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USF
MAGAZINE

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CLASS NOTES

Tell us what you're up to!

Send your class notes:

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30% post-consumer

recycled content

From the heart of San Francisco,
a global center of food and wine,
USF's first Food & Drink Issue.



For the story behind the cover,
visit usfca.edu/magazine

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With the purchase of an organic farm, USF deepens its care for our common home.

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USF Athletics nutritionist talks food for fitness.

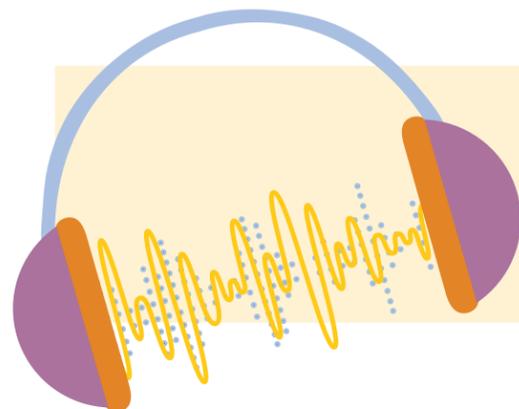


news

MEET OUR NEW RABBI IN RESIDENCE

For the first time in its 164-year history, the University of San Francisco has appointed a rabbi in residence. Camille Shira Angel, a ninth-generation rabbi who has taught at USF since 2017, holds the new position that is shared by University Ministry and the Swig Program in Jewish Studies and Social Justice.

“Most of my students aren’t Jewish,” Angel says. “Some have never met a Jew. Most of my students haven’t met a woman rabbi, let alone a lesbian rabbi who uses her own story as text. This opportunity enables me to share some of the ideas and strategies that Jews have used over centuries to navigate intolerance and to create something better.”



Can a Robot Predict a Hit Song?

Dons now use data to do what music moguls only dream of: Predict a hit song. Kai Middlebrook '20 and Kian Sheik '19 analyzed mountains of Spotify data in their data mining class. Their conclusion? Algorithms at record labels could “listen” to demos to identify the songs most likely to catch the public ear.



Dons Chase History

USF basketball christened the Chase Center in November 2019, playing the first collegiate basketball games in the new San Francisco home of the Golden State Warriors.

The USF men’s basketball team made themselves right at home at the Chase Center, defeating Princeton 82–72.

“I felt pretty good at halftime and hoped we could just stick with it,” said Todd Golden, men’s basketball coach. “Overall, I was pretty pleased. I think we controlled the game for the second half.”

The No. 3 Stanford women’s basketball team, meanwhile, defeated USF 97–71 at the teams’ Chase Center debut.

Calling All Athletes, Past and Present

USF wants to hear from you! The university is inviting all former and current student-athletes to join the Dons Honor Club as a way to engage with fellow athletes and USF. Email Donshonorclub@usfca.edu or call 415.422.6893.

Celebrating the Best of USF

USF threw a big party in October to launch the largest campaign in the university’s history. CelebrateUSF brought together alumni, parents, students, faculty, staff, and friends to kick off the \$300 million campaign.

Between performances by Sheila E. and Pete Escovedo, President Paul J. Fitzgerald, S.J., announced that the Changing the World From Here campaign has raised \$200 million toward the \$300 million goal.

“It’s great that the university is providing more diverse programs, newer facilities, and making it more attractive and inviting for students,” says Valerie Nicora MA '99.





DONS' DATA GOES LIVE ON ABC

Network asks USF to help call 2020 election results

Election night in November 2020 promises to be a nail biter, and USF will be there providing up-to-the-minute results and predictions to ABC News.

Last year, in the run-up to the midterm elections, ABC News called the USF Data Institute with a challenge: Could the USF team of students and faculty help the news desk make quicker predictions about specific races?

The USF team responded with a plan for election night, and their approach was so successful that ABC News asked them back for the 2020 presidential primaries and general election.

Before the 2018 midterm elections, the USF team created a program that automatically pulls election-night results

as they arrive. They built and tested an online dashboard in which all the results are run through data models to help make accurate projections.

On election night, some team members worked in New York at ABC News headquarters. In San Francisco, the rest of the team made sure their program was working properly and, when it wasn't, fixed errors on the fly — or wrote new code from scratch. "This was a very real-world experience," says Nick Ross, assistant professor of data science. "Our students had to apply what we were teaching them in real time to a high-stakes, high-pressure environment."

USF Joins the Esports Explosion

David slew Goliath. Buster Douglas felled Mike Tyson. The U.S. hockey team beat the USSR. And last spring, the USF Dons esports team won the Bay Battles Expo tournament in Newark, California, taking first place in the two top esports games, League of Legends and Overwatch.

"No one expected us to be this good, this soon," says Robert Ishida MA '20, the team's co-founder and coach. Founded in January 2019, the team fields an Overwatch squad now ranked No. 12 out of 20 teams in its West Coast region and No. 174 out of 452 schools nationwide.



Professor Sonja Martin Poole interviews Starbucks' Kevin Johnson

Silk Speaker Series

The Silk Speaker Series at the University of San Francisco brought prominent business leaders to campus in October to talk about the challenges of running top corporations.

Kevin Johnson, president and CEO of Starbucks, and Charles Schwab, founder and chairman of Charles Schwab Corporation, were the 10th and 11th participants in the Silk Speaker Series, joining other thought leaders who have spoken on campus.

Johnson brought the story of Starbucks' origins back to the Hilltop, where the idea of strong coffee and a chain of coffeehouses was born. He talked about how Jerry Baldwin and Gordon Bowker, who met as students at USF, "had a love and a passion for coffee" that came together in Seattle when they joined Zev Siegl and opened the first Starbucks in 1971.

He also talked about his decision to shut down 8,000 U.S. Starbucks stores for anti-bias training for 150,000 employees after the arrest of two black men who were customers in Philadelphia. "We had to make it right," he says.

Schwab, who is credited with democratizing investing in the 1970s, called for ethics in business education.

"Here, you have the values we all aspire to — the ethics, the confidence, the trust we want in our organizations," he says. "All of those things are based on the human quest to do the best we can do in our personal lives. If USF instills this in its students and they graduate from here, they are going to change the world."

Serve the Underserved

The School of Nursing and Health Professions was awarded a \$2.4 million federal grant to work with rural and medically underserved populations in Northern California and the Central Valley to address critical behavioral health issues, including opioid use.

MEDIA TALK

The Washington Post

What to Do With Migrant Children at the Border?

School of Law Professor Bill Ong Hing talks about the visible trauma of some of the children he interviewed at the border patrol processing center in Clint, Texas. —June 25, 2019

Smithsonian

Apollo Engineers Discuss What It Took to Land on the Moon

An excerpt of physics and astronomy, Professor Brandon Brown's new book, *The Apollo Chronicles*, recounts the unsung heroes of Apollo 11 — the engineers — who discuss the leadership and culture that made it all possible 50 years ago. —July 12, 2019

USNews

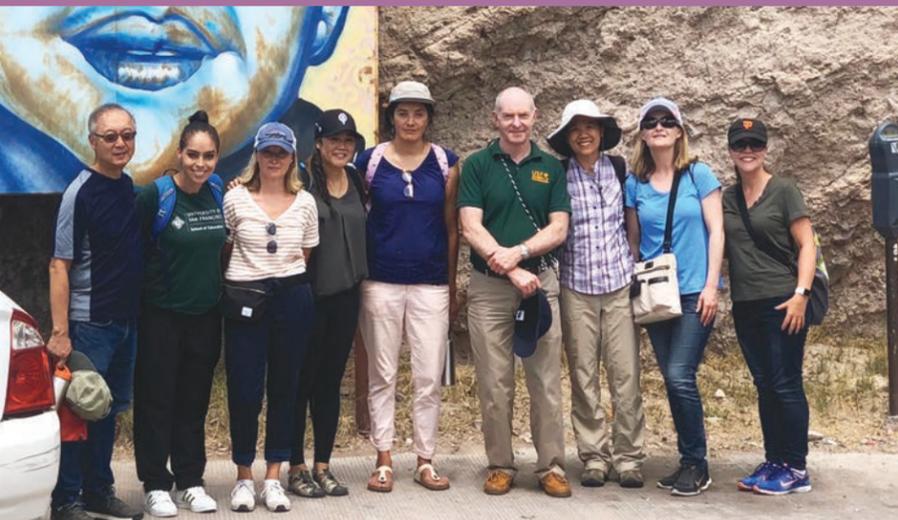
9 People to Meet on Your College Campus

Assistant Vice Provost for Student Engagement Lester Deanes weighs in on how connections between students and professors are essential. "What students need in their first year is to find faculty they can connect with." —August 27, 2019

THE DAILY BEAST

Should Nature Have Legal Rights?

International studies Associate Professor Dana Zartner discusses the introduction of the Lake Erie Bill of Rights. "Recognizing the legal standing of natural entities will become a significant legal tool in the fight for better environmental protections." —September 12, 2019



VOICES FROM THE BORDER

USF professors, staff members, and students made visits this year to the U.S.-Mexico border to support migrants and refugees. Here, a few observations.

Daniela Dominguez, assistant professor of counseling psychology, visited a McAllen, Texas, detention center for undocumented immigrants in June. She brought crayons and markers for the children.

“We talk about drawing the home where they’re going. We say, ‘Who’s waiting there for you?’ When they see into the future, they go from something traumatic to what makes them hopeful,” she says.

President Paul J. Fitzgerald, S.J., was in Nogales, Mexico in September for an immersion trip to the Kino Border Initiative, where he gained a deeper understanding of life at the border.

“For me, the hardest part about this trip was seeing that this border is not just a geographic border, but also that people on one side have all the human rights and people on the other side don’t count at all,” he says.

Bill Ong Hing, School of Law professor, visited a border patrol processing center in June in Clint, Texas, as part of a legal team inspecting the facility. He interviewed children there.

“The children were unbathed and dirty. Their clothes reeked; their hair was unwashed. Many of the children in the facility had the flu. The children cried. I teared up. I saw a 2-year-old left to take care of herself,” he says. “I’m still in shock.”



USF Professor Brings More Equity to Education

The San Francisco Board of Education in September adopted an equity studies framework, developed by School of Education Professor Patrick Camangian, that ensures that all students are seen and heard in their coursework and that each student’s heritage is celebrated.

The Tough Keep Going

New program prepares military veterans to lead in their communities

Serving for five years in the U.S. Army might be enough public service for some people. Not for George Chewning MAPL ’19. He joined USF’s new Master of Arts in Public Leadership program to gain a solid grounding in government. Today, he serves on San Francisco’s Veterans Affairs Commission.

Designed for veterans and military families but open to anyone who’s interested in public service, the MAPL program gives students a deep dive into public office. Coursework — a blend of online learning plus five in-person weekend seminars in San Francisco and in Washington, D.C. — includes campaign strategy, fundraising, advocacy work, and polling research.

“There are a ton of recently returned veterans who are looking to continue serving their country somehow. We’re trying to say, ‘Here are some of the ways you can do that,’” says Seth Lynn, administrative director of MAPL and founder of Veterans Campaign, a nonprofit organization that has trained veteran leaders on both sides of the political aisle. MAPL is a partnership between Veterans Campaign and USF.

Lynn says there’s a lot of overlap between military service and Jesuit values. “Anybody who joins the military in this generation has this sense of taking care of your community, taking care of those who need help.”

Chewning, a program manager at Facebook, was appointed to the Veterans Affairs Commission before he even finished the MAPL program. He makes recommendations to the mayor and board of supervisors on any issues concerning veterans.

In July, Craig Newmark, the founder of Craigslist, gave USF \$1 million to support the MAPL program. “I think as a country, the least we owe to veterans is benefits including medical coverage and education,” he says.



Salvation in Pollination

USF named a “Bee Campus USA”

For its efforts to save the world one bee at a time, USF was named a Bee Campus USA for 2019. The university is the 70th campus in the country recognized for its support of airborne pollinators, particularly honeybees.

According to the Xerces Society for Invertebrate Conservation, the founders of Bee Campus USA, nearly 90 percent of the world’s flowering plant species rely on pollinators — native bees, honeybees, butterflies, moths, hummingbirds, bats, beetles, flies — to reproduce. Bees are particularly important because they actively seek pollen,

unlike most other pollinators that just happen to move pollen from flower to flower while seeking nectar. In their quest for pollen, bees pollinate the plants that feed the world.

In addition to keeping a beehive on campus, USF maintains a native plant habitat that feeds local bees, says Craig Petersen, director of operations for facilities management. “We’re working to expand our habitat for honeybees, and we plan to create workshops and classes on the relationship between pollinators and native plants.”





HE MEETS INMATES WHERE THEY ARE

USF Jesuit brings grace to San Quentin State Prison

For Dwight Krizman, Sunday Mass at San Quentin is the only time he can escape.

“It’s when prison disappears for a moment,” he says. “It’s really a grace-filled, holy moment.”

Krizman, 64, a former Los Angeles film director, is in the first decade of serving 50 years to life for second-degree murder. He was convicted of killing his wife in 2002.

There are 3,500 inmates like Krizman at San Quentin State Prison, all ministered to by USF’s George Williams, S.J., the prison’s Catholic chaplain. He supports another 734 death row inmates.

“As chaplain, I answer a need,” says Fr. Williams. “These prisoners experience a lot of loneliness and isolation.”

With fewer priests in prison ministry, Fr. Williams now trains lay people for the work. He records a monthly webinar

at USF for the Catholic Prison Ministries Coalition, which he cofounded, and regularly has a worldwide audience of 400 or more.

“There’s a very steep learning curve with prison ministry,” says Fr. Williams, a prison chaplain in Boston for 20 years before moving to San Francisco. “You need experience, common sense, and good training. Oftentimes people go in with good intentions but they don’t have the training.”

At San Quentin, he leads Sunday Mass for about 100 inmates. Working at San Quentin five days a week, he also visits the death row inmates and provides support for about 75 Catholic volunteers.

“When I look at the inmates, I think, ‘There but for the grace of God go I,’” says Brian Gagan of San Francisco, a San Quentin volunteer for three years.

Fr. Williams’ homilies are laced with practical advice for men who will likely

spend the rest of their lives incarcerated. “God is not about punishment. Prison is about punishment. God is about healing.”

The inmates, in blue shirts stamped with CDCR (California Department of Corrections and Rehabilitation) on the back, join the Prayer of the Faithful. “I ask for a blessing for my family,” says one. “Bless me as I go before the [probation] board,” says another.

At the Sign of Peace, the pews empty as the inmates move around the chapel murmuring “Peace be with you” and shaking hands. All join in to sing with a band of musicians, including Krizman on drums.

“Fr. George is gracious enough to give us enough time to work as musicians and come to this moment at Mass,” Krizman says. “The Mass is the highlight of our week.”

