

HUMAN BIOLOGY

STANFORD UNIVERSITY

50 YEARS STRONG: A MILESTONE TO REMEMBER

The year 2021 represents a major milestone for the Program in Human Biology; it is the year in which it celebrates fifty years of training young scholars and leaders to bring an interdisciplinary perspective to bear on significant human problems.

Despite operating remotely, the Human Biology team was committed to honoring this momentous occasion with a four-part series of inspiring virtual talks. Hosting these events in a virtual format also meant that a larger number of alumni could participate from across the country. Kicking off in February, these virtual panels and presentations featured some of the program's wonderful faculty and alumni and provide a glimpse into what makes HumBio the unique and robust program it is today. We explored the current state of the HumBio Core; discussed food and its intersection with health, social justice, and the planet itself; dove into some of the great mysteries that lie in the flora and fauna of the Galápagos Islands; and reflected on what it means to be a leader in the face of adversity and how we can collectively work towards a safer and more equitable future for all.

The culmination of the celebrations was this fall's fiftieth reunion celebration. On Friday, October 22, 2021, faculty, staff, students, and previous program leadership came together in the tent on the lawn between the Main Quad and the Engineering buildings. Despite a weekend of projected thunderstorms and atmospheric rivers, skies cleared as guests began arriving and the Human Biology banner glistened in the sun.

Opening the celebration, Lianne Kurina, the Bing Director of Human Biology, offered words of gratitude: gratitude for our students who continued to contribute to their communities and engage in their intellectual journeys remotely for nearly eighteen months; gratitude for the HumBio faculty and staff for stepping up their educational game and continuing to provide a community of stability and support for our students; gratitude for the incredible previous program directors and their remarkable work, care, and leadership to help grow and sustain the program; and gratitude for finally being able to celebrate the success of our beloved program in-person with so many wonderful people.



FROM LEFT TO RIGHT: HERANT KATCHADOURIAN, BILL DURHAM, CRAIG HELLER, RUSS FERNALD, PAUL FISHER, LIANNE KURINA

“The proof that the program has been successful is sitting here right in front of me,” Kurina said. “You, together with thousands of other fantastic Human Biology alumni, have gone on to contribute to the well-being of humans and our planet across diverse fields and endeavors. It is thrilling and humbling to be connected to this community.”

The Vernon R. and Lysbeth Warren Anderson Dean of the School of Humanities and Sciences, Debra Satz, echoed Kurina’s sentiments, noting that the community came together to create a program that is truly loved by the students, alumni, and faculty alike, which she joked is not actually as common as one might expect.

“The idea [the founders] created — HumBio — remains as relevant today as fifty years ago,” she stated. “You can’t understand these [complex] issues solely within a single discipline. Finding solutions and advancing knowledge will very often require collaborations across many different fields and HumBio is an exemplar and it’s testimony to the fact that at Stanford, the obstacles to such collaborations are very low, sometimes I think they’re nonexistent.”

And approaching a complex topic or issue from a multitude of disciplines was a major highlight of the four keynote speakers. Each speaker took

a different approach to the theme of wellness, aging, and meaning.

Opening the talks was Mercedes Carnethon ‘96, the Mary Harris Thompson Professor and Vice-Chair of Preventive Medicine at the Feinberg School of Medicine at Northwestern University. Through her presentation, *How Critical Periods in Young Adulthood Contribute to Health in Middle- and Older-Age*, Carnethon explained that a person’s early life environment sets the stage for what happens in mid-life. Critical health behaviors such as sleep, alcohol and drug use, psychological well-being, and an individual’s dietary intake as well as environmental and social factors all contribute to some of the leading causes of death later in life including heart and lung disease and cancer. Summarizing epidemiologic literature on healthy longevity, Carnethon emphasized that in creating healthy cities and healthy environments, we have the opportunity to lower health risks for individuals in the middle and older stages of life.

