

At Buffalo

The magazine for alumni and friends of the State University of New York at Buffalo

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Campus dining then & now **p26**
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Summer 2017

RAW TALENT

Chef Todd Mitgang (BS '02)
makes a splash
in NYC

p22







FIRST LOOK

Photograph by Douglas Levere

Prep School

Behind the scenes at the center of UB's food-iverse

By [Rebecca Rudell](#) » Just off Flint Road on the North Campus sits an innocuous-looking concrete structure unknown to most students. And yet what goes on there has a big impact on their lives at UB, often on a daily basis.

Known as the Statler Commissary, it is the university's largest food-distribution center, a stainless-steel, 6,421-foot space where dozens of UB staff and student employees prep, bake, grill and sauté edibles for thousands of hungry people. Fare for six operations—Grab & Go (wrapped items), UB Bakery, Three Pillars Catering, Deli Slicing operation, Big Blue and Little Blue food trucks, and UB Snackin' (vending)—is planned and/or prepared here.

With culinary creations ranging from salads and wraps (pictured left) to the marble cake baked for President Obama in 2013, complete with the presidential seal rendered in frosting, the commissary certainly has its plate full. 🍷

Check out buffalo.edu/atbuffalo for a video of the commissary circa 1975.



A sampling of commissary activity in an average month:

2,857 cups	flour used
4,000+ lbs.	lettuce chopped
2,560	pineapples cut
1,356	eggs cracked
4,000	muffins made
2,000+	wraps rolled
8,400	vegan cookies baked



YOUR GIFT
matters.

Elyssa Mountain ←
CLASS OF 2018
HONORS COLLEGE AND
SCHOOL OF MANAGEMENT

Honors College student Elyssa Mountain, a double major in business and Spanish, hopes to find a job post-graduation that sends her around the globe. A scholarship made it possible for her to study abroad in Spain, where she practiced the language in and out of classroom. Next, she hopes to spend a semester in Singapore to study international business. Between classes, she volunteers as an Honors College ambassador, mentoring incoming honors students to “help them get as much out of their experience at UB as I have.”

Gifts to the UB Fund have an immediate impact on students.

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Story by Maria Fontoura
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Moderated by Andrew Galarneau (BA '88)
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Food is at the heart of any community, but for too long urban planners left it off the agenda. Associate Professor Samina Raja is putting food systems front and center, helping to lay the groundwork for more vibrant neighborhoods and a healthier world.

Story by Sharon Tregaskis
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MOVED?

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EDITOR'S ESSAY

What's in a Meal?

When planning At Buffalo's first themed issue, we wanted to reflect on food in all its delicious variety. We brainstormed the endless possibilities, peppering our conversations with food clichés to spur discussion during magazine-production meetings. Once you start thinking about everything alimentary, it's hard to stop. Indeed, with so much to cover, we were forced to leave out many notable alumni chefs, restaurateurs and industry leaders, as our list of potential topics quickly mushroomed.

We did manage to fit in changing trends in campus dining, health- and diet-based

research, local restaurateurs and their contributions to Buffalo's burgeoning economy, optimal nutritional intake for athletes in training, a chocolatier's swirling creations, yummy confections bearing UB's imprint, raw food innovations, nutriments as art and more. But food is serious business, with hunger and malnutrition the unfortunate corollaries to the way we distribute and consume food. Urban and regional planning associate professor Samina Raja, whose work is profiled in Sharon Tregaskis' article on p. 34, seeks to address those imbalances through her Food Systems Planning and Healthy Communities Lab.

I've always been interested in UB's history, and so I especially enjoyed helping to prepare the articles exploring our food-related past. Having worked at the university for 39 years (and retiring after this issue goes to press), I've been thinking a lot about campus dining, including my own eating habits on the job, whether sampling international cuisine at Crossroads



I'll miss these lunches!

Culinary Center or gulping down yogurt at my desk. After such a long career, my food-related memories go far back. I recall, for example, an evening reception for new employees in Talbert Hall in 1978. I was 25 and remember my amazement that the university president, Robert Ketter, and a literary luminary like Leslie Fiedler, who was UB's longtime Samuel L. Clemens Professor of English, were among those invited to welcome new hires like myself.

This past spring, I attended an internal communicators conference and we all had lunch in Harriman Hall, which may be the oldest spot on campus to continuously serve food or feature a dining facility. When it opened in 1934, present-day Harriman (then Norton) included a cafeteria, faculty dining rooms and even a ballroom. It was likened to a campus "living room" for its leisure-enhancing contours. Today it still offers a relaxed ambiance amid the elegance of a bygone era.

Because I'm the polar opposite of a foodie, with little prowess in the kitchen, the details of meals, even if spectacular, tend to fade. But even if I can't recall what was served, I tend to remember the interactions and conversations over food: judging soup-making contests for our office holiday party, getting to know the UB students from Malaysia and Taiwan whom we hosted at our home one Thanksgiving, complimenting the pianist over canapés at a Center for the Arts reception, laughing over a (too large) mac and cheese with a co-worker when the Big Blue food truck rolled into our parking lot.

And meeting a new colleague at the recent communicators conference. She's about the age I was back in 1978; we both marveled at Harriman's undiminished beauty while making our way through the buffet. 🍴

Ann Whitcher Gentzke, Editor

Sharing meals, and perspectives

One of the great joys of being president of the University at Buffalo is having the opportunity to spend so much of my time in the company of UB community members and friends. On a weekly and sometimes daily basis, my wife, Kamlesh, and I have the pleasure of hosting students, faculty, staff, alumni and university guests both on campus and in our home. Large or small, formal or casual, virtually all of these gatherings revolve

around two constants: good conversation and good food.

That is no coincidence. Through the hundreds of gatherings I've enjoyed over the years, both as host and guest, I've learned that sharing a bite to eat leads very naturally into the sharing of stories, ideas and viewpoints.

The simple act of sharing a meal is a powerful act

of community building. There is a universality to the act of gathering over food that reminds us of our common ground across cultural, geographic and ideological borders. And over the years, I've experienced this potent community-building effect in countless ways—from student government candidates setting aside their differences over pizza and wings, to scholars debating competing economic theories while indulging a mutual love for souvlaki at the campus Mediterranean café, to cross-national faculty collaborations emerging over callaloo and plantains with a visiting Jamaican delegation.

For a large, diverse, global academic community like

UB, the opportunities for intellectual and cultural sharing are especially profound. Our students, faculty and staff come here from every state in the nation and more than 130 countries around the world. Through our formal exchange programs with more than 80 institutions across the globe, we host hundreds of international students, faculty and visiting scholars every year.

All this adds up to a wealth of opportunities to make connections, trade ideas and exchange experiences. And a shared meal is so often the occasion where these connections are forged and strengthened.

I see it happen whenever Kamlesh makes her famous samosas for our dinner guests, imparting not only a taste of our Indian culture but also a piece of her family history that inspires our guests to relate their own family stories. And I've seen many more examples of people creating understanding across cultures by offering to share a meal with others, whether it's an employee inviting international students to join her family for a home-cooked Thanksgiving meal each year, or groups of Muslim faculty and students celebrating the end of Ramadan with UB community members of other faiths.

One of UB's great distinguishing strengths is the incredible diversity of cultures, backgrounds and perspectives. We are an interdisciplinary, international and richly multifaceted community of scholars, artists and professionals from all over the world and all walks of life. And that complexity represents endless possibilities for the sharing of experiences and perspectives. I can't think of any better place to begin than at the table, inspired by good company, good food and good conversation. **■**

There is a universality to the act of gathering over food that reminds us of our common ground across cultural, geographic and ideological borders.



President Tripathi and his wife, Kamlesh, in the kitchen making samosas.

Satish K. Tripathi

Satish K. Tripathi, President

We want to hear from you!

Send letters and comments to atbuffalomagazine@buffalo.edu with the subject heading "Letters." Or mail to Editor, At Buffalo, 330 Crofts Bldg., Buffalo, N.Y. 14260. Letters are subject to editing for length and clarity. Please include a daytime phone number for verification.



Buffalo's beloved breweries

What an enjoyable story on "Spirited Entrepreneurs" [Spring 2017]. It's great to see that UB alumni are deeply involved. As a beer lover myself, I particularly enjoyed the Brewer's Roundtable.

Jim Michalowski (BS '82)
Kissimmee, Fla.

I am enlightened by this thoroughly researched article with a lot of information, and I am happy to learn that Buffalo is rising again.

Kunal Basu (PhD '75, MS '73)
Vadodara, Gujarat, India

I was amazed to read the article about Buffalo brewing and see the picture of a box labeled "Medicinal Whiskey." I have four pints of the whiskey with the original box. My father was a doctor in Buffalo (his UB graduating class was 1914), and I believe he purchased these four pints at a pharmacy on Elmwood Avenue near West Ferry Street. The whiskey actually went into the bottles in 1914 and none of them has ever been opened.

Craig Israel (BA '56)
San Diego, Calif.

The great Willie Evans

After reading the article about Willie Evans ["Thank you, Willie," Spring 2017], I had to comment. I was a year behind Willie in school, but we ran into each other frequently at Clark Gym, since Willie was on the football team and I was on the track team. He never missed an opportunity to say, "Hey Dave, nice job in the 100 or 220 the other day." I will always remember Willie as a great athlete, but more importantly, as a wonderful human being.

David Greenholz (BA '61)
Lake Worth, Fla.

Missing Ed Wright

The rarest bird in the forest—great article on a great human being ["The Wright Path," Spring 2017]. We miss him here.

Bill Breene
Buffalo, N.Y.

The writer is assistant director of athletics development at UB.

Where's the diversity?

In the first paragraph of the president's column ["Preparing Global Citizens and Leaders for a Complex World," Spring 2017], President Tripathi extols the virtues of "ideological and cultural diversity." In the sixth and seventh paragraphs he lists the visitors to the campus. The partial list: the Dalai Lama, Toni Morrison, President Obama, Prime Minister Tony Blair, Eric Holder, Roxane Gay, Samantha Power, Theda Skocpol. Everyone is from the political left. That this list exists in an article highlighting "ideological diversity" is ironic.

John R. Diggs Jr. (MD '83)
Monson, Mass.

Editor's response: Thank you to Dr. Diggs for pointing out the asymmetry in this list. In fact, UB has had the honor of hosting experts representing a wide range of perspectives, including Karl Rove, Robert Gates, Laura Bush, David Brooks and Arnold Schwarzenegger.

Ship to shore

Regarding "Bridging the Gap" [Winter 2017], there was one other UB graduate working on the New NY Bridge: me! I am a commander in the U.S. Coast Guard, having previously served as the Waterways Management Division chief assigned to Sector New York. My responsibility was to coordinate the commercial vessel traffic transiting the Federal Navigation Channel underneath the bridge, while the construction project was ongoing.

Bill Grossman (BS '95)
New York, N.Y.

Editor's response: Thank you for sharing! Many UB alumni played roles in this massive project, beyond what we could cover in our piece. It's been a pleasure to hear from several of you.

A remarkable teacher

Your article about the American historian and UB alumnus Richard Hofstadter ["American Forecaster," Winter 2017] is a wonderful tribute to him. I took his seminar as an undergraduate student at Columbia. He was a remarkable teacher and scholar who was most supportive of his students' pursuing their study of American history.

Stephen C. Scheiber (MD '64)
Glenview, Ill.

From the Editor's Desk UB HEALS, a student-run street medicine program depicted in our Winter '17 issue, has won two prestigious grants allowing it to expand its work serving homeless people in Buffalo: a \$9,000 Medical Student Service Leadership Project Award from the Alpha Omega Alpha Honor Medical Society, and \$5,000 from the region's second Pitch 10 Competition. Both grants will go toward purchase of a van to provide a private space for clinical consultations and to store medical equipment.

Sue Saito (BA '99) of Oakland, Calif., had the most correct answers (8) to our "Where in the World..." contest in the Spring 2017 issue. She will receive an At Buffalo mug.



Bullhorn

Big Blue serves up lunch on the South Campus. Inset: chicken caprese macaroni and cheese (left) and a BLT with garlic aioli.



Life at UB, on and off campus

Compiled by Lauren Newkirk Maynard and Rebecca Rudell

Hot Wheels, Hot Meals

When it comes to mouth-watering midday meals, UB's food trucks deliver

By Rebecca Rudell » At the University at Buffalo (as well as in the rest of the country), the food truck frenzy is in full effect. Our two UB-blue food-service vehicles—equipped with everything from steam tables to broilers to large flat-top grills—are serving up lunch fare to hungry Bulls on the North and South campuses, with plans to roll into the Downtown Campus soon.

Big Blue, the original university food-mobile, which measures 30 feet long, fed its first fans at a UB football game back in 2014. Little Blue, just four feet shorter than his brother, joined the team in 2016. “We were looking for a new opportunity to serve our guests in different ways,” says Ray Kohl, marketing manager for Campus Dining & Shops. “Food trucks are exciting and allow us to try some unique items.”

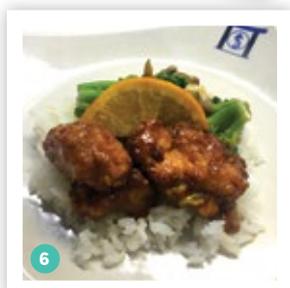
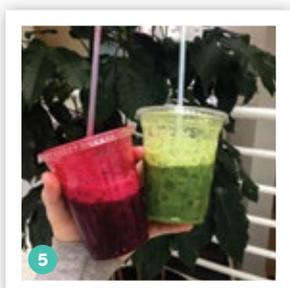
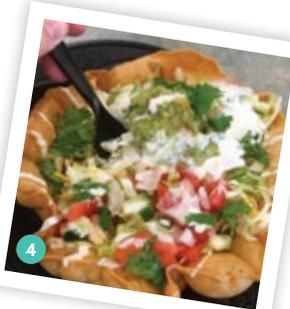
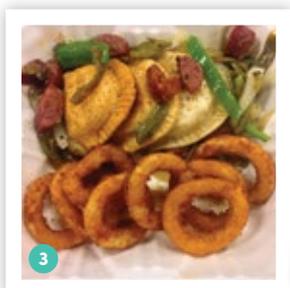
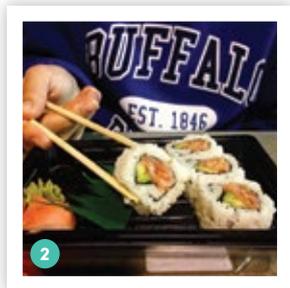
The trucks' distinctive fare includes an eclectic variety of macaroni-and-cheese options, like pulled pork and chicken caprese, and “Breakfast Tots,” which are tater tots topped with cheese, bacon, an over-easy egg and maple syrup.

But the Blues are not about to rest on their laurels. “Right now the team is working on Mexican-inspired dishes,” says Kohl when asked what's next on the menu, “as well as a few top-secret additions.”



Say Cheese!

In 2016, communications major Lisa Cannavale decided to showcase UB's various culinary creations on Instagram using the handle @UB_Hungry. Impressed by her flair for food photography, Campus Dining & Shops hired her as its social media assistant, and now she's posting her mouthwatering pics on UB's official Instagram page, as well as on Facebook and Twitter.



1: C3's Cuba Night. 2: Spicy crab roll from Champa Sushi in the Student Union. 3: NY Deli & Diner's pierogis and kielbasa with peppers and onion rings. 4: Taco salad from Moe's in the Student Union. 5: Freshly squeezed juices from Seasons. 6: Orange chicken with rice and broccoli from C3's Blue Dragon. 7: Penne alla vodka from Bravo Pasta at Pistachio's.

UB Bucket List

(100 things every student should do before graduating)

NO. 25

INTERNATIONAL TEA TIME Whether you're from Bangladesh or Buffalo, International Tea Time is a delightful way to expand your horizons and make friends. At this weekly meeting sponsored by the Intercultural and Diversity Center, students from the United States and around the world play games, munch on international snacks, and overcome cultural and language barriers in a relaxed, intimate setting—all with a cup of Earl Grey or oolong in hand.



DNAiquiris for All!

Rum isn't typically used in laboratories, but UB's Coalesce Center for Biological Art is not your typical lab. At DNA Cocktails with Coalesce, a free public event held in April to celebrate National DNA Day, guests learned how to extract DNA from strawberries using rum and pineapple juice—after which they enjoyed tasty cocktails concocted from the same ingredients. The event, in the words of UB biochemist Jennifer Surtees, was "a fun way to demystify what goes on in a lab." We can toast to that!

ROBERT WILDER, BFA '02

ICYMI* (Good news worth sharing)



SKATE WINGS AND DRAGON FRUIT.

A tasty menu created from unusual ingredients earned UB's Campus Dining & Shops a silver medal in this year's Category W Market Basket Competition, a "Top Chef"-like tournament at the

American Culinary Federation's annual conference.

BRIGHT KIDS. Our students have netted a record number of awards this year, including two Goldwaters, two Borens and seven Fulbrights (plus one alternate). Needless to say, we're beaming.

GREAT RATINGS.

For yet another year, numerous UB schools and programs, from law and pharmacy to education and English, were recognized in U.S. News & World Report's annual ranking of "America's Best Graduate Schools."

EX-CITE-ING NEWS.

A paper by UB epidemiologist Jo L. Freudenheim, about the link between gum disease and breast cancer, was one of the top-cited articles published in the journal *Cancer Epidemiology, Biomarkers & Prevention* in the last two years.



Our top chefs, from left: Jessica Riehle, Amelia Ruiz, Meghan Moynihan, Amber Southern.



