

ISSUE No. 2
WINTER 2021



MELIORA
EVER BETTER

BUZZ

SIR ROCHA SAYS

Linh Phillips '13S (MBA) dishes on Rochester's food scene

ALUMNI ROUNDTABLE

Three alumni career and life coaches share tips for returning to the office

TAKE HEART

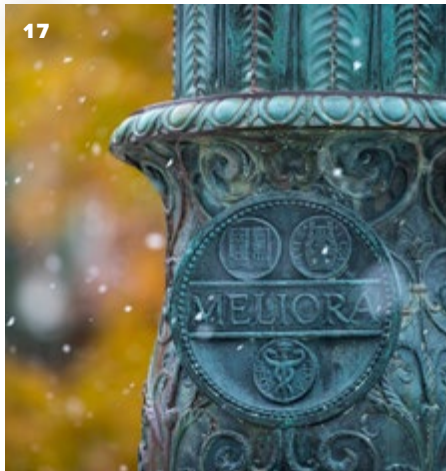
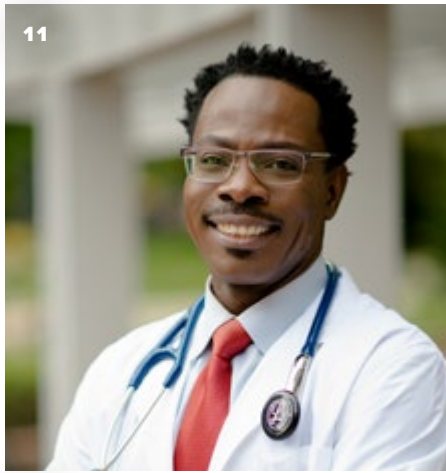
Cardiologist Sanul Corrielus '98M (MD) cares for the underserved in his community



JUST FOR FUN

Seasonal recipes, mindful origami, a holiday gift guide, and more

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Ingrid Fielder '01, Fateh Peera '01, Mark Katz '01, Brida Klein '01, and Diana Osorio '01

DEAR READER,

The response to the spring edition of *Buzz*—launched during the pandemic—was so positive that we've decided to publish *Buzz* for alumni, parents, and friends twice a year.

Inside this issue, you'll find stories about exceptional people associated with the University, as well as expert advice on timely topics such as returning to the office and coping with uncertainty.

Our goal with *Buzz* is to produce something smart, fun, and interesting, with more of a lifestyle-oriented feel. Most of us are already aware of the many ways the University advances knowledge and understanding of the most complex problems facing society. The University also seeks to be a resource for everyday activity.

Regardless of your life stage, we have an opportunity for you to get involved. Please visit rochester.edu/together to learn about virtual lectures and webinars, regional alumni and affinity networks, and to register for upcoming events. We look forward to seeing more of you in 2022; in person, virtually, or both!

Best wishes for a safe and healthy holiday season.

Sincerely,

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

ON THE COVER

For many years, sliding down the Susan B. Anthony hill on a dining hall tray was a Rochester tradition. Following the first real snowfall, students would borrow trays and use them for sledding. Though the River Campus has been "trayless" since 2010 in an effort to increase sustainability, students still have sledding fun using their own equipment.

Illustration by Chris Lyons



SIR ROCHA SAYS



Photo by Rachel Liz Photography

   @sirrochasays

Find Simon alumna Linh Phillips '13S (MBA)—the woman behind Sir Rocha Says—on social media, dishing on the best of Rochester's food scene.

by **KRISTINE KAPPEL THOMPSON**

Linh Phillips '13S (MBA) has long been the food expert in her circle of friends—the one people turned to for brunch recommendations or date night ideas. She always knew which restaurants offered the trendiest and tastiest foods, and how to find Rochester's hidden gems. So in late 2014, she combined her passion for food with the marketing know-how she gained at the Simon Business School to launch her blog Sir Rocha Says. The goal: to help others discover new food and drink experiences and fall in love with Rochester. She has since become a social media force, with more than 27,000 followers on Instagram alone.

“ I want everyone to have a full repertoire of the amazing restaurants and places to visit and support in Rochester. ”

Phillips took on the name of Sir Rocha Says [pronounced Sir-Rah-Cha Says] for several reasons. It's a playful twist on the oft-heard local phrase, “RoChaCha.” It also plays off of her love of sriracha, the popular condiment. Her social media pseudonym pays homage to her parents, too. In the late 1970s, they left war-torn Vietnam and immigrated to the U.S.

“After the Vietnam War, my parents and sister fled to Malaysia with just the clothes on their backs,” she says. “After eight months in a refugee camp, they received the good news that two Rochester families would help sponsor them. They arrived in a new country and had to completely start over. The name ‘Sir Rocha Says’ gives me an opportunity to pay tribute to their courageous journey.”



“Adding ‘Rocha’ to my brand name,” Phillips adds, “also underscores my gratitude to Rochester, aligns with my devotion to this city, and supports my interest in helping local businesses thrive.”

By bringing her firsthand experiences, inspiring photos, and food-worthy insights to social media, Phillips has met her goal of bringing the best of Rochester’s eateries and community to her followers. As a self-described “experiential explorer,” she says that being a food lover has given her opportunities to connect with the community, hear their stories, and become immersed in the foods of different cultures and backgrounds—something she relishes. For her, it’s all about shining a positive light on Rochester.

With the holidays approaching, Phillips notes some of her favorite family traditions. “We include Vietnamese fried eggs rolls (chả giò) at every Thanksgiving and Christmas meal,” she says. “We love blending Vietnamese and American foods during the holidays and throughout the year.”

When Phillips isn’t eating, posting, or blogging, she works as a marketing research expert, helping beverage brands grow. She also thrives on spending time with her husband and 18-month-old son, who often join her on her food adventures. “I really enjoy offering people fun and mouth-watering ways to discover new places to eat and rediscover places that they may not have visited in a while,” she says. “I want everyone to have a full repertoire of amazing local restaurants and places to visit and support.”

LEARN MORE
SirRochaSays.com



SHINING A POSITIVE LIGHT ON ROCHESTER

Photo by Rachel Liz Photography



RETURN TO THE WORKPLACE

Worried about going back to the office? Not sure how to manage it all? Three alumni career and life coaches—Sean Allen '11S (MS), Julie Reisler '97, and Jonathan Meagher-Zayas '13—share tips for easing the transition.

by KRISTINE KAPPEL THOMPSON



Getty Images photo

TAKE CARE OF YOURSELF

When people come to me anxious about going back to the workplace, I tell them three things. First, use your networks and leverage your relationships. Everyone feels more comfortable when they are surrounded by what they know, so surround yourself with what's familiar.

Next, get reacquainted with your work environment, which may have changed since you were there last. If you were hired during the pandemic, do a drive-by or ask your company if you can go in before you are actually required to do so. Remember that familiarity breeds comfort, so do what you can to make that happen. We've also spent a lot of time on screens during the pandemic. When we get back into the office, be sure to make eye contact, listen, and use body language in ways that let people know you are interested in what they have to say.

