I am often asked to describe Human Biology to alumni and faculty. I refer to some of the most incredibly diverse, motivated, and bright people I know. These people appreciate the world from 30,000 feet above, but are also comfortable understanding function at just a few microns. This description is still spot on for today's students. Peruse this newsletter and appreciate how Hum-Bio students serve diverse communities in our world. Whether our students travel to a BOSP program, pursue field work across the globe, earn a Fulbright grant, serve those who need our help abroad, or find yet another way to bring the best of Stanford to advance the human condition, their foundation in Human Biology serves them well. They understand the human being from biological, behavioral, social, and cultural perspectives, and apply their knowledge of such.

As we enter a new era at Stanford under President Marc Tessier-Lavigne's leadership and directive toward a “purposeful university,” Human Biology and its students and graduates are well positioned more than ever to be a global neighbor, teacher, and leader. Find a way that you too can embrace this mission. It is a small – and interconnected – world, after all.

As always, email me pfisher@stanford.edu with your thoughts,
Go HumBio,
and Go Stanford!
Paul

Eunice Rodriguez, Associate Professor (Teaching) for the Department of Pediatrics (General Pediatrics) teaches the Human Biology courses Health Challenges of Human Migration, and Beyond Health Care: the Effects of Social Policies on Health.

In her courses, students learn that social policies can wield a powerful influence on biological health issues. An immigrant to the U.S. herself, Rodriguez emigrated from Barcelona after discovering the topic of public health during her one year stay here to learn English. Now, Rodriguez brings her research, which includes studies in Spain, Germany, China and the U.S., into the classroom.

In Beyond Health Care: the Effects of Social Policies on Health, a key objective is to teach students that social, unemployment, education, and housing programs have significant indirect affects on health.

In Health Challenges of Human Migration, students learn about the disease spectrum and health patterns of immigrants, including how health behaviors change over the course of first, second, and third generations.

Continued on page 2
Learning to evaluate research methods is an important objective in both of these courses, but Rodriguez emphasizes this more when teaching students how to analyze the impact of social policies. By taking the lead on presenting and discussing specific research papers, and in developing policy briefs, students really have to understand the research. “We talk about content, but also about methods and how to evaluate those methods,” Rodriguez said. “I emphasize how different research is done, so students know how to educate themselves and how to talk to others about these topics.”

Rodriguez’ global and local projects focus on health disparities and social epidemiology, within the broader area of public health and program evaluation. She began in Spain where she asked what the impact of 25% unemployment was on health, and asks similar questions about programs and policies in California. Her paper with Dr. Nancy Morioka-Douglas – “Training At-Risk Youth to Become Diabetes Self-Management Coaches for Family Members: Partnering Family Medicine Residents with Underserved Schools” – was featured in World Biomedical Frontiers for its innovation and potential for significant impact.

Rodriguez’ classes are quintessentially HumBio, where students learn how social policy intersects with health. Rodriguez maximizes participation with a student-centric classroom structure and by using novel methods from the Stanford d.school. Shaden Alsheik (HB ’18) said, “We learned about logic models by using materials like pipe-cleaners, and post-it notes galore. It really gave us a different way of interacting. It engaged the creative brain, which fits in the context of the HumBio major in solving problems.” Logic models are used by funders and managers to evaluate the effectiveness of programs.

Another way that Rodriguez engages her students is by charging them with presenting and leading one-third of the quarter’s discussions. Students take intellectual ownership of the material and build valuable presentation skills.

In a coffee-shop interview, Ildemaro Jose Gonzalez (HB ’18) recalled without consulting his notes that, “The Federal Minimum Wage has been stagnant since 2009. It’s still $7.25, so it is effectively lower than in 1968. Studies show that where income inequality is greater, health outcomes are worse.”

Shaden explained, “The USDA found that there are 418 ‘food-deserts’ across the U.S., and the nearly 23.5 million people, including 6.5 million children, who live in these areas lack access to healthy foods.”

Zoning policies that limit fast food outlets are correlated with reduced obesity. A “distance decay” pattern shows that if people have to travel more than 1.75 miles to buy healthy foods, BMI increases. People eat the fast food available in their immediate radius.

