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THE HARVARD CLUB of SOUTHERN CALIFORNIA

WWW.HARVARDSOCAL.ORG

(310) 546-5252

OCTOBER 2022

Upcoming Events

Mindful Nature Retreat

SUN, OCT 16 @ 7:45AM

Kenneth Hahn State Rec. Area (Los Angeles)

\$31, Members; \$36, nonmembers

Myron Kayton Science Pub #22 - A Unifying Theory for Lifestyle Med.

SUN, OCT 30 @ 3:00PM

Virtual Event via Zoom

No charge

HCSC/ANHW Beverly Hills Brunch

TUE, SEP 27 @ 7:00PM

Gourmando Restaurant (Beverly Hills)

Starting at \$55 per person

Shostakovich and Weinberg: A Story of Loss and Healing Power

SUN, OCT 30 @ 3:00PM

Hybrid Event - The Colburn School (Live) & Online

No charge

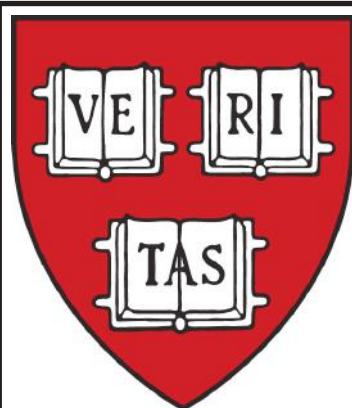


The Harvard Club Welcomes Dr. Dean Ornish on October 30th

Dr. Dean Ornish, founder and President of the Preventive Medicine Research Institute (PMRI) in Sausalito, California, and author of *The New York Times* bestseller *Undo It*, will discuss the impact of a healthy lifestyle in treating multiple chronic diseases, focusing on biological mechanisms and the use of rigorous scientific evidence. This event will be held on Zoom.

Dean Ornish, MD, is a clinical professor of medicine at the University of California, San Francisco. Dr. Ornish received his medical training in internal medicine at Baylor College of Medicine, Harvard Medical School, and Massachusetts General Hospital. He is considered to be one of the founders of lifestyle medicine, which uses a scientific and clinical approach to determine the treatment of various chronic diseases including coronary artery disease. He is the author of multiple books such as *Eat More, Weigh Less*, and *The Spectrum*.

Dr. Ornish has been recognized as “one of the 125 most extraordinary University of Texas alumni in the past 125 years” and was named by *TIME Magazine* as a “TIME 100 Innovator.” *LIFE Magazine* hailed him as “one of the fifty most influential members of his generation,” while *Forbes Magazine* described Ornish as “one of the world’s seven most powerful teachers.” Lifestyle changes such as eating well, moving more, reducing anxiety, and loving more have been documented to help prevent and even reverse the progression of a wide range of the most common and costly chronic diseases. This event is the 22nd Science Pub to be held by HCSC. The Science Pub series is named after former Club president Myron Kayton ’56.



Harvard Club of Southern California Call for Interviewers

Alumni interested in serving as interviewers should contact Harry Kim at areachairs-fvharvard@gmail.com. Both undergraduate and graduate alumni of Harvard University are eligible to serve as interviewers. Interviews may be conducted in person or over Zoom, at the option of the interviewer. Harvard admissions officers will be in Los Angeles in October to conduct in-person interviewer training workshops.

Transitions

On a space-available basis, the Club will publish announcements concerning marriages, job changes, and deaths of Club members. Please send your announcements to HarvardSoCal@gmail.com.

Passing: Andrew M. Santa JD '17 died suddenly on August 6, 2022, after collapsing on a run in his San Dimas hometown. Andrew worked as an attorney for the Los Angeles 2028 Olympic Games. In lieu of flowers, donations may be made to the Andrew Santana Memorial Fund (Venmo:@AndrewMemorial), which is funding a scholarship in his honor at Loyola High School in Los Angeles.



Passing: Judith M Laub, '74 passed away on May 27, 2022. After college, Judith attended Tufts University School of Medicine and subsequently migrated to Los Angeles where she practiced as a vascular surgeon for several decades, associated with Cedars Sinai Medical Center. Judith had been retired from medical practice for a number of years and enjoyed swimming and hiking.

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CLUB NEWSLETTER/ WEBSITE

Terry Nathan
(310) 546-5252
email: HarvardSoCal@gmail.com

This newsletter accepts items for publication. Materials must be submitted by the 12th of the prior month to appear in the following newsletter. Please include a phone number or email address with all submissions. Email submissions to: HarvardSoCal@gmail.com.

