davis, where she took what she learned in medical school and applied it to enology: the study of wines.

Then, in 2008, Overstreet opened Bruliam Wines, which has since become a boutique producer of single vineyard pinot noir, zinfandel, rosé, and chardonnay. Having started with a single barrel, Bruliam now produces about 1,200 cases per year.

Overstreet sources her grapes from vineyards in Sonoma County—including her own estate pinot noir vineyard, Torrey Hill—and from the Santa Lucia Highlands.

“Like all physicians, I invested a lot of time and heart in my medical training,” she says. “Leaving wasn’t easy, but after 15 years of winemaking, it’s clear that I draw on the same skill set every day, just differently. To me, winemaking is a magical elixir of science and art, just like the best physicians combine rigor and technique with a big dose of humanity.”

involved in the process, too—intuition, writing skills, design savvy, and the ability to connect with people are vital. Every year offers a new vintage and a new challenge.”

As a winemaker, Overstreet still makes rounds. She wakes early, walks the vineyards, plans a grape-picking schedule, and does whatever the season requires. For instance, when producing red wines, her first job each morning is to check temperature and sugar levels in each tank. “If a tank overheats, the yeast in it can die and fermentation will stop,” she says. “That can’t happen—I have to make sure



MAKING A GREAT BOTTLE OF WINE

Winemaking, Overstreet says, is not such a far cry from medicine. “I used to look at cross sections of tissue. Now I look at cross sections of grapes,” she says. Overstreet adds that in medical school, she was taught the biopsychosocial approach to patient care and learned how important it was to assess the whole patient to improve health outcomes.

“It’s similar in winemaking,” she says. “We have to integrate a variety of factors that affect the production of a great wine, including sweetness, acidity, tannin, alcohol, and body. There’s art

my grapes don’t get chilled or come down with something like a fever.”

THE BUSINESS OF WINE

Bruliam is housed within a shared production facility, which makes it possible for small, boutique brands like Overstreet’s to run a business without the capital investment in large equipment like crushers/destemmers and presses. The facility provides her access to state-of-the-art production equipment along with the physical space needed to focus on hospitality, offer private tastings, and provide guests with distinctive experiences.

Overstreet is also intimately involved in all aspects of the business—from farmer to winemaker to marketer to everything in between. “On any given day, I could be sampling grapes, writing tech sheets, jotting down tasting notes, packing boxes, or testing the sugar content in the grapes,” she adds. “I love the variety and wouldn’t have it any other way.”

BRINGING PEOPLE TOGETHER

Overstreet especially enjoys the people part of the business. “Customers always remind me that I’m right where I need to be,” she says. “I love getting photos from them that showcase a bottle of Bruliam alongside a hike to a waterfall, at a grandchild’s wedding, or as a way to celebrate a new job, retirement, or neighborhood get-together.” She adds that now, during this nearly post-pandemic reality, people are excited about gathering in groups again, to share food and wine, and to lubricate their social machinery.

“Share a bottle of wine from California or New York or Italy or wherever and people inevitably talk about how that particular wine reminds them of a past vacation, a great meal, or some special moment in their lives,” she says. “Wine brings people together—it’s such a privilege to be a part of that.”

LEARN MORE
bruliamwines.com

LOOKING TO MAKE CONNECTIONS WITH FELLOW ALUMNI?

CHECK OUT OUR REGIONAL NETWORKS
rochester.edu/alumni/regional-network

JOIN THE MELIORA COLLECTIVE
thecollective.rochester.edu



What’s in a name?

Overstreet and her husband of 24 years, Brian, have three children: Bruno, a first-year college student, and 16-year-old twins, Lily and Amelia. The name “Bruliam” combines the first two letters of their kids’ names. The Bruliam logo also features three meaningful dots: two close together to represent the twins and a third for Bruno. The name also plays on Overstreet’s passion for science. “The word ‘Bruliam’ just sounds like it could be found in the periodic table of elements,” says Overstreet. “It’s even part of our tagline, that here at Bruliam, wine is ‘elemental.’”



MORE ON PAGE 26
Discover fall recipes to pair with Bruliam wines

TAKING A LOOK AT

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We asked three alumni who graduated in different generations to provide their perspectives on optics, education, and the future.



CHERINE GHAZOUANI '21

A native of Tunisia, Cherine Ghazouani is an optical design engineer at ASML, a semiconductor company in Connecticut. In college, she was a Student Alumni Ambassador, a peer advisor, an Ain Center for Entrepreneurship and Innovation ambassador, and the recipient of an Alan and Jane Handler Scholarship, which is awarded to students based on their financial need, exceptional academic talent, and outstanding leadership potential.



BALA MANIAN '69

Bala Manian is an Indian-born Silicon Valley entrepreneur and a University life trustee. Career highlights include developing the first laser scanner for the supermarket industry, earning an Academy Award certificate for technical achievement in the film industry, and creating medical testing and instrumentation technology and products.



ALEXIS VOGT '00, '08 (PHD)

Alexis Vogt is the endowed chair and professor of optics for the Optical Systems Technology program at Monroe Community College in Rochester, N.Y. This is the nation's only two-year degree program that trains technicians for work in the precision optics industry.

The study of light has a profound impact on everyday life, especially for these three Institute of Optics alumni

by **KRISTINE KAPPEL THOMPSON**

Optics is all about light: how it's propagated, generated, and detected. It's small, it's lightweight, and nothing in the world moves faster. It plays a central role in our daily lives, too, without most of us knowing it.