*In case you missed it

A Taste of New York

Two years ago, Campus Dining & Shops (CDS) installed four Pride of New York vending machines across the North and South campuses, each stocked with a rotating selection of produce and snacks grown or manufactured in the Empire State. At a time when everyone is talking about "buying local," we salute CDS for paying more than lip service to the trend.

Below are some recent items spotted in the machines:

- General Mills cereal cups (Buffalo)
- Mott's applesauce (Rochester)
- Galbani cheese sticks (Buffalo)
- Fresh fruit from Eden Valley Growers (Eden)
- Cheribundi juices (Geneva)
- Upstate Farms yogurt (Buffalo)

ONE-LINER

"The UB cookie reminds me of the famous 'Seinfeld' black-and-white-cookie episode in which Jerry Seinfeld wisely proclaims: 'If people would only look to the cookie, all our problems would be solved.'"

— DAVE HILL, news content manager at University Communications and At Buffalo section editor, in a UB Now feature on the UB cookie [see "Last Look," back cover]



Pop Quiz! Can you guess how many sprinkles are on this custom-made UB doughnut from Tim Hortons? Submit answer to atbuffalomagazine@buffalo.edu. The winner, to be drawn randomly from correct responses, will receive an At Buffalo mug.





MARY ANN SMITH

DOWNTOWN CAMPUS DINING MAP

- 6 Panaro's** Large selection of salads, sandwiches and Italian specialties
- 7 Fast N' Tasty** Ethiopian dishes served with traditional injera flatbread
- 8 Giacobbi's Cucina Citta** All your Italian faves, from pizza to piccata
- 9 Café 59** Nosh on signature sandwiches, salads and even vegetarian Buffalo wings made from polenta
- 10 Fat Bob's Smoke-house** If you're craving BBQ, this is your joint
- 11 Hamlin House** Enjoy grilled cheese, fried bologna and other sandwiches for under \$6 in a Buffalo mansion
- 12 Founding Fathers Pub** Ponder past presidents as you chow on Philly cheesesteak or the "famous" tuna salad
- 13 Kaydara Noodle Bar** Multicultural noodles, including pho, somen, ramen and udon
- 14 Ulrich's Tavern** One of Buffalo's oldest pubs, featuring classic German fare along with American standbys
- 15 Roly Poly Sandwiches** Choose from dozens of wraps, like Santa Fe chicken or veggie fajita
- 16 Coco** A local favorite, both for its food and ambiance
- 17 Lovejoy Pizza** Take out a cheesy "Yum-Yum" pie to enjoy on campus
- 18 Twisted Pickle** Sandwiches, wraps, chicken fingers and, of course, pickles
- 19 Anchor Bar** Where Buffalo wings were born

Eating Between Rounds

A wealth of culinary options—from Ethiopian sambusas to elk burgers—are mere steps from the new Downtown Campus

When it comes to food, the Jacobs School of Medicine and Biomedical Sciences was designed with the neighborhood in mind. Instead of housing multiple eateries in the building, UB and HOK (the global design firm that created the 628,000-square-foot facility) had other ideas—namely, getting people out the door and into local establishments.

"We designed the new medical school building with an eye toward contributing to economic development in the neighborhood," explains Laura Hubbard, UB's vice president for finance and administration. "We want medical students, faculty and staff to be out in the community, patronizing local businesses."

To that end, we created this handy guide to downtown dining establishments, all of which serve lunch and are within a 10-minute walk of the medical school building.

- 1 Cantina Loco** Tacos, burritos, nachos—need we say more?
- 2 Towne** Local Greek diner that's been sating city dwellers' souvlaki cravings for decades
- 3 Allen Burger Venture** Dry-aged, grass-fed Angus beef burgers and much more
- 4 Gabriel's Gate** Pub food extraordinaire, including wings that many claim to be Buffalo's best
- 5 Colter Bay** Hearty eaters get their meatloaf and elk burgers here

Eureka!

A scrumptious study p12

Lead diet letdown p13

When plants bite back p13

Take Me to Your Eater

How UB researchers got on board with a far-out school science project to launch potatoes into space

By Sally Jarzab » The rather unremarkable-looking potato plants growing inside UB's Dorsheimer Greenhouse are actually one-of-a-kind: They are the first and only to have traveled to space and back.

Fresh off the capsule from low orbit, the 20 extraterrestrial tubers were planted alongside ordinary others for the purpose of better understanding the effects of micro-gravity on vegetation.

It's ambitious research, especially given that it was conceived by middle school students. Principal investigator Gabriella Melendez, now an eighth-grader at Buffalo's Hamlin Park School 74, found inspiration in the sci-fi flick "The Martian," in which a stranded astronaut subsists on the Red Planet by farming potatoes.

"When I watched that movie, I started thinking, 'What if we could grow potatoes in outer space?'" Melendez recalls. That "what if" was made a reality through the Student Spaceflight Experiments Program (SSEP), a nationwide science competition in which students design, propose and in some cases conduct their own scientific space missions. In that round of applications submitted—2,466 in all—"Tuber Transport and Subsequent Terrestrial Growth" was one of only 21 selected.

Melendez and two co-investigators, school-mates Toriana Cornwell and Shaniylah Welch, developed the proposal with the guidance of Hamlin Park teacher Andrew Franz. A self-professed expert at killing potatoes (as in, baking, boiling, frying) rather than growing them, Franz encouraged the team

Toriana Cornwell (left) and Gabriella Melendez plant seed potatoes that traveled to space.

CONTINUED

to seek some outside expertise. That's where two UB plant biologists came into the picture.

"The students came up with the ideas, and we just advised them on the best way to do it," says biological sciences professor James Berry, who was joined by Mary Bisson, a professor in the same department, in assisting the young scientists. "I'm impressed with them and amazed they got it this far."

"This far" is very far indeed: The spuds voyaged 249 miles above Earth to board the International Space Station, delivered via SpaceX rocket. The girls flew to Cape Canaveral Air Force Station to witness the launch, making national news. Says Melendez: "I'm just happy that I brought my school some recognition. We're doing this at

a public school, and I'm proud that we're known for something good."

When their mission was complete, the bean-sized potatoes found a home at the North Campus greenhouse next to a control crop. The students immediately noticed differences. The space specimens looked smooth and plump, while their Earth-bound counterparts were darker and shriveled. A few weeks later, one of the space potatoes became the first to sprout.

Even if we are still several steps away from farming on Mars, this particular batch of spuds seems to have weathered space travel just fine.

But don't get the potato peeler out just yet; the point wasn't french fries but experiential learning. The Spud Launcher's team, as the students dubbed themselves, visits the plants regularly to monitor their progress. This summer, the team will head to the Smithsonian National Air and Space Museum in Washington, D.C., to present at the SSEP National Conference, alongside renowned space scientists and engineers. The program goal is the cultivation of real-world scientific practice—the kind that takes place outside of textbooks, outside of classrooms, sometimes even outside of Earth's atmosphere.

Clad in a lab coat and goggles as she measures potting soil with two UB graduate students, Melendez makes it clear that the potatoes aren't the only ones growing. "I feel like a college student, and I haven't even made it to high school yet!"

Space spuds growing in the greenhouse.



60 SECONDS WITH

Caroline Funk, research assistant professor of anthropology

Interview by Sally Jarzab

Bird Feeders

Six chickens, three graduate students, one postdoc researcher and an archaeology professor have given new meaning to the term "social science." The investigators cooked and ate the poultry over three meals together as part of a study published in the *Journal of Archeological Science*, satisfying their appetites as scholars, social animals and hungry humans.

What does eating chicken have to do with archaeology?

We saw a hole in the knowledge about how birds became food. To better understand that, we needed markers of whether bird remains came from people's consumption of them or from natural occurrences. Our main goal was to describe some of the ways in which the butchering, cooking and eating of birds are evidenced in the bones that are left after the meal.

Is this an area of significant interest?

As archaeologists, it's important that we understand humans' relationships with animals, and that includes animals as food. I happen to focus on birds. They're so prominent throughout the cultures of the world, and yet we know very little about them in this aspect. We used chickens in our study because they're common in this country, but

they're really a proxy for any medium-sized bird. Just about everywhere else in the world, all kinds of birds are considered food.

What did your research uncover?

After analyzing the leftovers in the lab, we were able to make some general statements that should be useful to the field. We were surprised to find a lot of variation in people's eating styles in terms of "finickiness"—how fully they engage with the chicken as an animal structure, whether they eat all the way down to the bone. That tells us that while broader cultural patterns exist, individual differences also need to be considered.

Where did you eat?

We couldn't do it in the lab because it's not a clean space, so we went to my house. In order to emulate the long-term relationship people have had globally with birds as food, we cooked the chickens in three different ways that are common across time and cultures. Basically, that's boiling, roasting, grilling—wet cook, dry cook, flame cook.

How did it go?

The first time was a little awkward—here these students are at a faculty member's house, not completely comfortable in the setting. But by the second and third meals, people were moving all around my kitchen, they had the salad spinner out, they're out at the grill. The rule for the experiment was that everyone had to eat as they normally eat at home when no one's watching—no "stranger manners" allowed.

Sounds like enjoyable research!

I think the best part is that we made a scientific contribution that also forged a human connection, and that came out of our sharing food together. It really changed the research experience into something more social, collaborative and noncompetitive. We'll all know each other for the rest of our careers because of this.



Caroline Funk

Beaker Briefs

Research highlights from the desk, lab and field in 50 words or less

By Marcene Robinson (BA '13)



False Lead

For years, health experts have advised that children with elevated blood lead levels eat diets high in iron, calcium and vitamin C to bring their lead levels down. But a UB researcher found that, under scrutiny, the thin science behind the “lead diet” snaps like a No. 2 pencil.

LED BY: Epidemiology and environmental health researcher Katarzyna Kordas

Type 2 and Tooth Decay

Obese children with Type 2 diabetes are likely to have poorer oral health than normal-weight or obese children without the disease. The first-of-its-kind study was conducted by an interdisciplinary UB research team. Their next step: exploring whether better dental care after diagnosis can buck the trend toward increased periodontal disease.

LED BY: Pediatric endocrinology researcher Lucy Mastrandrea (PhD '99, MD '99)

Cyberspace Counseling

The future of therapy is online. A UB study will use telemedicine to bring a childhood obesity clinic to 144 families in rural Kansas, engaging them in group therapy through video chat. Each household will undergo family-based treatment, allowing researchers to reach children whose condition could have otherwise gone untreated.

LED BY: Counseling, school and educational psychology researcher Myles S. Faith

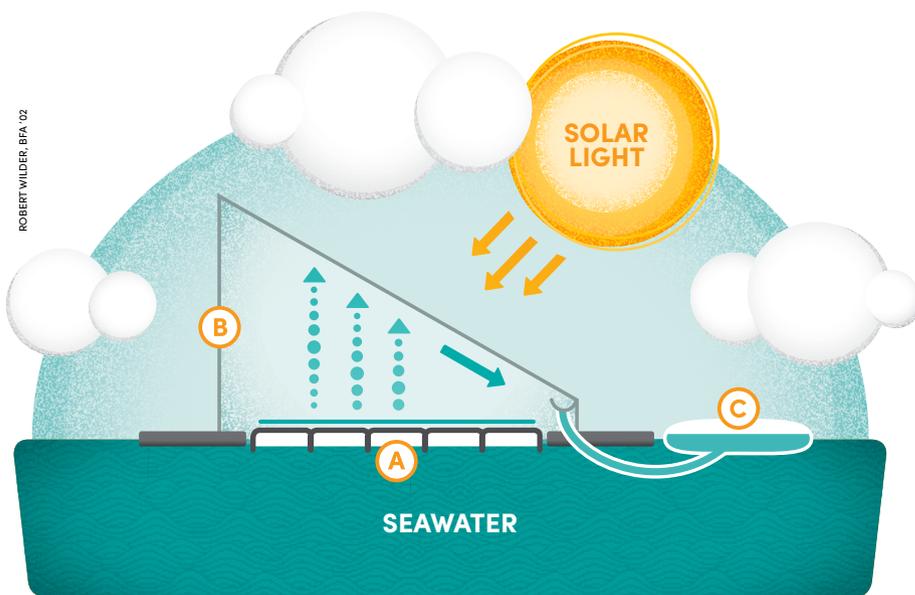
Into the Drink

By Cory Nealon and Sally Jarzab

Building the ultimate solar-powered water purifier

Perhaps you've seen celebrity adventurer Bear Grylls transform foul liquids into drinkable water using little more than sunlight and plastic sheeting. Now, a UB-led interdisciplinary team of researchers has turned this rudimentary survival tactic into a highly productive yet still inexpensive method to make contaminated water, or even saltwater, potable. The advancement could help to address drinking water shortages in developing or disaster-stricken regions.

Called a solar still, this type of contraption is nothing new, but current models tend to be inefficient and costly to build. With its innovative addition of a carbon-dipped paper surface that both soaks up and heats up liquid, this one can produce 3 to 10 liters of water a day. That's up to three times the output of commercial solar stills of similar proportions (about the size of a mini-fridge). Because the new design forgoes pricey optical concentrators, like mirrors and lenses, it costs dramatically less to make.



ROBERT WILDER, BFA '02

Here's how it works:

A: A layer of porous paper absorbs water like a napkin, while its black carbon coating attracts and absorbs solar energy to vaporize the water. A layer of polystyrene foam underneath the paper provides insulation and buoyancy.

B: A clear, lightweight structure traps the water vapor as it rises, then cools and condenses.

C: A separate chamber collects the distilled liquid, now free of salt and contaminants. Cheers!

Qiaoqiang Gan, associate professor of electrical engineering in UB's School of Engineering and Applied Sciences, was lead researcher on the project.



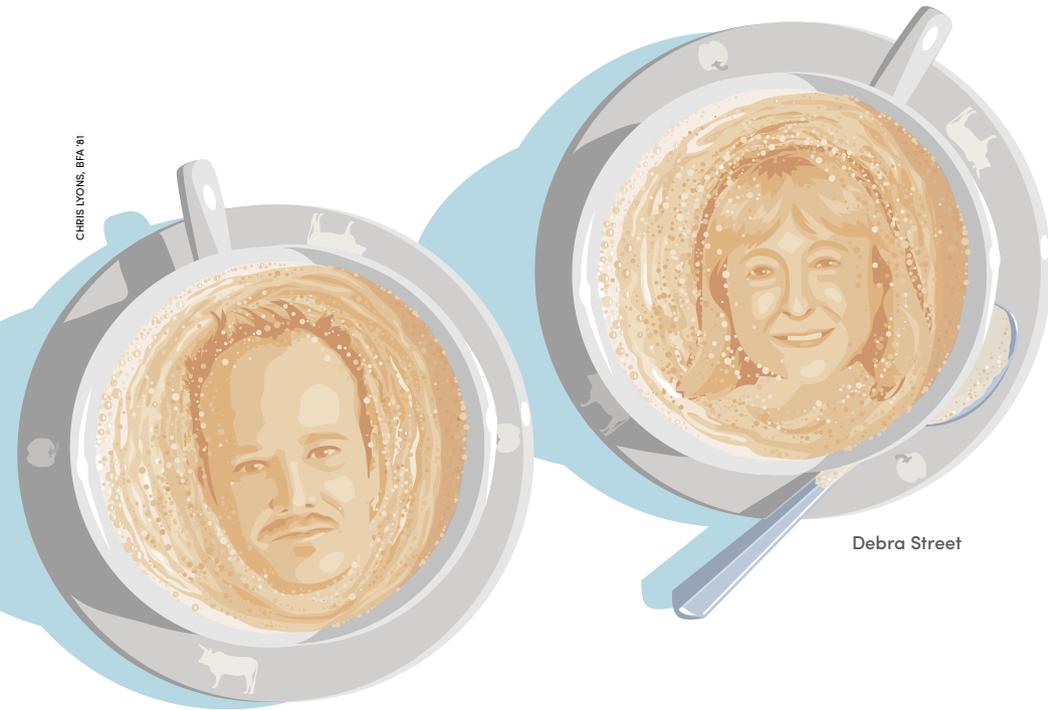
MITSUYASU HASEBE

SMALL WONDERS By Sally Jarzab

How Bugs Got on the Menu

Australian pitcher plants (shown here) lure, trap and then devour their insect prey with slippery, cup-shaped leaves loaded with digestive fluids. While such gruesome dining habits are unusual in the plant world, a new study shows that those that do have a taste for bug meat developed it along parallel pathways. As part of an international team, UB's Victor Albert, professor of biological sciences, determined that three separate species of carnivorous plants used their genetic tool kits in much the same way to build their insect-digesting capabilities. The finding serves as an entrée to a better understanding of convergent evolution, by which unrelated species independently acquire similar traits.

CHRIS LYONS, BFA '11



Chad Lavin

Debra Street

Can we change the way we eat?

In 2015, the UN recommended that as many people as possible switch to a vegan diet in order to slow down climate change. We asked Debra Street, professor of sociology, and Chad Lavin, associate professor of English and author of “Eating Anxiety: The Perils of Food Politics,” to discuss the implications and challenges of altering people’s dietary habits on a broad scale for the greater good.

Debra Street: There’s an overlap between issues of climate change, food sufficiency and food security. There’s already enough food in the world to feed everyone; it’s just badly distributed. And a high-meat diet, which is what we have in North America, Europe and increasingly in wealthy Asian countries, doubtless contributes to global climate change. Different types of meat-eating contribute more or less, with beef at the top of the list. That said, human beings are omnivores. Even though we ate a mostly vegetarian diet when we were hunting and gathering, we aren’t there anymore.

