

Chocolatier

CAN THE “FOOD OF THE GODS” help us live longer, healthier lives? Like red wine and green tea, the seeds of *Theobroma cacao*, which are ground to make chocolate, are being studied as a source of flavonoids, a type of antioxidant compound found in plants. Circumstantial evidence suggests flavonoids may help counteract changes in the blood that may be involved in heart disease. “But wait a minute,” writes Robert Steinberg ’69, M.D. “Whatever health benefits chocolate may eventually be shown to have, nothing has yet been proven.” Furthermore, portraying chocolate as a medication risks transferring it “from the realm of voluntary pleasure to that of prescribed obligation. It remains to be seen whether such a change would...contribute to improved overall health or, perhaps more importantly, a greater sense of well-being.”

Steinberg is neither a biochemist nor a psychiatrist—his specialty is family medicine—but he knows a lot about chocolate. In 1997, he and a friend, John Scharffenberger, a successful vintner, began making pure dark chocolate in San Francisco using artisanal European methods and vintage equipment. Today Scharffen Berger Chocolate Maker is one of only 11 chocolate manufacturers in the United States. It has a new factory, in Berkeley, about 40 employees, and is starting to turn a profit. Steinberg, who started out roasting, and then testing and selecting, the beans, now develops recipes as well and writes for the company website (www.scharffenberger.com), where the virtual library offers articles on scientific, cultural, socioeconomic, environmental, and political aspects of chocolate, plus nutritional and technical details of company products.

Steinberg’s chocolate connection began after he gave up his full-time medical practice in 1990 to cope with a lymphoma. He



COURTESY OF SCHARFFEN BERGER CHOCOLATE MAKER

Robert Steinberg of Scharffen Berger Chocolate Maker

was already a serious cook; when a friend gave him a technical book on chocolate manufacturing, he felt as though a hidden world had been revealed. “Making art,” he says, “has to do in part with taking in what’s in front of you and making something different from it. On a day-to-day basis, making chocolate doesn’t necessarily exemplify that, but when I started to think about it, it was a very exciting idea, a way of combining disparate elements [in my life].” Further research, including a visit to a French chocolate manufacturer, led in time to the new firm.

He is *not* a chocoholic. “I’m a very omnivorous person,” he says. “In the past, I didn’t especially crave chocolate, or seek out the best. I’m probably more excited about hunting down pickled herring, which gives me a useful distance on the job.” ~J.M.

I hope to see classmates at the thirtieth. I’ll be the guy selling CD’s out of the trunk of an old, black Volvo near the food tent.”

For news of **Carlos Sandoval**, see page 88G.

Egle Zygas celebrated her fiftieth birthday by running the New York City Marathon. “Closing down the city (five boroughs, five bridges) and being cheered by 2.5 million onlookers was such a transformative experience that I’m looking forward to doing it all again this year. What better way to celebrate turning 51?”

1975

Secretary: **Christopher H. Duble**, Fred C. Church Insurance, P.O. Box 1865, Lowell, Mass. 01853-1865; cduble@fredchurch.com.

Joan L. Drucker, M.D., C.P.I., president of Medika, LLC, which provides medical advice to the pharmaceutical and biotechnology industries, has been elected a trustee of the American Academy of Pharmaceutical Physicians, where she has been treasurer and vice president of finance and president of the North Carolina chapter. Previously, she was the chief medical officer and director of clinical trials for Trimeris Inc., directed the clinical trials division at Family Health International, and

spent 12 years directing Phase I-IV clinical research at Burroughs Wellcome and Glaxo Wellcome, in both U.S. and international medical affairs.

Douglas G. Harp has contributed to his father’s new book *Lives and Landscapes: A Photographic Memoir of Outport Newfoundland and Labrador, 1949-1963* (see class of 1935), by designing the dust jacket.

Catherine S. Renault has received her Ph.D. in public policy from UNC-Chapel Hill. “I did my dissertation on faculty entrepreneurship and how to increase the productivity of university technology transfer. It was a natural step to accept a position with RTI International in Research Triangle Park to accelerate a strategic planning practice in technology-based economic development. I will continue to teach and do some research as a visiting assistant professor at UNC-Chapel Hill.”

1976

Secretaries: **Peter (“Zik”) Ivan Armstrong III**, 300 Cascade Rise Court, SW, Atlanta 30331; Drzik@aol.com; and **Dana Robinson Krumholz**, 136 Dunbar Rd., Palm Beach, Fla. 33480-3713; larcz8@aol.com. Class website: <http://classes.harvard.edu/college/1976>.

Danielle Murstein reports, “My husband and I are

at last returning from the Midwest to the Boston area in late June 2004 and looking forward to reconnecting. He has accepted a position at BU Medical, and I am looking for a child and adolescent psychiatry position. I would appreciate any news or networking from local folks.” dmurstein@medscape.com.

Tyler Stovall, professor of history at UC Berkeley, is co-editor with Sue Peabody of *The Color of Liberty: Histories of Race in France*. The book explores the history of race and social grappling with the race question in France, from the early modern period to the present-day.

1977

Secretaries: **Alexander C. Tilt**, 108 Upland Rd., Brookline, Mass. 02445; atilt@chooseenergy.com; and **Regina Pisa**, 399 Hammond St., Chestnut Hill, Mass. 02467-1225; rpisa@goodwinprocter.com. Class website: <http://classes.harvard.edu/college/1977>.

Tony Chase, J.D.-M.B.A. ’80, chairman and CEO of ChaseCom L.P. and Chase Radio Partners and tenured associate professor of law at the University of Houston Law Center, has been appointed to the board of the Federal Reserve Bank of Dallas