As Timeless As the Tides

USF’s newest piece of art, the marble sculpture “Tides,” was commissioned by the Class of 1968 of the San Francisco College of Women for their 50th reunion and installed Oct. 7 near the top of Lone Mountain. The details:

- **Artist:** Yoko Kubrick grew up in Japantown
- **Weight of “Tides”:** 4,794 pounds
- **Dimensions:** 48 inches wide by 55 inches high by 53 inches deep
- **How long it took to create “Tides”:** three months
- **Time to install:** 4 hours and 44 minutes
- **Meaning:** The sculpture evokes time and change
- **Easter egg:** Look for a heart on its north side

▶ TO READ MORE, VISIT usfca.edu/news/tides



For He’s a Guggenheim Fellow

Dean Rader — professor of English, author, and widely published poet — won a Guggenheim Fellowship for 2019. The award places him in the company of 168 scholars, artists, and scientists chosen from a group of nearly 3,000 applicants.

Rader’s poems have appeared in the *New York Times*, *Best American Poetry*, *American Poetry Review*, *Kenyon Review*, *Ploughshares*, *Harvard Review*, and many others. He writes and reviews regularly for the *San Francisco Chronicle*, *The Rumpus*, *Los Angeles Review of Books*, and *BOMB*.

While teaching at USF, Rader has won both the Dean’s Scholar Award and the Distinguished Research Award.

Awards Report

USF Magazine has won awards for coverage of the U.S.-Mexico borderlands, for the “I Heart SF” issue, and for a USF scholarships advertisement. The work was recognized in 2019 by Graphic Design USA, the Council for Advancement and Support of Education, the San Francisco Press Club, and University & College Designers Association.

WHEREFORE ART THOU, ENGINEER?

N. Jeremy Kasdin, the new assistant dean of USF's engineering program opening in fall 2020, holds a PhD from Stanford and comes to the Hilltop from Princeton, where most recently he was a professor of mechanical and aerospace engineering, with an affiliation in astrophysics. Here, he talks about engineering, science, moon landings, and why Shakespeare matters.

How did you get interested in engineering?

I grew up in the 1970s, and I'm a child of the Apollo program. I was 6 years old when Apollo landed on the moon, and I wanted to be an astronaut. I've always been interested in the engineering side of things, and I've always been interested in science. My career has always been about doing engineering for science.

What is something that people may be surprised to learn about you?

People are surprised that I'm an engineer but I'm really passionate about literature, theater, and the arts. For example, I really love Shakespeare, and I've always been involved in the theater.

Can exposure to the arts make you a better engineer?

Absolutely. All students — not just engineering students — can benefit from learning about art, literature, and theater, in addition to the technical side of their education. If you really want to create a citizen of the world, you have to make sure students have the technical training as well as a strong grounding in the humanities and arts. This is the type of interdisciplinary engineering education we are founding at USF.

For the first engineering class at USF, what kinds of students are you looking for?

We're welcoming students who are underrepresented in engineering — women, African Americans, Latinos, and others. Everyone knows engineering historically has been off limits to underrepresented students. We want to retain these students. We want to teach in a way that brings these students into the workforce. We're also looking for students with an entrepreneurial spirit. We want the students to be active participants in the development of this program.

What will they be learning?

This is going to be a general engineering program. Students will learn the fundamentals of engineering and the fundamentals of design. And then they're going to be able to go deeper. We're going to start with sustainable environmental engineering, a sustainable built environment concentration, and an electrical and computer engineering program.

Most important thing for students to know about engineering at USF?

That we're ready to go. Apply! We're eager to see a robust pool of applicants.

EVERY GIFT MAKES AN IMPACT

To learn more, visit usfca.edu/campaign

BY SUPPORTING
USF

you are changing
the world for faculty, staff,
and students.

+\$200 MILLION

**THANKS
TO YOU**

USF has raised
over **\$200 MILLION**
of its **\$300 MILLION**
fundraising goal

24,000

Contributors
to the campaign

\$75M

raised toward \$100M
goal for scholarships
and financial aid

\$85M

raised toward \$100M
goal for academic and
student programs

\$43M

raised toward \$100M
goal for learning
spaces and facilities



WELCOME TO OUR FIRST
FOOD & DRINK ISSUE

TRY THESE 112 ALUMNI-OWNED AND
OPERATED PLACES IN THE BAY AREA
AND BEYOND. CHEERS!

SAN FRANCISCO

- A16 RESTAURANT
Shelley Lindgren '01, Wine Director
- BON VOYAGE BAR & RESTAURANT
Josh Harris '05, Co-owner
- THE BONEYARD FOOD TRUCK
Richard Mainzer MS '02, Owner
- BOUDIN BAKERIES
Lou Giraudo '68, JD '74, Former Co-Chair
- THE COMMISSARY RESTAURANT
Charles Cross '09, General Manager
- CRUMB SHOPPE POP-UP
Claudia Gutierrez '07, Owner

- GARDEN CREAMERY
Erin Lang '09, Owner
- GOODIE GOODIE CREAM & SUGAR
Remi Hayashi '90, Co-owner
- LOS SHUCOS LATIN HOT DOGS
Sofia Keck '07, Owner
- MATCHA CAFE MAIKO
Chris Chin '01, Owner
- MAYES OYSTER HOUSE
Matthew Corvi '99, Owner
- MONT BLANC PIZZERIAS INC.
Jeffrey Spiegel '90, Owner

- NORTH BEACH PIZZA
Altamir Souza '76, Owner
- ONE MARKET RESTAURANT
Mark Dommen '95, Executive Chef and Co-owner
- ORIGINAL JOE'S NORTH BEACH RESTAURANT
John Duggan '63, Co-owner; Marie Duggan '68, President/Co-owner; Elena Duggan '95 and John A. Duggan '96, Co-owners
- PALIO D'ASTI EATERY
Martin DiGrande '06, Owner
- PALMIA BEER
Robert Nathanson '95, CEO

- POGO DOLCE CONFECTIONS
Kathleen Wiley '87, Owner
- RAMBLER BAR & BISTRO
Adam Snyder '01, Partner
- RED HILL STATION RESTAURANT
Taylor Pedersen '97, Chef
- RED TAVERN RESTAURANT
Igor Litvak '09 MS '10, Co-manager
- RITZ-CARLTON SAN FRANCISCO
Jacqueline Hultner '08, Food and Beverage Manager
- SABROSO MEXICAN BAR
Adam Snyder '01, Partner

- SAN FRANCISCO'S HOMETOWN CREAMERY
Adar Halil JD '14, Co-owner
- SCORE! BAR AND LOUNGE
Gregory Horn '08, Owner
- SOMA STREET FOOD PARK
Carlos Muela '09, Owner
- SOUTHERN WINES AND SPIRITS
Joseph Woelffer '88, Division Manager
- SPARK SOCIAL FOOD TRUCK PARK
Carlos Muela '09, Owner
- SPQR RESTAURANT
Shelley Lindgren '01, Co-owner

- SUBS INC.
Rami Balat '03, Owner
- THE WATERFRONT RESTAURANT
Al Falchi '59, Owner
- THE WILLOWS GASTROPUB
Trista Bernasconi '01, MNA '09, Owner
- TRICK DOG COCKTAIL BAR
Josh Harris '05, Co-owner
- XOX TRUFFLES
Maria Casimira Tobilla '84, Owner

ILLUSTRATIONS BY KRIS MILLER
RESEARCH BY TAMMY LAM,
SAYANTIKA MANDAL, AND
MARY MCINERNEY

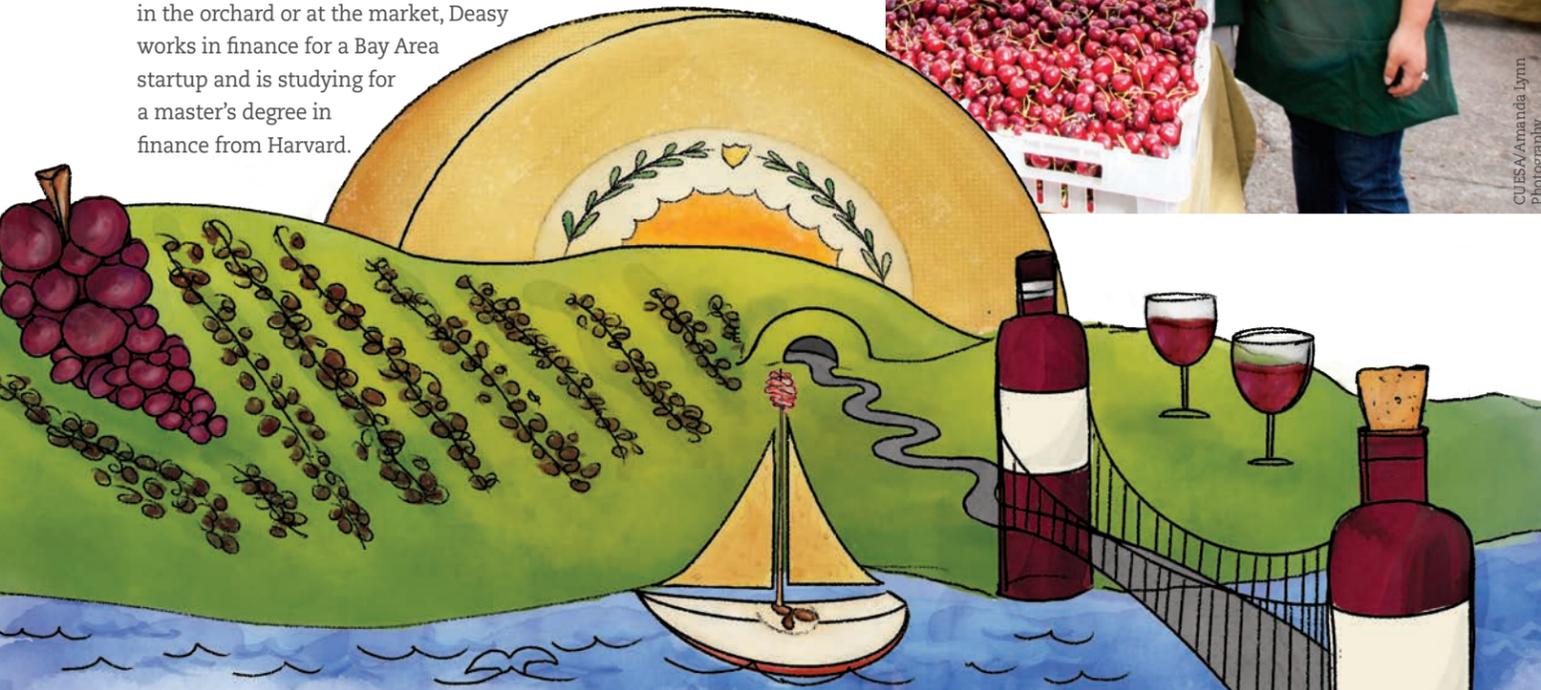
SHE SERVES LOVE

Aomboon Deasy MSOD '08 runs K&J Orchards in Winters, California. She and her husband, Tim, grow stone fruits, apples, pears, pomegranates, citrus, and nuts. "I was born in Bangkok, and because of my Asian heritage, we also grow products such as Chinese dates and Makrut limes that you can't always find in your local grocery store," says Deasy, left, with employee Motoe Kuriyama.

K&J produce has been sold at the Ferry Plaza Farmers Market for 25 years — and served in restaurants including the French Laundry. When she's not in the orchard or at the market, Deasy works in finance for a Bay Area startup and is studying for a master's degree in finance from Harvard.