Chad Lavin: It seems to me that it’s a fairly recent development that these sorts of decisions would be allocated to consumers. A generation ago, the federal government decided that people should not be using lead paint, and they said, “We won’t support the sale of lead paint anymore. It will be illegal to use it.” Of course you can imagine some pretty remarkable political fallout if the federal government were to make beef illegal. But the fact that the response to an issue like global climate change falls on individual consumers making wise choices rather than on an authoritative restriction on certain kinds of habits...

DS: We can’t even get our legislative bodies to agree that we should have food that is labeled accurately, never mind pronounce that we will from this time forward eat a vegan diet. And then what kind of vegetables does one eat? Genetically modified organisms? Part of the green revolution was modifying seed crops in ways that could feed more people more efficiently by doubling up on crops each year, or increasing crop yields, or using smaller amounts of pesticides, herbicides or water. And so we have large multinational conglomerations creating seed that they then own the patent for, and creating large monocultures of plants that could be as harmful to the planet, over time, as meat-eating.

CL: Absolutely. The question of genetically modified organisms is extremely complicated, because it raises environmental questions, and questions of intellectual property and access to resources. People talk about “What is the most efficient crop?” but you can’t necessarily detangle the question of an efficient crop from who benefits from the use of a particular crop. And so people talk about being scared of GMOs for environmental reasons, or for political or economic reasons, but those reasons don’t really work in tandem.

DS: Also, food is such an intrinsic part of everyday life; it communicates to other people about our belief systems and cultures in ways that mirror language. It carries that much meaning—what we eat, who we eat it with. So I think trying to change food choice on a massive, global scale in ways that ignore the realities of cultural difference, never mind political and economic circumstances, would be very challenging.

CL: It is promising that so much discourse about food choice is now leaning toward social expressions of concern about environmental welfare and universal access to food. People go to farmers markets and spend more for local produce because it affirms their commitment to an environmental or social justice program. People are linking their diets up with political movements, and that’s a good thing.

DS: Yeah, I think there’s hope there.

CL: But again, to me, implementing a vegan lifestyle on a mass scale seems impossible to do without pretty aggressive federal action. You can’t serve vegan lunches in school every day without running afoul of the USDA in some way. I have a child who goes to public school and there’s meat in every meal because that’s the cheapest and most efficient way to get the requisite amount of protein into a child’s body, or into a few million children’s bodies, every day.

DS: I think it’s politically impossible. We know from social history that when people’s diets have changed dramatically, it’s always been in response to a crisis. A drought, a famine, a war. That’s when people change their usual food ways on a large scale. Individually, we can exhort people, we can educate people, we can provide the science, but like so many things in consumer culture, even when we know it’s not good, we’re not going to stop because we see people around us doing it. The thinking is, “Why should I go without my ribeye steak? My friends are still eating steak.” So leaving it to individuals makes it impossible. Leaving it to government, especially our government, which has invested heavily in subsidizing the kinds of foods that most climate scientists think are part of the problem ... I just don’t see how that would happen. ☹

How do you take your coffee?

Debra: Large latte, one sugar.

Chad: Black in the morning. With cream and sugar if it’s dessert.

LockerRoom

Sporty frames p16

Diet diaries p16

A whole lotta hot dogs p16

MYTH:

You need huge amounts of protein to maintain muscle mass.

FACT:

Protein helps, but you don't need to go overboard with it, and it doesn't have to come from animal-based sources, either.

MYTH:

Sports beverages, like Gatorade, are your best option to drink before, during or after a workout.

FACT:

These are helpful 60 to 90 minutes after a workout, but otherwise, water is your best option.

MYTH:

You should carbo-load with a huge pasta dinner the night before a race or game.

FACT:

This can result in an unhealthy spike in blood sugar. Plus, if you haven't eaten enough carbohydrates in the days leading up to an event, the big pasta dinner won't do anything to help restore that deficit.

MYTH:

Supplements are safe to take, particularly herbal supplements, because they're "natural."

FACT:

Sports supplements aren't safe. Period.

Eating to Win

UB Sports Nutrition teaches student-athletes what food can do for their form

By David J. Hill » Rachel Barich didn't always have a positive relationship with food. In high school, she suffered from disordered eating behaviors, starving her body of many of the nutrients needed to fuel her cross-country and track and field workouts. She could still compete at a high level—for high school. But Barich's body couldn't handle the increased intensity and duration of the training regimen of an NCAA Division I athlete, and she suffered a stress fracture in her tibia her freshman season at UB.

Though the injury sidelined Barich for a few months, it had a silver lining: It led her to the UB Sports Nutrition staff, who helped her understand how important proper eating is for an athlete. Now, Barich scans the dining hall menus each day to plan her meals in advance, sprinkles in energy-packed snacks between practice and class, and, most importantly, doesn't fear food. "They helped me realize food is my friend," says the junior nutritional science major from Ontario.

Barich's story isn't unique. "The No. 1 thing we see is athletes not eating enough calories," says Natalie Robertello (MS '12, BS '11), associate director of UB Sports Nutrition. Since forming in 2012, the program, under Director Peter Horvath, has helped hundreds of student-athletes achieve their potential through a combination of individual counseling, group meetings and drop-in office hours.

Division I athletes are so physically fit that they often fail to see the difference proper nutrition can make—until they discover it firsthand. "Many of them don't realize it can give them that competitive

UB Sports Nutrition Associate Director Natalie Robertello (right) consults with cross-country runner Rachel Barich at Alumni Arena.

MEREDITH FORBES KILMICKI

CONTINUED

edge,” says Robertello. “Once they find out, they always want more information.”

To better prepare incoming freshman athletes, UB Sports Nutrition now leads a section on diet as part of Fundamental Academic Skills Training (FAST), a six-week summer program that helps incoming freshman athletes adjust to college life. “We encourage them to ‘eat the rainbow,’ which means consuming a variety of foods, and not to go long periods of time without eating,” says Horvath.

Horvath’s staff, conscious that they’re setting these students up for a lifelong approach to diet, shy away from phrases like “bad food” and “cheat meals.” “Part of what we do is set them up for success once their activity levels drop after college,” Horvath explains. “We don’t want to set up a mentality of guilt about food. All food is good.”

Of course, some foods are better than others. Fried, fatty fare like chicken wings will have a discernible effect on an athlete’s performance. “What I eat today will impact my run tomorrow,” Barich says.

For many athletes, it’s crucial to maintain levels of glycogen, a sugar in the body that provides fuel for vigorous activity. Depleted glycogen levels result in fatigue—it’s often called “bonking”—and also can break down muscle tissue. For other athletes, too much glycogen can be a bad thing. “High glycogen storage is negative for weight-aesthetic sports like wrestling and diving. It adds a lot of puffiness,” Horvath explains.

That’s why diets vary by, and even within, sports.

Still, the worst thing athletes can do is to not consume enough calories for the amount of energy they’re expending. That was problematic for Barich, who had little time to prepare big meals. But Robertello showed her simple ways she could add more calories to her day with minimal preparation. “After my injury, I started bringing snacks with me so I could go from my run to the weight room without chomping off someone’s head from ‘hanger,’” says Barich, who favors peanut butter and banana sandwiches, fresh fruit and trail mix.

Sports nutrition has made all the difference for Barich, who met with Robertello two to four times a month while recovering from her injury. It even inspired her goal of becoming a registered dietitian. “It’s all about balance and knowing your body,” she says, “without compromising the joy of eating.” 🍌

Every Body’s Got a Type

Have you ever seen someone and thought, “He looks like a football player” or “She must be a swimmer”? Athletes come in all shapes and sizes, but some frames are better suited for a particular sport than others. And just as athletes’ bodies vary, so do their diets. Here’s a look at what a few diets and body types look like by sport.

BODY TYPES

- 1 Football** Varies by position, but for offensive linemen like Jacquis Webb, bigger is better: tall, thick, muscular. A brick wall, basically.
- 2 Softball** Strength, speed and power are the hallmarks of softball players; as a result, they tend to have a higher BMI than endurance sport athletes. Still, heights and body shape vary by position.
- 3 Basketball** Again, there are variations by position, but in general height is key. Basketball is also incredibly physical; a long, lean but muscular frame is ideal.
- 4 Wrestling** Wrestlers tend to be short and stocky. A low center of gravity helps a wrestler maintain his balance and avoid getting pinned.
- 5 Volleyball** Similar to basketball, a long, lean body is better, with the addition of wide shoulders to spike the ball with maximum velocity.



Football
Jacquis Webb, senior

Ht: 6'6", Wt: 344

- Breakfast:** Three scoops of scrambled eggs, turkey sausage, yogurt with nuts
- Lunch:** Two grilled cheese sandwiches, chips, Gatorade or water
- Dinner:** Three scoops of penne with chicken (often chicken Alfredo), broccoli
- Snacks:** Popcorn (throughout the day), turkey sandwich with white bread, provolone, mayo, onion, lettuce

ATHLETES' DIETS

The Clubhouse

Stats from right, center and left field

Compiled by Michael Flatt

Football fans are a hungry bunch. At Bulls games, spectators consume about 400 Italian sausage sandwiches, 525 hamburgers and a whopping 1,350 hot dogs, and they wash it all down with 300 bottles of Gatorade and 1,300 sodas and waters. Salads did not respond to our request for comment.



2

3

4

5



Softball
Leandra Jew, senior
Ht: 5'8", Wt: 130

Basketball
Quate McKinzie, sophomore
Ht: 6'8", Wt: 195

Wrestling
Bryan Lantry, junior
Ht: 5'7", Wt: 133

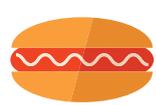
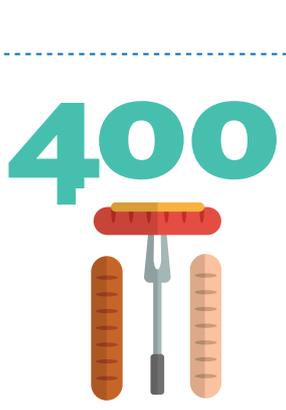
Volleyball
Cassie Shado, senior
Ht: 6'1", Wt: 155

Breakfast: Greek yogurt with granola (or other crunchies)
Lunch: Chicken or a burger, fruit
Dinner: Pasta with sausage or chicken
Snacks: Fruit snacks, granola bars, fruit

Breakfast: 2 Clif, oatmeal or granola bars; omelet with cheese, turkey, onion, tomato
After-practice: fruit snacks (to get sugar back up)
Lunch: Salad, steak (medium-well), rice
Dinner: Salad and pizza (chicken bacon ranch)
Snacks: Rice cakes, fruit snacks, granola bars, peanut butter crackers

Breakfast: Five-egg-white omelet with spinach and a meat, two slices of toast, protein shake
Lunch: Tuna, brown rice, pasta with chicken
Dinner: Meat (chicken, steak or fish), vegetables, brown rice
Beverage: 1.5 gallons of water

Breakfast: 2 hard-boiled eggs, toast with jam
Lunch: Italian sandwich (ham, turkey, salami), Caesar salad
Dinner: Rice topped with stew, bread
Snacks: Granola bars, applesauce, fruit snacks



X-ray Vision

UB's radiology museum lets us peer deeper into our history—and ourselves

While this issue of *At Buffalo* is dedicated to food, we can't ignore the significant number of people—around the world and in our own backyards—who go without. This X-ray, taken in 1982 at Erie County Medical Center (ECMC) and now part of UB's Museum of Radiology and Medical Physics, shows the stomach of an indigent male patient who had ingested three metal spoons in order to get a stay in the county hospital, complete with three square meals a day. He apparently made a habit of swallowing utensils whenever

the hunger became too much to bear.

In addition to this radiograph, the collection of well over 500 items—curated by Professor Dan Bednarek and Clinical Instructor Emeritus Ben Kutas, both in the Department of Radiology—includes X-ray tubes and fluoroscopes from 1896 (just one year after Wilhelm Röntgen discovered X-rays); World War II-era portable X-ray machines; and dozens of X-ray films, which are Kutas' favorite items in the collection. "The films bring back fond memories of my days as a radiologic technologist at ECMC, and they demonstrate some very unique human maladies."

Wave to the camera

All forms of light—including visible light, ultraviolet, infrared and X-ray—are considered radiation and travel in waves. X-rays have very short wavelengths, allowing them to pass through things visible light cannot, like the human body. Since bones are denser, they absorb (and, therefore, block) most of the rays, showing up as white areas. Soft tissues are penetrated more easily and show up as various shades of gray.

"I have seen my death."

Or so said German physicist Wilhelm Röntgen's wife, Anna, upon seeing the bones of her hand. The year was 1895 and Röntgen had become fascinated when the light from a cathode ray tube shielded with heavy, black cardboard caused a nearby screen coated with fluorescent material to glow. The story goes that he asked his beloved to place her hand between the ray tube and a photographic plate, and what resulted was the first known X-ray photograph in history.



Glow feet

The shoe industry took full advantage of the X-ray phenomenon. During the 1940s and '50s, more than 10,000 shoe-fitting fluoroscopes were placed in shoe stores across the United States—and kids loved them! They would stop by after school, stick their feet into the machine and marvel at their glowing, green appendages. By the 1970s, the dangers of radiation were well known and these devices were banned in most states, with the last machine taken off the floor of a West Virginia store in 1981.

MixedMedia

Lyrical recipes p20

A slice of prose p20

Taste buds p21

The Colorful World of Harumo Sato

Her playful work belies provocative themes

By Heather Bourbeau » The first thing you notice is the use of color. Harumo Sato (BA '15) is not afraid to juxtapose bright greens and blues with purples and oranges, making her work feel cheerful even when the subject is dark. "Using colors is like living in the moment," she explains. "The brightness of the color is most powerful when it is freshly painted. Like life, it is not eternal."

Originally from Japan, Sato, 31, has explored a range of subjects in her brief but prolific career as an illustrator and artist, from pizza parties to a character named "egg boy" who is trying to break out of his shell. But there are themes that recur: ancient folklore, Japanese mythology, food.

On Jan. 16, 2011, Sato's life took a sharp curve when her right arm became paralyzed. Doctors were unable to explain why it happened. At the time, she was working as a communications planner at an advertising agency in Japan. She had to leave her job and learn to rely on her left hand and arm.

Her mother reintroduced her to a designer (Sato had taken art classes from him as a child) who had suffered a stroke and trained himself to draw in new ways; she thought his approach might help rehabilitate Sato's arm. It did help but, perhaps even more importantly, it reacquainted Sato with her love of drawing. "On our first day of exercises, he taped a pen to my right hand and said, 'Draw!'" she laughs. "I couldn't feel anything in my right arm. I was pushing that arm with my left arm. But I learned that nothing is impossible."

Two months after Sato's paralysis struck, the massive Fukushima earthquake further rocked her world. Sato's home prefecture of Tochigi is next to Fukushima. Houses around hers were destroyed. She watched people

CONTINUED



TRACY TROMP

Mixed Media

die on television. “I thought I was one of the most powerless people, but after the earthquake I realized that I was one of the luckiest. I could still use the rest of my body,” she says. “Now I think, ‘How I can maximize the use of this imperfect body?’”

She enrolled at UB, thinking it was close to New York City, but even after realizing her mistake she was happy with her choice, especially after taking a summer course at Parsons School of Design in Manhattan. “Buffalo offered me more freedoms than New York City,” she says. “You can concentrate on what you want to do.” Buffalo also was where she regained the full use of her right arm (she can now draw with either hand) and met her future husband, an engineer, in a UB art class.

She also developed a relationship with the Western New York Book Arts Center (WNYBAC), which hosted her “Mogu Mogu ~ Munch Munch” exhibition in 2016. In it, pairs of screen prints with names like “Fish Theme” and “Meat Theme” contrast our modern relationship with food, in which we distance ourselves from the cycle of life and death that feeds us, with a more traditional understanding of where



Left and right: Two of Sato's poster designs. Middle: Sato peruses her work with husband Ian Farneth, whom she met at UB.

our food comes from, as viewed through the lens of Japanese mythology. “I wanted people to think about how and where we are getting our food, rather than just eating everything in front of us,” Sato says.

Though Sato and her husband, Ian Farneth (MS '16, BS '14), have moved to Silicon Valley, she will return to WNYBAC this July for an exhibition of prints and paintings exploring her latest

preoccupation: inner peace. Sato says her personal journey—through the paralysis of her arm, the disaster in Fukushima, even living as an immigrant in the United States—all helped her push away negative thoughts and be more present in the moment. “People here are always online,” she says. “It is hard to find peace of mind, which makes it hard to find peace in the world.”

N **WHAT WE'RE READING**
Nightstand
 Nancy Schiller, engineering librarian at the Science & Engineering Information Center in the UB Libraries

“Ottolenghi: The Cookbook,” Yotam Ottolenghi and Sami Tamimi

“Some people keep an anthology of short stories on their bedside table, but I have a stack of cookbooks. I read them more for fun than for recipes, and most recently I’ve been paging through ‘Ottolenghi: The Cookbook.’ It’s gorgeous, a collaboration between two extremely talented chefs who own and operate a string of restaurants in London. For me, even the names of the recipes are like music—‘Figs with young pecorino and honey’ and ‘Burnt eggplant with tahini and oregano’—lulling me to sleep.”



Novel Cuisine

At WNYBAC, you can have your cake and read it too

By Rebecca Rudell » What’s better than celebrating literature? Eating it, of course! Since April 1, 2000, book-and-food lovers around the world have been taking part in the annual Edible Book Festival, a global event in which competitors in various cities design and create tasty tomes, which are then judged and, finally, devoured. The Western New York Book Arts Center (WNYBAC)—founded in 2008 by Richard Kegler (MA '94) and currently staffed by Gail Nicholson (MFA '01, BFA '84), Rosemary Williams (BFA '14) and UB master’s student Melissa Ellis—began hosting Buffalo’s incarnation of the fête nine years ago.

