



winter 2002

UNIVERSITY OF MINNESOTA

A publication for alumni and friends of the University of Minnesota—Crookston, Duluth, Morris, Rochester, Twin Cities

# FASHIONING OUR LIVES

by Joanne B. Eicher

TO BE ALIVE IS TO CHANGE AND CHANGE CREATES THE UNIVERSAL FORCE OF FASHION

“For a long time anthropologists and sociologists completely ignored material culture. It’s what people think and do that matters, not material things, they maintained. But even though values and ideas are critically important, what people often fight about or mobilize behind are material artifacts,” says Joanne B. Eicher, Regents Professor of Design, Housing, and Apparel at the University of Minnesota and expert in dress as nonverbal communication. “Why is the flag so important? It’s just a piece of cloth. Why do we say you can’t stitch a flag on the seat of your jeans and sit on it? And what do families fight about? A kid’s hair or tattoos or who gets what in a will or divorce settlement.”

A groundbreaker in the days when textiles and dress were considered lightweight subjects, Eicher brought respect to the field through her study of African and Asian dress and textiles—how they are made and used as communication. She joined the University of Minnesota faculty in 1977, serving first as head of the Department of Textiles and Clothing, then of the Department of Design, Housing, and Apparel and director of the Goldstein: A Museum of Design.

“Dress is much more important than people are willing to acknowledge,” says Eicher. “People don’t think about how complicated the whole social aspect of dress is because we learn all of the rules so young. Dress tells a tremendous amount about a person. It’s an instantaneous communication system, whether you want it to be or not.”

Eicher mixes the vast and grounded knowledge of a scholar with the zeal of an enthusiast for the things we use to adorn our bodies, how these things change and shift with time, and what they say about us.

“Dress is fascinating because there are different rules for different societies. As you move from one culture to another, there are different overlays of meaning and interpretation,” says Eicher. When living in Nigeria, she occasionally wore an indigo tie-dye wrapper outfit to evening events, often creating astonishment among Nigerians who thought such cloth was worn only by market women. “And look at what we in the West call the veil,” says Eicher. “There are some Muslim women who cover themselves and some who don’t, because the Koran says you must use dress modestly, and that has different meanings for different cultures.”

The following article is abridged and revised from Eicher’s latest publication, the introduction to National Geographic’s new book, *Fashion*, an opulent journey in words and photos through the world of human dress and adornment. —Ed.

Dressing the body involves using all five senses. We bathe, apply scent and cosmetics. We may shave; comb or fix our hair; put on clothes, jewelry, or watches. We hear the click of shoe heels, zoom-zoom of corduroy, bangle of bracelets, or rustle of taffeta. We taste lip balm or lipstick, appreciate the colors of our own and others’ garments, and feel the rough texture of tweed, the cool smoothness of silver, the bristle of fur, or the sleekness of satin. In the Western world, fashion often influences our clothes, our haircuts, our jewelry, our perfume or our aftershave (if we shave at all).

Early Western scholars dedicated themselves to documenting what they believed to be the exotic habits and behaviors of people unlike themselves

CONTINUED ON PAGE 2 >

PHOTO: WILLIAM ALBERT ALVARO © NATIONAL GEOGRAPHIC SOCIETY



A safety pin adorns the red felt hat of an Inca descendant. Peru, 1996.

< CONTINUED FROM PAGE 1

and they believed that such habits and behaviors—which included dress—were fixed in time and in direct opposition to the “modern world.” But fashion is not an exclusive phenomenon of the modern, industrialized, Western world. It is as much a part of the East as it is of the West, at work on all continents, in rural areas, in cities, around the globe—for fashion, after all, is about change, and change in the life of humankind is certain, ongoing, and universal.

### What's fashionable?

Different people have different ideas about fashionable dress. For some, fashion means that only the details change, such as shifting skirt lengths, widening neckties or suit lapels, or altered sleeve styles, as in the blouse called *buba* that Yoruba women of Nigeria wear with their wrapper sets.

Even similar-looking garments worn in different places in the world at the same time may be interpreted as fashionable in one place and not fashionable in another. For example, young Chinese women in 1990 in Shanghai wore knee-high nylons with the hems of their miniskirts several inches above the bands of the knee-highs. At the same time, American women wore knee-high nylons only under long skirts or trousers, being careful not to show the band at the top.

To the eyes of an outsider, some garments, like the Indian women's sari, the Korean *hanbok*, or the West African headtie, may seem unchanging and traditional. But they are not. During a conversation about fashion in Indian saris being related to the width and design of their borders, an American woman exclaimed, “I never knew there were fashions in saris.” Other people's dress may seem not to change over the years, but the insiders who wear these garments recognize what is in fashion and what is not.

### Tradition and fashion

Living in a modern world does not mean that the traditions of the past have necessarily disappeared. Instead, treasured articles from the past, such as an academic gown or a cleric's robe, may coexist with and be used at the same time as the latest styles for everyday wear. And traditional outfits may continue to change as their creators move to new places and discover different resources for designing and sewing garments.

PHOTO: JODI COBB © NATIONAL GEOGRAPHIC SOCIETY



The veil of Islamic custom conceals a Bedouin woman's features, Saudi Arabia, 1986. This photo appears on page 49 of *Fashion*, published by National Geographic Books in 2001.

For instance, the Hmong textile artists who moved from Laos and Thailand to Minnesota began to use sequins, rickrack, and shiny fabrics—indigenous not to their homelands but to their new land—in constructing both men's and women's garments. New fashions developed, similar to older ones, but different in cost and less time-consuming to put on. One example is the new ready-made turban for Hmong women, which can be placed on the head like a hat instead of requiring an older woman to wind yards of cloth around the head of a younger woman as she kneels on the floor in front of her elder. In this case, Hmong dress continues to change even as the Hmong have traveled from one continent to another during times of great stress.

In other cases, people from one group may categorize the dress of people in another group as unchanging and with only one meaning. For example, from the viewpoint of many Muslims, non-Muslims rather carelessly label as veils the head scarves and the more enveloping garments called chador and burqa. Fadwa El Guindi, an anthropologist originally from Egypt, prefers the Arabic word *hijab* rather than veil. The meanings of *hijab*—literally translated as cover or curtain—extend beyond the idea of providing

a modest garment. *Hijab* also allows a person privacy or may indicate resistance. Covering the body shields you from others and the shielded person has an advantage of controlling her space. El Guindi declares that many contemporary Islamic women use *hijab* to visibly display their resistance to the values of non-Islamic believers.

Changes in dress occur in surprising ways. Many youth in America today want to tattoo and pierce their bodies or to dress so casually that they look unkempt in the eyes of some of their elders. On other continents where tattooing and piercing were once more common, youth want to wear jeans and T-shirts and abandon some of the body modification practices of their past.

Fashion is not the exclusive plaything of the elite, nor is it divorced from the real world—it always has been and always will be part of being alive. To be human is to change, and with change comes fashion—practical, frivolous, beautiful, or puzzling—an inevitable force of life. \*



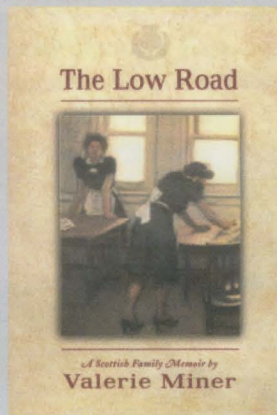
**get more info** National Geographic's *Fashion* is available at all major bookstores. ISBN# 0792264169. \$50.00.

# THE LOW ROAD

A SCOTTISH FAMILY MEMOIR

Valerie Miner's married grandfather met her teenage grandmother in a bakery in Edinburgh, Scotland. Between their marriages to other people and their own love affair, there were 14 children.

*The Low Road* is Miner's love story to three generations of this big, messy, struggling family. Miner, professor of English at the University of Minnesota, writes about her mother with particular tenderness as she sweeps us up into this "Scottish opera." \*



"[My mother and I] sit in the car, watching the waves rise and crash and swing back into the ocean. She takes my hand, something she likes to do in movie theatres, in church. And I do not notice anything until she squeezes hard. Tears stream down her face. Then down mine. She tells me she is afraid to die, afraid the end is near. Oh, no, I protest, you've got years ahead, you're a warhorse, you'll last forever. (So often since then, I wish I had had the courage to enter this rare intimacy. I should have held her safe, safe for the moment, against these fears. I should have ignored my own grief and the old terrors of suffocating in her suffering. I wish I could simply have, in my silent listening, given her comfort.) "

~ from *The Low Road: A Scottish Family Memoir* by Valerie Miner



**get more info** *The Low Road: A Scottish Family Memoir*, is available from the Michigan State University Press or your local bookstore.



**to order** go to: [www.msupress.msu.edu](http://www.msupress.msu.edu) or call 1-517-355-9543. ISBN# 0-87013-592-9336. \$26.95.

## LETTERS TO THE EDITOR

October 5, 2001

Got my fall U of M Alumni newsletter (Fall 2001) and how nice it was to see pictures of nature and normalcy. I am a U of M graduate (1978, CLA) who lives in Brooklyn. You can imagine what I see here.

I live across from a park with a view of the entire New York City harbor. On September 11, I was up there with my neighbors and watched the WTC Towers collapse. Since then, I have returned every night to see if the smoke has died down (it hasn't); and if I can get used to the new skyline and the terrible sadness and anger I feel.

I wish I could come to homecoming and return to walk in the woods with my grandsons and their dogs back in Minnesota, if just to gain strength to face what I face every day. Treasure the peace and quiet you have out there. We can be very proud to be American and to be graduates of a University that helped us learn the skills needed to support ourselves and our country in a time of need. Take care and I will be praying for you that you will all be vigilant and care for each other.