The applications are vast—from entertainment to science to medicine and beyond—and its impact is huge. But meeting the growing demand for optics professionals is a challenge. “Because nearly everything is powered by optics, the field is growing at an incredible rate,” says Tom Brown '87 (PhD), director of the University's Institute of Optics and the Mercer Brugler Distinguished Teaching Professor. “And, right now, there just aren't enough knowledgeable, skilled, and trained scholars, researchers, engineers, and technicians out there. We—and the world—need more of them.”

A recent gift from University of Rochester life trustee James C. Wyant '67 (MS), '69 (PhD), '21 (Honorary) and his wife, Tammy Wyant, will help meet this demand. This fall, the couple established a \$12 million, 10-year professorship challenge that will help the institute increase its faculty by 50 percent, graduate the next generation of optics professionals, and help the institute grow its preeminent status.

WHAT FASCINATES YOU ABOUT OPTICS?

CG: It's everywhere. Many people assume I'm an optician or that I do something related to eye glasses. I want people to know that optics is all this and more. My work actually has to do with the semiconductor

industry, a field that has broad applications related to energy, manufacturing, transportation, and medicine. There's so much potential with optics because, look around, everything is based on light and visuals. The challenge is to maximize practically unlimited potential. Think about it: optics plays a key role in everything from building self-driving cars to studying and understanding diseases to creating clean water systems for developing countries.

BM: Its broad application. When I came to the Institute of Optics in 1967, I was excited to see how optics was at the foundation and the intersection of many fields. As a graduate student, I was part of an ecosystem that inspired us to make a difference, to become entrepreneurs, and to solve real world problems. I was in a very distinctive cohort.

AV: Its potential. When I joined MCC six years ago, the optical technology program had just five students. Today, we have 115. The program is growing but doesn't graduate enough students to meet the regional and global demand for highly skilled optics technicians. I encourage anyone who is curious about our program to look into it. It attracts all types. For instance, I was at a fundraiser recently and met a DJ who is also an auto mechanic and a woodworker. I told him about this program, he came for a tour, and now he is enrolled as a student.

FAVORITE OPTICS CLASS?

CG: Optics 101 with Professor Tom Brown. Within a few weeks, I was all in—drawn to the field, the faculty, the institute, my cohort, everything. I also really enjoyed my geometric



Photo by J. Adam Fenster

optics class with Professor Julie Bentley—she's an icon in the field, a lens design expert, and a role model for all, especially for women in science, technology, engineering, and mathematics (STEM).

BM: Professor Bob Hopkins' optics design courses 240 and 241. Those classes showed me that what I was learning could immediately relate to something practical. Professor Hopkins became my role model and mentor.

AV: My first introductory optics class with Professor Turan Erdogan. He is the reason I am in this career. He had this remarkable way of distilling complex topics down in a way that I understood and that inspired me.

PIVOTAL COLLEGE EXPERIENCE?

CG: There are many, including being a Handler Scholar. I wouldn't have been able to attend the University without it—I owe so much to the Handler community. I'm also very proud

of my involvement with Industrial Associates, an all-day event in the fall and spring that immerses students in research, lectures, and discussions with optics professionals as well as a career fair. It's all come full circle, too—I got my first internship from an IA event, and today I work for that company, and I attend IA events as a recruiter.

BM: I don't have just one. The whole experience as a graduate student and then later as an assistant professor and manager of an optical fabrication and testing facility at the institute were important parts of my professional development. Each step in my education and career helped lead to the next one.

AV: I did an honors research project with Dr. Tom Foster at the Medical Center, which showed me how much optics can do to serve the medical industry. I also had two summer internships at Corning. And, my PhD work with Professor Tom Brown was instrumental in laying the foundation for my career.

These experiences introduced me to faculty, peers, business professionals, and friends with whom I still interact regularly.

WHAT WOULD SURPRISE PEOPLE TO KNOW ABOUT YOU?

CG: A lot of people tell me I don't "look North African." I want to break down stereotypes like this, especially as a woman in science from a developing country. It also surprises people to know I speak four languages. In Tunisia, we all learn Arabic, French, and English. I also taught myself Turkish by watching television.

BM: Many people are surprised by my activity in optics because I have only one eye. I lost my left eye in an accident when I was three years old. More often than not, people assume I had an accident with an optical laser, but that is not the case.

AV: I've played the violin since I was 5 years old. I was part of a number of musical groups in college and, up until the pandemic, still played in one of those ensembles. Another thing that surprises people: I have Pi memorized up to 82 digits.

WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

CG: When I was in middle school, I saw the movie *Iron Man*. I wanted to have a helmet and a lab just like Tony Stark's, the lead character. As an optics professional, I've gotten pretty

close to realizing that dream. A lot of my peers were inspired by that movie, too.

BM: My father was in business, and I knew from a young age that I wanted to be an entrepreneur. I still do. At 77 years old, I continue to work, and I don't plan to retire. I love what I do.

AV: A kindergarten teacher. Teaching has always interested me, which is why I'm doing what I do today.

PROUDEST ACHIEVEMENT?

CG: Graduating from the Institute of Optics. I made it through the pandemic with a degree in optical engineering from one of the best—if not the best—schools in the world for it.

