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Living large Cancer, again? *Fuhgeddaboutit.* **PAGE 18**

Brown Alumni Magazine
April-May 2024

Brown



**MENTAL HEALTH
SPECIAL ISSUE**

You OK?

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what we've learned about
surviving and thriving
during adversity.

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FROM THE PRESIDENT

Free Speech in Troubled Times

Over the past several months, the Brown community has experienced tensions and division on campus as a result of the terrible violence in the Middle East—a conflict that has claimed far too many Palestinian and Israeli lives.

I have connected with hundreds of members of our community whose broad range of concerns, viewpoints, and experiences make our guiding principles clear: It is essential that our actions as a University community remain grounded in our mission of advancing knowledge and understanding within a caring and inclusive environment. Adhering to these values is especially important because of—not in spite of—the nature of a conflict that is deeply personal for so many, and the tensions and divisions it has created on campus.

One of these values of critical importance is Brown's commitment to academic freedom and freedom of expression within an open and respectful learning community. For colleges and universities across the country, in recent months, challenges to academic freedom have intensified, and issues of freedom of expression on campus are at the forefront of these debates.

Brown's strong Statement on Academic Freedom, which delineates the rights of faculty and students to free expression, has served us well for over 50 years. The statement says that, at Brown, faculty and students shall enjoy freedom of religious belief, speech, and

press; the right to association and assembly and political activity inside and outside of the classroom; and the right to petition the authorities, the public, and the University.

Furthermore, faculty and recognized student groups have the right to invite speakers of their choice to campus. There are guardrails on time, place, and manner that ensure that protests don't infringe on the academic freedom of others or interfere with the normal functions of the University, including teaching and research. And, of course, speech that crosses the line into harassment based on religion, nationality, race, ethnicity, or other characteristics is completely unacceptable.

In times of conflict, I am often asked by members of our community to make public statements to address these situations for a variety of reasons. I occasionally engage in public advocacy on policy issues only when these issues are directly related to the mission of higher education and Brown, such as legislation affecting financial aid, or Deferred Action on Childhood Arrivals. Outside of these circumstances, it is precisely because of Brown's commitment to academic freedom that I will not make public statements on these issues as doing so would undermine a commitment that is the bedrock of our teaching and learning community.

A university is not a single person, but a community of people who hold diverse views. My responsibility as president is not to place a stamp of approval on the views of a subset of the community, even if that subset is large. Rather, my responsibility is to ensure that individual members of the community are free to voice their views, including using their voices to urge lawmakers and corporations to take specific actions or, more generally, express their beliefs on matters of conscience. These are the rights that freedom of expression guarantees.

Throughout the Spring 2024 semester, we are taking important steps to safeguard freedom of expression and the



open exchange of ideas. The Provost's Office, the Faculty Executive Committee, and academic units across campus are engaging our campus in discussions about the fundamental principle of academic freedom and its meaning and implications, including what this means during times of intense conflict. These efforts include hosting lectures, seminars, panels, and discussions about the principle of academic freedom and the ongoing debates it inspires on college campuses and beyond.

It is my hope that these efforts help us to continue to cultivate an environment in which we as a teaching and learning community can discuss issues that prompt vigorous debate from different viewpoints in constructive and engaging ways. In doing so, we will develop opportunities as an educational community to identify impactful ways to encourage the open debate required to build understanding and for new knowledge to flourish.

Christina H. Paxson
President

Brown's strong Statement on Academic Freedom has served us well for over 50 years.

Inside



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A panic attack while cramming for exams during a summer of lockdown and racial tension forced John Johnson '23 MD to take his mental health seriously. Thanks to the screening tool he devised, other med students will, too. BY IVY SCOTT '21.5

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“This is the place where I’ve always been cared for and loved ... I’ve been on a first name basis for decades with so many doctors.”

—Annie Lanzillo '86

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Worrying can become a habit. Habits can be broken. Jud Brewer can tell you how. BY LESLIE GOLDMAN



“If you create a kind environment on the internet, teens will flock to it.”

—Evelyn McKenney '24

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She started swimming in Lake Michigan after battling breast cancer, and she's done it every morning for four years—rain, shine, snow, and ice notwithstanding. BY ELIZABETH KELLNER SUNEY '80

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“We’re well aware how much pressure people are put under in medicine. We’re well aware that people deal with anxiety and depression.”

—John Johnson '23 MD

for doctors: self care



Cancer first came calling fall of her freshman year. It's now returned—a third time—and Annie Lanzillo '86 has a message for us all: Don't put your dreams off a second longer. BY TIM MURPHY '91

happy place

“Anxiety triggers worrying, which gives people a false sense of control. That’s rewarding enough that the brain says, ‘Oh! The next time you’re anxious, you should worry.’”

—Jud Brewer, director of research & innovation for Brown’s Mindfulness Center

ety loop? Here’s help

less lonely

It’s a place where teens can talk—about bullying, overthinking, isolation, toxic friends, and everything else that makes modern life hard—and it’s made by and for kids. Introducing This Teenage Life, a top global podcast and the brainchild of Molly Josephs '09. BY LESLIE GOLDMAN



“It was the first time since my diagnosis that my body didn’t feel broken.”

—Helen Wagner '80

weenie

A Crisis for Children

We're not the same. In ways big and small, the pandemic changed us, and while some things are better, at least for some of us—hello, remote work—many aren't. Foremost among them, the subject of this special issue: our mental health.

"Just living through a global health pandemic—the anxiety, the suffering—it's not surprising mental health took a hit," says Ashish Jha, dean of Brown's School of Public Health and the nation's Covid czar from 2022-2023. Then there was the isolation of lockdown, which continues for vulnerable populations; the 1.2 million Americans who died of Covid and the knock-on effects for those left behind; and the massive learning loss, on so many different measures, from school closings. Remote work is one thing—and even when it's an option, not everyone wants it, as I've learned from BAM interns hungry for mentorship and connection—but remote K-12 education turned out to be something else entirely.

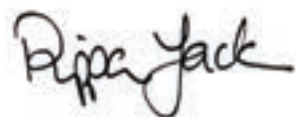
For adults, while political tribalism is up—and flu vaccination rates are down—"the acute impacts of anxiety and depression have gotten better, although they're still not quite at pre-pandemic levels," says Jha. While "pandemics have been politicized since pandemics were around," both public

Remote work is one thing. Remote K-12 education turned out to be something else entirely.

health experts and we, the public, can work to try to depoliticize health decisions. "The reason to get a flu vaccine is not to show your tribal colors," says Jha. "It's to avoid getting really sick. The virus certainly doesn't care."

For young people, however, the stakes feel higher. The CDC is documenting a growing mental health crisis among them. "This is not a new problem," Jha says—we know, for instance, that child mental health started declining as smart phones and social media became widespread. But the pandemic exacerbated it. For instance, as many parents are now acutely aware, most states don't have enough mental health clinicians for kids. Training more takes time we don't have. "As long as we see this as a problem to solve one patient at a time, we're not going to get anywhere," argues Jha. Enter public health. Population-based ideas such as school-based mental health screening get pushback—schools may not want to identify problems they don't have the resources to solve—but hold enormous potential. "Right now everyone's trying to see a psychiatrist," Jha says. But only the most seriously ill kids need one; others could see a social worker or even use one of the app-based interventions you'll find in these pages. "We could take the services we have," Jha says, "and use them more efficiently."

Brown is partnering with Providence public schools and medical institutions to identify real-world solutions. Doctors, educators, and public health experts will need to sit down together to figure out what's working. "I am optimistic that if we take a public health approach, we can make serious progress," Jha says. "But we've got to put our arms around it."



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Brown has a long tradition of honoring those distinguished alumni who pursue lives of "usefulness and reputation." For their unwavering commitment, exceptional leadership, and tireless service—whether to the University, to their communities, or to the world at large—these alumni are a source of inspiration to us all. **Thank you for making us proud.**

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*Jade M. Palomino '07 &
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*Elias Wolff '00 (awarded posthumously)
& Jonathan Mooney '00*

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BROWN ANNUAL FUND CLASS OF THE YEAR AWARD

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What Do You Think?

War, Covid & Your Commentary

The BAM received too many letters to print this issue—including, for the first time in many years, requests for letters to run anonymously. They came from readers who wanted to comment on “Tragedy, Far Away and Close to Home,” about the Vermont shooting of Hisham Awartani ’25 and campus unrest around the war in the Middle East, but were afraid of retaliation. Many readers also wrote in to comment on “Do You Have Long Covid?” Below, please find a sampling, or go to brownalumnimagazine.com to read them in full (letters are linked at the bottom of the BAM story they reference).

RESPONDING TO TRAGEDY

Re: “Tragedy, Far Away and Close to Home” (Under the Elms, Jan.-Mar. ’24), “Brown’s endowment has no direct ties to Israel or defense manufacturers, and broader holdings are invested with managers whose values align with those of the Brown community.” Various officials have said a version of that over the years. Though it sounds great, it allows for limitless indirect ties and ambiguity about what those values are. The bulk of the endowment is invested in mixed funds whose investment portfolios remain opaque to protect the proprietary products of the investment firms, so there is no easy way of knowing which companies the endowment is actually invested in. I might have taken Brown’s pat endowment statement as benign if I had not read the report from

“Change starts at the bottom and moves up, not from the top down. In my day it was Vietnam and things did change.”

—Judith Humphreys Weitz ’64



American Fiction, based on Erasure by Percival Everett '82 AM and starring Tracee Ellis Ross '94, was hogging this year's award nominations at press time.

Brown’s own Advisory Committee on Corporate Responsibility in Investment Policies. In 2022, the committee advised Brown to divest from 11 firms which unambiguously build military equipment (Raytheon, General Dynamics...). I have found no sign that divestment happened then or since. My husband and I protested at Brown for divestment from South Africa during apartheid in the 1980s. Looking back, few people would say that happened too soon, but at the time, divestiture was a long fight. The Brown student body is the age of soldiers the world over. How could Brown support the education of one set of young people through the deaths of another? This is far larger than Israel-Palestine. Please investigate these ideas for yourself and support Brown to support peace.

Pamela Dorrell '88
Portola Valley, Calif.

I was surprised to find the article strongly implied the attack was an anti-Palestinian hate crime committed because the victims were speaking Arabic

and wearing keffiyehs, when the independent Vermont newspaper *Seven Days* reported contradictorily last December that Eaton had written multiple online comments voicing his apparent support for the Palestinian cause and even Hamas specifically during the months following the October 7 attack on Israel. This may explain why Vermont prosecutor Sarah George has said they do not have evidence supporting a hate crime charge. Without that context, I’m concerned that readers could take an erroneous conclusion from this article that has the potential to fan the flames of strife and fear in the Brown community.

Name withheld

Where’s the yelling about Russia, or Afghanistan, or Iran, or most other countries in the world that restrict human rights for some segments of their societies? Oh, and where’s the indignation expressed toward Hamas, who seem dedicated to training little Arab boys to hate Jews, rape and mutilate Jewish women, and use their own people as human shields? What a toxic atmo-



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Students nurture their diverse interests, take intellectual risks and gain exposure to Brown’s distinctive approach to education while making friends and memories that



sphere on campus these days. Antisemitism, disguised as moral indignation, is the current name of the game at Brown.

*Les Greene '67
Hamden, Conn.*

I hesitate to respond because of the polarization of the Israeli-Palestinian issue. While my name may sound Jewish, I am in fact Irish and Welsh American. I grieve for the young student who is paralyzed and for his parents. Being a proud Vermonter, I hang my head in shame that this attack could happen in my state. In response to this crisis, Brown taught me to listen and learn. My reading includes articles from all sides as I try to learn about the history of the land and my friends include people with varying perspectives. And yes, I have contributed to the GoFundMe page. But I also applaud students who are speaking out. Change starts at the bottom and moves up, not from the top down. In my day it was Vietnam and things did change. Just please don't threaten and harm each other. And vote in 2024!

*Judith Humphreys Weitz '64
Washington, D.C.*

A TREATMENT VOID

I have suffered from long Covid since my initial infection in 2022 ("Do You Have Long Covid?" Beyond the Gates, Jan.-Mar. '24). After being sick for two years, I cannot understand why there is not more long Covid political action, especially around physician education and increasing drug trials. The current estimate from the CDC is that 30 million Americans have developed long Covid. These numbers will increase after the current JN1 strain is finished with us. Why do we not have any viable treatments yet? Please let us know how the community at Brown is pushing for policy and research on this issue.

*Katherine E. Leslie '00
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OCEAN RACE

Thank you for covering the important work of Charlie Enright '08 and Mark Towill '11 ("Ocean's 11," Nov.-Dec. '23). Major congrats for their big win in the Round the World Race. And I wish them much success in their honorable environmental cause. As a professional ocean racing sailor in one of my previ-

"Distance doesn't lessen feeling... if you share a tux in college, there's an inseparable bond."

—Richard C. Fogelson '56

ous lives who logged well over 85,000 miles at sea, allow me to add a footnote to the article. Although for personal family reasons I declined an invitation to crew in the 1981-82 Whitbread Round the World Race aboard Conny van Riet-schoten's *Flyer*, I had two close comrades who raced aboard this winning yacht. I believe it is inaccurate and somewhat unfair for the article timeline to say that the event back then was made up of "Shaggy sail-trimmers... seen chugging beer and doing backflips." To be sure, many of us in ocean racing circles were known to have a cold one now and then. And, in fact, it's quite possible that in the doldrums, with boats stalled and not moving, a quick dip over the side was a welcome endeavor. That said, I can assure you that the sailors aboard *Flyer*, and for that matter any of the dozens of successful racing programs in which I participated back in the day, were comprised of quintessential professionals. To this day, I hold my past mates in the highest esteem and will always be glad that I sailed with such talented, responsible professionals in, at times, the most severe conditions imaginable.

*Bob Koch '74
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WHY BILL WROTE

I hate to take issue with anything in Greg Donaldson's poignant tribute to Bill Reynolds '68 ("The Shooter," Nov.-Dec.'23). But I must take exception to Greg's description of Marvin "Bad News" Barnes as a "winner." Barnes was an immensely talented, but deeply flawed human being. His nickname had more to do with his personal life than any professional success he might have enjoyed. At times, it seemed that Barnes was in court as often as he was on the court. Beginning in high school and continuing throughout his brief ABA/NBA career, Barnes was a serial law-breaker. Over time, he was charged with

felony assault, burglary, parole violation, drug possession, trespassing, and violation of team regulations. He served 152 days in the Cranston Adult Correctional Institute. Barnes never played on a championship team. His professional career ended in tatters at the age of 27. I suspect Bill wrote about Barnes because he was a dynamic, local superstar who was undone by his own wayward hubris. And that's a story, all right.

*David W. Bloom '71
New York City*

HERB THE GOOD GUY

In reference to Herbert Neumann's obituary (Obituaries, Jan.-Mar., p. 71): It was a shock seeing Herb's obit. Even though I hadn't seen him in over 50 years (and although he preceded me at Yale's architecture school, we hadn't met there what with my post-Brown years being caught up in various escapades), yet distance doesn't lessen feeling. And after all, if you share a tux (Herb's tux) in college, there's an inseparable bond. However, there's a line item missing from his numerous professional accomplishments: good guy. And although you note he retired in 2018, I know he never retired from being a truly good guy (certainly not in my memory bank).

*Richard C. Fogelson '56
Northampton, Mass.*

NO POLITICS IN DOMESTIC VIOLENCE?

As a former prosecutor in a conservative state, I question whether the writers of this article ("Rights and Wrong," Jan.-Mar.) discussed the true issues with practicing prosecutors and defense attorneys; a lack of understanding of the criminal process is apparent. Domestic violence is not about gun rights. It's not about voting. It's about control. Frankly, the fact that these issues are being viewed through a political lens disgusts me. There are real women, men, and children who do not know whether they will survive to see another day—let alone vote in an election. That is the least of their problems. Articles like these operate only to strengthen the ideological divide and paint Southerners in a negative light.

*Sierra Pfeiffer '09
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"Studies show that people with substance use disorder appreciate neutral, nonjudgmental terms in line with person-first language; that stigmatizing language can affect others' views and actions toward them; and that feelings of stigma can reduce a person's likelihood to seek treatment. Negative labels, then, carry very real risk of harm."—Psychiatry Chair Audrey Tyrka on avoiding terms like "addict."



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Under the Elms



The Good Life

A course on happiness gets mobbed

Last year more than 400 students, half of them seniors, enrolled in a new religious studies course, RELS0010: Happiness and the Pursuit of the Good Life. What was the draw?

"This feels like it's about a topic that's going to matter for the rest of my life," says Benjamin Glanz '23.

"As the semester is wrapping up and I'm leaving college," adds Sarah Reichheld '23, "I've been thinking about, okay, what are the components of my life that make me happy and what decisions do I want to make...in order to have conditions that are better set up for my well-being?"

Michael Satlow, a professor of Judaic and religious studies, says his idea for the class was born out of the pandemic. "The students were more brittle, less resilient, and having a hard time," he says of students returning to in-person classes.



MOVE OVER, DSM5—BROWN PSYCHIATRY RESIDENTS SHARE THEIR KNOWLEDGE IN A CLEAR, CURRENT, AND, MOST OF ALL, INTELLIGIBLE WAY ON THE **BEAR IN MIND PODCAST**. RECENT EPISODES COVER OCD, PSYCHEDELICS, EATING DISORDERS, ADDICTION, AND CHILD MENTAL HEALTH. ON ALL MAJOR PLATFORMS.

As Satlow developed the course, he saw parallels between contemporary positive psychology research and ancient religious texts. “They’re both grappling with the same perennial issues,” he says, “using different idioms and different frameworks.” He first asks students to engage with fundamental questions: What is happiness? What is the good life? And do the two meet? Then they dive into how we’re wired, with several texts using the metaphor of an elephant and rider to explain the mismatch between what we know is best for us and what we actually do. Trying to dominate your elephant—the subconscious, instinctive desires—doesn’t work, Satlow says. “If you try to say no, no, no to everything, eventually your elephant breaks out and rebels.” That’s why, to be a successful rider, “rather than denying, it’s nudging. You’re retraining, redirecting.” The semester wraps up on transcendence—asking not only whether there is “something beyond us,” but whether “creating that mental state, whether or not we genuinely believe in anything religiously, is beneficial for achieving the good life.”

Another draw was Satlow’s alternative grading plan in which students could suggest their own grade—providing they hit stringent benchmarks around attendance, class readings, assignment deadlines, even the restriction of electronic devices. He explains he wants to create a space “where you learn without fear of failure; even welcome failure as providing an opportunity to learn. I want serious engagement for its own sake in a rigorous but supportive atmosphere.”

For the course’s second iteration, in spring 2024, Satlow added a weekly discussion section; for practical reasons, that capped attendance at 300. The class filled up instantly. Students begin each session with a quiet focus exercise and a digital survey; as they leave, they fill out an “exit ticket” with takeaways and lingering questions, which Satlow uses to inform future coursework.

The course touched on “really important things that you don’t learn in other classes,” Glanz says. “You learn a lot of technical skills, or econ, or political science, but you don’t really learn much about how to be a human being.”—EMMA MADGIC ’23

The Anxiety Hacker

Jud Brewer can help you change your mind

Jud Brewer, director of research and innovation for Brown’s Mindfulness Center, had just finished teaching his favorite class—The Craving Mind, a course on habit change—and was walking along South Main when a car pulled up next to him.

“Hey, Dr. Jud!” Max, a man in his 40s, called out. Brewer did a double take. Max was a patient at his outpatient psychiatric practice, in treatment for lifelong anxiety plus new, crippling panic attacks triggered by new thoughts while driving like, “I’m in a speeding bullet hurtling down the highway.” Soon, he’d stopped driving almost entirely.

Yet here he was, behind the wheel. What came out of Max’s mouth next was even more surprising: “I’m an Uber driver now!”

How does someone with paralyzing car-crash anxiety become a rideshare driver? The answer lies in Brewer’s decades-long dive into the what, why, and how of mental health, and a groundbreaking approach at the intersection between mindfulness, emotional regulation, and behavior change.

IT ALL STARTED WITH AN UPSET STOMACH

The jointly appointed professor (psychiatry at the Warren Alpert Medical School; behavioral and social sciences at the School of Public Health) has firsthand experience with anxiety’s grip on both body and mind. When he learned early in his MD/PhD program at Washington University School of Medicine, St. Louis, that irritable bowel syndrome—which he’d endured for years—is catalyzed by stress, “I started meditating,” Brewer recalls, “and my symptoms went away. I thought, ‘Wow, that’s pretty cool’...and realized I had no idea how my mind worked.”

As a psychiatry resident at Yale, Brewer specialized in addiction issues, weaving mindfulness—still under Western medicine’s radar in the early aughts—into his treatment approach. He was the first to pit the then-gold-standard treatment for smoking cessation (stress reduction and behavior modification) against mindfulness training (MT), which involved mapping out one’s smoking triggers; accepting cravings without self-judgment; and meditation. Quit



Brewer maps out “anxiety loops” and shows how we can find our way out.

rates, he says, were five times higher in the MT group.

Next, Brewer and his colleagues tackled another common addiction, habitual overeating, yielding a 40 percent reduction in food cravings.

UNWINDING ANXIETY

In 2018, Brewer took on anxiety disorders, which affect one in three Americans.

Brewer posited that just as people self-soothe with tobacco or sweets, the act of worrying can itself become a maladaptive behavior on

which the brain becomes hooked. “The feeling of anxiety triggers the mental behavior of worrying, which gives people a false sense of control,” he says, “and that’s rewarding enough that the brain says, ‘Oh! The next time you’re anxious, you should worry.’” The result: worrying becomes a habit.

But habits can be broken. Not with willpower—that part of the brain “goes offline when people get anxious”—but with mindfulness.

First, he says, “You need to recognize you’re stuck in

an anxiety loop. Second, get curious: ‘How is obsessing over car accidents helping me?’” This grounds you in the present moment—the essence of mindfulness—and brings the logical parts of your brain back online so you realize worrying isn’t accomplishing anything. With practice, the loop shatters.

Brewer has written three books, including the best-seller *Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind*, plus an *Unwinding Anxiety* app which, in a

randomized controlled trial, cut anxiety for generalized anxiety disorder sufferers by 67 percent after two months. Even Brewer was stunned. “Here we are, tremendously improving people’s lives... through an app!”

As for Max, he knows that most drives end safely, and while panicky thoughts theoretically prevent accidents (by limiting driving), they also impeded his ability to work, see friends, and enjoy life. Unwinding his anxiety put Max back in the driver’s seat. —LESLIE GOLDMAN

His name has been changed to protect his privacy.

BITS

BROWN HAS LAUNCHED A COMMUNITY-AMID-CONFLICT WEBSITE TO SUPPORT FREE SPEECH AND CLARIFY WAYS TO REPORT HARASSMENT.

AGENT ORANGE AND BIOLOGICALLY SIMILAR HERBICIDES DAMAGE BRAIN TISSUE IN WAYS SIMILAR TO ALZHEIMER’S DISEASE.

ANXIETY CAN MAKE IT HARDER TO WALK AWAY FROM PEOPLE EVEN WHEN THEY DISPLAY UNTRUSTWORTHY BEHAVIOR, BROWN PSYCHOLOGISTS FOUND.

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ICE HOCKEY FAN OR NOT, WE PROMISE THIS WILL BRIGHTEN YOUR DAY. GOOGLE “MARGOT NOREHAD PULLS OFF A MICHIGAN.”



A Familismo Approach Targeted therapy for Latinx youth

Nearly 20 percent of Latinx Rhode Island students seriously considered attempting suicide in 2020, according to the CDC's 2021 Youth Risk Behaviors Survey. And not only are these young people suffering at rates higher than their white peers, says Gisela Jiménez-Colón, a bilingual clinical psychologist and assistant professor of psychiatry and human behavior, but factors such as lack of access to health insurance, documentation status, and cultural stigma surrounding therapy and psychiatric medication for depression and suicidality make "Latinx families and youth less likely to receive mental health services."

To respond to this challenge, the Mi Gente Program was founded at Bradley Hospital in 2022 by Yovanska Duarté-Vélez, PhD, an assistant professor of psychiatry and human behavior at Brown who now serves as clinical director. Spanish for "my people," Mi Gente offers individual and family therapy that factors in ethnocultural, language, and family dynamics. At Mi Gente, Jiménez-Colón works with high-risk youth ages 12 to 21 living with trauma, mood disorders, or suicidality.

Recurring themes include the struggle of in-

tegrating two different cultures under one roof (when parents were born outside the U.S. but the teenager was born here); the pressure teens feel to fulfill their parents' "American dream"; trauma related to discrimination, immigration, and gang involvement; and LGBTQ+ issues. Because many families face communication barriers within the home, where a teen may speak only English, but the parents speak only Spanish, Mi Gente staff frequently translate throughout therapy sessions.

Jiménez-Colón is researching transgenerational trauma in Latinx families, "working with parents to learn how their trauma informs their parenting and their child's mental health."

For example, "Some kids never hear 'I love you' because their parents never received that from their parents and don't know how to provide that to their kids," she says. "So we work with parents and might suggest they leave little sticky love notes on the fridge."

Conversely, teens may be challenged to ask their parents about their immigration journey, or to "ask three people in their family to name two things they like about you." This, Jiménez-Colón says, builds interfamily communication as well as hope.

Mi Gente providers' ability to toggle between Spanish and English offers comfort to patients, no matter their native language. Jiménez-Colón says just integrating one Spanish word, like *cuidate* ("take care"), at the end of a session can be enough. "They'll say, 'Oh, my grandma says that!' And they smile." — LESLIE GOLDMAN

Founder Yovanska Duarté-Vélez, left, and researcher Gisela Jiménez-Colón.

Jiménez-Colón is the inaugural recipient of the Diversity Early Career Faculty Development Award (Education and Clinical Focus).

Photograph by David DelPoio

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PERCENTAGE INCREASE IN STROKE IN WOMEN WHO HAVE EXPERIENCED RACISM PER A 2023 JAMA NETWORK OPEN STUDY. "RACISM MAY ACT AS A PSYCHOSOCIAL STRESSOR," ELEVATING INFLAMMATION, IMPAIRING CELL FUNCTION, AND DYSREGULATING THE "HYPOTHALAMIC-PITUITARY-ADRENAL AXIS," RESEARCHERS EXPLAINED.

Mainstreaming Mindfulness Professor Eric Loucks is on a mission

As director of the Mindfulness Center at Brown, Eric B. Loucks makes mindfulness—a buzzy term backed by thousands of years of practice that describes the ability to nonjudgmentally attend to one's own physical and mental processes—accessible to young adults. The fact that his class, PHP1880 (Meditation, Mindfulness and Health), fills within minutes on registration day shows how hungry Gen Z adults are for stress management tools, he says, and young adulthood is one of the best times to begin practicing.

Today Loucks is standing in a lecture hall packed with 120 students, each holding a box of raisins. After leading a five-minute deep-breathing meditation, he invites them to explore their raisins using different senses. They can taste and smell the chewy, sweet morsels. Maybe, he suggests, they shake the box and observe the sound or roll a plump, wrinkly raisin between their thumb and forefinger and notice the sensation. Next, Loucks has them "unpack what it was like to be so present while eating something so simple." One student shares how peaceful he felt—an unusual but pleasant absence of worry over deadlines, exams, and the future in general.

"It's this inflection point in life," Loucks says. "They've recently left home and are thinking about their future, both career- and family-wise." But they're also mired in anxiety; when Covid forced PHP1880 online, he asked students early on, "What brought you to this class?" and asked everyone to enter their responses simultaneously. "It was," he describes,

"a chat waterfall of 'Stress.'"

College students are physiologically primed to benefit from early mindfulness training, as their prefrontal cortex, the brain region governing logic, decision-making, and self-awareness, is still actively maturing. That means healthy habits can be more easily cemented, says Loucks, an associate professor of behavioral and social sciences and epidemiology at the School of Public Health and an associate professor of medicine at the Warren Alpert Medical School.