Lastly, I tell people to cherish the technology that has come into our lives during COVID, for example, Microsoft Teams, Skype, and Zoom. Two years ago, we weren't on video calls multiple times a day, but now we are. This has given all of us a new skill set, which makes us more versatile and marketable. This is something good that has come out of the pandemic.

Throughout it all, take care of yourself. Get your steps in, take walks with your coworkers at lunch, and strengthen bonds with each other. Know that we can always help one other.



SEAN ALLEN '11S (MS)

*Founder,
the Real Goal Setter*

“Most people feel more comfortable when they are surrounded by what they know, so surround yourself with what's familiar.”

Sean Allen '11S (MS) is a Los Angeles-based engineer and the founder of The Real Goal Setter, where he offers his skills as a certified career coach, resume writer, fitness coach, and real estate agent. He is also a mentor within The Meliora Collective and a mentoring and career networking committee co-chair for the Black Alumni Network.



JULIE REISLER '97

Life and leadership coach

“When you change your perspective, you change your brain.”

Julie Reisler '97 is a Columbia, Maryland-based author, founder of the Life Designer® Coaching Certification program, podcast host, national speaker, and a faculty member at Georgetown University. She holds a bachelor's in psychology from the University of Rochester, a master's in coaching from the Maryland University of Integrative Health, and more than 12 health and well-being certifications.

DON'T BYPASS YOUR FEELINGS

I teach and talk about how what you appreciate, appreciates. Reflect on the time you've had at home and then do an inventory of what you are grateful for. Reframe your thoughts and think about what this time is doing *for* you instead of what it is doing *to* you.

Keep in mind that when you change your perspective, you change your brain. We can attribute this to the science of neuroplasticity, which is about changing the firing patterns in our brains. This is a powerful way to alter your mindset and the way you respond to stress. Typically, it takes between 65 and 100 days of repeated action to make these neural changes.

I encourage everyone to start a regular meditation practice. I think of this as mindfulness hygiene—and it's non-negotiable for me. I need to do it just like I need to brush my teeth. It doesn't have to be a lengthy practice either. It can be five, 10, or 15 minutes long depending on the time you have. If you aren't sure how to start, check out one of my free meditations along with what's available on Insight Timer, a free app. Also, find a coach, a counselor, or someone who can help you digest what you are feeling.

During this time of transition, remember not to bypass your feelings—don't block them, avoid them, or distract yourself from them. Give yourself the kind of compassion, space, and grace you'd give a close friend.

ADVOCATE FOR WHAT WORKS BEST FOR YOU

I'm passionate about career coaching in the nonprofit sector. I am also a self-described “equity warrior,” and a lot of what I'm hearing from people has to do with issues of fairness and inclusivity.

For instance, some people have really struggled with remote work. They don't have the technological support nor the resources to make it work easily. Those in historically marginalized groups face distinct challenges, too—some of which have been alleviated by working remotely. For instance, fewer microaggressions seem to take place in the remote workspace. Those water cooler conversations about stories in the news just don't happen as often, which is a relief because, in person, they are often asked for their opinions, as though they speak for the people who look like them.

People have ongoing safety concerns, too, especially now with the Delta variant. Many in the nonprofit world work with young people and communities who aren't vaccinated. They are worried about their own safety as well as the safety of their clients. I advise people to talk to their supervisors and do what they are comfortable with.

Also, people want the flexibility to work from home or even in a coffee shop, for example, if that can maximize valuable time between meetings. Since this kind of flexibility increases productivity for many, it's important for employees to talk to their supervisors about what they need to be the best they can be. In everything, people should remember to advocate for what works best for them.



JONATHAN MEAGHER-ZAYAS '13 MSW, MPA

Social sector career coach

“Talk to your supervisor about what you need to be the best you can be.”

Jonathan Meagher-Zayas '13 MSW, MPA, is a Rochester, NY-based nonprofit capacity building strategist, social sector career coach, social worker, and policy analyst. He's also the director of agency advancement at Villa of Hope and an equity issue consultant. Additionally, he is a mentor within The Meliora Collective and has provided volunteer insight for the University's diversity, equity, and inclusion programs.

READ THE FULL STORY
uofr.us/ReturntoWorkTips

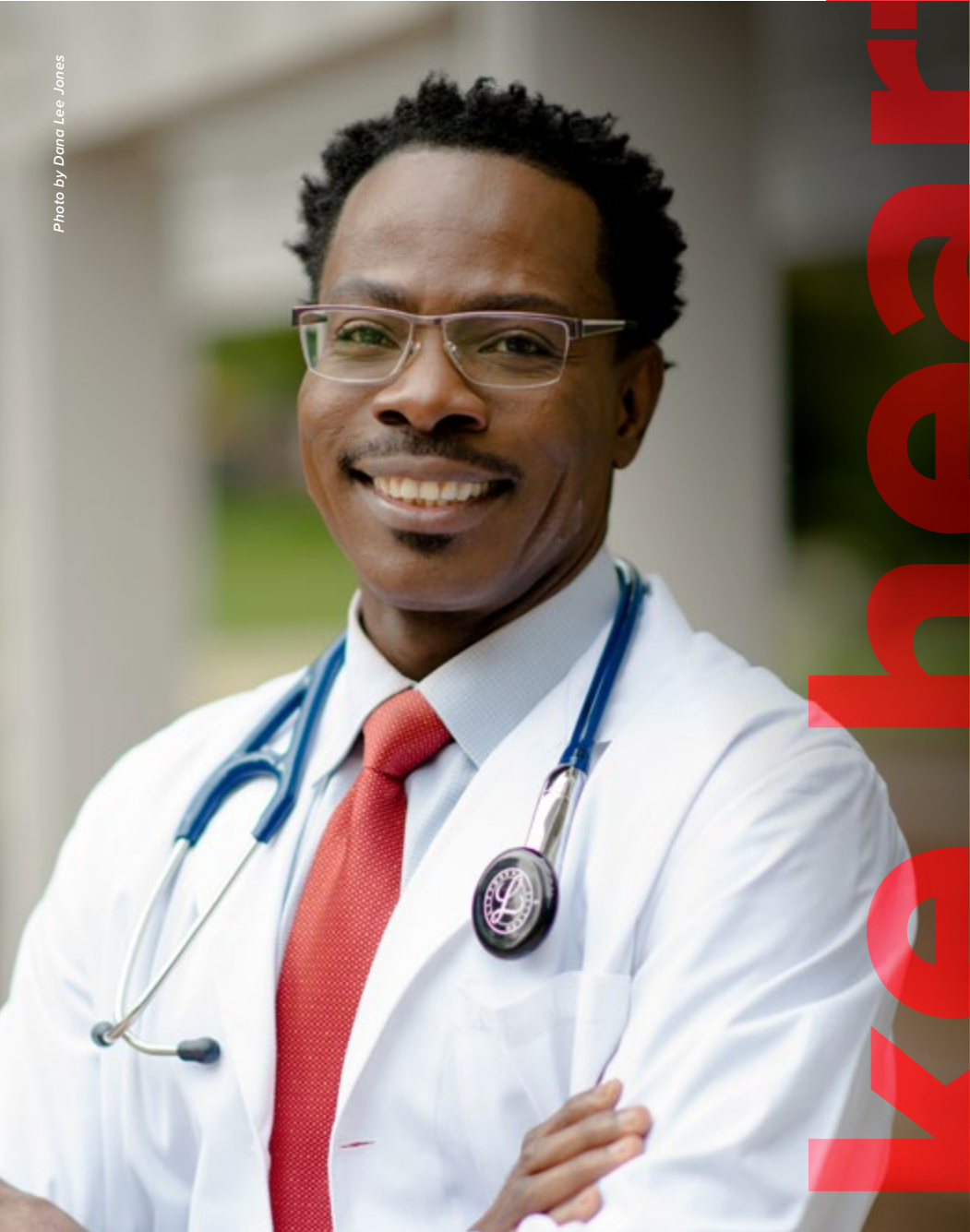
Looking for more information and guidance?