BM: Many people assume my proudest achievement is earning an Academy Certificate from the Academy of Motion Picture Arts and Sciences in 1999. I received that for developing the optical technology that made special effects possible in such movies as *Return of the Jedi* and *Indiana Jones*. Although that was a great honor, I have made the maximum contribution at the intersection between optics and life sciences. For instance, my companies developed the first laser film image recorder for medical imaging, protein and DNA analysis instrumentation, cell and gene therapy products, and blood-testing technology for AIDS and cancer patients.

AV: My family. My husband and three kids inspire me every day. So does my brother, Joe Spilman, who took my lead and graduated from the institute in 2003. Today, he's the president of Optimax, a local optics company. Professionally, I'm proud of the students at MCC. It's incredibly rewarding to see them thrive. Many of them have changed their lives through this program.

WHAT MOTIVATES YOU?

CG: I love challenges and being in a fast-paced environment, and I want to be an entrepreneur someday. Today, I get to walk in the footsteps of the institute's legends, which is incredibly inspiring.

BM: I get excited about solving problems. I often tell people that you go to school to learn how to learn. Once you've learned that, there is no science and no challenge beyond your capabilities.

AV: Knowing that the program at MCC can change lives, benefit our community, and affect the industry overall. It's inspiring to get calls from local businesses and from Google, Microsoft, and Amazon alike—they all want and need our graduates. The Rochester area has been, and continues to be, such a great place for optics.

Did you know?

Optics is at the core of many products, services, and technologies, including:

Smartphones

Cameras and telescopes

Remote controls and televisions

Streaming services

Self-driving cars

LED light bulbs

Traffic lights

Barcode scanners

Surgical devices

Medical diagnostics and treatments

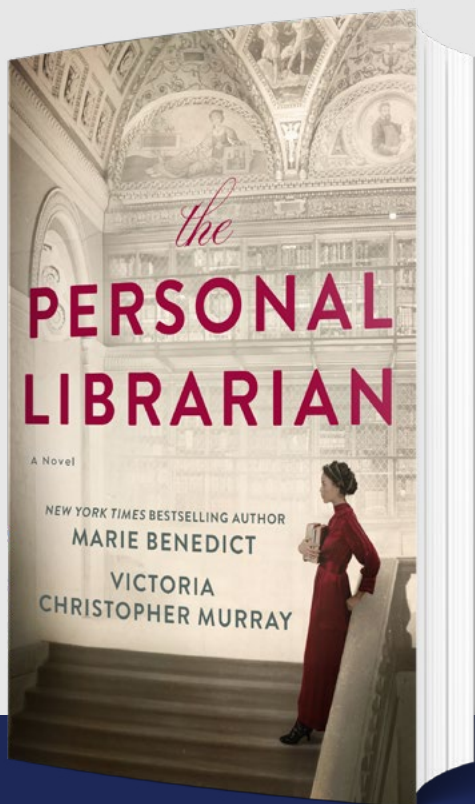
LEARN ABOUT THE WYANT OPTICS CHALLENGE
uofr.us/optics-challenge

FIND OUT MORE ABOUT ENTREPRENEURSHIP
rochester.edu/aincenter

EXPLORE THE INSTITUTE OF OPTICS
hajim.rochester.edu/optics

Good Books

*When asked to recommend a great book to alumni, Diane Boni '84 responded with *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray. The Alumni Book Club recently featured this historical novel, and Boni facilitated an online discussion about it.*



“ *The Personal Librarian* is about Belle da Costa Greene who had worked at the Princeton University Library and was hired by J.P. Morgan in the early 1900s to catalogue his great collection of manuscripts. The main character has a secret that she must hide at all costs. She was actually born as Belle Marion Greener, a Black woman who hides her racial identity in order to thrive in a world that otherwise would not have accepted her.

The book is compelling, and it prompted me to read Heidi Ardizzone's *An Illuminated Life: Belle da Costa Greene's Journey from Prejudice to Privilege*, a non-fiction account of the same story. I found that while some of the conversations between the main characters were certainly imagined in the novel, they do seem to be grounded in existing correspondence. The real Belle actually burned most of these correspondences to preserve her secret. I recommend both books—they prompt important conversations about racism, equity, and opportunity. ”

—DIANE BONI '84

LOOKING FOR MORE GOOD BOOKS?

JOIN THE UNIVERSITY'S VIRTUAL ALUMNI BOOK CLUB

uofr.us/bookclub

PERUSE OUR ALUMNI BOOKSHELF

uofr.us/bookshelf



Boni was an English major at the University who spent 13 years as the director of English language arts (ELA), social studies, and libraries at the Greece Central School District, in a suburb of Rochester, N.Y. She is a member of the University's Lifelong Learning Advisory Council, as well as Warner School's National Council and its CUES (Center for Urban Education Success) Advisory Council. Boni is also a docent at the Memorial Art Gallery and an active participant in the Alumni Book Club.



PLAYING FROM THE HEART

Jefferson Svengsouk '05S (MBA) is a professor of emergency medicine who also plays the Native American flute

by **KRISTINE KAPPEL THOMPSON**

Photography by Matt Wittmeyer

Jefferson Svengsouk played a silver flute in high school. He loved it and thought he'd play in college, but the orchestra's conductor had other plans. "He thanked me for a 'nice' performance and told me to come back next year," says Svengsouk. "I got the point and decided to put away my flute."

For a while, that is.

About 20 years later, Svengsouk attended the Indigenous Music & Arts Festival at Ganondagan New York State Historic Site in Victor, just a few miles southeast of Rochester. This annual summertime event showcases Haudenosaunee and Indigenous cultures through dance, music, storytelling, a Native American arts market, and authentic craft demonstrations.