CUJES/Amanda Lynn Photography



NORTH BAY

ACKERMAN FAMILY VINEYARDS

Robert Ackerman Jr. '78, Co-founder

ACRE WINES

Talley Henry JD '99, Owner

ALIOTO'S HEALDSBURGER

David Alioto '79, Owner

BENZIGER FAMILY WINERY

Christopher Benziger '86, VP Trade Relations

BRICOLEUR VINEYARDS

Beth Wall Hanson '82, Founder and CEO

CANARD VINEYARD

Richard Czapleski '67, Owner

FOPPIANO WINERY

Louis Foppiano Jr. '69, Owner

FRANCIS FORD COPPOLA WINERY

Courtney Prose '93, VP of Finance

FRIAS FAMILY VINEYARD

Manuel Frias '65, Founder and Vintner

GRAPEHEART VINEYARDS

Ramzi Deek '90, Co-owner

GRASSI WINE COMPANY

Cassandra Grassi '08, Marketing Director

GUNDLACH BUNDSCHU WINERY

Rob Bundschu '99, Orchestrator of Happiness

Shandra Knego '97, COO/CFO

HAMEL FAMILY WINES

Pam Hamel '00, Vintner

HERTELENDY VINEYARDS

Ralph Hertelendy '05, Founder and Vintner

HOGAN'S RUN VINEYARD

Frederick Sedlacek '89, Owner

IAN SCOTT CONFECTIONS

Scott Colerick '04, Owner

J. BALDWIN WINES

Gerald Baldwin '64, Owner

JORDAN WINERY

Thomas Jordan '02, CEO

LAIRD FAMILY ESTATE

Justin Laird '85, Vineyard Manager

MAHONEY VINEYARDS

Francis Mahoney '71, Founder and Co-owner

Kathleen Mahoney '01, Co-owner

MARTINELLI WINERY

Regina Martinelli MA '00, Owner

NORTH CANYON

CIDER COMPANY

Matt Dooling '85, Founder

PHILIP TOGNI VINEYARD

Lisa Togni MBA '96, Co-owner

REDMON WINES

Lisa Redmon '95, Owner

ROCCA FAMILY VINEYARDS

Mary Rocca '80, Owner and Vintner

RUSTRIDGE B&B AND WINERY

Susan Meyer JD '88, Owner and Winemaker

SILVER OAK/TWOMEY WINERY

Tony LeBlanc '02, President

SOMERSTON ESTATE AND WINE COMPANY

Gregory McKeown '76, CFO

SPINNAKER RESTAURANT

Jeffrey Scharosch '94, MA '97, General Manager

VOLO CHOCOLATE

Jeffrey Mall '93, Owner

WINE GARAGE

Todd Miller '85, Founder



EAST BAY

A16 RESTAURANT

Shelley Lindgren '01, Wine Director

CREAM

Gus Shamieh '11, Founder

DÉFONCÉ CHOCOLATIER

Eric Eslao '04, Co-founder and CEO

LITTLE GEM BELGIAN WAFFLES

Janelle Wong '04, Partner

MCKAY'S TAPHOUSE & BEER GARDEN

Joshua McKay '96, Owner

MOSSWOOD DISTILLERS

Therese Agnew '09 and Jake Chevedden '05, Owners

NUMI TEAS

Brian Durkee '02, President

PERLE WINE BAR

Robert Lam '93, Owner/Chef

SALT & HONEY CATERING & EVENTS

Olivia Colt '05, Owner

SRI THAI RESTAURANT

John Sorroche '88, Owner

THREE SHEETS CRAFT BEER BAR

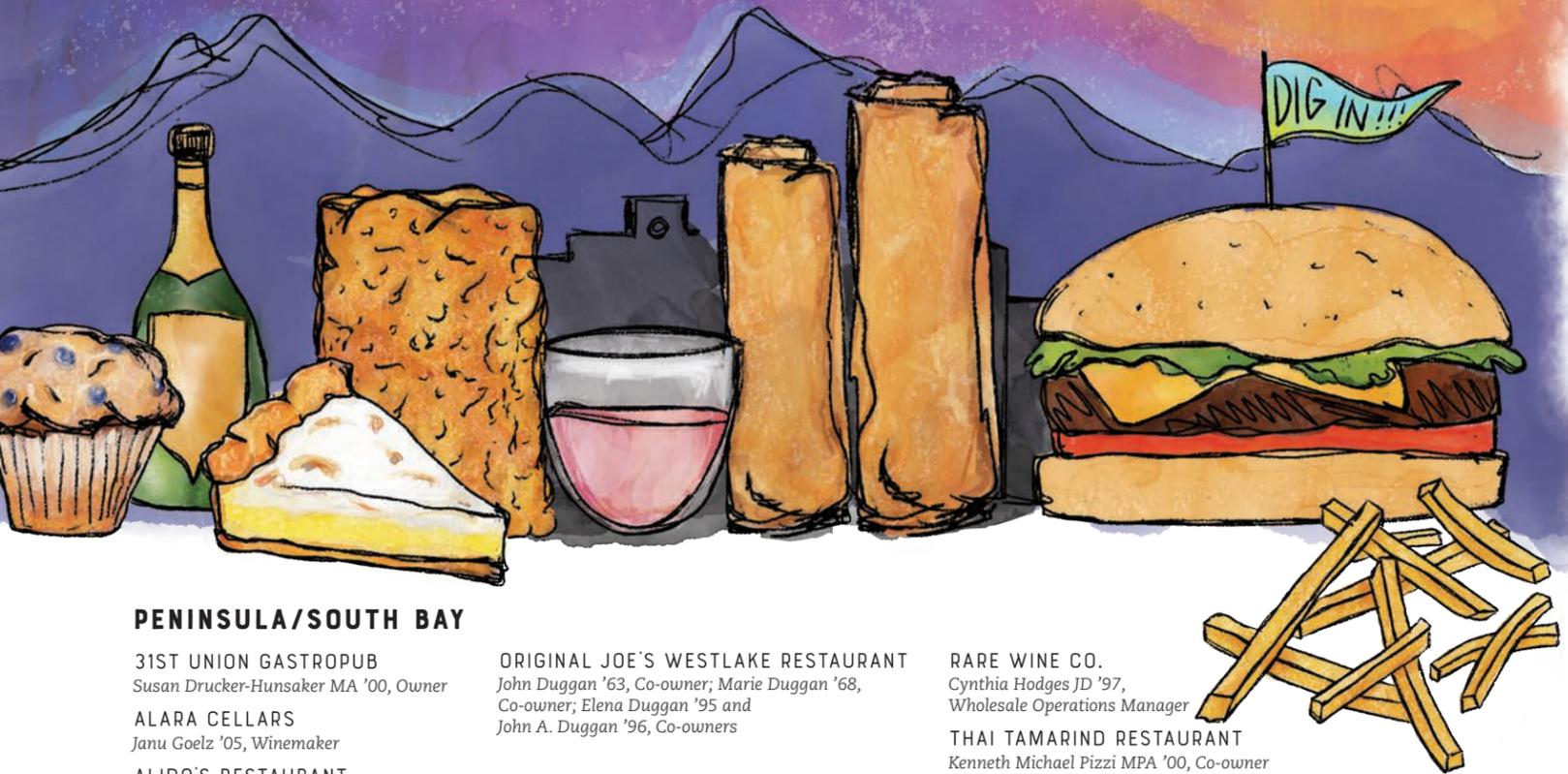
Stefanie Jackel MA '03, Owner



THEY SERVE EDUCATION

Kate Bueler '00 MA '12, of the local nonprofit ScholarMatch, and Josh Harris '05, co-owner of Trick Dog and Bon Voyage, have joined to support a scholarship that will be awarded to a child of a hospitality employee in San Francisco each year through 2023.

"As a graduate of the University of San Francisco, my personal values line up almost directly with those of the university, and it's important to me that my personal values inform the values of my company," says Harris.



PENINSULA/SOUTH BAY

31ST UNION GASTROPUB
Susan Drucker-Hunsaker MA '00, Owner

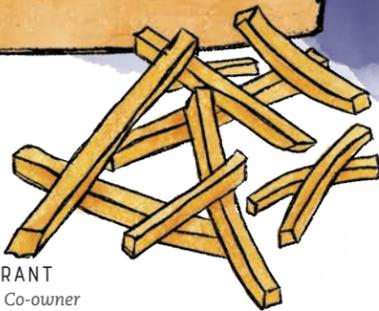
ALARA CELLARS
Janu Goelz '05, Winemaker

ALIDO'S RESTAURANT
Jennifer Alido '00, Owner

ORIGINAL JOE'S WESTLAKE RESTAURANT
John Duggan '63, Co-owner; Marie Duggan '68, Co-owner; Elena Duggan '95 and John A. Duggan '96, Co-owners

RARE WINE CO.
Cynthia Hodges JD '97, Wholesale Operations Manager

THAI TAMARIND RESTAURANT
Kenneth Michael Pizzi MPA '00, Co-owner



BEYOND THE BAY

BARGETTO WINERY
Loretta Bargetto Mujal '83, President
Richard Bargetto '85, Board of Directors
Martin Bargetto MBA '89, Marketing Director
Soquel, CA

BRICK FIRE TAVERN
Matt Resich '03, Owner
Honolulu, HI

CLASSIC WINES
Thomas Bonomi Jr. '82, President and CEO
Denver, CO

DANCING FISH VINEYARDS
Nancy Thompson '76, Co-owner
Whidbey Island, WA

DE VERE'S IRISH PUB
Simon De Vere White '97, Co-owner
Davis, CA

DONATI FAMILY ESTATE VINEYARD
Matthew Donati '97, Founder
Templeton, CA

FROGGY'S FRENCH CAFE
Bill Cartwright '79, MA '98, Co-owner
Highwood, IL

HA LONG PITO NOODLE HOUSE
Janice Nguyen '02, Owner
Honolulu, HI

HARMONY WYNELANDS
John Loftus '03, Grower
Lodi, CA

H2O SEAFOOD & SUSHI
Michael Bohlsen MBA '95, Owner
Smithtown, NY

JAFFURS WINE CELLARS
Craig Jaffurs '78, Founder
Santa Barbara, CA

JAYNE'S GASTROPUB
Jonathan Erickson '93, Owner
San Diego, CA

JEEPNEY FILIPINO GASTROPUB
Nicole Ponsoco '98, Owner
New York, NY

KAY 'N DAVES CANTINAS
David Licht JD '84, Co-owner
Culver City and Pacific Palisades, CA

THE KENNISON
Daniel Warren MBA '03, Managing Partner
Chicago, IL

KOMALI
Emanuel Salinas '12, Owner
Dallas, TX

MAHARLIKA NYC
Nicole Ponsoco '98, Owner
New York, NY

MANUEL'S MEXICAN RESTAURANT
Patricia Santana '94, Owner
Aptos, CA

MISS ODETTIE'S CREOLE KITCHEN
Lyllyan Greenwood MA '88, Owner
Paso Robles, CA

MONSOON
Michael Bohlsen MBA '95, Owner
Babylon Village, NY

PACKING HOUSE WINES RESTAURANT AND WINE SHOP
EV Saucedo Medina '02, Co-owner
Claremont, CA

PHILO RIDGE VINEYARDS
Fred Buonanno '86, Owner
Boonville, CA

PIZZA PARM ISLIP
Michael Bohlsen MBA '95, Owner
Islip, NY

PRIME
Michael Bohlsen MBA '95, Owner
Huntington, NY

SCHILLER DEL GRANDE RESTAURANT GROUP
Robert Del Grande '76, Executive Chef/Partner
Houston, TX

THE SNUG
Simon De Vere White '97, Co-owner
Sacramento, CA

TELLERS
Michael Bohlsen MBA '95, Owner
Islip, NY

TENDER GREENS
Denyelle Bruno MSOD '03, CEO
CA, MA, NY

VERACE
Michael Bohlsen MBA '95, Owner
Islip, NY

WORKSHOP KITCHEN • BAR
Michael Beckman '00, Chef/Owner
Palm Springs, CA



Photo by Alik Wall

HE SERVES DIGITAL DUMPLINGS

Igor Litvak '09 MS '10 grew up in the Richmond, near his mother's restaurant, Red Tavern, which serves Russian favorites like dumplings and beef stroganoff. After graduating from USF, Litvak left for New York City and a career on Wall Street.

When his mother passed away unexpectedly in 2017, he offered to help run the restaurant — from 3,000 miles away. Along with his mother's business partner, Dina Schpak, he spends several hours a week marketing the restaurant and building its social media presence for a new, younger clientele.

"It's the best Russian food I've had anywhere," he says. "My mom was the manager. After she died, I felt that I didn't want to let all of my mom's hard work go into the ether. In memory of my mom, I wanted to give it the old college try."

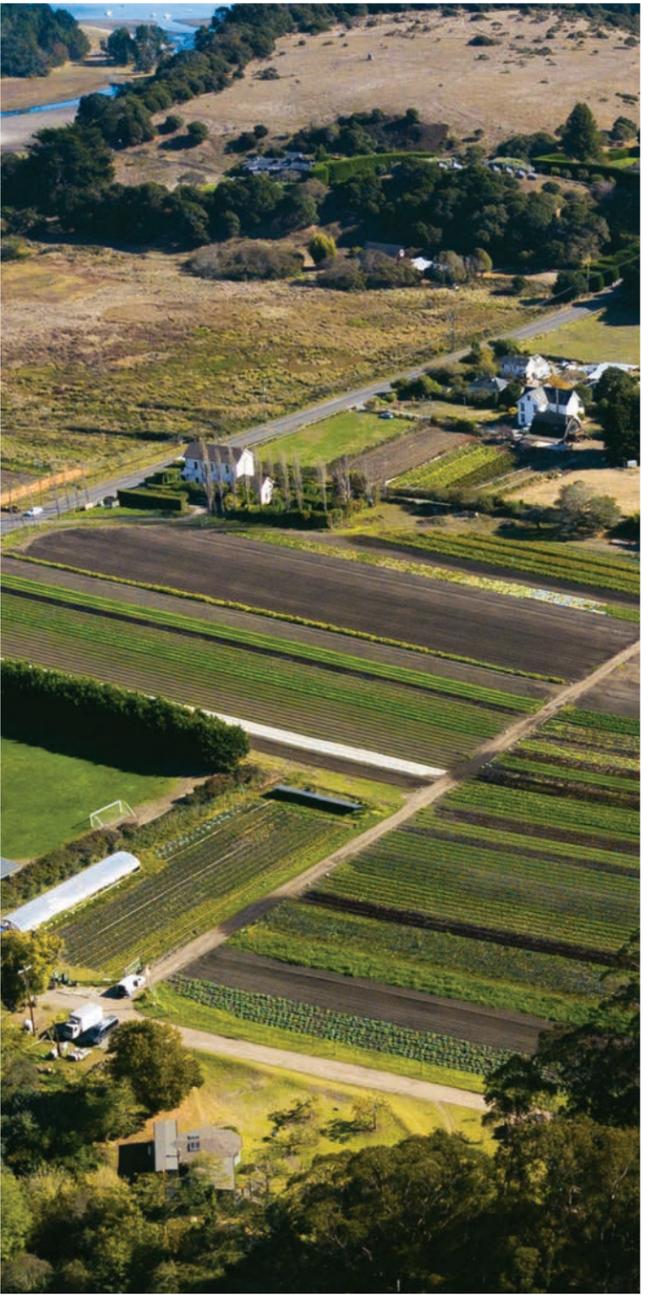




putting down roots

With the purchase of an organic farm, USF deepens its care for our common home.

By Mary McInerney
Photos by Henrik Meng
and Terrance Warner



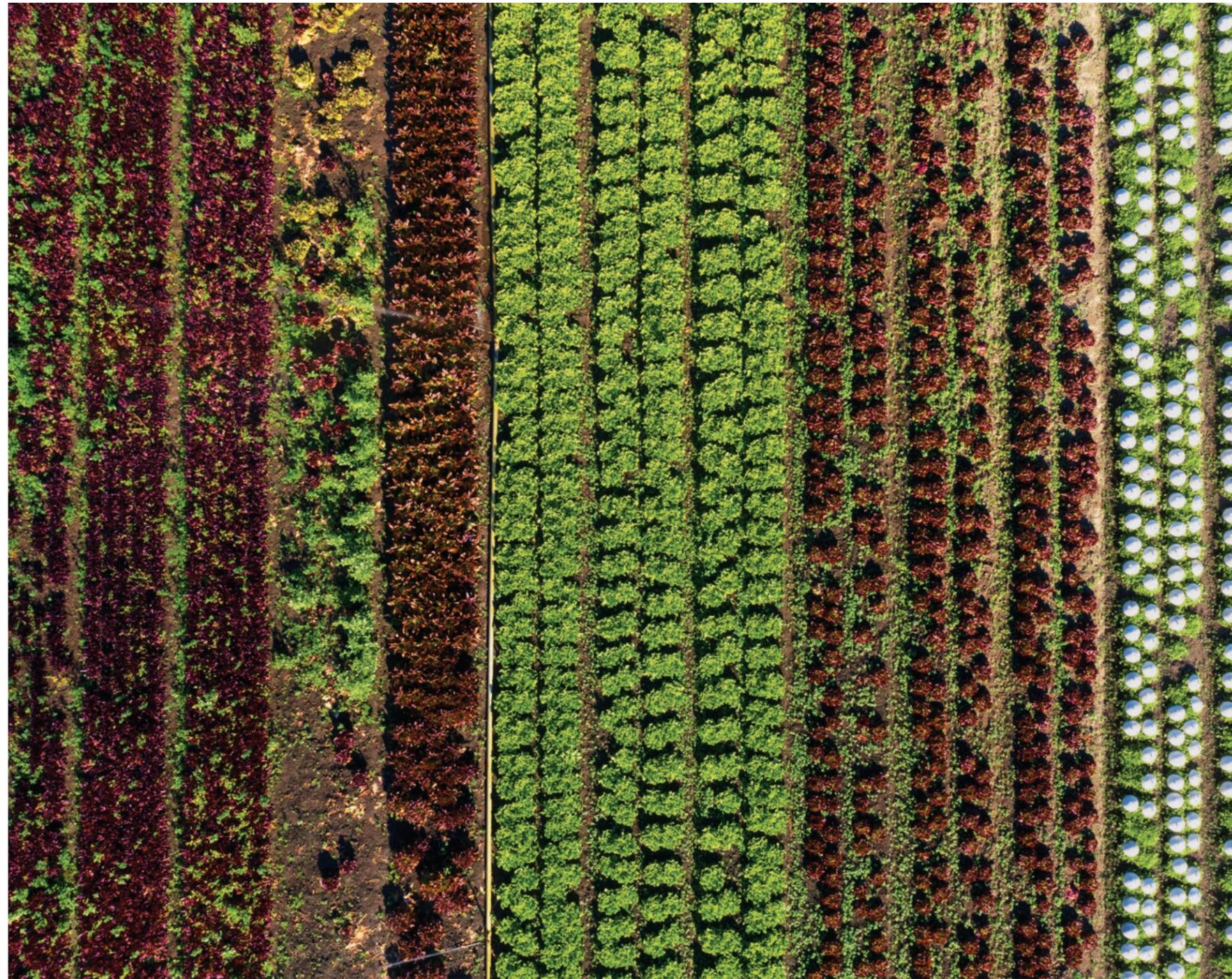
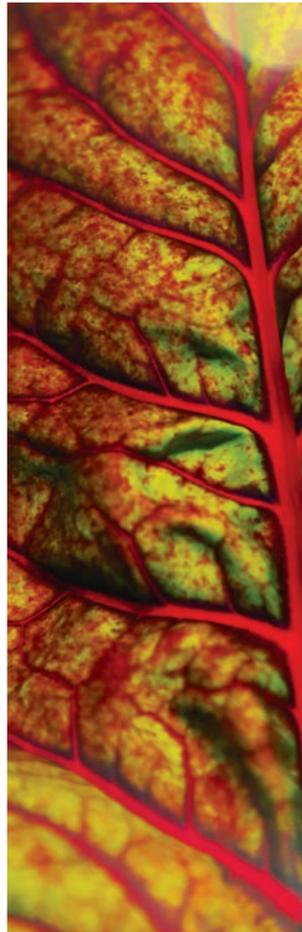
In the summer of 2017, when USF announced it bought a farm in Bolinas, California, you could hear rumbling all over campus.