One of the things I do is lead a poetry writing workshop at a library in Brooklyn Heights and this is an excerpt from my contribution to the many poems and stories told after the WTC Towers fell.

*The Invisible Vigil: sights seen*

*The Latina woman in the huge T-shirt with the American flag emblazoned over her swollen belly as she carefully helped her toddlers onto the bus.*

*The tiny congregation of Chinese Lutherans who raised thousands of dollars for the survivors of the disaster in an extra collection plate.*

*The Jehovah's Witnesses who gave up passing out literature to pull down hate flyers posted up on the trees over night.*

*Frantic coworkers who filled in the gap left by colleagues who are family members or friends of the missing.*

*thanks given*

*For NYC public schoolchildren who didn't pretend to be sick and went to school anyway.*

*For the Sunday schoolchildren in Wisconsin that sent letters to the Brooklyn Sunday schoolchildren to comfort them.*

*For the Senior Center volunteer who kept calling out the bingo numbers on September 11.*

*For parents who turned off television sets.*

*For complete strangers who talked to you and asked if everyone in your house came home.*

*For the receptionists and other office workers who answered phones on the first ring.*

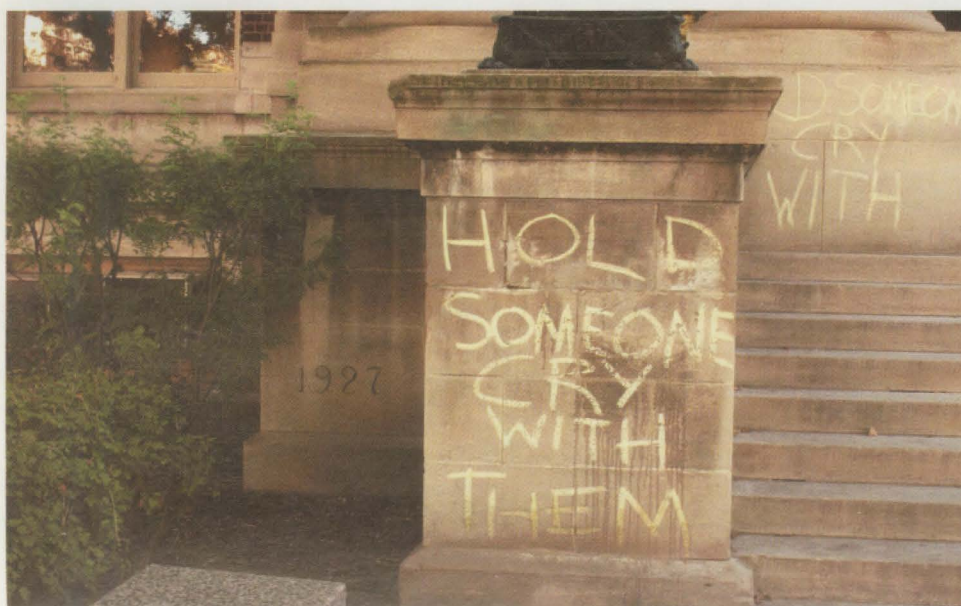
*For the neighbor who shared a tomato from his rare urban garden.*

*(Dedicated to Lars Qualben, Brooklyn resident —missing 9/11 World Trade Center)*

Marion Riola Palm, Brooklyn, New York



**talk to us!** Contact us with your letters, comments, questions or suggestions: 6 Morrill Hall, 100 Church Street S.E., Minneapolis, MN 55455-0110 Phone: 612-624-6868 E-mail: [urelate@umn.edu](mailto:urelate@umn.edu). Letters selected for publication, which may be edited for length, in no way reflect the opinion of M's publishers.



< A chalk message that remains months after September 11 at the Physics Building entrance on the Twin Cities campus.

PHOTOS: TOM FOLEY



Students attend a post-September 11 teach-in sponsored by the geography department.

In late November, nearly three months after the September 11 tragedy, the weather was still unseasonably warm. Students were playing Frisbee and basking in the sun on Northrop mall. *Life on campus*, at least from the outside, did not convey the new reality facing our country.

Almost immediately following the attacks, the University community gathered for a vigil on Northrop plaza, buttons and e-mails called for campus unity, chalk messages appeared on sidewalks, and teach-ins—mostly absent since the days of Vietnam protests—returned.

These activities provided something positive and real during a time when no one knew what to do. September 11 unleashed a torrent of frightening and potentially unresolvable issues—airline safety, possible biological warfare, more terrorist attacks, anthrax threats, retribution against Arabs, the search for terrorists—real and imagined—and finally, war.

A teach-in organized just days after the attacks drew a standing-room-only crowd to hear Middle East geography and history experts, yet a few weeks later, despite strong promotion, only a handful of students, faculty, and staff showed up for a forum to discuss what had happened since September 11.

Steve Tibbets, U of M professor of mortuary science and a specialist in trauma psychology, is

not surprised. “It’s very natural to want normalcy as soon as possible,” he says. He explains that Americans have always assumed terrorists did their dirty work in other countries, not the United States. “On September 11 that all changed. It was a tremendous violation of our assumptive world,” he says. “For many, avoiding campus events, or not watching the news, is simply a way of getting back to normal.”

### Being Arab on campus

There are about 200 Arab students—and a few Arab-owned businesses—on the Twin Cities campus. After the attacks, many Arabs were stared at and insulted. Someone yanked the head scarf off an Arab student; others broke windows in a couple Arab-owned stores. On the positive side, an eat-in was organized in support of an Afghan restaurant in Dinkytown.

Most recently, young Arab men have received requests from the U.S. government for voluntary interviews to see if any terrorist connections exist. In addition, strict, new visa regulations have prompted many Arab students to cancel plans to return home for the holidays. Some, in fact, plan to stay in Minnesota until they graduate, fearful the paperwork would be prohibitively slow upon their return to the United States.

At a forum assembled after the USA PATRIOT Act was passed, Barbara Frey, director of the University’s Human Rights Program said, “Our role as thinkers and activists in the American intellectual community is to come up with smarter ways to protect ourselves... without cutting corners that impose on the freedom of others and ourselves.”

### The questioning continues

The University campus is a good place to be at a time like this. Although the post-September 11, anxiety-charged energy is dissipating and the hope that maybe this tragedy will give birth to a better world may be faltering, the University community continues to offer new and vital ways to see the situation. The professors who work here—in geography, history, political and military science, ethics, cultural studies—have spent their careers learning all sides of a problem and striving to know an issue deeply and completely. Far from being, in the words of Attorney General John Ashcroft, the “voices of negativism,” the professors on campus who question and explore America’s role as a nation are doing what they have always done best—using education to open minds and bring perspective to a confused world. \*

# TOM BURNETT

LEADER AND HERO, FAMILY MAN AND FRIEND

On September 11, University alumnus Tom Burnett, Jr., became an American hero. His wife Deena recalled later in a television interview that, "He would often get irritated that the word hero would be used freely and on people who were undeserving. He didn't think that there were many heroes out there." But on September 11, Tom Burnett teamed up with fellow passengers on United Flight 93 to thwart terrorists' efforts to crash the plane into an unknown target.

Hearing of it later, no one who knew Burnett was surprised by his heroism. "It was everything that he was about," explains Jeff Swanson, Burnett's fraternity brother and friend. "Tom Burnett was someone who loved to live.... He was a real leader and had an outstanding sense of right and wrong."

On September 11, Burnett was returning from a business trip in New York when he switched

flights so he could get home to his wife and three young daughters sooner. He ended up on United Flight 93. On the same morning of the terror attacks on New York's World Trade Center and the Pentagon in Washington, D.C., the plane on which Burnett was a passenger was hijacked. He called Deena from the plane, leaving no doubt in her mind that he planned to overthrow the hijackers.

He called Deena from the plane, leaving no doubt in her mind that he planned to overthrow the hijackers.

"There's a group of us and we're going to do something," he said. What followed is guess work. Presumably, Burnett and a handful of fellow passengers accosted the hijackers and did something that caused the plane to crash into a

Pennsylvania field. All on board were killed, but no one on land perished. "From what we know, this plane was headed for another strategic target," said one of the FBI agents involved in the case. He and others around the world have hailed Burnett as a hero. "I would have much preferred him to come home than to be anyone's hero," said Deena later.

To honor Burnett and his actions to save the lives of others, a memorial fund was established

by Kara Rose

at the University of Minnesota. "He died as a hero to millions," says Swanson. "None of us will likely be in the position in which Tom found himself that morning so we can't emulate his last acts; but we can emulate how he lived, with character, courage, spirit, curiosity, integrity, and love.... I miss my friend, but I will always remember him, not just for his actions on that fateful day, September 11, 2001, but mostly for what he taught me about living life." \*



Tom Burnett, B.S., '86

**get more info** To make a gift to the Burnett Memorial Fund, contact Jerome Tatum at 612-624-3333 or visit [www.campaign.umn.edu](http://www.campaign.umn.edu) and designate your gift to the Burnett Memorial Fund.

## > newsdigest <

**"The University is enjoying a great deal of momentum,"** said President Yudof in the State of the University address October 18, describing upward trends in enrollment, applications, faculty productivity, and research and private giving. "We have raised tuition, we have scaled back on some aspirations without abandoning them, and we have pruned our budgets in ways that do not compromise quality or service," he said. For the full address, see [www.umn.edu/urelate/stateofu.html](http://www.umn.edu/urelate/stateofu.html).

**Healthy adult human bone marrow cells have characteristics much like embryonic stem cells,** according to University Stem Cell Institute researchers.

The findings, published in the November 1 issue of *Blood*, suggest that these cells may be ideal in treating degenerative or traumatic disorders such as osteoporosis and arthritis or single gene disorders such as hemophilia, Hurler's disease, or muscular dystrophy.