Svengsouk took it all in, especially the music. The flute captivated him. He wandered around the festival on a quest to learn more. He found a booth that sold Native American flutes and bought his first one.

Playing the Native American flute complements Svengsouk's work as a professor of emergency medicine and a hospice and



palliative medicine physician at the University of Rochester Medical Center’s Strong Memorial Hospital. Svengsouk is also the assistant director of URM’s emergency ultrasound division, a program he founded. He’s an advisor for the Eastman Performing Arts Medicine program, too, which links URM with the music school to make healing connections between

medicine and the arts. He also earned an MBA from the Simon Business School.

In the Rochester community, Svengsouk is actively involved in the music and cultural scene. He is chair of the Hamamatsu-Rochester Sister Cities Committee, volunteers at the Seneca Art and Culture Center at Ganondagan, performs with

the Cobbs Hill Consort, and is learning to play therapeutic music for patients. He also serves as chair of the National Standards Board for Therapeutic Musicians, founded the Finger Lakes Flute Circle, and is a Native American Music Awards nominee.

“Through music, I want to help those I’m playing for—patients,

PLAYING FROM THE HEART

families, audiences at festivals and concerts, everyone—experience peace, happiness, and delight,” says Svengsouk. “The Native American flute can do all of this—it can help us feel different, better.”

For patients, music at the bedside can alleviate pain and stress and help with relaxation. Success comes in patient response, and in how their families, who are often also stressed and exhausted, react. Svengsouk frequently tells them that one of the greatest compliments they could give him is to fall asleep while he plays. “The music would have then done its work,” he says.

WHAT MIGHT SURPRISE PEOPLE TO KNOW ABOUT THE MUSIC YOU PLAY?

The Native American flute is an instrument—a tool, really—that allows all people to express the music that is inherently within them. It’s a very accessible instrument, too. By design, it features a pentatonic scale, which makes it possible to play notes in any order and always produce a pleasant sound—you can’t fail.

DO YOU PLAY TRADITIONAL NATIVE AMERICAN SONGS?

No. Most contemporary Native American flute players like me perform original music. Some traditional Indigenous songs do exist in written music form, and many songs are played by Indigenous peoples in traditional settings or by Indigenous recording artists and performers. For most non-Indigenous flutists, we play from

the heart, which has always been a defining aspect of this instrument.

WHAT’S DISTINCTIVE ABOUT THE NATIVE AMERICAN FLUTE?

It features two air chambers, one to receive the air and another to produce sound. It doesn’t require an embouchure as other woodwind instruments do, which means you can just simply breathe into it. It also comes in a variety of sizes, shapes, designs, and woods that yield different sounds. For instance, a soft wood like cedar emits a rich, soft sound, while harder woods such as maple or oak produce very crisp and clean tones.

HOW MANY FLUTES DO YOU OWN?

I’ve become a collector of sorts. I even keep a spreadsheet—

Svengsouk lives in Rochester with his wife, Lisa. Together they have three adult children, Jocelyn '11, '14W (MS), Madeline, and Samuel.



that’s the science, math, and business person in me—to keep track of what I own and to note the characteristics and history of each flute. Today, I own more than 50 Native American flutes and another 50 or so world flutes. To my wife’s chagrin, my flute collection has taken over our dining room.

WHAT IS YOUR FAVORITE FLUTE?

I have many, and picking my favorite depends on my mood and the sound I want to produce. There’s one particular flute that is very special to me though. Years ago, I took a flute lesson from Hawk Henries, an Indigenous flute maker from Maine. I told him about my interests and my patients, and he handcrafted a flute for me. Its body is made from northern cedar and yew. He also carved a very beautiful small bird that sits near the mouthpiece, made from yellow birch.

WHAT HAS PLAYING TAUGHT YOU?

It’s reinforced that we are all part of one big human family. When we have the false belief that we are different or better or worse from each other, we become separated. But, when we care for, lift, honor, and respect each other, we can make the world a better place. The flutes I play are instruments—literally—that can connect us all. It’s a privilege for me to care for people through both medicine and music.

VISIT SVENGSOUK’S WEBSITE
jefferson.me

**EASTMAN PERFORMING ARTS
MEDICINE PROGRAM**
uofr.us/EPAM



Flute Glossary

NATIVE AMERICAN FLUTE

The contemporary two-chambered duct flute, made by both Indigenous and non-Indigenous flute makers.

NATIVE AMERICAN-STYLE FLUTE

This term may be used to describe instruments made by non-Native flute makers.

WORLD FLUTE

This broad and encompassing term includes flutes from all cultures around the world but does not include the modern silver concert flute.



Scan to listen

“Healing Waters”

“Breath of Life”

“Dream Weaving”



FOR YOUR HEALTH

.....

STRETCH YOURSELF

.....

Sitting in one position for too long, especially with poor posture, can take its toll on your body. It's important to take breaks to relieve stiffness, reduce pain, and boost mobility. You don't need to bend over backwards to loosen up though. Try these simple stretches and you'll be on your way to a better quality of life.

by **KRISTINA BEAUDETT**

Illustrations by David Hildreth



"Incorporate these movements into your daily life to increase flexibility and improve mobility. This will mean less pain, which too many of us experience, especially as we age. Start simply by taking just a few minutes a day for these stretches. If you need a reminder, schedule time in your calendar or set an alarm on your watch or phone. The idea is to familiarize your body with proper positioning. Then, from there, slowly move into each stretch. Focus on doing each one correctly and know that you're creating healthy habits that will benefit you for years to come."