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Check out student policy briefs on Rodriguez’ website.
Immigrant U.S. Food Workers, by Maria Chicuen

Recent political focus on immigrants in the U.S. compelled Maria to create a video on the experience of immigrants working in the U.S. food system. She asked them how they got to the U.S., how working in the food system has shaped their lives, what type of work they did in their home countries, what opportunities and difficulties they encountered in the U.S., and if they had to do it all over again, would they still immigrate?

In developing her video, Maria drew from a large number and variety of classes, internships, service experiences in the U.S. food system, and conversations with immigrant food-workers. Her internships ranged from working with Miami’s non-profit Urban Oasis Project, to a summer stint at a ballpark concession with Bon Appetit. Her classes spanned a range of food topics that included obesity in America and sustainability initiatives, like reducing waste in dining halls. She dedicated time each week as an English language tutor for a Spanish-speaking campus worker. She attended the True Cost of American Food conference, which featured panels of the food industry’s heavy hitters. Another organization that Maria learned about was the Kitchen Table Advisors which provides small-scale farmers with tools, and help with business plans. Digging in at the campus, city, and national levels, Maria built her knowledge base of the U.S. food system and the critical role that immigrant workers play in it.

Maria was awarded as a Bill Emerson National Hunger Fellow at the Congressional Hunger Center in Washington D.C.

Stanford Workers Collaborative, by Vanessa Ochavillo

Vanessa’s synthesis project enhanced student engagement with campus workers by organizing events to foster conversations among them. With an interest in journalism and public health, she oriented her community-engaged scholarship by using the cross-sectoral similarity of these three fields in their underlying mission to improve social conditions. She aimed to hybridize these fields in a way that could benefit a marginalized group, which in this case was the Filipino worker community in the South Bay. Storytelling, community building and collaboration were the three pillars of Vanessa’s Stanford Worker Collaborative. Enhanced engagement was achieved through new events and a collaborative newsletter. At the Meet Our Workers event, on-campus Filipino workers shared their stories about moving to the U.S. and what some of their first jobs here were like. In the Workers Appreciation Dinner, students and workers engaged in casual conversation, and collaborated on rap, poetry, and writing based on the theme, “What’s in your heart?”
Local residents are employed in anti-poaching efforts
Karabo (top left) works as an unarmed guard at the Rhino Revolution Orphanage.
Lewyn Maefala (middle left) is a leader in the Black Mamba anti-poaching unit, whose goals are law enforcement, empowerment of women and environmental education.
A sangoma (lower left) is a traditional healer approached by poachers for protective Muthi (magic potions, beads). Rangers organize community forums to ask their help in anti-poaching efforts.

Kinjal Vasavada’s Capstone project is a photography exhibit that shows the plight of rhinos and the people involved in their capture. With the special support of the Bingham Fund for Student Innovation, she opened her exhibit with a reception this spring in the Wallenberg Hall, and her photo story is now on display in the Hum Bio lobby.

Rhino horn is double the price of gold on the black market, due to its rumored curative properties. While skyrocketing demand has proven calamitous to the rhino population in South Africa, it has also come at a human cost. At least 500 poachers have been killed in poaching related conflicts over the past five years – a fact that is largely underreported. Kinjal’s photo exhibit shares the stories of the humans who are impacted by rhino poaching, and hopes to help stop the war over the horn that is, like our fingernails, just a lump of keratin.

To catch a poacher
Conservation K-9 (top right) is a private anti-poaching company that trains dogs to aggressively engage poachers.
Converse shoe prints (middle right) in a nature reserve are a red flag for anti-poaching units, since poachers typically cannot afford boots.
Telemetry devices (lower right) are used to locate rhinos daily. All rhinos in the Greater Makalali Private Reserve are chipped or collared with GPS devices.

Photographs and captions are posted here with permission.
To view the full exhibit, visit Kinjal’s website: kinjaldvasavada.wordpress.com
Tamara Mekler (HB '17) explores the relationship between humans and nature and aims to bridge the gap between the scientific community and the art scene using conservation photography as her storytelling tool. Tamara was awarded the Barbara & Sandy Dornbusch Award for Excellence in Research Related to Families and Children, for her thesis “Effects of Bilingual Exposure on Inhibitory Control and Pragmatic Inferences in Young Children.” To view more of her photography work, visit her website.