**Students who don't graduate within six years are unlikely to graduate at all,** says a new study based on University data. Although four- and five-year graduation rates are rising on the Twin Cities, Duluth, and Morris campuses, vice provost Craig Swan wants to improve University-wide graduation rates further by studying various proposals including a minimum 13-credit, full-time load.

**Fish oils, walnuts, and flaxseed may prevent cancer,** reported University Hormel Institute researchers in the August 2001 issue of *The Proceedings of the National Academy of Science*. For more information, see [www.umn.edu/urelate/newservice/newsreleases/01\\_08cancer.html](http://www.umn.edu/urelate/newservice/newsreleases/01_08cancer.html).

**The University's electronic financial aid system is a "huge success,"** says Nancy Sinsabaugh, student finance interim director. "We're on track to save 1 million sheets of paper and \$80,000 this year." The University is one of the first schools in the country to offer electronic aid processing.

# GLOBAL THINKER

U OF M LAW PROFESSOR DAVID WEISSBRODT HAS HIS EYE ON HUMAN RIGHTS AROUND THE WORLD

by Joel Hoekst

Like many Americans, David Weissbrodt has watched the shifting fate of Afghanistan with considerable alarm. But unlike most, the University of Minnesota law professor has trained election monitors in Croatia and Haiti, witnessed political trials in Kenya, and worked in the field of human rights for more than 30 years. In other words, Weissbrodt knows lots of work remains to be done before peace and justice come to Afghanistan.

And who better for the job than Minnesotans? "I think there's a real need for a Minnesota International Corps," says Weissbrodt, codirector of the Human Rights Center at the law school. "There are such wonderful strengths in this state because we've built a big human rights community. But also, in general, I think a lot of people would like to do things in the international realm. I think Minnesotans, if trained, could do election monitoring and human rights monitoring and other tasks."

The idea is typical of Weissbrodt, who over the years used his bright ideas, legal expertise, and diplomatic nature to advance the causes of such human rights organizations as Amnesty International, the United Nations, and the Minnesota-based Center for Victims of Torture. Almost daily, he receives requests for information and assistance from every corner of the globe. The morning e-mail, for example, might contain a request for tactical advice in combating Hindu attacks in Bangladesh. Another message asks Weissbrodt to sign a "friend of the court" brief urging the court to respect the treaties the U.S. has ratified prohibiting juvenile executions. The phone rings constantly with calls from students, colleagues, and advocates.

Weissbrodt claims that at the moment he's too busy to truly investigate the launch of a Minnesota volunteer corps. And one look at his desk seems to bear that out. There are UN reports that he has to read and revise. (He currently chairs the UN Subcommittee on

PHOTO: TOM FOLEY



David Weissbrodt, professor of law and codirector of the University's Human Rights Center.

the Promotion and Protection of Human Rights—the first American chosen to head a UN human rights body since Eleanor Roosevelt.) There are Amnesty International matters to attend to: Weissbrodt is a member of the board charged with reshaping Amnesty's mission—a position he's coveted almost since he joined the organization in 1972. "So now, when I'm too busy for words, the opportunity rolls around," says Weissbrodt, running a hand through his thinning grey hair.

But it's student instruction and research that remain at the heart of Weissbrodt's daily routine. Named the Fredrikson and Byron Professor of Law in 1998, he teaches courses in administrative law, immigration law, torts, and legal writing, as well as international human rights law. His participation with students allows him to encourage their involvement in human rights work and other areas of legal advocacy. He prods students to work on matters that will have an effect on real people—immigration issues or the rights of noncitizens. Equally important, he encourages them to get involved

in the many human rights organizations that are based in Minnesota, including the local chapters of Amnesty International, Minnesota Advocates for Human Rights, the U's Human Rights Center, and the Center for Victims of Torture—all of which Weissbrodt helped shape.

"We probably have more human rights organizations and more people employed or volunteering in human rights than any other place in the country except for maybe New York and Washington," Weissbrodt says. "And while I don't advocate that students take my courses in order to gain employment with a human rights group—there's just not enough money available for so many employees—what I do advocate is that they do as I do: I'm essentially a volunteer."

His teaching, research, and human rights advocacy, he notes, have been supported in large part by gifts from the law firms of Briggs and Morgan and Fredrikson and Byron, the McKnight Foundation, and the Otto Bremer Foundation.

**Minnesota's legacy**

Weissbrodt's sense of service developed early on. The son of a lawyer whose specialty was Indian claims, Weissbrodt grew up in a Washington, D.C., household where Native Americans were regular dinner guests. His mother also took an interest in the rights of the disenfranchised. An economics professor, she concentrated primarily on matters affecting the health of poor people, developing one of the earliest studies on lead poisoning.

It wasn't law, however, that Weissbrodt initially thought was his calling. "I grew up a member of the Sputnik generation," he says.

"I thought I was going to become a scientist. We all did."

But his interests eventually led to a law degree. "I wanted to help people," Weissbrodt says. "And I decided it was more likely that I could have more of a focus on people if I studied law."

Human rights would emerge as a specific calling in 1971, when Weissbrodt and his wife, fellow law school student Patricia Schaffer, traveled to Geneva. The pair spent a year working as interns with the International Commission of Jurists, learning French, and monitoring human rights matters in what was then being transformed from East Pakistan into Bangladesh.

"My wife and I were among the first human rights interns," Weissbrodt says. It's one reason he's been passionate about finding funding to support human rights volunteers. He has since founded two fellowship programs for individuals interested in such work.

In 1975, after returning to the United States and spending two years at a Washington law firm, Weissbrodt moved to Minnesota. He'd long wanted to teach, and now, with some practical experience under his belt, he felt ready. Minnesota, with its legacy of leadership on human rights, including the work of Hubert Humphrey, Walter Mondale, and Harold Stassen, seemed a natural place to call home.

On campus and off, Weissbrodt has contributed significantly to Minnesota's tradition of concern for human rights over the years. In 1988, he founded the University of Minnesota Human Rights Center. One of his many accomplishments has been the establishment of the online Human Rights Library, financed largely by contributions from such organizations as the Ford Foundation, the Joyce Mertz-Gilmore Foundation, the Open Society Institute, and the Weyerhaeuser Family Foundation.

The multi-language library contains more than 7,200 legal transcripts, decisions, and other documents and attracts nearly 100,000 visitors each month.

"We probably have more human rights organizations and more people employed or volunteering in human rights than any other place in the country."

The Center for Victims of Torture, however, is perhaps Weissbrodt's most significant

contribution to the human rights landscape in Minnesota. In the mid 1980s, Weissbrodt helped persuade Governor Rudy Perpich to launch the center as a haven for torture survivors from around the world. Weissbrodt had been frustrated with his own inability to respond to the needs of those victims who sought him out or appeared at his office door. "I was unable to provide the psychological care that these individuals needed," Weissbrodt says. Today, the nonprofit Center for Victims of Torture directly serves more than 200,000 people and has helped spawn more than 27 treatment centers across the United States.

Center director Douglas A. Johnson says Weissbrodt remains a vital part of the organization's board—particularly when it comes to offering fresh ideas. "David is definitely not a burned-out person," Johnson says. "He is always willing to try a new venture."

And current world events have once more spurred Weissbrodt's thinking about new ventures. Rebuilding Afghanistan in the wake of the current war will require doctors, construction workers, teachers, agricultural experts, and engineers. "There's a crying need at the international level," he says.

Will Minnesotans answer the call? \*

**?** **get more info** To visit the Human Rights Library Web site, go to [www.umn.edu/humanrts](http://www.umn.edu/humanrts)

**SHOOTING THE INTELLECTUAL BREEZE: U of M faculty pair with world-renowned experts to discuss timely topics**

President Mark Yudof and his former law student Paul Begala, political strategist, national commentator, and political adviser to President Clinton, kicked off the Great Conversations series on January 15. Their conversation will be followed by monthly meetings between U of M faculty members and such luminaries as Harvard's Cornel West and C-SPAN's Brian Lamb.

**February 19**

Thomas Fisher, dean of the U's College of Architecture and Landscape Architecture, and Steven Holl, *Time* magazine's architect of the year, discuss progressive and visionary movements in architecture.

**March 26**

Pioneering researcher and director of the University of Minnesota's Stem Cell Institute, Dr. Catherine Verfaillie, is joined by Dr. Austin Smith, director of the world-renowned Centre of Genome Research at the University of Edinburgh, Scotland. They will explain how their discoveries in stem cell research and technology have the potential to affect medical advances worldwide.

**April 2**

Jane Kirtley, director of the U's Silha Center for the Study of Media Ethics and Law, and Brian Lamb, CEO and creator of C-SPAN, discuss the ethical responsibilities and legal rights of the mass media in a democratic society.

**May 7**

Professor of Afro-American Studies and English, John S. Wright, and his former colleague at the W.E.B. DuBois Institute, Cornel West, will join to share their work in black intellectual history. West is Harvard professor of the philosophy of religion.



**?** **get more info** All lectures are held at the Ted Mann Concert Hall (2106 4th St. South, University of Minnesota, West Bank) at 7:30 p.m. Ramp parking is available across the street. Series tickets sell for \$100. Individual conversation tickets sell for \$25. Discounts will be given to University of Minnesota faculty, staff, students, and University of Minnesota Alumni Association members. Call 612-624-2345 for tickets.

# MAROON & GOLDEN SCHOOL

RETIREES COME BACK TO SCHOOL, AND GUESS WHAT: NO TESTS.

by Carl Franzén

June Gibbons is an actress who was a regular in Guthrie productions. She can help you get over stage fright. George Anderson, a retired chemist, would love to tell you who the real Shakespeare was. Sally Polk will inspire you with the meditative discipline of tai chi chuan. Retired political science professor Frank Sorauf can introduce you to the beauty of southwestern pottery. Otto Christianson once worked in local parks. Now he and his wife will lead you through our national parks.

course leaders from several other sources. Last fall two former college presidents—John Kendall from Gustavus Adolphus College and Sister Alberta Huber of the College of St. Catherine—led courses.