PERUSE OUR CAREER RESOURCES
uofr.us/career-resources

JOIN THE MELIORA COLLECTIVE
thecollective.rochester.edu

The Meliora Collective is available exclusively to University alumni, students, and friends. Find someone with a shared interest, learn from experts in a particular subject area, or mentor students looking to make their mark on the world.





A conversation with Sanul Corrielus '98M (MD)

Heart
take
talk

Sanul Corrielus '98M (MD) grew up in Haiti, one of nine children. When he was three years old, his father took a job in the U.S. that allowed him to better provide for his family. Throughout his childhood, Corrielus spoke with his father often by phone, and he dreamed of reuniting with him, someday.

by **KRISTINE KAPPEL THOMPSON**

That dream came true when, at 17 years old, Corrielus moved to Brooklyn to live with his father. He finished his last year of high school and then enrolled at Brooklyn College. Soon after, his father got sick.

“I watched heart disease consume my father,” says Corrielus. “I vividly recall how little he knew about his condition. It was as though he was fighting in a war without any basic understanding of how to defend himself.” His father died within a year of their reunion.

“Looking back on my formative years, it feels like I was being trained for war,” he says. “It’s just that I didn’t know that the war I’d be fighting would be against heart disease.” Losing his father launched Corrielus on his quest to become a cardiologist. His wish: to empower people with the knowledge and tools to take care of their heart health.

Today, Corrielus runs Corrielus Cardiology in Philadelphia, where he has lived for 23 years. He is also the CEO for Suave Concierge, a personalized medical service that provides custom care to help prevent heart disease. In addition, Corrielus founded the Community Cardiovascular Initiative (CCI), a program that partners with community agencies, churches, and organizations such as the Centers for Disease Control and the American Heart Association to educate underserved community members about good heart health.

Corrielus serves as a program committee leader, too, with the University’s Black Alumni Network. “Dr. Corrielus truly has a heart of gold,” says Karen Chance Mercurius, associate vice president of Alumni and Constituent Relations. “His passion for educating and uplifting others is inspiring, which helps people—his patients, community members, and our alumni and friends—live longer, happier, and healthier lives.”

HOW DID YOUR ROCHESTER EDUCATION HELP YOU BECOME THE PHYSICIAN YOU ARE TODAY?

The biopsychosocial approach—which the medical school founded—has become the cornerstone of my practice. As medical students, we were taught that the relationships we have with our patients—our fellow community members and neighbors—is of paramount importance. Understanding, knowing, and respecting my patients helps me provide the best health care I can.

WHO ARE YOUR HEROES?

Besides my father, my 93-year-old mother is another hero of mine. She taught me so much about perseverance and resilience. Then there’s Dr. Timothy Benson. He was my medical school roommate, classmate, and friend. Tim died two years ago. Before he passed, he wrote me a note on the back of his business card that I will never forget: “To my brother, to succeed greatly, you must serve profoundly.” Tim got it. He was a good doctor and the kind of human being that inspires others to be all they can be.

HOW HAS COVID-19 AFFECTED THE WAYS YOU ENGAGE WITH THE COMMUNITY?

The biopsychosocial approach is more important than ever, especially now with COVID-19. We see so many people resistant to vaccination. In the medical community, we must ask ourselves why and what we can do to help break down that resistance. For me, that means building trust with people. It also means delivering information in ways—and in places—that resonate with them. Right now, too many people are turning to the internet and they are getting a lot of misinformation.

WHAT ARE SOME PROGRAMS THAT ARE WORKING WELL?

Through the CCI we run programs such as Walk with a Doc, Shop with a Doc, and a variety of “meducation” community education activities that focus on self-care and deliver cardiovascular screenings. For instance, we work with faith-based leaders through our “medevangelism” program.

We also are looking to engage alumni from the National Football League to help with some of our programs. Community members love interacting with them. Those who are influential in the community are in an ideal position to help deliver health-related messaging that will help improve people’s lives.

WHAT DO YOU THINK IS THE BIGGEST BARRIER TO GOOD HEART HEALTH?

Access. Yes, many people have doctors and insurance. My father had both, but he didn’t have the right kind of access nor was information delivered to him in ways that would really inform him how to take better action. When his legs got so swollen he couldn’t walk, he listened to a friend—not a doctor—who told him to put leeches on his legs to reduce the swelling. Remember that the biopsychosocial approach is key. If you know your patients, genuinely care about them, and they trust you, then they are all in.

“ Start your day by writing a list of the things you are grateful for. Do that daily and it will change your life. ”

WHAT’S A TYPICAL DAY LOOK LIKE FOR YOU?

When I wake up, I focus on gratitude, which brings me back to what I am most passionate about in my life—taking care of my family and my community. I pray and I meditate.

I meditate throughout the day, too—in my office, when I walk my dog, when I am driving my car. It doesn’t have to be a long or formal seated practice. At the end of the day, I repeat these practices before going to sleep.

WHAT INSPIRED YOU TO WRITE A BOOK? WHY THE TITLE?

My book, *Healing the Spartan*, which will publish soon, provides a breakthrough plan to heart health

and longevity. In it, I delve into how we all have a gift, a mission, and a purpose in life. Often, we put all we have into achieving our goals and daily tasks, but we do so at the detriment of our health. To me, spartans are people who help us, put others before themselves, and focus on the betterment of humanity. The book explores the importance of mind, body, and spirit balance to achieve our best, healthiest selves while serving others.

WHAT’S ONE PIECE OF HEALTH ADVICE YOU HAVE FOR PEOPLE?

Start your day by writing down at least 10 things you are grateful for. Do that daily and it will change your life. The health benefits are immeasurable.

READ THE FULL STORY
uofr.us/TakeHeart

daily dose of gratitude

10 THINGS I AM GRATEFUL FOR TODAY

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____



BLACK ALUMNI NETWORK
UNIVERSITY OF ROCHESTER

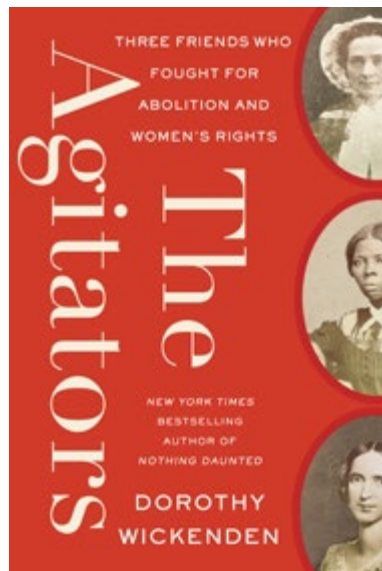
Help us foster a network for personal and professional connection and provide a sense of community for alumni of color.