Conner Lorenzo, MS, ATC, CSCS, SFMA

Program Coordinator
UR Medicine Fitness Science



LEG STRETCH

Sit with one leg extended and the other tucked in with your foot resting against your thigh. Reach toward your ankle to feel a mild stretch at the back of your thigh. Make sure to tuck your chin to your chest. Use a strap, belt, or scarf as needed to guide and not force a position. Hold for 15 to 30 seconds. Repeat two times on each leg.

BACK EXTENSION

Sit in a chair and clasp your hands behind your head. Gently arch your upper back, looking up toward the ceiling. Try not to arch your neck. The goal is to get movement from your upper back and not your neck. Repeat 10 times.





NECK STRETCH

Sit up tall in a chair and put your right arm behind your back. Using your left hand, gently reach over to grasp your right side cheekbone and tilt your head toward the left. Hold for 15 to 30 seconds. Repeat three times on each side.

SHOULDER SQUEEZE

Sit up tall in a chair with your arms by your sides. Squeeze your shoulder blades together, opening the front of your chest, and hold for five seconds. Repeat 10 times.



DOUBLE KNEE-TO-CHEST

Lie on your back with your knees bent and your feet flat on the floor. Gently pull both knees up toward your chest, with your hands on the backs of your thighs. Rock side to side and back and forth for an additional stretch. Hold for five seconds and repeat 10 to 20 times.



Remember to check in with your healthcare provider if you have a concern about ongoing or worsening muscle pain.



LIFE IN MOTION

Opening in 2023, **UR Medicine's Orthopaedics & Physical Performance Center** at Marketplace Mall will offer easy access, the latest and best approaches to care, and a full range of musculoskeletal services for patients of all ages and abilities. It will also offer innovative programs such as **Fitness Science**, which uses movement analysis and training, nutrition consultation, and mental skills coaching to help athletes, performing artists, and others optimize their performance.

Outside the building's main entrance, a 14.5-foot sculpture by internationally renowned local artist Albert Paley will greet patients. Made from steel, the piece—titled "Moment"—features curling waves and contrasting geometric angles and reflects the facility's architectural theme of a life in motion.

"Albert's sculpture is beautiful, compelling, and ideal for this space," says Paul Rubery, MD, the Marjorie Strong Wehle Professor in Orthopaedics and chair of the Department of Orthopaedics. "It helps us to enter into a new era of orthopaedic care for our community and region."

"I'm extremely pleased to have my artwork be a part of this new space," says sculptor Albert Paley. "I describe 'Moment' as a time of transition ushering in a new dimension. It gives me much pride that the sculpture will be prominently placed outside the main entrance to welcome patients and families. I hope it enhances their experience and offers an opportunity for reflection during their visit."

LEARN MORE

orthocenter.urmc.edu

urmc.rochester.edu/fitness-science

UPCOMING EVENTS

Add some curiosity to your calendar.

 uofr.us/events

 [@rochesteralumni](https://twitter.com/rochesteralumni)

Visit us online to view a complete virtual and in-person event listing—including those that may be happening where you live—or to watch recordings of past events.

We're bringing the best of Rochester directly to alumni, parents, and friends. Don't miss these special University events designed to expand your knowledge on a wide range of engaging topics.

Regional Holiday Celebrations

Share in the spirit of the season with the return of our in-person holiday celebrations. With more than 20 events planned around the world from December 2022 to February 2023, this is your opportunity to reconnect with Rochester friends.

Experience Rochester

Our signature online series exemplifies the University of Rochester's commitment to lifelong learning and features topics and speakers unique to the University.

REAL Conversations

This monthly virtual series offers authentic discussions featuring brave and candid dialogues around equity, measurable action, and meaningful change.

Career Conversations

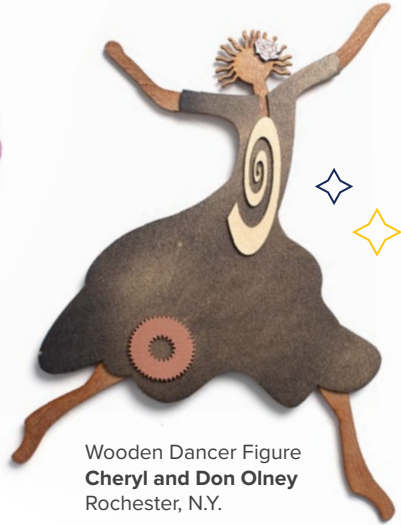
Led by alumni entrepreneurs, faculty, and career coaches, these webinars offer valuable tools and strategies for every industry, background, and level of experience, helping you feel empowered and supported throughout your career journey.



Earthbyte Encaustic
on wood, 5"x5"
Connie Ehindero
Rochester, N.Y.



Handmade Silk Scarf
Joan Rusitzky
Rochester, N.Y.



Wooden Dancer Figure
Cheryl and Don Olney
Rochester, N.Y.

SHOP Rochester

Visit THE STORE @ MAG for one-of-a-kind handcrafted, artful items. A purchase in THE STORE supports local artisans and provides funding for MAG exhibitions and educational programs. Not in Rochester? Shop local and visit your hometown's galleries, museums, and shops. Visit the websites and Etsy stores of these and other artists, too.