Gibbons has never been a teacher, but brings her passion for theater to class, along with a clear understanding of how professional actors give each other space to develop their material. And she offers encouragement rather than criticism.

Before leaving on a trip, participants attend six to eight weekly classes to familiarize themselves with the area's history, geography, plants, and animals so they have a richer experience in the place they visit.

Some courses are more academic than others, but according to Steve Benson, the institute's first and only director, each course has three requirements. "It has to be fun [for the leader], be intellectually stimulating for the participants, and," Benson emphasizes, "have no tests."

## Come for the learning, stay for the friendship

One of the biggest reasons for the institute's rapid growth is the friendship factor. Benson has heard people in the program say time and time again, "These are the kind of folks I like to be around. I'm meeting people all the time who are bright, intelligent, and active. [They are] people who want to keep expanding their world as opposed to sitting on it." \*



PHOTO: TOM FOLEY

ELI member Jack Harkness records a story at Radio-K studios for a Let's Do a Show on the Radio course.

These people, and dozens like them, are part of the all-volunteer faculty at the Elder Learning Institute (ELI), a seven-year-old membership organization for retirement-age learners. Started in 1995 and housed on the University's Twin Cities campus, ELI now has grown to nearly 700 members and offers about 130 courses annually. The courses offered depend upon the expertise members bring to the table.

### Experts who want to share their passion

In addition to recruiting present and former University faculty, the institute also attracts

Over the past four years she has followed a similar philosophy while preparing her ELI students for individual and group performances and is pleased with the results. "None of them have that much experience with acting at all, and it's quite a revelation: when people are older and intelligent and involved, they're quite capable of producing extremely good presentations."

Otto Christianson and his wife, Pat, have headed up a half dozen tours to places like the Mayan ruins in Mexico and the provincial parks of the Canadian Rockies. "I love travel," says Christianson. "I like the adventure of new places and new faces." But the ELI course offers much more than a two- or three-week excursion.

## WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

The Elder Learning Institute offers fall, winter, and spring courses throughout the Twin Cities metro area, in schools, churches, libraries, community centers, and museums. The cost to join ELI is \$195 annually, which allows a member to take two courses per session, more if space is available. Benson says, "One of the things we stress is interaction, not lectures." As a result, class sizes are usually kept to about 15 members or fewer to encourage discussion. Courses that include a trip are limited to about 35 members.



**get more info** In addition to ELI, there are 300 institutes for learning and retirement around the country, each associated with a college or university. For the name of the school nearest you, or to receive a course catalog, call Elder Learning Institute in Minneapolis at 612-624-7847, or e-mail [sbenson@cce.umn.edu](mailto:sbenson@cce.umn.edu).



# MINNESOTA MAGAZINE CELEBRATES 100 YEARS OF CAMPUS & ALUMNI LIFE

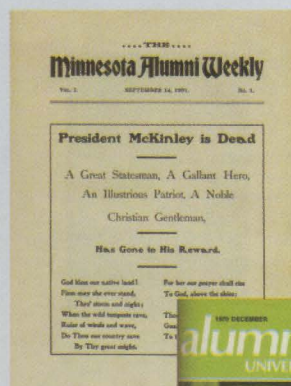
Debates over academic freedom, anticommunist witch hunts, student protests over the Vietnam War, affirmative action, the banning of bicycles from sidewalks, a controversial debate team loss: for 100 years the University of Minnesota Alumni Association's magazine has chronicled campus and alumni life.

Now called *Minnesota*, the alumni magazine for the Twin Cities campus was first published as a weekly on September 14, 1901. The publication has remained a strong University advocate and, sometimes, a tough critic. Its mission for a century has been "to make the alumni acquainted with what is going on at the University at all times, and to foster a genuine University spirit among the alumni, by keeping them in touch with the University and each other." It also practices what the first editor called "wide-awake journalism."

Now delivered six times a year to University of Minnesota Alumni Association members, *Minnesota* still features strong opinions in signed editorial columns. But it also presents balanced reports on important campus issues like diversity, the regent selection process, and student alcohol use. In the May–June 2002 issue, *Minnesota* will look at Title IX 30 years later and in November–December will focus on what's at stake as the University reexamines its dual mission of access and excellence.

From the beginning, the alumni publication has been timely in its coverage, often reaching beyond campus to offer glimpses of how national and world events affect the lives of alumni and students. The first issue, with lead type, featured news of President William McKinley's death earlier that day. The following week's issue included a tribute to him.

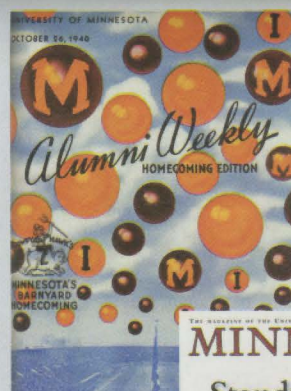
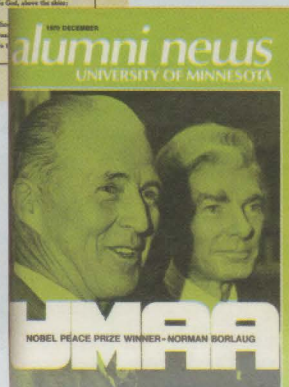
The cover of the November–December 2001 issue features a campus prayer vigil for the



## < 1901

The first issue of the *Minnesota Alumni Weekly* was printed the same day U.S. President William McKinley died.

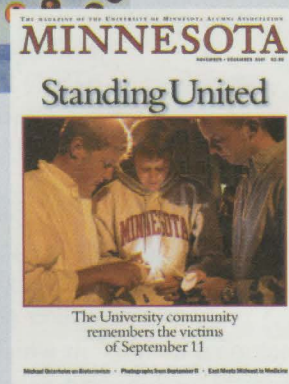
**1970 >**  
Norman Borlaug  
(B.S. '37, M.S. '41, Ph.D. '42)  
visited President  
Malcolm Moos  
after winning the  
Nobel Peace Prize.



## < 1940

Homecoming editions of the alumni publication were turned over to student editors for several years.

**2001 >**  
A candlelight  
vigil for victims of  
the September 11  
terrorist attacks  
gave students a  
chance to unite  
and grieve.



victims of the September 11 attacks. In addition, it carries an interview with University of Minnesota Center for Infectious Disease Research and Policy director Michael Osterholm (M.S. '78, M.A. '80, Ph.D. '80) about bioterrorism, a collection of photos by Reuters photographer and *Minnesota Daily* alumnus Jeff Christensen from the World Trade Center disaster, and information on the scholarship set up in memory of Thomas Burnett, Jr., (B.S. '86), who helped prevent the hijackers of the plane he was on from reaching their intended target, crashing it in rural Pennsylvania instead. [See page 5.]

Through the years, the magazine has been recognized as one of the area's and the nation's best. The Council for the Advancement and Support of Education (CASE) awarded *Minnesota* a bronze award in overall excellence in 2001, meaning it is one of the handful of outstanding alumni magazines in the country. *Minnesota* has also earned CASE awards for writing, illustration, and design in the past decade.

Alumni association members regularly rate *Minnesota* as their leading benefit. The glossy magazine delivers news of alumni and campus, profiles interesting graduates, marks significant milestones, and, as always, keeps readers up to date on Gopher sports. \*



**did you know** University of Minnesota Alumni Association members receive *Minnesota* magazine six times a year as a membership benefit. A 100th-anniversary tribute issue is planned for May–June 2002.



**get more info** For more on joining the U of M Alumni Association, visit [www.umaa.umn.edu](http://www.umaa.umn.edu), call 612-624-2323 or 1-800-UM-ALUMS (862-5867), or e-mail [umalumni@tc.umn.edu](mailto:umalumni@tc.umn.edu). Selected articles from recent issues are online at [www.umaa.umn.edu/minnesota](http://www.umaa.umn.edu/minnesota).



**get more info** To join the Legislative Network, or to get more information, visit [www.umaa.umn.edu/umaa/legislative-network](http://www.umaa.umn.edu/umaa/legislative-network), e-mail [umalumni@tc.umn.edu](mailto:umalumni@tc.umn.edu), or call 612-624-2323. You can find more on the capital request at [www.umn.edu/urelate/govrel](http://www.umn.edu/urelate/govrel).

The University's Legislative Network is a powerful ally as the University approaches the Minnesota Legislature with its 2002 capital bonding request. A volunteer organization run by the alumni association, the network offers members tips on making effective contacts and ways to express how important funding is in continuing the University's current momentum.

# CUTTING CURBS

by Rick Moore

## THE UNIVERSITY WORKS TO ACCOMMODATE STUDENTS WITH SO-CALLED HIDDEN DISABILITIES AND ENDS UP HELPING EVERYONE

Seven years ago, a former University of Minnesota student came to disability services specialist Barb Blacklock with an interesting question. He had never graduated, but was curious to know how close he had come, even though he believed his mental illness would preclude him from ever returning to the University. Blacklock told him that he was just four courses shy of a degree. A year ago Blacklock discovered the update to the story. "That man is now gainfully employed and ready to go back to school," she says. "Never say never."

Such is the mantra of Disability Services (DS) at the University, a department that has helped open the University's doors—or keep them open—for many students whose conditions would normally keep them on the outside looking in. For decades, DS has been helping students with vision, hearing, and mobility impairments. But lately, and increasingly, DS has also been assisting students with so-called hidden disabilities—attention-deficit conditions, systemic disorders like diabetes and epilepsy, learning disabilities like dyslexia, and psychiatric disabilities such as depression or anxiety disorders.

