

IN MEMORY

'So Others May Live'

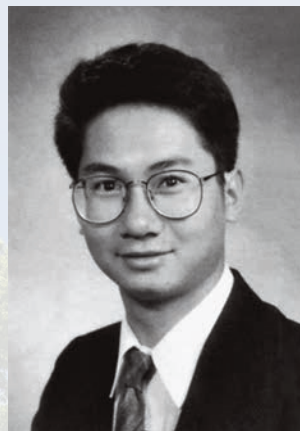
On the morning of September 11, 2001, Zhe (Zack) Zeng '95, '98S (MBA) was at work at the Bank of New York in Lower Manhattan when two planes crashed into the twin towers of the World Trade Center. As he and his colleagues evacuated their building, Zeng, formerly an emergency medical technician with Brighton Volunteer Ambulance, grabbed some supplies and headed three blocks to the towers to administer first-aid to the wounded. He died while trying to save others.

Earlier this year, Brighton Volunteer Ambulance, serving an area just outside the city of Rochester,

voted to dedicate a new ambulance "in memory of Zhe 'Zack' Zeng and all the rescuers who died on September 11, 2001: 'So Others May Live.'"

In May, a dedication ceremony took place on the Eastman Quadrangle. Paul Burgett, vice president, senior advisor to the president, and University dean, led the ceremony, while the University NROTC Honor Guard served colors. Joining Burgett were Rob Clark, then dean of the Hajim School, Andrew Ainslie, dean of the Simon School, and Daniel McCue, president of Brighton Volunteer Ambulance.

—Karen McCally '02 (PhD)





TEST KITCHEN: Chefs Lustbader (center) and Jason Vincent (left) and beverage director Josh Perlman aim to foster a new work culture in their Chicago restaurant, Giant, opening in July.

Kitchen Confidantes

Chicago chef Ben Lustbader '01 and his partners offer great food and great atmosphere—in the kitchen as much as the dining room.

By Maya Dukmasova '12

Running a restaurant is usually unpredictable, grueling, stressful, and not a good way to get rich. That's why chef **Ben Lustbader** '01 and his friend and business partner Jason Vincent formed a pact long ago: no matter what, they would be honest with each other.

"If you're pissed about something you've got to say it. No passive aggressiveness, no letting it build up, no trying to work around it," Lustbader says.

They're on the verge of opening a small, new restaurant (ironically named Giant) in Chicago's Logan Square neighborhood. Vincent made *Food & Wine's* list of best new chefs in 2013, when he and Lustbader worked together as head chef and sous chef at the Chicago restaurant Nightwood. News about Giant, which opens in July, has dotted Chicago's cultural rags for months now. "Rumors have swirled about Jason Vincent possibly opening his new restaurant. Today the announcement comes," wrote a breathless critic in *Chicago Eater* last February.

With Giant, they're aiming not only to create great food, but to build a supportive, healthy culture inside their kitchen. The size will help. "Forty seats is really small, which is really exciting because we don't have to mass-produce stuff," says Lustbader.

Lustbader's journey into the food business began in the unlike-

liest of places: the archives of the Holocaust Memorial Museum in Washington, D.C. As an intern there after graduating from Rochester, he was supplementing his income with a job at a Borders bookstore café, which turned into his first restaurant job, at chef Martin Saylor's Butterfield 9, right next door.

Having no previous cooking experience besides a summer of deep frying at Rochester's Dinosaur Bar-B-Que, he started with prep work: peeling butternut squash, picking herbs, and making infinite quantities of gnocchi.

"I didn't know anything. They'd send me into the walk-in for rosemary and I'd come back with parsley," Lustbader recalls with a chuckle. But Saylor's leadership style and professional generosity were an inspiration. Eventually he stopped applying to museum and archiving jobs.

After three years at Butterfield 9 he moved on to Michel Richard's Citronelle, what was once widely regarded as one of the capital's best restaurants. It was a classic French kitchen, where Richard was pushing boundaries with whimsical recipes. Lustbader grew immensely as a professional. But, looking back, he says, "The whole place was way over my head. Their goal was to break you down so that they could build you back up." He recalls "the yelling and screaming and throwing things."