CONNECT WITH US
uofr.us/BlackAlumniNetwork

VIRTUAL BOOK CLUB

The Agitators

Read and discuss the current selection from the University's virtual book club. *The Agitators*, by *New York Times* bestselling author Dorothy Wickenden, presents the history of abolition and women's rights as told through the intimate perspective of three friends—Harriet Tubman, Frances Seward, and Martha Wright—in the years before, during, and after the Civil War.



“ Absorbing and richly rewarding ... Wickenden traces the Auburn women's lives with intelligence, compassion, and verve ... and her assessment of the era leading up to the Civil War will resonate with readers in our own fractious era. ”

—MELANIE KIRKPATRICK,
WALL STREET JOURNAL

JOIN THE CLUB AND
CONNECT WITH FELLOW
ALUMNI, PARENTS,
FRIENDS, FACULTY,
AND STAFF
uofr.us/bookclub

- Virtual book club members read one book every two months and then connect through a private online forum
- It's free to join—members just need to get a copy of the featured book
- Being a member presents opportunities to have fun, gain literary insights, and meet—and even network with—people from across industries, generations, and geographies

FATIMA BAWANY '15, '21 (MD)



ALUMNAE POWER

Join the University's new volunteer-led Women's Network and be part of a dynamic community focused on connecting and supporting alumnae through interactive programming and engaging conversations.

CONNECT TODAY
uofr.us/WomensNetwork

WOMEN'S
NETWORK

connect | support | engage

Photo by Matt Wittmeyer

WHY MINDFULNESS WORKS

TRAINING YOUR BRAIN *in uncertain times*

by MARGARET BOGUMIL '00

The ups and downs of the past two years have left many feeling unbalanced and questioning what's important in life. Some are rethinking their jobs, relationships, personal priorities, and more.

In this time of perpetual uncertainty, how can we clear our heads and stay mindful and focused on what's most important? Autumn Gallegos Greenwich, PhD, licensed clinical psychologist, assistant professor of psychiatry at the University of Rochester Medical Center, and an expert on mind-body interventions related to stress and trauma, shares her thoughts on mindfulness, gratitude, and the science behind it all.

WHAT DOES IT MEAN TO BE MINDFUL?

You have to train your attention first. It's like sitting in a chair and training yourself to understand what your sensory experience is—what does it feel like to sit in that chair? What does the air feel like? What is the story you tell yourself about this experience?



AUTUMN GALLEGOS GREENWICH, PHD

Assistant Professor
of Psychiatry

To truly be mindful, you then need to move from attention to acceptance. That's allowing our experience to be what it is, allowing our body to feel just as it does. And that becomes the ability to direct our attention: to pay more attention to what we value and care about. This moves us towards prosocial behaviors—

“THERE'S A LIE THAT WE'RE SUPPOSED TO BE PRODUCTIVE AT ALL TIMES. YOUR WORTH IS NOT WHAT YOU PRODUCE—IT IS WHO YOU ARE.”

those that help and benefit others—like gratitude and compassion. This line from Mary Oliver's poem "Sometimes" sums it up well: "Instructions for living a life: Pay attention. Be astonished. Tell about it."

HOW CAN MULTI-TASKING CONTRIBUTE TO STRESS?

When we are distracted or multi-tasking, we aren't paying attention, and we become more reactive and more distressed, because we are trying to do more than we are capable of doing. With multi-tasking comes the message of striving—you should do more. The reality is that we can't do all the things and we can't do them well, and people often become burned out. There's a lie that we're supposed to be productive at all times. Your worth is not what you produce—it is who you are.

Ultimately, when we pay attention to our behaviors, we can ask the big questions: do I need to do all these things at once? Do they align with my values? Is this what I really care about? The shift that mindfulness allows is the choice to show up to everything in our life—whether they are things that we enjoy, or things that are hard or overwhelming—and be present.

HOW ARE MINDFULNESS AND GRATITUDE CONNECTED?

Gratitude is a high-impact, prosocial behavior that is huge in therapy and positive psychology because it creates a lot of positive emotions. One really fascinating thing that happens when we have grateful thoughts is that we use words like "we" more often. Gratitude is prosocial in the sense that you see yourself connected to a bigger whole, which can combat things like loneliness and disconnection.

WHAT'S THE SCIENCE BEHIND MINDFULNESS AND GRATITUDE? WHY DO THEY "WORK"?

Mindfulness is considered a mind-body practice because there are both mental and physical benefits. It's linked to changes in our brain: it increases activity in regions that control stress regulation, and decreases activity in regions that control our brain's stress alarm system, like the amygdala. Practicing mindfulness improves our mood, decreases our stress, and can help us better focus. It's been shown to reduce chronic pain, decrease inflammation, and improve sleep. Practicing gratitude has a similar effect because people find themselves more connected to other prosocial behaviors like compassion and empathy.

Mindfulness and gratitude also help us improve our relationships. Relationship issues are usually tied to poor communication. When we are mindful, we become better communicators: we're more compassionate, more present, and more willing to hear the other person in the relationship.

PRACTICING MINDFULNESS AND GRATITUDE SOUNDS GREAT. BUT HOW DO YOU GET STARTED?

It can be as simple as journaling. Every day, write down three things that you're grateful for. Apps are also an easy on-ramp into the world of mindfulness. I recommend Headspace—it offers prompts at certain times of day, meditations of different lengths, and basic and advanced courses that really train people in mindfulness.

MORE ABOUT MINDFULNESS, AND THE MINDFUL UNIVERSITY PROJECT

rochester.edu/mindful

I also love the concept of "awe walks"—walking outside with a fresh perspective and noticing things that inspire gratitude. There have been initial studies that show that such walks help people become more upbeat and hopeful. There's a *New York Times* piece (read it at uofr.us/AweWalk) that describes one such study, noting that "the awe walkers felt happier, less upset and more socially connected than the men and women in the control group."

Finally, silence and stillness are really where the work begins. Simply sitting with your gratitude, and thinking of your loved ones, especially at a time when we can't necessarily be with the people we love, can be very meaningful. It removes noise and distractions so we focus on what we really care about. As a result, we might make different choices, make that phone call, or reach out to others. When we pay attention, our values and behaviors start to align.

TIPS FOR A MINDFUL HOLIDAY SEASON

HOLIDAYS ARE ABOUT RITUAL, BUT WE ALSO DO MANY THINGS OUT OF HABIT, AND IT CAN BECOME STRESSFUL AND OVERWHELMING.

1

Take a look at your plans and choose the activities that align with your values and connect you to cherished rituals.

2

Consider combining old traditions with new ones.

3

Remember those who can't join you by incorporating their favorite food or tradition into your celebration.

4

Incorporate a gratitude ritual by having each person name what they're grateful for.