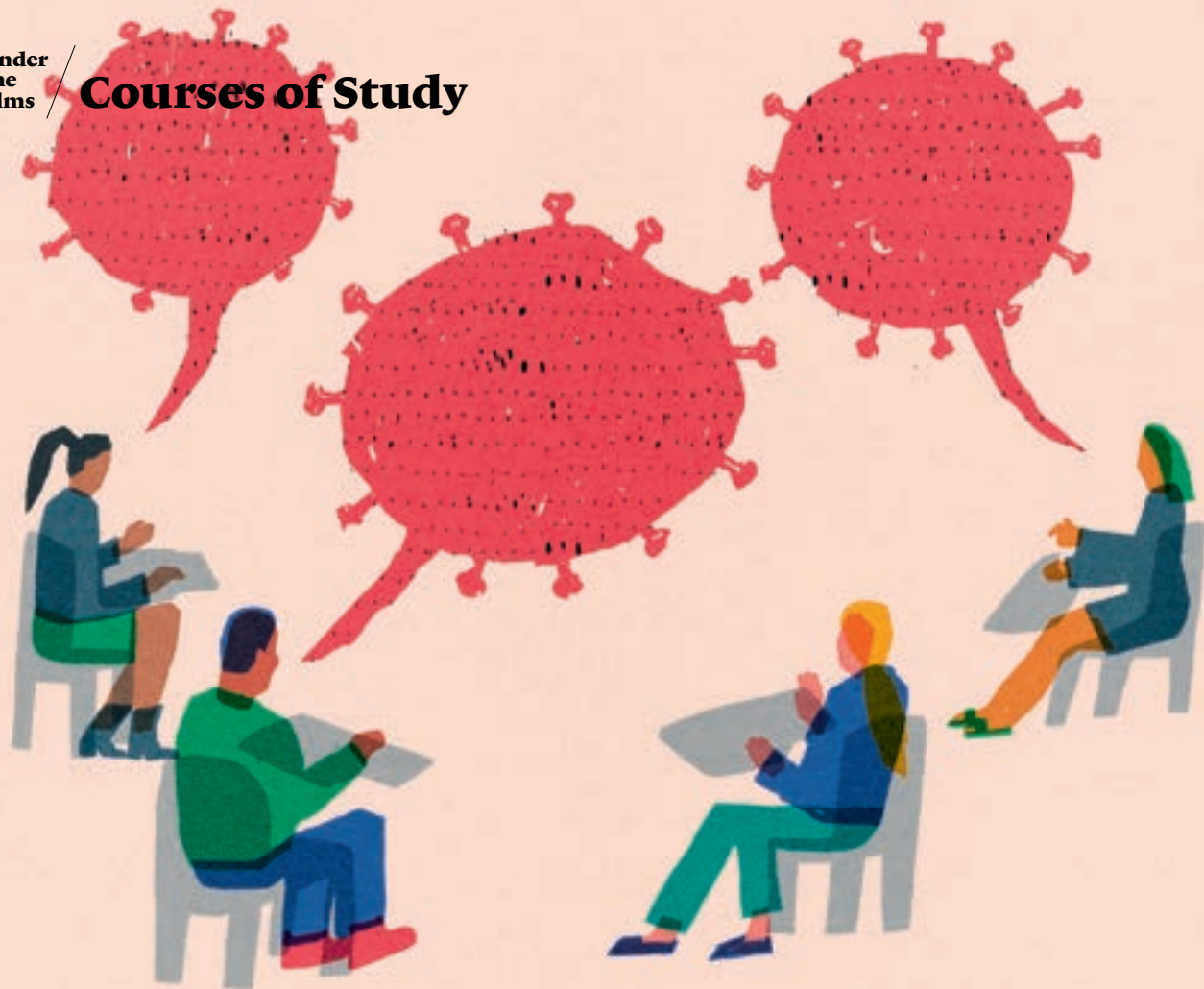
PHP1880 inspired Loucks's book, *The Mindful College Student: How to Succeed, Boost Well-Being and Live the Life You Want at University and Beyond*, and his mindfulness-based college program, an asynchronous, noncredit on-

line course open to 18- to 29-year-olds (whom Loucks calls "emerging adults") worldwide that teaches emotional regulation and attention control via a mix of self-reflection questions, journaling, recorded meditations, and body scan activities.

Practiced consistently, mindfulness, with its emphasis on deep breathing and emotional self-regulation, lowers stress and loneliness; enhances sleep, nutrition, and exercise habits; and combats depression (which has been described as living in the past) and anxiety (worrying about the future) by "bringing your wisdom into the present moment," Loucks says. "I always tell students, 'As long as you're breathing, there's more right with you than wrong with you.'" — LESLIE GOLDMAN



Illustration by Tim Cook



“Coping with Covid” 101

A new course on the psychology of pandemics offers a scientific take on Covid-related mental health issues and a place for students to process. BY PEDER SCHAEFER '22.5

When the pandemic hit in 2020, Adrian Lopez’s life was instantly downsized to his regular morning walk, the four walls of his room,

and, most importantly, his journal. Finishing high school and trapped by quarantine, Lopez filled hundreds of pages with musings, his first attempt at trying to process the pandemic’s impact on his life. “My life went from such an external focus to an internal jour-

ney,” he told his classmates in Psychology of Pandemics, a new seminar taught last fall by Psychology Professor Ruth Colwill. The course provided pandemic-affected students a place not only to study the latest psychological research on pandemics but to process their own experiences.

Every Friday afternoon, the group of two dozen students grappled with the latest academic theories around trauma and loss, resilience and conspiracy, informed by personal insights that came with living through Covid-19 themselves.

“Being able to talk about the pandemic in a group of 20 friends is really powerful,” says Lopez ’25, a neuroscience concentrator from Miami. “I’d been making sense of it on my own, but I was curious to hear what the literature said.”

FRESH SCIENCE

Students dug into the very latest research, journal articles such as “The Potential Impact of Covid-19 on Psychosis: a Rapid Review of Contemporary Epidemic and Pandemic Research” in *Schizophrenia Research* and “The Conta-

giousness of Memes: Containing the Spread of Covid-19 Conspiracy Theories in a Forensic Psychiatric Hospital” in the *BJPsych Bulletin*. They studied conspiracy theories, including how to evaluate the quality of source publications.

“We wanted to talk about how we can use the tools that psychology gives us to reach out to these people who have gone down the rabbit hole of conspiracy theories,” says Lars Seadale ’23, who helped design the course (see sidebar).

Victoria Valdes ’26, a cognitive neuroscience concentrator from Panama, particularly remembers learning about the mental-health toll on healthcare workers. “Their mental health—and their health in general—has never been prioritized,” she says.

Alexis Peetz Alio ’24 dug into the concept of “healthcare deserts” in Rhode Island using the mapping software ArcGIS and examining the positive and negative impacts of telehealth.

“This class did a great job of rooting what we’ve learned in real life,” he said.

STUDENT STORIES

Even as the course used neuroscience, psychology, and sociology to understand the psychological impacts of the pandemic, Colwill pushed students to share experiences from their own lives, a strategy rooted in her background in behavioral therapies. “For many students, this is the first time they’ve had to pause and think about the impact of the pandemic,” she says. “You can’t just discard memories or bury them. It’s important to process them.”

During a two and half hour session, students broke into groups to tackle questions like “How would life today be different if the Covid pandemic had never happened?” and “Design a product that fills a gap that became apparent during the Covid-19 pandemic.” Students expressed worries about declining social skills caused by pandemic lockdowns, a lack of trust in government, and mental health deterioration.

For a class full of science concentrators, the discussion was a welcome

50%

INCREASE IN DRUG OVERDOSE DEATHS DURING THE PANDEMIC, ACCORDING TO KAISER FAMILY FOUNDATION. SUICIDE RATES AND ALCOHOL-RELATED DEATHS ALSO INCREASED, AS DID THE PERCENTAGE OF PEOPLE REPORTING FEELINGS OF ANXIETY AND DEPRESSION, WHICH HIT A HIGH OF NEARLY 40% IN FEBRUARY 2021.

shift. “I really enjoy the community she has created,” Valdes says. “It’s so strong because of the stories we share.”

Colwill’s interest in teaching a course on pandemics didn’t emerge until in-person learning started up again at Brown, and she saw how much societal pressure was being applied to get people to embrace the idea of “normal” again. “It seemed the message was, ‘It’s over, get on with your life now,’” she says. “I thought it was odd that psychology hadn’t stepped up to address post-pandemic mental health.”

She started digging and found *The Psychology of Pandemics*, written pre-Covid by Steven Taylor, a professor of clinical psychology at the University of

A PANDEMIC DEGREE

Psychology of Pandemics was designed with the help of Lars Seadale ’23, who arguably owes his degree to Covid. “It’s a funny twist!” says Seadale, who in 2006 was only a few semesters away from graduating with a psychology degree when, “deathly afraid of an office,” he moved to California.

His Brown education was put on hold—until Covid hit and remote learning gave him a way to start up again. Seadale took a number of remote-learning courses with Colwill, and one of his last credits came from helping her design the pandemic course.

“It seemed like the perfect moment to give students an opportunity to use what they’ve learned in psychology in a real-world trauma situation,” says Seadale, who now lives in Plymouth, Massachusetts.

Seadale contributed research for the syllabus and met for months with Colwill and Kaeppl to plot out the course design.

“I was a bit jealous that I wouldn’t have the opportunity to take the course!” he says.

British Columbia, and published with eerie timing in 2020. Many of the concerns that Taylor brought up—from pandemic-related conspiracy theories to different reactions to the virus in anxious and non-anxious people—actually happened during Covid-19.

Taylor’s book became the backbone of the course, with weeks spent on differences in how people process information (“blunters” don’t want to hear the bad news, while “monitors” search it out), segments on the mental health impacts of the pandemic on healthcare workers, and the impact of the pandemic on animals and their owners.

Taylor spoke with the class towards the end of the semester and described a survey of 6,500 adults that showed that 20 percent had elevated anxiety and depression symptoms at a point during the pandemic when only 2 percent had so far been diagnosed with Covid. Mental health symptoms, Taylor said, can often have a longer and larger footprint than physical ones.

FLEXIBLE DESIGN

Colwill’s course isn’t just about pandemics—it’s ready to outlast one.

With the help of Kristi Kaeppl, a learning designer at the Sheridan Center, Colwill designed the course so that it can be taken asynchronously via Zoom as well as in person, and students have choices over what form an assignment might take.

“I’m a big fan and proponent of resilient, flexible styles of learning, especially after the pandemic,” Kaeppl says.

One example is the capstone project. Students investigated a topic of their choice—from humor in the pandemic to the growth of mutual aid groups—in the form of their choice, from a standard essay to a video documentary.

For Lopez, the class has shifted his sights away from medical school. He’s feeling that a doctorate in clinical psychology might be in the cards now.

“I wanted to make sense of what’s happened to me,” he said. “Now I’m ready for the next pandemic.”



Who's at Risk?

Researchers address high suicide rates with app-based tools and culturally aware interventions.

PEDER SCHAEFER '22.5

“We are really good at saying what group of people is at higher risk for suicide, but we're not great at determining what gets someone from thinking about suicide to actually acting,” says research psychologist Jennifer Primack. She's one of many suicide-prevention researchers at Brown, thanks to an interdisciplinary faculty, partnerships with healthcare institutions, and focused investment on training and mentoring. U.S. suicide rates have increased by 35 percent in the last two decades—there's one suicide death every 11 minutes—and **55 percent involve guns**. Nearly 70 percent of victims are white men, but since Covid, the biggest rate increases are in Black, Latinx, and Indigenous people. Veterans, LGBTQ people, and adults over 75 are at particularly high risk. And tragically, suicide is the second leading cause of death for people aged 10 to 24. Many Brown researchers are responding with app-based interventions.

“It's a lot of cross-pollination of ideas that have led to bigger ideas that have led to even bigger projects,” says Lauren Weinstock, a psychiatry professor who codirects a mentoring program for suicide prevention researchers and helps run a multi-university consortium on the topic.

IMMEDIATE INTERVENTION

Primack studies veterans, who are one and a half times more likely to die by suicide than other adults, using their smart phones to study sleep patterns, mood changes, and “context changes” such as job loss or a fight with a partner. Her team is investigating what takes suicide-prone people from ideation to action, with an eye to creating specific, rapid interventions.

“People like their phones and they like to use apps,” says research psychologist Heather Schatten, who is developing MAPS: the Mobile Application for the Prevention of Suicide. The app will measure mood, sleep, and other potential risk factors, while delivering interventions to those who need it.

This could help to address one of the biggest challenges in suicide prevention: managing acute risk—the ups and downs of daily life that could cause a suicidal event but aren't always captured in weekly or bimonthly therapy sessions.

Schatten sees MAPS as an “adjunct” to therapy and a tool that could alert clinicians when patients need additional care. “There's a lot of data suggesting that when people leave the hospital, for example, they don't get immediately into mental health care,” she says. “This could help bridge the gap.”

TEEN APPS

Ninety-five percent of teens have smart phones, so app-based interventions are particularly promising. Professor Anasta-

cia Kudinova and her research team are developing an app that prompts teens to share how they are feeling and what they are doing multiple times a day, so clinicians can make critical interventions faster.

The app can also prompt teens to take steps to care for themselves, like pushing for self-compassion or seeking support in a time of crisis. “With this technology, you can start figuring out which aspects you can zero in on,” she says.

Nicole Nugent, who studies sleep patterns and mental health outcomes, collaborated on an app that tracks how teens interact with social media. “They're not getting the sleep we know is so critical for mental health and our ability to learn and regulate our emotions,” she says. “If we see that certain patterns of social media use are impacting sleep, we could work with the team around these great interventions.”

While youth and teens have been the focus of suicide prevention research for a long time, the world has changed around them. “The social world for teenagers is so intense, and it's becoming such a pressure cooker, especially after the loss from Covid,” Nugent says. “The ability to slow down and be present in the moment is hard. Even when they are with their peers, they are messaging all the time.”

CONNECTING DOTS

While finding better ways to collect data around suicide risk factors is key, so is making existing data more available. For example, Weinstock asks, “How do we best support people as they are moving between the criminal justice and healthcare systems?” People in jail often have many of the risk factors tied to suicide such as trauma history, mental health concerns, and substance abuse. Her group hopes to link publicly available release data and health records, “so people in the healthcare system know that a patient might have had a recent criminal-legal incident. Our research has really emphasized to us the high needs for this population.”

EXTRA PRESSURE

While suicide risk for youth in general has jumped in recent years, says research psychiatrist Anastacia Kudinova, the increase is most extreme for youth identifying as LGBTQ+. More than 40 percent have seriously considered or attempted suicide and they are four times more likely to die from suicide than other youth. “This isn't because there is something inherent with gender diverse youth,” Kudinova explains. “In addition to typical stressors that teens face, they are bombarded with multiple stressors from a largely cis-normative society, like gender identity related violence and non-information.”

Researchers stress the importance of tailoring both inquiry and interventions to each population. Dr. Yovanska Duarte-Velez, who specializes in how to build culturally specific suicide prevention interventions for Latinx youth, has found that tension between parents and immigrant children is a central factor in poor mental health outcomes in that population. “We have a very particular focus on identity, communication, and helping caregivers understand the challenges facing youth in two different cultures,” she says.

Primack points out the special challenges in working with military culture. For example, she says, “you go into the military and you're taught to not let your emotions show and to be tough.” But she adds that there are many advantages to working within the VA system—such as strong funding support for research on suicide and an integrated healthcare and social support system.

“Means restriction” is proven to lower rates, a Feb. NYT article says, but in the U.S. conflicts with anti-gun-control beliefs.

The idea that people's gender identity should conform to cultural expectations associated with their biological sex.



LIVING LARGE WHILE SOMETHING'S TRYING TO KILL YOU

Writer and performer Annie Lanzillotto '86 has spent a lifetime dodging

poetry, ritual, and myth. BY TIM MURPHY '91 | PHOTOGRAPHS BY ROB DURSTON



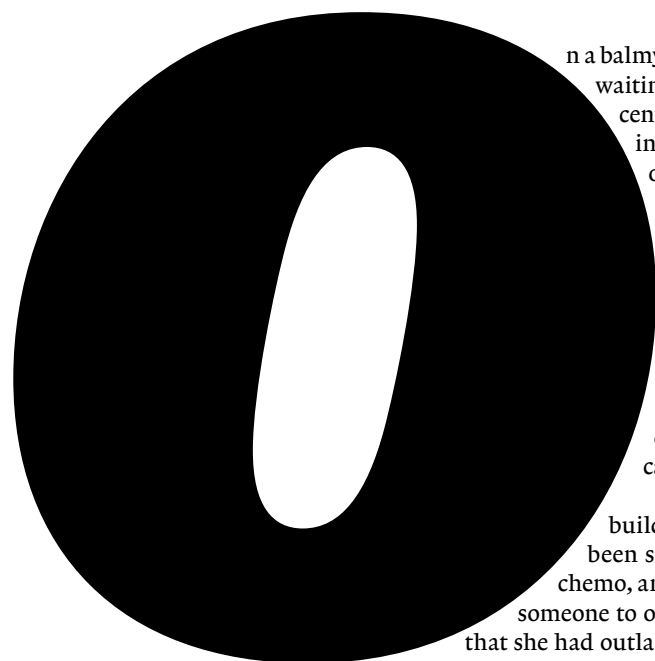
making work that elevates her vibrant, violent working-class upbringing to the realm of

cancer—while

Above, at Café Myo, Cork City. Opposite, a stone wall Lanzillotto passed daily—it surrounds the home of Mother Jones, a seminal activist and profound influence on Lanzillotto.



The River Lee in Cork, opposite, figures in Lanzillotto's poetry and daily writing rituals. "Ireland has taken me by surprise," she says. "I feel at home, in community, in a way I haven't in years."



On a balmy Tuesday in August in the airy, sleekly contemporary 14th floor waiting room of one of Memorial Sloan Kettering's Manhattan cancer centers, a thick Bronx accent cut through the hush of patients scrolling their phones, dozing, or gazing out massive windows high over the East River. The accent belonged to writer and performer Annie Lanzillotto '86, who was talking with outdoor-voice ease about what it felt like to be back at MSK for her third cancer diagnosis in 42 years. The first, for Hodgkin's lymphoma, had been the fall of her freshman year at Brown in 1981. Then, after brutal treatment involving a surgery that cut her midriff wide open, followed by 16 years of remission, the second, for thyroid cancer, came in 1997. And most recently, after another 25 years of remission, here she was again to discuss what to do about her third diagnosis, non-Hodgkin's lymphoma, which came last year.

It wasn't as if she'd not set foot in one of MSK's various uptown buildings in all that time, however. Since 1981, doctors there have been seeing her regularly to track the effects of years of radiation, chemo, and surgeries on all parts of her body. She was such a rare case—someone to outlive multiple cancer diagnoses over the course of decades—that she had outlasted many of her doctors, who'd recently retired, and here she

was ready to meet a new, younger team for the first time.

"This is my happy place, my safe space," she declared as she fixed herself a cappuccino at a fancy coffee machine in the waiting room. "I grew up surrounded by violence and trauma and this is the place where I've always been cared for and loved, with my own room and bed. I've been on a first name basis here for decades with so many doctors, nurses, even the patient aides and the doormen." (She name-checks them all, as though they are family members, in her 2014 autobiography, *LIs for Lion: An Italian Bronx Butch Freedom Memoir*.)

She was wearing sunglasses propped up on her cropped hair, an oversize blue cotton shirt, and a fuchsia scarf that partially obscured a neck whose muscles she says have been weakened by radiation. Neuropathy—a common cancer-treatment side effect—has permanently numbed her fingertips, and only the month prior, she'd endured what she estimated was her 30th hospitalization at MSK for pneumonia, a result of a chronically compromised immune system. Yet nothing about her appearance or demeanor betrayed a medical history that was painful to listen to, never mind what it must have been like to actually experience.

She was loud, enthusiastic, expansive—the same Annie everyone who's ever known her has witnessed.

Mostly, it seemed, she wanted to talk about her upcoming trip to Ireland—a country she loves nearly as much as her ancestral homeland of Italy—where she was lined up at a few venues to perform a show she'd written called *Spaldeens Ascensions*. The show is a funny and accessible metaphysical meditation on "Spaldeens," Bronx-ese for the Spalding rubber balls she'd spent her childhood throwing up against a wall, sometimes for hours, to escape the house where her father regularly beat her mother.

In her telling, often, "we'd hit them with a broomstick and they'd disappear down a sewer." (Much of her work involves the everyday fixtures of the all-Italian block she grew up on in the Bronx's Westchester Square—its stoops, sewers, street lamps, and mailboxes, which she and her friends would mount for hours to gossip, boast, and crack dirty jokes.) "But sometimes we'd hit them into the blinding sky and nobody heard them bounce back down. Where did they go?" She pauses, her warm blue eyes wide. Then, with a fuhgeddaboudit cadence: "It's a metaphor for the mystery of life."



Lanzillotto performing *Spaldeen Ascensions: A Bronx Aria* at Bru Bar, Cork City, in a vintage Bob Mackie thrift store find from back in New York.



“I DIDN’T WANNA BECOME a professional Italian,” she said, at one point, only half-convincingly, “or a professional patient or a professional lesbian.”

Soon enough, she was in an exam room meeting for the first time Dr. Lorenzo Falchi, a young Italian lymphoma specialist who’d become part of her new care team now that the team that had seen her the past 40 years—Dr. Kempin (whom she once persuaded to appear on stage with her), Dr. Straus, Dr. Stover—had all but retired. She gave Falchi copies of her books, including *Whaddyacall the Wind?*, an intensely vivid collection of poetry and essays about Italy, and she and the doctor instantly started Italia-bonding.

“*Ciao, come stai?*” she asked. She told him her family hailed from Bari, then inquired where on the boot he was from. Umbria, he answered, just outside Rome.

“Near Amelia?” she asked.

The doctor gasped. “Oh my God, you know it?”

She nodded. “It’s beautiful!”

“Their hospital is at the top of the highest hill!” the doctor marveled.

This, it quickly became clear, was classic Annie: able, effortlessly, to bond with a stranger in seconds—unable, almost, *not* to strike up a conversation with them. And the ability to create in others the sensation of being with your oldest and best friend, even though you’d met 20 minutes ago. The eyes that crinkled in a smile, the accent that sounded irresistibly like something out of a dozen beloved movies. “I didn’t wanna become a professional Italian,” she said at one point, only half-convincingly, “or a professional patient or a professional lesbian.”

Then the talk moved to what to do with her latest wave

of cancer, which had been detected in early 2022, “just as we were coming out of Covid,” she’d noted. “My diagnoses have always come at peak times in my life—the first one at the start of Brown, the second just when I’d had a really big show.”

Her latest scan and labs, the doctor explained, showed, happily, that the cancer appeared not to have progressed since the last round, several months before. That was good news, he explained, because, given her long, hard history of chemo, radiation, and surgeries, the plan and hope was that the cancer would not advance, thereby indefinitely putting off the difficult question of how to treat it, given how many treatments she’d previously had.

“Hopefully this thing’s gonna leave you alone,” the doctor said. “You’ve been through so much.”

He had no idea—including everything that happened even before cancer came into her life.

LION OF THE BRONX

Lanzillotto, 60, was born in the Bronx in 1963, the youngest of four siblings—including two brothers and a sister—who were the children of “Lanzi,” a WWII vet who struggled with violent mental illness and PTSD after surviving the brutal invasion of Okinawa, and Rachel, a southern Italian beauty and manicurist who bore the brunt of Lanzi’s brutality until their bitter divorce when Annie was 12. She was also the granddaughter of Rosa Marsico Petruzzelli, a no-bullshit grocery-shopping and cooking machine whose broken English and tough-as-nails survivalism feature heavily in her granddaughter’s work—to

the point that Gran’ma received a standing ovation when, garlanded and crowned in garlic bulbs, she appeared in Lanzillotto’s performance work at the Guggenheim Museum in 1996. (She later confessed to her granddaughter that she’d have liked her own performance career, like Whoopi Goldberg, “who was smart—she started young.”)

Lanzillotto’s written and performed work recalls this part-loving, part-vicious Bronx childhood with the vivid intensity of Proust recalling a madeleine—her work is deeply accessible, especially for those not versed in the more arcane side of performance art, because it evokes, in language both limpid and poetic, daily life in this milieu, from her fix-it-man father braying for “Cawwwwfieee!” upon arrival home from work, to the bubbly golden perfection of her grandmother’s special-occasion lasagna, to the inner monologue of a brainy but most unladylike tomboy—that would be Annie—out playing ball on the street well past dusk on summer nights.

“From the top of my stoop I watch the boys in all their freedoms, zooming up and down the street, running in and out of passing cars, peeling their T-shirts up over their heads and tucking them in the back of their pants, whipping the air with their mothers’ broomsticks, whacking Spaldeens far

over rooftops...” is how one typically cinematic passage begins in *LIs for Lion*. “I sit on the top step and smell my Spaldeens and dream of the day I’ll be allowed to play in the middle of the street where the big boys play stickball.”

But Lanzillotto describes with equal granularity the chaos of her father’s broken mind and the physical toll it took on her mother, as well as feeling, in her words, “drawn and quartered” when her mother wrenched her away from her father, raising her on welfare in a rental in nearby Yonkers. Precocious and with a flair for public speaking nurtured by a nun teacher, Lanzillotto applied indifferently to Brown at a high school friend’s suggestion and didn’t even understand the fuss when relatives marveled that she’d made it into the Ivy League—that, in her father’s words, “you just got a shot.”

Arriving at Brown the fall of 1981 from a working-class Italian American monoculture, she found the wealth and privilege on campus “confusing—I didn’t understand class at all.” But she was also full of excitement at having escaped a world that, even years before she came out as gay, she understood to be confining. “Brown was an intellectual banquet and I was ready to eat everything,” she says. And she was especially excited to be trying out for Brown’s women’s basketball team.

That was also her first clue that something was wrong—she felt strangely too weak to make the basket and it was suggested she aim for junior varsity instead. Visiting the Jersey shore, she had her likeness drawn by a boardwalk artist—who, she later noticed, drew a noticeable lump on her neck. Thus began, to make a long story short, her relationship with

both cancer and Sloan Kettering, which she entered around the same time that doctors there were increasingly noticing strange purple lesions on the skin of gay men, the mark of the cancer Kaposi's sarcoma—an early sign of the disease that soon came to be known as AIDS. (She would become obsessed with the contrast between the disease and her own. “I was enraged about the prejudice against AIDS, which made me feel my privilege,” she says. “No one blames you for having cancer. Everyone just wants to help you get well.”)

Slightly more than a grueling year later, during which she not only had massive open-belly surgery to remove a tumor but also went back to Brown and self-administered chemo, she was in remission—and part of a support group of young

Goldberg '86, who's stayed close with Lanzillotto to this day. “I'd be awestruck by the things that flowed from her mouth. She was really different from anyone else on campus—the accent, the realness, her willingness to take risks.”

She considered joining the military, like her father and brother, until geologist Jim Head, one of the many professors she became close with, dissuaded her. She also wanted to apply to med school, she said, until the dean of pre-med dissuaded her of that, telling her, “An applicant in [cancer] remission is not a good four-year investment.” (Part of her long journey with cancer, she says, has been “grieving the loss of career options.”)

Instead, after graduation, she found herself in New York

at downtown venues including Dixon Place, Franklin Furnace, and the Kitchen. She wrote, and then performed—at the Bronx's profoundly Italian Arthur Avenue food market—*How to Cook a Heart*, which the *New York Times* called her “Valentine to the Italian American community of her youth” and her attempt to “build a bridge from the funky downtown avant-garde scene to the real-life labor of butchers and bakers.”

Goldberg remembers seeing *My Throwing Arm: This Useless Expertise*, an early piece of hers. “One one hand,” he recalls, “it was absolutely brilliant and poetic, but also so plainspoken and accessible. There are so many gratuitous gestures in performance art, and her work was the opposite of that.” He said that when he saw her Guggenheim piece, which began with

formance in city schools and cohabitate for more than a decade in Brooklyn's Park Slope with a girlfriend, Audrey Lauren Kindred, whose twin sister, coincidentally, had gone to Brown. (They broke up years ago but remain close to this day.) Kindred became deeply woven into Lanzillotto's family, caring for Lanzillotto's ailing grandmother right alongside her until Rosa Marsico Petruzzelli died at age 100 in 2001.