Herant Katchadourian, Emeritus Professor of Psychiatry and Human Biology, took everyone back to the days of his famous Human Sexuality



DIRECTOR KURINA SHARES CONGRATULATORY REMARKS TO OPEN THE CELEBRATION

course. In his talk, *Aging and Sexuality*, he dove into how sexuality changes with age in the physical, behavioral, and interpersonal realms. From the loss of function to the phenotypic changes that come with age to the inevitable death of loved ones, we experience many physical and emotional changes. And while many view these changes as a loss, Katchadourian explained that “this new phase of life requires its own adaptations. [...] The only rational choice is to adapt to the relentless march of time and aging by lowering our expectations of what our bodies can do physically and sexually.”

Alisa Mallari Tu ‘90, the CEO and Facility Director of Gordon Manor, an assisted living facility for long-term elderly and Alzheimer’s care, shared her rare and important perspective on the aging experience



in her presentation, *You Don't Need Your Memory Here: Stories From the Field*. Mallari Tu highlighted shared experiences of some of the manor's residents and their loved ones, including those of Don Kennedy. "The feelings of connection, care, warmth, safety, and joy, all do not require your memory," she said. She stressed that too often we think of Alzheimer's and dementia as the loss of identity and the loss of the self but, if you can look beyond the loss of memory, you can find beauty, meaning, compassion, and joy in a person, a family, and a community.

Finally, Donna Zulman '00, presented *Fostering Humanism and Meaningful Connection in Clinical Care (and in Life)*. A clinician and an Associate Professor of Medicine in the Division of Primary care and Population Health at Stanford, Zulman described her important study, Presence 5, which identifies five key practices clinicians can use to foster meaningful connections with their patients: preparing for each meeting with intention, listening intently and completely, agreeing on what matters most, connecting with a patient's story, and exploring emotional cues. These five practices can be extended beyond clinicians and can in fact be used by everyone to connect in meaningful ways with our loved ones, in our work, and in our communities.

As Kurina reflected in the program's fiftieth history book, "the program's unwavering dynamism and success is attributable to the remarkable insights of the founders, the dedication and passion of the faculty, and the energy and ideas of our incredible students." This continues to hold true today.

Two years since the last reunion, the event was not only a celebration of the program but also a celebration of finally coming together again. The tent was filled with joyful chatter as attendees reconnected and reunited with old classmates, mentors, and friends. Laughs echoed the room, hugs were shared, and glistening eyes and glowing smiles behind the masks were visible in all directions. Our students connected with alumni, sharing their research projects with great enthusiasm and pride and reflecting on their HumBio experiences.

The study of the human being from biological, behavioral, social, and cultural perspectives in today's complex environment is more important than ever. "While we don't know what the future holds for our world, one thing is certain: our students leave Human Biology as innovative and critical thinkers" (Kurina, *Visions for the Future*). Here is to another fifty years of innovation, interdisciplinary education, and making the world a better place!

You can watch the speaker recordings [here](#). On the [50th anniversary tab of our website](#), you can also watch the recordings for our four virtual events, take a walk down memory lane with our collection of submitted alumni memories, check out the second edition of our program's history book, and read through our interactive timeline of the program's leadership and development over the years.