Harvard Club of Southern California
1020 Manhattan Beach Blvd, Suite 204
Manhattan Beach, CA 90266



The Harvard Club of Southern California congratulates and welcomes:

Southern California's Harvard Class of 2026

Central Los Angeles

- Brianna Carbajal, South East High School
- Dhamar Carrillo, Francisco Bravo Medical Magnet High School
- Samuel Kim, Larchmont Charter School
- Kimtee Kundu, Francisco Bravo Medical Magnet High School
- Tammy Lee, Larchmont Charter School
- Vinny Li, Abraham Lincoln High School
- Jane Lichtman, Immaculate Heart High School
- Miguel Martinez, Alliance Dr Olga Mohan High School
- Alejandro Sanchez, Loyola High School
- Itzel Sanchez, Francisco Bravo Medical Magnet High School
- Reeve Sykes, Marlborough School
- Lani Tran, Alhambra High School
- Ava Winer, Marlborough School

San Gabriel Valley

- Charisma Chen, Westridge School
- Kennedy Hackett, John Muir High School
- Joyce Kim, La Canada High School
- Connor Lee, La Canada High School
- Anna McConnell, Polytechnic School
- Ashwin Sivakumar, Flintridge Preparatory School
- Juan Valdez, Nogales High School
- Harrison Zhang, Temple City High School

West Los Angeles

- Hunter Bren, Home School
- Violet Barron, Harvard-Westlake School
- Andrew Choe, Harvard-Westlake School
- Willa Fogelson, Harvard-Westlake School
- Joy Ho, Harvard-Westlake School
- Jordan Kang, Harvard-Westlake School
- Santiago Kelly, Harvard-Westlake School
- Conor Meyer, Santa Monica High School
- Talia Natterson, Crossroads School
- Fiene Oerlemans, Harvard-Westlake School
- Jade Stanford, Harvard-Westlake School
- Mary White, Harvard-Westlake School
- Jenny Karlan, Palisades Charter High School

San Fernando Valley

- Maggie Chiappetta-Uberti, Campbell Hall
- Dulce Gonzalez Arias, Canoga Park High School
- Dean Kim, Cleveland High School
- Camilla Martinez, North Hollywood High School
- Natalie Mendez, The Science Academy Stem Magnet
- Anna Mikhaylyants, William Howard Taft High School
- Alan Morelos, Granada Hills Charter High School
- Gabrielle Mostow, Oakwood School
- Lydia Qin, North Hollywood High School
- Charissa Shang, Oak Park High School

Riverside/San Bernardino

- Eunice Chae, Excelsior Charter Schools
- Nicole Chavez, Ontario High School
- Lena Choe, Ruben S Ayala High School
- Aashish Palikhey, Vista Del Lago High School
- Keturah Weeks, California Military Institute

South Bay

- Martin Bigil-Rico, Long Beach Polytechnic High School
- Justin Ji, Gretchen Whitney High School
- Rhys Moon, Palos Verdes Peninsula High School
- Anouska Ortiz, Long Beach Polytechnic High School

North Orange County

- Cooper Barkate, Mater Dei High School
- Zach Berty, Mater Dei High School
- Michelle Chang, Fairmont Preparatory Academy
- Ivette Chen, Troy High School
- Ariana Figueroa, Santa Ana High School
- Eunice Kim, Cypress High School
- Rachel Lee, Sunny Hills High School
- Kennedy Leehealey, Mater Dei High School
- Sophia Madrigal, Orange County High School of the Arts
- Abril Rodriguez Diaz, Orange County School of the Arts
- Sein Yun, Orange County School of the Arts

South Orange County

- Anders Aistars, Tesoro High School
- Ashlie Benitez, Los Amigos High School
- Kevin Blanco, Edison High School
- Andrew Gu, Tesoro High School
- Ruby Hodge, Santa Margarita Catholic High School
- Stephanie Hu, Tesoro High School
- Mason Hunt, Newport Harbor High School
- Logan Ip, Corona del Mar High School
- Taylor Johnson, Arnold O Beckman High School
- Ryan Jung, Portola High School
- Jennifer Kim, Crean Lutheran High School
- Max Lane, Corona del Mar High School
- Pranav Moudgalya, University High School
- James Rozolis-Hill, Huntington Beach High School
- Ella Schneider, Santa Margarita Catholic High School
- Alex Sunday, Corona del Mar High School

Recent Events

HCSC Weekend of Service- LA Food Bank and LAMusArt

HCSC volunteers assisted two non-profits, the Los Angeles Regional Food Bank and the Los Angeles Music and Arts School.