“My mother came a long way” in terms of accepting her being gay, she says. So did her much older married sister, Rosemarie, whom Lanzillotto calls a constant source of love and support. She can't say the same for her brothers. One of them, whom she calls CarKey in her memoir (because that's how she pronounced his name as a toddler), told her that



At Café Myo, Lanzillotto found fellow artists and a good flat white. Here, she works on “Black Licorice,” a new poem. Far right: the Spaldeen.



“IF YOU’RE THE KIND OF person who puts your dreams off, like, oh, ‘I’ll do that after I divorce, after my kids grow up, after I lose weight,’ then you’re not the friend for me.”

Rhode Island cancer survivors with whom she became extremely close, including fellow Brown student Peter Findlay '85. In short order, they all died but her. “I think I went to eleven funerals my sophomore year,” she says. “Those deaths made me feel like I was going to die any minute.”

She didn't. Instead, at Brown, she thrived, discovering her lesbian identity—“when I was at Sloan Kettering, all the Brown soccer dykes, with their big calves from running up those Providence hills, descended on my bed,” she laughingly recalls—spending a semester in Cairo where she dressed as a man so she could walk the streets unmolested, and creating her own major, “Everything You've Always Wanted to Know About Cancer But Were Afraid to Ask.”

“She was a genuine free spirit,” says fellow artist Neil

City, where she became a part of the militant late-1980s AIDS activist group ACT UP, dove into the downtown lesbian club and art scene, centered at the time around an edgy venue called the Clit Club, and became enamored of the angry, expressive queer performance art scene that was fueled by the AIDS crisis.

“I saw male performers like Mark Ameen and Ron Athey doing work on stage with their bodies as material,” she says. “Blood, flesh, breaking skin.” But what really inspired her was seeing, in the early '90s, *Bitch! Dyke! Faghag! Whore!*, the seminal piece by performance artist Penny Arcade, who shares Lanzillotto's working-class southern Italian background and tough-talking feminism. “She blew my mind. Her monologues hit me like sermons. I wanted to hear her talk about anything.”

Soon enough, Lanzillotto was performing her own work

actual Bronx residents pushing wire-cage wheeled shopping carts and actual Arthur Avenue market vendors hawking their goods, he cried. “It came straight from the streets of New York, full of people who may have never been to the Guggenheim really claiming that space as their own.”

Lanzillotto says she felt profoundly at home in the low-budget but highly charged world of Lower Manhattan stage artists, where the AIDS epidemic was front and center. “There were people on stage who didn't know if they were going to be alive in a month, which matched where I was at. I had no thought at that time of living past five years.”

Well, she did—despite the 1997 cancer diagnosis, which took out her thyroid—not only continuing to make work and receive grants to support it, but to teach poetry and per-

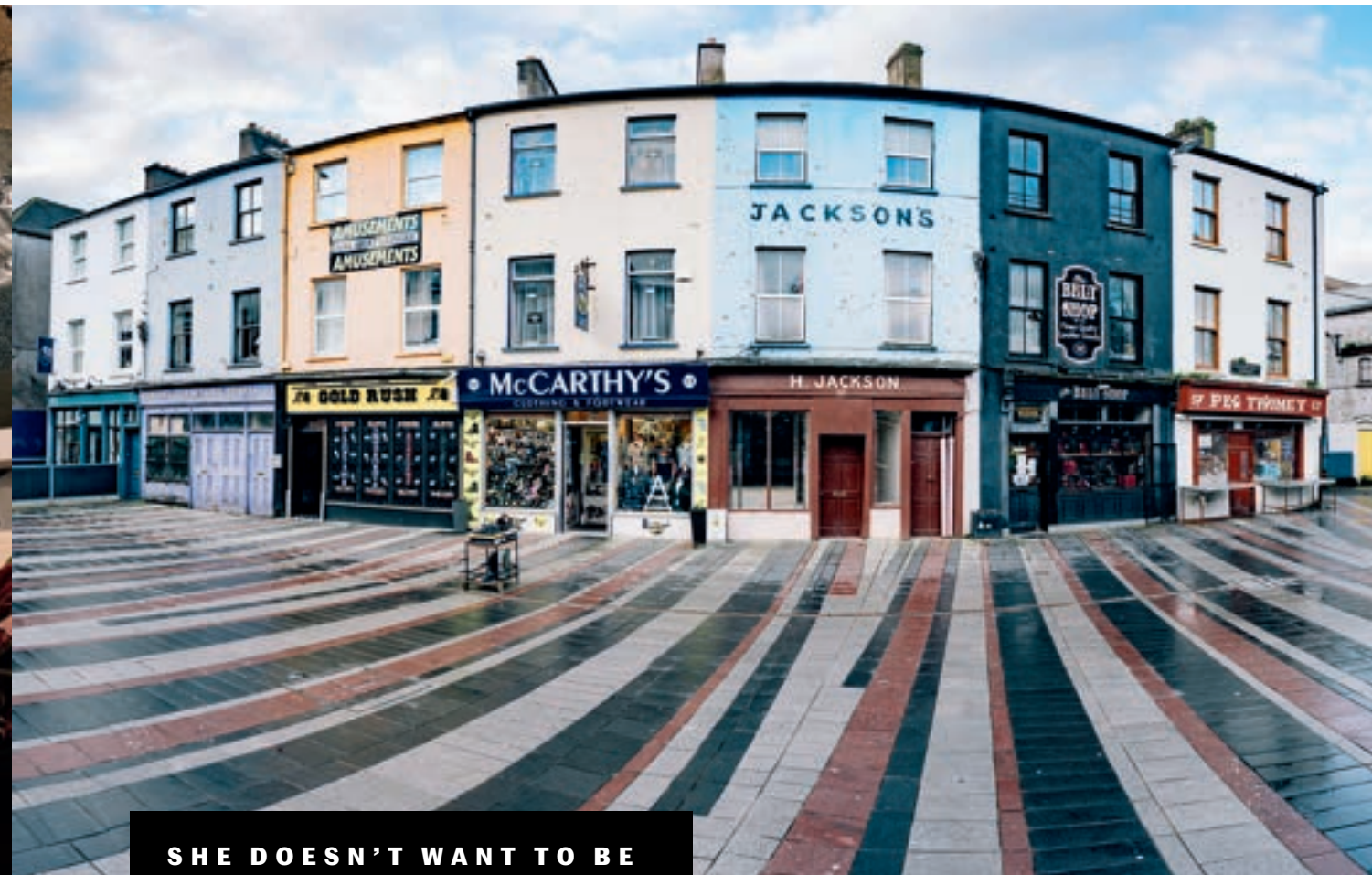
her gayness “skeezed him out.” The other, whom she calls Ant'ny, was enraged that she revealed family secrets in her memoir. They barely talk anymore, she says.

“I broke all the social codes of Italian-American silence,” she admits. “Omertà is not just a Mafia thing. You're not supposed to talk outside the house about what goes on inside the house.” But she also admits she had a profound need to talk publicly about, above all, the violence her mentally ill father inflicted on her mother—as much to break the larger taboo of speaking about domestic violence and mental illness as to purge her own trauma of witnessing them. She recalls how the judge in family court made her say, before both her parents, whose fault the domestic unrest was.

“Fifty-fifty,” she answered, terrified of betraying her vola-



A self-taught guitarist, Lanzillotto says, “I ask musicians a lot of questions and pay attention while they play.” Opposite: a pedestrian district in Cork.



SHE DOESN'T WANT TO BE anybody's font of plucky cancer-survivor wisdom. "I've dealt with depression on and off my whole life. The big abyss deep inside me. I've had a lot of ghosts."

tile father. Instead, she felt as though she betrayed her mother—and much of her work ever since feels like an attempt to signal her achingly profound love for both her father, who died in 2001 after years in a Long Island group home for the mentally ill, and her mother, who died in 2016 in her arms—at Sloan Kettering, in fact—of heart failure following cancer. (“I’ve gotten a lot of people into Sloan Kettering over the years.”)

Before her father died, she says, she confronted him about his treatment of her mother. “He said, ‘What are you talking about?’—as though I was lying,” she says. Of course she told her mother she’d tried to talk to him. “There was nothing I didn’t share with her,” she says. “And she had empathy for him, too,” she says, because she knew how the war had broken him.

Still, she adds, her parents never talked again after their divorce.

LIVING IN THE MOMENT

Back at Sloan Kettering, with Dr. Falchi, she was asked if she would submit to yet another blood draw so they could check her antibodies; if they were low, Falchi said, they could be topped up to hopefully lower her chronic risk of infections. “I’d love you guys to look at my antibodies,” she said gamely, and seemed especially happy when Falchi said they could likely give her an infusion before she traveled to Ireland, to better protect her while abroad.

After the blood draw, she was in her Honda Fit, driving to downtown Manhattan, her old haunt. (She still lives in the Yonkers apartment her mother moved them into after the divorce. She’s also had to limit her earnings all these decades to remain eligible for Medicaid and Medicare.) She wanted to drive down to the East Village’s St. Mark’s Place, past the site of the old Café Sin-é, the Irish music café in front of which she’d once met one of her idols, Sinéad O’Connor, who had just died the week before.

“I loved her so much I gave her the baseball cap right off my head,” she said, pulling over in front of the spot. “I’m gonna get out for a second and do a little libation.” She stood on the sidewalk in front of the doorway and raised her arms in the air, as though she were saluting the goddess Sinéad, drawing glances from passersby. Then she got back in the car, shaking her head. “There should be rose petals all over the street to honor her,” she said.

It was now 1 p.m. “This is when I get tired and usually take a nap, because I don’t have a thyroid,” she said. Plus, she was famished. Still, she couldn’t stop pulling over to point her iPhone camera at elaborately graffitied mailboxes—for a slideshow she was going to incorporate into her Ireland performances about how much mailboxes meant to her. “They only have thin slots now, so they don’t talk to you the way they used to when you opened them,” she lamented. “They used to

sound like sea lions.” She then made the rusty yelping sound that an old-fashioned, wide-mouthed mailbox once made.

Finally, she was at a little Lebanese manouche joint in the West Village where her friend N., a cherub-faced young man from Jordan, was working behind the counter. He was a gay refugee whom she’d met when he was pumping gas in Yonkers. She took him in for nearly a year, introduced him to her queer downtown performer friends, helped him apply (successfully) for asylum and urged him (successfully) to get his New York State barber’s license—“so you can make something out of yourself,” she told him.

N. nearly cried, he was so happy to see her. “Annie, I love you!” he cried, setting down salad, kibbe, and labneh in front of her. He said she was the first person he’d come out to.

“I thought he was straight because he was always talking about needing a wife!” she laughed. (Only for green card purposes, N. clarified.)

While she ate, she mused about her relationship to time. “Did you notice how I can never remember when anything happened?” she asked. “That’s because I live solely in the present. Maybe not as much as a dog or a baby, but—” she paused. “If you’re the kind of person who puts your dreams off, like, oh, ‘I’ll do that after I divorce, after my kids are grown up, after I lose weight, after I save money,’ then you’re not the friend for me. I’ve never had that luxury. And my father didn’t raise me that way. His mentality was that a kamikaze could come down right now and you die in a heartbeat.”

But she doesn’t want to be anybody’s font of plucky cancer-survivor wisdom either. “I’ve dealt with depression on and off my whole life. The big abyss deep inside me. I’ve had a lot of ghosts.” The last of several times that day, she mentioned all the young people from her Brown-era cancer support group whom she, improbably, had survived. “I’ve got a lot of ghosts in my head talking to me,” she said.

“But mostly,” she added, “They say to me, ‘Annie—just keep going for it.’”

More about Annie’s work at annielanzillotto.com. Tim Murphy ’91 is a freelance journalist and author of the novels Christodora, Correspondents, and Speech Team. Reach him at timmurphynycwriter@gmail.com.



The pandemic hit teens hard, causing a measurable decline in mental health. Enter Molly Josephs '09, whose podcast, *This Teenage Life*, became a lifeline for tweens and teens from California to Kabul, helping them to vent—and heal—one episode at a time.

BY LESLIE GOLDMAN

**ILLUSTRATIONS BY
SOL COTTI**

Are the Kids Alright?

“They have the most interesting ideas, so much zest & life force.”

In June of 2022, thousands of teens all over the world tuned into a podcast called *This Teenage Life* and listened as a group of young people brutally laid bare the post-traumatic toll the Covid-19 pandemic had taken on their mental health. Lydia Bach, then a 13-year-old from New York, lamented not just the lost schooling, abandoned sleepovers, and canceled family get-togethers, but the lack of space provided by adults to help them process “all of our grief and pain.” An 18-year-old Californian named Jade Bentley described how earning her driver’s license four months pre-pandemic meant watching what was supposed to be her “ticket to independence” slip away. College freshman Aaron Price recounted the isolation of campus lockdown, only permitted to leave his room “to get food and go on walks alone.” And Cloe Moreno, then 20, said that looking back on the peak pandemic years, including a canceled high school graduation ceremony and not being allowed to say goodbye to her grandfather when he died from cancer, she felt like the proverbial frog in boiling water “who hasn’t really noticed the heat being increased.”

Titled “How the Pandemic Has Changed Us,” the podcast aired on Spotify and Apple Podcasts and was produced, start to finish, by teenagers, including the narration, interviews, recording, music, sound effects, and accompanying web art.

But before all that young talent hits the airwaves, there’s another voice. It says, “Hey, this is Molly Josephs, the adult who works on *This Teenage Life*.”

Molly Josephs ’09 created the *This Teenage Life* (TTL) podcast in 2018 during a yearlong teaching gig at High Tech High, a project-based public charter school in San Diego where she was working after studying biology at Brown and school leadership at Harvard’s Graduate School of Education. After interviewing several High Tech High students for a short film series she was making about youth-inspired passion projects (documentary-making, electronic beat production, paragliding on a homemade aircraft), she recognized a need for more spaces where teens not only felt heard, seen, and understood but could “process their big feelings.” Those big feelings, Josephs says, included anxiety about racism, mi-

sogyny, sexuality, popularity, and relationships with family, friends, and teachers; climate grief; election stress; social media FOMO; and a general “feeling that the world is falling apart,” all of which she gleaned simply by listening to high schoolers as they spoke.

At the time, Josephs was new to podcasts (her favorite: *This American Life*) and “really into the notion that anyone could learn anything, just by listening.” With its emphasis on storytelling and forming connections with listeners, a podcast created by teens, for teens, seemed like a natural outlet for young adults to express themselves.

Joining forces with seven teenagers, she formed a twice-weekly after-school club. Gathering around a \$25 microphone and a smattering of cell phones, they would record whatever was on their minds, including queerness and sexuality, rumblings of self-doubt, cancel culture, and the mind-blowing moment they realized their parents were people, too.

“I’m an educator, but I like to think of high school and college students as producers of knowledge rather than consumers of information,” Josephs says. “They have the most interesting ideas, so much zest and life force. When you give them the materials they need and get out of their way, they can run with it in a way that adults, unfortunately, have lost because of how the world kind of erodes us.”

When the pandemic struck, anxiety reached an all-time high, with tweens and young adults hit particularly hard. Between January and June 2021, 57 percent of female high school students reported experiencing persistent feelings of sadness or hopelessness; 26 percent seriously considered attempting suicide. A *BMC Psy-*

chology study led by Brown researchers concluded that being forced to leave school mid-semester when the world closed down “triggered a decline in mental health” that resulted in most U.S. college students experiencing anxiety, depression, or feelings of loneliness.

And a recent National Institute of Mental Health-sponsored study found that the stress of shutdowns caused accelerated aging of teenagers’ brains; during 10 months of pandemic life, the average teen brain aged the equivalent of three years—on par with the premature aging seen in young adults who experience violence or neglect.

At that point, Josephs was back on the East Coast and TTL went remote, meeting over Zoom. Podcast production continued, including pandemic-inspired episodes on managing burnout, dealing with feeling disconnected from friends, and how quarantine had altered teens’ morning routines.

Then something they hadn’t anticipated happened: listeners started writing in.

“Hi, I just listened to your episode about A Year in Quarantine...I thought no one else knew how I was feeling. I’m not at risk or old or whatever, but I still felt and still do feel so alone. I wanted to thank you for making me feel validated in my feelings. Your podcast is so important to me and others.”

More letters poured in—from across the U.S. and Canada and from as far as Norway, India, Tunisia, Malaysia, and Qatar. Gamu, 15, from England, said the episode on pandemic life helped her feel connected in a way she hadn’t since her father passed away from Covid. Lola, from Ohio, identified with the “Feelings of Power” episode that explored “times when [TTL members] felt like badassess, and others when they felt just the opposite.” A male listener asked if TTL could dedicate an episode to dealing with the guilt someone might feel when leaving their family’s religion.

Josephs was struck with an idea: “They were feeling alone,” she says, “and we were already on video chat, so why not invite them to join?”

Soon, TTL’s weekly meetings resembled the opening credits of *The Brady Bunch*, but instead of the signature three-by-three grid, it was a dozen or more tweens and teens smiling from as nearby as Wisconsin and as far as West Asia. (Satur-

day mornings Eastern Standard Time worked well when factoring in the massive time zone differences.) A typical group dialogue session might kick off with a Nigerian 16-year-old sharing that she had recently changed schools and felt lost and alone without her usual circle of friends. A 14-year-old in Bangalore would chime in, “Me, too!” and then an 8th grader from Ohio would bring up the thorny issue of toxic frenemies. Cut to several months later, and a 20-minute TTL podcast titled “Friend Problems” hits the air.

Josephs calls the meetings “modern-day bonfires” that spark friendships, normalize stressful emotions, and build agency. “When they share their voice and see the power they have to make something meaningful that can affect other people,” she says, “they realize they are powerful. It changes their sense of self-efficacy and their affect, and that spreads into other dimensions.”

Lydia, who’d emailed TTL to thank them for the quarantine episode, joined the group and created and hosted an episode to help listeners navigate their parents’ divorce. Gamu assisted with episodes about social anxiety and loneliness. A through-line of resilience runs through all TTL episodes. “We don’t try to dilute people’s experiences by saying, ‘You should be happy,’” Josephs says. “Instead, it’s, ‘How can you get through this?’”

To date, more than 110 episodes have aired, ranging in nature from lighthearted (“Taylor Swift”; “Barbies, Toys, & Childhood Nostalgia”) to sobering (episodes on eating disorders and suicide include trigger warnings). Mental health-related shows also clearly state that TTL is not a substitute for professional help and that listeners should reach out to a trusted adult if struggling.

Be Here, Be You.

Helping LGBTQ+ youth of color cope with bias-related stress and nurture their mental health

Black and Latinx LGBTQ+ youth “are dealing with the general stressors that all youth deal with—academic stress, making friends, peer pressure,” says Madina Agénor ’05, a professor of epidemiology and behavioral and social scienc-



es at Brown’s School of Public Health. But on top of that, she says, they have additional, unique stressors “such as racial discrimination, cis and heterosexist rejection and victimization, and food and housing insecurity.” Nationwide efforts to ban gender-affirming care or critical race theory in schools “take a huge toll on their mental health,” she explains. “Even if they’re not happening [in their state], they hear about these policies, and they send the message ‘You don’t matter.’”

Agénor, with two Boston-area investigators, is currently collaborating with Boston-based nonprofit GLASS (Gay and Lesbian Adolescent Social Services) to “identify the ways in which they and other similar community-based organizations around the country are addressing the growing mental health needs of Black and Latinx LGBTQ+ youth in light of the pandemic and onslaught of racist, transphobic, homophobic, and sexist laws being passed.”

The study, funded by the Robert Wood Johnson Foundation, involves exploring the organization’s range of tailored strategies, including mental, behavioral, and sexual health

counseling with an intersectional approach, provided by staff who mirror their clients; a drop-in meeting space for LGBTQ+ youth of color between the ages of 13 and 29 (their motto: “Be here, be you”); and wrap-around services that provide clients with bus passes and connect them with housing programs.

Agénor and her research partners will also interview clinicians from both red and blue states to learn how they adapt evidence-based interventions to meet their patients’ specific cultural and social needs. For example, cognitive behavioral therapy is considered the gold standard for treating anxiety and depression, Agénor explains, but that and many other evidence-based interventions “are largely based on studies of white, heterosexu-

al, cisgender individuals with access to resources.”

As a young girl growing up in Haiti, Agénor remembers seeing little kids around her going hungry. She’d ask her grandfather, who worked in agriculture with an emphasis on food insecurity and social justice, “Why?” Flash forward three decades and she has built a career around tackling structural and social determinants of health inequities, looking to improve healthcare for “young people who are multiply marginalized.” After concentrating in community health and gender studies at Brown and getting a master’s in public health from Columbia, Agénor got an ScD from Harvard in social and behavioral sciences with a special focus on women, gender, and health. “We all have the right to high-quality, affirming physical and mental health care that meets our needs and respects our lived experiences,” she says. “LGBTQ+ youth of color are no exception.” —L.G.

Nearly 500,000 listeners in more than 180 countries have tuned in, generating 1.3 million downloads. Olivia Ho, an original TTL host from High Tech High, wrote an op-ed for TeenVogue.com sharing how podcasting eased her lockdown isolation. (Watching *Jeopardy!* with her parents every night, which she sarcastically described as “every 18-year-old’s dream,” helped, too.)

“It’s powerful to have the opportunity to intentionally rewrite your perspective of and relationship to an experience you’ve had,” Josephs says. “When young people make things they care about, it can totally change the way they feel about themselves.”

That evolution can be heard loud and clear towards the end of the “How the Pandemic Has Changed Us” podcast, when Cloe Moreno says, “I think every kid and adult is coming out of this pandemic more adaptable, which I think is a huge positive... life will never stop offering hurdles and obstacles, but it’s good to know that we’re strong enough to handle them.”

“It’s the exact type of thing I wish I could have listened to when I was 13,” says Evelyn McKenney ’24, a senior International and Public Affairs major who was matched with Josephs and TTL through an iProv fellowship with the Swearer Center and serves as a group facilitator and producer. McKenney, who first discovered podcasts during her daily pandemic walks, says outlets like TTL and *Now Here This*, Brown’s experimental audio storytelling collective (she’s an editor there), serve as bright spots amidst a glut of “ugly places on the internet” that threaten the mental health of young adults.

“If you create a kind environment on the internet, teens will flock to it,” she says. “People are willing to share intimate details and connect across differences.”

When she’s not working on TTL, Josephs teaches computer science at the Dalton School in NYC and volunteers with Seeds of Peace, an Afghanistan-based leadership development organization that inspires new generations of global leaders in communities divided by conflict. (TTL partnered with Seeds of Peace to create several podcasts.) She has led professional development experiences at conferences like the National Council of Teachers of English Annual Convention, usually alongside a TTL teen, and creates activity guides and journaling prompts to accompany episodes on thisteenagelife.org for teachers and teens to use.

The science and animal conservation buff—who TA’d for several biology classes while at Brown, worked with dolphins and seals at a wildlife rehabilitation center and a cognition lab, and once wrote a *Scientific American* story about how to extract DNA from a banana at home—hopes to eventually develop a biology-centric TTL subseries to tackle teen health questions. She cites the late associate Dean of Biology Marjorie Thompson, who excelled in both science and art (including biological illustration and biologically inspired jewelry) as a significant professional influence.

Josephs is one of 12 innovators recently accepted into the Headstream Accelerator Program, a five-month hybrid accelerator dedicated to building technologies that empower the next generation to thrive. In 2022, TTL was in the top one percent of most globally shared podcasts on Spotify.

But what Josephs is most proud of is providing a safe space where teens and tweens can come together casually while connecting in a deep, authentic way.

As listener-turned-podcaster Aanya from Delhi put it in a letter to TTL, “I can’t believe how similar the problems faced by teenagers are. I mean, I live on the other side of the world and I feel you guys so hard!”

“The young people who listen to the podcast have a very powerful parasocial experience that I didn’t anticipate,” Josephs says. “They feel seen and heard and realize they’re not the only ones grappling with these feelings. It’s a beautiful cycle.”

Leslie Goldman is a health writer and author based in Chicago. She holds a master’s in public health from University of Illinois–Chicago.

Talking



After the medical and racial nightmare that was 2020, John Johnson '23 MD set out on a healing path that includes talking openly about mental health, racism, and medical disparities.

BY IVY SCOTT '21.5

PHOTOGRAPHS BY
OLIVIA SLAUGHTER

Johnson and his photos: left, a rural sheriff and church; right, brother-in-law Harry and nephew Jerel, who is looking up at a plane. "I just decided to go with it and it came out better than anything I could have directed him to do."

Back

There is a persistent stigma among communities of color that “self-care” and “mental health” are for white people.

Summer 2020:

in the wake of yet another police killing, it was not uncommon for John Johnson '23 MD to wake up in a cold sweat in the middle of the night, thinking about racism.

At the time, the words to describe what he was feeling did not flow as eloquently as his reflections on race and mental health do now—rather, they hit him with an urgency that knocked him, quite literally, out of his sleep. Sometimes, he scribbled frantically into the opaque darkness. Other times, the words scribbled themselves onto the inside of his mind.

Johnson, then a second year medical student at Brown, was already used to thinking of himself and those around him as organisms: soft, fleshy entities whose every thought, feeling, and movement could be chalked up to a network of firing synapses nestled beneath the skin. But in these moments, Johnson found the tools of the scientist insufficient. He turned, as he has always done in desperate moments, to art.

“It often is a catharsis for me,” he says. “Almost like a way that I figure out how I feel about certain things.”

It was on one of those troubled nights that Johnson tumbled out of bed in the pre-dawn to scrawl the poem that would

later become the inspiration for his photography collection exhibited on the first floor of the Warren Alpert Medical School building during the spring of 2021, “I Can’t Remember What I Yelled Back.”

The poem’s contents are brief and unambiguous. As for what readers should take away from it? Johnson says that, like the rest of his body of work, is open to interpretation.

“I love things being as loose as possible, as much room for interpretation... which is why I love creating ambiguous images,” he says. “Even if I don’t know what it means yet, or why it’s The Image, I know there’s something in there that is resonating heavily with me, and I have the rest of my life to figure out why that is.”

The Mississippi-born Harvard anesthesiology resident has spent most of his life cultivating a dual passion for medicine and art, but it was at Brown that Johnson would have his expectations for both of those fields violently disrupted—due in large part to the Covid pandemic, a global racial



“I couldn’t go anywhere because of the pandemic, but I was also afraid to go outside because of the racial tensions.”

reckoning, and the intersection of these crises that upended everything he thought he knew about mental health. And, as so many in the medical field did in that time, Johnson chose to run toward, not away from: toward the hard conversations and painful reflections and, ultimately, toward the most delicate parts of himself.

“I remember telling my dad, a lot of times in my life, I just felt like I was running full speed with my eyes closed—trying as hard as I could, but not necessarily knowing what was coming next,” he says. “But I haven’t hit a wall yet, so I’m just gonna keep running.”

Along the way, he would find his artwork exhibited in a Providence barbershop and create a mental health screening tool to assess the psychological needs of other aspiring doctors that has since been incorporated into Brown’s medical school curriculum. At Mass General Hospital, Johnson prides himself on being a reassuring presence to the Black families who often come with reservations about whether they will receive the same world class healthcare promised to their white counterparts. And in Boston, in between the 14-hour shifts, Johnson hits the gym and thinks about his next picture or poem, grateful that these days he mostly sleeps through the night.

*One night after a high school basketball game,
I was standing outside the school with two of my friends,
and on a distant offroad, five to six white children yelled, “Niggers!”
I can’t remember what I yelled back.*

“That poem was a microcosm of what so many Black Americans have to deal with in this country,” Johnson said in a companion video about his photography collection, filmed by one of his peers in 2021. “It’s people being so hateful toward us, knowing that there won’t be any repercussions for their hate.”

RACISM AND ILLNESS

Those who do feel the repercussions, however, are the victims of racial hate, especially Black and Indigenous citizens who bear the brunt of racism’s physical toll. Even beyond the more obvious acts of civilian and police brutality, research indicates that Black people also experience the country’s highest maternal mortality rates and have a shorter lifespan than white Americans, regardless of socioeconomic status.

The racial disparities that have long been present in healthcare were dragged into the limelight once again at the outset of the pandemic, when at one point Black people had the highest Covid mortality rate of any ethnic group in the

country, more than double that of white Americans. (Indigenous Americans also experienced disproportionately high mortality rates during the early stages of the pandemic.)