Themed stickers
Shawn Dunwoody
Rochester, N.Y.

Dragonfly paperweight
Robin Lehman
Rochester, N.Y.



Rattle Toy
Belisa Luarasi
Rochester, N.Y.



mag.rochester.edu/the-store-at-mag



STRIKING POWER

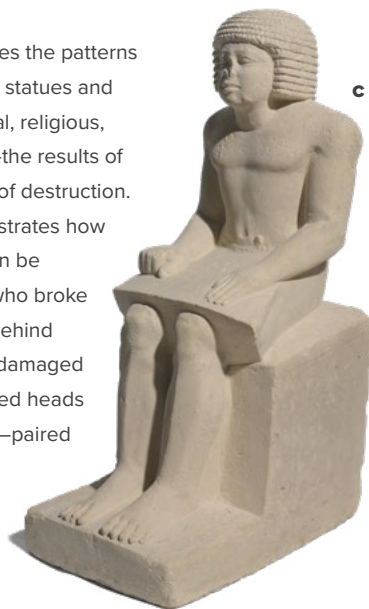


Why are noses broken on Egyptian statues?

Find out and learn more at the Memorial Art Gallery's exhibition, *Striking Power: Iconoclasm in Ancient Egypt* November 20, 2022 – March 5, 2023

Ancient Egyptians believed that deities, as well as the souls of the deceased, could inhabit stone, wood, or clay images, allowing supernatural beings to have a presence in this world. In those long ago societies, religion and politics were inextricably linked. As a result, statues held powerful ties to all three. People believed that rituals associated with those statues could give power to supernatural forces. They also believed that those powers could be deactivated by selectively destroying specific body parts and royal or divine symbols on them.

Striking Power examines the patterns of damage inflicted on statues and other works for political, religious, and criminal reasons—the results of organized campaigns of destruction. The exhibition also illustrates how damage to a statue can be interpreted to reveal who broke it and the motivation behind the destruction. View damaged works—from fragmented heads to altered inscriptions—paired alongside undamaged works for insight and a step back in time.



A. Face and Shoulder from an Anthropoid Sarcophagus, 332–30 B.C.E. Black basalt, 18 1/2 x 20 1/2 x 5 in. (47 x 52.1 x 12.7 cm). Brooklyn Museum; Charles Edwin Wilbour Fund, 37.1516E. **B.** Ptolemy II, Ptolemaic Period, reign of Ptolemy II, 285–246 B.C.E., From Benha il-Assel, Egypt. Limestone, 17 15/16 x 14 x 8 1/4 in. (45.6 x 35.6 x 21 cm). Brooklyn Museum, Charles Edwin Wilbour Fund, 37.37E. **C.** Seated Statue of the Superintendent of the Granary Irukaptah, circa 2425–2350 B.C.E. Limestone, 29 3/4 x 11 x 16 9/16 in. (75.5 x 28 x 42 cm). Brooklyn Museum; Charles Edwin Wilbour Fund, 37.20E. (All photos: Brooklyn Museum)

TUNE IN

Need a fun show to watch? Looking for a compelling podcast? Find some of our alumni in the spotlight as well as behind the scenes.

Doug Besterman '86

SCHMIGADOON

This three-time Tony Award®-winner has done it all: musician, composer, producer, arranger, and orchestrator for film, television, and theater. He earned a GRAMMY Award nomination for *Schmigadoon*. This original production parodies 1940s musicals and features a backpacking couple who get trapped in a magical town.

Watch on Apple TV

Chloe Corcoran '04

BEING TRANS

Chloe Corcoran—an LGBTQ activist, PhD student, and higher education professional—is one of four Los Angeles-based transgender people featured in the first season of this audio reality podcast. Through each person's story, listeners can gain understanding and build empathy around what it's really like to be transgender.

Listen on Lemonada

lemonadamedia.com/show/being

Jane Dubin '78, '79 (MS)

HOUSES ON THE MOON

Jane Dubin is a Broadway producer and board chair of Houses on the Moon, a theater company that also produces a storytelling podcast dedicated to amplifying unheard voices. The first season spotlights lives affected by gun violence, families with incarcerated loved ones, undocumented youth, and people in the LGBTQ community.

Listen on the Broadway podcast network

Siena Facciolo '19

THE PROCESS

How do we build a life full of creativity? What inspires us? Siena Facciolo's podcast, *The Process*, offers honest conversations between artists that reveal the strength, challenges, purpose, vulnerability, and joy of living a creative life. Her guests include musicians, authors, dancers, and artists.

Listen on theprocess.buzzsprout.com

Beth Greenwood '22

A LEAGUE OF THEIR OWN

Beth Greenwood—the first woman player in Yellowjackets baseball history and the first American woman catcher in NCAA baseball history—appears in this new series, which is based on the 1992 movie by the same name. Greenwood, who plays an opposing player without any lines, laughs when she says, "It looks more legit with me doing baseball scenes than the actors."

Watch on Amazon Prime

Tom Mayer '13

BLIND DUET

In each episode of this podcast, two artists get two weeks to record two minutes of music. The twist: The musicians have no idea who their partner will be. Co-hosts Tom Mayer and Benjamin Kahn bring a combined 30 years of music experience to facilitate important discussions on creativity, the music industry, and connectivity—with the occasional Rochester alumnus as a guest.