A farm. Really? In this time of tight budgets? In that town on the Marin County coast where locals remove the road signs so outsiders can't find the place?

USF wasn't looking to purchase a farm, USF President Paul J. Fitzgerald, S.J., said at the time. "What do we do with a farm?" he said. But USF went ahead and bought Star Route Farms, the state's oldest certified organic farm.

Thing is, the purchase wasn't all that crazy, says Provost Don Heller. And today, two years later, the university's investment has begun to bear fruit.

to care
for the
earth,
it helps
to have
some
earth to
care for



Paying Its Way

The \$10.4 million purchase of Star Route Farms is being funded entirely by donors, Heller says. “It doesn’t have an impact on the university’s operating budget.” And in fact, as a working farm that supplies produce to 85 Bay Area restaurants and two farmers markets, at the Ferry Building and in Marin, the farm covers all of its costs. Any extra is used to keep up

on improvements, including fixing up housing for the 20 farm workers who live there.

As part of the purchase, USF also has a five-year commitment to lease farmland in Thermal, California, in the Coachella Valley, which enables Star Route Farms to grow produce and supply its customers year-round. The sale of produce covers the rent for the Thermal land, Heller says.

Aside from paying its own way, the farm has generated new philanthropic interest at USF. The university has received a bequest from an alumnus to create an endowment providing financial support for research, teaching, or service activities involving Star Route Farms. The endowment will provide about \$40,000 annually to support projects that involve the use of the farm.

Serving the Jesuit Mission — and Students

Pope Francis, who is Jesuit, wrote this in his encyclical called *Laudato Si’*, or *Care for Our Common Home*: “Each community can take from the bounty of the earth whatever it needs for subsistence, but it also has the duty to protect the earth and to ensure its fruitfulness for coming generations.”

If the university is to care for the earth, it helps to have some earth to care for — in a direct, hands-on way.

“For me, as a plant-interested ecologist, the farm is an amazing resource, particularly for such an urban campus,” says Naupaka Zimmerman, assistant professor of biology. “It’s important for all of our students to learn that sustainable agriculture is absolutely critical to the survival of humanity. Period.”

With 40 acres under cultivation and 60 acres of woods and ponds and wild hillside, Star Route Farms offers many educational opportunities — student field trips, research projects, and group workshops and retreats for students, staff, and faculty. The environmental science department wants to measure carbon storage in the soil to see if the farm is shrinking the university’s carbon footprint, and students have monitored water quality in the creek that flows through the farm.

The hospitality management program is using Star Route Farms produce — everything from kale, tatsoi, and Little Gem lettuce to strawberries, blueberries, carrots, and artichokes — in cooking classes and for some university events. Students in a beverage management class are coming up with their own cocktails, using herbs and spices from the farm.

Biology students have visited the farm to study how drought affects pollination, and the undergraduate California Ecology class visits to study sustainable agriculture and ecosystem ecology — how living beings interact with their environment, says Zimmerman.

And the first student research project is underway. Derek Newberger MS ’20, a biology student, collects leaf microorganisms from the cover crops at the farm, planted to collect nitrogen in the fields on which no chemicals are used. He is studying whether the microorganisms benefit the soil.

“I’m interested in agriculture and sustainability, and this is a spectacular opportunity to work with a working organic farm,” Newberger says. “If one cares about life, then the way we preserve farmland should reduce the burden of humans on our natural resources.”



Student Derek Newberger studies leaf microorganisms on cover crops.



plants
want
to grow.
you just
have to
get out
of their
way.



Farm manager Annabelle Lenderink has worked at Star Route for more than two decades.



Feeding the Whole Person

Star Route is also a popular retreat destination. The School of Nursing and Health Professions, University Ministry, the hospitality management and philosophy departments, among others, have visited the farm for a day to recharge and reflect. The graduate creative writing program is considering a writers' retreat.

"Star Route Farms and the beauty of Bolinas is a perfect combination for us to get this central insight of Pope Francis and see how we are all part of nature. And, that all of creation is connected," says Donal Godfrey, S.J., associate director of faculty and staff spirituality.

Star Route Farms is not just a place for retreats, however. It is a working farm, and it takes a team of people — a manager, farm workers, delivery drivers — to keep it running.

Annabelle Lenderink, the farm's manager, was born on Curaçao, educated in Holland, and went to college in New Orleans. She moved to California to study organic farming in the early 1990s.

She walks across the farm, picking up flecks of trash that may have blown over from the road. She stops to check the lettuce — "it takes 65 to 75 days to grow a full head of romaine, you know" — or to fix the sprinkler near the Meyer lemon grove. At the roadside farm stand, she munches a carrot while saying hello to customers. She knows them by name.

"I came to the farm back in 1998, and I learned from the ground up," she says. "Plants want to grow. You just have to get out of their way."

Lenderink invites university groups to visit the farm. She stops her work to give tours or explain how the water from the ponds is used to irrigate the crops in late summer. When asked about what was the first change at the farm since USF took ownership, she smiles. "The growing fields have been fenced in with eight-foot fences to keep the deer out," she says. "They ate three crops of romaine before we got the fence up."

What Does the Future hold?

In a state and a country where huge factory farms still bathe their crops in chemicals, Star Route Farms offers a glimpse of the future: small-scale food production that is proven to sustain the earth instead of damage it.

"Organic food is more popular than ever," says Lenderink. "People realize it's possible."

Now that USF has bought the farm and has settled in, somewhat, to its role of landowner, it's time to discover what this acreage by the sea holds in store for the university community.

"I think the connection to USF sets up the likelihood that more students from USF will go out there and actually be on a working farm," says Zimmerman, the biology professor. "A lot of students are not aware of the way food is produced and what goes into growing crops and what they look like and feel like and smell like. This is part of USF now. This enables new opportunities to connect our students to sustainability."

CHANGE AGENT

By Evan Elliot • Lettering by Maxine Taylor



Novella Carpenter, adjunct professor of urban agriculture and author of the bestselling *Farm City*, finds transformation in fermentation.

What are you making?

Sauerkraut from cabbage and beets.

You just chop them up and you're done?

No. They need to ferment first.

What exactly is fermentation?

Fermentation is an ancient form of cooking, but instead of using a flame, you use lactobacteria to "cook" your food. Lactobacteria are good bacteria. They break down the food and turn it sour and acidic. Sourdough bread is fermented. Beer is fermented. Coffee and chocolate and sauerkraut are fermented. It's not just hippie food! When you eat sauerkraut, you're putting healthy goodness in your gut. Why buy probiotic capsules when you can eat sauerkraut?

What else can you ferment?

Mustard greens. Burdock root. Kale. Milk. Oatmeal. Tomatoes for ketchup. Almost

anything can be fermented, but you might not want to eat it. Natto is rotting soybeans. I think it's disgusting, but some people like it.

How can fermentation change the world?

Lots of ways. Fermentation teaches mindfulness. A cabbage can take six months to grow, so you want to honor it by fermenting it with care. Fermentation encourages cultural understanding. When you travel, you can go to a farmers market and see what the local people ferment, like yogurt, natto, jamón Iberico. Fermentation promotes economic health. Young people at Phat Beets Pickle and Catering Company in Oakland make sauerkraut and kimchi and sell it at farmers markets — they turn a head of cabbage that costs \$3 into a jar of sauerkraut that costs \$8.50. Fermentation gives you a sense of accomplishment. When you chop up a cabbage, pop it in a jar with some salt, and wait a week or two, you get to say, "Hey, I made that!"

chopped fresh or dried Cayenne pepper to taste

MAKE YOUR OWN
Cura Personalis
FIRE CIDER

Novella Carpenter makes this tonic with her students. It's easy. Take all the ingredients and put them in a lidded jar. Cover them with apple cider vinegar. Shake jar once a week for a month, then keep it handy. Whenever you feel a cold or flu sneaking up, take a tablespoon of fire cider three times a day.

1/4 cup turmeric

1/4 cup chopped fresh garlic

1/4 cup chopped fresh rosemary

1/4 cup grated fresh ginger

1/2 cup chopped fresh onion

1/2 cup grated fresh horseradish root

apple cider vinegar





food as **JUSTICE**

DONS TACKLE FOOD INSECURITY AROUND THE WORLD — AND ON CAMPUS
BY SAMANTHA BRONSON | ILLUSTRATIONS BY TIM DURNING

In San Francisco, land of the \$3 croissant and the \$12 burrito, it's easy to forget that for some people, food isn't a given. It's a hope.

This issue of hunger is at the heart of projects, both practice and research, at the University of San Francisco.

"If we're talking about our Jesuit identity, part of that is helping those who are most in need," says Shannon Gary, USF associate vice provost of student life and dean of students.

Last year, Gary led the effort to establish a food pantry right here on campus. And in many classes at USF, faculty and students are working to address hunger on a global scale.

RESEARCHING FOOD AND HUNGER

Research on food security — and food insecurity — has taken Brian Dowd-Uribe, assistant professor of international studies, across the globe, including to Costa Rica and West Africa. He studies the sociology of food systems. Who gains and who loses from different interventions to address food and farm security? Do genetically engineered foods benefit small farmers? Do these new food technologies promote greater food and farm security?

issues intersect with social issues in dynamic ways. It's not just about potatoes and corn. It's about the social processes that are connected to the growing of food, the processing of it, the transportation of it, and the eating of those foods."

In his classes, Dowd-Uribe uses food as a way to talk about justice. "Food immediately opens up all these really interesting questions," he says. "How can we as a country produce so much food yet have such hunger?"

PUTTING RESEARCH INTO PRACTICE

Students in the Community Garden Outreach class explore similar questions as they learn about food production and how to provide food to communities that need it. On average, three sections of the class are offered each semester — and they always fill up.

Melinda Stone, associate professor of environmental studies, takes her Community Garden Outreach students to Bolinas each week. They meet with local farmers, visit USF's Star Route Farms (see feature on page 18) and other local farms, and learn to gather produce that would otherwise go to waste. They prepare this produce in the kitchen at the Bolinas Community Center and in the outdoor oven at Bolinas Park. All meals they create are served for free in the park, for all who gather.

Nationwide, between 30 and 40 percent of food goes to waste, Stone says.

"Food is a human right and in a place where there's so much abundance, it seems really problematic that some don't have enough to eat," Stone says. "This class definitely empowers students and puts them in a place where they're part of a creative endeavor to make a difference in this regard. It is a living project."

Two years ago, Dowd-Uribe's students conducted the first food security survey of

USF students. Last year, they researched how other universities have tackled food insecurity and proposed a new program for students to donate leftover credits on their meal plans to students who need it.

While that idea is still being explored—students pitched it to administrators last year — the university has opened the food pantry to help feed students who aren't sure where their next meal is coming from.

SERVING USF'S MISSION

Located in Gleeson Library and open twice a month, the pantry is stocked with shelf-stable groceries such as cereal, almond milk, beans, and applesauce. The pantry is free to all students.

The food pantry is "part of our ethical obligation and moral obligation — if we have students who we know are hungry, we try to do what we can to help alleviate that," Shannon Gary said. "This is just as important as providing them with computers or with a writing center. This is just another piece of the puzzle that's going to help them be successful."

Food pantries are increasingly common at universities across the nation. The College and University Food Bank Alliance

includes more than 700 colleges and universities. Nearly 44 percent of students cite food insecurity at four-year universities, according to 2019 research by Temple University. Nearly half of students could not afford to eat balanced meals.

The idea for USF's pantry first came about after three students within a few months reached out to Gary's office seeking emergency funds to purchase food. If that many students sought help, Gary thought, surely more students also needed the help but didn't ask for it. He pitched the idea of a food pantry and quickly gained university support.

In its first year, the pantry had more than 460 visits from students, including first-years through graduate students. The number, Gary said, was more than he expected.

Among the visitors was Jared T. Ross, a sophomore majoring in entrepreneurship and innovation. Ross first learned of the pantry through a class announcement, and he realized it could help ease his food worries.

As a student living on campus, Ross had a meal plan, but he didn't have enough points to cover every meal. He sometimes skipped meals to stretch his points. Now the food pantry helps him fill the gaps.

"Without a doubt," says Ross, "it has given me a lot of breathing room in terms of not worrying about what I would be eating in the next two weeks or so."

Fruit of the Vine

BY ANDREA CALDERON '19

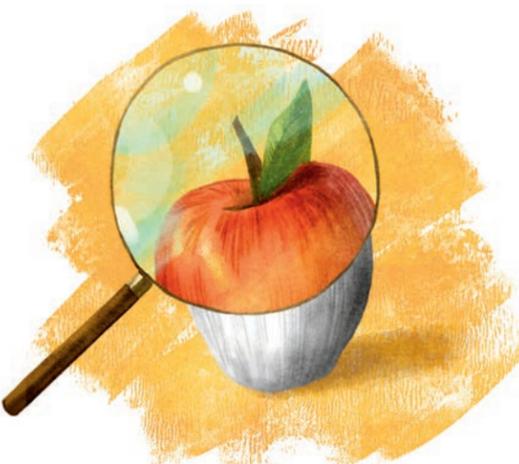
In late summer, tomato vines get wrinkled and sticky. The essential oil on the stems coats my fingers a brownish green. I scour the rows, picking the fruit. The Central Valley sun shines so bright, I can feel my skin crackle like the chicharrón we ate for lunch.

Our jeep is parked on the side of the road in the shade of a tree. I look at the buckets we've filled and loaded into the back. My parents' friends who work on farms outside Sacramento have called to let us know the season has come to a close. Thanks to them, we can comb through this field for free.

These tomatoes have so much more life than those we find at the Albertsons near our house. We rinse them under the spout of our orange beverage cooler. I bite the red flesh. I add a sprinkle of salt. Nothing tastes better than this.