While misinformation was a key factor in the early spread of the virus, research also quickly emerged pointing to the high prevalence of comorbidities among Black Americans: pre-existing health conditions such as asthma, diabetes, or heart disease, often the result of inadequate or infrequent access to healthcare, that increase a person’s vulnerability to the virus and likelihood of hospitalization.

In the four years since Covid first touched down in the United States, Black Americans have become increasingly vocal about the impact of structural racism on their health, whether it’s the severely underfunded community health center in their neighborhood, the doctor who refuses to listen when they complain of chest pain, or the waste management facility down the block spewing fumes onto their elementary school playgrounds.

Where there is still some hesitation, however, is when it comes to the quiet killers: the noisy late-night entrance that reeks of whiskey, the missing pill bottles, the silent dinner tables that refuse to say the word *suicide*. There is a persistent stigma among communities of color that “self-care” and “mental health” are for white people—a stigma that is being slowly dismantled but still tightly grips many minority communities like the one that raised Johnson in Greenville, Mississippi.

“I think the biggest part is just the normalization of it... like if someone says that they go to therapy,” Johnson says, people should feel empowered to respond by saying: “Nice. I’m happy that you’re engaging in it.”

The desire to increase conversations about mental health drove Johnson to create a survey and resource guide as part of a project during his family medicine rotation at Brown, with the hope of helping his peers identify their mental health needs and steering them toward the kind of support he wished he’d known to ask for sooner.

“We’re well aware how much pressure people are put under in medicine. We’re well aware that people deal with anxiety and depression and even different substances,” he explains. “And even if



Johnson’s cousin, Daylan, in Leland, Mississippi. “It looks planned but he just stood on this crate on his own.”



“Sometimes I will sketch out pictures that I want to take—they don’t always pan out as planned,” says Johnson. But the one of his niece, at left, “looks just like I envisioned it.” Right: the shadow of the sheriff who pulled up when Johnson and his dad were practicing shooting one day on the family’s property near Greenville. “Turns out my dad knew him,” Johnson says.



people decide that they don’t want to take the survey, by offering it at every rotation, it means mental health is at least thought about, and at least we’re talking about it.”

PANIC DURING COVID

Just after 5 p.m. on an afternoon in May 2020, Johnson’s vision started to go black.

It was the evening before the rheumatology exam and the first-year medical school student was on his third pass over the roughly two dozen lectures he had to commit to memory by 9 the following morning. This was how he always studied, and yet suddenly, as he looked at the slides through glazed eyes, his brain seemed to empty itself of everything.

“I was like, I don’t remember any of this information,” he recalls. “It was almost like it was the first time I was seeing it.”

He stared and stared, but his mind retained nothing. Instead, he began to feel the weight of all his body’s unmet needs. He was running on just a few hours of sleep. He had eaten only a piece of toast with peanut butter. And, of course, thoughts of George Floyd and Ahmaud Arbery’s brutal killings were never far from his periphery. Without his consent,

his brain resolved that it could go no further and sounded the panic alarm.

“I felt everything closing in, I was breathing really heavy,” he remembers. The next thing he knew, he was on the floor of his Providence apartment. “It was intense... I couldn’t go anywhere because of the pandemic, but I was also afraid to go outside because of the racial tensions and things, so it was sort of like this pressure cooker.”

When he was finally able to think—and see—clearly again, he called his mom and followed her sage advice to eat some real food and go to sleep. Ultimately, he scored just shy of a 90 on the exam, but it was the experience of that night, and not the lengthy list of musculoskeletal diseases, that stayed with him throughout medical school and into his residency.

“It was one of the strangest, scariest moments of my life,” he says. “That was the birth of me taking care of myself.”

Although he had never experienced an acute

panic attack before, Johnson said the moment forced him to come to terms with ongoing patterns of anxiety that had tried to surface over the years but had largely gone ignored.

“Even when I was in college, there would be times where I would just be walking through the mall by myself and I would become so anxious that I would just leave the mall. And that didn’t strike me as strange back then, that’s just how I was,” he recalls. “But as medical school and being in medicine often does, it forces you to face whatever thing that you haven’t faced. So I’ve started becoming more intentional about taking care of my mental health.”

A core part of Johnson’s self-care routine is exercise: challenging his body with strength and resistance training. But equally important, he says, is communication, and challenging himself emotionally to open up to others.

“It’s inspired me to be vulnerable with other people and myself. Acknowledging that, okay,

you’re really anxious right now. Don’t act like you’re not anxious. Don’t be afraid to tell people what you’re feeling,” he says.

Where he might once have been reluctant to name his negative emotions or even bother figuring out what he’s feeling, Johnson says he’s now “super honest” with family and friends.

“Sometimes it makes my momma nervous, because I think I tell her too much,” he adds, laughing, “but it’s like, I tell her when I feel it so that it doesn’t build and then come out in a crazy way.”

Another crucial component of Johnson’s self-care is, of course, his artwork. Beautifully illustrated in the collection he presented at the Alpert Medical School in 2021, *I Can’t Remember What I Yelled Back* is something of a master class in the use of photography to process difficult emotions.

The exhibit was born in 2020 out of a desire to respond to the explosive national debate over racial justice with a deeply personal reflection on the people closest to him. The photos of Johnson’s family and community members from his hometown of Greenville sought to peel away from stereotypes or caricatures of Black people that a viewer might be tempted



Johnson's niece Madison died in an accident while he was in med school. "She was definitely a muse for me."

The pictures offer an intimate look at very real people, both distant and familiar, who endure and resist the impact of racial inequality in quiet ways every day.

to conjure in their head. Instead, the pictures offer an intimate look at very real people, both distant and familiar, who endure and resist the impact of racial inequality in quiet ways every day.

"That whole project was a catharsis, because I was just so overwhelmed," he said. "Photography was the way that I got all of those emotions out."

Johnson brought the collection to Providence after showings at the Columbus Arts Council, the Mississippi Museum of Art, and his undergraduate alma mater, Tougaloo College, but says one of his proudest moments was having a few of the pieces displayed in a local Providence barbershop after meeting one of the barbers at a mobile vaccination clinic.

"When they were in that Black barbershop, they looked more at home," he explains. "They just blended in and added to the environment, versus when they were in a museum, they looked like something that was supposed to be observed and evaluated."

But Johnson sees the value in displaying his art in a range of locations—and hopes to expand the collection to include a sound installation in the coming year. Wherever the exhibit hangs, he's proud to know it's driving the conversation on racial equity forward, whether the viewer appreciates it or not.

"To future physicians, patient perspectives are not optional. Presenting these photographs on the first floor means the viewer must engage with this perspective in one way or another," he wrote in his artist's statement for the Alpert Medical School's exhibition. "Whether that engagement be through careful consideration or by completely neglecting it, both scenarios are equally important."

ACKNOWLEDGING THE ELEPHANTS

Even as the newest person on his team at Mass General, Johnson doesn't doubt his value—it's reinforced every day as he helps his coworkers bridge the gap between their own experience and their patients to provide reliable, supportive healthcare to communities of color.

"When we have Black patients, as we're telling them the plan, a lot of times they're looking right at me, kind of like, 'You agree with this? Is this

okay? Are they telling me the truth?'" he says. "It's important that people have that."

Although there's still a long way to go, Johnson believes the medical field has learned a few lessons from Covid on the importance of connecting with minority communities and about what good public health communication looks like. Though not everyone wants to admit it, outreach starts with recognizing the racism lurking in our systems: our clinics, pharmacies, and hospitals.

"There are these internal biases that you always have to be fighting against and improving upon," he says, "and I am huge on acknowledging elephants within the room."

While much of that work is introspective, Johnson also encourages his peers in medicine to give patients the opportunity to share when a racial, ethnic, or language barrier is diminishing the quality of their care, or damaging their trust in the healthcare system.

It might be as simple as giving a patient a chance to say, "Hey, I'm uncomfortable. There are four doctors who do not look like me. Maybe they don't even speak my language and they're telling me what's wrong with me and what we need to do," Johnson suggests. "But the baseline is acknowledging what everybody's thinking about so we can get that tension out of the room and focus on your health."

Though a return home to Mississippi after medical school once seemed enticing, Johnson's experience as a visiting student at Brown during his time as a Tougaloo undergraduate has ignited a desire to launch a pipeline program to guide aspiring high school students from his hometown into college, and all the way to Harvard Medical School, if they choose.

"Where I come from, the Mississippi Delta, so many of my classmates and people in my community were as smart as me, often smarter than me, but they just didn't have the resources," he explains. "Ultimately all of that potential they had, for lack of better words, died in the city where we were born. And to me, that sort of thing is unacceptable."

On a mission to "reach back" to his community and pull them forward, Johnson hopes to model not only an empathetic approach to medicine but also a steady practice of self-care that is rooted in equal parts introspection and communication. And while he knows building those rhythms might be uncomfortable, Johnson isn't afraid to ask the hard questions and say the vulnerable things and run, run, run toward a future that's brighter for everyone.

Ivy Scott '21.5, a CASE and Eddie award-winning former BAM intern, is a climate reporter at the Boston Globe.

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ARTS, CULTURE, START-UPS, IDEAS, AND DISCOVERIES

BEYOND

THE GATES



RITUALS

Self-Healing

The power and resilience of swimming in icy waters

"I was a cold water weenie," declares Helen Wagner '80, who joined the Brown University marching band, not the varsity swim team as the former high school competitive swimmer had planned. "The water in the Smith Swimming Center pool was just too cold for me."

Cold-water weenie is an unexpected label for a woman who since the pandemic began in 2020 starts her day swimming in the cold open waters of Lake Michigan. That year, Wagner and two women met at Promontory Point, a man-made rock-rimmed peninsula in Hyde Park on Chicago's South Side. In winter, they braved freezing tem-

Photograph by Stacey Westcott



Helen Wagner '80, in Lake Michigan, once thought the pool at Brown was too cold.

peratures, wind, and water. Some days they had to whack holes in the ice to immerse themselves.

The sunrise swimming ritual began as an antidote to the isolation of the Covid-19 shutdown. One of Wagner's fellow swimmers had lost her husband to the coronavirus one month into lockdown, the other

was battling depression.

Wagner understood the power of open-water swimming for self-healing. After completing a harrowing regimen of breast cancer treatments in the spring of 2011, Wagner started swimming in a reservoir near her home in Vermont to feel whole again. "It was the first time since my diagnosis

that my body didn't feel broken," she says.

Now in her fourth winter of swimming through icy waters wearing just a bathing suit and neoprene hat, mittens, and booties, Wagner credits open-water swimming with providing a feeling of personal accomplishment, resilience, and a way to feel wonderful every

day. Not to mention, she finds it "wicked fun." Her swimming odyssey is documented in an award-winning short film, *Swimming Through* (available on the *New Yorker* website).

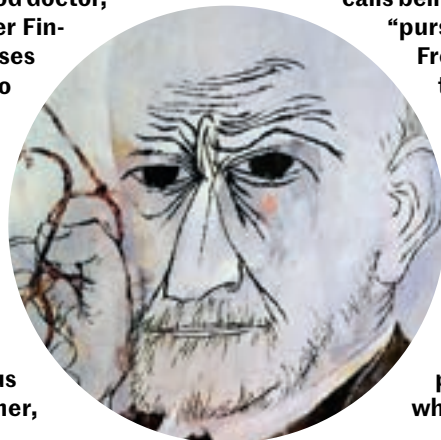
The National Institutes of Health (NIH) back Wagner's anecdotal evidence with scientific data on the mental health benefits of cold-water immersion. Cold water swimming activates the sympathetic nervous system and increases the concentration of hormones and neurotransmitters that help to regulate stress.

The NIH also cites studies that point to physical health benefits of cold-water swimming, including lowering blood pressure and improving the endocrine and immune systems. Yet the NIH also cites potential risks, especially for people with cardiovascular issues.

If swimming in an icy lake to relieve stress sounds too extreme, try a cold shower. —ELIZABETH KELLNER SUNEBY '80

PSYCHOANALYSIS

PAGING DR. FREUD Literary agent Andrew Blauner '86 has edited anthologies on everything from the Beatles to the Bible. His latest, *On the Couch: Writers Analyze Sigmund Freud*, has 25 essays on the good doctor, including one by trans writer Jennifer Finney Boylan, who, in "Penis Envy," muses on her experience as someone who had one and now does not. In the process, she writes, she went to psychoanalysis that was "just like in the cartoons, me lying on a couch, my analyst staring at his notepad from his chair adjacent." The volume includes three Brown-related writers, alums Rick Moody '83 (*The Ice Storm*) and Casey Schwartz '04 (*In the Mind Fields*) as well as emeritus psychiatry professor Peter D. Kramer,



MD (*Listening to Prozac*). Schwartz's essay analyzes Freud's house in London, 20 Maresfield Garden, first visited as a grad student in psychoanalysis. Kramer recalls being sent as a preteen to an analyst who, "pursuing his clumsy version of orthodox Freudianism...steered the conversation to sex at every opportunity." Kramer found that helpful, in its way: "I gathered...that it was okay for me to think about sex a lot." Moody references Brown, saying that "circa 1979-83 [the University] was nothing if not a hotbed of Marx and Freud," and telling the story of passing out in Semiotics 12—one of the classes with Freud on the syllabus—after a post-breakup night of Quaaludes and whiskey. —LOUISE SLOAN '88

PODCASTS

Talking Cure

A podcast by two sisters helps Black women navigate healthcare.

When Brenda Barbour '86 and her sister Elaine Curry started a podcast about Black women's health, they knew they didn't want to interview experts; that ground, they figured, was already well-covered. Instead, *Body Wealth* is all about navigating the challenging terrain of American healthcare, for both improving physical and mental health and being your own advocate.

It's a journey that Barbour has experienced firsthand. She was in her mid-40s when a friend of a friend died of colon cancer, and in her honor, Barbour's friend urged others to get colonoscopies. Barbour's longtime doctor said she could wait until 50, and when Barbour said she'd heard that Black people present with colon cancer earlier, her doctor suggested that had to do with lifestyle and socioeconomic factors, not race. Finally Barbour said "humor me," and asked for the order.

The colonoscopy revealed a large polyp and she was diagnosed with early-stage cancer. That and two subsequent breast cancer diagnoses helped point the computer science concentrator, who lives in Washington, D.C., and whose wide-ranging career had taken her from consulting to a communications post at the World Bank that included a podcast, in a new direction.

Barbour and her sister, who worked in real estate development in North Carolina, had long wanted to pursue a project together. Amid the Black Lives Matter movement, the sisters felt that "we wanted to do something more, and we wanted to do something for Black women," Barbour said. They were considering a book until a fateful conversation with Curry's daughter-in-law, who remarked that she could listen to the sisters talk all day.

On each episode of the podcast, now in its second season, they're joined by a guest who talks on a topic of her choice. They don't try to get to the root causes of health disparities; their focus is on what Barbour says she most loves, "the power of personal stories."

One recurring theme, she said, is the experience of "not being listened to" by healthcare providers. Another is overcoming the stigma of seeking help for mental health issues, something she says exists in all communities but "certainly in the Black community." Episodes have focused on everything from hypothyroidism and osteoporosis to imposter syndrome and accessing mental health services on college campuses.

When she reached out to her Brown roommate Krista Rimple Bradley '80, Barbour thought she'd

want to talk about living with rheumatoid arthritis. Instead Bradley discussed how she views having ADHD as her "superpower."

Barbour says the sisters never doubted that mental health as well as physical health would be a focus. When people have health challenges, she noted, it can translate to depression and anxiety, as it did for her after powering through two rounds of cancer treatment only to face a third diagnosis in five years. Her daughter, she said, experiences health anxiety that she traces back to Barbour's illnesses.

"We always saw them as interconnected," Barbour said. —STEPHANIE GRACE '87

After three cancer diagnoses, Brenda Barbour '86 aims to help others.



Body Wealth launched on 9/9/23 and is widely available on podcast platforms.

STAGEY WESCOTT/CHICAGO TRIBUNE (WAGNER); PORTRAIT OF FREUD BY BEN SHAHN

GEORGE PALMER



TECH

Psychosis Test

Tracking mental illness with technology

When a patient shows up at an ER in the middle of a psychotic episode, is it schizophrenia, bipolar disorder, another condition? A brain imaging assessment technique developed by Justin Baker '97, cofounder and scientific director of the McLean Institute for Technology in Psychiatry (ITP), could help doctors make an accurate diagnosis. "In many cases, you only have a vague or unreliable history," Baker says. "A brain test to distinguish between these similar presentations is the kind of thing we've all been looking for."

Baker grew up outside Atlanta, where his mother was a psychologist and his father a doctor at the Centers for Disease Control. He studied neuroscience at Brown, imaging neurons in the lab of Professor John Donoghue, and continued his research at Washington University in St. Louis, analyzing brain patterns of monkeys during movement. Training the animals took months, however, and so Baker became interested in whether insights could be gleaned from brain scans at a resting state. He found that patients with a history of psychosis displayed a sort of cross-wiring in the frontal parietal control network, which presented differently for schizophrenia and bipolar disorder. He is now investigating whether the technique could help diagnose patients earlier and better differentiate between the two conditions—important in developing effective treatments.

More recently, he has worked to develop a smartphone app to track patients' sleep, eating, and movement patterns, along with collecting regular audio diaries, to provide insight into the progress of conditions over time. In a recent study of nearly 100 people, Baker and colleagues tracked changes in sleep and movement patterns that could help alert doctors to the onset of depression, as well as analysis of speech that can signal disorganized thinking. "This kind of measurement could be used for detection of issues signaling someone needs to go to the hospital—or a way to confirm that someone's safe to come off their medications," Baker says. "Either way, it could transform the kind of treatment we can provide."

—MICHAEL BLANDING

Baker is also an associate professor of psychiatry at Harvard Medical School.

BOOKS

Fresh Ink

REVIEWED BY EDWARD HARDY

Screaming on the Inside: The Unsustainability of American Motherhood by Jessica Grose '04 (Mariner Books)

If you're feeling like a bad mother, overwhelmed by guilt and everyone else's expectations of what motherhood should be—it's not your fault. That's because, as Grose writes in this fierce, witty, and companionable book, our society, with its minimal and often leaky family support systems, isn't set up to support you. Grose is an opinion writer for the *New York Times* who covers family issues and while the book tracks her own path through new parenthood, it's also a well-reported piece of cultural criticism, one that includes interviews with nearly a hundred parents from all corners of the playground.

Struggle and Solidarity: Seven Stories of How Americans Fought for Their Mental Health Through



Federal Legislation edited by Michael Compton and Marc Manseau '02, '06 MPH (American Psychiatric Association Publishing)

Helpful origin stories of seven pieces of federal legislation, including the Civil Rights Act of 1964 and the Housing and Urban Development Act of 1965, that all led to important changes in society, which in turn improved mental health. The greater argument here is that all policies are in some sense mental health policies and fixing societal problems will lead to better mental health outcomes down the line. Four chapters were written in part by Brown alums: Flávio Casoy '03, '09 MD, Caroline Bersak '05, Daniel Neghassi '05, and Jacob Izenberg '08.

Strangers to Ourselves: Unsettled Minds and the Stories That Make Us by Rachel Aviv '04 (Picador)

With moving, sometimes haunting prose Aviv, a *New Yorker* staff writer, deftly hikes into the hinterlands of psychiatry, looking at how the narratives attached to a diagnosis can shape a person's sense of self. This nuanced, deeply researched debut centers on case studies of four people, including a former doctor consumed by his perceived failures and an Indian woman whose devotion to Hinduism is itself considered an illness, and how their experiences of mental illness are far more complex than their diagnoses allow for. As Aviv writes: "There are stories that save us, and stories that trap us, and in the midst of an illness it can be very hard to know which is which."

ANNA OLIVELLA (BAKER); ERIK GOULD (BOOKS)

PSYCHEDELICS

Are Mushrooms the New Prozac?

Research with psilocybin shows positive results for depression

Since 1970, psychedelics like LSD have been banned by the U.S. government, which claimed that such drugs have "no currently accepted medical use." But that view appears increasingly outdated, and research by psychiatrist Xiaojue Hu '06, '11 MD and many others indicates that psilocybin—the hallucinogen in magic mushrooms—has valuable therapeutic benefits.

Hu served as a co-investigator in a clinical trial at the New York University Langone Center for Psychedelic Medicine, administering a single dose of synthetic psilocybin or placebo to people suffering from clinical depression. Patients were accompanied by psychological support during and after the psychedelic experience, and their depression improved significantly and remained that way for weeks, compared to those who received a placebo drug, according to the results published in an August 2023 edition of the *Journal of the American Medical Association*.

"One metaphor that's used, it's as if your brain was a snow globe and being on psychedelics is like shaking up a snow globe," said Hu, an assistant clinical professor of psychiatry at NYU's School of Medicine. "Whatever rigid beliefs or thoughts and patterns that someone may hold, such as someone with depression, it can be a little bit more flexible to change in that immediate period afterwards."

This happens in part because psychedelics can trigger neuroplasticity, making the brain more

flexible to positive rewiring, especially when "tripping" occurs with guidance in safe and comfortable settings, explains Hu. In the clinical trial, she provided psychological support when needed to patients but generally let those tripping "have their own experience," later integrated and discussed in follow-up therapy sessions.

Hu, whose parents moved from Shanghai to Michigan when she was six years old, says adapting to the U.S. as a child of immigrants built "empathy and

respect for very different perspectives."

She also works in private psychiatric practice, sometimes treating patients with the legal hallucinogenic ketamine for anxiety, trauma, and depression. She believes that as the evidence from a growing body of research adds up, psychedelics will move towards more widespread legalization.

The stigma around psychedelics appears to be

fading and, in June, the Federal Drug Administration issued guidelines for conducting clinical trials with psychedelics. Since 2020, Oregon has allowed for the use of psilocybin in guided therapy and Colorado decriminalized the substance, along with some cities such as Minneapolis.

Intrigued by the possibilities to expand treatment options for patients, Hu is part of an NYU team conducting a study on the use of psilocybin in therapy for advanced cancer patients to aid them in reconciling with "existential distress."

Drawn to multiple disciplines as a comparative literature and pre-med undergraduate student, Hu sees psychedelics as a part of her holistic approach to therapy, combining neurochemistry, psychotherapy, and even spirituality, reshaping patients' self-narratives.

"I really like stories. So I feel like in psychiatry, you actually get paid to listen to people's stories all the time," Hu says. "Then help them find better stories to tell themselves and the world." —JACK BROOK '19

Hu did both her residency and a fellowship at NYU's School of Medicine in 2015 and 2016.

BESS ADLER



NONPROFITS

Visual Therapy

Digital imagery helps people express complex emotions.

Two life-changing experiences led Steve Koppel '82 to launch the Expressive Digital Imagery (EDI) Institute, a nonprofit that promotes healing and resilience for people dealing with debilitating mental or physical health conditions. The first, when Koppel retired and passionately pursued photography as a hobby; the second, when his family faced a mental health challenge and Koppel realized that image-making was instrumental in helping him cope.

At the heart of EDI is a mobile app to enhance ordinary smartphone photos for self-expression, a Cloud-based platform to integrate images into evidence-based therapies, and a protocol for using the images to create connections among peers and with caregivers that would be impossible to achieve with the spoken word alone.

EDI serves a range of individuals, from children with autism to senior veterans with PTSD. A 60-year-old woman with bipolar disorder morphed a photo of tangled phone cords into an image that helped her son understand what a manic cycle feels like for her. A recovering drug addict in his 20s embellished an image of the front seat of his car where he used to get high to remind himself of the life he does not want to repeat.

Having spent 20 years as a business consultant, followed by 10 years advising nonprofits, Koppel, a computer science concentrator, was primed to

develop a digital therapy solution that could scale. "You could say I was wired to provide as many people as possible with a visual way to feel understood," he says.

In creating EDI, Koppel partnered with Dana-Farber Cancer Center, McLean Hospital, and Gosnold Treatment Center to come up with a solution that hospitals, addiction centers, hospice organizations, community-based social services, and schools could license and implement on their own.

Results have been impressive: "EDI enabled patients at a psychiatric unit as well as pediatric residents working remotely during the pandemic to access and articulate deep emotions for the first time," reports Dr. Michael Bennick, founding medical director of the Yale New Haven Health Office of Patient Experience and former associate chief of medicine of Yale New Haven Hospital. "For behavioral health treatments to be effective, professionals are dependent on patients expressing their feelings," Bennick explains. The clinical director of a Yale inpatient psychiatric group, he said, reported deeper engagement and connection than typically achieved in group therapy.

Over the past 10 years, the EDI Institute has served more than 20,000 people through partnerships with organizations including Vanderbilt University Medical Center, Boston Children's Hospital, and Eli Lilly at cancer centers nationally. In the next 10 years, Koppel hopes to "bring the power of EDI to as many people as possible in ways we haven't yet imagined." —ELIZABETH KELLNER SUNEBY '80

Steve Koppel '82 realized photography was helping him cope with a family crisis—and that image-making might help others, as well.

Koppel exhibits his work at a gallery he opened in Chatham, Massachusetts: expressionsgallery.com.

ADDICTION

12-Step Alternative

A science-based, non-religious recovery program has become #2 after A.A.

In the 1960s through the '80s, Dr. Joseph Gerstein '57 was a professor at Harvard Medical School and an internist at Mt. Auburn Hospital. He had several patients with alcohol or drug dependency who didn't like the religious overtones or "you are powerless" message of 12-step programs like A.A.—at the time, the only free, ongoing resources available to people seeking recovery. Then, in the early nineties, he heard about Rational Recovery, an approach started by social worker Jack Trimpey that shared 12-step's peer-support model but was rooted in scientific methods such as cognitive behavioral therapy (CBT)—based on the idea that if we better understand how our thoughts trigger our feelings, we can control our actions.

Gerstein was hooked. "The recognition that our emotions are based primarily on how we think about things is essentially the Stoic philosophy from two millennia ago," he says. With others, he took the essence of Rational Recovery and in 1994 created a nonprofit, SMART Recovery, becoming its founding president. "We want to help people clarify their thinking so they can make better decisions for themselves," he says.

Nearly three decades later, SMART has become the worldwide #2 mutual-aid recovery pathway after the 12-step model, with about 2,000 meetings in 34 countries, 600 of them on Zoom and about 1,200 in the U.S., according to Gerstein. The program has been given major support by U.S. and other governments as an alternative to 12-step, whose religious aspects multiple U.S. courts have ruled cannot be mandated for people coming out of prison.

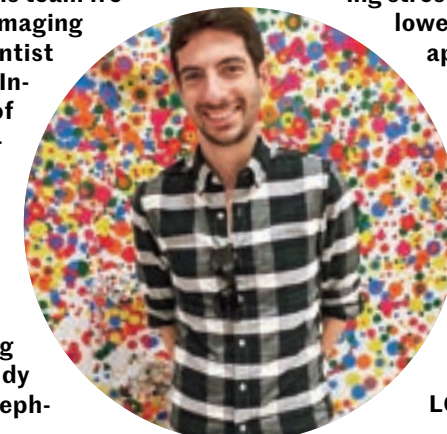


"From the first SMART meeting I facilitated," he says, "I knew this program was going to go around the world." He predicts that SMART will attain 12-step's scale "not while I'm on earth, but hopefully in the future." Though no longer president, Gerstein is a SMART board member and still facilitates four SMART meetings a week—and he's not giving that up anytime soon. "My father had Alzheimer's," he says. "One way to fight it off is to stay intellectually challenged, and running meetings is extremely good in that regard." —TIM MURPHY '91

SMART stands for Self-Management And Recovery Training.