Listen on Apple podcasts

Joel McNeely '84E (MM)

THE ORVILLE

Joel McNeely is an Emmy® Award-winning composer and conductor with more than 100 motion picture and television credits. He has worked with such filmmakers as James Cameron, John Lasseter, Seth MacFarlane, and George Lucas. McNeely is currently at work scoring the science fiction television drama series, *The Orville*.

Watch on Hulu

JUST
FOR
FUN



SPOT THE DIFFERENCE

This fun fall moment from Meliora Weekend deserves a second look. See if you can find the eight differences between these pictures of Bobby Marcinauskis '24 and Angelica Aranda '23.

Photography by Matt Wittmeyer | Key on Page 31



THEN+NOW
WILSON DAY



Wilson Day 1994



Wilson Day 2017

In 1972, the University of Rochester began what's become a cherished tradition: Wilson Day. This dedicated day of undergraduate student service was named after Joseph Wilson '31, former chair of the University's Board of Trustees and founder of Xerox, in honor of his community engagement.

The program has since expanded. Now called Wilson Days of Engagement, students are encouraged to participate in a variety of in-person and virtual community service activities that help them connect with and learn more about Rochester.

The University now also offers its annual **Global Days of Service**. These dedicated days of volunteer service happen every year in the fall and are available for alumni, parents, and friends around the world to serve the communities in which they live.

LEARN MORE
uofr.us/global-day-of-service



Kerith Overstreet '98M (MD)
from Bruliam Wines offers up these
seasonal food and wine pairings.

Zinfandel and charcuterie

Love Zinfandel? Overstreet says it goes well with charcuterie, hearty appetizers, slow-roasted or braised meats, and brisket. Overstreet keeps her charcuterie boards simple and recommends assembling candied and roasted nuts, dried fruits, and your favorite salami for a perfect mix of sweet and salty.



*Food and photography
by Joanna Hackett*

Rosé with shaved celery root, fennel, and apple salad with Manchego and Marcona almonds

Chef Tim Caschette created this recipe. He and his wife, Janine, own Avvino, a Rochester, N.Y. restaurant that serves American and global cuisine. Overstreet recommends pairing this not-so-typical salad with a versatile rosé.

Number of servings: 4

Prep time: 45-60 minutes

1 large fennel bulb (trimmed)
1 large celery root (cleaned)
1/2 red onion (sliced thin)
2 apples (sliced thin)
2 bunches baby kale
6 oz hard Manchego cheese
3/4 cup Marcona almonds
Salt and pepper
2 tablespoons chopped parsley
Apple cider vinaigrette (follows)
Oregano black pepper oil

Slice celery root and fennel bulb paper thin with a sharp knife or mandoline slicer. In a mixing bowl, combine fennel, celery root, onion, apple, and kale. Dress with apple cider vinaigrette and then add salt, pepper, and parsley to taste. Divide over four plates and shave long shards of Manchego over salad. Finish with oregano black pepper oil and almonds.



APPLE CIDER VINAIGRETTE

1 cup apple cider (reduced by half and cooled)
1/4 cup cider vinegar
1 shallot (minced)
1 tsp thyme
3/4 cup canola oil
Salt and pepper

Add cider, vinegar, shallot, and thyme to a small mixing bowl. Slowly whisk oil into mixture. Salt and pepper to taste.

OREGANO BLACK PEPPER OIL

1/4 cup fresh oregano leaves
2 tablespoons black pepper
1/2 cup olive oil

In a blender, mix all ingredients until smooth.

Chardonnay with baked cheese and caramelized apples and spiced bacon

Jim Farrington, the head of public service at Eastman School of Music's Sibley Library, provided this recipe. Overstreet recommends pairing it with a mouthwatering chardonnay. The wine's acidity makes a good foil to melty cheese.

Number of servings: 12

Prep time: 45 minutes

Cook time: 10 minutes

1 8-inch round of Camembert cheese*
2 tablespoons butter
1-2 firm apples (McIntosh or Cortland recommended), peeled, cored, and sliced
3 tablespoons real maple syrup
Cinnamon
2-4 strips bacon
1 tablespoon brown sugar
1 teaspoon chili powder
Salt
Chopped nuts (optional)
Apple chips

*Note: Take cheese out of the refrigerator an hour before serving.

In a medium pan, melt butter, and add sliced apples and 1 tablespoon of the maple syrup. Cook over medium heat until apples are nicely caramelized. Remove from heat and add 1 to 2 more tablespoons of maple syrup and a dusting of cinnamon.

Lay the bacon on a baking sheet (line it with foil or a silicone mat for easy cleanup). Cover the bacon with brown sugar, chili powder, a little salt, and a sprinkling of finely chopped nuts, if desired. Bake in 350-degree oven until crisp, about 20 minutes. When cool enough to handle, chop on a cutting board.

Place cheese on a baking sheet lined with a silicone mat or parchment paper. Top with apples. Bake for 5 to 6 minutes, then add candied bacon and bake for another 2 to 4 minutes. Transfer to serving platter. Serve with apple chips.





Pinot noir and tangy cranberry relish

Overstreet often makes this as a side or a condiment. She also likes to serve it on crackers with cream cheese. The tangy cranberries and green apple acidity mirror the red fruits of Bruliam's Sangiacomo Vineyard Pinot Noir.