In Michoacán, my parents were city kids fortunate enough to receive a formal education. When I ask how they learned to harvest, they laugh, insisting it's common sense. They teach me everything but leave so much unsaid, like the fact that I'm lucky to be out in this field for fun. Mostly, they parent the way their parents did, with many silences and few explanations. They love me fiercely. The rest, I have to glean for myself.

Andrea Calderon used to cook for a living. Now she's an accounting major, and she graduates this month.



He weaves in those experiences while teaching classes focused on food.

"Students are really motivated by issues of food," Dowd-Uribe says. "Food



TASTE. TRY. LOVE.

5 WAYS TO MAKE THE MOST OF YOUR FARMERS MARKET

BY MARY MCINERNEY LETTERING BY CLAIRE GIFFEN PHOTOS BY HENRIK MENG

TO NAVIGATE YOUR FARMERS MARKET,

follow Jean-Marc Fullsack. He's the executive chef in USF's hospitality management program, which for 25 years has prepared students to work in the food and drink industry. Here he shares tips with one of his classes on a tour of San Francisco's Ferry Plaza Farmers Market.



Never had a raw oyster or sliced jicama? Now's your chance. "Educate your palate," says Chef Fullsack.



A slice of pear. A cube of sourdough. A sip of small-batch coffee.

2



4

Ask questions and learn the story behind the food. Where are these peppers grown? How can I make a vinaigrette with this honey I just bought?

3

In December in the Bay Area, you'll find citrus, squash, apples, pears, mushrooms, and the last of the tomato crop. Remember to ask what they'll have next month.



RESEARCH WHAT'S IN SEASON



JOIN CLASSES AND EVENTS

5

Pop-up flower arranging session? Hands-on cocktail class? Go for it.

GET GROWING

Did you know that USF has a seed library inside Gleeson Library? All students, faculty, and staff may "check out" organic vegetable and flower seeds — collected by the urban agriculture program — for no charge. They can contribute seeds, too.

'03 MI'JAN CELIE THO-BIAZ MA, EDD '13 was chosen for a yearlong fellowship sponsored by the John F. Kennedy Center for the Performing Arts in Washington, D.C. Founder of the New Mexico Women of Color Nonprofit Leadership Initiative, she is an oral historian and documentarian.



classnotes

UNDERGRADUATE

'50 ROBERT J. SPELLMIRE is 93 and "I am still driving, I live alone in a big house, don't need a walker, go to church, and give to USF what I can, when I can."

'52 BILL HENNEBERRY MA '61 was recognized as a former football coach at Sacred Heart Cathedral Preparatory high school in San Francisco, where the new practice field at the school is named for him.

'55 CLEM KORTE retired in the Dallas area.

'57 EDWARD JOHN PHELAN practiced law until retirement, after graduating from USF and Loyola Law School. He serves as a pastoral volunteer at a county jail in New Hampshire and also visits patients at a nearby hospital.

'59 TONY V. BASQUES MA '70 says he always enjoys

USF Magazine. He is retired from teaching at Mills High School, College of San Mateo, and Cañada College.

'62 KATHLEEN ANNE FARRELL is trying to make the most of life by playing golf, volunteering, enjoying her grandchildren, and traveling, after the passing of her husband, Walt, a year ago. She and DIANE GINOTTI MARTIN cruised the Mississippi in February and traveled to the Holy Land with the Knights of the Holy Sepulchre in September. "I can't believe it's been almost 60 years since we were studying on the Hilltop."

HAL URBAN MA '66, EDD '78 published a book, *Grandpa's School of Life: 7 Great Lessons on Being a Good Person*, with lessons on kindness, grit, integrity, wellness, and finances.

'65 PETER W. COMERFORD and his wife, Mary Ellen, moved

from California to Nevada and are volunteering at their new parish, St. Ann's in Dayton. Pete is a Knights of Columbus district deputy, and they both are lecturers and eucharistic ministers.

'66 BRIAN MANNIX is a retired Johnson & Johnson executive. He lives in Angels Camp, California, and is on the board of the Mark Twain Medical Center.

JAMES FRANCIS NOVAK returned to the Bay Area with his wife, Marilyn, after 53 years in Oregon, where he practiced medicine for 44 years. They moved to Cloverdale, California, in the heart of the Alexander Valley wine country. He moved to enjoy the sunshine and never shovel snow again. They also wanted to be closer to their children, who both attended USF for graduate studies.

DON PARTIER worked for 45 years in Napa Valley wine brand development and is featured in a new book, *Tasting the Good Life*, co-authored by USF anthropology professors Sharon Gmelch and George Gmlech on the history of tourism in the Napa Valley.

'67 MICHAEL PATRICK COLLINS MS '71 is chief of general thoracic surgery at Intermountain Medical Center in Salt Lake City. He also has a clinical professorship at the University of Utah School of Medicine and participates in the cardiothoracic surgery residency training program. After almost 40 years of practice, he is getting ready to retire. He and his wife, Shirley Ann, live in a suburb of Salt Lake.

PETER FRANKLIN retired from TransAmerica Pyramid as director of counterterrorism and is the managing director for risk assessment and physical security at Tal Global, an Israeli-owned international consultancy. He devotes his personal time to managing charity cycling events in support of breast cancer, diabetes, and Lou Gehrig's disease research.

JOAN LEE MOGHADAM majored in Spanish with minors in French and philosophy while at USF. She went on to learn the IBM systems Cobol and System 360 and started her career at Southern Pacific, where she helped design and install an accounts receivables system. She later worked at the Federal Reserve.

ANDREW WILLIAM MOYCE retired from an ear, nose, and throat practice in Oakland and completed a five-year term as foundation board chair of the Hospital de la Familia, which supports a hospital in rural Guatemala. This caps his 25-year history of volunteer surgical missions to hospitals in Mexico, Latin America, and the Philippines.

'68 BOWMAN OLDS MA '74 completed a three-year tour with the Washington, D.C., health department working in the Homeland Security Emergency Management Agency's Joint All-Hazards Operations Center.

'69 MARIO LOUIS BELTRAMO JR. and LINDA (LA TORRE) BELTRAMO '69 celebrated their 50th wedding anniversary on June 22.

STEVEN BENNETT holds a PhD in entomology from UC Davis and is a retired colonel with the Army Medical Service Corps. He worked as a pest management consultant from 1996 to 2004. He is married to Shirley Ann Rieko Bennett and they have three children, Nathan, Julie, and Michelle, and four grandchildren.

ERNESTO REYES JAYME writes of his fond memories of USF with MIKE GRIESMEYER '71. They both graduated with degrees in physics.

50-YEAR REUNION

'70 BARBARA JEANNE MENARD married James Ogilvie in July 2018 and they celebrated their first wedding anniversary in San Francisco. They also visited USF President Paul J. Fitzgerald, S.J., at the university.

'71 MAUREEN MURPHY JENKINS welcomed a new grandson. This makes five grandchildren for the Jenkins family.

'73 JOHN JOSEPH DONOHUE has missed only one Lowell High School (San Francisco) varsity baseball game in 37 years. He taught 25 years there and was varsity coach for 33 years, with 735 wins and 14 city/section titles. He was honored by the San Francisco Prep Hall of Fame, the California Coaches Hall of Fame, and was named the American Baseball Coaches Association Coach of the Year.

LYNN J. MURRAY is back home in the Bay Area after living and

working in Taiwan for about 20 years as executive director of the American Chamber of Commerce in Taipei and vice president of Jardine Fleming/JPMorgan Bank.

DWIGHT WILBURN PHILLIPS retired from law practice after 42 years primarily with the firm Phifer, Phillips & White, P.C. He visits the Bay Area to visit his daughter, who lives in Redwood City.

DENISE ANNE SALISBURY retired in 2005 and has trips planned to South America. She traveled from San Diego to Hong Kong with USF buddies ROBIN WILNER-MULLIN and PAT MULLIN '72 and also visited India and Australia with her children, Samantha and Kevin. She had a fabulous trip to Yosemite with her first-year Hayes-Healy roommate, SHERRIE COTTER '74.

'74 CHRIS DAILEY GRAZZINI recently retired to Arizona after a 43-year career, with 20 years spent as the COO/CNO of Contra Costa Regional Medical Center in Martinez, California, and the last 10 years managing mobile health programs for John Muir Health. Chris has been married for 29 years to Steve and has two sons, Dan (27) and Matt (25). She says she feels blessed to have received a wonderful education.

CLAIRE MCCAFFERY GRIFFIN was nominated by President Donald J. Trump for a position on the National Humanities Council and has been approved by the U.S. Senate.

'75 DIANA LOUISE GARD retired from 44 years of nursing, including 30 years in critical care. She's enjoying her time with grandkids and took a trip to Montana and Wyoming national parks with some of them this summer. Her husband, MIKE GARD, works as a real estate appraiser, besides playing various sports with the grandkids.

"I CAN'T BELIEVE IT'S BEEN ALMOST 60 YEARS SINCE WE WERE STUDYING ON THE HILLTOP!"
KATHLEEN ANNE FARRELL '62

CAREER CHANGE? LET US KNOW! Switch from fine arts to finance? CEO to kindergarten teacher? Whatever your story, we'd love to hear it. usfnews@usfca.edu

FEELING NOSTALGIC? USF YEARBOOKS ARE ONLINE! usfca.edu/library/dc

Send us a photo of a USF moment. We might print it in these pages. Connect with fellow Dons using #USFCAalumni on social media or by emailing usfnews@usfca.edu

'76 **AKHIL BAKSHI'S** latest book, *Arctic to Antarctic*, is an account of the author's Pangea One World Expedition, a 32,000-kilometer, four-month tour of the Americas. Starting at Prudhoe Bay, on the Arctic Ocean at the northern end of Alaska, he traveled over land and sea to Cape Horn, the southernmost tip of the Americas.

KAREN BRATTESANI is honored to serve as president of the U.S. Women's Curling Association, after many years of being involved in the sport. The group encourages women and youth in curling. She retired from research consulting work and lives with her husband, Doug Potter, in Seattle.

'77 **DAVID A. PRICE** spent 30 years in the U.S. Army and had a second career as a police sergeant in Anderson, California.

'78 **ROBERT RICHARD ACKERMAN JR.** co-founded DataTribe, an investment service based in Columbia, Maryland, to partner with technology experts from the U.S. intelligence community to start disruptive cybersecurity companies.

ALBERT PECHE and his wife, Sandy, moved to River Islands in Lathrop, California, after 18 years in Alameda, California, and a combined 35 years in the Bay Area. He started working at Merrill Lynch in San Francisco in August 1978, just three months after graduating from USF, and spent his career in the securities industry.

'79 **TOM HARRINGTON** leads the global commute programs for more than 9,500 employees at Intuit, having been recently promoted from senior program manager to staff program manager. As an active member of the Association for Commuter Transportation, Intuit won the Employer Excellence in Transportation Demand Management award in 2018.

'80 **ROBERT GEORGE PATTEN** is a proud, longtime member of the American Civil Liberties Union. "Social justice remains paramount in my life."

'81 **LOUIS R. BARELLA** is proud to announce that his son **NICHOLAS BARELLA '18** graduated from USF with a bachelor's degree in architecture and community design and a minor in architectural engineering.

ANITA (NITZI) GILDEA-PHILLIPS and **SAMUEL PHILLIPS '82, JD '85** celebrated the weddings of both of their sons, who both attended USF. **PATRICK PHILLIPS '07** married Corey DeShazo in August 2018 at the Palace of Fine Arts. **SEAN PHILLIPS '15** married **TESS MUETING '07** in Morro Bay, California, in October 2018.

RICHARD HEDDERMAN is a poet, author, and museum educator in Milwaukee. His new book of poems, *Choosing a Stone*, will be published next spring by Finishing Line Press.

'82 **MICHAEL MAURICE MENDOZA** retired after a 33-year career in the safety and loss control profession with his business, MM Safety Consulting Services. He assisted Bay Area businesses in meeting business and safety challenges. Now he manages the family-owned MiLo Real Estate Investments Inc., launched in October 2006.

RUSSELL A. SNOW has retired as chief of police of Fowler, California, and moved to Aumsville, Oregon. He serves on the Aumsville Planning Commission and Emergency/Disaster Planning Committee.

'83 **JOHN J. BENANE** retired from the Los Angeles City Attorney's Office after 28 years and is working as an investigator for the California Department of Forestry and Fire Protection.

HERMAN GUSTAVE PETZOLD III has resumed the practice of law after retiring in 2009. He'd love to hear from classmates.

#USFCAalumni |  Nick Large '14, MPA '18



@usfcaupa: Alum Nick Large presented information from his 2018 capstone at the Stonewall 50: Defining LGBTQ Site Preservation event at Columbia in NYC! #USFCAalumni

NORMAN PIATTI earned a PhD from Middlesex University London in 2017. His research title is "The Tibetan Diaspora and the Politics of Belonging in the Twin Cities [Minneapolis-St. Paul, Minnesota, USA]." He is a professor in the department of human services at Concordia University in St. Paul, Minnesota.

'85 **BRUCE EDWARD MCDONALD** works as a broker in Maui, marketing condos in Korea's tallest building, the Lotte World Tower, to buyers in Hawaii.

'86 **ANNE ALVAREZ** joined Compass real estate brokerage in San Francisco in July 2019.

CARLOS ALVAREZ was recognized by his San Francisco peers as a Super Lawyer 2019 in business litigation.

ELAINE DIXON lives in North Lake Tahoe, California, working as a graphic designer and has been raising her family for the past 26 years. Her son Garrett is a junior at Oregon State University

majoring in mechanical engineering. Daughter Holly is a freshman at Oregon State University and is a food science major. Elaine was the ad designer for *Tahoe Quarterly* for over a decade and for the past year has been the ad designer for *Big Sky Journal*.

TOM DOSZKOC'S MBA '90 and **MARISSA DOSZKOC'S '90** are celebrating their 30th wedding anniversary after meeting at the former Champion Hall in 1988.

LAUZANNE OSHIRO is working for the State of Hawaii Judiciary Honolulu District Court Traffic Violations Bureau as a court clerk.

'87 **CAROLYN SCHNEIDER CANNARD** completed an MSN in nursing education and is working in her dream job as the critical care clinical educator at a busy regional hospital in Washington.

'88 **STEVE MICHAEL ABREU**, founder and CEO of Newfi, celebrated five years in

business. Newfi is a single family residential mortgage national lender based in the Bay Area.

SUZI BYRD sells residential real estate in the Palm Springs area and loves living in the desert.

JULIE MCNIEL is a professional artist working for California's prison system. After a career teaching college art and working as an independent artist, she was contracted in 2014 to work in California's only maximum security prison, Pelican Bay, to teach the visual arts through the William James Association's Prison Arts Project.

ANTHONY FREDERICK PLAZA is celebrating 30 years in the almond shelling business in Modesto, California, working as general manager for 10 years with Westside Hulling and for the past 20 years as general manager for Salida Hulling Association. With his wife, Vicky, he has four children, Becky,

Jennifer, Brian, and Elizabeth, and six grandchildren.

'89 **ELAINE T. CHYRKLUND** moved her youngest son, Tim, into Hayes-Healy ("The same dorm I lived in!") in August. "The USF tradition continues!"