Vivian (HB '17) is a prolific blogger for Stanford’s online, de-stress portal, The Duck Stops Here. In her entry entitled, Remember that you are a lobster, Vivian encouragingly puts student stress into perspective. “As we expand our knowledge base and take on more complex and intense coursework, we have been growing. With every challenge, mistake, and triumph, we have been pushing against the confines of our shell, just on the brink of shattering the fine line running between what we once thought of as maybe possible and utterly impossible.” Vivian probes for the deeper meaning in daily experience, and distills her thinking poetically, consoling her readers with an honesty that is at times Seinfeld-esque.

Relax and enjoy a visit to Vivian’s gentler, fearless world by reading her articles in The Duck Stops Here, and the Stanford Daily.

Jazzmin Williams
SA - CA - DJ
Jazzmin (HB ‘17) is a Student Advisor (SA), an incoming Core Course Associate (CA), and DJ. Going the extra mile for students and friends, she compiled a musical playlist to accompany students throughout each week of the quarter. Jazzmin writes encouraging words to go with each song.
Join HumBio in heartily congratulating our students for their outstanding research, creative writing, and service work in local and global communities!

**Firestone Medals for Excellence in Undergraduate Research**

Firestone Medals are awarded to the top 10% of undergraduate honors theses completed in a given year.

Maria Castro’s thesis is entitled, *Quantitative Analysis of White Matter Differences in Children Born Preterm and Full Term*, and was advised by Heidi Feldman (Pediatrics – Neonatology) and Jeffrey Wine (Psychology).

Melissa Eidman’s thesis is entitled, *Still Reservations: Identifying Contributors to Health on the Yurok Reservation*, and was advised by Donald Barr (General Pediatrics), Gabriel Garcia (Gastroenterology & Hepatology), and Sawar Young-Tripp (California Rural Indian Health Board).

**Two Fulbright Grants awarded**

Fulbright grant recipients are chosen “to represent the U.S. and help to promote mutual understanding among nations.”

Vivian Ho will work in Ugandan villages to scale up a comprehensive approach via entrepreneurial models and community-based interventions to improve maternal and child health.

Emily Kelly will conduct research in India to identify and systematically evaluate traditional Tibetan medicines for their antibiotic potential.

**Humansities & Sciences Louis Sadler Prize in the Performing & Creative Arts: in the field of creative writing**

Anthony Milki is a talented nonfiction writer, and a strong advocate for campus-wide involvement in writing and the arts. He brought his experience as a pre-med student into powerful and innovative creative nonfiction on palliative care and ethical choices, joining science and the arts in his presentations.

**Empowering people with disabilities in Thailand**

Oranicha “Natty” Jamreornvong moved across the world to learn how to improve the lives of people with disabilities at home in Thailand, where religious stigma hangs heavily over these health issues. “If a person has a disability, it means they have committed sins in their past life,” Natty said. Read more in the *Stanford Report*.

**Haas Center for Public Service Fellows**

Priscilla Acuna Mena will be matched with a senior mentor and work for 11 months at a host foundation to gain experience in philanthropy, as a Tom Ford Fellow in Philanthropy.

Katherine Bick and Dru Brenner will both work with the Ravenswood Family Health Center, and Julia Vazquez will work with Redwood City 2020/John Gardner Center for Youth and Their Communities, all as Stanford Public Interest Network Fellows.

**Sustainable Stanford Award honors**

Emma Fisher is a track and field athlete and led the Stanford Carbon Offsets to Reduce Emissions (SCORE) program, establishing one of the first collegiate programs to offset the carbon emissions from varsity sports travel. SCORE purchased enough carbon offsets to negate 100 percent of the greenhouse gas emissions associated with varsity travel. Emma also worked on sustainability projects for Residential & Dining Enterprises. Emma was awarded the Firestone Medal for her research in Earth Systems. Article excerpts from the Stanford News.

**Two John Gardner Public Service Fellows**

HumBio seniors, Melissa Eidman, and Ali Murat Gali have been awarded Gardner fellowships and will work full-time for 10 months with a government or nonprofit agency in the U.S.. Melissa and Ali will benefit from opportunities that are not normally available to recent graduates.