Lustbader stayed for a year—the norm (*Continued on Page 49*)



"So let me introduce my staff. I'm the only surgeon, and I have one nurse, four billing clerks, two accountants, two attorneys, a nutritionist, two social workers, a Medicaid specialist..."



"George, the doctor told me that you're my biggest risk factor."



"After the lab studies, angiograms, MRI, and the full body CT scans, the physical examination revealed the knife in his back."



"Thanks again, Virginia, for continuing in our study. We have just a few new forms to complete..."

The Surgeon Is in the House. And He's Laughing.

"You realize you've got to be a little nutty to do this, right?," **Walter Pories** '55M (MD), '62M (Res) says into the telephone.

He's just come from a presentation by a visiting scholar—"this really fancy professor"—on palliative care. "She was so serious," he says, drawing out the word serious. "Seeeee-rious." He's already sketched up a cartoon in which a patient arises from bed and removes the "Do Not Resuscitate" sign from his door.


Pories has gone to (and delivered) a long list of presentations, and sat through (and led) countless faculty meetings in his 50-plus-year career in academic medicine. He arrived at East Carolina University in 1977 to help establish the medical school. The founding chair of surgery, he's now the director of East Carolina's Metabolic Surgery Research Group.

He's responded to life in academic medicine through humor since his time as a resident at Rochester. When it came time to choose who among his 12 cohorts in the general surgery residency program would remain to become chief residents, "I had some real concerns, like everybody else," he says. "But my biggest concern was that fact that I made cartoons of a lot of these faculty

members. I thought, 'I'm really dead meat here.'"

It turns out Pories was wrong. "By God, I got picked to be a chief resident," he says. "So I said, 'What in the world happened?' And they said, 'Well, the only people upset were the ones you didn't cartoon.'"

Pories's cartoons are regular features of the journals *Bariatric Times*, which runs "Walter Pories's Cartoon Corner, as well as *Surgery for Obesity and Related Diseases*, which features a cartoon by Pories on the back page of every issue. In 2015 the American College of Surgeons published a collection of Pories's cartoons, *Is There a Surgeon in the House?*

"I was amazed that the American College of Surgeons would ask to publish" the collection, Pories says. He deals with controversial themes in the messy and uncertain world of fast-changing health care economics. "Patients have become commodities, and the rules are made to save money," he says. He doesn't spare the academic leaders caught in that bind. But so far, he's kept many of them laughing. 

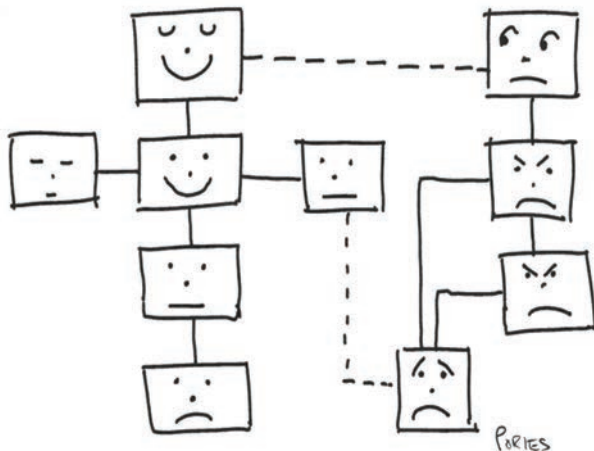
—KAREN MCCALLY '02 (PHD)



"My faculty agrees with you that we need to run this center like a business. Accordingly, we voted to shut down the medical school and invest the reserves."



*"Yes, you are fully insured."
"Yes, we require six months of consecutive visits for dietary control prior to bariatric surgery even though the NIH has found it not useful."
"No, of course we don't pay for these visits."*



Departmental Organization Chart

(Continued from Page 47) for a young chef at any restaurant—then left D.C. for Raleigh, North Carolina, quickly finding a job in a much more casual restaurant. There, he learned for the first time about seasonal cooking, and that it was possible to have fun in the kitchen.