Number of servings: 6

Prep time: 15 minutes

Cook time: 30 minutes

1 1/2 cups sugar
1 cup water
1/8 teaspoon ground cloves
1 teaspoon salt
2 cinnamon sticks (3-inch)
2 whole star anise
1 12-ounce package fresh cranberries
2 cups finely peeled and chopped Bosc pear (about three medium)
1 cup finely peeled and chopped Granny Smith apple (about one small)
3/4 cup golden raisins
2 1/2 cups finely chopped red onion
1/4 cup chopped crystallized ginger
2 tablespoons fresh lemon juice

Combine the first seven ingredients (through cranberries) in a large saucepan. Bring to a boil, stirring until the sugar dissolves, then reduce heat and simmer 10 minutes or until the cranberries begin to pop. Stir in pear, apple, raisins, onion, and ginger and cook for 20 minutes or until the fruit is tender. Remove from heat, stir in the fresh lemon juice, then cool to room temperature and discard cinnamon stick and star anise. Cover, chill, then enjoy.

GIVE ME 5

FIVE MINUTES WITH David Figlio

Provost and Gordon Fyfe Professor
of Economics and Education

AS PROVOST AND CHIEF ACADEMIC OFFICER, WHAT DO YOU SEE AS THE UNIVERSITY'S TOP OPPORTUNITIES AND CHALLENGES?

A university's role is to enable boundless possibility for people within its community. That's why our goal from an academic perspective must be to make sure our students, faculty, and staff find that this is a place not only to study and work, but to truly thrive.

The University's new strategic plan—which we will communicate more about early next year—aligns with this thinking. In it, we will outline how we will create conditions for people to achieve their highest aspirations. Central to this is figuring out the infrastructure needed to do that and looking at what's getting in our way.

WHAT CAN YOU SHARE WITH US NOW ABOUT THE STRATEGIC PLAN?

We will focus on the University's deep, broad, and wide excellence as a scholarly and creative hub. First, we must make sure that the areas where we have established distinctions, as well as emerging ones, are as strong as possible. We also need to identify new areas where we can be particularly consequential.

Second, we must continue to create, preserve, and disseminate knowledge and develop robust educational programs. This means considering what could be possible if we had no constraints. We need to be the model for the 21st century for the residential research university so that our graduates can continue to flourish and lead.

A third area involves our relationship with the City of Rochester and our region. We benefit from a vibrant, healthy, and successful Rochester, and as the region's largest employer and with our myriad partnerships, we play a large role in contributing to Rochester's success. Our strategic plan embraces this relationship.



Buzz Magazine Fall 2022

THOMAS FARRELL '88, '90W (MS)

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NANCY ZAWACKI

Spot the Difference Key

1. Pumpkin color
2. Jacket stripe color
3. R on pumpkin
4. Missing buttons on jacket sleeve
5. Rocky on gourd
6. Missing straw in hay bale
7. "Meliora" missing on lanyard
8. Flower color

WHAT IS THE UNIVERSITY DOING TO RECRUIT A DIVERSE

FACULTY? Smart institutions are addressing this, for instance, through cluster hires, which involve hiring multiple faculty members who have complementary academic interests at the same time. They can help recruit one another, become a cohort, and can take away some of the pressure felt by a lone underrepresented person in a unit. We need to do more of this.

We also must address what universities often do, which is trying to diversify faculty by hiring those who have been traditionally underrepresented at the entry level. Suppose that most of an institution's faculty from historically marginalized communities are all junior people? What kind of dynamic and culture does that create and sustain? Junior faculty have less influence than those with more years in the profession. I endorse not only cluster hiring, but also making sure we hire underrepresented faculty at all career stages and across all fields.

AS AN EDUCATION AND HEALTH POLICY EXPERT, WHAT HAS YOUR RESEARCH REVEALED THAT READERS MIGHT FIND SURPRISING?

I started studying the relationship between early health and educational outcomes about a decade ago. I tracked over one million kids from birth through elementary and secondary school and found that the higher their birthweight, no matter what the birthweight, the better their later educational outcomes. Birthweight can also be an indicator of maternal health during pregnancy, and it can be a proxy for other aspects of fetal development.

For instance, I looked at gestational exposure to environmental toxicants. It turns out that low birthweight affects not only overall health but also cognitive development. This is because the blood brain barrier is most porous during gestation. So, if you are exposed to toxic waste in your environment in utero, those toxins will go straight to your brain.

One lesson from this is that we can't think about our health and cognition as being separate. We need to think about human wellness holistically. At Rochester, we have people looking at human flourishing from so many different dimensions. This is something that drew me here.

WHAT ARE YOUR FAVORITE KINDS OF BOOKS TO READ?

I love reading fiction featuring people who feel caught between worlds. Among my favorites in this genre is *Americanah* by Chimamanda Ngozi Adichie, a novel about a Nigerian woman attending a PhD program in the U.S. who is always walking a tightrope of sorts, trying to find her place within every potential community with which she might affiliate. Another novel I read more recently that touched on very different themes but that affected me in similar ways is *Crossroads* by Jonathan Franzen. I couldn't put either book down.

These books are relatable: We are all trying to figure out who we are, what we stand for, who our people are. They confront the messiness that is part of our human condition. They remind me of the importance of the humanities, too—we all live in societies, work in organizations, exist in families, and we spend so much of our time engaging with other people. Much misunderstanding happens when we fail to consider a situation from another person's perspective. I find that there is no better way to explore this, and to put myself in someone else's shoes, than to read narratives.

David Figlio began his role at the University July 1, 2022. He is an internationally recognized economist and educational leader whose interdisciplinary research spans educational, public, and social policy.



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