MERCEDES CARNETHON '96
ANSWERS AN AUDIENCE QUESTION



SYDNEY NAGY '23 DISCUSSES HER
PROJECT WITH AN ALUMNI

© 50th Photos by Carlos Seligo



PHOTOS FROM THE 50TH



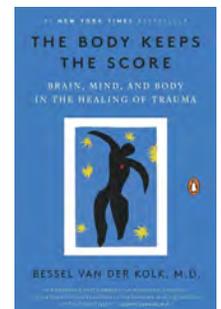
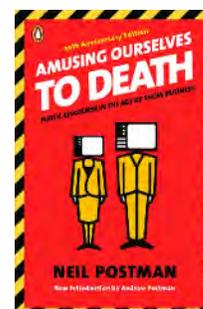
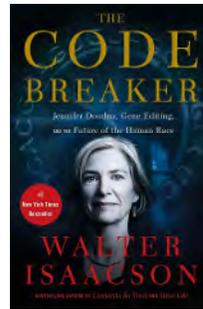
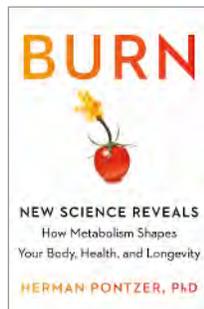
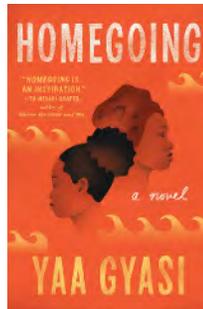
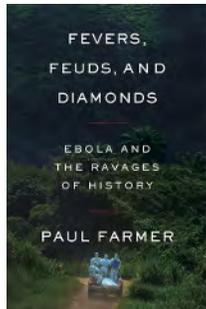
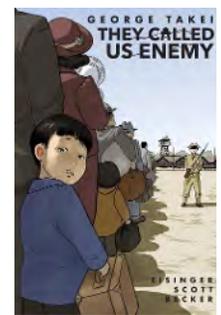
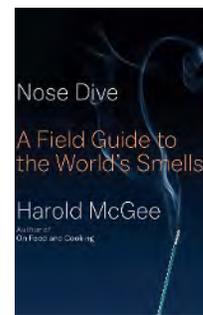
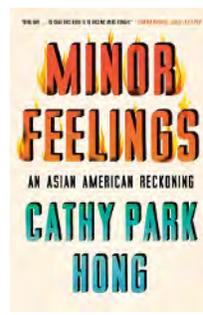
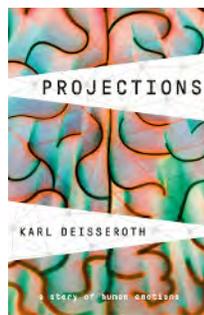
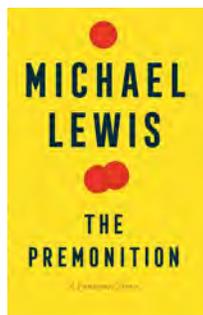
REUNION CELEBRATION



HAVE PHOTOS FROM THE EVENT TO SHARE? PLEASE SEND THEM TO
JESSY FRYDENBERG AT FRYDENBJ@STANFORD.EDU

HumBio Bookshelf

Books recommended by HumBio faculty and staff



HUMAN BIOLOGY SPOTLIGHT HENS, HORSES, & HEMOGLOBIN

On Monday, October 11th, the Human Biology Spotlight program—led by Jennifer John and Sofia Schlozman—organized an event with Professor Lianne Kurina. Titled *Hens, Horses, and Hemoglobin: My Life Outside and Inside Science*, the event enabled students to hear more about Dr. Kurina’s journey to her current position as Associate Professor of Medicine and Bing Director of the Program in Human Biology. Dr. Kurina began the event by speaking about her undergraduate years, her graduate school experience, the jobs she worked before coming to Stanford, and her hobbies outside of work. The second half of the event was structured as an open Q&A in which Dr. Kurina and the attendees discussed topics including how to make Stanford feel like home, how to try new activities in college, how to find one’s path in Human Biology, and what it’s like to enter a career in academia. Event attendees came from all class years

and brought a variety of perspectives on their Stanford journey, creating a rich conversation that allowed each attendee to weigh in and offer their own ideas and questions to the rest of the group. The event concluded with an opportunity for guests to enjoy boba as they continued to chat with each other. Overall, *Hens, Horses, and Hemoglobin* was a lovely opportunity for human biology students of all years to learn from each other and Dr. Kurina in a way that was much-missed after over a year of entirely remote Spotlight events.

– Event summary by Sofia Schlozman ‘22 and Jennifer John ‘23

This event was sponsored by the Bingham Foundation Fund for Student Innovation. This resource provides our bright and caring undergraduate students with an opportunity to boost their leadership skills by innovating and creating educational and inspiring projects for the Stanford community and beyond.

Dr. Paul Fisher Reappointed as a 2021 Bass University Fellow

Congratulations to Dr. Paul Fisher who was reappointed the Dunlevie Family University Fellow in Undergraduate Education on October 22, 2021. He was first appointed to the fellowship in 2016.