Up Against the Wall

Art, Activism,
and the AIDS Poster



EXHIBIT WILL SHOWCASE POSTERS FROM THE RIVER CAMPUS

LIBRARIES' AIDS EDUCATION COLLECTION

This spring, the University's Memorial Art Gallery, in collaboration with the River Campus Libraries (RCL), will present *Up Against the Wall: Art, Activism, and the AIDS Poster*. The exhibition will showcase approximately 200 of the most visually arresting and socially meaningful examples from the University's AIDS Education Collection donated by Dr. Edward C. Atwater. RCL's Department of Rare Books, Special Collections, and Preservation is home to the collection of about 8,000 posters—one of the world's largest visual resources of its kind related to the disease.

The posters, spanning from 1982 to the present, show how social, religious, civic, and public health agencies have addressed the controversial, often contested, terrain of the HIV/AIDS pandemic within the public realm. Organizations and creators



Dr. Edward C. Atwater (1926–2019)—a collector, physician, and medical historian—and his family donated his initial collection of 6,200 posters in 2007, which formed the foundation of the University's AIDS Education Collection. Today, the collection represents 130 countries and 75 languages and dialects.

Photo by J. Adam Fenster



"Prevent AIDS. Use One."
1991 | Massachusetts Department of Public Health



"AIDS Can Blow Your High."
1986 | Health Education Resources Organization, Baltimore, MD

tailored their messages to audiences, both broad and very specific, and used a wide array of strategies, employing humor, emotion, scare tactics, simple scientific explanations, sexual imagery, and many others to communicate powerfully and effectively.

Up Against the Wall will explore the "who, what, and where" of the HIV/AIDS crisis as reflected in the posters, with designs from various countries and in many languages. **The exhibition will be on display from March 6 to June 19, 2022.**

LEARN MORE AT
uofr.us/MAGUpAgainstTheWall

VIEW 2,000+ POSTERS ONLINE
uofr.us/AIDSPosters



"I Have AIDS, Please Hug Me."
1987 | Center for Attitudinal Healing,
Tiburon, CA

Advancing HIV/AIDS research

The University has long played a key role in the fight against HIV/AIDS. In 1981, **Michael S. Gottlieb '73M (MD), '74M (Res), '77M (Res)** became the first physician to identify acquired immune deficiency syndrome (AIDS) as a new disease. Since then, the Medical Center has partnered with the National Institutes of Health (NIH) to study HIV/AIDS for more than 30 years. Their efforts were recognized with a recent \$18 million grant to continue conducting vaccine and treatment trials and to engage with communities affected by HIV. The award has also allowed Rochester researchers to study other high-priority infectious diseases, including COVID-19.

LEARN MORE
uofr.us/HIVAIDSGrant

Participate in World AIDS Day

Today, more than 38 million people are living with the disease. World AIDS Day—which has taken place on December 1 every year since 1988—is an opportunity to support those who have the disease, to honor those who have died from it, and to raise awareness. The MAG will host a World AIDS Day event on December 1 at the museum.

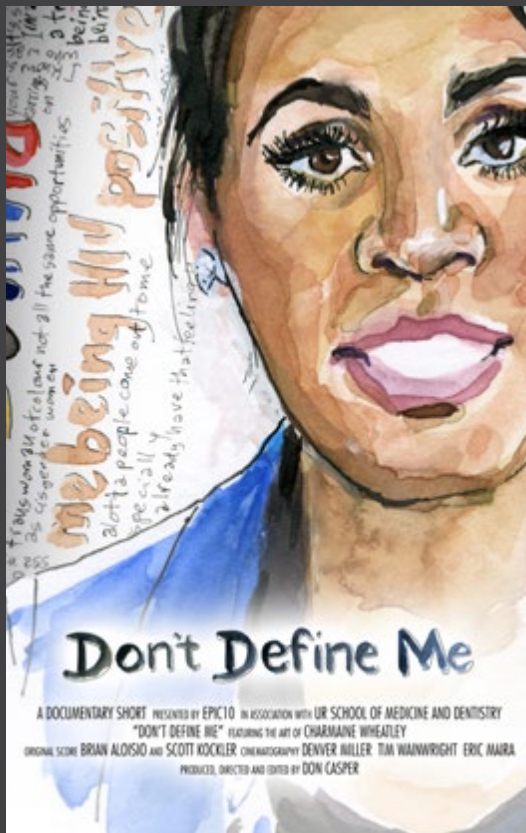
LEARN MORE
www.worldaidsday.org



Watch *Don't Define Me*

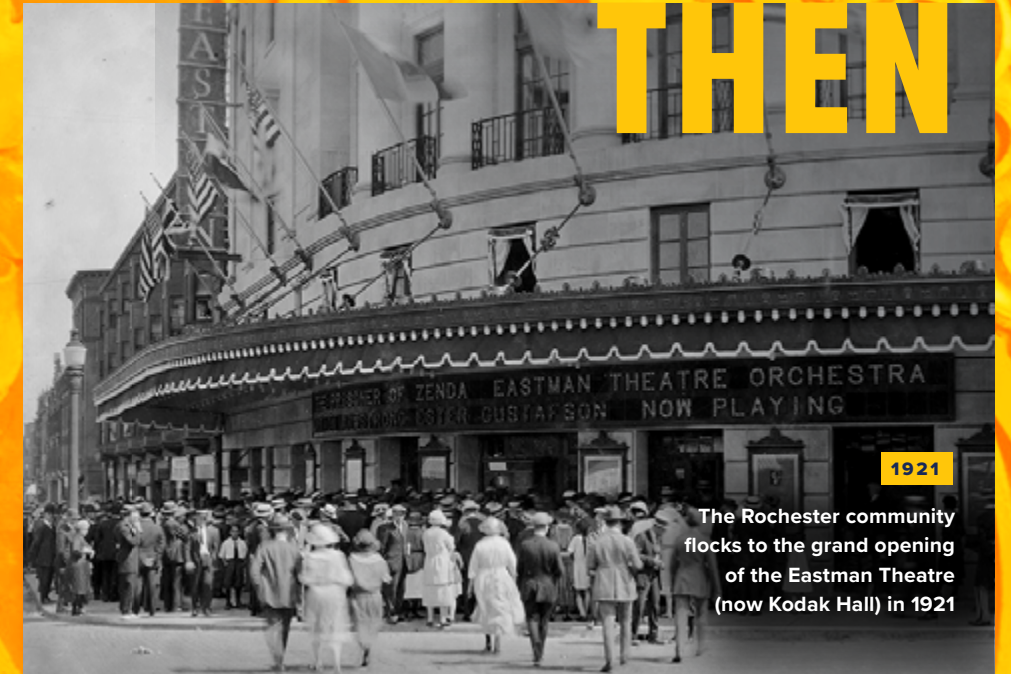
This 2020 Emmy Award-winning documentary short features Charmaine Wheatley, the Medical Center's artist-in-residence since 2017. The film, produced and directed by Rochester filmmaker Don Casper, in association with the School of Medicine and Dentistry, captures intimate moments with people affected by HIV/AIDS.

