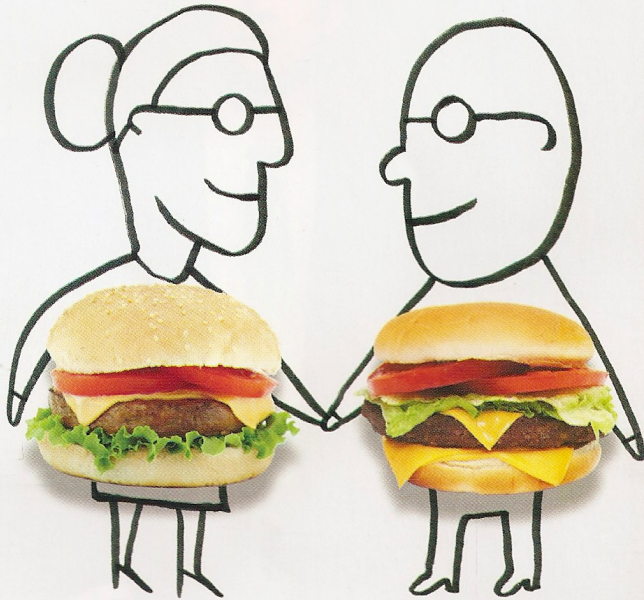


JOE LINDNER '51

## Chasing the Best Burger

"THERE'S A LOT MORE TO A HAMBURGER THAN a piece of meat," says Lindner. "It's gotta have fresh, crisp lettuce, a ripe tomato—and the bun is 50 percent of a hamburger." He should know: In the past three years Lindner and his wife, Doris, have traveled to all 50 states and the District



of Columbia to sample America's best burgers, as vetted by *USA Today* in its 2010 list of "51 Great Burger Joints."

That same year the Lindners began checking the joints off during a road trip to Colorado to visit their daughter that included stops at Denver's Park Burger as well as the listed establishments in Kansas, Missouri and Tennessee. Driving all over the country to visit friends and enjoy America's favorite sandwich, the couple has encountered variations such as pretzel dough buns and beef topped with an egg or peanut butter. "We didn't just eat hamburgers; we tasted America and it was good," he says. "It really was."

At the end of April, daughter Laura Sankey '86, with husband Kevin '86 and their three children, joined the Lindners in Waimea, Hawaii, to complete their checklist at the Village Burger Kamuela. "Out of this world," Lindner says of its offering.

—Lauren Vespoli '13

### JOE'S TOP 5 FROM ACROSS THE COUNTRY

-  **Village Burger Kamuela**  
Waimea, HI  
Local beef with pineapple slaw
-  **Django**  
Des Moines, IA  
Juicy beef topped with gorgonzola
-  **Ray's Hell Burger**  
Arlington, VA  
Fresh beef, flavorful
-  **Diablos**  
Flagstaff, AZ  
"DB" branded on burger, served on English muffin
-  **Park Burger**  
Denver  
Fresh bun and juicy beef



Tudor took up deer and bird hunting as part of her interest in field-to-table cooking.

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ASHLEY TUDOR '02

## Paleo Woman

TUDOR IS BETTING THE FUTURE OF HEALTH on a prehistoric diet. The health guru—and avid hunter—is among a growing number of nutritionists and athletes inspired by "Paleolithic eating," abandoning grains, dairy and sugar in favor of meat, fish and vegetables to approximate what humans relied on for energy before the agricultural revolution. Her book *Sweet Potato Power*, released last spring, puts a twist on traditional concepts of the Paleo diet by advocating for "smart carbs" such as sweet potatoes, which Tudor calls "a powerful ally in our efforts to eat primal in a modern world."

The San Francisco resident was named one of the city's "Top Innovators in Health" by the mayor in 2010. Her passion for nutrition and the Paleo diet led to her lifestyle as an active hunter. "I love being connected to the ingredients that I use in my cooking, and hunting became a way that I could find the cleanest meat," Tudor said in a 2012 interview with CBS San Francisco. As if becoming a field-to-table chef wasn't enough, Tudor also found artistic inspiration. Her sculptures—bronze replicas of animal skulls cast into European-style mounts—have garnered plenty of attention from the art world, the hunting community and mainstream media outlets. Each piece takes about three months to create. Melding the natural and organic with distinctly contemporary materials isn't easy, but the end result reflects Tudor's effort to inject primal aesthetics into modern living.

—Svati Narula '13