The DS office recently received a grant, funded by the U.S. Department of Education, to study barriers that students with psychiatric disabilities face on campuses around the country, barriers with very little scrutiny to date. "We're kind of known for being innovators," says Blacklock.

Blacklock has worked for years with students with various mental illnesses and knows their unique fears. "The whole issue of confidentiality is raised to a new threshold for students with psychiatric disabilities," she says.

Blacklock says the increase she sees in psychiatric disabilities is not necessarily because of an increase of mental illness in society; it's "because

there's been a dramatic increase in the changes in medication [for] people who have mental illness, allowing them to remain in school or return to school where they previously would never have had the chance."

Faculty can accommodate students with hidden disabilities in a number of ways, depending on the circumstances. For those with anxiety disorders or attention-deficit conditions, being able to take a test in a special environment, perhaps with a white-noise machine, is critical. Other students might benefit from having extra testing time in a private room, allowing them to read aloud, take breaks, or do breathing exercises. Still others might need the latitude of flexible deadlines, so long as they negotiate them before the due dates. "We can't assume they all need the same accommodations," Blacklock says. "These conditions affect people differently. We have to look at each person as an individual."

"If I didn't have [the accommodations] I know I would have failed a lot of my classes."

Miranda Laufenberg, pre-vet-med student

"Previously—10, 15 years ago—people felt, 'Oh, I've got these symptoms; I've got to drop out,'" she says, adding, now, "they can rebound."

DS staff are also educating faculty on all of the University campuses about "universal instructional design," in which more inclusive methods of teaching and testing benefit not only students with disabilities, but all students. The frequently used analogy is curb cuts. Originally mandated by the federal government for citizens with mobility challenges, they wound up being of great benefit to bicyclists, in-line skaters, and people pushing strollers or shopping carts.

PHOTO: TOM FOLEY

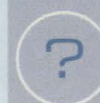


Miranda Laufenberg is a second-year, pre-vet-med student from Sparta, Wis., who has been diagnosed with depression. She struggled in her first semester at the University before going to Disability Services for accommodations. Depression, she says, "gets in the way of doing homework. Sometimes it's even hard to get out of bed. It's hard to concentrate. And it's hard to be social." She's now able to take more time on tests and, if needed, can receive extensions on homework assignments. "Academically, it's made a lot of difference," Laufenberg says.

Some elements of universal curriculum design might include using PowerPoint slides for lectures and handouts, posting class notes on the Web, or offering students choices in how they are evaluated based on their strengths and weaknesses.

"By extension, what you're doing to make your classes more accessible for students with disabilities makes your classrooms more accessible for all students," says Judy Fox, project director of the grant received by DS and General College to implement the training. "Standing in front of the chalkboard generally doesn't engage students anymore."

The pioneering work of Disability Services is aimed at "trying to create a more inclusive environment on campus," says Bobbi Cordano, director of DS. "It's about removing barriers in the environment, not just for people with disabilities but for everyone." \*





# PAXIL & POWDERED TREE BARK

STAFF AND CLIENTS OF THE U'S AWARD-WINNING REFUGEE MENTAL HEALTH CARE PROGRAM RESPECT EACH OTHER'S TRADITIONS IN PURSUIT OF HEALTH by Pauline Oo

Tell them you want to see a shaman, and they won't blink an eye. Insist that powdered tree bark will treat your mental illness, and Kathy Lund and Sy Vang are likely to support you and show you how to combine western and traditional treatments. Lund and Vang are just two of the many people who work with refugees and immigrants from around the world at the Community-University Health Care Center in South Minneapolis. The duo, colleagues in the Refugee Mental Health Care Program, are serious, funny, patient, reflective, and accommodating women.

There is no typical workday at the clinic—largely because the clients and the services they seek are so diverse. There is, however, an unspoken golden rule at the clinic—one must respect the client's beliefs and ways of coping. In her work as a clinical nurse specialist, Lund's greatest challenge is convincing her many Cambodian clients that western medicine can help them fight mental illness. The tradition-minded Asian client, who believes evil spirits are the cause of psychiatric disorders, is more likely to visit a shaman and undergo one or multiple demon-casting ceremonies than to see someone in a white lab coat.

"Most of our clients already have some connection to a temple or a religion, so it's very easy for me to say 'Yes, go visit the shaman,' if that's what they want to do," says Lund. When clients see how open she is to their tradition, very often they become open to her tradition—which in this case is western medicine—so client and provider become partners in a combined healing process. The only time Lund is likely to discourage a client's traditional treatment is when something the client wants to do or take would counteract the effects of medication she needs to prescribe. Then a client has to choose. "If a client says no to our help, we make it as easy as possible to come back without losing face."

And keeping the doors of communication open could literally be a matter of life and death for Vang's clients. The

Laos-born Vang is an advocate in the clinic's Battered Women Program and works largely with Hmong women who have been physically or verbally abused by their husbands. "It's really hard to listen to these horrible stories," she admits. But Vang remains strong for the women who reach out to her. "Some people call me at home all the time... [and] I may visit them or go with them to court or to find them shelter."

them shelter." Vang received the National Hmong Women's Leadership Award last year for her efforts in promoting awareness of women's issues in a community where women seldom have a voice.

Unlike Vang, who hears the most intimate details from the people she helps, Lund feels she is sometimes only scratching the surface of her clients' lives. And it's not because she has to rely on a bilingual colleague like Vang for help communicating with her Cambodian clients. What frustrates her is beyond language and cultural differences. "If my clients are stable on their medications, I will only see them for half-hour visits every two or three months. I have a lot of clients, and over time I get to know most of them, but there is never enough time to really get to know their stories," she says. \*

"Some people call me at home all the time... [and] I may visit them or go with them to court or to find them shelter."



**did you know** The Community-University Health Care Center received a Significant Achievement Award this fall from the American Psychiatric Association for having a culturally appropriate health care model; it is only the second Minnesota agency in 25 years to earn the award.



**get more info** The center was founded in 1966 to further the University of Minnesota's commitment to the community and participate in a national effort to decrease infant mortality rates. The Refugee Mental Health Care Program was established in the mid 1980s. For more information about the center, see [www.ahc.umn.edu/cuhcc](http://www.ahc.umn.edu/cuhcc).

This border is an example of traditional Hmong reverse appliqué needlework.



# MANY REASONS TO GIVE

When you think about what makes the University great, what comes to mind? Maybe it's the reputation of a certain department, an inspiring teacher, pathbreaking research, or educational opportunities for the thousands of students who graduate every year.

Many alumni have a University program they care deeply about. And every year, 35,000 alumni step forward to support those programs. Campaign Minnesota was launched in 1996 to raise \$1.3 billion by 2003 for the University of Minnesota. Since then, 68,500 alumni have made gifts, large and small, all of which have counted toward the \$1.2 billion raised so far.

Even small gifts, when combined with others, can make a difference. For example, the story on the next page tells how private gifts to a department's strategic initiatives fund made it possible for graduate students to participate in a life-changing experience.

Here are just a few examples of what gifts of different sizes can do. A gift to the program you care most about can help defray costs such as these.

- \$60 buys lab materials for one semester for one student.
- \$187 covers transportation costs for a semester of field trips for one student.
- \$60 buys a new book for the library's collections.
- Gifts of \$100 to more than \$1,000 pay for a journal subscription at the library for one year, depending upon the field.
- Gifts of any size to a scholarship fund help students attend and succeed in college.

- \$200 covers books for one student per semester.
- \$50 to the Raptor Center provides one week's worth of medication for a bird.
- \$100 provides an educational presentation to the community on topics such as natural science, children's literature, citizenship, or others.
- \$25 buys supplies for design and apparel classes.

Because of funds raised through Campaign Minnesota, twice as much scholarship and fellowship money is available as in 1996, endowed faculty positions increased from 17 in 1985 to 340 today, and new or renovated facilities have improved the environment for teaching and research on all campuses. Alumni donations have strengthened the Twin Cities dance program, funded a research consortium

that addresses important ethical and legal questions in medicine, technology, and the media, helped restore the Minnesota Centennial Showboat (opening in summer 2002), and expanded museum and library collections and exhibits.

Participating in Campaign Minnesota is easy, and every gift, designated for whatever college or program you choose, counts toward the campaign. Gifts may be designated to a program's strategic initiatives fund and will be used where the need is greatest, or they may be targeted for specific purposes within a program. \*