In 2007 Lustbader moved to Chicago, working in the heady environment of a Michelin-starred restaurant (North Pond) and eventually finding a home in a kitchen pioneering farm-to-table eating (Lula Café). There, he met Vincent and went on to work under his direction for five years at Nightwood. A regular in the Michelin Guide's Bib Gourmand category (for restaurants offering exceptional food at a moderate price), Nightwood specialized in locally sourced products and conceptual recipes.

Lustbader and Vincent clicked. Their bond remains palpable. "I've always liked working with Ben," says Vincent. On a May afternoon, the duo joked and teased one another through a round of recipe testing for Giant.

Experimenting with a microwave cake, they tried one batter mixture with eggs, piping it through an aerosol into different containers. The cake, baked in a plastic cup, had a Wonder Bread-like texture, but could only be torn, not cut. They tried an alternative, baked on a ceramic plate, which turned into a spongy crepe. Then

"We were invested 24/7 at Nightwood, and at some point, no matter how good your intensions are, you've got nothing left. You're burning the candle at both ends."—Ben Lustbader '01

they tried a batter with sour cream, which burned in a shallow dish, leaving a sweet flavor resembling marshmallows. In a ramekin, it became a rubbery rice cake.


The recipe testing process is part inspiration, part experimentation. Recently the partners spent about 20 hours working out the perfect onion ring; other dishes can come together in minutes. The cake idea needed time to rest.

Giant will have a menu of small and large plates, based as much as possible on locally sourced, Midwestern-style fare. While Nightwood had been a foodie destination, Lustbader, Vincent, and a third partner, beverage director Josh Perlman, hope the new restaurant will be much more of a neighborhood mainstay, affordable and unpretentious. They also want it to be a foundation for a good life outside the kitchen.

"Priorities are a big deal," Lustbader says, "We were invested 24/7 at Nightwood, and at some point, no matter how good your intensions are, you've got nothing left. You're burning the candle at both ends."

Vincent says that the meat of animals slaughtered in distress tastes different from that which comes from animals who die peacefully. Similarly, he says, "if you're stressed out and you don't like you your job, are you really going to do the best job that you're being asked to?"

Lustbader doesn't quite agree. "There's been tons of amazing food that's been put out by completely stressed out, miserable cooks, at the highest levels," he says. Vincent has second thoughts. "Most of it, actually," he admits, laughing.

But that's not the point. "Our goal," says Lustbader, "is to show that you don't have to have that kind of culture to create great food." 

Army Captain, Team Captain, Gold Medalist

William (Will) Reynolds '10S (MBA) led the U.S. military team of 115 athletes in the 2016 Invictus Games held in May at the ESPN Wide World of Sports Complex in Orlando, Florida. The team captain also picked up four medals: two golds in the 100- and 1,500-meter track events, and two silvers in the 200- and 400-meters.

The Invictus Games were founded by Britain's Prince Harry, a veteran of the war in Afghanistan, in 2014. This year, close to 500 athletes, all wounded veterans or active duty servicemen and women in the militaries of 14 nations, competed in the games.

Reynolds was a captain in the Army serving in Baghdad when a remote-detonated explosive went off in his vicinity, shattering his left leg. The West Point graduate underwent 26 surgeries between 2004 and 2006. In 2013, he and his doctors decided to amputate his left leg at the knee.

It was a turning point in his recovery. Fitted with a prosthetic, he began training for the inaugural Invictus Games in London. He picked up four bronze medals in the competition.

Reynolds has lived in the Washington, D.C., area and worked for Deloitte since earning his MBA from the Simon Business School. In a statement to Army Public Affairs, Reynolds said: "When we all take the military oath, we prepare ourselves for the worst. As a result, some become wounded, ill, or injured. Having the opportunity to change the battlefield to a friendly competition field with international service members is a great honor. These athletes all have a common bond of striving to protect something larger than ourselves. Invictus Games provide the opportunity to show the world our resilience, our strength, and that we are not defined by our wounds."



LEADER: Reynolds, leader of the team of 115 athletes at the 2016 Invictus Games, leads the 100 meters, in which he took gold.