On August 27, volunteers spent a few hours assembling food kits for low income seniors, women with infants, and children in Los Angeles County with the LA Food Bank. The morning of volunteering produced over 3,000 kits!

On August 26 and 27, volunteers assisted with a weekend of Noches Flamencas performances at LAMusArt in East Los Angeles, serving as volunteer ushers and seat-fillers. LAMusArt is a 501(c)(3) nonprofit arts organization whose mission is to provide the community of East Los Angeles, primarily its K-12 population, with equitable and affordable access to multidisciplinary arts education programs and performance opportunities.



Standup Comedy Night

On Friday September 16, The Harvard Club of Southern California hosted its first Standup Comedy Night at The Bourbon Room in Hollywood, produced by Elizabeth (“Liz”) Swaney MDS ’09, Adia Matthews ’10, MBA ’15, and Cat Ce. The event sold out with epic impersonations, a freestyle rap battle, and all-around hilarity delivered by a lineup of nine comedians and performers which included Camille Aragon EDM ’07.



End Poverty Make Trillions with Darryl W. Finkton, Jr. ’10

On September 27, Harvard alumni gathered on Zoom to hear Darryl Finkton, Jr. ’10 talk about his project with the enticing title, “End Poverty Make Trillions.” Finkton explained how seed money grants equal to federal poverty guidelines given to all Americans will end poverty in the United States while saving taxpayers trillions of dollars. The engaged audience filled the hour with questions and discussion.



Upcoming Events

Mindful Nature Retreat

Join us for a unique self-care experience through a combination of hiking and yoga in the scenic Kenneth Hahn State Recreation Area led by Laurie Hang Hutter.

SUN, OCT 16 @ 7:45AM

Kenneth Hahn State Recreation Area (Los Angeles)

\$31, Members; \$36, nonmembers



Myron Kayton Science Pub #22 - A Unifying Theory for Lifestyle Medicine

Dr. Dean Ornish, one of the most well-known faces of lifestyle medicine, will give a presentation about the impact of a healthy lifestyle in treating multiple chronic diseases, with a focus on biological mechanisms and the use of rigorous scientific evidence.

SUN, OCT 30 @ 3:00PM

Virtual event via Zoom

No charge



HCSC/ANHW Beverly Hills Brunch

Enjoy an outing with the Harvard Club of Southern California and the Alumnae-i Network for Harvard Women. We'll enjoy a prix fixe brunch meal including a non-alcoholic drink or mimosa, light shared appetizers, and a brunch entrée of your choice.

SUN, DEC 11 @ 10:30AM

Gourmando Restaurant (Beverly Hills)

Starting at \$55 per person



Recovered Voices — Shostakovich and Weinberg: A Story of Loss and Healing Power

The Harvard Club of Southern California and The Colburn School invite you to hear performances of music by composers whose careers and lives were disrupted - or worse - during the years of the Nazi Regime in Europe.

SUN, JAN 29 @ 3:00PM

Hybrid Event - Live (The Colburn School) and Online

No charge



Q & A from 02138:

Nathaniel Wu '23



Nathaniel Wu '23, a concentrator in Molecular and Cellular Biology with a secondary in Global Health and Health Policy, resides in Eliot House. He graduated from The Bishop's School in San Diego, California. He was also the Community Service Class Representative for four years, co-chair of Community Service Initiative Club, head ambassador with admissions, founder of the History Club, co-student leader with SAGE Peer Tutoring, founder and co-President of Assistance for International Disasters (nonprofit 501(c)(3)), and co-founder and co-president of Healing Little Heroes Foundation, dressing up as a superhero and visiting kids with illnesses and disabilities (nonprofit 501(c)(3)). Wu spent this summer in Winthrop House as a PRISE Harvard research fellow, conducting research under Dr. Hahn at Dana-Farber. As a goalie for the Harvard Men's Varsity Water Polo team, he serves as an Ivy League Student Athlete Advisory Council (SAAC) Harvard rep, Harvard SAAC water polo rep, and Harvard Student Athlete Wellness Leader (SAWL) water polo rep. Wu is a chemistry and biology peer tutor at the Academic Resource Center, Vice President of the Harvard Undergraduate UNICEF Club, bible study leader for Fellowship of Catholic University Students, a board member of Harvard Undergraduate Interdisciplinary Immunology Club, and works with the Healing Little Heroes Foundation and Assistance for International Disasters.

HCSC: What surprised you about being a student at Harvard?