RESEARCH

CAN AN MRI PREDICT ANXIETY? To gain a clearer picture of the risk factors, mechanisms, and predictors of depression and anxiety in children and adolescents, Dr. David Pagliaccio ScB '10 and his team frequently use magnetic resonance imaging (MRI). Pagliaccio, a research scientist at the New York State Psychiatric Institute and assistant professor of clinical neurobiology at Columbia University, heads a handful of ongoing research projects designed to examine emotion, social behavior, and brain function in adolescents. To analyze predictors of adolescent depression, Pagliaccio and his peers are using four assessment methods with study participants, including electroenceph-



alogram (EEG), eye tracking, heart rate measurement tools, and an option of one MRI scan. Study participants complete a baseline clinical assessment assessing stress and brain factors in suicide risk, followed by the MRI. Additionally, a research app enables the team to collect data about the study participants' smartphone use. As a gay neuroscientist, Pagliaccio has been focused on inclusion in science. "Throughout my career," he writes on the website 500queerscientists.com, "I have been very lucky to find open and supportive mentors and lab communities. I hope to pass this on to future scientists and to help foster visibility and community for LGBTQ people in STEM." —BRIAN HUDGINS

STEVE KOPPEL

500 QUEER SCIENTISTS (PAGLIACCIO)

Illustration by Joanna Grochocka



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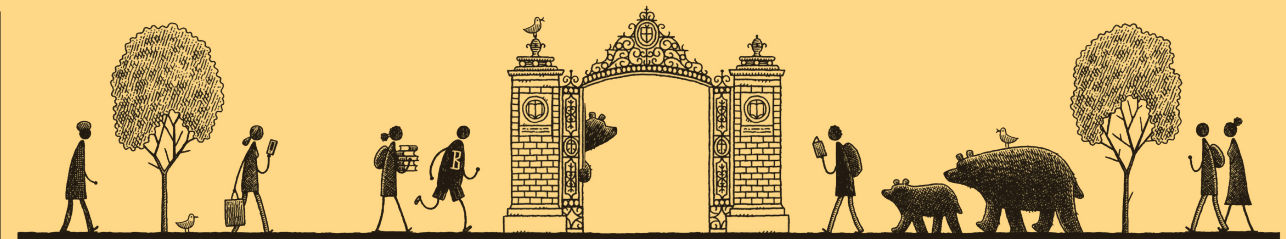
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APRIL-MAY 2024 THE CLASSES...53 CLASSIFIEDS...58 OBITUARIES...71

THE CLASSES



ILLUSTRATION TOM GAULD; PHOTO PEMBROKE CENTER ARCHIVES

PSYCH EXPERIMENT Pembroke campus, 1953—five years before Hunter Lab was built. Thorazine had barely hit the market and lobotomies were a go-to treatment. The woman in the foreground is psych major **Louise Sherlock Tighe '53**, who got her PhD in psychology from Cornell and went on to be a psychology professor. Here, she's in front of what looks like an oscilloscope, an instrument that can be used to measure brain waves. The trail goes cold there... none of the current professors we contacted could even guess at what kind of experiment the students might have been doing. Our best guess based on the 1953 course catalogue is that this may have been a lab for Psych 111, Advanced Psychological Testing, in which students learned to measure "various aspects of behavior and intelligence in normal and abnormal children and adults." Or was it Intro to Psychological Testing, with Sherlock as the T.A.? We do know that Sherlock Tighe, who died in 2014, liked to go to basketball games and was a nationally ranked distance swimmer. —LOUISE SLOAN '88

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75TH REUNION

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50 Send your news to the BAM at alumni_magazine@brown.edu. **Janet Brof** published a book of poetry entitled *Tell Them My Love Has Come* with Levellers Press.

51 Send your news to class presidents **Constance Del Gizzi** at chdelgizzi@comcast.net, **Gene Weinberg** at awew1@cox.net, or directly to the BAM at alumni_magazine@brown.edu.

52 Send your news to Class Secretary **Joe Munro** at munrojb@aol.com or directly to the BAM at alumni_magazine@brown.edu.

Class President **Barbara Kirk-Andrews Hail** unfortunately is resigning as class president. She writes: "I don't get around much due to arthritis and have large family obligations. I loved working on our 70th anniversary memories booklet and becoming reacquainted with my classmates through their reminiscences of their lives. It was special for all of us."

53 Send your news to the BAM at alumni_magazine@brown.edu. **Edith and Marvin Catler** are still living in Sarasota. Marvin writes that he has spoken to **Dave Kramer**.

70TH REUNION

54 Send your news to class secretaries **Margery Sharp** at 75 Harrington Ave., Shelburne, Vt. 05482, margexsharp@gmail.com; **Marshall Cohen** at bigmarsh@verizon.net; or directly to the BAM at alumni_magazine@brown.edu.

55 Send your news to Class President **John O'Brien** at anneobrien@comcast.net or directly to the BAM at alumni_magazine@brown.edu.

56 Send your news to **Gretchen Wheelwright** at ggwphd@aol.com or directly to the BAM at alumni_magazine@brown.edu.

58 Send your news to Class Secretary **Jill Hirst Scobie** at 15 Albert St., Waltham, Mass. 02453; jill.scobie@alumni.brown.edu or directly to the BAM at alumni_magazine@brown.edu.

65TH REUNION

59 Send your news to Class Secretary **Caryl-Ann Miller Nieforth** at 161 Everett Ave., Providence 02906; carylanni89a@gmail.com or directly to the BAM at alumni_magazine@brown.edu.

Bonnie Brooke Hunt Mitchell has illustrated her second children's book, with all proceeds again directed to a not-for-profit. The first, *Willy of the Crooked Lake*, by Gary Brown, was for the Finger Lakes SPCA to help increase donations. The second, *Maggie of the Crooked*

Lake, is benefitting hospice care in the Corning, N.Y. area. She and her twice Grammy-nominated daughter, **Elizabeth Mitchell '90**, are planning to attend Bonnie's reunion.

60 Send your news to Class Communications Chair **Jane Doane Anderson** at janeanderson1960@comcast.net or directly to the BAM at alumni_magazine@brown.edu.

Brent Harold, Arnold Hetzer, and Bob Pearson of Wellfleet, Mass and Vieques, PR; Bridgeport, Conn. and Venice, Fla.; and Wellfleet, Mass. and Tucson, Ariz., respectively, converged in Newport, R.I., for a reunion of walking, eating, and talking.

Marjorie Tingle writes: "Ten members of our class have met regularly for over 60 years! For the first two decades after walking down College Hill the group gathered annually at a member's house large enough for growing families. Fiftieth birthdays were celebrated together at the Rainbow Room at Rockefeller Center in New York. In following years, memorable meetings were planned at destination sites across the country. Sadly, two members, Martha and Hope, have recently departed. (The photo was taken in August 2014, the last time all 10 of us were together.) Yet we are constantly amazed and thankful that in our mid 80s, we still have eight members who anxiously await monthly Zoom meetings (husbands included). We still reminisce about our time at Brown but also have good conversations about books, current events, and family members. Over the years, our friendship has grown deeper as we supported others through the many ages and stages of life. Our group is an



Class of '60, from left: Martha White Keister, Joanne Tenedine Rees, Marjorie Tingle, Barbara Jones Nicholson, Elaine Tetreault Smith, Minna Saxe, Suzy Werber Dworsky, Hope Cranska, Barbara Little Jaffe, and Peggy Durham.

example of the power of friendships developed during college years."

61 Send your news to Class Secretary **Beth Burwell Griffiths** at nhbeth773@gmail.com or directly to the BAM at alumni_magazine@brown.edu.

62 Send your news to the BAM at alumni_magazine@brown.edu.

Linda and **Gene Kopf** continue their life in paradise: Jupiter Island, Fla. They are students three days weekly at Florida Atlantic University plus they attend serious drama biweekly and are on the treadmill at home daily and in the gym. Gene writes that they have had some contact with fellow grads, especially **Helene Schwartz Kenvin** who keeps them updated on other '62 grads, and **Ned Clayton '63**, who leads Delta Phi activities.

63 Send your news to Class Secretary **Barbara Smith Langworthy** at blangworthy63@gmail.com or directly to alumni_magazine@brown.edu.

Nancy Scull writes that Friends of Meali International, the organization she founded to help Tanzanian children, has held a successful capital campaign and built a new primary school in the Monduli District near Arusha. "It serves primarily Maasai families, who otherwise had no school available. This was a joint effort with the Tanzanian government. **Ina Schwartz Heafitz '66** was in attendance for the dedication." Contact Nancy at NancyCScull@gmail.com.

The Brattleboro Family Health Care (BRHC) softball team, founded by **Bob Tortolani** in 1974, claimed a division title in the Brattleboro, Vt., area. They currently have a 21-game winning streak. Bob is still playing as he has for 50 years. The age range on the team is 17 to 83 with many team members who have played for more than 25 years.

60TH REUNION

64 Send your news to the BAM at alumni_magazine@brown.edu.

65 Send your news to Class Co-Vice President for Communications **Terri Alschuler Hale** at vanhale43@gmail.com or directly to the BAM at alumni_magazine@brown.edu.

Don Roth retired at the end of August after a 17-year tenure as executive director of the Robert and Margrit Mondavi Center for the Performing Arts at UC Davis, which was the culmination of a career as an arts executive that began in 1977. Several weeks later, he received the emeritus award from the Western Arts Alliance at

"Our group is an example of the power of friendships developed during college years."

—Marjorie Tingle '60

its annual conference. Don plans to remain in Davis and remain active on three arts boards: the San Francisco Classical Voice, the Sacramento Alliance for Regional Arts, and the Bear Valley Music Festival. He writes: "It all began with a stint as BRU's classical music director!"

66 Send your news to Class Cosecretary **Jaclyne Horn Laxon** at jlaxon@comcast.net or directly to the BAM at alumni_magazine@brown.edu.

67 Send your news to class copresidents **Sharon Drager** at sbdrager@sbcglobal.net, **Keith Mosher** at keithnote@sbcglobal.net, or Class Treasurer **Dave Chichester** at davidchichester1@gmail.com.

68 Send your news to Communications Cochair **Ginger Ignatoff** at ginge18.bronx@yahoo.com or directly to the BAM at alumni_magazine@brown.edu.

John Mogulescu writes: After working for 49 years at the City University of New York (CUNY), where I was the senior university dean for academic affairs and the founding dean of the CUNY School of Professional Studies, I retired in 2021. Since retiring I have been writing a book about my CUNY experience. I am delighted to announce that the book was published in December of 2023. Entitled *The Dean of New Things: Bringing Change to CUNY and New York City*, it uses the story of my unusual career to consider how change—difficult but necessary—can happen in higher education. To learn more about the book, please visit the book's website. It is deanofnewthings.com.

55TH REUNION

69 Send your news to **Linda Antonucci** at antonucci@att.net or directly to alumni_magazine@brown.edu.



Ross McElwee '70, documentary filmmaker and professor of the practice of filmmaking at Harvard University, was the recipient of the Pennebaker Lifetime Achievement Award at the 8th Annual Critics Choice Documentary Awards gala. The film *Still: A Michael J. Fox Movie* received five awards this year, including one for **Davis Guggenheim '86**, as best director.

70 Send your news to Class Vice President of Communications **Geri Williams** at gerizwilliams@comcast.net or directly to alumni_magazine@brown.edu.

Richard S. Bush writes: "I took my wife, Arla Couvillion Bush, to New York City on May 14 for her birthday (also Mother's Day) and had drinks and dinner with **William R. "Bill" Griffith**, and visited my brother, **Fred M. "Mike" Bush '67**. Bill and I, both retired lawyers, reminisced about our years at Brown and talked about what we had done since graduation. Although living in central Louisiana far away from Brown, I keep in touch with many classmates, including my fraternity brother **Richard R. "Rick" Funk**. I am looking forward to visiting with my classmates at our 55th reunion in 2025."

Joy Javits writes: "Hello all you darlings from my class. I wrote once before, long ago, about **Shyamoli Sen**, whom we all loved—and I continue to delight in her audacity in directing *Who's Afraid of Virginia Woolf?* under the aegis of James O. Barnhill, with a brilliant cast of four men. The person who played Martha revealed this to playwright Edward Albee on a call-in PBS radio program and Albee was furious. But it was brilliant and fit perfectly. If I may, I would like to offer my services as a public speaking coach to all of you. I especially hope to work with progressive candidates for public office, local, state, or national. I focus on the extremely important initial impression and on connecting with your audience. My father, Senator Jacob K. Javits, spoke with great conviction, clarity, and conciseness to boot. We can zoom from anywhere. Contact me at inthepubliceye@gmail.com. See you all at the next reunion. To your good health!"

Steve Morse writes that he attended many concerts in his Brown days and especially remembers seeing Janis Joplin at Meehan Auditorium and Jimi Hendrix at Marvel Gym. He later fashioned a career as a rock 'n' roll journalist, spending nearly 30 years as a staff critic for the *Boston Globe*, for whom he interviewed Bob Marley, the Rolling Stones, Bruce Springsteen, AC/DC, Madonna, Metallica, B.B. King, Billy Joel, Bonnie Raitt, the Grateful Dead, Tracy Chapman, and many others. He took a buyout in 2006 and was then hired by Berklee College of Music to author and teach their rock history course for Berklee Online, which he continues to do. "Anyone who knew me at Brown will get a kick out of knowing that I made a career out of what I loved—and that's rock 'n' roll." In 2023, he was inducted into the New England Music



BROWN CENTER FOR CAREER EXPLORATION EXECUTIVE DIRECTOR MATTHEW DONATO (LEFT) HELPS STUDENTS REFLECT, CONNECT AND EXPLORE MEANINGFUL CAREER OPPORTUNITIES.

Transforming Career Support

By Debra Bradley Ruder '80

The new Brown Center for Career Exploration is building on the University's network of alumni and family members to serve as mentors, industry liaisons and potential employers.

As a senior pondering her career path after Brown, Yuna Hur '18 — a cognitive science and education studies double concentrator — was eager for real-world advice. The University found a perfect match in mentor Deb Mills-Scofield '82, who as a student helped create Brown's cognitive science concentration and has been mentoring Brunonians for over 15 years.

Now Hur gives back herself as an alumni mentor, sharing her post-Brown experiences as a teacher, lacrosse coach and learning technology strategist, and helping undergraduate mentees navigate career and life choices. They might discuss courses, concentrations, internships, extracurricular activities, self-care, identity issues or adjusting to one's first job after college.

"It has been such a meaningful opportunity to continue being part of this community as a mentor," says Hur.

Volunteers like Hur are a mainstay of the new Brown Center for Career Exploration, which launched in summer 2023 after two years of development. With a significant boost in staffing, more funding for internship and research experiences, new partnerships, and advising tailored to a wider range of defined professional pathways, the center will offer programs that equip Brown graduates for the 21st century workforce.

Anchored in Brown's student-centered learning approach, the center builds on the University's network of campus advisers, along with thousands of dedicated alumni, parents

and family members who contribute invaluable expertise and job contacts to help students investigate rewarding career pathways. It's what Executive Director Matthew Donato, an associate dean of the College, calls "a warm network" of individuals with a shared Brown connection.

"The power of the Brown network is incredibly important," he says. "Our students have always been successful at attaining internships, jobs, graduate school admission and competitive fellowships, but we're adding value to how they engage in that exploration and making sure they really achieve the outcomes that they want."



STUDENTS AND ALUMNI CONNECT THROUGH A NETWORKING EVENT HOSTED BY THE WOMEN'S LAUNCH PAD, AN ALUMNI RELATIONS PROGRAM THAT PARTNERS WITH THE BROWN CENTER FOR CAREER EXPLORATION TO OFFER STUDENTS MENTORING AND SUPPORT.

Donato encourages students and alumni to "Reflect, Connect, Explore" — a model of career exploration that views career journeys as a lifelong process of reflecting on one's skills, values, interests and goals; using professional networks to identify exciting opportunities; and trying something new, and then regrouping if needed.

Opening Doors

With *BrownTogether* campaign support, the Center for Career Exploration is helping to guide students along more defined career areas than its predecessor, the CareerLAB. Those areas include technology and tech ventures; finance and consulting; arts and media; science and engineering; and careers in the common good, such as the nonprofit, government and education sectors. Pre-professional advising for careers in health and medicine and law will continue to be offered.

The reimagined center, which serves undergraduates, graduate students and recent

graduates, is also adding resources for alumni of all ages looking to give or receive career assistance. For example, it is developing a more robust online networking tool that builds on the success of the BrownConnect platform and facilitates student and alumni/family connections for mentorship, networking and community building.

Center leaders are working with Alumni Relations to recruit more career volunteers to meet growing demand. Opportunities include mentoring individuals or small groups, speaking during an academic class, leading a workshop or pointing students to jobs or internships. A volunteer might help with one specific task — say, honing a student's research "elevator pitch" — or have longer-term involvement.

"There are simple things people can do that make a big difference," says Johanna Hussey, director of career and life design in Alumni Relations. She says mentoring can be fun and energizing.

"When you talk with a student about what they're reading and researching — maybe new trends, technology, companies or innovative ways of doing business — you can see your industry or career differently," Hussey says. "You grow and learn together. As alums, you're opening doors for students. But don't be surprised if doors open for you, too."

Hur agrees. "Being a mentor has been rewarding and inspiring," she says. "It gives me the chance to pause and reflect on my Brown experience. It's also great to have a little window into what's happening on campus and to feel that pride of being a Brown alum."

Ways to get involved with the Brown Center for Career Exploration:

- Update your online alumni profile at my.brown.edu.
- Register on BrownConnect.
- Volunteer as a career mentor.
- Join Brown's LinkedIn communities.
- Visit career-center.brown.edu for more information.

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Hall of Fame. He has an autistic son, Nick, who has become a successful artist. Steve invites you to check out Nick's website at nickmorseart.com.

71 Send your news to class co-vice presidents for communications **Darrell Davidson** at dddavids@iupui.edu, **Harry L. Watson** at hwatson@email.unc.edu, or directly to the BAM at alumni_magazine@brown.edu.

72 Send your news to the BAM at alumni_magazine@brown.edu. **Paul Backalenick** published his third suspense novel on Amazon. *Empty Luck* is a new take on the Cain and Abel story.

Kirkus Reviews said "Each character's inner sense of right and wrong, balanced against their actions in the moment, keeps the novel barreling toward its inexorable showdown." To learn more, see paulbackalenick.com.

Lewis Kostner writes: "*Choosing Fatherhood: America's Second Chance* is a book of mine published in 2012 by George F. Thompson Publishing. Juan Williams wrote the introduction, and as Larry Elder points out in the piece in the BAM, his relationship with his father, or lack thereof, for many years took full precedence over most of what was going on in his life at that time. My book explores, through photographs and interviews and essays by David Travis, Shipra S. Parikh, Roland Warren, and Derrick M.

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Bryan, the lives of children all over the United States who grew up without a father in their life. In the end, all the fathers and children I photographed and interviewed wanted nothing more than to be part of each others' lives. Many of them even had to learn how to communicate, an experience they had never been able to learn about until later on in life when they decided to get to know who their kids were. My connection to Larry's words and thoughts is laid out very explicitly in my book. Thanks to Larry for sharing his caring with all of us."

73 Send your news to Class Communications Cochair **Mary Hutchings Reed** at mhreed3@gmail.com or directly to the BAM at alumni_magazine@brown.edu. **George Thurston** was awarded a three-year grant from the NIH to continue his work on the human health effects of particulate matter air pollution as a function of particle composition and source. He also hosted a pre-United Nations COP Climate and Health meeting in Abu Dhabi.

50TH REUNION

74 Send your news to class co-vice presidents for communications **Scott Harris** at sharris@alumni.brown.edu, **Jim Morris** at jimmorris@alumni.brown.edu, or directly to the BAM at alumni_magazine@brown.edu.

75 Send your news to Class Communications Chair **Rhonda Port Walker** at rwalkerbhjn@verizon.net or directly to alumni_magazine@brown.edu.

Geoffrey Garth writes: "In August, eight Sick Puppys floated the length of the Grand Canyon on the Colorado River: **Tommy Childs, Gary Dunn, Steve Elliott, Gary Faryniuk, Rick Heimbach, Phil McMorrow, David**

THE CLASSES

Patchen, and myself. Six of us had floated the top half of the canyon 10 years ago when we were all turning 60. It was an awe inspiring trip and we agreed that when we turned 70, we should float the full canyon. This was the year and we spent 12 days on the river, allowing us to slow down and soak up the grandeur and to avoid having to climb out up the Bright Angel Trail. We organized the trip with Hatch River Expeditions, and on learning that one of the Hatch guides was a Brown alum, we arranged to have him—**Dave Kashinski '93** was our trip leader. Dave has made 300-plus trips through the canyon and added greatly to what was a fantastic trip with jaw-dropping views around every turn, interspersed with some big white water. Getting to spend 13 days isolated from the rest of the world with so many Sick Pups, spouses, and new friends, was incredibly special. I wonder what we'll do when we all turn 80?"

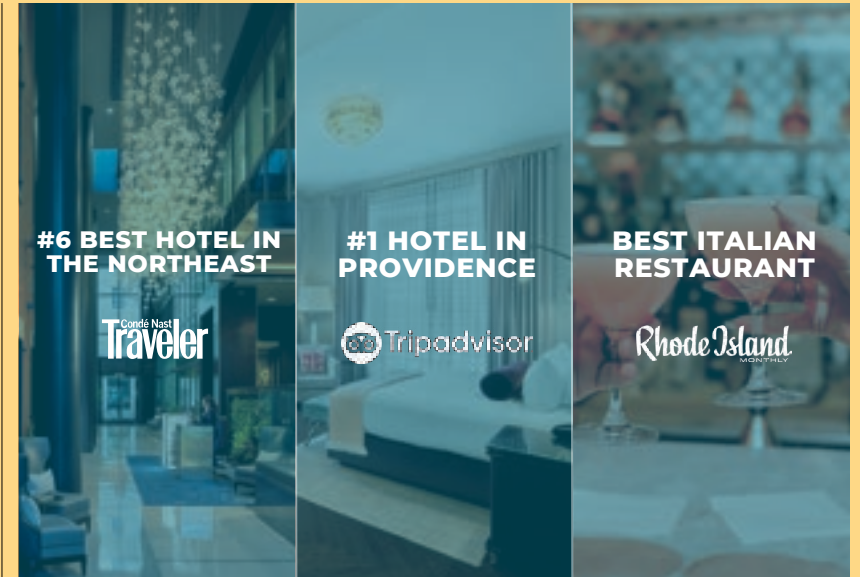
John Taylor writes: "After 40-plus years in finance I have failed retirement twice already and now am failing again by being elected to a four-year term on the Village Council in Pinehurst, North Carolina."

76 Send your news to Class Communications Chair **Kevin Rudden** at kevin.rudden@gmail.com.

Joel Scheraga '79 AM, '81 PhD writes: "I had the privilege of working with a remarkable team of dedicated individuals from across the federal government to produce President Biden's National Climate Resilience Framework. This document was released at the White House Summit on Building Climate Resilient Communities that was held in September 2023. The National Climate Resilience Framework is a call to action to help communities confront the climate crisis and become more resilient to the impacts of climate change, but also more safe, healthy, equitable, and economically strong. On October 31, I was honored to receive a national honor award from the U.S. Environmental Protection Agency for outstanding performance management as a member of the climate adaptation measures team. I was also proud that the climate adaptation implementation plan development team that I oversaw received an EPA gold medal for exceptional service."

77 Send your news to Class President **Kenneth Dill** at sixdills@hotmail.com or Class Co-Vice President **Lucinda Flowers** at lucindaflowers910@gmail.com or directly to alumni_magazine@brown.edu.

Karen Misler writes: "My husband, Barry Feigenbaum, and I had a thrilling summer of 2023. Our daughter, Stephanie Feigenbaum, married Avi Arfin on July 3. In attendance at the wedding—in addition to her brother **Jeremy Feigenbaum '11**—were **Laurie Bass '76,**



THE Beatrice Bellini

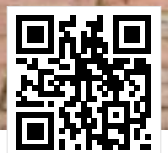
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Sick Puppys ('75) from left: Rick Heimbach, Geof Garth, David Patchen, Gary Faryniuk, Dave Kashinski '93, Gary Dunn, Tommy Childs, and Phil McMorrow.

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THE CLASSES

Katherine Johnston Hutto (my Brown roommate who transferred after sophomore year), **Susan Israel** '76, and **Randa Reitman** '80, '83 MD (Avi's aunt). Then our son Jeremy married Adam Amir on September 3. Wedding guests included **Laurie Bass** '76, **Jerry Cedrone** '11, **Katerina Wright** '11, and **Gabriella Ra'anan** '11. Our cup runneth over."

Allen Schaffler writes: "I was delighted to host an October gathering of Brunonian friends here in "Sagebrushestan," Powell Butte, Oregon. On hand for boondocks hiking, high desert exploration, much hilarity, fine ranch dining, and toasts to the past and future were **David Ellenberg**, **Steve Golub**, **Jeff Janer**, **Paul Marantz** '78, '81 MD, **Randy Sunshine**, **Doron Weber**, and **David Weiss** '78. It was pretty good. Ever true...."

78 Send your news to Class Vice President for Communications **Patsy Dimm** at patsydimm@msn.com or directly to the BAM at alumni_magazine@brown.edu.

David Hahn writes: "I collaborated on a video with brilliant visual artist Andreas Karaoulis (also known as bestbefore). People have described the abstract style of the video as a Paul Klee painting in motion. 'LIGHTNING ON SATURN' uses my original composition that includes electric guitar, Moog synthesizer, and actual sounds of Saturn recorded by NASA's Cassini spacecraft, which explored the planet for many years beginning in 2004. (Andreas also created video for my piece Corporate Coitus.) You can see 'LIGHTNING ON SATURN' at davidhahnonline.com/videos

John Robbins '81 MD (see **Abby Schreiber** '11).

Eliot Schreiber (see **Abby Schreiber** '11).

45TH REUNION

79 Send your news to class communications cochairs **Charles Jackson** at charles.jackson@lakesidebook.com or jackson5redsox@gmail.com; to **Fred Cooper** at fcooper@tollbrothers.com; or directly to the BAM at alumni_magazine@brown.edu.

80 Send your news to class cosecretaries **Mary Minow** at maryslibr@gmail.com and **Gina Brelsford** at brelsford@alumni.brown.edu, or directly to the BAM at alumni_magazine@brown.edu.

After long public service careers—32 years with the Department of Veterans Affairs for John and 24 years in the Florida public schools for Meg—**John Auerbach** and **Meg Scholl Auerbach** '81 have retired and moved from Gainesville, Fla., to Plantation, Fla., to work for Nova Southeastern University. John is a professor of psychology and Meg teaches

"I am looking forward to chasing down astronomical events like the recent solar eclipse."

—**Thomas Kenney** '81

English in the Upper School at that institution's University School.

Roberta Lawrence writes: "I'm settling into life in Savannah, Georgia, and the extra coastal garden season we enjoy each year. I'm privileged to work at Ray Ellis Gallery on Ellis Square in the picturesque historic district. Ellis (1921-2013) painted for more than 70 years and on all seven continents. His work was commissioned for the official U.S. White House Christmas card three years consecutively and was awarded the Salmagundi Club's Medal of Honor for Lifetime Achievement in the Arts." Contact Roberta at RobertaLawrence@RayEllis.com

81 Send your news to Class Co-Vice President for Communications **Suzanne Curley** at suzo329@gmail.com or Class Co-Vice President **Charles Taylor** at ctaylor@htgroup.com.

Thomas Kenney writes: "After 37 years with the United States Environmental Protection Agency, Office of Regional Counsel, Region 5 in Chicago as a senior attorney, I have retired from federal service and am looking forward to new adventures and experiences in the coming years, including traveling and chasing down astronomical events like the recent solar eclipse. I hope and plan to make the next reunion in 2026."

Allison Seidner Robbins '81 (see **Abby Schreiber** '11).

Paul "Alfred" K. Siewers was ordained to the priesthood in the Russian Orthodox Church Outside of Russia in August at Holy Trinity Monastery in Jordanville, N.Y. Father Paul is assigned to St. John's Russian Orthodox Mission in Lewisburg, Pa., where he lives with his wife Matushka Olga and their two sons. He also continues as associate professor of literature at Bucknell University.

82 Send your news to Class Vice President for Communications **Liza Boyajian** at lizaboyajian@gmail.com, Class Copresident **Roger Baumgarten** at rogerbaum@comcast.net, or directly to the BAM at alumni_magazine@brown.edu.

Rich Jones writes: "I had an awesome time

at my first Black Alumni Reunion. The Class of '82 had a great turnout. But what made it extra special was seeing classmates from '79-'85 that overlapped during my Brown years. I'm already looking forward to BAR 2028."