“It’s fun to think of a book in a different way than just paper,” says Williams. “And the festival aligns with WNYBAC’s mission to promote the education of book arts to all ages.” Book arts include bookbinding, papermaking, screenprinting and letterpress printing, all of which can be observed and learned at the center throughout the year.

Nearly 300 attendees—from primer readers on up—filed into WNYBAC on April Fools’ Day this year to admire the edible entries, from “The Zombie Survival Guide” to “Where the Wild Things Are.” Local celebrity judges selected “Most Creative,” “Best Tasting” and “Most Book-Like” from both youth and adult categories. But the undisputed highlight of the evening was when attendees and creators alike consumed the comestible copies from cover to cover.



A sweet version of “The Lord of the Rings.”

Cooking up Memories

Two alumnae turn their UB adventures and love of food into a collection of recipes for the culinarily challenged

By Olivia W. Bae » More than 15 years ago, two international students from India, Lakshmi “Lux” Ashwin (PhD ’06) and Meghana “Meg” Chaudhary Joshi (MS ’03), arrived in Buffalo to begin their studies at the UB-affiliated Roswell Park Cancer Institute. They moved into an apartment near the South Campus, sharing space, expenses and chores—including cooking. Meg had years of practice in the kitchen; Lux could barely boil water. But through trial and error, hard work and laughter, the pair created, collected and/or adapted a significant number of recipes over the years.

Those recipes form the core of “Roomies/Foodies: Fun ‘n Easy Cooking for Desi Students Abroad” (Bloody Good Book, 2015), their charmingly unconventional cookbook rounded out by memories of their gastronomic adventures in that off-campus apartment so many years ago.

You were new to the country and embarking on a serious course of study. How did you make cooking so central to your lives?

Meg: If you wanted home-style food, you had to cook it yourself. Plus, we couldn’t afford to eat out all the time. We also really enjoyed hanging out in the kitchen after a long day and chit-chatting while chopping onions.

Lux: We’re both researchers, and once I started cooking, I



BFFs Lux (left) and Meg

felt there was a connection between that and science. You follow a protocol for science like you follow a recipe for cooking, and both allow for innovation.

You both now have jobs and families, and live pretty far apart (Meg in India, Lux in Singapore). How did you come to write this book?

Lux: In 2010, Meg visited me in Bangalore, where I lived at the time. We were going through our recipes, old scrapbooks and photos, and we decided to put it all together.

Meg: That was the only time we met face-to-face while writing this book. The rest of it was done over the phone, internet and Skype.

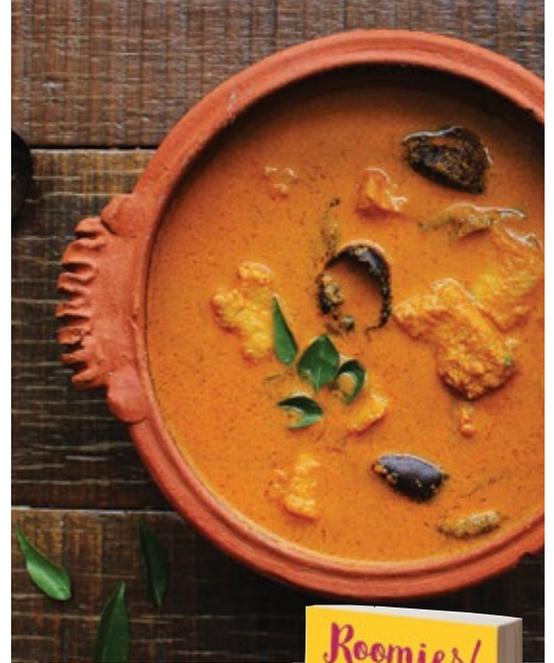
Any favorite food memories during your time in Buffalo?

Lux: Once, my mother sent me a recipe for fish curry. We needed freshly grated coconut, which wasn’t available anywhere. So we substituted desiccated coconut, soaking it to get the moisture back in, and combined it with the cheapest catfish we could find [see recipe at right]. The result worked well—we fed 20-30 people at a dinner party.

What advice would you give to a newbie chef?

Lux: Buy “Roomies/Foodies”! (Laughs) I really want people to look at cooking as something approachable and fun.

Meg: It isn’t something only your grandma does. It’s for everyone, so don’t be intimidated. You can find your way around a kitchen. ☺



Lux’s Famous Fish Curry

SERVES 4

- 9 oz. fish, cleaned and cut into filets/nuggets
- ½ tsp. turmeric powder
- 1 cup grated coconut*
- 2 shallots or small red onions
- 1 tbsp. red chili powder
- ½ tbsp. coriander powder
- 3-4 dried kokum (can substitute very sour raw mangoes or tamarind, but the fish curry will be different in flavor and vigor)
- 1 tsp. ginger, julienned
- 3-4 green chilies, slit
- 1 tbsp. coconut oil
- 1 sprig curry leaves
- Salt

Apply turmeric powder and salt to the fish.

Grind grated coconut, shallots, red chili powder and coriander powder to a coarse paste.

Add 2 cups water to the paste and boil in a kadai or flat-bottomed pot with salt and kokum.

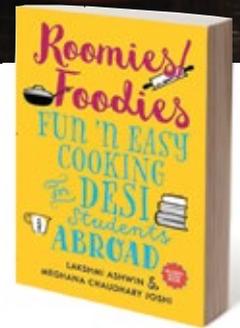
Add the fish, ginger and green chilies.

Let the gravy boil for 2-3 minutes, then cover the pot and simmer for 20-30 minutes until the fish is done. (To mix the curry while cooking, hold the pot with oven mitts and gently rotate; using a spoon to mix may break the fish pieces.)

Garnish with coconut oil and curry leaves, and serve hot with rice.

*If fresh/frozen coconut is not available, you can substitute desiccated coconut by soaking the coconut in coconut milk or plain whole milk for a couple hours until it has completely absorbed the milk.

Recipe from “Roomies/Foodies: Fun ‘n Easy Cooking for Desi Students Abroad,” by Lakshmi Ashwin and Meghana Chaudhary Joshi



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 - MALPEQUE - PEI
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**For celebrated NYC chef Todd Mitgang,
it all began in a dorm room at UB**

The Codfather

STORY BY MARIA FONTOURA



Photographs by John Emerson & Ashley Sears

Ask UB alumni outside Western New York to wax nostalgic on the cuisine of their college years, and

most will go deep on the gut-busting joys of wings, charcoal-broiled foot-longs and beef on weck. For Todd Mitgang (BS '02), it was all about Wegmans. As a freshman in the fall of 1998, Mitgang, who hails from Long Island, was grocery shopping for himself for the first time, and, to hear him describe it, the moment he set foot in this fluorescent-lit food emporium was an epiphany, like Dorothy reaching the Emerald City. "This was a superstore with ethnic aisles and beautiful produce and a real seafood market like I hadn't seen before," he says. "There was something so visual about it." It was a culinary awakening that, combined with a devotion to the budding Food Network and the encouragement of some hungry college pals, spawned a future chef.

Today, Mitgang is co-owner and executive chef of two thriving New York City restaurants, both staples of their respective neighborhoods. With business partners Brian Owens and Jason Steintal, he opened Crave Fishbar in Midtown East in 2012; three and a half years later, they brought an outpost to the Upper West Side. Not only has Crave won praise for its eclectic menu—rice-dusted calamari in a Thai miso sauce with Aleppo chile; paprika-roasted salmon with popped sorghum; fried chicken with Israeli couscous—but it also was the first Manhattan restaurant to pledge allegiance to the rigorous sustainability guidelines of the Monterey Bay Aquarium's Seafood Watch program, meaning all of the seafood served is fished or farmed using eco-friendly methods.

CONTINUED



Left: Mitgang inside Crave Fishbar. Inset, above: Grilled Spanish octopus with Chinese broccoli, cumin mustard vinaigrette and pickled mustard seeds. Inset, right: Rice-dusted Point Judith calamari with Thai miso sauce, mung bean sprouts and Aleppo chile.



Last year, the restaurant upped its progressive cred by becoming a certified B Corporation (a sort of Hippocratic oath for businesses that amounts to a promise to do good in their communities). It's a holistic approach to restaurateuring that speaks directly to Mitgang's character. He has culinary bona fides, no doubt. But in a volatile industry notorious for attracting temperamental, hard-partying egomaniacs, Mitgang is a rarity: grounded, easygoing and clearly here to stay.

There is not much in Mitgang's childhood to suggest he would become one of New York City's more successful chefs. Like most kids in the '80s (which is to say, long before the advent of "foodie"

culture), he grew up eating home-cooked meals helped along by prepackaged grocery-store staples, such as Near East-brand rice pilaf and Marie's Creamy Ranch dressing. A pasta salad of penne with jumbo shrimp coated in some kind of peanut-sesame-soy sauce passed for "Asian." (He's quick to note that he and his two sisters always asked for this exotic dish.) He didn't spend much time in the kitchen, save for occasionally making himself omelets for breakfast, and he had a decidedly unadventurous palate.

"I can hear my mom saying it now: I was a 'picky eater,'" he recalls. "As a good Jewish-American boy, I loved Chinese food, wonton soup. But if a scallion touched my broth, I'd push it away. Basil in my pasta? I couldn't do it."

Still, he picked up some fundamentals by osmosis. He praises his mother's dexterity with proteins from lamb to pork and beef, her deft hand with powdered garlic and, most importantly, her skills with the broiler ("actually a fantastic technique, and great when you don't want to make a mess")—skills that provided the foundation for his foray into cooking in college.

Unlike most college bros in the throes of gastronomic independence, Mitgang and his friends eschewed greasy junk food. Former high school jocks who were still into working out, this crew would leave the gym and down Myoplex protein shakes, then head to the grocery store to see what they could rustle up for themselves that wouldn't threaten their Mr. Universe physiques. Ten or so guys would each throw in five bucks "so we could eat something that was tasty and made us feel better," Mitgang says.

When they got back to the dorms with their bounty, there was just one problem: Only one of them had even a passing knowledge of how to cook. "Somehow, growing up in my mom's house, I had more

technical skill than anybody else," says Mitgang, still fit and trim at 36. "I knew how to broil. I knew how to make the rice pilaf. I at least felt comfortable with those basics." After the guys transitioned into off-campus apartments with real kitchens and dining rooms, their post-workout meals evolved into full-fledged dinner parties, with Mitgang the unofficial head chef. He loved seeing people gather in the kitchen, watching him work, expressing amazement at some dish he'd improvised after catching an episode of Sara Moulton's "Cooking Live" or Ming Tsai's "East Meets West." But he realized there was a deeper kind of fulfillment brewing, too.

"There was never a time where I was preparing something and thought, 'I'd rather be doing something else,'" he says. "It was very relaxing. And I was learning. I would say, 'I just saw an episode on knife skills, this is how you do this, and as long as I don't cut my finger off, great!' I liked that I was challenging myself." A few Old World lessons courtesy of an Italian-American roommate's mom expanded his repertoire even further. ("She taught me how to make sauce from scratch. I thought, 'Wait a second ... garlic, olive oil, crushed tomatoes, salt ... that's all you have to do?'"), and soon enough he was asking friends as they ate his food, "Would you pay for this?"

Mitgang entered New York City's French Culinary Institute in June 2002, one month after graduating from UB; in less than two years, he'd go from off-campus dinner-party impresario to real-world sous-chef at a new restaurant, Kittichai, that would quickly become one of Manhattan's hottest. Nominally Thai, the menu also drew influence from China, India and Southeast Asia. It was Mitgang's first exposure to authentic cuisine from that part of the world; more than a decade later, its DNA is all over his menu at Crave, particularly in the restaurant's signature lobster curry. Thanks to the fact that Kittichai was in a hotel—the trendy 60 Thompson in SoHo—which demanded it provide room service as well as feed two packed bars, it also seriously burned him out. But from burnout came inspiration.

"There was a lot to [the job at Kittichai]," Mitgang says. "So I started thinking about a simplified menu. I'd been creating a lot of crudos; that would always be a nightly special. And I loved it and had a lot of fun with it. At that point, at some of the nicer restaurants, you could get raw fish: crudos, sashimi. You could go to a billion Japanese restaurants and eat sushi. But where was the place that was doing something different? We hadn't seen a lot of ceviche. That was an awesome concept."

New York City agreed. With the help of a financier, Mitgang struck out on his own, found a tiny space on the east side of Manhattan and opened Crave Ceviche Bar in 2007 to rave reviews. Having a menu with such strict parameters—it was composed entirely of ceviche (raw fish cured with the application of some kind of acid)—"forced the creativity," he says. Arctic char was doused in a champagne truffle broth. Sweet lobster was "cooked" in a Meyer lemon marinade. And every night, there was a line out the door. Mitgang was not yet 30 years old, and he was killing it in the toughest restaurant city in the world.

And then the unthinkable happened. On March 15, 2008, a sunny Saturday afternoon, a 200-foot construction crane collapsed



Top: Lobster and eggs with creamed kale and grilled bread. Bottom: The restaurant's logo. Opposite page, from top: Raw oysters; lobster curry with charred red onion, Japanese eggplant, Thai apple eggplant and fresh bamboo shoots; grilled Faroe Islands salmon with roasted local asparagus, spring garlic vinaigrette and wheat berries.

onto the townhouse adjacent to Crave, killing four people. The four-story building that housed the restaurant suffered enough damage that its tenants were evicted, and Mitgang's operation was shut down indefinitely. It was just seven months after Crave had opened, and right after they'd gotten their liquor license and completed an expansion that nearly doubled their size from 26 to 45 seats.

A protracted legal battle with the building's landlord ensued. Mitgang and company were fighting to reopen in the same space; the landlord wanted to evict them, tear down the entire structure and rebuild. While the Crave team walked away with a settlement, it hardly felt like a victory. They were battle-worn, and it was the depth of the Great Recession—not an ideal time to open a restaurant. As they looked for a new space in the city, Mitgang secured some consulting gigs; in 2010, he helped open a taqueria, Cascabel, on the Upper East Side, and then a seafood-focused restaurant, South Edison, in Montauk, on the tip of Long Island. Then fate struck again: In 2011, a restaurant space became available at 945 Second Avenue, literally across the street from where Crave Ceviche Bar had stood at number 946.

Though Ceviche Bar was clearly Mitgang's first love, Fishbar is the relationship that's built to last. The pair of restaurants keep him firing on all cylinders—managing a staff of 40-plus people, ordering product, creating dishes, writing menus, reviewing budgets, working the line, expediting, glad-handing regulars—which is exactly how he likes it. And as exhausting as it all sounds, Mitgang enjoys being in the kitchen so much that even after a day of being up to his eyeballs in yellowfin tuna and Norwegian cod, he'll go home to Long Island and cook for his wife, Colleen, an anesthesiologist, and their two kids, Hugh, 4, and Eloise, 3. That is, unless Colleen feels like taking the reins.

"My wife grew up with food," he says with pride. "She's *I*-talian. Her grandparents owned a cheese shop in Brooklyn, and she'll always tell stories about how they literally made everything from scratch. So she loves to eat, loves good food and happens to be a great cook. I'm always excited when she's in the kitchen."

No doubt, Mitgang is a family man—both at home and at work. For all the joy that cooking brings to his life, he says the part of his job that's the most meaningful, where he feels most at home, is managing the staff. It is not a common refrain among chefs and may very well be the secret sauce that makes his restaurants so successful. "We've had very little turnover in the kitchen," he says. "Being able to look at a whole group of people who have been with me for four, five years, or who have been with me through three different concepts, whom I've known for the last 10 years ... that's unbelievable."

"Do I love making badass food?" he continues. "Of course. That'll always be my wheelhouse. But a lot of my job is just trying to create a fun work environment. No matter what's going on, I'm giving a lot of my energy. We're smiling down in the kitchen, we're playing music, trying to have fun and joke with each other. I mean, we could be working next to each other for 12 hours in a tiny space. So it's just not really allowing people that negative spin. We're cooking; this is what you signed up for."

He claps his hands. "Let's do it!" **B**

Maria Fontoura is a writer and editor based in New York City.



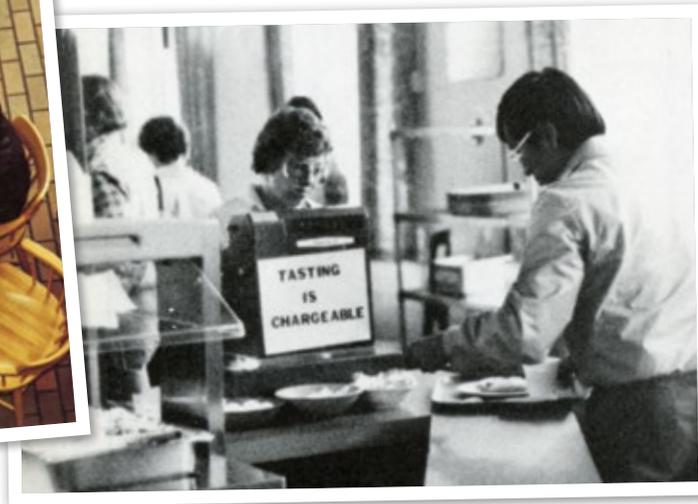


A



of Food Memories *Campus dining has changed a lot over the years*

STORY BY LYNN FREEHILL-MAYE | PHOTOS COURTESY OF UNIVERSITY ARCHIVES





DECADES AGO, the food at UB wasn't much different from army chow. Dinner meant meat, starch and canned vegetables, with a gravy most nights. Sandwiches featured white bread, cold cuts and iceberg lettuce. Then as now, the bulk of food was prepared at the commissary, but back then it could only be described as industrial—think beef tips and tuna noodle casserole.