“John W. Gardner was a builder of ideas and unifier of people and causes, and an active and distinguished participant in America’s educational, philanthropic, and political life.”

**James W. Lyons Award for Service**

Johnny Xu was recognized for his volunteer service at the Chinatown Community Development Center in San Francisco to empower low-income youth to go to college. Read more in the *Stanford Report*.

**Devon Zander, with support from the Bingham Fund for Student Innovation in Human Biology, organized a book club for HumBio students. Faculty with topic area expertise will facilitate discussions.**

**SUMMER BOOK**

Join HumBio in heartily congratulating our students for their outstanding research, creative writing, and service work in local and global communities!

**HUMBIO BOOK CLUB**

Oliveia Bernadel-Huey (HB ’18) Highlight app: SubItUp, an employee scheduling software for checking, adding or dropping shifts.

Kerry Wang (HB ’17) Highlight app: Google Calendar, to prevent overscheduling. And FaceTime for chats with twin sister.

Erin Hawley (HB ’18) Highlight app: Teextra, for its “stunning, highly personalized interface.” Only compatible with Androids.
Maeve White is Women's Sailing All American

Women's Sailing National Champions
HumBio teammates: Serena Harber, Ally Hinson, Micah Trautwein.

HumBio congratulates our outstanding student athletes for their achievements in sailing, soccer, rowing, volleyball, and water polo.

SPORTING GREEN IS CARDINAL RED

I am nothing but humbled to win this award because I know that many of the people who played against me and beside me are all deserving. I am proud of how our team played at the end of the season, and even more so for the smaller moments of strength shown when we weren't as successful. Being a part of a team with that type of resilience is the greatest honor.

Inky Ajanaku wins Honda Sport Award for Volleyball
Inky was selected from among 1000 NCAA member schools as the top woman athlete in volleyball, and has become a finalist for the Collegiate Woman Athlete of the Year, and the prestigious Honda Cup. Read more in the Stanford Report.

Women's Volleyball National Champions

Men's Soccer National Champions
As of December 2016, this was Stanford's 133rd national team title, and 110th NCAA team title. Read more in Go Stanford.

We looked at last year's squad and said, ‘Wow, we had some incredible individual players and incredible talent all over the field.’ After the first few games this year, something felt like it was missing. We had to encourage and develop every single one of our players into something special like those guys were last year. Over time, we did that.
Drew Skundrich

Ruth Narode named Pac-12 Women's Rowing Athlete of the Year

Women's Lightweight Rowing National Champions
HumBio teammates: Serena Harber, Ally Hinson, Micah Trautwein.

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Women's Water Polo National Champions
HumBio teammates: Julia Hermann, Kat Klass, Sophia Monaghan, Cassidy Papa, Jordan Raney and Cassidy Wiley.

Inky Ajanaku wins Honda Sport Award for Volleyball
Inky was selected from among 1000 NCAA member schools as the top woman athlete in volleyball, and has become a finalist for the Collegiate Woman Athlete of the Year, and the prestigious Honda Cup. Read more in the Stanford Report.

Stanford won its sixth NCAA team title for Women's Water Polo against UCLA. As of May 2017, this is Stanford's 113th NCAA overall team title — tying UCLA for overall team titles. Enjoy an action packed video of the game at Go Stanford.

“'This Cardinal team was the youngest team ever to play in an NCAA Final Four in women’s volleyball, but played like experienced veterans and claimed Stanford’s seventh national title in program history.” GoStanford

Photo: Casey Valentine, ISIphotos.com

Stanford News

Sailing, Soccer, Volleyball, and Water Polo photos courtesy of Stanford Athletics

Photo: David Bernal, ISIphotos.com

Photo: Stanford News

Enjoy an action packed video of the game at Go Stanford.

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Drew Skundrich
Bringing online medical education to South Africa
Maya Adam, M.D. (HB '04) is leading an effort to bring healthcare training to health workers in South Africa. Stanford’s School of Medicine educators and South African leaders met at a health-care summit to collaborate on this new initiative, whose goal is to have an online library of medical-education videos, like the Khan Academy. Read more on Stanford’s SCOPE.