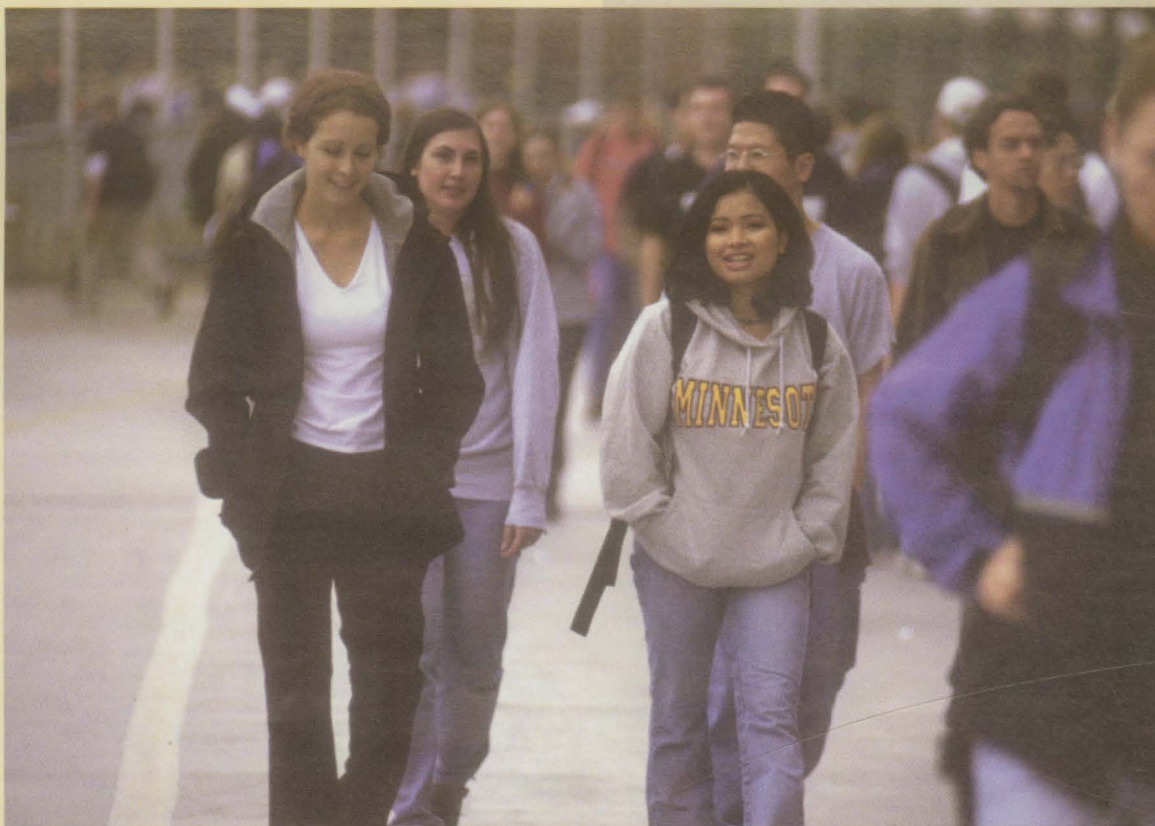


CAMPAIGN MINNESOTA  
UNIVERSITY OF MINNESOTA



**get more info** You can make a gift online at [www.campaign.umn.edu](http://www.campaign.umn.edu) or contact the University of Minnesota Foundation at 612-624-3333 or the development officer of the college you want to support.

PHOTO: TOM POLEY



Many gifts from alumni support students through scholarships, improved services, and funding for field projects and other programs.

# HELP FOR THE GRIEVING

A FUND BUILT WITH GIFTS FROM ALUMNI SENDS GRADUATE STUDENTS TO NEW YORK

Professor Pauline Boss and two students in the Marriage and Family Therapy Program (Department of Family Social Science) were among the first to fly after the September 11 flight ban was lifted. Their destination was lower Manhattan, and they were responding to a call for help that would draw on their expertise in family stress and “ambiguous loss,” the term Boss uses to describe the unresolved grief that comes when no clear verification of death is available. Boss has studied ambiguous loss for 25 years.

“With ambiguous loss, you are the one who has to decide when your loved one is dead, but without the physical evidence this is very difficult to do,” says Boss. “People need some meaning to explain what happened. With the World Trade Center disaster, the enormity of the loss goes far beyond our ability to explain.”

Boss had received the call for help from Mike Fishman, president of the Service Employees International Union, Local 32BJ, which represents 3,000 employees who worked in the World Trade Center. Fishman heard about Boss through his wife, who had been Boss’s student 20 years ago, and knew about her work on ambiguous loss. He asked Boss to come to New York to assist the therapists providing mental health services to the union members and families affected by the tragedy.

Boss quickly enlisted the help of faculty members William Turner and Liz Wieling and six graduate students. She and Ph.D. students Christi McGeorge and Tai Mendenhall left on September 16. Other teams have gone back every few weeks to continue the work.

But funds for travel were also needed on short notice. Fortunately, the department had a strategic initiatives fund, built largely with small gifts from alumni and others, that could be used. “An unrestricted funding source is essential when things come up that require you to act quickly,” says Hal Grotevant, the department

PHOTO: TOM FOLEY



Graduate student Tai Mendenhall and Professor Pauline Boss.

chair. “The opportunity for our faculty and students to take part in such a momentous effort is exactly what the fund was designed for.”

For the students, it has been a life-changing experience. “This experience shaped me as a person and as a therapist,” says McGeorge. “The sheer magnitude of the grief, the number of people needing help, and the severity of the needs went far beyond what you would find in any other practical experience.”

Mendenhall, who is studying collaborative family health care, says, “All of my training was instantly made real.” He is researching how family stress interacts with biological, psychological, and social conditions, which are at extreme levels in New York. “People weren’t sleeping, they had constant headaches, and they couldn’t keep food down,” he says. “On top of that, they had tremendous anger and guilt.”

But Boss says they have also seen signs of recovery. “We have been able to help people begin to share their feelings and their stories about the ones who are lost,” she says. “A group of electricians and their families met with the families of men who didn’t make it out. The survivors began telling stories about the lost men, about how proud they were of their children, or about how many other lives they helped to save that day. This helped both the grieving families and the survivors.”

All those involved stressed that the steps toward healing may be very small and slow. “For example,” says McGeorge, “one man announced that he had been able to sleep for an hour and 45 minutes in one stretch, the longest since September 11. For people who hadn’t been eating or sleeping, this was a success.” \*

# GREAT (AND GRATEFUL) GRADS

by Chris Coughlan-Smith

Clara Adams-Ender, Michael Illbruck, and William Pedersen are among the University of Minnesota's most accomplished graduates. "I'd be nowhere without the school of architecture at the University of Minnesota. I'm extremely proud to have graduated from there." says Pedersen, design principal with the New York architecture firm Kohn Pedersen Fox Associates. Adams-Ender, a nursing graduate, was one of the highest-ranking African-American women ever in the military. "I remember the school fondly, and I believe in its ideals and ideas," she says. Illbruck, a successful business executive committed to world-class sailing, says earning two U of M degrees was "among the most important experiences in my life."

**Michael Illbruck (B.S.B. '85, M.B.A. '87)**  
By 2006, Michael Illbruck hopes people worldwide will know the Illbruck name. His Munich-based company, illbruck, sponsors the illbruck Challenge yacht-racing team, the early leader of the 32,700-mile, around-the-world Volvo Ocean Race. The illbruck Challenge's

next goal is to compete for America's Cup in 2002-03 and then go on to actually win the cup in 2006.

The Illbruck family company began in 1952 in a plant near the Rhine River outside Cologne. In 1976 illbruck USA, Inc., opened in Minneapolis.

"It was obvious then that I would go to Minnesota to attend college," Illbruck says. "[The U] set the foundation to explore and venture into the business world and also influenced my private life, because the job I have is no job; it's part of my life."

The firm now has four major divisions turning out automotive, building, and other products. It employs more than 3,000 people in 15 countries on four continents. In 2000, illbruck reported revenues of more than \$300 million.

Sailing is a passion for Michael Illbruck, whose firm sponsors the leading boat in a current around-the-world race.

PHOTO: TOM FOLEY



Clara Adams-Ender's positive spirit and hard-working nature made her one of the highest ranking African-American women in U.S. Army history.

Michael's father, Willi, began the firm and the family's passion for sailing. Just as Michael has taken illbruck to new heights, so has he taken the commitment to boating to unprecedented levels. The illbruck Challenge is illbruck's primary corporate publicity effort, has an annual budget of several million dollars, and has assembled an international team of sailors, boatbuilders, and researchers. Illbruck sees his commitment to sailing as compatible with the business. "Everything that happens on a race boat happens in a company," he explains. "You have teamwork, clear decisions, a constantly changing environment, tough competition. [You have to] stay on your toes all the time, be flexible, and be environmentally safe."

Illbruck has turned the day-to-day running of the illbruck Challenge over to others, but still takes a keen interest. He met the team as it arrived in Capetown, South Africa, and in Sydney, Australia, after winning the first two legs of the nine-stage Volvo Ocean Race. The race continues into June, with stops in Miami in April and Baltimore in May.

PHOTO: COURTESY OF ILLBRUCK CHALLENGE



**Clara Adams-Ender (M.S. '69)**

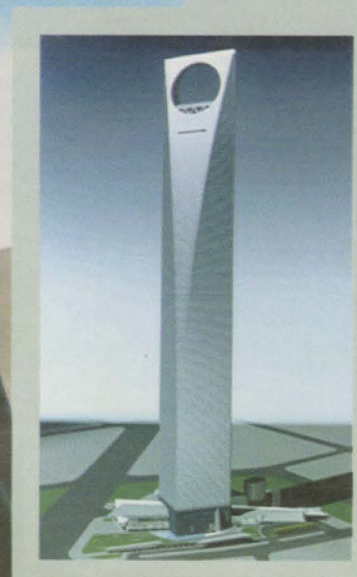
That Clara Adams-Ender would make something of herself was never a question. Her parents saw to that. But just how far she would go, they could never have imagined. Born one of 10 children to sharecropping parents near Raleigh, North Carolina, Adams-Ender's hard work helped her use an Army nursing scholarship to finish college and become a brigadier general. By the time she retired in 1993, she had led the Army Nursing Corps and commanded Fort Belvoir in Virginia.

Adams-Ender took to military nursing as soon as she earned her officer commission. "You get a real deep sense of doing something important," she says. Although there was extra pressure to prove herself in the Army culture, she didn't let it bother her. "My own expectations for myself were so much greater than anyone else's that I didn't pay much attention to what was going on around me."

When she came to Minnesota to pursue her master's in nursing, Adams-Ender encountered a *kind of racism that surprised her*. She arrived in 1967, a time of urban race riots. "When I got to Minnesota, people were up in arms," she says. "Many people had never seen an African-American person in their lives, but most had their opinions and most of them were bad." With a priest from St. Lawrence parish, she traveled around the area "holding little sensitivity sessions. We did a lot in terms of enlightening people," she recalls. "I really did not realize the depth of hatred based on ignorance that existed. It was a very illuminating experience for me."

