

**We don't know about you, but in 2022 we ate food nearly *every single day!*
And yet, none of us can remember what we had for dinner last week.
How could something so ubiquitous also be so invisible? To truly understand
and dig into this phenomenon we decided to make it the theme of our holiday letter.**

We're lucky that finding enough calories for daily survival isn't the hard part. Heck, you can knock back 1600-2400 calories in an hour if you make your smoothie correctly (pro tip: heavy cream is an acceptable substitute for oat milk). But food isn't just about survival. It's one of the great pleasures and passions of life along with physical and mental exercise, sex, and sleep. So why did we spend so much time in 2022 eating and not nearly enough time doing those other things? We're not sure, so we'll just do what we always do when faced with uncertainty and ambiguity: Blame the media, grumble about kids today, ignore it, and get a snack!

There's also no denying that our personal eating habits affect others (and I'm not just talking about how a cauliflower and bean salad can suddenly turn a cocktail party into a cocktail farty). Eating a plant-based diet not only helps you, but it also helps everyone on the planet! And we've discovered it can be more fun and enjoyable than publicly controllable shock collars for the ultra-wealthy (which would also be fun for almost everyone on the planet). So, grab some organic, keto-friendly, lactose-free, vegan, gluten-free, non-GMO, fat-free, fair-trade, hypoallergenic, locally sourced popcorn and enjoy the

2022 Lefton-Steinbart Holiday Letter

Hannah is in year 3 of her 4-year joint degree program (JD/MSW) at the University of Michigan (go **blueberries!**). She moved into a house with her partner Nevo and another roommate, B, and she's surviving those cold Ann Arbor nights with **hot chocolate**. Since law school apparently isn't enough to keep her busy, she's still on the board of three student orgs, working part time, and volunteering with City Council campaigns. She worked in Detroit last summer doing criminal public defense. She loved it like **sushi** loves **wasabi**. This year, Hannah traveled, attended weddings (which have great **cake**), and visited friends and family in New Orleans, Seattle, Texas, and North Carolina. Enid and Lew visited her in Ann Arbor in the spring, too. That said, the reality is that most of Hannah's time is spent staying busy with schoolwork, and enjoying great breakfasts like **Bagel** Wednesdays, **Potato** Saturdays, and a weekly **quiche** from Nevo. She still reserves a small **slice** of time to spend on other activities she enjoys like going on walks, attending concerts and theatrical shows, playing board games, desperately wanting a dog, taking care of plant babies (including **green onions!**) and thrifting for stylish clothes. Her favorite recipe this year was a [cheesy white bean tomato bake](#).

Natalie is in year 5 of her Chemical Engineering PhD program at UC Berkeley (go **Bear Claws!**). She's still heavily involved with the Student Researchers United union, and she joined other graduate students, postdocs, and researchers in the UC system on strike in November for more livable wages and equitable benefits. Unfortunately, the negotiations never got to the disappointing seminar **cookies**. The strike ended with a new contract, and we are proud of her activism and engagement. Natalie still lives with her cat Theo, who prefers **chicken**, and 3 fantastic roommates, some of whom are also Berkeley grad students and all of whom prefer when someone else buys the **pizza**. Theo still holds the title of cutest family quadruped. Natalie's pretty much vegan, so when she found a **snail** in her **kale** (true story) she set it free. It was not the biggest slug she saw this year, either (ask her sometime!). She went to Puerto Rico, a wedding in NJ and joined her boyfriend Branden on several other trips including a cruise from Vancouver to SF and some time in the Rockies (where they had a rare **Waffle House** sighting west of the Mississippi!). There have also been some **Sour Patches** for her this past year including a bike accident that yielded a mild concussion and a catalytic converter theft. Overall, her life is **peachy**, and she enjoys attending concerts, sporting events, and comedy shows, and hiking and biking and cooking (however not all at once). Her favorite recipes to make this year were [no-knead Focaccia](#) and [mushroom risotto](#).

Monica enjoys DC where she continues to work as the Communications Manager for the Society for Women's Health Research (SWHR). If you want to see some of her work, follow them on Instagram @swhr_official, which she launched this year. She's exploring many Smithsonian museums and enjoyed the Postal Museum (**finger licking** good stamps), the National Portrait Gallery (lots of pics, including newly added **chef José Andrés**), the National Zoo (which we should point out is not the same as Congress, although there are **nuts** in both), the Hirshhorn Art Museum, the US Botanic Gardens (ever eat a **pine tree?**), and the National Museum of the American Indian. She had some firsts this year, including her first **cherry** blossom season and attending her first professional conference (in LA). Monica enjoys cooking, hiking, reading, and watching reality TV. Travel and music dominated her free time this year, including seeing Chelsea Cutler twice and Lorde three times, all 5 shows in different states! She visited friends in New York (via Amtrak), Boston, and ATL this year. As a full-fledged DC resident now, she gave up a lot of congressional representation, which was a **bitter** pill. She lives in a large group house in the

Mt. Pleasant area, with 5 amazing roommates (and a delicious **breakfast taco** restaurant nearby), and she frequently visits **farmer's markets** to get ingredients to cook in her well-equipped (aka cluttered) kitchen. She's tried multiple forms of **gnocchi** from scratch this year and remains a solid lover of all **soups**. Her favorite recipes this year include [Sweet Potato Gnocchi](#) and [Winter Squash Soup](#).