Lisa Rothstein writes: "I was thrilled to be given my very first gallery show of my cartoons (ones that ran in the *New Yorker* and otherwise) that opened on Sept. 29 at Gallery-by-the-Sea in La Jolla. "Pet Projects" focused on animal themes, with 32 framed cartoons on display, featuring dogs and cats of course, but also a rhino, some horses, a snake, a couple of cows and—naturally—plenty of bears! On the two Sundays of the show, I gave an animal cartooning class and drew live cartoon portraits of people's pets—both big hits with two-legged attendees of all ages. (These activities were repeat performances of my recent appearances at the American Kennel Club Museum of the Dog and the Westminster Kennel Club Dog Show in New York City.) In 2022, I was admitted to the National Cartoonists Society, the world's largest and most prestigious organization of professional cartoonists, which was established in 1946. I'm still doing business communications consulting after a 25-year advertising agency career. It's been so much fun to finally see my first childhood dream come true. Please follow me on Instagram."

83 Send your news to the BAM at alumni_magazine@brown.edu.
Lisa Amico Kristel invites you to #YeahYouWrite (yeahyouwriteevents.com).



New Yorker submission by **Lisa Rothstein** '82.



From left: **Meg Bishop Kaufer**, **Lori Jackson**, and **Leigh Snitiker** (all '91).

(com), the author reading she hosts at Someday Bar (somedaybar.com) in Brooklyn, N.Y. Lisa writes: "#YeahYouWrite is not an ordinary reading series. Since 2015, critically acclaimed authors have tasted their own custom #LiteraryCocktails, shared their work, and participated in an entertaining rapid-fire Q&A session. Guests enjoy dinner and drinks throughout the lively event. On January 22, guest authors Cleo Qjan, Jakob Guanzone, Ben Purkert, and Eliot Duncan appeared. On February 26, Asha Lemmie, Daniel Lefferts, Kerri Schlottman, and Aaron Jacobs read. No cover/no minimum, but please support our hosts at Someday. Reservations required: lisa@yeahyouwriteevents.com.

Feel free to contact me if you have a recently or soon-to-be published novel or short story collection and would like to present at #YYW. We are booking late 2024."

40TH REUNION

84 Send your news to Class Communications Chair **Joan Winter Skerritt** at joan_skerritt@alumni.brown.edu or directly to the BAM at alumni_magazine@brown.edu.

85 Send your news to class communications cochairs **Ellen Taschioglou Parsons** at ellenparsons@gmail.com, **Daniel Sterman** at daniel.sterman@gmail.com, or directly to the BAM at alumni_magazine@brown.edu.

86 Send your news to Class Communications Chair **Cecilia Francesca Pineda** at ceciliafpineda@gmail.com or directly to alumni_magazine@brown.edu.

Ian Todreas writes: "After 22 years in my previous role, I started a new job in July at SLR Consulting as head of U.S. sustainability solutions. This global company is focused on delivering climate and environmental solutions to industry, government, and civil society all over the world. I welcome anyone committed to these topics to connect with me to see how we can partner and collaborate."

87 Send your news to Class President **Pamela D. Gerrol** at classof1987@alumni.brown.edu or directly to the BAM at alumni_magazine@brown.edu.

88 Send your news to Class Vice President for Communications **Vinny Egizi** at vinnymass@yahoo.com or directly to alumni_magazine@brown.edu.

Zooming with the Fellas

Covid launched a “virtual Black barbershop” for

'80s alums. BY MARK WINSTON GRIFFITH '85

It had it coming, the hazing I was about to receive. I had been missing in action from the Zoom calls for some time and hadn't delivered on a promise I made to the group.

Troy Wilson '83, a Bronx-born attorney with a reputation for leaving no opinion behind, took the first swipe at me: “Damn Griff. Whatchu waitin' for? ANOTHER pandemic?”

The ten or so on the call—all Black men who had been Brown undergraduates in the early and mid-'80s—began to crack up. Tonight, however, the laughter was muted. One of their own, the distinguished, Brooklyn-bred physician Darren Harper '80, the beloved O.G. of the group and sibling of another regular Zoomer, Brian Harper '83, had died suddenly of a heart attack less than a week earlier.

The sadness on the call was irrepressible, but so was the need to deploy humor. Use whatever term you want—the dozens, signifying, snapping, ranking, etc. For Black men who came of age in the '70s and '80s, clowning each other is a love language. (During a previous call, after Darren referenced his age, someone asked if he had met Frederick Douglass.) It's also an essential ritual element of what has become de facto group therapy sessions on “Zooming with the Fellas”

every Friday evening. And tonight, there was no more poignant way to figuratively spill wine for the brotha who wasn't there.

The seeds for this Zoom call were planted in our undergraduate days. Like me, many of “the Fellas” were, as high schoolers, academic standouts from working/lower-middle-class Black New York. However, folks like the Harper brothers, Troy, Leroy Cole '83, John McBride '84, and Bob Alston '84 cut distinct figures when they arrived on Brown's campus because they moved with a swagger seemingly forged in a bygone era. They loved to watch and play basketball and talk unapologetically about race politics, while carrying themselves like mature men and walking straitlaced social paths. While others were playing the field, they were mostly in serious relationships with equally formidable women who also attended Brown and ended up becoming their life partners.

These men grew tight at Brown and have remained so for 40 years, but Black community-building at Brown is prodigious in its own right. During the '80s, student-of-color orientation programs for newly accepted high school seniors in the spring, and then incoming freshmen months later, established indelible bonds. From there, the Organization of United

African Peoples, Black Greek-letter organizations, the Third World Center in the basement of Churchill House, and the Gate, a Pembroke eatery, were hotspots for bull sessions, political activism, and cultural solidarity. By the early aughts, Brown boasted one of the most active Black alumni associations in the nation.

After Brown, the Fellas went on to become leaders in medicine, the law, education, business, and other disciplines. Many remained in close relationship by serving in each other's wedding parties and as godparents to each other's children. By 1993, Leroy Cole and his wife, Leisha Stewart Cole '83, '13 EMBA, began holding annual barbecues at their Long Island home that served as micro-reunions for their Brown homies. Inspired by the lively conversations generated at these cookouts, the late Roland Laird '82 started a politics and sports listserv forum that comprised most of the Fellas.

One of those Cole barbecue and listserv regulars was Richard Gray who, as a member of the class of '85, was a self-described younger tag-along. He offered the Fellas a reprieve from Covid isolation by convening a Zoom call on April 3, 2020, in which about 15 folks showed up. He also organized a separate Zoom call with his former Black law school classmates, “but there was something different



about this [Brown] Zoom,” he explains. “Many of us were going through some stuff, and this felt more personal.”

Richard conceived of Zooming with the Fellas as a one-off, but it proved so popular that the group met a week later, resulting in an even larger gathering. Before long, folks came to not just look forward to these calls, but to rely on them. The most loyal participants were from the Cole barbecue crew, but there were also about five to ten other semi-regulars from a range of graduation classes, as well as what Richard calls “guest appearances and cameos” from more reclusive members of their extended network.

Since the first Zoom was held roughly 200 weeks ago, there has not been one missed Friday gathering. One time, Leroy called in from Singapore. Fellas even showed up for four hours when the call fell on Christmas, and then on New Year's Day.

The Zooms are consistently raucous, full of side-splitting humor, politics, sports, reminiscing, and verbal takedowns, as if you stepped into a Black barbershop or Black Cheers. One part ESPN Roundtable and one part Meet the Press is how Cedric Bright '85 described it, with Troy adding that it's equally one part *In Living Color*, the '90s sketch comedy show.

But there are plenty of sobering moments. While America was engaged in a civil war over the pandemic and the fallout from the George Floyd murder, the Zooms not only served as an information hub where physicians Darren and Brian Harper shared medical advice, but featured tense exchanges over Covid vaccinations. On my first Zoom, Bob challenged me on my views on policing, which led to a thoughtful conversation about race and public safety. Soon the calls went beyond debate to social action as Troy enlisted Jay

“For Black men who came of age in the '70s and '80s, clowning each other is a love language.”

The Fellas on a call in January: Top row, from left: Leroy Cole '83, Mark Winston Griffith '85, Dorsey James '83, Brian Harper '83. Middle row, from left: Richard Gray Jr. '85, Thierry Fortune '84, Bob Alston '84, Matt Thomas '85. Bottom row, from left: John McBride '84, Troy Wilson '83, Keiron Bigby '87, Jay Broadnax '84

Broadnax '84 in a successful legal campaign to get felony charges dismissed against racial justice protestors. In another instance, Troy recruited Richard Gray to conduct a training on community organizing. Throughout it all, friendships and mutual trust have deepened.

Darren's passing was just one of many life transitions that have created intimate moments and reminded the Fellas of their mortality. They've leaned on and commiserated with one another through life-threatening health conditions, the deaths of spouses and siblings, and through caring for aging parents. Rich, Leroy, and Dominic Taylor '87, '95 MFA, traded notes about their parents on a Zoom call hours before Richard lost his mother. “This is a safe space, it's where I come to be my whole self,” said Jay.

Anne Beal '84 was like a sister to many of the Fellas

while at Brown. Still, she observed that “twenty or thirty years ago, I would have interpreted their Zoom call as an exclusionary thing, as the old boys' club and a maintenance of a power structure that women should be trying to dismantle. But that's not how I look at it today.”

Anne, a physician-researcher and entrepreneur, says she has been able to “organically” form community with her Black, upper-middle-class women peers, in ways that she believes are elusive for Black men. “I don't think we can fully appreciate the burden of being a Black man in America and navigating masculinity, racism, and the kind of expected manifestations of manhood that are subverted in a racist society, such as our expectations of men as providers and protectors. Black men have things that they care about that carry a lot of meaning for them that we just don't share. Having that space for men to be able to reflect that challenge, in a safe environment, is really hard and important work.”

Mark Winston Griffith '85 is an award-winning journalist living in Brooklyn, New York. He is the cohost/producer of the NPR documentary podcast School Colors, which examines race, class, and power in American cities and schools.

THE CLASSES

“It’s Barbie’s world and I’ve just been lucky enough to live in it recently.”

—Bill Watterson '95

35TH REUNION

89 Send your news to Class President **Michael Tate** at ivyleague-boy1989@yahoo.com or directly to the BAM at alumni_magazine@brown.edu.

Daniel Azcona published his third book of short stories, *The Adventures of Rufus*.

Sharon Lean took on a new role as chair of the department of political science at Wayne State University, where she has been serving on the faculty since 2005. She writes: “I hope to reconnect with Brown friends at our upcoming reunion and would love to hear from friends if your travels bring you to Detroit.”

90 Send your news to Class President **Jonathan Steinberg** at jonathan.steinberg.90@alumni.brown.edu or to Class Communications Chair **Courtney Wilson** at courtneywilson@yahoo.com.

91 Send your news to Class Communications Cochair **Gayle Weiswasser** at gweiswasser@gmail.com or directly to the BAM at alumni_magazine@brown.edu.

Patricia Bacame writes: “Assisting low-income and first-generation students through San Diego State’s Office of Educational Opportunity Programs was one of the best career experiences of my life and I will greatly miss being on campus. Now, I have transitioned



From left: Marc Vogl, Bill Watterson, Ty Alper, Daniel Lee, and Kirby Smith (all '95).



From left: Shirley Johnson '04, Yaya DaCosta '04, and Takiyah Gray '06.

to a Community Schools middle school. I am excited to work on ensuring that everyone is a part of making our school the best that it can be—students, staff, families, and local community organizations.”

Lori Jackson, Meg Bishop Kaufer, and Leigh Snitiker met for dinner on a beautiful fall evening in D.C. (see photo page 61).

92 Send your news to Class Vice President for Communications **Jeffrey Wolfson** at jawolfson@comcast.net or directly to the BAM at alumni_magazine@brown.edu.

Dominic Boyer published *No More Fossils* with the University of Minnesota Press.

93 Send your news to the BAM at alumni_magazine@brown.edu.

Eric Klinenberg’s book *2020: One City, Seven People, and the Year Everything Changed* was published on Feb. 13 with Knopf Publishing. Eric writes: “The book is about the year 2020 and the cascading crises (Covid, police violence and the fight against racism, the

assault on democracy, and the hollowing out of the city) that upended the country.”

30TH REUNION

94 Send your news to Vice President for Communications **Erica Wines** at ericajwines@gmail.com or directly to the BAM at alumni_magazine@brown.edu.

95 Send your news to class communications cochairs **Erin Mancuso Hobey** at ehobey@gmail.com or **Atabey Sanchez-Haiman** at atabeysh@gmail.com.

Bill Watterson writes: “Finally getting around to reading a hard copy of BAM and felt compelled to send in an alumni update. Thank you for curating for all of us. I returned to Providence for the first time in nearly 20 years and was shocked by how quickly I was able to navigate the campus (thanks in part to tour guide and classmate **Kip Bradford**) and by how many dormant memories sprang to life at every turn. I am currently in Los Angeles working for Mattel on their social media team. It’s



Narragansett Brewery

The Narragansett Brewery’s Providence waterfront taproom has become a destination for the entire Brown community. Head Brewer Lee Lord and her team have a wide variety of craft beers that fit any graduation celebrations, alumni gatherings, or a night out. Mark Hellendrung '90 has led the resurgence of Narragansett to prominence as one of the country’s top 30 breweries.

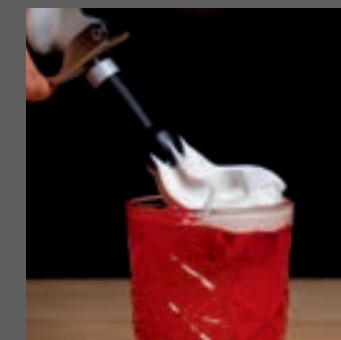
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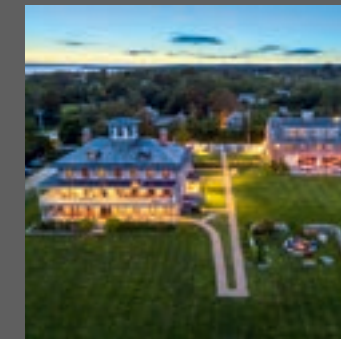


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THE CLASSES

Barbie's world and I've just been lucky enough to live in it recently, directing stop motion and puppetry shorts for her TikTok channel, including collaborations with Walmart, Monopoly, and more. I was honored to celebrate classmate **Daniel Lee's** 50th birthday in Ojai with fellow '95ers **Ty Alper**, **Kirby Smith**, and **Marc Vogl** (see photo page 64), amongst other alumni and friends. My daughter Ruby turned 4 this fall and is a constant source of inspiration and joy. Wishing you all the best, and thank you again for helping to provide a platform for us to stay in touch and share ourselves all these years later."

96 Send your news to the BAM at alumni_magazine@brown.edu.

Todd Guren writes: "Greetings and salutations to Class of '96 and all midyears! An impromptu text exchange and a change of jobs prompted me to send a class note. The change of jobs involves starting and leading the product department at iRedeemHealth, a subsidiary of Tryko Partners based out of New Jersey. iRedeem is a full-service healthcare solutions distribution company serving employers and Medicaid and Medicare Advantage beneficiaries. I am enjoying working for a smaller organization, which has meant fewer meetings, quicker decisions, and I get to play many roles. The impromptu text exchange involved Halloween costumes and tattoos but the larger Brown alumni group probably doesn't need to hear any more details than that."

97 Send your news to Class Co-Vice President for Communications **Brooke Davis Nalle** at bnalle@gmail.com or directly to alumni_magazine@brown.edu.

98 Send your news to Class Vice President for Communications **Michael Mancuso** at mikemancuso1323@yahoo.com or directly to the BAM at alumni_magazine@brown.edu.

Gigi Otalvaro-Hormillosa writes: "My book, *Erotic Resistance: The Struggle for the Soul of San Francisco*, was published by UC Press in February. The book is based on the dissertation I completed at Stanford in 2018, previously titled *Erotic Resistance: Performance, Art, and Activism in San Francisco Strip Clubs, 1960s-2010s*."

25TH REUNION

99 Send your news to the BAM at alumni_magazine@brown.edu.

00 Send your news to Class Communications Cochair **Naomi Ture** at naomiture@gmail.com or directly to the BAM at alumni_magazine@brown.edu.



Nat Seelen '08 & Amy Seibel '09

01 Send your news to class co-vice presidents for communication **Jennifer Kraemer Gewertz** at jenkraem@yahoo.com, **Veronica Rotelli Vacca** at atrvacca@gmail.com, or directly to the BAM at alumni_magazine@brown.edu.

02 Send your news to Copresident **Waciuma Wanjohi** at waciuma@gmail.com or directly to the BAM at alumni_magazine@brown.edu.

20TH REUNION

04 Send your news to the BAM at alumni_magazine@brown.edu.

Shirley Johnson hosted and taught the Peaceful Warrior Yoga Retreat in Chacala, Mexico, in October. In attendance were **Yaya DaCosta** and **Takiyah Gray '06**. "We had a fabulous time practicing yoga, dancing, going on adventures, and watching sunsets over the ocean."

05 Send your news to the BAM at alumni_magazine@brown.edu.

Eddie Ahn's graphic memoir, *Advocate*, about his work and life, will be published by Penguin Random House on April 16. A self-taught cartoonist and public interest lawyer, he works as the executive director of Brightline Defense, an environmental justice nonprofit based in San Francisco. He also serves as a commissioner to three government

IN THE NEWS

Karla G. Gallardo '05 was one of three Latinx women featured in an article about inspiring founders in the *Latin Times*. Karla cofounded Cuyana, a luxury fashion brand focused on craftsmanship and sustainability. She left a lucrative banking job at a top investment bank and obtained her MBA in order to start her fashion line, she said in an interview on *Today*.

agencies, Metropolitan Transportation Commission, Bay Conservation and Development Commission, and as president of the SF Commission on the Environment.

06 Send your news to Class Co-Vice President for Communications **Jessica Pesce** at jessica.pesce@gmail.com or directly to alumni_magazine@brown.edu.

Margaret Barry writes: "I write to share that I have had an illuminating, epiphanic experience collaborating as a ghostwriter with my mother, Jane Morgan Barry, for the publication of her memoir, *Against My Father's Will*. She was a reluctant feminist in the '80s and '90s, fighting legal battles against blatant sexism. Immersing myself in her story, I am now hyperaware that despite the heroic efforts and successes of both my mother and other women who have lobbied for equality, fast forwarding 40 years later, I, her daughter, am experiencing almost the same exact struggles but now against nuanced sexism. I am wondering where we go from here?"

07 Send your news to the BAM at alumni_magazine@brown.edu.

Christina Sanabria writes: "123 Andrés, the kids' music duo that I'm a part of, won a Grammy for Best Children's Album. Our album "We Grow Together/Creemos Juntos" is a collection of songs especially for preschoolers, with versions in both Spanish and English. The ceremony was held in LA in February. In

"People come to Brown to become the best versions of themselves and make connections that extend far beyond the classroom."

Ronnie Ryder '22 MTL
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Beyond Begins Here



THE CLASSES

the meantime, we'll be working on Season 2 of the PBS Kids podcast *Jamming on the Job*. The podcast, which features us as hosts alongside co-collaborator Pierce Freelon, gives kids and families an opportunity to learn about cool jobs and careers they may not have heard of, in 20-minute, story-based, sonically-rich episodes with original music. I always love it when we're performing a concert and a family comes up afterward to me to let me know they have a Brown connection, so please say hi if you catch us at a show!"

08 Send your news to Class Communications Cochair **Adam Axler** at adamaxler@gmail.com or directly to the BAM at alumni_magazine@brown.edu.
Nat Seelen and **Amy Seibel** '09 announce the birth of Elana Seibel Seelen. Elana was born on July 9 at 11:25 a.m. at Brigham and Women's Hospital in Boston, weighing 8 pounds 4.8 ounces and measuring 19 inches. She joins Amy, Nat, and her older brother Benny in Newton, Mass. "Come say hello next time you're in the neighborhood."

15TH REUNION

09 Send your news directly to the BAM at alumni_magazine@brown.edu.

10 Send your news to Class Co-Vice President for Communications **Christian A. Martell** at Christian_martell@alumni.brown.edu.

Taosha Way, a portfolio manager at Fidelity, published *Technomics You Should Know: Life-Changing Economics of Disruptive Technologies* on Oct. 10. It is available on Amazon. As a seasoned tech investor and trained economist, Taosha breaks down the technomic impacts on three essential fronts: jobs, income, and wealth. The book provides refreshing clarity on how to deal with the latest technologies from the perspective of real-life individuals.

11 Send your news to the BAM at alumni_magazine@brown.edu.

Abby Schreiber married Jacob Stein in Westerlo, N.Y. on Aug. 5 and a multi-generational group of Brown alums were in attendance. Guests included **Matt Doup**, **Ben Hyman**, **Ariel Hudes**, **Allie Kriesberg**, **Whitaker Lader**, **Maura Lynch**, **Kate Gannett Merrill**, **Liz Mooney**, **Charlie Posner**, **Kelsey Keith Posner**, **Kayla Ringelheim**, **Allison Seidner Robbins** '81, **John Robbins** '78, '81 MD, **Eliot Schreiber** '78, **Amin Shaikh**, and **Cecilia Strombeck**.

Jerry Cedrone '11 (see **Karen Misler** '77).
Jeremy Feigenbaum '11 (see **Karen Misler** '77).

Niki Osvalds '12 ScM and **Heather Myatt**

were married on Sept. 9 in Montreal, Canada. Heather and Niki were introduced through Brown Sailing friends **Emily Dellenbaugh** '12 and **Elizabeth Barry** after Heather, Emily, and Elizabeth met training together during a campaign for the 2016 Olympics for sailing in the 49erFX. Emily and Elizabeth were there to celebrate along with **Tucker Adams**, **Pan Chaudhury**, **Ashley Noble** '13, **Sam Speroni**, **Fred Strammer**, **Max Straus**, **Mark Towill**, **Amy Walker** '16 MD, **Mike Yanagisawa** '13 (see photo below).

Gabriella Ra'anan '11 (see **Karen Misler** '77).

Katerina Wright (see **Karen Misler** '77).

12 Send your news to **Aaron Nam** at aaronnam@gmail.com or directly.

10TH REUNION

14 Send your news to the BAM at alumni_magazine@brown.edu.

16 Send your news to Class Vice President for Communications **Alexandra Garcia** at alexandragarcia531@gmail.com or directly to the BAM at alumni_magazine@brown.edu.



From left: **Mark Towill** '11; **Fred Strammer** '11; **Sam Speroni** '11; **Tucker Adams** '11; **Niki Osvalds** '11, '12 ScM; **Heather Myatt**; **Elizabeth Barry** '11; **Pan Chaudhury** '11; **Emily Dellenbaugh** '12; **Ashley Noble** '13; **Amy Walker** '11, '16 MD; **Max Straus** '11; and **Mike Yanagisawa** '13

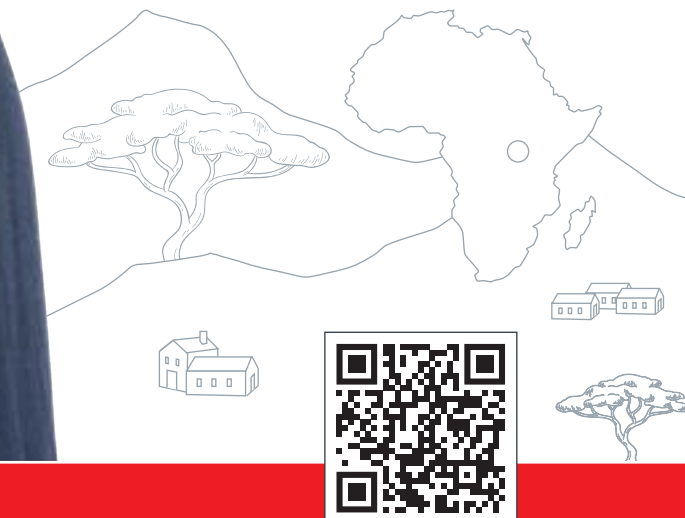
WORLD CLASS TALENT, WORLD CLASS EDUCATION



Lynda Umuhoza '25 had her eye on Brown University since her first year of high school. Growing up in rural Rwanda, she attended a school of only 90 students with limited course options. She dreamed about the possibilities that she could explore with the Open Curriculum. Thanks to financial aid, Lynda has been able to take advantage of all Brown has to offer—from courses on artificial intelligence to teaching local students how to code.

“Attending a prestigious university like Brown has been a transformative journey, opening doors to incredible opportunities in my life. Without the generous amount of aid I received, I wouldn't have had the chance to explore and benefit from the myriad opportunities that come with a Brown education.”

/ **Lynda Umuhoza** '25
international financial aid recipient



Supporting Brown's international students.

BrownTogether donors helped the University meet its \$120 million fundraising goal to launch need-blind admission for international undergraduate students beginning with the Class of 2029. Learn more about this initiative and how you can help bring the best students from around the world to Brown.



THE CLASSES



From left, front row: Allie Kriesberg '11, Kayla Ringelheim '11, Liz Mooney '11, Ben Hyman '11, Eliot Schreiber '78, Allison Seidner Robbins '81. Back row: Whitaker Lader '11, Kate Gannett Merrill '11, Maura Lynch '11, Ariel Hudes '11, Abby Schreiber '11, Kelsey Keith Posner '11, Charlie Posner '11, Cecilia Strombeck '11, Matt Doup '11, Amin Shaikh '11, John Robbins '78, '81 MD

17 Send your news to Class Copresident **Orlando E. Rodriguez** at lando1795@gmail.com.

20TH REUNION

19 Send your news to the BAM at alumni_magazine@brown.edu.

21 Send your news to the BAM at alumni_magazine@brown.edu. **Jessica Dai** writes: "The third issue of *Kernel Magazine*, an annual print publication about technology and society, is now out! It's filled with carefully researched yet deeply personal pieces, on topics such as the complications of computer-generated legal evidence, a vision for more holistic climate modeling, and a manifesto for grief as political practice—plus, creative work including fiction, poetry, and visual art. Thirty-six contributors poured their hearts into this project and it was an honor to serve as editor-in-chief. Take a look at kernelmag.io."

GS **Joel Scheraga** '79 AM, '81 PhD (see '76). **Peter McHugh** '90 ScM, '92 PhD has been appointed as the deputy presi-

dent and registrar at the University of Galway in Ireland, where he has been a faculty member for many years. This is the second most senior position in the university and Peter is excited about the very many possibilities that it presents. He will take up the role on May 1, 2024.

Adam Nelson '94 AM, '98 PhD, published two books with the University of Chicago Press, *Exchange of Ideas: The Economy of Higher Education*



Amy Mendillo '09 MPP

IN THE NEWS **Carla Greenbaum** '78, '81 MD, has been awarded the Lifetime Achievement Award by the *Puget Sound Business Journal* for her leadership in type 1 diabetes clinical research. Dr. Greenbaum serves as the director of the Benaroya Research Institute's Center for Interventional Immunology.

in *Early America* and *Capital of Mind: The Idea of a Modern American University*.

Theresa DiDonato '05 ScM, '08 PhD, coauthored *The Science of Romantic Relationships* with Brett Jakubiak. The book was published on Aug. 31 with Cambridge University Press. Theresa writes: "I love perusing Fresh Ink."

Amy Mendillo '09 MPP published *I've Just Seen a Face: A Practical and Emotional Guide for Parents of Children Born with Cleft Lip and Palate* with Luminare Press on May 15. The book contains essential medical information, emotional insights, insiders' tips, and personal stories that will help parents feel supported during a challenging time. Learn more at amymendillo.com.

Niki Osvalds '12 ScM (see '11).

MD **John Robbins** '81 MD (see **Abby Schreiber** '11).

Paul Marantz '81 MD (see **Allen Schaufler** '77).

Randa Reitman '83 MD (see **Karen Misler** '77).

Amy Walker '16 MD (see **Niki Osvalds** '11).

OBITUARIES

Survivors and friends of the deceased can help by completing the obituary form found at brownalumnimagazine.com or by sending information to Obituaries, *Brown Alumni Magazine*, Box 1854, Providence, R.I. 02912 or by email to alumni_magazine@brown.edu. To contact the editors, call (401) 863-2873.