Adams-Ender has just written her autobiography, *My Rise to the Stars: How a Sharecropper's Daughter Became an Army General*, and is now running her own management consulting firm, CAPE (Caring About People with Enthusiasm) Associates, Inc. She intends to go on to write about leadership and "positive things people can do to keep themselves going from day to day.... With CAPE, I'm trying to help make people stars. Not everyone can be a general, but everyone can be a star if you care about yourself and make sure you are dealing with folks with dignity and respect."

PHOTO: SIGRID ESTRAADA



Inset: The design of the Shanghai World Financial Center

ILLUSTRATION: COURTESY KOHN PEDERSEN FOX ASSOCIATES

William Pedersen believes that tall buildings can change the world for the better.

**William Pedersen (B.S. '61)**

Even before September 11, William Pedersen, designer of some of the world's most elegant and distinctive tall buildings, was thinking in new ways about the structures. "Tall buildings have the possibility of becoming power plants in themselves; the technology exists to generate wind and solar power to fuel a very large percentage of their needs," he says. "What happened September 11 throws into sharp relief the importance of finding ways to conserve energy in this country. We're extraordinarily vulnerable because of our dependence on imported oil. To my mind it is really a national emergency." Buildings can be made safer by including more escape stairwells and fire-proof refuge floors with access to fresh air. Pedersen says nothing can be done to make buildings withstand airplane crashes and urges research on ways to keep planes away from buildings.

The St. Paul native and architect's son admits he came to the U to play hockey. During his sophomore year, however, his elevation to varsity bumped up against rigorous architecture course work. "[My classes] took quite a beating that year; I was lucky I made it through," he says. In Pedersen's junior year, Professor Leonard Parker "became my mentor more than anybody else. He really got me fired up about architecture."

Kohn Pedersen Fox Associates was formed in 1976 and has been winning awards ever since. Among its hundreds of projects is the Shanghai World Financial Center, which may rise as high as 1,640 feet, making it the world's tallest building. Construction was halted during the Asian financial crisis, but recently resumed. The simple, elegant design is in response to the visual chaos of buildings now rising around the construction site, as well as the Chinese idea of a square and a circle representing Earth and sky.

"I think we're at a point where architecture is going to change fundamentally," Pedersen says. "The tall building, to my mind, is going to be the most important development of the 21st century." Because tall buildings can generate power, conserve energy, and allow maximum natural light inside while leaving more space for parks and truly natural areas, "the tall building... can be transformed into something consistent with nature," he says. \*

 **get more info** The University of Minnesota Alumni Association has a new Great Grads list. To see the list and perhaps nominate grads of your own, visit [www.umaa.umn.edu](http://www.umaa.umn.edu).

 **get more info** To become a member of the University of Minnesota Alumni Association, visit [www.umaa.umn.edu](http://www.umaa.umn.edu), e-mail [umalumni@tc.umn.edu](mailto:umalumni@tc.umn.edu), or call 612-624-2323 or 1-800-UM-ALUMS (862-5867).

UNIVERSITY OF MINNESOTA

winter 2002



# FASHIONING OUR LIVES

Far from being just about what's in or out this season, fashion shows our humanness. From a simple safety pin adorning the felt hat of an Inca descendant to the tattoos of a suburban teenage girl to the richly embroidered clothes of the Sami people of Scandinavia, we adorn ourselves to fit the time and the place where we find ourselves. The choices we make become fashion, and they help tell the world who we are.



cover story

M, the only publication for all University of Minnesota alumni, has been recognized for design excellence by the American Institute of Graphic Arts - Minnesota. Congratulations to Minneapolis graphic design firm Woychick Design! ([www.woychickdesign.com](http://www.woychickdesign.com))



## inside:

- > The Low Road book review ..... 3
- > After September 11th at the U..... 4
- > Tom Burnett scholarship ..... 5
- > Elder Learning Institute... 8
- > Honoring East and West to treat mental illness... 11
- > Grateful grads ..... 14



U of M law professor David Weissbrodt watches global human rights > page 6



Removing the barriers of psychiatric and learning disabilities > page 10



A professor and her students help with ambiguous loss in lower Manhattan > page 13



UNIVERSITY OF MINNESOTA

A publication for alumni and friends of the University of Minnesota—Crookston, Duluth, Morris, Rochester, Twin Cities

♻️ Printed on recycled paper using at least 10% post-consumer waste. Please recycle as newsprint.

Address changes and cancellations: U of M Foundation  
200 Oak St SE Suite 500 Minneapolis MN 55455-2010  
or e-mail: [urelate@umn.edu](mailto:urelate@umn.edu). Please include mailing label code numbers.

Change service requested

Editor ..... Martha Coventry  
Managing Editor ..... Sharon Grimes  
Graphic Design ..... Woychick Design  
Photographer ..... Tom Foley

*The opinions expressed in M do not necessarily reflect the official policies of the Board of Regents or the University administration.*

*The University of Minnesota is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.*



M has a Web page:  
[www.umn.edu/urelate/m](http://www.umn.edu/urelate/m)

MAG  
f bloom

Nonprofit Org  
US Postage  
PAID  
Minneapolis MN  
Permit 155





spring 2002

UNIVERSITY OF MINNESOTA

A publication for alumni and friends of the University of Minnesota—Crookston, Duluth, Morris, Rochester, Twin Cities

# TRANSFORMING THE AGING MYTH: ELDERS CAN BRING VITALITY, WISDOM, AND STRENGTH TO THE WORLD

by Steve Linders

Do people lose their value to society as they get older? And if so, does that happen at 60? Or 70? Perhaps 80? Or is it simply after they retire? If you answered yes to any of these questions, you haven't met Jan Hively.

At 70, Hively is old enough to be a grandmother, but the look in her eyes is more determination than doting. And her smile is there because she's loving and living every minute of her life—and what a life it is.

Ask about her past and she'll list her accomplishments—Minneapolis deputy mayor, Metropolitan Council member, Minneapolis Public School employee, and youth advocate. Ask about what she does now, after retirement, and she'll slow down—a little. She completed her doctoral research on Productive Aging in Rural Minnesota, she is currently the coordinator of the University of Minnesota's Vital Aging Initiative on the Twin Cities campus, and this year she planned and organized the University's Vital Aging Summit, an event that drew more than 400 people.

"A lot of people view getting older as a problem," says Hively. "I view it as an opportunity. People think that after you retire, you just sit around and wait to die. If that's the case, we're going to have a lot of people doing nothing in a few years."

Hively's right. According to statistics from the Minnesota Population Center, one fourth of Minnesota's population will be 55 or older by

2030. Not only will more people be older, but they are also expected to live longer, healthier lives. That makes for millions of healthy retired people whose potential will be untapped and unrealized if we keep viewing aging as a problem, according to Hively. "Think about all of the businesses that will lose employees to retirement; that's a lot of experience walking out the door. Think about the political ramifications; older people vote. If we don't change the way society thinks about aging, then society will miss out on more than we'll ever know."

What's the first step in changing society's paradigm? Hively says it's empowering older adults. "Keeping older adults involved in self-determination, self-sufficiency, civic engagement, and a high quality of life through education, advocacy, and leadership is what we need to do," she says. Some might say that will be a tough sell, but not Hively. "Most people don't want to play golf or lie in a hammock for 20 or 30 years," she says. "They may want to play golf or take it easy for a while, but pretty soon, they ask 'What's next for me?'"

And that's why Hively and the University's College of Continuing Education organized the Vital Aging Summit—to connect the new generation of older adults with advocates, to present opportunities for personal growth and community involvement, and to help older people find direction for their later years.

"If you have all of those people active and engaged, everyone wins—the older people, their family and friends, their communities, and society as a whole," says Hively.



PHOTO: TOM FOLEY

Jan Hively, coordinator of the University of Minnesota's Vital Aging Initiative

The summit, which was held March 26 at the University's Earle Brown Center, featured experts on aging issues like volunteerism and the importance of making healthy choices. Attendees ranged in age from early 20s to late 80s. And though they were there to learn about aging, they also had different, very personal reasons for coming to the summit. "Getting old is scary,"

CONTINUED ON PAGE 2 >



< CONTINUED FROM PAGE 1

says Mary Wint, 43, who traveled from Mora, Minnesota. "I look around and everyone I know is getting older. My parents, my friends, the people I work with, and me. I just want to know how to deal with it, how to work with it, and how to make the most of it so it's not so scary."

A sixtyish man said he couldn't picture himself playing golf for 30 years and wanted to "check out [his] options." A woman in her mid-50s said she wanted to "find her way" through the aging process. Another woman said her parents were retiring soon and she wanted to "share some options with them."

And by the time the summit was over, it was clear that the options are endless. Connie Goldman, a University alumna and award-winning radio producer in her 70s, spoke about the possibilities of vital aging, and told how she came to write her book, *Secrets of Becoming a Late Bloomer: Extraordinary Ordinary People on the Art of Staying Creative, Alive, and Aware in Midlife and Beyond*. "I was a reporter for National Public Radio, covering the arts and enjoying every minute of it," she says. "Then I turned 50 and became aware of the changing demographics in the United States. I told my boss that we should have a reporter to cover aging issues. He didn't like the idea, so I started my own production company, and for the last 20 years I have been producing segments on aging for radio stations throughout the country."

Other speakers shared their stories of inspiration and education as well. A 77-year-old licensed psychologist talked about living and enjoying the last stages of life. The founder of a volunteer organization for elders shared stories about people finding joy and meaning in civic involvement. A 70-year-old talked about his 60 careers. And the dean of the College of Continuing Education talked about the college's dedication to meeting the needs of older adults.