Today, campus dining is more restaurant-grade than military-grade. The Faculty Student Association still runs what used to be called Food Service and is now called Campus Dining & Shops (CDS),

and its mission is larger than ever: serving 8,112 meal-plan-account holders this year, compared with the 1,100 students on board contracts in 1971. But the real differences are in quality and variety, including healthier options. CDS chefs, working in small batches as much as possible, turn out Brazilian-style carved meat, vegetarian noodle bowls from the wok, even the occasional stuffed lobster tail.

How did we get from Salisbury steak and Jell-O to Korean fried tofu? It's been a crazy journey, peppered with highs and lows. Following are a few standouts from over the years.

CONTINUED

Pot Roast with a Side of Protest

Campus dining in the age of activism

At UB, the college activism of the Vietnam era spilled over into Food Service issues. In early 1974, for instance, student Gary Storm (JD '93, PhD '82) launched a petition criticizing the food at Governors Complex and calling Food Service decision-making "divorced from the direct voice of the students." Signers complained about everything from the quality to the quantity to the variety of food.

The lack of vegetarian options was a particular upset. The Spectrum described Food Service officials struggling to wrap their arms around what, exactly, vegetarianism entailed. "The accommodations for vegetarians were barely even symbolic," Storm recalls. "For veggies, eggs were the primary protein. No recipes with beans, nuts, tofu or cheese-without-meat were introduced. Vegans, had there been any at that time, would have starved."

The next month, quantity flared up as the main issue when Food Service tried dropping the traditional "seconds table," which had offered students an additional helping. Cliff Palefsky (BA '74), now a Bay Area civil rights attorney, then served as the Student Association's "student rights coordinator." When classmates alerted him they were going hungry, he checked things out.

"You walked down the line and it was steam trays, some vegetable. Quality of ingredients, nutrition—that was not an issue," he says. "It was whether there was enough. You got one walk-through, and that was it. It was like, are you kidding me? These are growing college students."

The students took the matter public. "Hunger pain strikes students," a Spectrum headline blared. Palefsky alleged to the paper that students often had to eat cold food or fill themselves with bread or Jell-O. He wrote a letter calling the situation "intolerable," contacted a local attorney and threatened a lawsuit.

Food Service took appeasement measures in short order, as he remembers it. "They set up the seconds table—leftover food from yesterday or whatever," Palefsky recalls. "It was like, 'We'll get you more food in a way that doesn't break the budget.'"



▲ **A Co-op Grows in North Buffalo.** A group of eco-conscious students banded together in 1971 to organize the North Buffalo Community Food Co-op. With a \$3,000 university grant, they opened a nonprofit store on Main Street the following year, offering produce, spices, nuts, grains and other minimally packaged bulk goods.

The Cola Wars

The so-called Pepsi-Coke "wars" raged through the '80s as the university signed exclusive soda-fountain contracts with Pepsi in 1982, then Coke in 1986. "The Pepsi generation is over at UB," the Reporter declared that year. "The real thing is back."

The ins and outs of the cola companies' bidding wars (and donations of big-ticket items like scoreboards to the university) were breathlessly documented well into the '90s, as the campus' soda contracts tended to change every four years. Whether Coke or Pepsi, when the dining-hall fare tasted bland, soda could be the proverbial spoonful of sugar to help the medicine go down.

● **Fast Times at UB.** American fast food was in full swing in the '70s, and UB was no exception. The Bullpen, opened in 1978 in the Norton-Capen-Talbert complex, offered cheeseburgers, quarter-pounders, fries, shakes and hot pies. The Reporter called it "McBullpen's" for its faithfulness to a certain fast-food chain. Responded Bullpen supervisor Maria Fronterria, "My kids don't want anything but hamburgers—college kids aren't any different. It's what they like!" ▶



Snapshot: Wilkeson Pub

An '80s-style pizza party

In the early '80s, the campus boasted one of the hottest restaurants and nightspots in town. Thanks to the downstate provenance of the students who managed the place, Wilkeson Pub (in the Wilkeson Quadrangle basement) was also one of few local joints to serve New York-style pizza.

"The accents, the attitude, were all downstate," says Keith Curtachio (BA '87), Campus Dining & Shops' IT coordinator, who started working there as a junior. "To the point where if you ordered a hamburger, we would not serve it to you with mustard."

The pizza dough came from the commissary, but the cooks stretched it out to get those super-thin slices and made their own sauce. Come night, the pub morphed into a popular hangout. With the '70s disco era not far gone, it retained the trappings of that decade—a tri-level, underlit dance floor, a smoke machine, a big sparkly disco ball. The venue kept a huge vinyl collection with more than 4,000 records, and DJs spun on weekends.

Student-run "Gong Shows"—a takeoff on the late-'70s-era national talent show—were held to hilarious effect. At the time, local TV personality Randi Naughton hosted a WGRZ-Channel 2 Friday late-night show called "Randi's Pajama Party," which featured a cheesy movie, then cut to Naughton giving funny commentary in PJ's on a brass bed. That bed was on occasion set up in Wilkeson Pub. Naughton remembers giving away swag—and sampling the pizza. "Back then I didn't have to worry about carbo-loading!" she says.

The Many Faces of Wilkeson. Clockwise from right: A week of activities at Wilkeson Pub; student-run versions of "The Dating Game" and the "Gong Show"; a steak dinner at Wilkeson Restaurant.

In 1985, New York's minimum drinking age rose to 21, forcing pub managers to get creative. Wilkeson Pub became Wilkeson Restaurant, a full-service eatery with two take-out windows. On one side they served Buffalo's new Sweet Jenny's ice cream; the other side was transformed into a New York deli.

Once a month, Curtachio remembers, they sent a truck to Brooklyn to collect Hebrew National products, along with pickles, knishes and pallets of Dr. Brown's soda. The new Wilkeson incarnation made more money than ever, although not everything was a hit—Cel-Ray, Dr. Brown's bracing celery-flavored soda, never sold, Curtachio says. Enterprising managers recycled it as a soup base.

A few years later, Wilkeson Restaurant was relocated to Fargo Quad and renamed the American Sports Grill, then Hubie's, as it continues to be known today.

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Clamoring for Choice

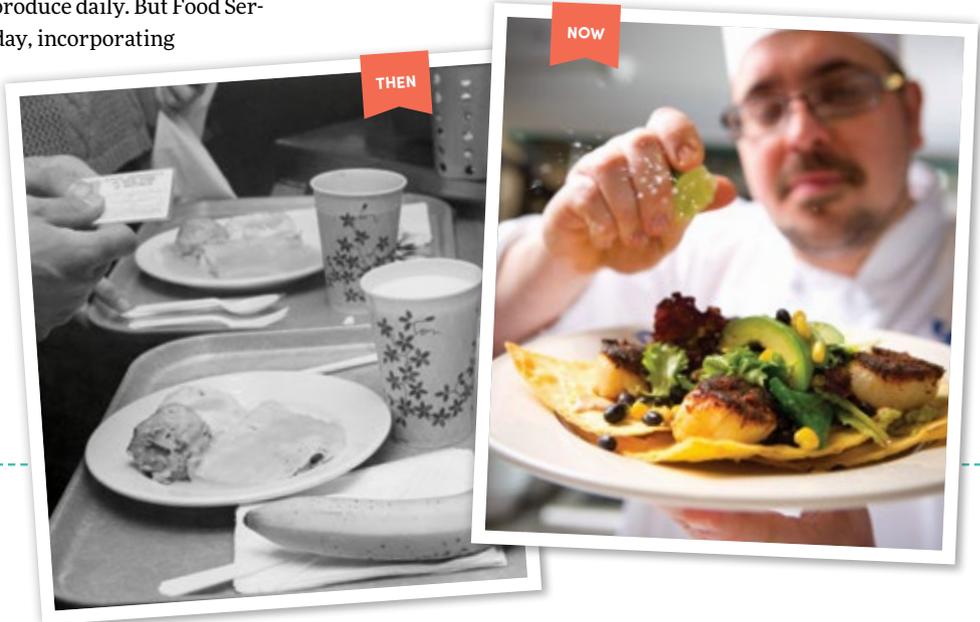
How campus dining went from hunger fasts to an award-winning Hunger Games-themed dinner

By the early '90s, as noted in a Reporter article from 1992, Food Service was working hard to change from its “military image of yesteryear to a wider variety of entrees that appeal to a greater number of people.” The commissary’s scale remained massive, with giant soup vats, massive spice jugs, huge mixers and dozens of staffers slicing 3,000 pounds of fresh produce daily. But Food Service was moving toward where it is today, incorporating more feedback and variety. Cooks worked from a bank of 1,817 recipes and asked for student comments on the food.

That same year, 1992, Putnam’s food court opened in the new Student Union. Its eight restaurants included Bagelicious for New York-style bagels, TBG’s for Italian

fare and Señor Wok’s, which offered a then-exotic combo of Asian and Mexican cuisine. Putnam’s was run by a Culinary Institute of America graduate, to boot.

Today the Student Union’s food court is still around, albeit with updated offerings like Jamba Juice, Moe’s Southwestern Grill and Champa’s Sushi to feed modern tastes. The stalwart Goodyear and Governors dining halls also continue to serve students, but with fresh features, like a Mongolian grill at Goodyear and crêpe stations on both campuses several days per week.



Repasts Remembered

“The dental school was on Goodrich Street, virtually in downtown Buffalo. Lorenzo’s restaurant in lower downtown was great for a Sunday meal. We unscrewed the cheese shaker and poured on the cheese for a generous serving of spaghetti. Another desirable restaurant was Santora’s pizzeria. One could order a giant 20-inch pizza and a pitcher of beer for \$2.”

ALFRED FALCONE, MD '50, DDS '47

“I played football, so I ate on campus a lot. We could go over to the Norton Union and load up. They had the big plastic trays you would slide along cafeteria-style. You had ham, roast beef sometimes, potatoes three or four different ways, gravy, big dispensers for milk or iced tea, and desserts—ice cream, cakes, pies.”

DON GILBERT, EDM '69, EDB '65

“We were eating simply—egg salad, tuna fish, PB&J. The places we really liked to eat were on Bailey Avenue, like Bocce’s Pizza and Bailo’s—they had the best beef on weck, and a special dish, 21 Shrimp in the Glass. We used to pull out the shrimp and count them. Another place we liked to walk was Garden of Sweets—they had the best hot fudge sundae I’ve ever had. I’ve still never been able to replicate it.”

MARY FRANCES MARLIN, BS '65

“They used to have these food carts in the different buildings in between classes. Every Tuesday and Thursday in Capen Hall I’d have a hot chocolate and an onion roll—kind of like a kaiser roll with onions in it. That’s what I lived on. Back then you went to the Rathskellar to get a burger and fries, some chicken wings and beer. There was no healthy food in Buffalo.”

RICK SCHRADER, BA '78

“I didn’t like the food at all when I came as a freshman. It wasn’t like my mother’s. Salisbury steak, fried fish and tuna noodle casserole were always there. Now it’s so much better. But we just kind of went with it. We were pretty easygoing, I think.”

MARTHA MCILROY, EDM '12, BA '87

“On campus I had the food in Governors: overboiled pasta, overcooked vegetables and a lot of grease. I can remember one or two really awful attempts to cook Chinese food. They called it chop suey, and it was pretty disastrous. A lot of us tried to escape. There was always Duff’s. They had a \$9.99 special—a bucket of fries, a bucket of wings and a pitcher of Molson. That



Campus Dining & Shops' current approach is to offer a plethora of options, asserts head chef Neal Plazio, who came to UB in 2013 after a dozen years running his own catering service. "It's the complete opposite of what you think of 30, 40 years ago, with huge pans and people glopping food on the plate," he says.

Most emblematic of the culinary turnaround is C3, the Crossroads Culinary Center, which opened in 2012 with a splashy atrium, showstopping open fireplace and seating for more than 600 on the footprint of the old Red Jacket Quadrangle dining hall. It's an attractive space, but the venue's real selling point is its food. C3 offers 10 stations, from pasta to vegetarian to wok-cooked entrées to desserts.

At a school with a significant population of students from abroad, and American students with increasingly globalized palates, international meals are now a matter of course. Indian chef Poonam Matta, who joined the staff two years ago, has folded her recipes into the regular meal rotation. A "Tour the World" program offers a unique dinner twice per semester, featuring such cuisines as Korean and Cuban. And a Global Village dining center has been proposed for the North Campus' academic spine within the next few years. **B**

Lynn Freehill-Maye is a freelance writer in Buffalo, N.Y.

was a very tempting deal for college students."

MARK RUFF, BA '91

"I'm not a vegetarian, but it's always fun to see the vegetarian stuff. They have sweet potato noodles with cashew sauce—that's one of my favorites. I like Indian, Italian, Chinese—I can choose my

own adventure every day. The wings are good, too. When we see them on the menu we're like, 'We're going to go to C3 and have wings tonight.'"

CECILIA MEYER
CHEMISTRY MAJOR, CLASS OF '19
MEMBER, CAMPUS DINING &
SHOPS' STUDENT ADVISORY
BOARD



▲ 1985. "Ox" wins the wing-eating contest!

UNCONVENTIONAL

DINING

From bean dinners to themed dinners, UB has held a remarkable range of food events over the years

1

BEAN DINNER:

The Glee Club sponsored this modest repast in 1941, and at least one other was held in 1946.

2

FAST FOR A WORLD HARVEST:

Students participated in Oxfam America's 1974 daylong fast, limiting themselves to coffee, tea, fruit juice or broth, and contributing the money they would have spent on food to projects helping world farmers grow their own feed.

3

FIRST LADIES' DINNER:

Student Carl Sferrazza, a self-described obsessive when it comes to First Ladies, staged a seven-course 1978 dinner in Wilkeson Hall featuring favorite recipes from the White House. The menu included Grace Coolidge's pineapple salad, Jackie Kennedy's Potatoes Suzette and Dolley Madison's popovers.

4

ROMAN FEAST:

The classics department co-sponsored a 2014 Roman feast at Crossroads Culinary Center. It offered a menu inspired by ancient Rome (cinnamon lamb soup, melon with mint dressing), plus toga-wrapped greeters, a gold-pillar-lined walkway and ancient Roman music.

5

HUNGER GAMES DINNER:

CDS held a 2015 "Hunger Games"-themed dinner, based on the blockbuster film and book series, at C3. Featuring rabbit stew, Cornish hens and an archery contest, the dinner won an industry silver medal for special events.



Alumni restaurant owners at Allen St. Poutine Company, Buffalo, N.Y.

'Sup?

Alumni restaurateurs reflect on the burgeoning Buffalo food scene

Photographs by Douglas Levere

Moderated by Andrew Galarneau (BA '88)



Long known for spicy chicken wings, Buffalo is now earning a reputation for a broader menu, thanks to an independent restaurant community that has gained serious traction in recent years. Getting a taste of the area's eateries has joined gawking at Niagara Falls as a must-do item on visitors' itineraries; locals, thrilled by all the new options, are getting into the act too.

Buffalo News food critic Andrew Galarneau sat down with four UB alumni who are local restaurant owners for the dish on how our city's restaurant scene has grown and where it's headed.

Andrew Galarneau: When did the Buffalo restaurant scene start to evolve, and why?

Jim Guarino: For many years, Buffalo had very standardized restaurants. There was an owner, there was a chef, there was supporting staff. Chef-owned, chef-driven restaurants began to emerge around 2005, which is when we opened Shango. Instead of conforming to the rules or budget of owners, chefs had more freedom to create their own menus, bring in the products they wanted, hire the staff they wanted. At the same time, the Food Network was starting to crank, and that created greater expectations from guests. For years they were OK with getting the same canned slop on a plate. But as they watched all this cool new food programming, their expectations changed.

Chris Dorsaneo: When we were getting started in 2010, there was already a buzz going. Christa Glennie Seychew [a local food writer and entrepreneur] launched the Foodie-to-Farm tours in 2008 and started the Nickel City Chef culinary competition

a year later. The Buffalo scene was starting to get interested in where our food was coming from. And Buffalo itself was changing—people were starting to invest in the city again.

Dan Hagen: Not just business investments. There were houses on the West Side vacant for years that people started buying and renovating. People who had moved out of the city 15 years ago were moving back in, because it's a thing again. That brings more people into the city who are going out in the city. That turns into restaurants.

AG: Do you think we compare pretty well to other cities at this point?

CD: I think we are well on our way. We have a lot of farm-to-table places now, places that are thinking more “terroir.” Considering our size, I think we compare well to our closest competitors.

JG: There are also a lot of new ethnic choices that didn't exist five years ago.

AG: Is there anything that makes us stand out?

Marc Adler: I've had customers who aren't from here tell me Buffalo dining is all about the neighborhoods. Whether it's Hertel or Allentown or Elmwood or Larkinville, we have these neighborhoods that people find and say, “This is really cool. I can go to a few places here.”

JG: At Oshun, we get a lot of business travelers, because it's convenient to the hotels. The vast majority of them are sort of amazed at Buffalo. I was talking to a banker who travels something like 200 days a year. He said, “I have to be honest, I was not looking forward to coming to Buffalo for the week. Then I came, I ate five great meals, walked around downtown. This is really happening here.”

MA: One recent customer said to me, “In the city, you don't find the chains. You get locally owned establishments.” That doesn't happen everywhere.