NW: I was surprised at the generosity of the faculty and my peers. I wasn't sure how collaborative the environment was going to be academically, but I came to realize that everyone here wants to enrich each other, sharing knowledge, time, and experiences. I am so blessed to have so many advisors always checking in; I always feel supported. I was also surprised that I was playing a sport in college. I never intended to, but walking on to the water polo team was the best decision, opening up my opportunities to athletic competition, meet new friends, have incredible mentors in my coaches, and gain valuable life skills through everyday practice.

HCSC: When was the first time you visited Harvard and what were your impressions at that time?

NW: I visited Harvard in the spring of my Junior year and realized how historical the campus was. I was attracted to the reputation of the faculty in their accomplishments and their desire to teach. I also realized how cold winter and early spring can be compared to my hometown of San Diego, but thought the experience of walking through snow to class to be one to look forward to. I have a lot of family in Boston and New Hampshire, so I never felt I would be far from family. I was really excited about the opportunity of doing research in any of the Harvard research hospitals in Longwood or at MGH.

HCSC: What was your favorite class (or professor) and why?

NW: My favorite class was SCRB 175, Glucose: From Molecule to Society with Dr. Richard T. Lee. It was a perfect mix of everyday interest in diet, obesity, and diabetes which is relevant to athletics and biological mechanisms. As a premed student, this class opened my eyes to the medical world outside of the classroom, the opportunities to impact and better society, and to go through the process of creating something (our class project). We also got to work with mice during lab, hear from incredible guest speakers including patients, and work collaboratively with peers who were also passionate about anatomy, obesity, and medicine.

Continued on next page

HCSC: What has been your funniest moment at Harvard?

NW: My funniest moment at Harvard was making a snowball after the blizzard this winter, bringing it up to my dorm, and throwing it at my roommate while he was still in bed. Writing this out, it seems less funny and more cynical, but it definitely seemed hilarious at the time.



HCSC: If you were President of Harvard, what would change?

NW: Really not much because Harvard has given me an undergraduate experience better than I ever could have imagined. If I had to choose something, I would want to further develop the relationships between faculty and students, and non-athletes and athletes. Everyone at Harvard has so much to offer, and sometimes, through busy schedules, we choose not to interact with other groups on campus. Being able to have scientists go to more athletic games, and basketball players go to musicals, and faculty go to dining halls for lunch on a more regular basis would make our relationships even stronger.

HCSC: What do you miss most about Southern California (other than the weather, food and family)?

NW: I really miss driving. I love the open roads in San Diego, being able to go wherever I want, whenever. It is very congested in Cambridge and Boston and takes 15 minutes instead of 3 minutes to go 3 miles. That freedom of being able to drive to the beach and surf is something I miss for sure.

HCSC: How do you think Southern California will figure into your future after Harvard?

NW: I would love to work and live in Southern California. I am applying to medical school currently and am open to go anywhere in the country. I know in my heart my home will be Southern California, and I will always be proud of that. But I do not want to limit the opportunity to train at other amazing places and institutions in the country. That being said, I will always want to be in San Diego.

HCSC: How did you manage the transition to virtual classes?

NW: I managed the transition very well. I had an amazing high school experience, and being home was basically returning to high school because my best friend also stayed home. I was able to find a lab at home to do animal research which was an enriching experience. It was a huge bummer not having water polo season, but getting 20 hours back every week gave me the opportunity to join many new clubs and do research while taking remote classes.

HCSC: How do you intend to spend the summer?

NW: I intended to spend the 2020 summer taking organic chemistry at Harvard but just ended up doing it online. This also turned out to be okay as I was able to work in the animal lab and shadow a robotic orthopedic spine surgeon. It was also interesting having NaOH and other chemicals in my kitchen to do virtual labs with the kit they sent us. With the support of my family, the faculty, and the friends I made during my shortened first year, I was able to thrive. I always strive to have a mentality to focus on what I could control, so I chose not to worry about the opportunities I might be missing out on by not being on campus. I was able to continue strengthening my relationships with peers and faculty, which has led to amazing experiences my junior year being back on campus.



1020 Manhattan Beach Blvd., #204
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RETURN SERVICE REQUESTED

Calendar of Upcoming Events

For more information on events and general club news, visit the club website at www.harvardsocal.org.

DATE/TIME	EVENT	LOCATION	COST
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Sun, Jan 29 3:00PM	Recovered Voices — Shostakovich and Weinberg: A Story of Loss and Healing Power	Hybrid Event The Colburn School (Live) And Online	No charge