

[Skip to main content](#)

[University at Buffalo](#)

- [ALUMNI ASSOCIATION](#)
- [CONTACT US](#)

UB Today

A publication of the University at Buffalo Alumni Association

Spring 2012

Search UB Today



Features

- [Katharine Cornell](#)
- [Bullying](#)
- [Healthy simulation](#)
- [Ellicott Complex](#)

Profiles

- [Jacob Kassay, BFA '06](#)
- [Cheryl LaRoche, BA '82](#)
- [Donnica Moore, MD '86](#)
- [Adam Zelasko, BFA '05](#)

Departments

- [From the President](#)
- [From the UBAA President](#)
- [Shortform](#)
- [Seen Read Heard](#)
- [Sportform](#)
- [In My Opinion](#)
- [Alumni News](#)
- [Classnotes](#)
- [In Memoriam](#)

UB EVENTS CALENDAR

[Archives](#)

[Join the Alumni Association](#)

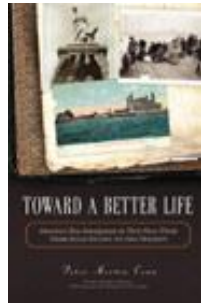
[UBAA on Facebook](#)

To stop receiving the print version and read UB Today online, [> click here](#)

To view a virtual version of the print magazine [> click here](#). To view the PDF version of this issue [> click here](#)

Seen Read Heard

Books

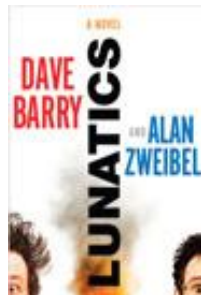


Toward a Better Life: America's New Immigrants in Their Own Words

Peter Morton Coan, BA '79

This book offers stories of immigrants from Ellis Island to the present told in their own words and organized by decade. "Toward a Better Life" offers a balanced and poignant portrait of American immigrants—from ordinary people doing extraordinary things to celebrities who chose the U.S. as their new home. (Prometheus Books, 2011)

[Learn more](#)



Lunatics

By Dave Barry and Alan Zweibel, BA '72

Dave Barry, Pulitzer Prize-winning humorist, and Alan Zweibel, multiple Emmy Award winner and an original writer for “Saturday Night Live,” team up in this hilarious novel. Characters Philip Horkman and Jeffrey Peckerman collide in a swiftly escalating series of events that will send them running for their lives. (Putnam, 2012)

[Learn more](#)

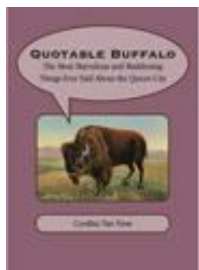


Your Brother in Arms: A Union Soldier's Odyssey

Robert C. Plumb, BA '64

Robert Plumb tells the story of George P. McClelland, a member of the 155th Pennsylvania Infantry in the Civil War, through his never-before-published letters written from the battlefield and from the infirmary following his serious injury at Five Forks. (University of Missouri Press, 2011)

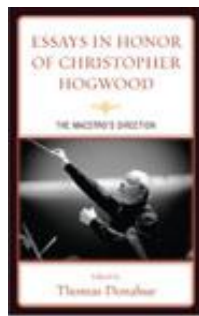
[Learn more](#)



Quotable Buffalo: The Most Marvelous and Maddening Things Ever Said About the Queen City

Compiled by Cynthia Van Ness, MLS '94

Following seven years of research, Western New York historian Cynthia Van Ness has compiled the liveliest things ever uttered about Buffalo. “Quotable Buffalo” aims to open the door to the vast written record that chronicles Buffalo’s legacy and “to show people that the last few decades of punch-line derision is not a terribly accurate way to see Buffalo,” Van Ness says. (Western New York Wares, 2011)



Essays in Honor of Christopher Hogwood: The Maestro's Direction

Thomas Donahue, DDS '79

Thomas Donahue has collected essays from authors motivated and inspired by Christopher Hogwood, the distinguished keyboard player, conductor, writer and proponent of early music, in honor of Hogwood's 70th birthday. Donahue is a musician, instrument builder and practicing dentist. (Scarecrow Press, 2010)

[Learn more](#)