WATCH IT
uofr.us/DontDefineMeDocumentary



100 YEARS OF EASTMAN

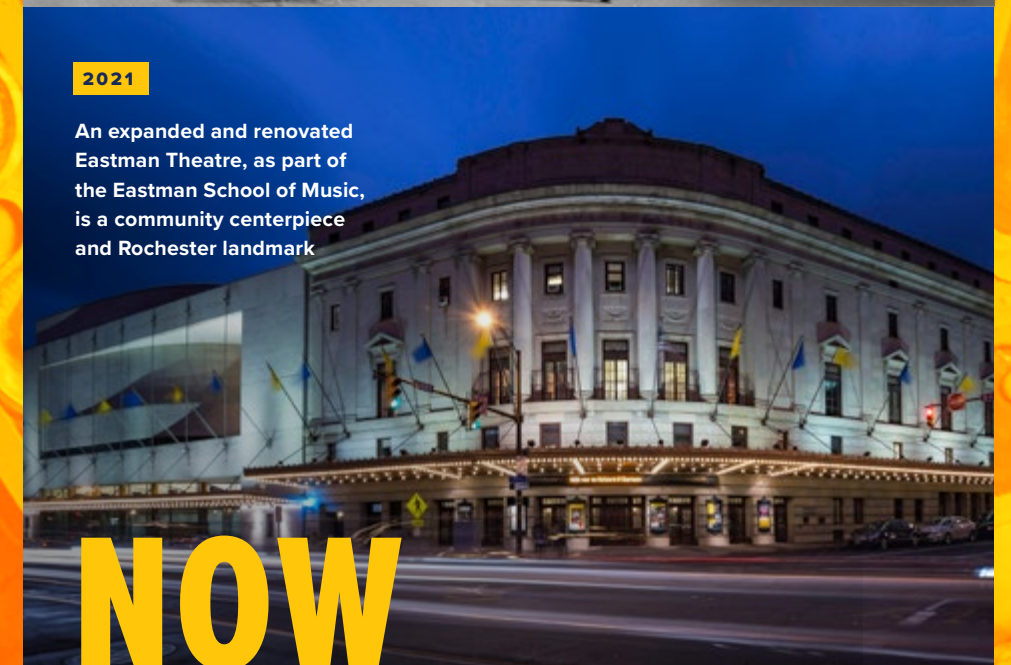
The fall of 2021 marked the beginning of the Eastman School of Music's centennial—a time to honor a century of music and the century to come. The celebration continues through 2022 with world music premieres, acclaimed guest artist performances, national academic and music conferences, alumni events around the country, and a television documentary.



THEN

1921

The Rochester community
flocks to the grand opening
of the Eastman Theatre
(now Kodak Hall) in 1921



2021

An expanded and renovated
Eastman Theatre, as part of
the Eastman School of Music,
is a community centerpiece
and Rochester landmark

NOW

**MORE ABOUT
EASTMAN'S CENTENNIAL**

uofr.us/ESMCentennial

WHAT'S COOKING?

"We make a big pot of hot cider on my mom's stove every Thanksgiving morning—the aroma fills the house. I started making glögg for when we celebrate Christmas with my husband's family as a nod to their Scandinavian heritage."

— **NORA RUBEL** | Jane and Alan Batkin Professor in Jewish Studies and chair of the Department of Religion and Classics

Besides being a noted food, religion, and culture scholar, Rubel is also an entrepreneur. She and her husband, Rob Nipe, run Grass Fed (www.grassfedrochester.com), a kosher and vegan butcher shop in Rochester, N.Y.



Glögg

(mulled wine)

1 bottle full-bodied red wine, a Shiraz or Zinfandel

Aquavit OR orange-flavored liqueur such as Grand Marnier

12-15 juniper berries

7-10 green cardamom pods

1/4 cup organic sugar

1 sliced orange

1 sliced Meyer lemon

3 kumquats (halved)

Orange or lemon slices

COMBINE juniper and cardamom in a tea ball or cheesecloth.

HEAT wine, sugar, the kumquats, half the orange, half the Meyer lemon, and spices over medium heat until sugar dissolves, about 5 minutes.

LADLE into mugs (serves about six). Stir 1/2 ounce of liqueur into each.

GARNISH with orange or lemon slices.

Hot spiced cider

1 gallon unpasteurized apple cider
1 sliced orange
3 cinnamon sticks, broken in half
6 whole cloves
6 whole allspice berries
4 star anise

BRING TO A BOIL cider, orange slices, and spices, and then drop to a very low heat.

LET SIMMER at least 20 minutes or for hours so your home smells festive.

LADLE into mugs.



Cut-out cookies

Makes about 3 dozen

3 cups flour

1 teaspoon baking soda

1 teaspoon baking powder

Dash of salt

1 cup butter, softened

1 cup sugar

2 egg yolks

1/2 cup sour cream

1 1/2 teaspoons vanilla extract

PREHEAT oven to 350F.

SIFT together flour, baking soda, baking powder, and salt in large bowl.

CREAM the butter and sugar with an electric mixer in separate bowl.

ADD egg yolks, sour cream, and vanilla to the butter and sugar mixture; mix until blended.

SLOWLY ADD the dry ingredients—the dough should be very stiff.

SPLIT dough into manageable pieces.

ROLL out the dough on a floured surface to about 1/4 inch and cut into desired shapes.

BAKE 8-10 minutes on a cookie sheet.

FIND MORE ALUMNI HOLIDAY RECIPES
uofr.us/URHolidayRecipes

"This recipe has been in our family for years. We make and decorate these cookies with our kids every year, then share with family and friends."

— EMMETT WILSON '14 (MA) AND MARISA WILSON

The University of Rochester has a history of breaking boundaries and making discoveries that have made the world ever better. Next time you talk about the University, mention one of these points of pride.



TAKING CARE OF BUSINESS.

The University's **Simon Business School** revolutionized the study of economics, hosts the world's leading pricing center, publishes three top academic business journals, and is the first business school to offer a STEM designation. *U.S. News & World Report* ranks Simon as having the #1 most diverse MBA program of the country's top 50 business schools. *Bloomberg Businessweek* ranks Simon #25 overall among U.S. business schools.

ADVANCING COVID-19 RESEARCH.

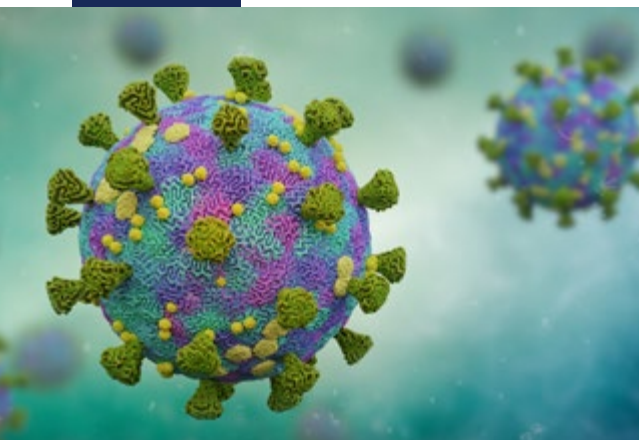
URMC clinicians and researchers have been at the forefront of the global race to develop coronavirus vaccines. They've tested all three major vaccines, two pediatric vaccines, and third-dose booster vaccines to protect against emerging variants. mRNA technology used in the vaccines is rooted in decades of infectious disease research conducted here. URMC researchers also recently launched a clinical trial to adapt the technology for a seasonal flu vaccine.