40s **Martha Hunt Stevens** '45, of Burlington, Vt.; Oct. 19. She worked for New England Telephone Company before getting married. Her husband's job took them to California, Ohio, New York, and finally to Vermont while raising a family. She enjoyed playing golf and traveling. She was a member of the Burlington Country Club and College Street Congregational Church. She is survived by two sons; sister **Anne Hunt Brock** '51; a niece; and a nephew.

Fowler Blauvelt '46, of Vero Beach, Fla.; Nov. 10. After Brown, he joined Owens-Corning Fiberglas Corporation as a sales trainee and was promoted to branch manager in 1960. In 1969, he became group vice president responsible for domestic manufacturing, marketing, and sales functions relating to textile fiber used in fabric and reinforced plastic applications, and insulation for transportation and home appliance applications. He was elected executive vice president and a member of the board of directors in 1975 with additional management responsibilities such as overseeing the human resources, industrial relations, and information technology systems departments. He retired in 1985. He was an NROTC Brown graduate and served in the final months of World War II. He was a member of Beta Theta Pi, Burning Tree Country Club, International Club, and the Moorings Club. He is survived by a daughter; two sons, including **Richard** '84; two daughters-in-law; and four grandchildren.

Miriam Klein '46, of Hamden, Conn.; Oct. 3. She was an education coordinator from 1968 to 1973 for the former New Careers Program in New Haven (Conn.). She subsequently held positions at Yale before retiring in 1992. She enjoyed music and played both piano and cello. She also enjoyed traveling the world and staying connected with friends whose relationships spanned 50+ years. Mindful of staying physically fit, she worked out with a physical trainer up to the age of 95. She is survived by three daughters.

50s **Richard E. Arnold** '50, of Greenwich, Conn.; Oct. 10. He worked for his father in publishing and then as a stockbroker. He enjoyed

sailing and was a member of the Riverside Yacht Club. He was also a World War II veteran of the U.S. Navy. He is survived by three children, including son **Robert** '74; grandchildren and great-grandchildren; and a sister.

Alton J. Curran '50, of Pawtucket, R.I.; Sept. 22. Following service in the U.S. Navy during World War II and graduation from New York Medical College, he was an internist who operated a private practice in East Providence until retirement. He is survived by a daughter and son-in-law.

Rosalyn Murphy Kinne '50, of South Glastonbury, Conn.; Oct. 4. She was a social worker in Connecticut for more than 30 years and a volunteer at South Glastonbury Public Library. She was a member of the Orchard Hill Pool Club and she enjoyed reading and hunting for treasures at tag sales. She is survived by a daughter and son-in-law, five grandchildren, and two brothers, including **Brian Murphy** '61.

Maxine Rosenbaum Goldman '51, of Swampscott, Mass.; Sept. 27. She earned a master's degree from Lesley College and taught reading to dyslexic students in Marblehead and Winthrop, Mass. She also trained reading teachers through the Wilson Reading System. She is survived by four children and their spouses, including son **Jeff** '83; 13 grandchildren; a sister-in-law; two nephews; and four cousins.

George P. Moser Jr. '52, of South Newfane, Vt., formerly of New Jersey; Nov. 19. He graduated from Rutgers University Law School and practiced with his father at Moser, Roveto, McGough & Von Shaumberg in New Jersey. In 1987, he was appointed a justice of the New Jersey Superior Court, where he presided until his retirement to Vermont in 1991. He enjoyed deer hunting and playing blackjack. He is survived by four children, six grandchildren, three great-grandchildren, and two nephews.

Eugene M. D'Andrea '53, of Warwick, R.I.; Oct. 26. He went on to earn a master's degree and PhD from MIT and UConn, graduating from the Air Force ROTC at MIT. He had a long career in the Air Force followed by time served in the reserves and retired with the rank of lieutenant colonel. He, in turn, was an ROTC

instructor at MIT. He was a psychologist in private practice in Warwick for more than 40 years, taught at Wheeler School, and was an adjunct professor at Bryant University. In the late 1960s he served as a staff member to the Rhode Island Governor's Council on Mental Health. He was past president of the New England Regional Air & Space Forces Association and active in alumni affairs at Brown. A skilled jazz musician, he played professionally in Rhode Island under the stage name Gene Milton and was a 50+ year member of the Providence Federation of Musicians. He is survived by two sons and many nieces and nephews.

Eleanor Stehle Mellish '53, of Williamsport, Pa.; Sept. 24. She was a homemaker and active Williamsport volunteer. She was involved with the Junior League of Williamsport and First Presbyterian Church. She enjoyed playing bridge, listening to jazz music, traveling, and spending time with her family at the beach in Avalon, N.J. She is survived by two daughters, including **Susan Edwards** '82; two sons; two daughters-in-law; a son-in-law; nine grandchildren; five great-grandchildren; and eight nieces and nephews.

James R. Gorham '54, of Emmett, Idaho.; Sept. 27. He is survived by two sons and daughters-in-law, two grandchildren, and four great-grandchildren.

Joseph Watmough Jr. '54, of Venice, Fla., formerly of Harmony, R.I.; Sept. 18, 2022. He taught science at Johnston High School (R.I.) from 1962 to 1989. He was a talented carpenter and landscape artist who enjoyed designing and building homes for functionality as well as landscaping the grounds. He was a U.S. Army Korean War veteran. He was active during the winter months skiing and eventually retired to Florida, where he enjoyed traveling. He is survived by his wife, **Joan Capen Watmough** '52; a daughter and son-in-law; and a son and daughter-in-law.

Thomas G. Doherty Jr. '56, of Southport, Conn.; Oct. 20, of a pulmonary embolism. After graduation, he became an Air Force navigator and enjoyed traveling around the world. He then spent many years working at PerkinElmer and eventually retired from United Technologies. In his early years, he enjoyed playing baseball and later could be found enjoying tennis, golf, and the beach. He was a fan of the New York Yankees and UConn basketball. He is survived by his wife, Eileen; daughter **Sarah Doherty** '86 and her husband; son **David** '83 and his wife; two grandchildren, including granddaughter **Caroline Doherty** '15; and many nieces and nephews, including **Mary Drakeley Heath** '80.

Priming the Pump for Solar

Elliot Berman '51

Elliot Berman '51, of New York City; Oct. 15, as a result of kidney failure. He was a photochemistry pioneer. After Brown, he earned his doctorate in chemistry from Boston University and went on to work with the National Cash Register Co. (Ohio) and Itek Corp. (Mass.). But it was in 1973 that he began the work that would define his career, founding Solar Power Corporation in Braintree, Mass., in affiliation with Standard Oil Company of New Jersey (later known as Exxon), driven by a belief that he described this way during a 2019 interview with NPR: "Here's the sun. Here are the people. All you have to do is figure out a way to put the two things together." Berman's groundbreaking research into solar photovoltaic technology, which converts sunlight into electricity, came about in the context of soaring demand for oil in the 1960s followed by the U.S. oil crisis of 1973. Oil companies looked all



field—acquired a solar company, renaming it ARCO Solar, and Berman joined as chief scientist. During his tenure, ARCO [later acquired by Siemens] invested in further efficiency and durability boosts, quickly making it the world's largest solar manufacturer and laying the foundations for the ultra-reliable solar panels of today. Berman was often cited for his advances in the technology. John Perlin, author of *Let It Shine: The 6,000-Year Story of Solar Energy*, told NPR: "I think Elliot's most brilliant thing was to delineate all the markets that existed for solar at even the relatively high price that it was," and credits him "with planting the flag of solar photovoltaics throughout the world." Among his many awards and professional affiliations, Berman was a 50+ year member of the American Chemical Society and a recipient of the Boston University Arts and Sciences distinguished alumni award,

having been instrumental in founding Boston University's Institute for Sustainable Energy. In addition to his scientific interests, he was a founding member and president of Temple B'Nai Shalom in Braintree and enjoyed art, music, gardening, sports, and the opportunity to visit many museums during his worldwide travels. He is survived by his wife, Ann; two sons; 10 grandchildren; 15 great-grandchildren; brother **Ned** '63; and a sister-in-law.

Howard Elliott Jr. '56, of Hobe Sound, Fla., formerly of St. Louis, Mo.; Oct. 12. After graduating from Washington University School of Law, his career included service on the Missouri Public Service Commission, the Postal Regulatory Commission, and years at Laclede Gas Company. He retired to Florida and enjoyed swimming, biking, boating, and traveling. He is survived by his wife, Susan; two daughters; a son-in-law; five grandchildren; and a brother.

Frederic C. Espey '56, of San Francisco; Sept. 26. After college he enlisted in the U.S. Air Force and was stationed in San Antonio, Texas. While in Texas, he taught mathematics to Air Force cadets and learned how to

pilot small airplanes. After he was honorably discharged, he worked as a salesman for an air conditioning company, married, and settled in the San Francisco Bay Area. He returned to night school to become an attorney, graduating from San Francisco's Golden Gate University School of Law, and was admitted to the California State Bar in 1974. He practiced law for 38 years, eventually passing his law practice on to his two attorney daughters. He enjoyed playing golf, reading history books, flying small planes, gardening, working on cars, and countless handyman projects. He was a devoted Giants and 49ers fan and attended many games at Candlestick Park, including Game 3 of the

1989 World Series when the Loma Prieta earthquake struck. He is survived by his wife, Jean; and two daughters and their spouses.

Donald M. Wolins '56, of Wilmington, N.C., formerly of France, Vermont, and New York; Sept. 16. After Brown, he attended medical school at the University of Paris, married, and started a family. He and his family returned to the U.S. for his residency and they settled in Vermont in 1964. He was drafted into the U.S. Army during the Vietnam War, stationed in Belgium. Upon discharge, he returned to Vermont and began a private ob-gyn practice. In 1989, he and his wife moved to New York and he practiced at St. Luke's Roosevelt Hospital until his retirement in 2004 to Wilmington. He was an avid tennis player, a life master duplicate bridge player, and enjoyed playing golf. After his wife's passing in 2016, he later met and married Sophie Hilburn Massengill, who survives him. He is also survived by three sons and daughters-in-law, seven grandchildren, a stepdaughter, a step-grandson, two sisters, and many nieces and nephews.

Nancy Brookover Beil '57, of Port Washington, N.Y.; Nov. 1. She was employed at Clarke Botanical Garden and enjoyed being a patient relations volunteer at North Shore University Hospital. She enjoyed gardening and playing golf in her ladies league at Plandome Country Club. She is survived by her husband, **Arthur Beil** '55; daughter **Robin Mansfield** '80; two sons and daughters-in-law; 10 grandchildren; and two great-grandchildren.

Donald Huttner '57, of Denver; Oct. 22. He was a retired cosmetic surgeon and veteran of the U.S. Air Force. He enjoyed politics, the Denver Broncos, and Brown. The Huttner Room of the Faculty Club is named in his honor. He is survived by a daughter; sons **David** '88 and **Michael** '92; and eight grandchildren.

Frank M. Jackson '57, of Lakeland, Fla.; Apr. 6, 2023. He had a 35-year career in education as an English teacher at New Trier High School; acting dean and associate professor at New York State University at Potsdam; humanities chairman at Genesee Community College; and dean of humanities and communications at Mohawk Valley Community College. In retirement he served on the board of Mid York Library System and enjoyed researching his family's history. He is survived by his wife, Ruth, and three daughters.

Judith A. Cole Costello '58, of Hughesville, Pa.; Oct. 20. Quilting was her passion and life's work. She was a member of numerous quilting guilds. She was the author of two published quilting books and a designer

of four copyrighted quilting patterns. She taught numerous quilting workshops and was a frequent guest lecturer throughout the country. She volunteered for the Lycoming County and Muncy Historical Societies. She was also president of the Junior League of Williamsport and president of the Williamsport Law Wives Association. She is survived by her husband, Edward; four children, including **Ashley Grace Youngman** '87; 10 grandchildren; and six great-grandchildren.

Richard M. Dunn '58, of Bristol, N.H.; Oct. 25, after a fall. For 54 years he worked in the power industry. He worked at New England Power (Mass.), C.E. Maguire (R.I.), and Stoner and Webster Engineering (Mass.), traveling extensively for work in the U.S. and overseas. He climbed all 48 peaks of the New Hampshire White Mountains 4,000-footers list. He enjoyed hiking, downhill skiing, and gardening. He was a member of the American Society of Mechanical Engineers and a member of the Appalachian Mountain Club. He is survived by his wife, Anne; a daughter; and a son.

Jerrold A. Olanoff '58, of Boston; Oct. 12. He was a lawyer who practiced construction law for more than 50 years with Corwin & Corwin. He went on to take over the firm and mentored younger lawyers who in turn became partners and still carry on the practice today. He owned a series of boats and enjoyed sailing up and down the East Coast, in addition to traveling the world together with his partner, Jill Cohen, who survives him. He is also survived by nieces and nephews.

Richard N. Sauter '58, of Venice, Fla.; Jun. 26, 2022. He was employed with IBM for 40 years. He was treasurer of Gulf Horizon Condominium Association and was a member of the Venice Theatre Committee and the Venice Yacht Club. He and his family enjoyed traveling, especially visiting all of the National Parks. He is survived by his wife, Pat; two daughters and their spouses; five grandchildren; two great-grandchildren; a sister-in-law; a brother-in-law; and several nieces and nephews.

Daniel B. Beresford '59, of Columbia, S.C.; Oct. 5, after living with dementia for several years. A graduate of Michigan Law School, he was an attorney and served as Asst. Gen. Council for RCA, Inc., working with business leaders in Japan, SE Asia, and Europe. He served his community as a guardian ad litem and on multiple nonprofit boards, including the Princeton Junior School, the Arts Center of Kershaw County and the Rotary Club of Montgomery/Rocky Hill (N.J.), where he was a founding member. He was a host for the Rotary student exchange program and

forged lifelong friendships. He is survived by his wife, Joanna; four children, including son **Drew** '03 and his wife **Amanda Lombardi Beresford** '03; and seven grandchildren.

Richard F. Judkins '59, of Palmetto, Fla.; Sept. 18. After Brown, he graduated from Boston University Medical School and completed his residency at Rhode Island Hospital. He then served two years in the U.S. Navy as an ENT head and neck surgeon during the Vietnam War. His medical career began at South County Hospital (R.I.), followed by The City of Faith Hospital (Okla.), then the Medical College of Ohio, before retiring to Florida. He was proud of his medical mission trips, especially to the Dominican Republic, where he was known as "El Caballo," the workhorse. He is survived by his wife, Linda; five children; and 11 grandchildren.

60s J. Barry Burns '60, of Fort Myers, Fla., formerly of Providence, R.I.; Nov. 17. After Brown he entered the Navy and later worked for Honeywell in human resources. He moved on to Digital Equipment Corp. and Bank of Boston before pioneering Outsourcing Solutions for smaller businesses needing human resource consulting. For 40 years he taught and mentored people in the human resources field. While at Brown, he was a member of the "Cinderella Crew." He enjoyed wood carving, photography, cooking, sailing, and traveling. He is survived by a daughter; son **Geoffrey** '90; a daughter-in-law; three grandchildren; a sister and brother-in-law; and four nieces and nephews.

Linnea C. Freeburg '61, of Hartford, Conn.; Oct. 18. She worked as a researcher for Carnegie Mellon University for many years. More recently, she used her medical research skills

Robert Jacobsen '53, of Wheaton, Ill.; Nov. 4. After Brown, he served in the Army for two years during the Korean War, then joined the packaging industry working with Continental Can Company. Later in his career at Continental, he served as executive vice president and introduced beverage cans and vending machines to South Korea. He and his family moved to Wheaton in 1971, but from 1983 to 1987, he and his wife lived in South Korea while he managed a can plant. In 1987, he returned to Wheaton and remained employed with U.S. Can Corporation until 1998. He then consulted for DS Containers until his passing. He was a local history enthusiast who was the driving force behind three museum exhibits in DuPage County. He was the longtime chairman of the Milton Township Cemeteries Authority, which ultimately cleaned up and restored three pioneer cemeteries in Milton Township, and he organized and planned annual Family Remembrance Day events at each cemetery. He was also responsible for a golf exhibit in Wheaton that was unveiled in 2006. Working with the DuPage County Historical Museum, he wrote and assembled the book *Wheaton, Illinois: Golf History Starts Here*, which the museum published in 2018. As part of a greater focus on golf history in Wheaton, he led a team of local historians to nominate golf course architect Herbert Tweedie for the Illinois Golf Hall of Fame, and the group celebrated Tweedie's induction in 2021. He was an avid golfer and had been a member of the Chicago Golf Club in Wheaton since 1973. He is survived by his wife, Caroline; a son; daughter **Jennifer Jordan** '83; and six grandchildren.

to work in the IT department for the State of Connecticut, Hartford Hospital, and UConn Medical Center. She enjoyed spending hours researching her family's genealogy. She had an interest in art and enjoyed classical music, gardening, and Eastern European folk dancing. She is survived by two sisters, a brother, a sister-in-law, a brother-in-law, and seven nieces and nephews.

Walter Gately '61, of Mashpee, Mass.; Nov. 13. He worked as an electrostatic engineer and industrial salesman traveling the world for many years. A longtime lover of jazz, in retirement he deejayed at radio stations in Worcester and Provincetown. He is survived by his wife, Mary; his children; and three grandchildren.

Douglas M. Hackett '61, of Potomac, Md.; Oct. 26, from Covid. He was a retired commander of the U.S. Navy, having served in naval intelligence for most of his career. He was awarded several medals, including the Navy Commendation Medal, Meritorious Service Medal, and Bronze Star. After retiring from the Navy, he was employed for 15 years with GTE Corp. as a program manager conducting analysis and architecture development for intelligence related communications systems. An Eagle Scout, he remained active with the Boy Scouts of America and served as a scout leader. He was a member of the Naval Intelligence Professionals, U.S. Naval Institute Pentagon Ski Club, and Smithsonian Associates. He volunteered with Wounded Warriors. He enjoyed reading, skiing, cooking, solving the *New York Times* crossword puzzles, and running; he completed three marathons. He is survived by his companion, Susan Little; daughters **Kyle Hackett Smith** '93 and **Nancy Hackett Harrison** '86; a son; two sons-in-law; and four grandchildren.

OBITUARIES

Charles Brown Swartwood III '61, of Cotuit, Mass.; Nov. 16. He graduated from Boston University School of Law and was known to most as "Brownie." He was employed with the Worcester law firm of Mountain, Dearborn & Whiting. In 1993, he was appointed a full-time U.S. Magistrate Judge in the U.S. District Court in Worcester. He retired from Federal Court in 2006 and went on to work at Judicial Arbitration & Mediation Services in Boston as a mediator, arbitrator, and case evaluator. In 2009, he was appointed chairman of the Massachusetts State Ethics Commission and served until his term expired in 2013. He was a member of several clubs in Worcester and Boston and a lifelong member of the Cotuit Mosquito Yacht Club. He enjoyed sailing and is survived by his companion Heidi Baracsi; a daughter and son-in-law; two sons and daughters-in-law; eight grandchildren; two sisters; a brother and sisters-in-law; a brother-in-law; many nieces and nephews; and his former wife, Judith Swartwood.

Theodore R. Colborn Jr. '62, of Grosse Pointe Woods, Mich.; Sept. 30, of pancreatic cancer. His career included positions at the Detroit Port Authority and the Greater Detroit Chamber of Commerce. In his later years, he worked at Barnes & Noble, was a crossing guard for the Grosse Pointe Woods Department of Public Safety, and was a gate guard at the Grosse Pointe Woods Lakefront Park. He was also a member of the Grosse Pointe Woods Tree Commission. He took on leadership positions and was a member of several fellowship groups at St. Michael's Church, including having served as the junior warden of the St. Michael's Vestry. He is survived by his wife, Kate; four children; six grandchildren; sisters **Deborah Colborn** '60 and **Ann Colborn Her- rick** '68; a brother; nieces and nephews; and his former wife, Margaret Colborn.

John J. Kelly Jr. '65, of East Orleans, Mass.; Aug. 18. He graduated from Yale School of Medicine and completed his internal medicine internship and residency at Yale–New Haven Medical Center before serving in the United States Public Health Service. As a physician in the USPHS, he was stationed at the Fort Peck Assiniboine and Sioux Native American Reservation and provided medical care to Assiniboine and Sioux tribes for two years. In 1973, he was accepted into the Mayo Clinic neurology residency program and, upon completion, continued at Mayo with a fellowship in clinical and electrodiagnostic neurophysiology, subsequently appointed to the faculty as assistant professor of neurology. In 1981, he became associate professor of neurology and director of the electromyography lab at Tufts New England Medical Center. He became the chair of neurology at George Washington University Medical Center in 1991 and, during his tenure, founded the GWU Neurosciences Institute, the Amyotrophic Lateral Sclerosis (ALS) Clinic, and the Multiple Sclerosis (MS) Center. He was chief of the department of neurology and deputy director of Cooper Neurological Institute (N.J.) in 2011. There he founded the Neurological Institute and developed their neuromuscular and stroke programs. He retired from GWUMC as professor emeritus in 2016. His educational legacy continues after his death as he chose to participate in the brain tissue donation program at Brigham and Women's Hospital. He is survived by his wife, Patricia; two daughters and sons-in-law; five grandchildren; two sisters and brothers-in-law; a brother and sister-in-law; and many nieces and nephews.

William G. Waldau '62, of Fort Myers, Fla., formerly of Fairfield, Conn.; Sept. 11. He was commissioned in the U.S. Marine Corps and served in the USMC Reserves followed by employment at DuPont as a programmer. Deciding to change careers, he matriculated at Villanova School of Law and practiced in Darien, Conn., until his retirement in 2002. In retirement he and his wife sailed for three years on the Intercoastal Waterway and finally settled in Fort Myers. He enjoyed gardening, woodworking, photography, and sailing. He is survived by his wife, Mary; a daughter and son-in-law; two sons and daughters-in-law; and five grandchildren, including grandson **Maxwell Waldau** '22.

Marion Morey Meenan '64, of Lincoln, Mass.; Oct. 9. She held several jobs in publishing in New York City and Boston before raising her daughters and becoming a volunteer for several local organizations. While working part-time for Brandeis University, she earned her MBA at Babson College. She subsequently held several management positions at XRE Corporation in Littleton before becoming vice president of engineering. She was active with her grandchildren and enjoyed attending theater and ballet performances, visiting museums, biking, cross country skiing, hiking, and traveling. She is survived by two daughters and sons-in-law, five grandchildren, and a sister.

Michael S. Sorgen '64, of Berkeley, Calif.; Jun. 1, from Alzheimer's. After Brown he earned a law degree from Harvard Law School and moved to San Francisco. He later taught political science at Virginia Union University and American literature at Tuskegee University in Alabama. Returning to San Francisco, he joined the San Francisco Neighborhood Legal Assistance Foundation, where he fought the

use of racially biased IQ tests in public schools, among other precedent-setting cases. He worked to improve public education as legal counsel for the San Francisco and Oakland Unified School Districts and taught law at UC Hastings, Golden Gate University Law School, Whittier College, and UC Berkeley Law. He taught law in French as a Fulbright professor in Nice, France, and in Spanish while on a second Fulbright professorship in Bogotá, Colombia. He returned to private law practice in San Francisco and for 30 years litigated civil rights, access to education, employment discrimination, and prison and labor reform cases. He defended the rights of U.S. soldiers during the Vietnam and first Iraq wars. His international human rights work included seeking restitution for Vietnamese citizens affected by Agent Orange, challenging Chevron's suppression of labor organizing in Nigeria, and releasing child immigrants detained at the U.S.-Mexico border. He enjoyed music, dancing, tennis, the outdoors, and good conversation. He is survived by his partner Mary Maloney Roberts; two daughters; two sons; a daughter-in-law; a son-in-law; three grandchildren; a brother; and the mothers of his children.

Paul F. Hammond '65, of Fairfield, Conn.; Oct. 1. After Brown, he earned a master's degree at NYU in international development. He then served three years in the U.S. Army during the Vietnam War and earned an Army commendation medal. He began his business career at International Paper, then worked at Emery Air Freight before starting his own company, U.S. Trade and Transport, for which he traveled the world selling heavy construction equipment. He later entered market research working for Teeton Group and TRC, where he was an executive vice president and principal shareholder. In retirement, he researched and wrote four novels related to the American Revolution. He was involved in the community and enjoyed water skiing, hiking, traveling, and golf. He is survived by his wife, Paige; two stepchildren and their spouses; five grandchildren; a sister; and many nieces and nephews.

Michael R. Mackensen '65, of McLean, Va.; Sept. 20. He had a 29-year career with Mobil. His position in the treasurer's department took him to Asia, Europe, Australia, West Africa, and the Middle East. He was based in New York until 1990, when Mobil's headquarters moved to Virginia and he directed the corporate foreign exchange operations. He retired in 1996 and purchased a Huntington Learning Center franchise. He established a new operation in Manassas, Va., where he provided SAT preparation and education training for students who needed help in reading, writing, and math. He sold the fran-

chise in mid-2000. He was an active member of Immanuel Presbyterian Church, where he served as treasurer, deputy treasurer, and member of the finance and stewardship committees. He was instrumental in the development and ongoing operation of Chesterbrook Residences in Falls Church, Va. Upon news of his passing, the board created a Michael Mackensen Memorial Fund in his honor. He was a U.S. Army veteran of the Vietnam War. He is survived by his wife, Kathryn; a sister; a brother; and four nieces and nephews.

Thomas H. Smith '65, of Norfolk, Va.; Sept. 16, following a brief illness. He is survived by his wife, Elly; a daughter; a son; and five grandchildren.

R. Bruce Gillie '67, of Westerly, R.I.; Oct. 21. He was a family physician and endocrinologist for more than 40 years in the Westerly-Pawcatuck area. In addition, he was medical director of Watch Hill Manor and Apple Rehab Clipper Home. He lectured and published research articles in *Scientific American* and *Nature*. He enjoyed spending time with family on Damariscotta Lake in Maine. He is survived by his wife, Polly; a daughter and son-in-law; a son; two grandsons; and a brother.

Philip G. Osborne '68, of Bristol, R.I., and Pine Island, Fla.; Oct. 31. He was a retired vice president of Amica Mutual Insurance Co. after 31 years of service. He was an avid sailor and raced the Marion to Bermuda Race twice. He is survived by his wife, Tracey, a son, 16 nieces and nephews, and 29 grand-nieces and nephews.

70s Gary H. Sockut '72, of Watertown, Mass.; Sept. 22. He was a retired software engineer and researcher for several companies, with a specialty in database reorganization. He received his master's from MIT and his PhD from Harvard. He is survived by his sister **Judith Sockut Silverman** '67, '69 ScM, '85 ScM; a brother-in-law; and nephews **Alan Silverman** '94 and **Kenneth Silverman** '00.

Robert J. Mendelsohn '73, of Providence, R.I.; Oct. 7. After earning his PhD in clinical psychology from Florida State University, he moved to Brookline, Mass., where he established a clinical psychology private practice in both Boston and Providence. For more than 30 years he operated his private practice serving patients in Rhode Island and Massachusetts. He enjoyed blues music, foreign films, and spending time at the beach with his family, and had a deep connection to Judaism, and was known for his insightfulness and humor. He is survived by his wife, Debbie; a daughter and son-in-law; a son; and two grandchildren.