MARK VINCENT URBAN is president and CEO of Monte Carlo Fan Company, based in New Jersey. "USF taught me persistence. USF taught me to stay focused while being charitable."

MARIA SOCORRO ESCARIO YU is in Cebu, Philippines, managing the Sta. Barbara Suites Hotel and developing a farm project to plant dwarf coconut trees to make sugar. Her goal is to develop projects for the community that produce products from natural resources and also provide jobs.

'90 **CORA AMELIA MARSHALL** retired in 2016 after 42 years in business as a

vice president of contract administration in the Bay Area. "I'm currently involved in self care, which is the best form of retirement."

'91 **CRISTINA MCKINNON** retired as a special agent after more than 27 years of service in the federal government. She is now the owner of AR Workshop in Torrance, California, a franchise business specializing in do-it-yourself wood sign workshops and events. She is married to Milton McKinnon, a captain with the Hermosa Beach Police Department and has an 11-year-old daughter, Mel.

'92 **PETTER ANDRUP** helped move his daughter from Norway to USF to start college in August. She is "following in the footsteps of a long line of Andrups — her father, her aunt, and her older sister. Go, Dons!"

MIKEE GILDEA recently embarked on a new career, changing

from civil litigation to criminal prosecution as a deputy district attorney in Contra Costa County, where she finds her USF psychology degree useful. She has two kids in college, with Maggie studying engineering at Case Western Reserve University and Jackie majoring in political science at Cal Poly, San Luis Obispo. "No empty nest, though," she reports, with son Finn at home.

'93 **KNUT S. KVINESLAND** has settled in his native Norway, having worked in the U.S., Bahamas, Canada, and Switzerland. The bulk of his career has been with Norway-based Equinor, an oil and gas exploration company. He is married with three kids, and his son is studying in the U.S.

REBEKAH DAVIS REED continues to serve as the chief of the Space and Occupational Medicine Branch at the NASA Johnson Space Center. She is also

INVESTING IN STUDENTS
NEW SCHOLARSHIP HONORS
ONE OF USF'S OWN

When Alissa Head '18 developed spinal cancer at age 5, that didn't stop her from participating in sports. Bound to a wheelchair for most of her life, she still became student manager for her middle school and high school sports teams.

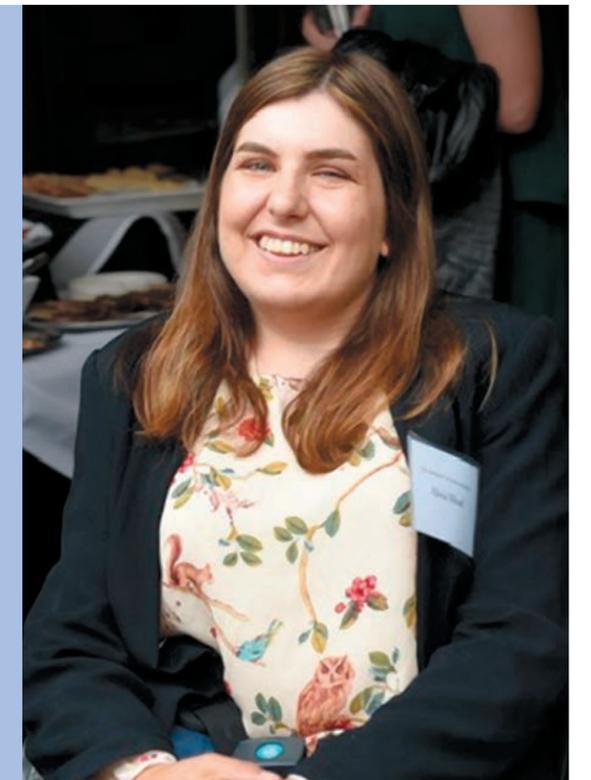
In 2016, Head joined the USF graduate program in sport management, but she passed away in her final year of the program. Her family is honoring her through the Alissa Head Memorial Scholarship.

"Alissa loved sports and competition, and it was one of her goals to get her degree," said Lisa Head, Alissa's mother.

When Alissa passed away in September 2017, her family was invited to participate in her class's graduation ceremony in June 2018. "When she passed, I couldn't believe the outpouring of support from classmates and the university," her mother said.

The Alissa Head Memorial Scholarship embodies Alissa's commitment to education and dedication to sports. A \$25,000 gift from the Heads provides an annual \$5,000 scholarship to a student who is starting in the MA in Sport Management program.

"Alissa had to work very hard to obtain scholarships," said Drew Head, Alissa's father. "As parents, we understand the obstacles and want to support students to overcome theirs."





BRINGING MORE WOMEN TO THE TABLE

Alumna CEO seeks gender equity in her restaurants

To many business leaders, gender equity among top managers is one of those things that will happen someday. Denyelle Bruno MSOD '03 isn't one of those business leaders.

Bruno, CEO of fast-casual restaurant chain Tender Greens, pledges that by the end of 2020 half of the chain's top restaurant positions — executive chefs, managers, and sous chefs — will be filled by women.

She is changing an industry that is notoriously male-dominated at the top levels — estimates place the number of women executive chefs nationwide at anywhere from 15 to 25 percent.

"The only way to break that cycle is to really create a strong force in the opposite direction and to sort of artificially move that needle," says Bruno.

Tender Greens has created a leadership training program for which any employee, male or female, from entry level on up can be recommended. Female staff members are encouraged to apply.

Within a year of entering the program, employees learn every station in the restaurant and then learn the sous chef and restaurant manager roles. From there, they learn how to be executive chefs so they're ready to take on that role as openings arise.

Bruno, who joined Tender Greens in 2017, launched the first 25 Apple stores and opened 55 locations of Drybar, a California-based hairstyling company.

"When I was at USF, I was working at Apple, so I was really in the state of mind of, 'Do things need to be done the same way?'" Bruno says. "There are professors at USF who helped me believe, or gave me the confidence to believe, that doing things differently could potentially improve even the most successful businesses."

pursuing an LLM in health law at the University of Houston Law Center. She recently published an article on health care price transparency in the *Journal of Health Care Finance*.

'94 CHRISTINE MURPHY AVILA came to USF after her father, Richard Murphy, met HENRY SANBACH '61 at a Memorial Day picnic in a park in Morristown, New Jersey, and Sanbach recommended the family look at USF as part of their college tour. But that's not the end of the story. Murphy siblings SUZANNE MURPHY MALICH '96 and BRIAN R. MURPHY '01 also attended USF.

ARCEE MEDALLA LACSON MS '01 is completing a PhD in educational management at De La Salle Universities Dasmariñas in Cavite, Philippines. She moved to the Philippines in August 2012 and is married to Ramon Romero. They have three sons, including twins, and three grandchildren.

'95 DIANA LYNN KAYSEN has developed and facilitates the Refreshed Hope women's mental health education, encouragement, and support group for New Life Christian Center in Turlock, California. Diana is also a volunteer character coach for Turlock Chaplaincy Inc. and Turlock Unified School District.

'98 MARYELLEN PATRICIA MULLIN MA '04 married Albert Fong at St. Ignatius Church on Dec. 30, 2018. Albert Grosskopf, S.J., and the Rev. William F. Cyr presided.

DONNA-MARIE PALAKIKO PHD, APRN, RN is transitioning from working with native Hawaiian communities for the past 17 years into her role as assistant professor at the University of Hawaii at Manoa's School of Nursing and Dental Hygiene.

LUCIE M. PELLERITI has been teaching high school English for 19 years. "Teaching has definitely been an

adventure. I've also spent time teaching in Ghana and South Africa. It's been such a satisfying experience to be able to be a small part of my students' lives."

'99 KOURTNEY FERRUA was recently named Oregon Elementary Principal of the Year. As a National Distinguished Principal, she attended an awards ceremony in Washington, D.C.

'00 DIERDRE MCCORMICK has retired and lives in North Carolina.

'01 MERVE LAPUS has been promoted to vice president for the nonprofit organization Common Sense. He will lead the education outreach team and establish national and community organizations that target services to economically disadvantaged and linguistically, racially, and ethnically diverse communities.

'02 PAUL APPLGATE started a social enterprise that promotes oral hygiene globally. He and NUALA HALLIGAN APPLGATE '06 were married in October 2015 at St. Ignatius Church and hope to baptize their new baby there.

'03 JAMES SORENSEN FOSTER has been promoted to country director for International Justice Mission (IJM). IJM is a faith-based NGO dedicated to protecting the poor from violence. He leads a team of Ugandan investigators, lawyers, and social workers to combat violence against women and children in Uganda.

'04 ANNE "ANIKA" JACKSON has recently joined Evvemi, a platform that matches consumers with hair professionals, as vice president of marketing.

DAVID ROCHA was appointed by Gov. Gavin Newsom to the California Board of Fire Services. He has been the Alameda County fire chief since January 2014.

'06 JESSE FELDBERG saw the world premiere of his first play at the Hollywood Fringe Festival in July. *Silver Bullet* is a film noir-inspired drama in which a businesswoman seeks to control the investigation of the death of her best friend's husband.

'07 TARUNA CHHABRA married Shubham Garg on April 28, 2018. "Celebrating one year of marriage!" And celebrating eight years as part of the loyalty team at Albertsons Companies.

CAITLIN FLEMMING co-authored the book *Travel Home*, which showcases the interplay between travel and design, revealing how we can take inspiration from the beauty we experience in the world and bring it into our everyday lives.

WHITNEY JOANNA KELLAHER moved from the Smithsonian's Freer and Sackler galleries to the Smithsonian National Museum of Natural History in April. She works in the advancement office in donor relations.

MATTHEW KENNEDY started a six-year MD-integrated oral and maxillofacial surgery residency at Louisiana State University Health Science Center in Shreveport, Louisiana. This comes after graduating from dental school at Creighton University in 2012 and practicing restorative dentistry for the past seven years. "The Kennedy family is beginning a new adventure. I wouldn't be embarking on this incredible experience without the one I received at USF."

JONNIE KNOBLE earned a master's degree in secondary education and an administrative license to become a principal in Utah. He and his wife have a boy (Luke) and two girls (Kenzie and Jade). "I'm honored to be part of the USF family and appreciate all the lessons I learned as a Don to help me become a better husband, father, and teacher."

#USFCAalumni | 📷 Kyrrie Sismaet '22



@kyrie_sismaet: Everyone kept telling me to say hi to @occasio2018 for them — so I did. #USFCAalumni

JEANNINE MARIE LAUBNER MAT '09 became an entrepreneur in 2016 when she left her job with the Abu Dhabi Ministry of Education to join the Finnish preschool franchise Kipina Kids, which has expanded into 13 countries.

KRIST MEJIA is an interactive designer for the San Francisco Health Plan's in-house ad agency and married her partner of eight years. "I proudly continue to live by USF's mission, helping low-income San Francisco residents get the health care they need."

ADAM NICHOLAS PAUL has taught English for five years in Ethiopia, China, and Russia. He also self-published three books, including an account of his bicycle trip from California to Washington, D.C., following graduation from USF called *Ridin' N' Coastin' Coast to Coast*.

'08 JULIANNE HENDERSON MFA '18 returned to USF as a fellow in 2019 to teach creative

writing to undergraduates, and she also taught USF 101 to first-year undergrads. Most recently, she and her partner, Megan Pohlman, were engaged — 10 years after they first met at USF.

'09 CHRISTINA MARIE BROGDEN JD '13 says the class of 2009 celebrated its 10-year reunion since graduating from USF. "A group of fellow Dons made a college reunion trip out of it and had a blast touring USF, seeing all of the improvements at USF, visiting our old dorms and classrooms, and visiting our old stomping grounds! USF brought us together and created lifetime friendships that we are forever grateful for."

'10 NES MARTIN MORALES graduated from dental school in 2018 and has been practicing in Daly City.

'11 KELSEY CULLEN founded KCPR in 2017. The female-led public relations and strategy firm

#USFCAalumni |  Frankie Ferrari '19



@USFDonsMBB: USF basketball star Frankie Ferrari is headed to Spain to play for club Basquet Manresa. Go, Dons! #USFCAalumni

focuses on venture capital and startup companies based in San Francisco and Silicon Valley.

ALDO MARTINEZ moved from the Bay Area to Southern California to work for Ultimate Software in 2014, after working for the City of San Jose since 2012. He began as an account manager and was promoted to people success manager in April 2018.

'13 DANI DORROH graduated in June 2018 with an MS in communication disorders and sciences from the University of Oregon. In July, she completed a clinical fellowship at Salem Hospital in Salem, Oregon, and is now a certified licensed speech-language pathologist. "I will always be grateful for the character, experiences, and knowledge that I gained at USF."

DANIEL GOMEZ MPA '15 completed a doctorate of education in organizational change and leadership at University of Southern California Rossier School of Education. His dissertation is titled "Transparency and

Accountability in Local Government: An Evaluation Study."

YULIANA RAMIREZ is the mother of a beautiful, smart, and energetic 4-year-old named Arianna. After graduating from USF, Yuliana pursued a career in law enforcement, and she is a correctional deputy with the Santa Clara County Sheriff's Office.

'14 GERMAIN BAHRI is leading the commercial team of a digital bank. "We are now at the epicenter of revolutionizing the world of finance/banking, and I think it is worth sharing with all USF graduates who consider a career in finance, that tech and innovation (and fun) can also be found in financial services."

ARIEL LING has had a big 2019. In a two-month period, she was promoted at the Hershey Company, was engaged to her long-term boyfriend, and relocated to Texas for work.

GERARDO VERA is now a white belt with yellow stripe in taekwondo and will soon earn his yellow belt.

MATT F. WUJEK married ALEX MASTERSON in June in Ukiah, California. While so many friends and loved ones outside of USF are to be thanked for their union, USF's XARTS was where it all started. They are forever grateful for the community they joined on late woodshop nights, which brought them together.

'15 DANIELLE RAE BLECH is "changing the world as a healer" having earned a master of science in oriental medicine this fall.

DANIEL O. BURAIMO got a new job working for Cisco AppD. "So excited!"

AICEA YALCIN started a position on the customer advocacy and retention team at Affirm Inc. in San Francisco.

'16 CHLOE REID CAMPBELL moved to England in 2018 to begin a master's program at the University of Manchester and establish a new life. "Now, in 2019, the day after I turned 25, I am preparing to begin the process of naturalization in England with a bright future in museums or English heritage sites."

CAITLIN FRANSCELL has joined CMW Media in San Diego as an account executive. She is part of the public relations department working with CBD and health and wellness brands.

JAAFAR LAKKIS finished a master's degree in Paris and works at a startup in France called Brigad. It's a platform that connects auto entrepreneurs with restaurants and hotels. "It is a dream come true to me."

MARGARITA MUNOZ-TEP is exploring her creativity through modern piñata making and creating

Latinx-inspired jewelry. She was married in April at Star of the Sea Church near USF.

TODD GODWIN PERUMAL started working at Dictionary.com as a senior web analyst.

BENJAMIN CALEB WONG self-published a short story on Amazon Kindle about working as a contractor in Afghanistan.

'17 JOHN ALEXANDER LAGUE co-founded a company called Community Phone that offers simple cell phone plans.