Smoke-Free Smoke Break: Stop Smoking Now with Mindfulness & Acceptance

By Pavel G. Somov, PhD '00, and Maria Somova, PhD '00

The co-authors offer a groundbreaking approach to quit smoking by transforming smoke breaks into a self-care routine for managing stress and nicotine cravings. Exercises and meditations are designed to help the ex-smoker mindfully manage stress, control cravings and prevent relapse. (New Harbinger Publications, 2011)

[Learn more](#)



Lost in the Blue Room

Richard Barone, MS '73

In this novel, an ex-sky marshal skyjacks a plane to make the point that the presence of sky marshals might have averted 9/11. He demands that his passengers take a journey back to 1970 when the original sky marshals flew. The passengers enjoy first-class accommodations and make their way around the world—Paris, Rome, Bangkok—compliments of the besieged airlines. (Canto 34 Press, 2011)

[Learn more](#)

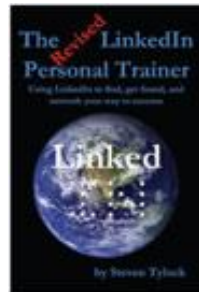


The Parchment Paper Cookbook

Brette Sember, JD '94 & BA '90

“The Parchment Paper Cookbook” offers a revolutionary style of cooking in parchment paper packets that produce delicious, healthy food with no pots and pans to wash when you’re done. Included are 180 tasty recipes. (Adams Media, 2011)

[Learn more](#)

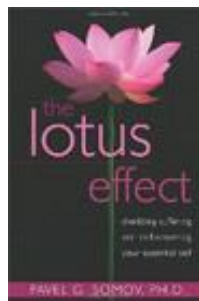


The Revised LinkedIn Personal Trainer

Steven Tylock, MS '90, BS '86 & BA '86

This book offers a personal approach to learning how to use LinkedIn, the No. 1 professional online networking tool. Packed with advice, insightful questions and exercises, “The Revised LinkedIn Personal Trainer” takes readers through additional features, such as groups, jobs, answers and third-party applications. (Tylock and Company, 2011)

[Learn more](#)

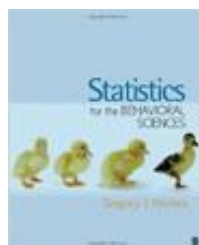


The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self

Pavel G. Somov, PhD '00

Inspired by Buddhist and Vedic psychology, “The Lotus Effect” will help you rediscover who you are by clarifying what you are not. Through the contemplative “identity detox” exercises and meditations in the book, readers will learn to let go of stress, worry, anger, suffering and the need for approval “as naturally as the lotus sheds mud from its leaves.” (New Harbinger Publications, 2010)

[Learn more](#)



Statistics for the Behavioral Sciences

Gregory J. Privitera, PhD '06, MA '04 & BA '02

This is an introduction to statistics text that will engage students in an ongoing spirit of discovery by illustrating how statistics apply to modern-day research problems. The author takes a user-friendly approach while balancing statistical theory, computation and application with the technical instruction needed for students to succeed in the modern era of data collection, analysis and statistical interpretation. (Sage Publications Inc., 2011)

[Learn more](#)

Music



The Innocent Ones

Willie Nile, BA '71

Featuring 11 original songs, “The Innocent Ones” is described by the Associated Press as “party-hearty yet socially conscious.” Nile, who has performed with Bruce Springsteen, says a number of the songs are “dedicated to the downtrodden, the forgotten, the outcasts, the hopeless, the innocent ones.” (River House Records, 2011)

[Learn more](#)

Attention Alumni Authors

UB Today publishes notices on recent books, films and CDs by alumni. Send brief, factual descriptions of the book or CD, along with copies of the publisher's or producer's blurb and critical reviews, if desired. Include the full name of the publishing house or recording company, year of publication or production and the author's UB degree(s) and the year(s) received. Indicate where the author now lives and any current credentials that relate to the subject matter of the book, or the content of the CD or film.

To accompany each listing, camera-ready book jacket or CD cover art, or the book or CD itself, may be sent to UB Today, 330 Crofts Bldg., Buffalo, NY 14260, and will be returned if requested. High-resolution digital book cover art (scanned at 300 dpi) is preferred for the print edition and may be sent, along with a description of the book, film or CD, to whitcher@buffalo.edu. Preference is given to titles of wide general interest.

All submissions are subject to editing for length and clarity. Please include a daytime telephone number for verification.

Copyright 2011, University at Buffalo, All rights reserved. [Privacy Policy](#)