Online Palliative Care Course
Kavitha Ramchandran, M.D., (HB '99) created, Palliative Care Always, an online course for health practitioners, volunteers, patients, and families who work and live with cancer. This course features presentations by Stanford palliative medicine clinicians, video scenes with a fictional patient experiencing colon cancer, and interactive discussions. Visit the course webpage.

Anti-bacteria eating enzymes at work in train stations
Rachel Becker (HB ’11) is a staff science reporter for The Verge, which features the latest in science news. She wrote a recent article on neutralizing pee stink with bacteria-eating enzymes—a useful tool for train stations. Rachel has also written for NOVA Next, Smithsonian, Nature, National Geographic, and YouTube series Gross Science.

This is your brain on drums...
Jack Bowen, M.A., (HB '95), writer and philosopher, accompanied an awesome litany of biological, neurological, and universal facts with an awe inspiring drum solo during his talk at Stanford’s TEDx.

Children’s febrile seizures
Paul Fisher, M.D., (HB ‘84, HumBio’s director) served on the American Academy of Pediatrics’ subcommittee that wrote the febrile seizure guidelines. In the U.S. News and World Report, Paul advised parents that even if a child experiences more than one febrile seizure, that “it’s typically benign with no long-term health implications.” While seizures are scary and a child should receive immediate medical attention, he advises, “Easier said than done, but rule number 1 is remain calm.”

Emergency room doctor’s perspective on the Affordable Care Act (ACA)
Apa Sohoni, M.D., (HB ‘00), an ER doctor, shared her perspective on KQED that the ACA met a key objective to reduce ER visits by uninsured patients for non-urgent conditions. These patients are better off seeing a primary care doctor for non-urgent conditions. After the ACA, the ER was again a place where patients actually came for emergency care.

Breast cancer studies: non-cancer drug interactions, and physicians’ misunderstanding of genetic test results
Allison Kurian, M.D., M.Sc., (HB ’95) co-authored two recent breast cancer studies. One study searched Stanford’s Oncoshare database for noncancer drugs with which patients had statistically better outcomes. The other study examined physicians’ misunderstanding of genetic test results in hampering mastectomy decisions.

Syria “deconflict” zone and Paris climate agreement
Tess Bridgeman, D.Phil., (HB ’03) recently served as Special Assistant to the President, Associate Counsel to the President, and Deputy Legal Advisor to the National Security Counsel. Tess analyzes Syria’s “Deconfliction Zone,” asking if the U.S. is on firm legal footing, and on why it matters that the Paris agreement is legally binding. Read her articles in Just Security.

Book your flight for Stanford time travel in Letters home from students 1906-2016
by visiting Their Words Live webpage, www.lettershomefromstanford.com

HumBio’s LinkedIn group wants you!
Are you finding jobs? Do you want to hire great HumBio alumni?
View and share jobs, grad-school funding opportunities, inspirations, and training ideas. Alumni want to hear how you are living and working with your degree.

Nearly 1000 HumBio alumni are now members of this group. The 1000th member will win HumBio swag!

Stanford Program in Human Biology (Hum Bio) Major Alumni

CAREER TIP
Lenika De Simone (HB ’12), enthusiastically recommends a career trajectory in genetic counseling for HumBio alumni. A-side and B-side are perfect preparation to go into a master’s program in this growing field.

Missing Blue Footed Boobies?
Enjoy this recent New York Times article.

Photo credit: Vince Smith, from London, UK, uploaded by mrjohnncummings
Seung Kim, M.D., research may hold clues to developing treatments for diabetes

Kim and his team converted alpha cells from the pancreas into insulin-producing beta cells in mice. Kim says, “It is important to carefully evaluate any and all potential sources of new beta cells for people with diabetes. Now we’ve discovered what keeps an alpha cell as an alpha cell, and found a way to efficiently convert them in living animals into cells that are nearly indistinguishable from beta cells. It’s very exciting.” Read more in the Stanford Report.

Christopher Gardner, Ph.D., cofounded the Menus of Change University Research Collaborative

Gardner and the Culinary Institute of America have teamed up to tackle unhealthy and unsustainable foods in university dining halls. Over 40 colleges and universities have already pledged their support, and are using dining halls to experiment with mouth-watering, sustainable, healthy recipes. Read more in the Business Insider.