The Bass University Fellows in Undergraduate Education Program recognizes faculty for extraordinary contributions to undergraduate education.

Fisher, who directed Human Biology from 2011–2019, teaches in the HumBio Core in 4A: The Human Organism and also teaches the upper-division course HumBio 154C: Cancer Epidemiology. He also advises a number of HumBio students.

Read the full announcement [here](#).



A Celebration of Donald Kennedy's Life

On Sunday, October 24th, members of the Stanford community came together at Stanford Memorial Church to honor and celebrate the life of Donald Kennedy, Stanford's eighth president and one of the founders of the Program in Human Biology. The service included reflections from family, friends, and former colleagues and beautiful performances by the Stanford Fleet Street Singers.

"As the memorial ended, Kennedy's own voice echoed through Stanford Memorial Church as an audio recording played over the speakers. Several audience members nodded knowingly as Kennedy recited one of his favorite quotations from former Illinois governor and presidential candidate Adlai Stevenson, which he often shared with graduates during Stanford's annual Commencement Ceremony:



© Andrew Brodhead

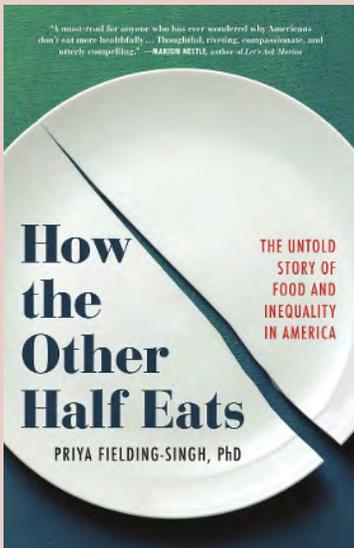


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"Your days are short here; this is the last of your springs. And now in the serenity and quiet of this lovely place, touch the depths of truth, feel the hem of Heaven. You will go away with old, good friends. And don't forget when you leave why you came" ([Stanford Report](#)).

A recording of the memorial service can be watched online [here](#). The Office of the President also produced a legacy video about President Emeritus Kennedy that you can watch [here](#). For those who may have missed it, we in Human Biology also produced a [tribute to Kennedy's legacy](#) in Human Biology in 2020.

NEW BOOK BY PRIYA FIELDING-SINGH



Guest Core Lecturer and one of the panelists for our [April virtual event on food systems](#), Dr. Priya Fielding-Singh published a new book this November entitled *How the Other Half Eats - The Untold Story of Food and Inequality in America*.

"By diving into the nuances of these families' lives, Fielding-Singh lays bare the limits of efforts narrowly focused on improving families' food access. Instead, she reveals how being rich or poor in American impacts something even more fundamental than the food families can afford: these experiences impact the very meaning of food itself." ([book description](#))

Fielding-Singh is an Assistant Professor in the Department of Family & Consumer Studies America at the University of Utah.



© Priya Fielding-Singh

WELCOME BACK & 2020-21 CORE COHORT REUNION CELEBRATING STUDENTS' RETURN TO CAMPUS

As every member of the HumBio community knows, our large and diverse major is held together by a strong sense of shared purpose and a network of supportive relationships among students, faculty, and staff alike. After over eighteen months of learning, teaching, and operating remotely, the HumBio team was thrilled to provide students with an opportunity to connect and get to know one another, the faculty, and staff in a fun and casual setting.

One HumBio tradition that has been sorely missed these last two years is celebrating the completion of the Core after the final lecture in the spring quarter. In that spirit, students from the 2020-2021 Core cohort, who experienced the Core sequence entirely online, reunited at Terman Fountain to finally meet their classmates and the Core faculty face-to-face, and to snag a limited edition sticker. Professors Gavin Sherlock and Roeland Nusse shared words of gratitude, commending the students for their hard work and perseverance over the last year.

Immediately following the Core reunion, HumBio hosted an all-majors welcome back celebration. Live music played as students, faculty, and staff gathered. A stream of constant chatter and laughter filled the air; and sandwich platters were loaded with delectable options for all to enjoy.