CD: I don't think we're ever going to break that stigma of wings and weck. That's OK. But when people do come here, it's the experiences they're having at all these places that sets us apart. We do a better job than a lot of places I've traveled to. We give better customer service, we're friendlier, and that supersedes the one food or restaurant we might be known for.

AG: What do you think we're still missing or could use more of?

CD: I've got an old one: a better distribution chain to simplify the process of getting produce from farms to restaurants.

DH: We could all say that ride-sharing is needed.

JG: The development of more neighborhood restaurants. You're starting to see Black Rock make this resurgence. Some of the other older areas could use something like that.

DH: And yet I'm a firm believer in the bars that have been there for 50 years. I would hate to see those replaced by restaurants. I would like to see a little bit of both. Brick Bar and The Pink have been here for 30-plus years, and I'm this 25-seat restaurant immediately across the street that is the polar opposite. The Dapper Goose in Black Rock, a gorgeous little new place with a great menu, is immediately across from Casey's, which has been there forever.

AG: Not to rain on the parade, but do you ever wonder how long this growth can last? Like maybe there's a restaurant bubble?

CD: I think there is, and it's country-wide. I was just visiting Hawaii and it's the same thing: a ton of restaurants opening, and they're struggling to find trained employees.

DH: I think the same forces that created this restaurant buzz, which Jim mentioned earlier and which are a good thing—the Food Network and everything—has a flip side. More places are trying to do more because people are expecting more. It becomes a hamster wheel, and with the media, the pressure is constant.

CD: We were talking about the difference more educated customers are making, but operators have to be more educated too. The bubble is going to affect people stuck in the stone age of restaurants who can't adapt.

AG: And even then, you can do everything right, get all the right stuff in your coolers and all the right people working for you, and then it snows.

DH: Actually, when you run a restaurant in a residential neighborhood, snow nights can turn out pretty well. Those people eating at the bar? They're not going to go to Wegmans in a snowstorm, and we're there for them. 🍷

Seated at Our Table



Marc Adler (MA '83, MBA '82, BA '79) helped bring poutine (that's gravy-and-cheese-drenched french fries, for the uninitiated) over the border from Canada to Allentown—specifically, to Allen St. Poutine Company—and upped its game with a variety of inventive toppings. A second location, Hertel Avenue Poutine & Cream, brought something sweet into the mix.



Chris Dorsaneo (BS '03) co-founded Lloyd Taco, the progenitor of Buffalo's food-truck boom, in 2010. Now with four trucks, a catering operation, two brick-and-mortar locations (one on Hertel Avenue and another opening this summer in Williamsville) and a soft-serve ice cream annex, Lloyd has become a Buffalo mainstay for fun yet wholesome street-style eats.



Jim Guarino (BA '93) worked at his family's Coffee Bean Café in University Heights before transforming it into Shango Bistro and Wine Bar in 2005, a neighborhood hotspot featuring upscale New Orleans-style fare. His downtown seafood house, Oshun, opened in 2014. [Ed. note: At press time, we learned that Guarino closed Oshun to focus on Shango.]



Dan Hagen (BS '14), a longtime Buffalo bartender, opened Billy Club with a partner in 2016. The small but savvy Allentown eatery (whose name recalls the building's history as an illegal speakeasy during Prohibition) specializes in creative takes on traditional bar food, custom craft cocktails and a surprising selection of canned microbrews.



FOOD FOR



HOW UB'S SAMINA RAJA CREATED A SEAT AT THE TABLE FOR FOOD PLANNERS

Story by Sharon Tregaskis

THOUGHT

Samina Raja was a newly minted civil engineer and urban planner in the summer of 1999 when Kashmir was wracked with an armed conflict that had been simmering since her youth. Despite the violence, she had steady work, reviewing plans for giant hotels and high-end interior renovations. But increasingly, she felt torn. “It just didn’t make moral sense,” she says. “I was using my civil engineering and planning skills for the wrong projects.”

Envisioning a post-conflict future in which she could put those skills to work promoting equity and justice in her homeland, Raja immigrated to the United States to earn a PhD in urban and regional planning at the University of Wisconsin-Madison (she had already earned a master’s in the field in New Delhi). Over the next three years, she dug into the quantitative and methodological tools planners use to make their case, as she and her adviser, economist Jack Huddlestone, scrutinized the strengths and shortcomings of traditional fiscal impact

analysis—the strategy planners utilize to assess whether a community might benefit more from a casino or a used-car lot, a supermarket or a children’s playground.

At the same time, she was becoming increasingly immersed in the ideas of UW urban planning professor Jerome Kaufman, who was then in the process of coaxing into being the nascent field of food systems planning. From Kaufman, Raja learned to see how the web of food producers, distributors, processors and consumers together compose

a local food system and sustain a community, and how the design and planning of cities impact that process. Off campus, Raja was getting her hands dirty at a community garden that made fresh produce affordable, even as members struggled to attract the support of local legislators. “Talking with Jack and Jerry, I recognized that this community garden that mattered a great deal to me really didn’t matter to planners,” says Raja. “It wasn’t considered the highest and best use of land.”

CONTINUED



Samina Raja in front of “Da Garden,” a community garden started by MAP youth.

Participants in the Massachusetts Avenue Project’s (MAP’s) Growing Green Youth Program plant seeds and harvest rainbow chard.

PHOTOS BY MAP (MASSACHUSETTS AVENUE PROJECT)

DOUGLAS LEVINE

Two decades later, Raja, an associate professor in UB's School of Architecture and Planning, stands atop an intellectual empire that puts community priorities for local food systems front and center in the work of urban planners. Hired in 2002 to teach research methods at the school, she also founded UB's Food Systems Planning and Healthy Communities Lab (the Food Lab), which now comprises a mix of undergraduate and graduate students, as well as two full-time research associates. Much of their work extends the vision laid out by Raja, Kaufman and colleagues in "A Planners Guide to Community and Regional Food Planning," a research monograph published in 2008 by the American Planning Association that champions planners' involvement in food systems and proposes specific roles for their participation.

"In its broadest conception, planning is about bringing information or knowledge to bear on problems people face in communities," says Raja, who also holds an adjunct appointment in the School of Public Health and Health Professions. "Planners pride themselves on making places work for people; they think about housing, the environment, jobs."

Meanwhile, she says, food systems have gotten short shrift. Consider, for example, the tenuous leases held by community gardens, the zoning and permitting challenges faced by neighborhoods organizing a farmers market, and the regulatory headaches that impede food truck owners whose menus could boost options in an underserved neighborhood. It's a stark contrast to the relative

ease with which a corporate supermarket ladders through bureaucratic requirements to attract tax deferments and other development incentives, even though such micro-entrepreneurial businesses as food trucks and farmers markets actually keep more dollars circulating locally. "It makes economic sense for planners to understand food systems," she says.

Digging in

For Raja, however, food systems planning extends well beyond economic considerations. Central to her expansive vision is a pursuit of equity and social justice for the people who have long been disenfranchised by traditional planning—the poor, people of color, immigrants and refugees.

This ethos shines through her long-running partnership with the Massachusetts Avenue Project (MAP), a non-profit on Buffalo's West Side. The neighborhood was flecked with vacant lots and abandoned houses when residents founded MAP in 1992 to develop safe spaces for their kids to play. They built a playground, then opened a neighborhood center. In 1998, they started a garden on two lots across the street from the neighborhood center, which quickly expanded to become Buffalo's first urban farm.

Local teens plan and work the farm—a patchwork of more than a dozen vacant lots, all within walking distance of one another—and much of their harvest is consumed by families in the community.



Buoyed by the farm's popularity, MAP hosted a round of public meetings in 2002 to collect input on how to extend its programs in urban agriculture to combat the racial and economic injustice at the heart of the neighborhood's troubles. Raja was among those who showed up to learn more.

Since then, Raja and her team in the Food Lab have devoted thousands of hours to documenting and analyzing MAP's local impact, revealing the effect of MAP participation on kids' consumption of vegetables, challenging the USDA's characterization of the West Side as a food desert and investigating how the large number of immigrants who've settled in the area affects the local food system.

"Samina hears, understands and respects the perspectives of people who have experienced the greatest injustices that the food system can deliver," says Center for Resilient Cities Executive Director Marcia Caton Campbell, who advised Raja's first food system assessment at UW. "She sees all the different sectors, the key nodes and linkages, and she's very interested in the people who are on the ground. She is interested in making sure that those people get their due—not from a top-down perspective, but from the perspective of the people themselves."

Raja's first official collaboration with MAP was a 2003 planning practicum conceived with the organization's executive director, Diane Picard. The 6-credit course was one of three studio options UB students could take to fulfill master's of urban planning program requirements. Eleven students dug into the assignment to assess food security on the West Side and identify opportunities to improve the situation, with Raja and Picard as their co-advisers. In 2005, the American Institute of Certified Planners honored the course for its pedagogical merits. Picard still references the 150-page compendium that resulted from the students' research ("Food for Growth: A Community Food System Plan for Buffalo's West



MAP's farmers market is staffed by youth program participants.



Meanwhile, Raja has continued to identify opportunities to support MAP, as well as a handful of other Buffalo-area nonprofits pursuing similar goals. She tailors grant applications to answer questions they have, features them as case studies in her planning studios and gives Food Lab researchers their data to analyze. Often, the work has mutual benefits. In 2014, Raja and Picard co-authored “Rustbelt Radicalism,” a case study for the Journal of Agriculture, Food Systems, and Community Development (JAFSCD) that details how MAP successfully influenced local planners and lawmakers, leading to transformations in municipal policy and planning for strengthening food systems.

Ties that bind

MAP stands out in a growing field of grassroots organizations across the United States focused on transforming urban and rural food systems. In 2012, to foster communication among these groups and build on their successes, Raja established Growing Food Connections (GFC), an ambitious project subsequently dedicated to the intellectual legacy of her mentor, Jerry Kaufman, who passed away in 2013. His photo now sits on Raja's desk in her Hayes Hall office.

Funded with a \$3.96 million grant from the USDA's National Institute of Food and Agriculture (NIFA), the five-year effort—led by Raja—is a partnership among the Food Lab, the American Farmland Trust, the American Planning Association, the international consulting firm Cultivating Healthy Places and Ohio State University. The group's highest profile project is a collaboration with eight “communities of opportunity,” municipalities and counties around the country that have invited the GFC team to help them bridge the gap between food production and food security through public policy.



CONTINUED

Side”), illustrated with artwork by children from the community. “It gave us data to bring to politicians, policymakers and funders, to show there was an issue in our neighborhood,” she says.

In the nearly 15 years since Raja's students completed “Food for Growth,” MAP has added a mobile farmers market with six sites in underserved Buffalo neighborhoods, launched beekeeping and aquaculture programs, and developed an array of programs for teens. The latter include horticultural training on the MAP farm site; business-development experience creating value-added products, like salsa and salad dressing; and even college-readiness opportunities, such as mentorship and college visits. In 2015, MAP harvested more than 18,000 pounds of vegetables, started a second youth garden, purchased four more vacant lots, and employed and trained 50 young people in urban agriculture.

BEYOND BUFFALO



Haakh, a traditional Kashmiri cooking green.

Even as she has devoted a laser-like focus to food systems in the greater Buffalo area, Kashmir native Samina Raja has maintained a global perspective. She's a member of the guideline development group on Health and Housing for the World Health Organization's Public Health and Environment Department and has also served on an expert group for the United Nations Food and Agriculture Organization, promoting the integration of food systems into urban planning worldwide. On Oct. 16, 2016—World Food Day—Raja and the UB Food Lab team led a training session in Ecuador as part of a U.N. conference to ratify the New Urban Agenda, which sets global standards of achievement in sustainable urban development.

In 2015, UB named Raja a co-leader of its Community of Excellence in Global Health Equity (CGHE), part of a \$25 million initiative to connect faculty across disciplines to solve pressing societal issues through research, education and engagement. One pilot project on food equity in the Global South brings Raja full circle: Her team, led by Alex Judelson (MA '16), is studying how urbanization, climate change and global commerce are affecting the cultivation and consumption of haakh, a collard green that is a staple of traditional Kashmiri cooking.



Derek Nichols at Cottage District Community Garden, a Grassroots Gardens WNY site.



DOUGLAS LEBERE

"In its broadest conception, planning is about bringing information or knowledge to bear on problems people face in communities. Planners pride themselves on making places work for people." **Samina Raja**

Additional GFC projects include documenting innovative food system policies in vulnerable urban and rural communities and creating an array of online resources, such as a massive, searchable policy database and a series of planning briefs, as well as social networking and continuing education for activists and elected officials. "GFC is going to have lasting impacts," says Duncan Hilchey, editor-in-chief of JAFSCD and co-coordinator of Cornell University's Lyson Center for Civic Agriculture and Food Systems. "I don't know how many dozens of food systems professionals and activists I've referred to GFC's database. It's really amazing. You want an

example of a municipal ordinance dealing with the regulation of bees? It's just a couple of keystrokes, and presto! It's such a gold mine for planners and policy-makers."

As with her partnership with MAP, Raja has invited UB students to take leading roles in GFC, collecting and analyzing data, and building relationships with project partners. While some seek her out because of a shared interest, the professor also actively recruits from the ranks of undergraduate- and graduate-level students in her classes. "I absolutely love it," says Raja, who weaves data analytics into her coursework. "When we don't teach students about those methods, they can argue all they like from a place of value and passion, but they can't bring to bear evidence to guide their answer."

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By the numbers

An alumnus of the UB program, Derek Nichols (MUP '10, BA '07) was already a bit of a data junkie when he enrolled in Raja's statistics class. "It was one of the hardest courses I've ever taken," he

says. "And it was so fulfilling." Nichols went on to work with Raja on multiple courses, co-authoring a report with fellow students on opportunities for Buffalo to bolster its support for the local food system. The Green Code, a historic overhaul of Buffalo's

land-use plan adopted in 2016, reflects many of the students' recommendations, including bureaucratic and zoning supports to promote urban farmers, community gardeners, food truck owners and other participants in the local food economy.

Now director of education and outreach for Grassroots Gardens WNY, a nonprofit organization that supports the operations of more than 100 community gardens scattered throughout Buffalo, Nichols still partners with Raja to produce the analyses that exceed what he and the organization's executive director can produce alone.

In 2013, for example, Grassroots Gardens partnered with the Food Lab to conduct the Buffalo Neighborhood Food Project, a USDA/NIFA-funded collaboration to enhance the city's food system. "[The Food Lab] did all of our data collection and processing," says Nichols. "We found out our gardens grew 30,000 pounds of food and 75 percent of our school gardens are in food deserts. We'll use that data for future grant applications."

Among Raja's more recent recruits, doctoral candidate Subhashni Raj (MUP '13) came to the United States in the fall of 2011 as a Fulbright scholar from Fiji. A seasoned climate activist and organizer, Raj had a limited social network in the early months of her tenure at UB and was fast accruing more time on her hands than she knew what to do with. Then she heard Raja's Food Lab pitch. "I don't know anything about food planning," she told Raja. "I'm interested in climate change. But I'm interested in research and I'll work for free."

Like Raja, Raj had come to the United States to build the quantitative and methodological skills she would need to make a difference back home, where climate-change impacts are devastating. Raja didn't quibble over Raj's passions and instead handed her a dataset, documenting the effects of MAP's Growing Green youth programming before and after participation. The resulting article, "Beneficial but Constrained: Role of Urban Agriculture Programs in Supporting Healthy Eating Among Youth," was published last year in the *Journal of Hunger & Environmental Nutrition*. "I worked on the food research," says Raj, "but I also cultivated my own interest, how I could use food as a lens for my climate-change research. It couldn't have been a better fit."

Raj continued to work with the Food Lab after earning her master's in May 2013, and the following month she was selected from a national pool to become UB's inaugural Jerome L. Kaufman Doctoral Fellow. In the Spring 2017 semester she taught a graduate-level course on food systems planning; in April, some of her students pitched in to help a local coalition formulating a campaign aimed at transforming how public institutions purchase food. "Our community is the most important thing," says Raj, sounding very much like her mentor. "They ask the questions, we facilitate finding the answers. We exist because the community has a need." **B**

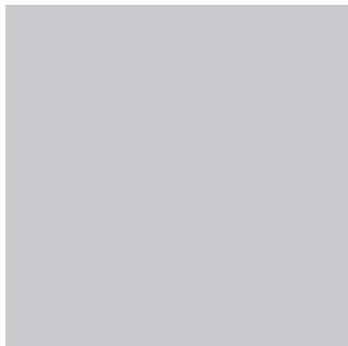
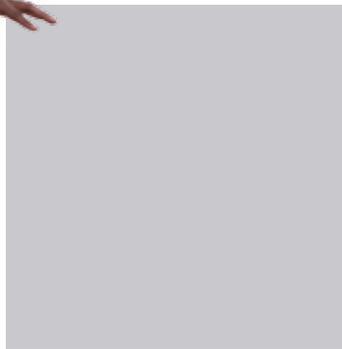
Beginning farmer Sharon Tregaskis covers the worlds of health care and agriculture from her home in the Finger Lakes.

AlumniLife

Alumni lend a hand p40

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High achievers p42



FLAVORS SHOWN
(clockwise from top right)

- Coconut Rum
- Mango Paté de Fruit
- Almond Amaretto
- Orange Blossom Honeycomb
- Raspberry Rose Lychee
- Guava Paté de Fruit
- Dark Chocolate Caramel
- Meyer Lemon
- Hibiscus Lime (center)



Mix Master

Meet the UB graduate with an eye for art, a mind for business and an insatiable taste for chocolate

By Sally Jarzab » As proprietor of Whimsy Confections, Michele Ogden (BA '03) makes some of the most fanciful concoctions ever to fill a chocolate box.