With all of us spread out like a **butter board** (north, south, east and west) we stayed connected to each other, too. Monica and Natalie (and Branden) joined up twice this year: once in LA which included a National Women's Soccer League Game (**popcorn** included!) and a visit with Judi Lefton's brother Mike, and again in November where they saw Lew's sister Irene and visited Monterey. All five of us converged in DC over Thanksgiving where we got to also spend time with Enid's sisters Sylvia and Stephanie (and their husbands Dick and Sofi). It was great to see Janet and her husband Sam at Thanksgiving, too! Hannah, Natalie and Monica gave Enid a gift of tickets to see the Chicks in Atlanta in July (not to be confused with **Chick-fil-a**), but unfortunately, Enid got COVID right before the concert and had to miss it. This was hugely disappointing for her (like a collapsed **soufflé**), but fortunately, the illness was mild. In December, we all spent time together in our mountain house and ate too many **cookies**.

Our biggest news of the year is that **Enid and Lew decided to retire at the end of December 2022!** They plan to travel while they have their health and spend more time at the mountain house they bought last year near Asheville, NC, welcoming guests and hanging out with new friends and neighbors. They'll keep their home in Decatur, so they can still enjoy city life and **Door Dash**. The first retirement trip will be 15 days in Hawaii in January, where they'll kick-off retired life with beachside **cocktails** across 4 islands. It's possible that Lew and/or Enid may choose to do some part-time post-retirement work at Georgia Tech, but only on the fun stuff! There's strong appeal to the idea of removing everything from the calendar and only putting back the things you want to do, like **dessert!**

Enid continued her work this past year as the undergraduate advisor for Georgia Tech's School of Math. She's so well loved; an alum named a fish after her! In the fall, she returned to Barcelona to teach multivariable calculus, where she was visited by Lew for a week, and they enjoyed great food (**tapas**), great wine (**vermouth**), and great art (still-life with **wine** and **cheese**). One special treat was the La Mercè festival, which included building of human towers (some of which reached 8 levels!), giant puppets, and the amazing and terrifying Correfoc (fire run) where paraders and "dragons" spray sparks on the crowd. While in Barcelona, Enid got to see her cousins Emily and Jim who live near Munich, and neighbors from NC, Ann and Bob. She also took in a Barça Soccer game and visited Madrid. Back in the States, Enid did a Wildflower pilgrimage in the Great Smokey Mountains where she saw 8 bears and ate **bagels**. Enid and Lew visited Omaha for a Steinbart cousins' reunion (who knew Enid was distantly related to Baby Q?) and she connected with Jones cousins in Arkansas. They enjoyed a visit from Enid's niece Emily who was in town by invitation from Agnes Scott College. Enid still enjoys exercising. And of course, she still loves to bake, read, watch sports, play cards and games, and hang out with friends! Her favorite recipe this year is [Peanut Butter Soup](#).

Lew finished up his last year at GT continuing his role of Associate VP of Research Computing and Assistant Dean of IT. He wrapped his *Humor Genome Project* course (Big Data and AI applied to humor), but his *Getting to Know U* course (analytics and insight using university data) will continue with other instructors. Lew's 50% appointment in the VP of Research office will be replaced by a full-time person, and he's glad to see that many of the Institute-wide projects he developed continue to grow. He still teaches and performs geeky comedy and improv at venues like [Gathering for Gardner](#), DragonCon and the Atlanta Science Festival (go for the jokes, stay for the **hot dogs**). Lew's still involved in community projects, and the makerspace he helped found, Decatur Makers, celebrated its 10th anniversary in December. He's also on the board of Science for Georgia, a local nonprofit working to bridge scientists and the public, and he's actively supporting a public art project called Art for the People which is currently working to commission a sculpture in Decatur from an Indigenous artist. Lew visited Puerto Rico for work, and he spent a lot of time developing and co-leading a large (\$30M) NSF Science and Technology Center proposal. His favorite recipe is a **croissant breakfast sandwich with goat cheese, prosciutto, sriracha, and fig jam** from their backyard tree.

We look forward to seeing more folks in 2023! Whether you come visit one or more of us in Georgia, North Carolina, Michigan, California or DC, or we show up at your doorstep with a six pack (**soda** or **beer**, not abs), we know it will be one of the most memorable **food** experiences you'll have that day! Please don't hesitate to reach out online or in-person, and you can let us know some food recommendations of your own!

141 Shadowmoor Dr Decatur GA 30030 | Enid: 404-290-4891 | Lew: 404-290-4609

Hannah: 404-354-1967 | Monica: 404-291-3333 | Natalie: 404-291-2852

May you and your loved ones have a new year full of happiness, health and peace.

Happy Belated Hanukkah! Merry Belated Christmas! Happy Belated New Year!