Students who had declared their major while remote had the opportunity to stop by the Student Advisors' table to pick up their

HumBio mug and sticker and to snap a fun photo for the program's Instagram page. At another table, attendees could take their shot at winning a HumBio branded frisbee by correctly matching HumBio faculty with their baby pictures in Guess Who. Attendees also got creative with their hand turkey creations, sharing reflections, words of thanks, and things they are grateful for.

ALL SMILES FROM HUMBIO SAS CARISSA LEE,
ALYSSA FUENTES, AND RAUSHUN KIRTIKAR



BINGO WINNERS BRYANNA GODFREY '22 (LEFT) AND ZOE ONG '23 (RIGHT) POSE WITH THEIR NEW HUMBIO BAGS

Another highlight of the event was playing HumBio themed bingo to win the extremely sought after canvas HumBio bags. From finding a fellow HumBio major who is concentrating in global health to identifying a faculty member who can recite all the steps of mitosis, the game helped to get the conversations flowing and encourage cross-class interactions.



LIMITED EDITION STICKER GIVEN TO STUDENTS WHO COMPLETED THE CORE VIRTUALLY



Cathy Garzio '79 Receives the Amy J. Blue Award



© Andrew Brodhead

Congratulations to Cathy Garzio, HumBio Class of 1979, who was awarded the 2021 Amy J. Blue Award on October 5. The university award honors staff who are exceptionally dedicated, supportive of colleagues, and passionate about their work.

Garzio is the Vice-Chair and Director of Finance and Administration in the Department of Medicine at Stanford Medicine. “Cathy is an amazing leader and a bright star,” Galina Malukhina, the director of finance in the Department of Medicine said. ‘She has created a supportive and engaging culture for faculty and staff in the department, and has modeled for me how to be an effective and caring leader.’”

Read the full announcement [here](#).



© Pac-12

Christina Aragon '21 Named Pac-12 Scholar-Athlete of the Year

Congratulations to Christina Aragon '21 who was named the 2021 Pac-12 Women's Cross Country Scholar-Athlete of the Year. This award honors collegiate student-athletes who are standouts both academically and in their sports discipline.

“Aragon has twice earned USTFCCCA All-Academic recognition in cross country (2018, 2020) to go along with three academic honors from the Pac-12 (2017, 2018, 2019). She has helped Stanford to Pac-12 team titles in each of the past two seasons, along with a West Region championship in 2019. A two-time All-West Region selection in cross country (2016, 2017), Aragon earned All-America status in 2016 by placing 38th at the NCAA Championships. She finished 14th at the conference meet as a freshman in 2016 to earn All-Pac-12 second team honors and received the same distinction this past March when she placed 12th. Aragon has also earned six other All-America honors during her career in indoor and outdoor track and field.”

([PAC-12 Conference Announcement](#))

Director's Message

Dear Human Biology Alumni,
Students, and Friends,

First, I hope that you all
continue to be safe and well.

What a joy to be back on
campus! Seeing the campus
brimming with life and being
back in the classroom with our
incredible students (everybody
masked) have been just
wonderful.

The autumn quarter has been
filled with excitement as we
welcomed our students back to
campus and celebrated our
beloved program's fifty years of
existence. This newsletter will
give you a glimpse into some of
the highlights of these past few
months.

Wishing you all safe and happy
holidays and a wonderful year
to come!



Lianne Kurina, PhD
*The Bing Director in Human Biology
Associate Professor, Primary Care &
Population Health
Director, Stanford Military
Data Repository*



DO YOU HAVE EXCITING NEWS OR STORIES YOU'D LIKE TO SHARE?
DO YOU WANT TO LEAD A CAREER WORKSHOP ?

HUMBIO WANTS TO HEAR FROM YOU!

JOIN AND POST IN OUR [LINKEDIN](#) GROUP, SHARE YOUR STORIES
ON OUR [WEBSITE](#), OR SEND IT TO [Jessy Frydenberg](#).



Get the latest updates and see what's happening in HumBio with our
new and improved Instagram and Facebook pages! Tag
[@stanfordhumbio](#) to be featured on our page.

HUMBIO STAFF

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