Mauve-tinted, milk-chocolate rose blossoms flavored with Earl Grey tea and wildflower honey. Layers of citrusy Japanese yuzu and ginger covered in white chocolate and Jackson Pollock-style splatters of black. Dark chocolate ganache infused with cinnamon and cayenne pepper and molded into the shape of a pair of lips, smooth as silk and faintly iridescent.

With a day job in human services, Ogden works into the wee hours creating these tiny, tasty objets d'art. Her weekends, too, get candy-coated. But the work is paying off. After starting Whimsy Confections last October as an online shop with pop-up displays around town, Ogden recently opened a physical boutique on Main Street in downtown Buffalo.

Despite what the Whimsy name might suggest, the bonbon business isn't a passing fancy for Ogden. She's been dreaming of it for almost a decade since reading an article in *Essence* magazine about a woman chocolatier. "I was like, that is so my passion—that is what I want to do," says Ogden, now 37. There was only one small problem. She didn't know even the basics of chocolate making.

Still, as many can attest, a chocolate craving is hard to resist. "Every year that passed, I would ask myself, now am I going to do this?" Ogden says. In 2013, returning to Buffalo after a stint in the D.C. area, she finally made up her mind to learn everything she needed to know and just do it.

For business expertise, Ogden attended UB's Center for Entrepreneurial Leadership.

CONTINUED

Alumni Life

The sweet stuff she picked up through an online chocolatier certification program. A somewhat unexpected option (what's virtual about chocolate, after all?), the web-based curriculum taught Ogden the fundamentals, which she then perfected on her own, though not without challenges.

Tempering—the process that gives quality chocolate its distinctive snap and sheen by stabilizing its fatty acid crystals—was the first test. The “easy” way is the seeding method: adding small pieces of hard chocolate bit by bit to melted chocolate and stirring to maintain the optimal temperature. Ogden says she completely failed at it. So she bought a big slab of granite to try a more hands-on technique called tabling and found that this one she had a

knack for. “Some people find tabling intimidating because it's so involved, but I love it,” she says of the method, in which chocolate is heated, slathered onto a cool surface and continuously agitated. “I could hand-temper chocolate all day long, and it will turn out just perfect, shiny and beautiful.”

Design-wise, the former media study major draws from her love of pop art. Using an airbrush gun and cocoa butter tints, she gives her chocolates a cheerful, splashy aesthetic that sets Whimsy apart from the competition.

“I'm very girly, and I like things to be fun and feminine,” Ogden attests. “A lot of the well-known chocolatiers are men, and their products tend to look kind of plain. I wanted to make something that

women specifically would connect to.”

That's top of mind when it comes to Whimsy's flavor profiles, some of which even pay homage to a special woman from Ogden's past. “My paternal grandmother, Ruthie, taught me how to bake and sparked my interest in food,” she says. Ogden recently celebrated Ruthie's penchant for Southern desserts in a special Mother's Day collection.

At the heart of Whimsy, though, is an enterprising spirit Ogden credits to her late father. “It was always his dream to start a business, but when you're a parent taking care of your kids, you can't always just do what you want,” she says. “I get so much satisfaction knowing my dad would be proud of me today.”



Mary Garlick Roll (MS '88, BS '84) and Patrick Abrami (MS '75, BS '72)

In the Community, Around the Globe

The first-ever UB Alumni Day of Service in May was like an international flash mob of volunteers, as alumni near and far donned their UB-blue shirts and headed into their communities to make a difference.

Members of UBAA's Singapore Chapter visited seniors at the Singapore Christian Home, while China Chapter volunteers spent time at the Shanghai XF9 Senior Citizens Service Center and the Fushou Yuan Senior Care Center in Beijing (above right). In India, alumni assisted with employment training at the Samarthanam Trust for the Disabled in Bengaluru. In Canada, they lent a hand at Toronto's Good Shepherd Centre, a charity serving the homeless.

UB alumni could be found sprucing up the grounds at the National Mall in Washington, D.C.; helping out at the Ronald McDonald House in Philadelphia, Pa.; finding homes for adoptable dogs at the Lucky Dog Animal Rescue's Pet Fiesta event in Reston, Va. (above left); going to bat for PowerPlay's Girl Power Day in New York City; prepping for the season at Camp Good Days in Rochester, N.Y.; and chipping in at the Salvation Army in Buffalo.

Collective Greatness

In a room full of leaders, who leads? At the annual UB Volunteer Leadership Summit in May, the many alumni and community leaders who serve our university used the opportunity to learn from each other, in addition to receiving well-deserved recognition for their work.

A variety of presentations, including a keynote address by Vice Provost for Equity and Inclusion Teresa Miller, as well as panel discussions, networking festivities—even a bus tour showing UB's impact on the city—set the theme for the day: We make UB stronger together.

Career tip

Todd Mitgang (BS '02)
Co-owner and executive chef, Crave Fishbar
("The Godfather," p. 22)

"You can turn a passion into a career. I had a clear vision that if I followed my taste for cooking, it would lead to jobs in restaurants. I was right. Have a vision, set a goal and use lots of elbow grease to get there."

Meet Mike

The new UBAA board president takes the reins

By *Mary Cochran* » When Mike Anderson (EMBA '17, BA '97) was named to Buffalo Business First's 40 Under 40 list in 2014, he said one of several things he'd like to do in life is "get elected mayor of Buffalo."

He may not yet hold the office, but Anderson has long been a kind of deputy mayor of community involvement: He served as a class chair for Leadership Buffalo, as a mentor for that organization's youth program, and as a co-chair for the Carly's Club and Roswell Park Cancer Institute benefit known as Rowin', Throwin' n Growin' for a Cure.

Anderson says he learned the value of hard work and giving back while growing up in a working-class Irish neighborhood in South Buffalo. "My parents worked long hours and sacrificed to put me and my siblings through private Catholic schools," he says. "I learned at a young age to participate and volunteer for many community events."

Now, Anderson has begun serving in a new ca-

capacity, as president of the UB Alumni Association Board of Directors, where he's been a member since 2008. As an undergraduate in the late 1990s, he didn't have time for campus activities and events, he admits. Serving on the UBAA board changed all that.

"Whether it's watching the UB Bulls winning their conference championships or listening to a sitting president of the United States speak at Alumni Arena, UB has so much to offer everyone," says the KeyBank vice president, who even became a UB student again, completing an EMBA from the School of Management.

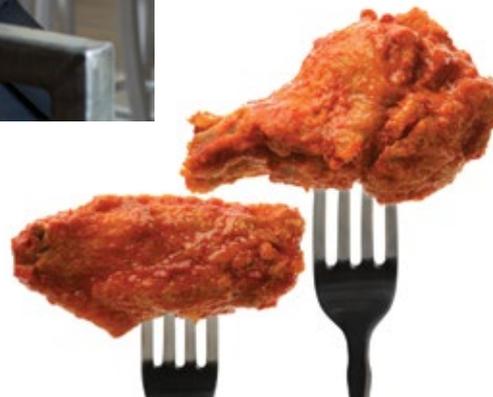
Ever the mayoral aspirant, he adds, "We are witnessing the rebirth and revitalization of an old Rust Belt city in Buffalo. This renaissance would not have taken place if not for UB's commitment to Western New York. UB pride is felt by alumni and so many people here and around the world." 



Food Faves

Mike Anderson frequented Pistachio's for lunches as a UB student; as UBAA board president, he appreciates how well Campus Dining & Shops and Three Pillars Catering provide tasty offerings for alumni events. "Jeff Brady's team serves first-class appetizers and entrees," he says.

Off campus, Anderson is a typical Buffalonian, citing Duff's wings and Santora's pizza as favorites—along with Potter's Field Restaurant and Pub, his brother's South Buffalo sports bar, which, he swears, "serves the best burger in Buffalo."



Mike's* Summer Picks

A selection of UB events, open to all alumni

June

UB Night at the Buffalo Bisons

06.30.17

Coca-Cola Field
Buffalo

July

Samuel P. Capen Garden Walk

07.15.17

South Campus
neighborhoods

UB in the City: Brooklyn Cyclones

07.15.17

MCU Park
Brooklyn, N.Y.

D.C. Metro Chapter: 716 Happy Hour

07.16.17

Friends Meeting of
Washington
Washington, D.C.

School of Management Golf Outing

07.17.17

Lancaster Country Club
Lancaster, N.Y.

UB in the City: Miss Buffalo Cruise

07.19.17

Inner Harbor
Buffalo

August

UB on Broadway: "Hello, Dolly!"

08.10.17

Shubert Theatre
New York, N.Y.

September

Linda Yalem Safety Run

09.28.17

North Campus

October

Homecoming Weekend

10.05.17-10.08.17

UB Campuses

Mike says:

"Homecoming weekend is so much more than a football game—come find out why it's #Good2BeBlue!"

At Buffalo goes to press before many event dates are set, so please make sure to check buffalo.edu/alumni/events for updates.

*Mike Anderson (EMBA '17, BA '97) is our UB Alumni Association Board president.



Party of Twelve*

The 2017 UBAA Achievement Awards gave well-deserved recognition to a globe-trotting group of UB-affiliated notables. At Buffalo was at the ceremony to applaud them—and get their restaurant recommendations.

Samuel P. Capen Award

James Smist (BS '80), president and co-founder of management consulting firm Dean & Company

Philip B. Wels Outstanding Service Award

Wayne Anderson, dean emeritus of the UB School of Pharmacy and Pharmaceutical Sciences

Richard T. Sarkin Award for Excellence in Teaching

Robert Genco (DDS '63), SUNY Distinguished Professor and director of the UB Microbiome Center

George W. Thorn Award

Joel Lunenfeld (BA '99), vice president of global brand and creative strategy at Twitter

Clifford C. Furnas Memorial Award

Hratch Kouyoumdjian (MS '70), founder and former president and CEO of the KPA Group, an engineering and architectural consulting practice

Community Leadership Award

Juanita Hunter (EdD '83, MS '74, BS '71), retired UB community health educator and active volunteer

Walter P. Cooke Award

L. Nelson Hopkins, SUNY Distinguished Professor of Neurosurgery, founder of the Global Vascular Institute at Kaleida Health, the Jacobs Institute, and the Toshiba Stroke and Vascular Research Center

Distinguished Alumni Awards

Edward Dong (MBA '91), founding chair of the U.S.-China committee of the International Leadership Foundation based in Washington, D.C.

Michael Garz (BA '72), senior vice president at the design firm STV; design manager and project architect for the World Trade Center Transportation Hub

Ram Kumar Krishnamurthy (MS '95), senior principal engineer at Intel

Dean Seneca (BA '90), senior health scientist at the Centers for Disease Control and Prevention, president of the CDC's American Indian/Alaska Native/Native Hawaiian Coalition

International Distinguished Alumni Award

Holger Schünemann (PhD '00, MS '97), chair of Health Research Methods, Evidence and Impact at McMaster University; research professor in the UB Department of Epidemiology and Environmental Health *not pictured

TOP ROW: Dean Seneca (**Pricci** in Atlanta, Ga.); Wayne Anderson (**Bern's Steak House** in Tampa, Fla.); Michael Garz (**Will BYOB** in Philadelphia, Pa.); Hratch Kouyoumdjian (**Chez Panisse** in Berkeley, Calif.); Joel Lunenfeld (**The French Laundry** in Napa Valley, Calif.); Edward Dong (**Legal Sea Foods** in Boston, Mass.); James Smist (**Piazza Duomo** in Alba, Italy); Robert Genco (**Siena** in Snyder, N.Y.) BOTTOM ROW: L. Nelson Hopkins (**San Marco** in Snyder, N.Y.); Juanita Hunter (**Betty's** in Buffalo, N.Y.); Ram Kumar Krishnamurthy (**Din Tai Fung** in Taipei, Taiwan)

ClassNotes

Conquer that kale **p45**

How to take the heat **p46**

'00: Bernardi dishes it out **p44**

Keeping It Raw

By staying true to his principles, Dave Friedman broke into a competitive market

By Jennifer Kitses » Back in 2004, when Dave Friedman (BA '90) was encouraging his wife, Alice Benedetto, to turn her penchant for making healthy snacks into a business, he didn't know anything about the consumer food market. "If I did, maybe I never would have done this," he says of launching their company, Raw Revolution, which produces vegan "superfoods" bars from the couple's family-owned factory in Hawthorne, N.Y. "I was sort of clueless, and I think my cluelessness gave me courage."

In addition to courage, Friedman had technical knowledge and just enough money in the bank to help get a small business off the ground. He'd taken two and a half years of engineering courses at UB before switching to economics, and after graduating, did well in the tech industry. With his business experience, he became Raw Revolution's entrepreneurial driving force, serving first as its CEO and later as its director of sales.

His role, he says, was helping Benedetto, a registered nurse, "figure out how we could take what she was making for our kids on the weekends and produce it in a way that would be convenient and affordable, and that would maintain a shelf-life." His first step was securing space with a nonprofit incubator for small businesses, based in Poughkeepsie, N.Y. Friedman and Benedetto, who are both vegans and wanted their snack bars also to be organic and gluten-free, already had decided to manufacture the bars themselves. "There were a lot of allergens we didn't want in the food," Friedman explains. "Back then, there weren't a lot of options for contracting it out."

He enjoyed figuring out the process. "I had been sitting behind a desk for many years," he says. "I like getting out my toolbox." In those years, a lot of factories were closing down in the Northeast, and Friedman took the opportunity to buy up their old equipment. Repurposing used machinery not only

Dave Friedman at his factory in Hawthorne, N.Y.

JOHN EMERSON

CONTINUED

saved the fledgling business money; it also fit with the couple's environmental principles. "We loved the idea of taking machines that had been making candy bars and meat, and using that machinery for a greater good," Friedman says.

Today, Raw Revolution has 21 employees and produces millions of bars a year that are sold at retailers in the United States and abroad (including a second line, launched in late 2014, that focuses on high-protein, high-fiber, low-sugar options). Friedman credits their resourcefulness, as well as his tendency to steer a conservative course, for helping them break into a tight market. "We could have taken a shot and tried to make a quick hit," he says. "And if we would have taken bigger risks, there's a possibility we would have blown the business up

"We loved the idea of taking machines that had been making candy bars and meat, and using that machinery for a greater good."

DAVE FRIEDMAN

real fast and sold it for a lot of money. But there's a higher likelihood we would have failed." Indeed, over the course of their 13 years in the industry, he and Benedetto have seen a lot of similar businesses go under. "It's an extremely competitive world out there," he says. In addition to Friedman's considered cautiousness, he thinks their deep beliefs about what a healthy snack should be gave them an edge. "My wife's name is on the package, and because of that we've always been very particular about the ingredients we use and how the bars are made. We want our products to be premium quality and minimally processed." While many of their competitors turn to cheaper ingredients, like whey powder, their bars contain organic raw sprouted flax seeds, organic raw hemp protein and chia seeds. "We could sell the bars if we didn't use ingredients like that, but we want to give value."

To recent alumni who might be considering launching a venture of their own, this father of four offers some advice: "I actually find that it's easier to do a start-up when you're just out of college and don't have a family. People might think about getting job experience, and I'm not saying not to do that. But if you have an aspiration to do something like this, I would encourage you to do it sooner rather than later."

He also encourages budding entrepreneurs to go at their own pace and stay true to their beliefs. "It's not easy," he says. "But we've always stuck with our principles." **E**

CLASS NOTES BY DECADE

Person to Person

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P. Michael Terlecky, BA 1965, retired as president of Frontier Technical Associates Inc. Terlecky also retired from the University at Buffalo in 2013 after 40 years as an adjunct professor. He is a certified professional hydrogeologist and continues as the principal at Hydro-Geo Ltd. Terlecky lives in Williamsville, N.Y.

He also serves on the board of CEPA Gallery and is a practicing artist. Fleming resides in Buffalo, N.Y.

James Tyrpak, BA 1978, qualified for membership in the Million Dollar Round Table, a global, independent association of more than 49,500 of the world's leading life insurance and financial services professionals. He lives in Williamsville, N.Y.

Global National Conference in Indianapolis, Ind. It was the ninth consecutive year the firm was honored with this distinction. He lives in Buffalo, N.Y.

James Conenello, BFA 1982, joined Long Island University's leadership team as chief communications officer. He resides in Northport, N.Y.

Gwen Nichols, MD 1983, was appointed chief medical officer of the Leukemia & Lymphoma Society, the largest voluntary health agency dedicated to fighting blood cancer. She lives in New York, N.Y.

Christine Koniarczyk, BS 1984, joined Dopkins & Company LLP as a supervisor in the firm's tax advisory group. Koniarczyk concentrates her practice on tax, accounting consulting and compliance services for high-net-worth individuals and closely held businesses. She resides in Lancaster, N.Y.

Henry Hilska, BA 1986, is managing principal of Convexity Solutions, a business-consulting firm focused on process transformation and regulatory initiatives using emerging technologies. Hilska has

90

spent the past 30 years working within the capital markets industry. He lives in the Bronx, N.Y.

Paul Eusanio, BA 1989, was appointed a director and shareholder at Arcara Zucarelli Lenda & Associates. Prior to joining the firm, Eusanio managed his own outsourced CFO consulting firm, which later merged with Arcara Zucarelli Lenda & Associates. He resides in Orchard Park, N.Y.

Matthew Genova, BA 1990, started NEXT ACT Franchise Advisors, a consulting firm dedicated to helping people explore the world of business ownership through franchising. He lives in Garden City, N.Y.