ADRIANA LEVANDOWSKI graduated from the BPP University London with a British law degree and is now pursuing a law degree at the University of Denver Sturm College of Law.

LOUISA VIANA has been working at fintech startup Brex since January. She began her career after graduating in December 2017. She thanks USF for making her resume stand out.

'18 RASHAD ABDALLAH has spent the past year as a judicial administration fellow in the Capital Fellows Program at the Los Angeles Superior Court. In the fall, he began studies at the University of Michigan Law School.

SARAH BENEWITH is pursuing a master's degree in international migration and public policy at the London School of Economics and Political Science.

ANDY CHAN moved to Southern California to pursue a master's in social work at California State University, Long Beach, and will be an intern case manager for a transitional family home.

ROMEO ALEXANDER GUERRERO graduated from USF's School of Management in 2018 and landed a sales job at Tesla. After a year, he realized sales wasn't for him. To make a transition to an analytics career, he took

Professor Nicholas Ross' SQL Certification Course and got a new role with the Sustainability Accounting Standards Board as a business analyst.

ALEXANDRA KENNEDY is studying community health and prevention research at the Stanford University School of Medicine.

ALLYN MARGRET TABUNDA celebrated six months as a registered nurse at Ann & Robert H. Lurie Children's Hospital of Chicago. In her spare time, she indulges in hot yoga, beach volleyball, and boxing. She plans on pursuing a DNP in the near future.

GLENHALL ELMER TAYLOR IV was accepted to Burrell College of Osteopathic Medicine at New Mexico State University for the class of 2023.

'19 BEREKET NEGASSI published a book, *Rectitude*, which uses African proverbs to talk about social therapy.

JUSTIN NKEMERE is glad to be back at USF as an admission counselor. In this role, he travels to different parts of the country to organize events for future Dons.

GRADUATE

'65 JAMES ANDREW AIELLO JD returned to the U.S. after more than 20 years in South Africa assisting the post-apartheid government in accessing private funding for public infrastructure. He continues to provide guidance on public-private partnerships. He lives in McLean, Virginia.

'71 JOSEPH N. SHAHPAR MBA is on his homeowner association board in Alameda, California. He wrote a book with friends in his creative writing class and published it on Amazon. He is writing another book that will include his USF experiences.

'75 WILLIAM H. BALTZELL MA retired in 2012 after 36 years as an Air Force recreation administrator and remains active with travel, sports, family, and playing drums in an oldies band.

'76 ROBERT GIFFIN JD retired from the practice of law after more than a quarter century serving clients in California and Hawaii.

CHARLES LEWIS JD was named by Best Lawyers as a "Lawyer of the Year" for 2020 in Chicago for

construction law. He is a member of Duane Morris' national construction practice group and the head of the Chicago office construction practice group.

PETER J. LOGAN JD is enjoying his semi-retirement. "Nice to have a small caseload and time for music, fun, culture, and people. Saw classmates LYNDA MARTYN JD and ART SIEGEL JD recently."

'78 KATHLEEN LAGORIO JANSSEN MA served more than 20 years as a regent at the University of the Pacific. For the last six years, she was chair of the board.

STAN TOSELLO JD retired from Citibank Group after 29 years of service, working in many countries, including Panama, Argentina, Bahamas, Brazil, Mexico, UK, Malaysia, Thailand, Germany, Chile, and the United States.

'79 IRA BOOK MA was hired at the Queen of the Valley Medical Center in Napa as a spiritual care chaplain.

'82 RENÉE WELZEL LIVINGSTON JD, the founding member of Livingston Law Firm in Walnut Creek, California was



INVESTING IN STUDENTS

THE GIFT OF ACCESS

Alum's new scholarship helps Latino law students stay in school

When Sal Torres JD '88 was growing up as the son of immigrants from Peru, his father and mother told him that "education was the key to going from the have-nots to the haves," he said. It took a lot of hard work and parental encouragement for him to build a better life. And some imagination, too.

"I grew up at a time when there were very few leaders of my race, my culture. There were some, but not a lot," Torres says.

Today, in his position as a lawyer, father, husband, brother, and former Daly City mayor, Torres says he wants to be "somebody who influences positive change, somebody who motivates people to do better than what they are doing."

So Torres and his wife, Leslie Torres '88, have established the Cesar and Graciela Torres Memorial Scholarship, to honor Sal's parents' support for Latino law students. The Torres' \$60,000 gift was matched by USF Board of Trustees Chair Steve Hamill JD '78 and his wife, Jan. The endowed fund will provide one student each year a scholarship of \$5,000.

The amount of \$5,000 is significant, says Torres, because that's the amount that a Latina law classmate needed to continue her studies. But, in the financial struggle, she decided to leave school. Her \$5,000 decision stuck with Torres.

"If that's all it would take to keep someone [in school]," he said, "we've got to make that happen for someone who needs it."

A CHANGE OF ART

Once stuck in a corporate rut, Jonathan Rachman '93 has made a new career out of creativity

How did you go from corporate business to interior design?

First I switched from being the director of sales, marketing, and operations at a local company called Just Desserts to being the chief operating officer at a mental health nonprofit in Portland, Oregon. But my nonprofit job still wasn't creative, and it finally dawned on me that I wanted my creativity to be a career, so I quit and opened my own flower shop on Sacramento Street in San Francisco. One day an employee of [fashion designer] Marc Jacobs pops in, from out of the blue, and says, "Marc wants you to do flowers for his flagship store."

Seriously?

I know, right? Life is like a parking spot; you have to be in the right place at the right time. My clientele expanded, and I ended up doing the flowers for the United Nations' 60th anniversary celebration in San Francisco. Then people started asking me to decorate the venues for their parties, and eventually to design their homes. It was all through word of mouth.

How has your USF education helped with your career?

Without USF, I wouldn't be where I am. And because of USF, I knew the ins and outs of running a business, like my flower shop.

What are you up to these days?

I own my own retail store, J. Rachman, on Market Street across from Zuni Cafe. And I design for clients all over the world — Oprah, Madonna, Sarah Jessica Parker. I was born in Indonesia, so I do a lot of work there, in homes, villas, and hotels. I design exteriors, interiors, logos, worker uniforms, letterhead. A benefit of never receiving a formal design education is that I break all kinds of rules.



unanimously approved for fellowship in the International Society of Barristers.

'84 BROTHER ROBERT SCOTT CLARK MA is part of a new community of the Marist Brothers in Austin, Texas. Known as a "Community of Welcome," the seven members welcome young adults to share in prayer, community, and service. Robert is a campus minister at the University of Texas at Austin.

'85 MARY ESTHER RUSSO MA is an author and psychologist who helps individuals enrich their sense of self through personal development. Mary lives in California with her husband and has two grown children.

'87 PAUL BONAPART JD married Lisa Levin in a summer garden wedding celebration with close family and friends. For the last 30 years, Paul has been working as a financial adviser. Paul is president of Financial Security Planning Services Inc.

THE REV. MICHAEL SKLUZACEK MA has been appointed by Archbishop Bernard Hebda to the faculty of the Saint Paul Seminary in St. Paul, Minnesota, as director of pastoral formation.

'88 CYNTHIA JOANNE BRAWLEY MA retired after almost 30 years as an elementary educator in California's Central Valley. "Thank you USF for the excellent training and education. You prepared me for the opportunity of finding an outstanding position at not only one, but two honored schools, located in an area that grows crops that sustain people all over the world."

JAN MELSEN MBA is a consultant, corporate trainer, and business school lecturer in Brussels, Belgium, after representing Butterfield & Butterfield Fine Art Auctioneers in Europe for over 10 years. Each year, he participates in the USF MBA Alumni Circle meeting in Europe.

DEBORAH BRADFORD STANLEY MA, published a book with ABC-CLIO/ Libraries Unlimited, *Practical*

Steps to Digital Research, Strategies, and Skills for School Libraries.

'89 CHERI L'ORANGE ETHEREDGE EDD, a nursing professor and nursing department chair, was named teacher of the year by the Contra Costa Community College District. She was selected by a faculty vote and was honored at a dinner in September.

JANICE BETH KAPLAN-KLEIN MPA moved with her husband in 2018 to Mirabella Seattle, a retirement community. "We travel extensively. I maintain my RN license in order to volunteer with the Seattle-King County Public Health Reserve Corps."

'90 ARNULFO CEDILLO EDD has served as interim vice president for student services at Santa Ana College and interim academic dean at Urshan Graduate School of Theology in St. Louis since retiring in June 2017.

MICHAEL R. FRALEY MA was a featured poet in the May issue of *Better Than Starbucks*, a poetry journal. His poem, "Encounter with a Tapir," was the editor's choice of the formal poetry group.

'92 NATALIE TWEDDALE DAPRILE JD celebrated 20 years since the founding of the Daprile-Bell Family Law Offices in Santa Clara County.

'94 KAREN BENKE MA was recently awarded a writing residency at Numeroventi Design Center in Florence, Italy. She leads writing adventures at The Writers Nest in the Bay Area and internationally.

BRIDGET PORTER MA spent a weekend with the Jesuits at Bellarmine College Preparatory in San Jose, where her oldest son, Nicholas Metz, is a freshman. "I am so excited for his Jesuit journey and grateful that the Jesuits will instill in him a love of God,

#USFCAalumni | Grace Harriett MA '12



@gharriett: Just a few #usfcaalumni & #SHaREalum reunited as roommates. We're the old kids on the inner Richmond block. #USFCAalumni

WE WANT TO HEAR FROM YOU!

Tell your fellow Dons what's new in your life — career, family, travel, and other activities. It's easy. Send us pictures and news about what you're doing. You might be featured in these pages.

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94117-1080

Please include your name, class year, degree, and phone number (in case we need to contact you).

a faith that does justice, and the importance of serving the greater good. Go Bells!”

'96 CATHERINE GREENSPAN MA is a licensed agent with New York Life Insurance Company. She began her financial services career in 2004. More than a decade later, she published her young adult novels, *The Veronica Series*, in 2017, which were based on her master's thesis.

'97 LAURA KYRIAZIS JD joined Metallicus Inc. as senior counsel for commercial and product and also privacy, trademark, and general corporate matters. The company's flagship product is a cryptocurrency digital wallet called Metal Pay.

'99 STEPHANIE A. STONE MPA, chief deputy director of military and veterans affairs for the county of Los Angeles, developed the “Spark the True You” program for female veterans in the Los Angeles area in partnership with the WNBA champion LA Sparks. The first of its kind, the program connects female veterans in a yearlong program with professional athletes.

'01 JEFFREY DAVID COOK MNA started a new job as chief communications officer at California State University, Long Beach. Before that, he led the strategic communications and brand management unit at California State University, Fullerton, since 2008. On Dec. 31, Jeff married Drew K. Ishii in Laguna Hills, California.

'02 JONATHAN (JAY) DEGOOYER JD joined San Francisco-based Narvar in July as its first general counsel, after nearly five years at Marin Software.

'02 RONALD HOLT MPA was inducted as a distinguished fellow of the American Psychiatric Association in May.

'04 JASON BERGADO MS is IT director at Box, a tech company in Redwood City, California. “Thanks, USF, for instilling and helping me further develop great values in my career!”

KRIS RODRIGUEZ MSOD received certification for the Leadership Circle Profile (LCP), a tool to help leaders understand how they inspire others and how their natural reactive tendencies might appear in times of stress.

'05 MYSTI BERRY MFA's short story about murder appeared in the September/October issue of *Alfred Hitchcock Mystery Magazine*. Her short story about reproductive rights and murder in 1930s Bisbee, Arizona, appears in the anthology *LadyKillers*.

'06 RONDA M. EVANS MA welcomed her first child, a son named Isaac, with her husband, with whom she celebrated her 10-year anniversary one month later. “We feel so blessed and grateful.”

CARMELA MARIE SANTOS MS became an environmental planner in the Philippines after passing the licensure examination in June.

'07 RUTH STEVENS KRUMBHAAR MA has a private psychotherapy practice called WellTherapySF in San Francisco. She also enjoys designing interiors and selling real estate.

JILLIAN LONTAYAO MA and her husband, Anthony, welcomed a baby girl in September. Their oldest son will be 3 in December. Jillian is director of operations for Encore Volleyball Club in Redwood City, California.

YUMI WILSON MFA published a book called *The Social Media Journalist Handbook*.

'08 ARI BARUTH JD became a deputy city attorney for the city and county of

San Francisco, specializing in construction and public contracting.

HEATHER BOSHEARS JD joined Hoge Fenton Jones & Appel as an attorney in the trusts and estates practice.

CHANTAL HAYES MA has a private psychotherapy practice, Banyan Tree Counseling, in Winston-Salem, North Carolina. She is married and has three children. “I thank USF for being the backbone of my professional success!”

BRUCE GENARO MFA published *When Stars Align*, inspired by the true story of the last prince of Italy. He learned about the prince in a newspaper article during his time studying at the American International University in London.

KRISTINA MARUSIC MFA was honored by the Group Against Smog and Pollution (GASP) with the Michelle Madoff Award of Environmental Excellence, recognizing her work to improve the environment of southwestern Pennsylvania. A reporter for Environmental Health News, she covers issues related to environmental health and justice.

'09 RACHEL SUSANNE SEARS CASANTA MA was elected to the 2019–20 board of directors for Triathlon Business International, an organization that advances the business and sport of triathlon.

E. MICHAEL CHELSKY MA teaches digital media at Independence High School in the Sunset District in San Francisco.

ANNIQUA RANA EDD's debut novel, *Wild Boar in the Cane Field*, is a celebration of the rural women of Pakistan.

KEVIN KELLY EDD co-authored an upcoming book *Going Alt-Ac: A Guide to Alternative Academic Careers*, designed to help people

#USFCAalumni |  Matt Nazario-Miller '15 M.Ed.



@MattMNazario: #USFCA RAs turned #ResLife #SAPro from coast to coast! It's always amazing to see colleagues who share the same roots doing big things. #USFCAalumni

with advanced academic degrees consider their career options.

R. HARRISON EDELL MSEM was promoted in 2018 to chief mission officer and executive vice president at the Dallas Zoo. He supervises education programs that reach 1.2 million guests annually, oversees field projects and strategic partnerships targeting 12 key conservation initiatives, and directs animal husbandry programs for approximately 6,000 animals.

JENNA RUTH ELLIOTT MA married David Elliott in Napa in June.

'10 KEVIN CHRISTOPHER JD has been named to *Conscious Company* magazine's list of Top 22 Conscious Business Leaders of 2019. Kevin is the principal and founder of Rockridge Venture Law in Chattanooga, Tennessee.

KELSEY RAE DIMBERG MFA published her first book, *Girl in the Rearview Mirror*, and the *New York Post* named it a best book of the week. The noir novel tells the story of a glamorous, privileged political family and their nanny.

CHERYL WOZNAK EDD says the education she received at USF opened up several new career opportunities for her in Piedmont Unified School District. She first served as an elementary principal for two years, then moved on to be a director of curriculum and instruction for four years. She just completed her first year as an assistant superintendent of educational services.

'12 STEPHANIE FLETCHER MA has a growing private practice in San Francisco where she provides therapy for adults, college students, and adolescents.