HITTING IT OUT OF THE PARK.

In the spring of 2021, a record six women suited up for baseball teams at various collegiate levels—Rochester's **Beth Greenwood '22**, a catcher and mechanical engineering major, was one of them. "It's a privilege to be here and have these opportunities because I didn't know this was possible when I was younger," she says.

READ MORE ABOUT GREENWOOD IN SPORTS ILLUSTRATED

uofr.us/womensbaseballSI



A NEW MURAL FOR THE ARTS.

In August, the Sloan Performing Arts Center opened on the River Campus. Dedicated to theater, dance, and music, this 30,000-square-foot, three-story building features a 60-foot-long mosaic by artist Jay Yan. His *Mural for Two Walls* includes nearly 8,000 distinct and intricately placed colorful and mirrored, polished steel and aluminum discs. Dandelions—a symbol of Rochester's perseverance—figure prominently in the design.

To make the mural, Yan created a computer-generated template to guide the placement of the discs. Each disc was then drilled into the wall and folded to reflect and shine in different ways as people approach the mural or drive by at night. "There is beauty in the individual pieces, and then from far away, there is beauty in them overall, together," says Yan.

READ MORE ABOUT YAN'S MURAL

uofr.us/sloancentermural



Photos by J. Adam Fenster

Jay Yan's original artwork was commissioned by generous donors in memory of Alan Carmasin '67.



TRY YOUR HAND AT ORIGAMI

The new mural at the Sloan Performing Arts Center resembles origami, the ancient art of paper folding that also incorporates skills rooted in mathematics, engineering, and science—all areas in which Rochester excels.

During this busy holiday season, origami offers an opportunity to practice mindfulness and gratitude. Take a five-minute break to create this Rochester spirit flower and reflect on the season and what matters most to you. To make the exercise family-friendly, consider asking these questions as you create your art:

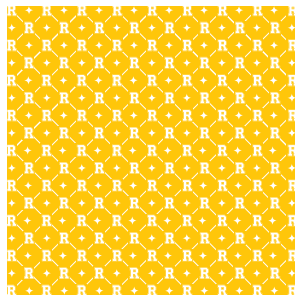


What made you smile today?

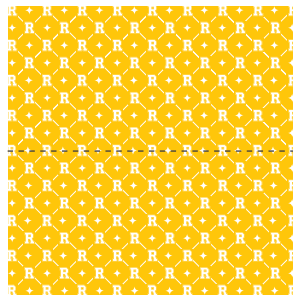
What are you most grateful for?

What are you looking forward to this winter?

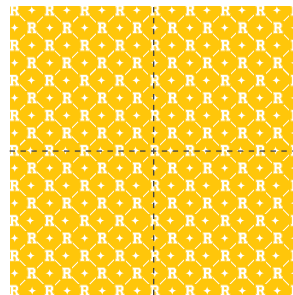
STEP 1 Cut out the square on page 30 along the dotted line.



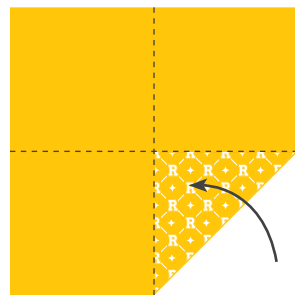
STEP 2 Fold your paper in half horizontally to crease, then unfold it.



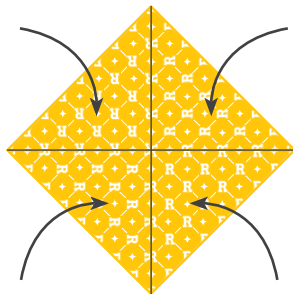
STEP 3 Fold the paper in half vertically. Unfold again.



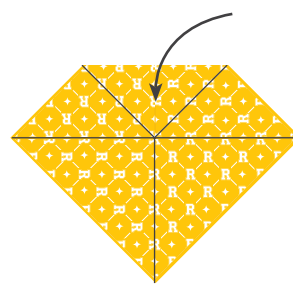
STEP 4 Flip the paper over, so the solid yellow side is up, and fold a corner into the middle crease.



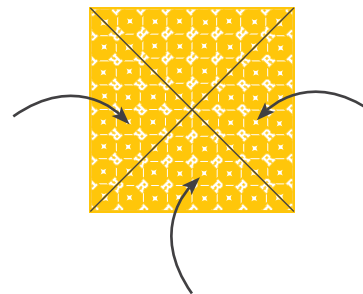
STEP 5 Repeat this with the remaining three corners to make what is known in origami as a “blintz base.”



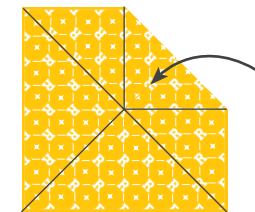
STEP 6 Fold a new corner into the middle crease.



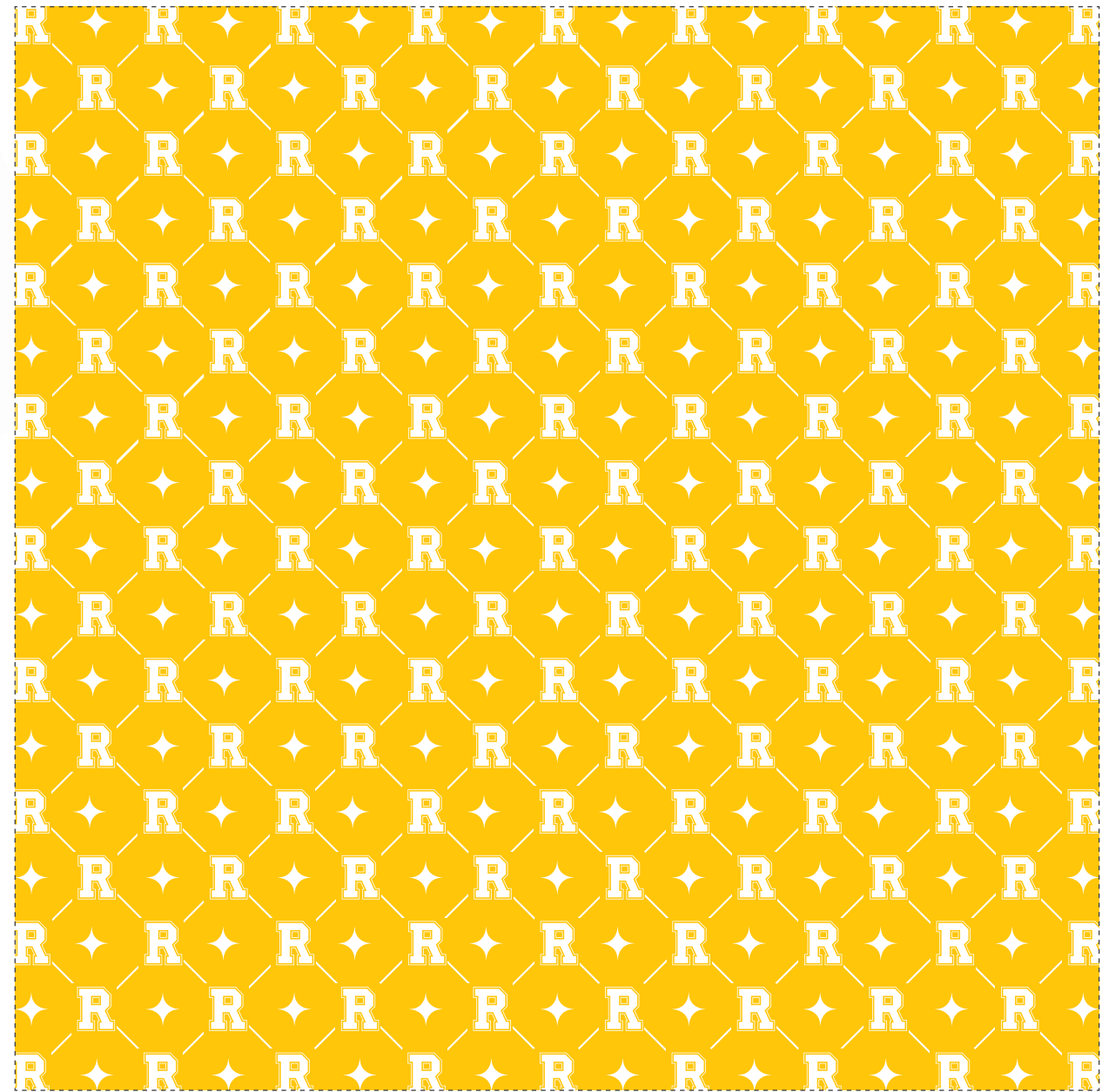
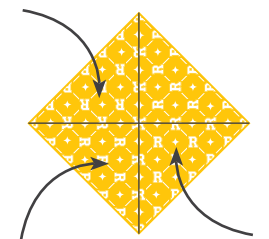
STEP 7 Repeat this with the remaining three corners. In origami craft, this shape is known as a “double blintz.”