Ann Wegrzyn, MBA 1990 & BS 1985, was promoted to chief information officer of National Fuel Gas Company. Wegrzyn is a member of the UB Alumni Association board of directors. She resides in Orchard Park, N.Y.

Robin Selino, BS 1991, joined Arcara Zucarelli Lenda & Associates as senior manager. Selino was most recently the chief financial officer at Ceres Crystal Industries. She lives in Wheatfield, N.Y.

Beth Ann Bivona, BS 1993, was honored by Buffalo Business First with inclusion in the publication's Legal

70

Allen Wright, BA 1971, retired from the Maine Department of Corrections after 38 years of service as a juvenile and adult probation/parole officer. He now works part time as a cashier for Hannaford Supermarket. Wright resides in Saco, Maine.

Paul Klein, BS 1976, was promoted to the new position of executive vice president, chief information and strategy officer at Rich Products Corporation. Klein joined Rich Products in 1995 and has served as senior vice president, chief process and information officer since 1999. He lives in East Amherst, N.Y.

Robert Fleming, JD 1978, was appointed to the board of directors at BlueCross BlueShield of Western New York. Fleming is of counsel at Hodgson Russ in the corporate practice group, the founder and director emeritus of the City Honors School Foundation and a founder of the Buffalo Public Schools Foundation.

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Barbara King, BFA 1980, exhibited the installation "Ribbon Meditations" in the narthex of St. Peter's Church in Manhattan. The idea for this intersection of American culture, politics and spirituality came from the yellow ribbon-shaped magnets that appeared on the rear fenders of cars in support of U.S. troops during the Iraq War. She resides in Hastings-on-Hudson, N.Y.

David Schlein, BS 1980, a partner at Lumsden McCormick Financial Services, accepted the Two Diamond Eagle status recognition on behalf of his company at the 2016 1st

Erik Bernardi, EDM 2000, co-owner of Lake Effect Ice Cream in Lockport, has opened a second scoop shop on Hertel Avenue in Buffalo. Recently named one of the 11 best ice cream parlors in the state by Best Things New York, Lake Effect Ice Cream pays tribute to its local heritage with flavors such as loganberry, sponge candy and ice wine, among others. Bernardi lives in Lockport, N.Y.



Elite of Western New York 2016. Bivona is a partner at Barclay Damon's Buffalo office. She resides in Clarence Center, N.Y.

William Dean, MArch 1994 & BPS 1991, professor in Alfred State's Department of Architecture and Design, presented a jointly authored paper titled "Generating Discipline-Based Community Impact through Academic and Student Affairs Collaboration" as part of the 105th Association of Collegiate Schools of Architecture's Annual Meeting in Detroit, Mich. He lives in Avon, N.Y.

Ram Krishnamurthy, MS 1995, was appointed the 2017 chairman of the Semiconductor Research Corporation Technical Advisory Board (Circuit Design Thrust). Krishnamurthy is a senior principal engineer and research director of high-performance circuits research at Intel Corporation. He resides in Portland, Ore.

Timothy Taber, BS 1995, was named discipline leader of the asset management department at Barton & Loguidice. Taber is a member of the New York Water Environment Association, the Institute of Asset Management and the American Public Works Association. He lives in Manlius, N.Y.

00

Martin Boryszak, BS 2000, was named president and chief executive officer of Sisters of Charity Hospital. He will oversee both the hospital's Main Street and St. Joseph campuses. Boryszak has served as the hospital's chief operating officer since 2014. He resides in Lake View, N.Y.

Adam Cummings, BS 2002, was named senior managing engineer in the asset management department at Barton & Loguidice. Cummings is a registered professional engineer in New York and Pennsylvania, as well as a board certified environmental engineer. He is also a committee chairman and board member of the New York Water Environment Association. Cummings lives in North Chili, N.Y.

Dustin Clark, BS 2004, was named managing engineer of the wastewater department at Barton & Loguidice. Clark is a registered professional engineer in New York and a member of both the National Association of Corrosion Engineers and the New York Rural Water Association. He resides in Adams Center, N.Y.

Sara Burneal, BA 2007, was honored with a 2017 Success Academy Excellence Award. A fourth-grade special education teacher at Success Academy Williamsburg, Burneal won the Teacher Growth Award, which recognizes teachers who have exhibited the most significant progress in achieving classroom-wide excellence since the start of the school year. She lives in Astoria, N.Y.

Hemanth Satyanarayana, BS 2007, is founder and managing director of Imagnate, a virtual- and augmented-reality company based in the United States and India. He resides in Santa Clara, Calif.

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Lisa Petronio, BS 2010, joined Strategic Retirement Partners (SRP) as part of her work at Walsh Duffield.

CONTINUED



MARK HOFFMAN

Top Five *with* Mary Sacks, BA '89

Owner, 9 Miles East Farm

Interview by Rebecca Rudell » Mary Sacks wears a lot of hats. In addition to teaching at a local elementary school, she helps run 9 Miles East Farm, a 29-acre vegetable farm she and her husband started in 2004, and she manages all the marketing and social media for the farm's meal-delivery service.

When the Sackses first purchased the farm, which is 9 miles east of Saratoga Springs, N.Y., they thought they'd grow vegetables for themselves. Eventually they decided they wanted to share their bounty with the community, but not just by selling their produce at market. They wanted to help busy people put healthy, locally sourced meals on their tables.

So they started bringing farm-made meals to a few friends, then to 10 paying customers, then 20, then 30. Today, hundreds of clients in the Albany/Saratoga Springs and metro Boston areas—at homes, offices, even a local college—receive weekly deliveries of GO Boxes (single servings of the farm's vegetarian, protein and paleo meals, now prepared by a chef), family-friendly Dinner to GO Coolers and even pizza.

So what if you don't live within the 9 Miles East delivery area? You may be out of luck for farm-prepared meals, but you can sign up for a community supported agriculture (CSA) share from a local farm and receive a weekly supply of fresh, seasonal produce. Of course, the preparation is now on you, but not to worry; we asked Sacks for suggestions on how to use every last lettuce leaf.

Five tips for making the most of your CSA:

1 Be adventurous

Don't be afraid of exotic vegetables. Visit online recipe sites, like food52.com and epicurious.com, that let you type in an ingredient. If you can't find a recipe you like for kohlrabi, just chop it up and sauté with garlic or onions.

2 Engage in trade

Everyone has favorite ingredients. Maybe you love tomatoes, but not broccoli. Find other people with a CSA and swap. Or split a CSA with

a friend who has complementary tastes.

3 Dust off the blender

Kids won't eat kale? Throw some in the blender with fresh fruit and ice. Smoothies are a simple way to get your vitamins—and get children to eat veggies they may find hard to swallow on their own.

4 Stock up

Making stock is easy. Just roast then chop your veggies, like carrots, onions

and celery. Add herbs (parsley, thyme and bay leaf all work). Cover with water in a stockpot and simmer about an hour. Strain out veggies and store in the fridge or freezer.

5 Talk to the farmers

Most farms are happy to show visitors how they raise their products, and many have recipe cards or can suggest preparation techniques. Bring the kids and make it an educational experience!

Class Notes

Petronio currently manages Walsh Duffield's retirement plan consulting business and will be focused on growing the existing practice in collaboration with SRP. She lives in Tonawanda, N.Y.

Deanna Dobson, BS 2011, was named a recipient of Harris Corporation's Ten Under Ten award. The award honors emerging leaders—all within 10 years of obtaining their undergraduate degree—for their professional success and demonstrated leadership both at Harris and within their communities. She resides in Rochester, N.Y.

Matthew Gellert, DDS 2011 & BS 2007, joined Inspire Dental Group's Amherst, N.Y., office. Gellert is a member of Omicron Kappa Epsilon, the American Dental Association, the New York State Dental Association and the Eighth District Dental Society. He lives in Buffalo, N.Y.

Nevin Murchie, JD 2011 & BA 2005, achieved the designation of Registered Canadian Immigration Consultant from the Immigration Consultants of Canada Regulatory Council. Murchie owns his own law office and specializes in immigration, real estate and business law. He resides in Clarence, N.Y.

George Kalkowsky, BS 2013, was named engineer III within the wastewater department at Barton & Loguidice. He lives in Mohawk, N.Y.

Dominic Baranyi, MS 2014 & BS 2013, was named senior accountant in the audit

department at Lumsden & McCormick LLP. Baranyi joined Lumsden McCormick in 2014 and serves various commercial businesses, exempt organizations, hospitals and employee-benefit plans. He resides in Buffalo, N.Y.

Candice Gregory, MSW 2014, began working for Rochester Regional Health as a primary therapist in the home-based crisis-intervention program. Gregory provides in-home therapy in Monroe County to families with youth at immediate risk of psychiatric hospitalization. She lives in Rochester, N.Y.

Christopher McGinley, EdD 2015 & PMCert 2010, was the recipient of the 2017 Leadership and Support Award from the School Administrators Association of New York State. McGinley is director of mathematics for the Williamsville Central School District. He resides in Amherst, N.Y.

Deanna Terlecky, MS 2016 & BS 2011, joined the Niagara County Department of Mental Health as a licensed social worker. Formerly with the Buffalo Federation of Neighborhood Centers, she lives in Williamsville, N.Y.

Anthony Yuan, MS 2016 & BS 2015, joined Schunk, Wilson & Co. as a staff accountant in the accounting and tax section of the firm's Buffalo office. He resides in Buffalo, N.Y.



JEAN-MANUEL DUVERIER

How-to *with* Daria Papalia, PhD '94, MA '90

Director, Counseling and Psychological Services at the Culinary Institute of America (CIA) in Hyde Park, N.Y.

Interview by Michael Flatt » According to Daria Papalia, being a chef, or learning to be one, is not as brutal as we're led to think. "This is not 'Hell's Kitchen,'" she asserts. "There are media portrayals that are over-the-top, and they don't represent our schools, nor do they represent the industry."

But the work does present challenges. All cities witness restaurants come and go, even popular ones, and behind every surviving establishment is a group of people trying to stay abreast of constantly evolving tastes and trends in a field crowded with newcomers promising tastier, trendier, healthier, *better*.

Thus, in addition to food prep and flavor matching, CIA students learn how to cope with stress and stay focused in a high-intensity environment, thanks to outreach programs and counseling sessions provided by Papalia's team. Without those skills to keep them stable, young chefs can burn out, which is often as painful on a personal level as it is on a professional one. "Food is so much more than sustenance," Papalia explains. "Food is an emotional experience."

We asked Papalia for tips on how budding young chefs can cope with the stress (most of which can be applied to any high-stress career path).

How to keep your cool in the kitchen:

Say yes to therapy

We do a lot of psychotherapy as our front line of care. We talk about emotional intelligence, self-awareness, resilience, managing stress and other life skills. We also help people replace negative coping patterns with positive, long-term strategies. That's what psychotherapy can do for you. You don't come in only when you're in a crisis.

Be open to change

The industry is really broad. Some students will love working the line, being in the back of the house, creating things. Others will realize they love the front of the house, socializing, greeting customers. Some go into management. Students might say, "Wow, I thought I wanted to do that, but it turns out I

want to do this," and they have to know there's nothing wrong with that.

Find a mentor

If you're struggling to find your way, that's where a mentor comes in. A mentor can show you what your options are after you graduate and how to work your way up. Mentors often have contacts in the industry as well, which can unlock doors for a young chef.

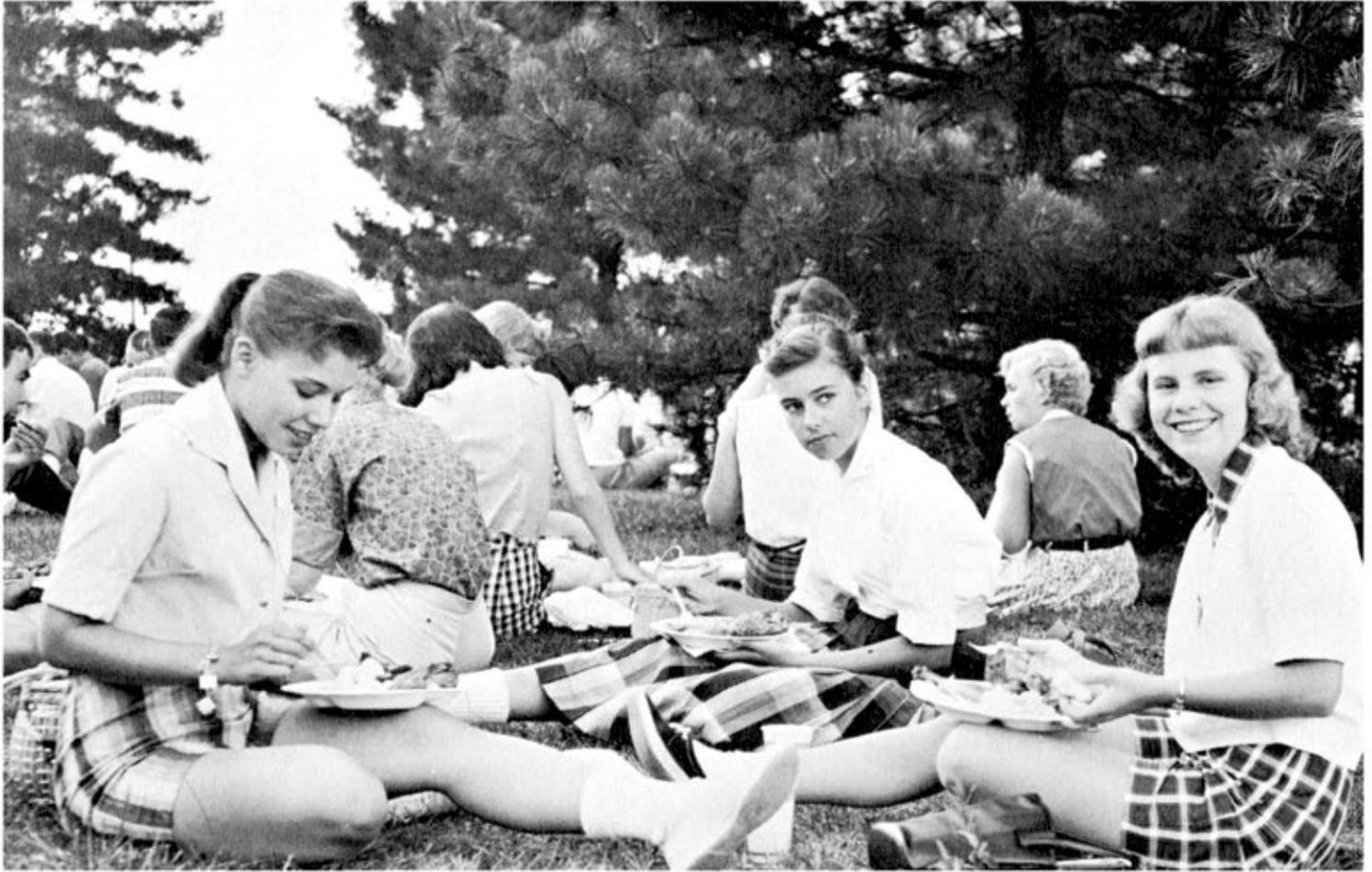
Cook (but only if you want to)

For some students, cooking when there's no grade attached to it is therapeutic. They'll often get together on weekends to cook and socialize, and that's healthy. Other students prefer to balance their lives with activities or interests that do not involve cooking, and that's OK too.

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1960 UB student picnic

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UNIVERSITY ARCHIVES

UB YESTERDAY

1956-2002

A Spore to Adore

By Sally Jarzab

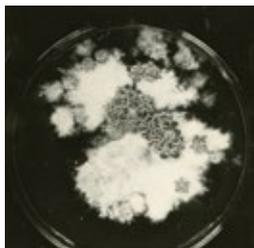
More than just a pizza topping, mushrooms might just help save the world.

The late Philip Miles, a celebrated UB biology professor from 1956 to 2002, knew well the promising potential of fungi. Easy to grow, even in places without a lot of resources, mushrooms can play a role in addressing global hunger problems. The edible varieties tend to be relatively high in protein, low in fat, and rich in fiber and flavor. Some have important medicinal value. And, like all forms of fungi and bacteria, they act as environmental purifiers, aiding in the carbon cycle through the decomposition of organic matter.

Miles' research on the sexual mechanisms and genetic control involved in fungi reproduction—he was a biologist, after all—informed the farming practices of foodie-favorites like shiitakes. His 1989 book, "Edible Mushrooms and Their Cultivation," co-authored with Shu-Ting Chang, is considered a major text in the realm of 'shroom science. The longtime collaborators also founded the World Society for Mushroom Biology and Mushroom Products in 1993, which continues to run today.

Miles' advice for foraging? Don't do it. "If it hasn't been grown on a mushroom farm and sold in the market, it should be avoided except by those capable of making 100-percent accurate identifications,"

he told the UB Reporter in 1998. "You may miss some very tasty mushrooms in this way, but at least you'll live to enjoy other things." **B**



Above and left: Mushroom and spore specimens included in the Miles teaching archive. Far left: Philip Miles.



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LAST LOOK **Signature Sweet** A campus-made cookie in the shape of the UB logo has gained cult status within the university and beyond. Students often buy these blue-and-white-frosted treats, available at several campus cafés, to eat here or take back home—as do visiting parents. The cookies have been shipped to alumni gatherings across the country and were even served at a reception for President Obama when he spoke here in 2013. With a taste and texture that has been described as “magical,” the cookie reportedly features a secret ingredient that contributes to its addictive powers. As if sugar and butter were not irresistible enough.

Check out buffalo.edu/atbuffalo for a video of UB cookies in the making. 