A Musical-Education Maestro

Lee Eliot Berk '64

Lee Eliot Berk '64, of Phoenix, Ariz.; Oct. 21. Son of the late Lawrence Berk, founder and first president of the Berklee School of Music, he was the institution's namesake and second president. After graduating from Brown and Boston University School of Law, he began working at Berklee as bursar. His legal background supplemented the courses he taught on music law and copyright issues, which were the first at the school and, in 1992, led to the establishment of a major in music business and management. He authored the book *Legal Protection for the Creative Musician*, which won the American Society of Composers, Authors, and Publishers Deems Taylor Award in 1971 as best book in music. From 1971 to 1979 he served as Berklee's vice president and worked on acquisition of new properties for the school's growing student body. He became the second president in 1979 and held that position for 25 years until his retirement in 2004, overseeing growth that was faithful to Berklee's reputation for contemporary music education, and instituting new courses that included music production and engineering, music synthesis, and film scoring. In an interview posted on Berklee's website, he observed: "The move into technology more than anything else has made Berklee become the college of the music industry." He also established Berklee City Music to offer music education and scholarships to underserved youth, created the Berklee International Network—now called Berklee Global Part-



ners—with music schools around the world, and was instrumental in the 1998 founding of the Boston Arts Academy. When asked in the same interview for a highlight of his career, he replied: "If I could mention only one, it would have to be when we gave Berklee's first honorary degree to Duke Ellington at the 1971 commencement and then having him decide to sit down at the piano during the reception to play for the graduates and their families. I don't think anything can top that." Beyond Berklee, he played a pivotal role in the establishment of New Mexico School for the Arts and received numerous awards that included the President's Merit Award for Outstanding Educational Achievement from the National Academy of Recording Arts and Sciences; the National Association of Music Merchants Lifetime Achievement Award from the International Music Products

Industry; and the Hall of Fame Award from the International Association of Jazz Educators. In 2004, he was awarded the Order of the Rising Sun from the Emperor of Japan for strengthening Japanese and American cultural ties. He was chair of the New Mexico Music Commission and founded the Friends of Santa Fe Jazz and the Jewish Arts and Culture Group of Santa Fe. In 2014, after moving to a senior living community in Phoenix, he and his wife created a concert series and welcomed local and international jazz and classical artists. He is survived by his wife, Susan; two daughters and sons-in-law; and four grandchildren.

John E. Fraser '75, of Clearwater, Fla.; Oct. 6, of a suspected pulmonary embolism. He was a Naval officer from 1977 to 2007, retiring with the rank of captain, then worked as a civilian defense consultant and senior program analyst attached to the U.S. Special Operations Command headquartered in Florida. He was a member of Phi Delta Beta and an avid reader of history. He is survived by his wife, Sandra, and her daughter; two sons; a daughter-in-law; six granddaughters; a sister and brother-in-law; and nine nieces and nephews.

Emily Honig '75, of Santa Cruz, Calif.; Oct. 14, of cancer. She was professor emerita of history at UC Santa Cruz. She went on to complete a master's degree in East Asian Studies and a PhD in Chinese history at Stanford. Her research and teaching focused on modern China with particular attention to labor and gender. She lived in Shanghai for two years studying at Fudan University. There she investigated the history of women cotton mill workers in prerevolutionary China and published her first book. Her subsequent books explored



FAREWELL

Theater Dynamo

Remembering professor and director Lowry Marshall (1944-2023)

Joel de la Fuente '91 is a successful actor, having done everything from stage plays to films to main roles in the TV series *The Man in the High Castle* and *Law and Order*. But he says his true thespian education started at Brown in the acting class taught by Lowry Marshall, a Southern-bred actor and director who, in the mid-late 1980s, had only recently arrived in Providence from her last post at UNC-Greensboro—but quickly made her mark with students.

"The class of 1991 had more theater concentrators than any class in the school's history" recalls de la Fuente, "and getting into Lowry's class was a surefire way of defining yourself as a theater person." He says that Marshall, in her

forties and a woman, "stood out as a huge contrast in a stodgy, mainstream theater department. She had actually been a professional actor, not just an academic. She had lived the things we all dreamed of. Her loud Southern twang stood out in the New England setting. For someone so petite, she was a dynamo of energy, a strong woman who spoke her mind and laughed loudly."

At a time when Brown's student actors of color often met resistance from professors when they demanded nontraditional casting to more broadly participate in theater department plays, Marshall, in 1990, cast a racially diverse troupe to appear in Romulus Linney's *Holy Ghosts*, about a misfit con-

gregation of Appalachian Pentecostal snake-handlers. She cast de la Fuente, who is Filipino, as the lead. "Being entrusted by her to be the center of this Southern play, with a Southern director, was a stunning gift, a remarkable opportunity," he recalls. "The school may have talked about diversity, but Lowry walked the walk. She entrusted me to help tell her story. She presented boldly to the world and encouraged me to be bold with my dreams."

De la Fuente is now just one of countless alums of both Brown undergraduate theater and its MFA partnership with Trinity Rep and RISD, which Marshall cofounded in 2002, who are mourning her loss. Marshall, who retired from Brown in

2014, died at 79 on Oct. 8 in Tazana, California, surrounded by her family, including her long-time partner Alex Daunis, after a four-year battle with brain and lung cancer.

"She outlived her prognosis by four years," says actor Logan Marshall Green, one of two sons (the other is Taylor) whom Marshall raised alone, largely in Providence, while teaching, directing, and creating a variety of theater programs at Brown. When she started at Brown, he says, "She had all the eight a.m. classes, so we had a lot of morning stress, but she still got us to school every day on time and taught us to be good humans while doing more at Brown than ten other professors combined."

Indeed, what Marshall accomplished in her 28 years at Brown and then Brown/Trinity is remarkable—not only carrying a course load and directing dozens, if not hundreds, of plays, but starting a festival for solo performance and reviving Brown's summer theater festival by featuring and directing original work by Brown playwrights, including *Speech & Debate* by Stephen Karam '02, which went on to off-Broadway and became a college production favorite.

"She used her creative gifts and muscle to take risks and produce new work at a high level," says Karam, whose 2016 Broadway hit *The Humans* won the Tony for best play. "She's a major reason I'm still writing today. Mounting a summer season of new plays is a heroic undertaking, and she did it with flair, joy, and consummate skill. She was giving us real professional experience, boosting a generation of artists into the next stages of their careers."

This writer, who was not a theater major but acted in her production of *Holy Ghosts*, remembers her as a funny, theatrical, larger-than-life presence whose shrewd, effective, inventive, and down-to-earth directing style was a breath of fresh air in a department, and on a campus, that was often heavier on theory than con-

crete skills. For that play, she brought an African drummer to rehearsal and had us enact an actual ecstatic ritual so that the scripted ecstatic climax at the play's end would feel raw and authentic rather than staged. The exercise was terrifying to me—but it helped bring the show to a conclusion that left the audience truly stunned.

I also remember her counsel on how to play Tennessee Williams, a playwright she adored. "It's gotta be naturalistic," she intoned in her fabulous drawl, "but also *bizarrrrrro*." That's why, says Logan, *Camino Real* was her favorite Williams play—because it was among his most surreal.

Theater professor emeritus John Emigh remembers being on the hiring committee to fill the position left by the retiring J.O. Barnhill—and exhaustively "auditioning" ten candidates as acting teachers before finding Marshall. "She was very good at knowing how to fix a scene and at how to draw a lesson [that could benefit the entire class] from a specific critique to a student," he recalls. "She could make a very acute observation about how to improve something but also had a way of complimenting students that gave them confidence."

"I was in the first acting class she taught at Brown," recalls Beth Wishnie '89, a Broadway producer. "She pushed me to discover emotional and even physical parts of myself I didn't know existed." After Brown, "she became a friend and mentor. Whenever we visited, including when she was in hospice, she remembered every show I worked on at Brown and recalled moments from shows she did with students from her very first years on campus. She never stopped being the hilarious, encouraging, loving Lowry we will miss terribly."

Wishnie says that she and other former Marshall students hope to celebrate her at Brown during Reunion Weekend 2024.—TIM MURPHY '91

MARSHALL FAMILY PHOTO

changing gender configurations in late twentieth-century China, the shaping and reshaping of ethnic tensions in Shanghai's working class, and the experiences of youth during the Cultural Revolution. She taught at Lafayette College and Yale before joining the department of women's studies at UC Santa Cruz. In 2008, she joined the department of history and taught there until her retirement in 2020. She was fluent in multiple languages, including Japanese, Dutch, Russian, Spanish, and various dialects of Chinese. She enjoyed music, playing piano, bassoon, recorder, and cello. She was a constant presence at folk festivals and jazz concerts throughout the Bay Area and active in numerous philanthropic organizations, including being a member of the Race, Gender, and Human Rights Fund and founder of the Victor & Lorraine Honig Initiative for Bay Area Social & Economic Justice. She was a fourth-degree black belt in Aikido and enjoyed hiking, traveling, and cooking. She is survived by her son and sister **Lisa Honig** '76.

Maureen Murphy Leydon '77, of Lynnfield, Mass.; Sept. 25, of ovarian cancer. She spent 40 years in the insurance industry working at MetLife and New England Financial. During her time at Brown she was a member of the women's swim team. She was also a former first runner-up in the Massachusetts Miss Teen Pageant. She is survived by her husband Joe; two sons and daughters-in-law; two grandchildren; a sister and brother-in-law; two brothers and sisters-in-law; and several nieces and nephews.

Robert E. Henenlotter '78 of Westlake, Fla.; May 18, 2022, of complications from primary progressive aphasia and a heart attack. He graduated from Golden Gate University Law School and specialized in entertainment law. He was general counsel for computer manufacturer Xybernaut Corp. in Virginia. At Brown he played soccer and rugby and was a member of Delta Phi Omega. He was a member of Brown Student Agencies organizing concerts his senior year, promoting Elvis Costello and Utopia featuring Todd Rundgren among others. He enjoyed rock and roll, cycling, and coaching youth soccer. He spent his later years enjoying an outdoor environment, ushering concerts at the Mauch Chunk Opera House, and attending concerts at Penn's Peak. He is survived by his wife, Jackie; two daughters; a sister; and a brother.

80s Sally E. Rudney '81, of Takoma Park, Md.; Sept. 19, of lung cancer. She was the founding executive director of Montgomery County Community Foundation and led the foundation from 1996 to 2013. She subsequently

established Philanthropy Advisory Services, helping donors to maximize the impact of their charitable giving. After Brown, she earned her MBA from the Yale School of Management. Her expansive career in philanthropy resulted in numerous awards and honors, including the inspired leadership award from the Montgomery County Community Foundation (2016), peacemaker of the year from the Conflict Resolution Center of Montgomery County (2013), champion of education by CollegeTracks (2013), an honorary degree from Montgomery College (2013), an appointment as a trustee of the Montgomery College Foundation (2013-2017), and an achievement award from the National Association of Counties for creating and sustaining the Neighborhood Safety Net Initiative (2010). After settling in Takoma Park in 1994, she became a neighborhood leader, organizer, and community builder. She enjoyed time in New Hampshire at her home on Loon Pond in Hillsborough. Together with family and friends, she enjoyed kayaking, walking through the woods, and lounging on the dock. She is survived by her husband, Scott Hockman; two children; a sister and brother-in-law; a brother and sister-in-law; five nieces and nephews; and her mother-in-law.

Jill A. Soffer '81, of Carbondale, Colo.; Oct. 23, of cancer. After college she moved to Santa Monica, Calif., and built her reputation as an interior designer and LEED developer of sustainable homes. She had an unwavering commitment to nature and environmental causes. She was a major donor to the Natural Resources Defense Council and a board member of the Sierra Club Foundation and the Wilderness Workshop. She created Our Part, a nonprofit that funds initiatives to fight the climate crisis and protect democracy. She also launched Banking for Climate, a network of high-net-worth individuals who pressured their banks to stop funding and supporting the fossil fuel industry. In 2020, she financially supported land acquisitions that blocked the development of the Tar Sands Pipeline in Northern Minnesota. In 2023 she dedicated 285 acres of her own land between Spring Park Reservoir and the base of Basalt Mountain as a conservation easement, forever limiting development and protection for the wildlife habitat. She is survived by her partner, Steve Elder; her father; seven siblings; and her four dogs.

David B. Stoneback '81, of Durango, Colo.; Oct. 3. He was the cofounder of Resort Technology Partners in Vail, Colo. He enjoyed brewing beer, building guitars, completing the *New York Times* crosswords, and reading. He is survived by his wife, Betsy; two sons; a daughter-in-law; a grandson; and his father.

OBITUARIES

Wendy Adler '82, of Washington, D.C.; Sept. 26. During her career she worked for various organizations, including Bethesda Cares, the National Governors Association, Wider Opportunities for Women, and the Citizens Party. She is survived by her sister **Amy Adler** '85.

Jennifer Garst '86, of Ames, Iowa; Nov. 1, of pancreatic cancer. After earning a master's degree and PhD in social psychology from Michigan State University, she became an assistant professor at the University of Maryland. She eventually left academia and began a career in the nonprofit sector and within the Garst family businesses. Her professional activities included serving on numerous boards and being involved with various community organizations. She had a passion for bicycling and embarked on a solo bicycle tour of the U.S. covering 11,000 miles in 11 months. In 1995, she fell in love and together they spent eight months bicycling 6,000 miles around the country. Together they enjoyed international trips, train rides, hiking, and cross-country ski junkies. She is survived by her husband, Steve Libbey; four sisters; a brother; two brothers-in-law; three sisters-in-law; and several nieces and nephews.

James Rooney '89, of Dover, Mass.; Sept. 13. Throughout his career in nonprofit and policy leadership, he worked in government and community relations at Brown, helped to launch and lead CEOs for Cities, and served as director of public affairs for the Boston Foundation. For ten years he operated his own public affairs consultancy, including six years in the United Kingdom. Most recently, he served as director of partnerships at Candid, coordinating campaigns and coalitions to advance transparency and equity in the nonprofit sector. He was a cofounder of the Community Foundation Climate Collaborative, bringing together community foundations to drive and support climate action. His second career was political campaigning, including time working on the Obama-Biden Domestic Policy Council in 2008. He enjoyed traveling, was a New England sports fan, and is survived by his wife, **Tara Levine** '92, and two sons.

90s **Albert Franco** '95, of Needham, Mass.; Oct. 22. He was an obstetrician/gynecologist at Boston Maternal-Fetal Medicine and an attending physician at both Steward Healthcare and South Shore Hospital. He is survived by his wife, Marilyn; a daughter; a son; his parents; two brothers; and nieces and nephews.

00s **Joel J. Salinger** '06, of Brooklyn, N.Y.; Oct. 28. Upon graduating, he pursued a variety

of entrepreneurial paths before working in the insurance industry for both AIG and Starr Insurance. He later earned his MBA at Indiana University Kelley School of Business. At the time of his passing, he was actively working on a new venture related to the restaurant and hospitality industries. He enjoyed providing a safe home for rescued animals. He is survived by his parents, Lynda and **John Salinger** '70; a sister and brother-in-law; his grandmother; and two nephews.

Gabriela O'Leary '07, of New York City; Oct. 28, of cancer. She was an educator who taught English as a Second Language from 2009 to 2012. From 2014 to 2017 she was involved in the CUNY Language Immersion Program and later with the School Access and Community Programs at Whitney Museum of American Art from 2016 to 2020. She worked to make museums more accessible to children and people with disabilities and to advance justice and opportunity for immigrants. She was a skilled photographer, enjoyed art, music, and literature, and had a lifelong love of Brazilian culture. She is survived by her partner, **Ben Gottlieb** '08; her newborn son; a sister and brother-in-law; her grandmother; a niece and nephew; and Ben's relatives.

10s **Alexander G. Burdo** '20, of Fairfield, Conn., and Yarmouth Port, Mass.; Oct. 29. He was diagnosed with osteosarcoma at age 12. His obituary read, "No matter the state of his health, he didn't let the disease limit him, rather he used it to live life fully, casting away any thoughts of mortality. Alex had a deep love and respect for all birds, which he often credited with saving his life and his six years in remission; his favorite was the Florida scrub jay. From the age of ten he wanted to be an ornithologist and could often be seen with binoculars draped around his neck and a bird guide in hand." In 2010 at age 13, he was the youngest recipient of the L.L. Bean Outdoor Heroes award for his dedication to the Connecticut Audubon Society. He was a founding member and served as president of the Connecticut Young Birders Association and was involved in banding at the Birdcraft Sanctuary in Fairfield. He was also a volunteer at the Wing Island Bird Banding Station in Brewster, Mass. In addition to being an Avian Point-Count Technician at the Intermountain Bird Observatory in Montana, he was active with the Connecticut and Massachusetts Audubon Societies, participating in the Christmas Bird Counts in both states. While at Brown, he wrote for the *Brown Political Review*, was a member of Kellner Lab, and was a teaching assistant. Additionally, he was a research assistant for

two of his advisors studying the white-collared manakin in Costa Rica; the resulting work is being prepared for publication. For many years he maintained his blog, aphelocoma.com, where he'd write about birds and travels. He also enjoyed photography, politics, geography, history, astronomy, linguistics, music, the Boston Red Sox, the Miami Dolphins, and University of Michigan football. His memory was remarkable and he could relay the statistics for any major league player, give the scientific names for thousands of birds, discuss current global politics, and recite song lyrics from the 1970s. He is survived by his girlfriend Ann Walters; his parents; two sisters; and many extended family and friends.

20s **Eliza Banchoff Grover** '21, of Towson, Md., originally from Menlo Park, Calif.; Oct. 7, hit by a drunk driver while walking. At the time of her death, she was studying to be a doctor at Goucher College in Towson. While at Brown, she was a research assistant at E.P. Bradley Hospital Sleep Laboratory and a member of Sigma Xi. During the summers, she worked as an intern at Grail, Inc. and as a research assistant at the Stanford Concussion and Brain Performance Center, where she contributed to a published paper on concussion in girls. She returned to Oaxaca, Mexico, where she spent time as a child, with Child Family Health International to study health equity and gain experience in community health centers and hospitals. She loved sports and being part of a team, playing soccer and basketball before settling into volleyball. At Brown she played Division I NCAA volleyball as a right-side hitter for the Bears, earning Academic All-Ivy and Academic All-District honors, as well as All-Ivy Honorable Mention twice. An intrepid outdoorswoman, she enjoyed downhill and cross-country skiing, hiking, backpacking, and swimming in mountain lakes. When Covid stripped her of her senior season, she earned her EMT and Wilderness First Aid certifications and worked in a low-income clinic in Providence. She also found her love for running and completed the first of many half-marathons. Upon graduation, she spent a summer leading outdoor trips for Overland Adventures and then moved to Seattle. She joined Rainier Clinical Research Center as a research assistant and then as a clinical research coordinator, helping to implement medical device clinical trials for people with diabetes. This opportunity led to her decision to become a doctor and in May 2023, she began a year of intensive study at Goucher College. She is survived by her parents, two sisters, three grandparents, and several aunts, uncles, and cousins.

GS **Rosalind Ekman Ladd** '56 AM, '62 PhD, of Lancaster, N.H., and Providence, R.I.; Oct. 6. She was a professor of philosophy at Wheaton College for more than 30 years and a visiting professor in biomedical ethics at Brown. She will be remembered for her work in the areas of children's rights, especially in healthcare, medical decision-making, and women's issues. She was a member of the board for the RI Committee for the Humanities and volunteered on various medical ethics committees at Rhode Island Hospital, Bradley Hospital, and Women and Infants Hospital. In retirement she wrote articles for the New Hampshire Historical Society. She served on the board of directors for the Lancaster Historical Society and volunteered at Weeks Memorial Hospital and Weeks Memorial Library. She also enjoyed gardening. She is survived by three daughters, a son-in-law, eight grandchildren, and five great-grandchildren.

Herbert A. Mehlhorn '56 PhD, of Portland, Me., formerly of Lexington, Mass.; Oct. 10. After serving in the U.S. Navy during World War II, he received a PhD in physics from Brown and began working at Schlumberger-Doll Research Center (Conn.). He married and started a family as his career led them to Lexington and to a long tenure at Raytheon's Missile Systems Division, where he managed programs that developed critical systems for the U.S. Department of Defense. He applied for and received multiple patents in the area of optical physics. He retired in 1990 and enjoyed traveling the globe with his wife before her passing, especially to South America and Germany. He is survived by two daughters, two sons, a daughter-in-law, a son-in-law, and seven grandchildren.

Dwight M. Scott '65 AM, of Wayland, Mass.; Apr. 16. After serving in the U.S. Army, he had a long career as a systems staff analyst with Honeywell in Newton, Billerica, and Waltham. He continued his career when Honeywell merged with Bull HN in the United States and France. He enjoyed researching genealogy, all types of music—especially classical, popular, and folk—and cross country skiing. He is survived by his wife, Judith; a daughter; and the mother of his daughter.

Seymour Glantz '66 MAT, of Barrington, R.I.; Oct. 9. He was a teacher in the Barrington Public Schools and head of the art department from 1957 to 1988. He was a U.S. Navy Korean War veteran and past president of the RI Art Educators's Association and the RI Audio Visual Educators Association. He is survived by two sons, four grandchildren, two great-grandchildren, and a sister.

Earlene Mara '66 MAT, of Pawtucket, R.I.; Oct. 23. She was a math teacher in the Cumberland (R.I.) school system for many years and served as the department chair as well, helping to shape the curriculum. After retiring, she enjoyed volunteering at local nursing homes and was an active member of St. Teresa's Church. She is survived by a sister, a brother, a sister-in-law, and two nephews.

Robert F. Baker '67 PhD, of Pacific Palisades, Calif.; Feb. 24, 2023, of Covid, followed by pneumonia that led to respiratory failure. Prior to Brown, where he met his wife, he earned a bachelor's degree from Stanford and a master's degree from the University of Kansas. He was a professor of molecular biology at USC for more than 46 years. He retired in 2015 as professor emeritus. In 1975, he took a sabbatical from USC to work at Harvard Medical School for a year as a visiting associate professor. His research specialties were cancer biology, signal transduction and gene regulation, and structural biology. He enjoyed reading the *New York Times*, the *Wall Street Journal*, *The Economist*, *Nature*, and *Science* to keep up with the latest developments. He is survived by his wife, **Mary Margaret Murphy Baker** '65 ScM; daughter **Allison L. Baker** '89; a son; and two brothers.

Juliet Jussaume Lapointe '77 AM, of Fall River, Mass.; Sept. 25. She was a retired teacher, a 20-year Eucharistic minister, and a pianist for the former North End Senior Center Whippoorwills. She is survived by five daughters, four sons-in-law, two sons, a daughter-in-law, 10 grandchildren, and 13 great-grandchildren.

Douglas J. Manley '79 AM, of Fort Benton, Mont., formerly of California; Oct. 13, from complications of COPD. Following his military service, he attended the University of the Pacific and Cabrillo College and obtained a degree with a double major in anthropology and sociology from UC Berkeley in 1975. While at Brown earning his master's degree, he met Cynthia Maxwell and they married in 1980. They moved to California, where he worked in the private security industry. Cyndi and Doug enjoyed riding and showing their Arabians and he put much of his time and energy into managing the stables and property, which he continued to do after their amicable divorce. In 2017, he moved to Fort Benton to enjoy small-town life and to be nearer to friends and relatives in the area. He especially enjoyed breakfasts at the Wake Cup Coffee House and dinners at the VFW. He is survived by a sister, two brothers, two nephews, and his former wife, **Cynthia Maxwell Curtin** '80.

Bryan D. Goodwin '82 MAT, of South Hadley, Mass.; Sept. 22, from brain cancer. He was a reference librarian at Mount Holyoke College for 34 years. He was an avid reader, especially interested in the Civil War and World War II. He enjoyed the outdoors and was scuba certified. He is survived by his wife, Joan; a stepdaughter; a brother; and several nieces and nephews.

Thomas E. Leary '85 PhD, of Youngstown, Ohio; Oct. 29. While obtaining his doctorate at Brown, he was curator of Slater Mill in Pawtucket. Upon graduation, he settled in Buffalo, N.Y., and was director of interpretation for the Buffalo and Erie County Historical Society. While there, he coordinated a survey of Buffalo industry, along with the National Park Service's Historical American Engineering Record, and he and his wife wrote a history of Bethlehem Steel's Lackawanna plant. They also organized exhibits documenting the area's industries titled "Made in Buffalo." In 1988, the couple formed Industrial Research Associates, a consulting firm doing mitigation and other research for government and private agencies, including the Youngstown Museum of Industry and Labor. In 1999, he was hired by Youngstown State University as a history professor. He taught American architectural and industrial history and trained students in the art of public history documentation and museum practices. He retired from teaching in 2021 and continued to work at the museum until his death. He is survived by his wife, Elizabeth Sholes.

Silvia J. Dasilva '86 AM, of Bristol, R.I.; Nov. 14. She graduated from Rhode Island College with a degree in secondary education with a major in Portuguese. She continued her post graduate studies at Brown, obtaining her master's degree in Brazilian Studies, and taught Portuguese at Rhode Island College. She was involved in several Portuguese organizations and was a member of the American Association of Speakers of Spanish and Portuguese. She is survived by two sons and daughters-in-law and four grandchildren.

Robert S. Shein '89 AM, of Jamestown, R.I.; Oct. 10, of cancer. He was the director of the language lab and taught in the department of modern languages at Rhode Island College for more than 25 years. He served in the U.S. Army from 1982 to 1986 as an analyst and was discharged as a sergeant. He enjoyed fishing, cooking, and going for long walks with his dog, Margot. He is survived by his wife, **Elizabeth Reid Losee** '96; two daughters; a son-in-law; two grandchildren; and three siblings.



Woodbery in the workshop with a slab from his parents' black walnut tree.

CURRENT OBSESSION

The Zen of Woodworking

FIVE MINUTES WITH Wyatt Woodbery '24.5

Spring semester of last year, I was taking an experimental archaeology course called Engineering and Technology in the Ancient World. I usually like to take one class per semester S/NC, to just kinda explore and try something new. My group decided to build an onager, which is like a Roman catapult. And I just fell in love with woodworking.

You have to really slow down when you do woodworking. You have to slow down and kind of really be thoughtful and intentional about what you're doing. There aren't many students at Brown that do woodworking, and it feels like when I'm doing it, I'm doing my own thing. Especially during the pandemic, when things were really up in the air, I feel like I just lost a really big sense of myself. Finding hobbies like woodworking that I truly enjoy, and I'm doing them for me and no one else, has kind of grounded me.

Woodworking has really helped me in terms of being okay with imperfection. I am

certainly a perfectionist and I struggle with producing products that aren't exactly how I wanted them to be. It's been amazing to be proud of myself for achieving something without it necessarily being, you know, top-tier craftsmanship.

My mom and dad have been craving a little bit of a slower life, so they're moving about an hour outside of Atlanta to a little town called Madison, Georgia. The area is known for black walnut trees, which are these really massive trees with a nice kind of purple hue in the wood. We had to fell one of these trees. So, currently in the back of my car, there's just this gigantic slab of black walnut wood. I'm hoping that next semester I'll have the time to carve out a chunk and make a really big salad bowl. I really love salad bowls and so does my mom. The joy I find in making something and being able to use it and incorporate it as a part of my life has been really cool.

—INTERVIEWED BY MEGAN TALIKOFF '25

Killer Carving

When I was first making bowls I failed a lot. Also, it was a little scary at first 'cause when you don't secure things properly, sometimes the material will pop off the lathe, and it's spinning very fast, so that was kind of, like, terrifying. But that was kind of nice, because I ended up asking the people around the workshop, people who had done the wood lathe, who had more experience than me, and it was a great way to make friends. It's a great little community.

Photograph by David DelPoio



LEAVE A LEGACY

“We want to pay it forward and give to the place that gave us a chance to create the careers and lives we share today. Brown holds a special place in our hearts, and we hope to contribute to its continued success and impact in the world.”

— DAVID CHIANG '97 AND VANNITA SIMMA-CHIANG '98

DAVID CHIANG '97 AND VANNITA SIMMA-CHIANG '98 both came to Brown in search of a community of thinkers and doers that would challenge them. They found that and more. Now married with three children and rewarding careers, they're giving back to the place where it all began.

With their planned gift supporting The Brown Fund, the couple honored their 25th Reunions while also paying it forward. “I was able to attend Brown through a scholarship,” Vannita says. “I really would not have been able to afford to go there if that opportunity wasn't there for me.”

NEW: Planned gifts with a Brown Annual Fund designation now are included in your Reunion Class Gift!

Want to learn how you can support Brown through a planned gift? Contact our office:

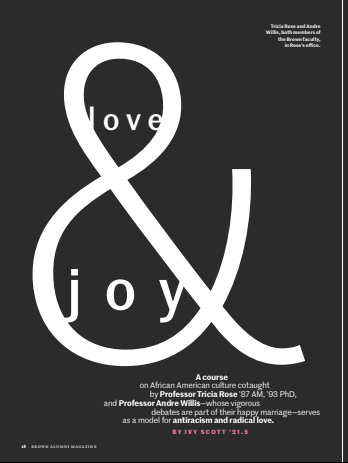
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