STEP 8 Fold a new corner into the middle crease.



STEP 9 Fold each new corner into the middle a third and final time. This is known as a “triple blintz.”



holiday gift guide

Looking for the perfect holiday gift?

Wear and share some Rochester pride—there's something for everyone on your list.

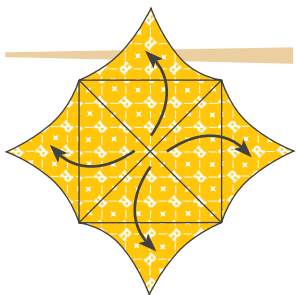
Find ideas for students, alumni, and friends. Search by school, too!

SHOP FOR ITEMS AT uofr.us/RochesterSpiritWear

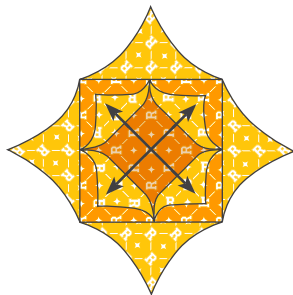


- 1 Champion Alumni Jersey Tee, \$22
- 2 TCK Dash Crew Sock, \$13
- 3 Nike Campus Cap, \$35
- 4 6x15 Felt Pennant, \$13
- 5 Infant Short and Hopper Set, \$40
- 6 Champion Reverse Weave Crew, \$70

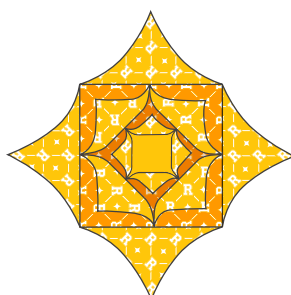
STEP 10 Using a chopstick or pencil, carefully curl back the corners of the top layer.



STEP 11 Continue by curling or lightly folding back the corners of the second layer.



STEP 12 Fold back the innermost layer and your flower is complete.





Buzz Magazine Winter 2021

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GIVE ME 5

FIVE MINUTES WITH Stephen Dewhurst

Vice dean of research at the School of Medicine and Dentistry and the interim vice president for University research

HOW DOES RESEARCH IMPROVE PATIENT CARE?

All the medicines we have today are the result of research—period. Without research, we wouldn't have insulin for diabetics, drug therapies for cancer patients, treatments for people with HIV/AIDS, and more. This is true for the COVID-19 vaccines, too, which are based on decades of basic research in infectious disease and RNA biology, areas in which the University excels and has played a lead role. Research directly translates into better patient outcomes.

WHAT'S A KEY LESSON YOU'VE LEARNED FROM SCIENCE?

Scientists have to be comfortable with uncertainty. Experiments fail. Discoveries upset our preconceived theories. New technologies come along and radically change the way we do our work. In science, we have to be okay with "I don't know" as well as admitting when we are wrong. Research is never done and there is always more to learn.

WHERE DOES THE BEST SCIENCE COME FROM?

Science is like life—you can't do it alone. It's essential to have a table around which many different perspectives and areas of expertise can sit and have their voices be heard. Physicians, statisticians, biologists, computer scientists, and others all need to work together; we also need to include diverse voices that offer a breadth of ideas and different ways of approaching a question. The result is better, more interesting science.

WHAT KEEPS YOU UP AT NIGHT?

Usually, possibilities come to me at night. It excites me to think about all the ways we can leverage the University's vast areas of strength. What we do together can have a far-ranging effect on those we serve. Right now, for example, our Wilmot Cancer Institute, URM's Division of Medical Humanities and Bioethics, and the Eastman School of Music are developing a pilot project that will explore whether a music intervention can help treat the cognitive effects of cancer chemotherapy. Having a world class music school, or a unique national resource like the Laboratory for Laser Energetics, under our University umbrella provides collaborative opportunities that just aren't possible elsewhere.

OVER THE ARC OF TIME, WHAT HAS BEEN YOUR FAVORITE PART OF THE JOB?

The answer for most researchers, and certainly for me, is the students. Although we—the faculty and staff—get older every year, our incoming students are forever young. They are smart, idealistic, and infused with the desire to make the world better. I'm grateful to play a role in their lives and careers. I'm also particularly thankful for opportunities to work with groups that have been excluded from the research community. For example, we have a program designed to create academic career paths for Deaf and hard of hearing researchers. I'm honored to be the joint principal investigator on this, along with Gerry Buckley, the president of the National Technical Institute for the Deaf at Rochester Institute of Technology.

HOW DO YOU PRIORITIZE YOUR TO-DO LIST?

I tend to focus on people-related activities first. Also, I try to remember that although I must do what needs to get done, it's also vital to do something every day that brings me joy. Sometimes that means choosing to go to a meeting that I might not need to go to, but that I want to attend. Or it could mean starting up an artist-in-residence program at the Medical Center. Or it could simply translate into sitting in my office, surrounded by beautiful art works, listening to music while I write. I also run to work every day—usually while listening to audio books. I love fiction and, right now, I'm deep into *The Love Songs of W.E.B. DuBois* by Honorée Fanonne Jeffers. We all must find ways to feed and nurture ourselves so that we can nurture and support others.

Stephen Dewhurst also serves as the Albert and Phyllis Ritterson Professor of microbiology and immunology. His research focuses on RNA viruses, including HIV, influenza, and SARS-CoV-2.



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