Kim is the Professor of Developmental Biology & by courtesy, of Medicine (Oncology). He lectures on regulation of blood glucose in HumBio 3A: Cell and Developmental Biology.


Roeland Nusse awarded $3 million Breakthrough Prize for helping to decode how Wnt signaling proteins affect embryonic development, cancer and the activity of tissue-specific adult stem cells that repair damage after injury or disease. The Breakthrough Prizes honor paradigm-shifting research and discovery in the fields of life sciences, fundamental physics, and mathematics. Nusse said, “This is a complete surprise. My gratitude goes out to many people... this award is a great honor for the entire community.”

Nusse is the Virginia and Daniel K. Ludwig Professor in Cancer Research, and Professor and Chair of Developmental Biology. He teaches HumBio 3A: Cell and Developmental Biology.

Paul Wise, M.D., on Changing Rules of War

Most civilian casualties in war are not the result of bombs and bullets; they are due to the destruction of the essentials of daily living, including food, water, shelter, and health care. Wise is the Richard E. Behrman Professor in Child Health, and Professor, by Courtesy, of Health Research and Policy. He teaches HumBio 129S: Global Public Health, and HumBio 126A: Advanced Seminar in Health & Security.

Robert Sapolsky’s book, Behave: The Biology of Humans at Our Best and Worst looks at the factors that bear on a person’s reaction in the precise moment a behavior occurs, and then hops back in time from there, in stages, ultimately ending up at the deep history of our species and its evolutionary legacy, and wrestles with some of our deepest questions. Enjoy his TED talk.

Sapolsky is the John A. and Cynthia Fry Gunn Professor and Professor of Neurology and Neurosurgery. He teaches HumBio 160: Human Behavioral Biology.

Walter Scheidel’s book, The Great Leveler asks if mass violence and catastrophes are the only forces that can seriously decrease economic inequality. Tracing global history from the Stone Age to today, he shows that inequality never dies peacefully. Nature calls this a “Magisterial sociopolitical history...” Enjoy the Washington Post interview.

Scheidel is the Dickason Professor in the Humanities, Professor of Classics & History, and a Kennedy-Grossman Fellow in Human Biology. He teaches HumBio 2B: Culture, Evolution, and Society.

THE DISH

Enjoy a virtual walk through the camera lens of Robert Siegel by visiting “doctor Bob’s” website.

GEORGE HELLER in Memoriam

April 24, 1924 - March 16, 2017

Heller had a vivid imagination, a keen intellect, and a sly sense of humor. He was kind and generous, and highly principled in his professional and personal relationships. Perhaps the greatest joy in his professional life came in the ten years after "retirement," when he taught Comparative Health Policy at Stanford University. He loved every class. Many students remained close friends, and kept Heller hopeful for the future.

See more at SF Gate
GOT STORIES?
read others’ - share yours
https://humanbiology.stanford.edu/alumni-stories

SEND YOUR...
NEWS
FEEDBACK
UPDATES
STORIES
PHOTOS
to Robyn Duby
rlduby@stanford.edu

CONNECT
with nearly 1000 HumBio alumni on our LinkedIn group. The 1000th member will win HumBio swag!
Stanford Program in Human Biology (HumBio) Major Alumni group
https://www.linkedin.com/groups/904027

WATER IN LAKE LAGUNITA!
It has been a long time since Lake Lagunita had this much water in it! In case you missed reading alumni reminiscences about antics and pleasures at Lake Lag, enjoy Stanford Magazine’s, Tales of the Lake.

SAVE THE DATE
HumBio’s Annual Reunion
Friday, October 13
from 4:30 - 6:00 pm
at HumBio’s Building 20

TRAVEL WITH HUMBIO PROFS
BILL DURHAM
September 7 - 22, 2017
Tanzania Field Seminar

BILL DURHAM
June 12 - July 2, 2018
Peru Family Seminar

HERANT KATCHADOURIAN
May 20 - Jun 1, 2018
Burgundy and the Loire Valley

BOB SIEGEL
June 27 - July 6, 2018
Galapagos Family Adventure

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humanbiology.stanford.edu/newsletter

Photo: February 27, 2017
by Robyn Duby

Thank you!