TERRI FORMAN MSOD became executive director of First Graduate, an education nonprofit in San Francisco, in June.

BRIAN KEENEY MA graduated from USF along with his daughter, **CIERRA KEENEY '12**, both with master's degrees in education. Cierra married Bryce Huff on Aug. 17 at St. Theresa's in Lake Tahoe.

SHEREE SEKOU EDD published a book, *What A Difference A Change Makes!* She is a motivational speaker, international facilitator, leadership coach, and owner of Sheree Sekou Consulting, a global learning and development firm.

LEUWAM TESFAI JD was appointed by Gov. Gavin Newsom as chief of staff to Commissioner Genevieve Shiroma at the California Public Utilities Commission.

'13 KELLAN MARTZ JD joined the boutique firm of Hobson Bernardino + Davis, specializing in affordable housing development for low-income people, seniors, and veterans.

ALEN MIRZA JD published his first book in July, *A Practical Guide to Using International Human Rights and Criminal Law Procedures* with USF law professor Connie de la Vega.

PATRICK MOSES MUSIBI MA is a child protection specialist with UNICEF Cameroon. His agency provides support services to conflict-affected children and strengthens community-based child protection.

CHERYL OSSOLA MFA's debut novel, *The Wild Impossibility*, was published in May by Regal House Publishing. A mix of contemporary and historical fiction, the book is about a woman, Kira, who believes she's living the memories of someone she's never met, whom she eventually decides is her grandmother.

'14 CANDACE "CANDY" CAMPBELL DNP is a professional actor and Florence Nightingale research historian and has signed with a theatrical agent for her third solo show, “An Evening With Florence Nightingale: The Reluctant Celebrity.” To celebrate Nightingale's 200th birthday (May 12, 2020), she will lead a tour of Nightingale's London and Paris.

ALEJANDRO RODRIGUEZ EDD is president of the Salesian University in Mexico City. “My doctoral studies at USF have been key in this role, as they were the perfect match between leadership, research, humanism, and service to college students. As leader of the Salesian University, every decision makes me invoke the most important thing I learned in the USF experience: People matter.”

'15 CLAUDIA FLORES MS took a job with Charles Schwab in San Francisco this year and since then has been promoted to senior UX researcher and is lead for their new line of retirement products.

ANGELA GALA MA is a blogger and Instagrammer representing millennials in museums.

DINA SOFI MA married the love of her life on June 12. She also works as a coordinator of the academic research section at English Language Institute at King Abdulaziz University in Saudi Arabia. “I miss USF. I miss San Francisco.”

SARAH ANNE THOMPSON JD moved to Los Angeles to join Hersh Mannis LLP after working as an adjunct professor at the USF School of Law teaching legal drafting.

'16 VIRGINIA MEADORS BARRETT MFA's poetry collection, *Between Looking*, was published by Finishing Line Press in May.

JESSAMYN PHILLIPS MPH, DNP '19 gave birth to her daughter, Claire McKelvey, five days after graduation. On Aug. 1, she passed the family nurse practitioner certification exam. “Finally, this past weekend, I hiked Lassen Peak.”

'17 NANCY GABALDON MGEM was hired as the digital content manager for the U.S. National Guard Association in Washington, D.C.

JOHN LAMBERT MBA and his wife, Kristen, became parents to Madeline Virginia Lambert, born in September 2018 in Redwood City, California.

BRANDON CHASE LANTRIP MA works at the U.S. Attorney's Office for the Northern District of California in San Francisco as a financial technician. In August, he was promoted to budget analyst. A native of the Sunset District, he lives in San Francisco with his wife, Lin-Pei, daughter, Kaia, and son, Logan.

MIRIAM GRACIELA MENDOZA-MOODY MNA has been working for nonprofits for over 10 years and recently joined The Nature Conservancy as executive assistant to the chief development officer.

MANUEL ALEJANDRO PÉREZ EDD married his partner, Juan Raul

Gutierrez, on Dec. 20, 2018, in Tequila, Jalisco, México, at Hacienda El Centenario. They were joined by family and friends, including fellow USF graduate **OLIVIA MUÑOZ '17**.

SHANDA N. WHITTLE MSN published her first book, *Can't Find My Way Home: Memoir of a Wounded Healer*, about her transformation from disabling childhood illness in a home of domestic violence and alcohol addiction to mental health nurse. Shanda is a DNP student at USF, due to graduate in May 2020.

'18 SABRINA ALLER manages the customer service department for a West Coast dessert distributor and joined the executive MBA cohort at Sonoma State University in September.

NICHOLAS P. DAHER MNA accepted a job as a development assistant at Peninsula Open Space Trust.

DESMOND NARAIN DOULATRAM MA is a professor at the College of the Marshall Islands. The capstone he developed for his graduate program was published and archived in the German National Library. "For this, I can't help but thank the University of San Francisco for giving me this moment!"

KATIE DOLAN MAT took on two long-term substitute teaching positions and fell in love with the students and the school in Millbrae. She has now accepted a position teaching sixth grade. "I am excited to be embarking on this journey as a teacher in the field of education."

'19 GLEN RYAN FLORES ALEJANDRO MAT has started a full-time

teaching position at the Academy of Art University in San Francisco.

TRAVARUS FAUNTLEROY MA is a diversity and inclusion program manager at Facebook, something he was hoping to do when he wrote his master's thesis on "Diversity and Inclusion in Tech." He also launched a T-shirt collection called Fauntleroy.

DEIRDRE JONES MSN, MPH is a school district nurse near Elk Grove, California. "It is the perfect job for a new grad who wants to enter the field of public health as a nurse, and I just bought a house for nearly the same monthly payment I am paying for my Bay Area apartment. Life cannot get any better!"

FOR MORE CLASS NOTES, VISIT
usfca.edu/magazine/archive

in memoriam

1940s

William Figari '41
John Gibbons '42
Flora Praszker LMA '42
Robert Asselin '43
Catherine McGowan LMA '43
Greg Collins '44
Sr. Patricia Rielly, OP LMA '44
Letitia Deibert LMA '46
C. Allen Wall '47
Cathryn Brash LMA '48
Gordon Sutliff '48
Terrence Merkel '49

1950s

John Buckley '50
John Merrill '50, JD '53
John Mitchell '50
John Piacitelli '50
Paul Schramka '50
James Collins '51
Roy Drury Sr. '51, E '55, E '57, MA '58
Steve Kucer '51, E '52
James Page '51, E '64
N. Edward Denton JD '52
Robert MacDonald '52
Raymond Ryan '52
Eugene De Martini '53
James O'Brien '53
Edward Boscacci '54
William Cox '54
Mary Therese Torre LMA '54
Bette Gaestel LMA '55
James Halligan '55
John Hannon '55
Clara Hansbery LMA '55
James Lopes '55
Hugh O'Connor '55
James Ramsey '55
Frank Brass '56, JD '60
Miguel Castillo '56
John Doyle JD '56
Gerald Lane '56
James Ryan '56
Curtis Thomas '56
Alice Callagy LMA '57
John Fitzsimmons JD '57
Sheridan Loyd '57
George Bianchi '58, JD '62
Kenneth Houle E '58
Judith Lucier '58
J. Philip McGee '58
Fortunata Oliva E '58, MA '58
Richard Reimer '58
Nicholas Scocca '58
Robert Gray '59
Benjamin Jorge '59, BS '61
Donald McFarlane '59
John McNamara '59

Francis Mulholland '59, E '60, E '63, MA '66
Bernard Schneider '59, E '64

1960s

Wallace MacDonald '60
Mary Brandl '61
Anthony DeBellis E '62
Loretta DiRienzo LMA '62
Louise Keating '62
Faye Liu LMA '62
Arthur Rotter '62
Gerald Davalos '63
John Dervin '63
Steven Kunath '63
Barbara Angela Leedom '63
John Murphy '63, JD '66
Howard Eggers '64, JD '67
Cecelia Forney LMA '64
Michael McGreevy '64, MBA '74
Philip Montesano '64, E '65, E '67, MA '67, E '74
Robert Roemer '64
Kenneth Berry '65
Marilyn Burke LMA '65
Janice Erickson LMA '65
Bernard Pedlow JD '65
Margaret Brannen '66
Marsha Cassas LMA '66
Deacon Clark Goecker '66
Sr. Mary Herbella, OP MA '66
Ellen McCarthy '66
Clayton Tipping JD '66
Donald Whitman '66
Charles Freeman '67
Maria Pesely MA '67
Gerald Taylor '67
Sr. Joan Chatfield MA '68
Paul Flynn JD '68
Dennis Healy JD '68
Nelson Hunter '68
Walter Kushnir '68
Salvatore Lima JD '68
John Ringseis '68
David Smith '68
J. Michael Cabarrus '69
David Cresto '69
Richard Crookham '69
Robert Meyer '69
Susan Mickelson '69
Judith Monahan LMA '69
Dianne Prindiville '69
William Scanlon '69
Hazel Toma-Brooks LMA '69
Richard Wurdeman JD '69
Jeanne Zimmerman '69

1970s

Robert DiGrazia '70
Sandra Ledford '70

Francis Mulholland '59, E '60, E '63, MA '66
Bernard Schneider '59, E '64

Msgr. T. O'Sullivan MA '70
Paul Rodgers '70
Martin Gonzalez Bravo '71
Sr. Marie Lonich SND '71
Delbert Henry '72
George Rowan '72
John Hollingshead '73
George Kellum MBA '73
G. Pryor MA '73
John Shafer E '73
James Coyne '74
Miguel Gadda JD '74
James Jones JD '74
Sr. Kathleen O'Sullivan, BVM MA '74
Craig English JD '75
Edward Tennant '75
Shirley Bennett '76
Lynn Carew JD '76
Barry Deadder '76
Daniel Murphy '76
Archie Roboostoff '76
Linda Sampson JD '76
Stephen Staples JD '76
Leola Washington MA '76
Sr. Annice Callahan, RSCJ MA '77
Joy Luster LMA '77
Richard Ruiz MA '77
Sally Salans LMA '77
Elizabeth Warrick '77
Robert Appleton '78
Clayton Barbeau LMA '78
Annette Barbier E '78, MA '78
Dorothy Buller MA '78
Arleen Chow '78
Sue Davidson MA '78
Gerald DeVries '78
Walter Klocko Jr '78
Patrick Krout '78
J. Capers Mahon Sr. '78
David Molasky-Arman JD '91
Eugene Samuelson MA '78
Timothy Stites MA '78
John O'Brien MA '79
Mary O'Brien MA '79

Charles Barragan '80
Clarence Faulkner '80
Michael O'Brien '80
Kenneth Siegler '80
Sr. Marie Borden OSF MA '81
Manuel Coreris '81
Marjorie Crawford E '81, MA '81
Carroll Geer '81
Sr. Bertrand Lieux, CSJ MAS '81
Carla Mota BPA '81
Carlos Ramos E '81, MA '81
William Zimmerman MBA '81
Shirly Oshiro '82

Robert Serbin '82
Sr. Dorothy Bushnell Edd '83
Sr. Katherine Cassidy, RSCJ MAS '83
Wilson Dean MS '83
Carol Denehy '83
Ronald Larsen MA '83
Phyllis Molinelli '83
Brian Hynek MA '84
Melanie Kuhnel '84, MPA '93
Donna McCartney '84, MHR '86
Frederick McNally EdD '84
Irwin Tallarico EdD '84
Linda Thompson JD '84
Curtis Cooper EdD '85
Ronnie McNair '85
Hilda Mindling MHL '85
John Collins MA '86, EdD '95
Chales English JD '86
Merrienne Hoffman '86
Gary Judd JD '86
Br. Raphael Phandinh, FSC, EdD '86
Stanislaus Sobczyk EdD '86
Max Thomsen MPA '86
Carol Davis '87
Christopher Dawes MBA '87
Donald De Long EdD '87
Gail Maloney MA '87
Steven McLaughlin MPA '87
Elizabeth Bermudes MA '88
Lorraine Davis '88
Rose Marie Gilb MA '88
James Maloney '88
Ellen Vanden Brink MHR '89
Carol Robbins-Miller '89
Karen Steinbach MA '89

1990s

Frances Miller '90
Margaret Kerns MA '91
Alice Molasky-Arman JD '91
Robert Rackstraw '91
Linda Esparza '93
Nancy Feinberg '93
Carol Freeman JD '93
Linda Ludwig MA '93
Raymond Mosley C '95
Naomi Hardin Cantrell '96
Casianitas Posner C '97
Sr. Lillian Murphy, RSM HON '98

2000s

Joan Lannertone '03
Karen Chan '04
June Putnam-Goldsmith '07

2010s

Ashley Praplan MA '10
Liberty Eisenhart MAT '11

Save the Date 2020

EVENTS AND ACTIVITIES FOR ALUMNI AND FRIENDS

FEBRUARY 25

Day of the Dons
Change the world in just one day.
Join us: usfca.edu/giving/day-of-the-dons

FEBRUARY 29

Peninsula-Silicon Valley Alumni Dons in Action
Community service project at St. Anthony's Padua in Menlo Park.

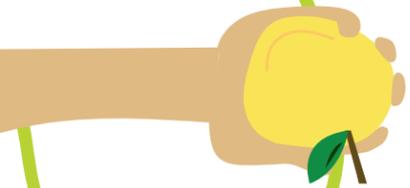
MARCH 14

San Francisco Alumni Dons in Action Helpy Hour
Community service project at St. Anthony Foundation Clothing Program in the Tenderloin followed by happy hour.

MARCH 19

Women in Leadership & Philanthropy Annual Spring Symposium
Motivational speakers, interactive breakout sessions, and networking opportunities.
Early bird registration opens Dec. 15:
usfca.edu/giving/women





how to fuel a victory

Alyssa Haberman RDN, nutritionist for USF Athletics, talks food for fitness

By Evan Elliot
Illustration by Ji Eun Yang

1 Can foods really enhance athletic performance?
Absolutely. Eating from the five basic food groups at most meals is key: fruits, vegetables, grains, protein, dairy — every day. All five feed and fuel our muscles, brains, bones, and vital organs.

2 Do different sports call for different foods?
No. But different sports call for different proportions of food. Soccer's a high-intensity sport, so half of your dinner plate will be covered in pasta or another carbohydrate-rich grain. Golf is a low-intensity sport, so half of your plate will be fruits and vegetables, plus one-quarter protein and one-quarter grains.

3 Do you address the whole student athlete — body, mind, and spirit?
Yes. Be mindful with your eating. It's hard to focus in class if you ate a donut for breakfast. And it's hard for your spirit to soar when your stomach is grumbling. I want you to develop healthy eating habits for life, not just while you're here at USF.

4 Which nutrition myth do you wish would die?
The "alkaline diet." It has zero scientific basis. If you eat a tomato, which is acidic, it will not make your body more acidic. Your body maintains its proper pH regardless of how acidic or alkaline your foods are. So eat that tomato!

5 Which performance foods should we all eat, whatever our age or athletic ability?
To build and fuel your muscles, lean proteins and dairy items like milk, cottage cheese, Greek yogurt. To recover from exercise, chocolate milk. To keep your gut happy, fruits and vegetables — the more colors on your plate, the better. Ketchup doesn't count.

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