Stop Before You Diet Again

Neuroscientist and popular science writer **Sandra Aamodt** '94M (PhD) penned a lead article in the *New York Times* Sunday Review section in May on research detailed in her new book, *Why Diets Make Us Fat*:



WEIGHTY: Aamodt researches metabolism and the brain.

The Unintended Consequences of Our Obsession with Weight Loss (Penguin Random House).

Aamodt explains that the brain exerts a powerful influence over body weight, working to keep body weight within a given range. That range, called the set point, is determined by a combination of genetics and environment, and may, or may not, correspond to the dieter's ideal. As body weight drops, the brain retaliates with tools such as metabolic suppression—slowing the rate at which the body burns calories—and production of more hunger-stimulating hormones.

Aamodt's 2013 Global TED Talk, "Why Dieting Doesn't Usually Work," has received more than three million views. In addition, she has been interviewed on National Public Radio's *Fresh Air*, *Weekend Edition*, and *All Things Considered*, and speaks around

the nation on a variety of topics in neuroscience, including the adolescent brain, the aging brain, intelligence, and the effects of exercise on the brain. Her 2009 book, *Welcome to Your Brain: Why You Lose Your Car Keys but Never Forget How to Drive and Other Puzzles of Everyday Life* (Bloomsbury), won the Young Adult Science Book of the Year award from the American Association for the Advancement of Science.

Heroes in the Battle Against PTSD

Tara Rider Galovski '94 and **Terence (Terry) Keane** '73, leaders in the field of post-traumatic stress disorder treatment and research, helped Secretary of Veterans Affairs Bob McDonald learn more about the condition when the secretary visited the VA Boston Healthcare System last winter. Galovski is director of the Women's Health Sciences Division, and Keane is director of the Behavioral Science Division, both within the Department of Veterans Affairs National Center for PTSD. Both are also faculty members in the psychiatry department at Boston University's medical school.

During his visit, McDonald also presented Keane with the VA's highest honor for clinical research, the John Blair Barnwell Award. Director of the National Center for PTSD behavioral science division since 1989, Keane played a key role in identifying symptoms of wartime trauma before PTSD was recognized as a diagnosis. His research helped lay the foundation for identifying PTSD as a serious mental health problem that could arise in both military and civilian contexts, and he cochaired a National Institute of Mental Health initiative to establish standards for the diagnosis and assessment of PTSD.



Maggie Wilderotter



Alan Zekelman



Ed Hajim



Larry Bloch



Margarita Simon Guillory



Vera Tilson



Joseph Morelle



Duncan Moore

HONORS & AWARDS

Alumni, Faculty, and Guests Honored at 2016 Commencement

The University recognized 11 alumni, faculty, and special guests at this spring's commencement ceremonies. On behalf of the University, President Joel Seligman and Provost Peter Lennie bestowed awards on each member of the group for teaching, scholarship, achievements, and service.

Honorary Doctor of Laws

Maggie Wilderotter, CEO of Frontier Communications, 2004-15.

Alan Zekelman '87S (MS), director of Zekelman Industries.

Eastman Medal

Ed Hajim '58, president of Diker Management and chair of the University Board of Trustees, 2008-2016.

Joseph Morelle, majority leader, New York State Assembly.

Charles Force Hutchison and Marjorie Smith Hutchison Medal

Larry Bloch '75, former chair of TransWestern Publishing.

Richard Hodes '82M (MD), medical director of the American Jewish Joint Distribution Committee.

William H. Ricker University Award for Excellence in Graduate Teaching

Richard Feldman, professor of philosophy and dean of the College.

Lifetime Achievement Award in Graduate Education

Duncan Moore '74 (PhD), Rudolf and Hilda Kingslake Professor in Optical Engineering Science and vice provost for entrepreneurship.



Richard Feldman



Andrew Berger

Edward Peck Curtis Award for Excellence in Undergraduate Teaching

Andrew Berger, associate professor of optics and of biomedical engineering.

G. Graydon Curtis '58 and Jane W. Curtis Award for Nontenured Faculty Teaching Excellence

Margarita Simon Guillory, assistant professor of religion.
Vera Tilson, associate professor of operations management.



Richard Hodes