The last item on the summit's agenda was the launching of the Vital Aging Network Web site (www.van.umn.edu), designed for adults in

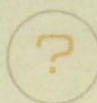


T'ai Chi Ch'uan increases flexibility and muscle strength while being easy on the joints.

midlife and beyond who are seeking personal direction or opportunities for productive activities. It offers resources such as tools for self-assessment, classes, books, and suggestions for volunteer service, civic engagement, and employment. It includes tips on health and fitness, care-giving, and financial issues, as well. In short, it's a one-stop shop for anyone interested in living their later years with zest and enthusiasm.

Mary Wint, for one, found inspiration in Hively, and was thankful that the University created the site. "The summit was wonderful; it was very inspiring," she says. "But what I'm really excited about is the Web site. It will give me tools to use with my parents, friends, and neighbors. But it will also remind me of the inspirational stories that I've heard here today."

Fittingly, Hively officially launched the Web site at the end of the summit, marking the beginning of a new world of opportunity for a vital generation. 🌱



**get more info** *Secrets of Becoming a Late Bloomer: Extraordinary Ordinary People on the Art of Staying Creative, Alive, and Aware in Midlife and Beyond*, Connie Goldman and Richard Mahler, Hazelden Information and Educational Services, \$15. ISBN:1883478030



**get more info** *Mayo Clinic on Healthy Aging*, Edward Creagan, Mayo Clinic Foundation for Medical Education and Research, \$14.95. ISBN:1893005070



**get more info** E-mail listserv: To receive the Vital Aging Network e-mail newsletter, send request to mba@state.mn.us.



**get more info** For resources and information about the network, call 612-626-7222 or visit www.van.umn.edu

## LIFESTYLE IS THE KEY TO HEALTHY AGING

Lifestyle is far more important than genetics in determining quality of life as you grow older, Dr. Edward Creagan, a physician at the Mayo Clinic, told an audience at the Vital Aging Summit. "Genetics is about 25 percent, and the rest is pretty much up to you."

Creagan, an oncologist and medical editor of a new book, *Mayo Clinic on Healthy Aging*, offers seven ways to increase your chances of better health in old age.

**ADDRESS RISK FACTORS** Pay attention to your blood pressure, cholesterol, weight, and blood-sugar numbers; get regular checkups, immunizations, and screening tests, especially for breast, prostate, and colon cancer.

**EXERCISE** "This is the crux of successful aging," he says. "Nowhere is the gap wider between what we know and what we do." Work out at least 150 minutes a week—walking 30 minutes a day is good—and include strength training and stretching. Exercise improves overall body functions, balance, flexibility, and strength, helps control weight, and lowers the risk of disease, falls, and broken bones that heal more slowly with age.

**WATCH YOUR DIET** Avoid saturated fats that clog arteries, drink at least eight glasses (64 ounces) of water a day, and eat by the food pyramid, with unlimited fruits and vegetables and fewer calories from carbohydrates, protein, dairy, fats, and sweets.

**CONSIDER HORMONE REPLACEMENT THERAPY** For women, if you and your doctor agree, taking estrogen can help avoid osteoporosis and even add to bone density, reducing the risk of hip fractures by half. It may also lower the risk of Alzheimer's disease.

**KEEP LEARNING** Stimulating your curiosity and learning new things not only brings you greater satisfaction as you age, but also can increase the number of neurons that connect brain cells—preserving memory and thinking ability.

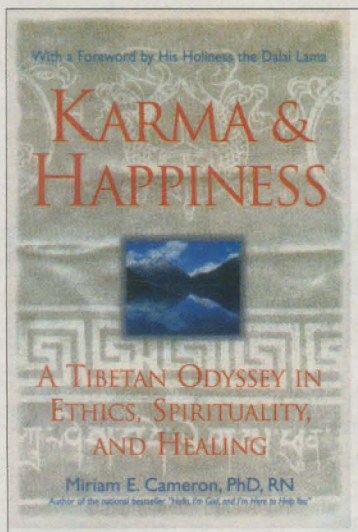
**DO WHAT YOU ENJOY** On average, optimists live 11 years longer than pessimists, a Mayo study found. "Get a life," Creagan says. "Get out there and do things you like to do. Be active and involved."

**GET A PET** Relationships between people and pets "actually have a healing power, a biological impact" on physical health and offer tremendous emotional support as people age, Creagan says.

Sidebar by Warren Wolfe, originally published in the *StarTribune*, Minneapolis-St. Paul, March 31, 2002. Used by permission.

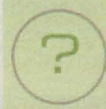
# KARMA AND HAPPINESS:

A TIBETAN ODYSSEY IN ETHICS, SPIRITUALITY, AND HEALING



Miriam Cameron, a bioethicist at the University, was guided well in her life by Christianity, Judaism, bioethics, yoga, and the Twelve-Step Program, but in midlife she discovered something was missing. During her rigorous academic training, she had ignored her heart, substituting rationality for the place of deep wisdom. Cameron's book, *Karma and Happiness: A Tibetan Odyssey in Ethics, Spirituality, and Healing*, with a forward by the Dalai Lama, tells of her quest to understand Buddhism and allow it to help fill that missing piece in her life.

Although Cameron writes as an ethicist about what we need in order to live with integrity, it's as a travelogue that her book shines and teaches its best lessons. Cameron and her husband join a small tour group guided by a Tibetan man on a harrowing journey to Tibet. In one small moment after another, as they wind their way up to Lhasa, her heart is broken open by the people she meets. And she takes the reader with her as she begins to catch glimpses of Buddha nature—the uncomplicated, unstained, perfect nature that is everyone's birthright. The suffering in Tibet is legion—people live under the unrelenting harshness of the climate and the Chinese occupation—yet Cameron shows us the compassion that guides their lives and that she hopes will guide hers, as well.



**get more info** *Karma and Happiness: A Tibetan Odyssey in Ethics, Spirituality, and Healing* is available from Fairview Press.

**to order, go to:** [www.fairviewpress.org](http://www.fairviewpress.org) or call 1-800-544-8207. \$16.95.

## LETTERS TO THE EDITOR

Congratulations on your AIGA/MN recognition for graphic design. Woychick Design is very good. But graphics and design are (most often) strengthened by prolific art, and most of *M's* art comes from long-time photographer Tom Foley. I think Foley is pretty good, too!

Respectfully,  
*James L. Edlund*  
Cannon Falls, MN

My wife and I had a great time at the Gophers men's hockey season finale. The home team won; we cheered; we sang the old songs; we clapped and were very impressed by the new arena. As we left Mariucci, we talked about our times at the U in the '60s and how much fun it is to come back from time to time and how we might attend more events.

I think it is safe to say that a large part of the community wants the U to succeed in all its endeavors, and that we alums *really* want it to succeed and will do what we can to support the U.

It's not always easy. As a matter of fact I have found it to be a real roller coaster ride to get involved at the University. It's up and down, up and down. Sometimes people embrace my

efforts to help; sometimes they don't, but I still feel good about the place. It is my University because I have two degrees from it and I want it to succeed because it is attached to my name. A college recruiter in high school warned us to be very careful of the college we chose because it tags along with you forever.

I'm willing to help out on a volunteer basis, and I am sure there are hundreds of others, too. The U needs the help of its alums to get the momentum swinging up and staying up so we can all be proud of the U always. We are out here. Tap into us.

*Bill Bertram*  
CLA, 1968; Graduate School, 1985

While reading my copy of *M* (Winter 2002), I was dismayed to read that vice provost Craig Swan wants to improve University-wide graduation rates by requiring a minimum 13-credit, full-time load. I did not realize that the University has become a factory where students are shoved in at one end and graduates are exited at the other end. Many students would be excluded by this requirement. These students must balance work, family, and classes. They should be given the opportunity to complete

their education within the constraints of their life. I would have been excluded by this requirement. I remember several quarters when I was taking only 12 credits (four computer science classes) and felt that it was a full load. I entered the University in 1966 and did not graduate until 1974. I deeply appreciated the opportunities that I received due to my education. I do not believe that the University should look for ways to limit these opportunities for anyone. Education is one of the most important keys to a good life and should not be limited to those who can afford to complete it in four to six years.

*Charles Steigerwald*



In our commitment to finding the most environmentally responsible paper for *M*, we discovered, with the help of New Leaf Paper, the sheet you are holding in your hand. Made at a mill in Wisconsin, 80 percent of this paper comes from unsold magazines diverted from landfills.



**talk to us!** Contact us with your letters, comments, questions or suggestions: 6 Morrill Hall, 100 Church Street S.E., Minneapolis, MN 55455-0110  
Phone: 612-624-6868 E-mail: [urelate@umn.edu](mailto:urelate@umn.edu).  
Letters selected for publication, which may be edited for length, in no way reflect the opinion of *M's* publishers.

# SPORTS, MONEY, AND THE “ARMS RACE” AT THE U

by Rick Moore

So much for the afterglow. In a year relatively devoid of sports controversy, the Twin Cities campus was rattled by an announcement in December that men's and women's athletics were facing a financial crisis.

Then in mid-April, less than a week after the Gopher men's hockey team brought home the school's second national championship trophy of the winter, President Mark Yudof and chief of staff Tonya Moten Brown unveiled the administration's partial solution to that crisis.

Under the first phase of the three-phase President's Athletics Financial Plan, the women's and men's athletic departments will be merged on July 1, and a national search has already begun for the new director. The one-year contracts of Chris Voelz, the leader and backer of women's athletics for 14 years, and Tom Moe, men's athletic director since December 1999, will not be renewed. Moe is expected to retire, and on June 16, Voelz will become a special consultant to the president. Phase I also calls for a moratorium on all nonessential facility costs related to athletics for the next three years.

As part of phase II, the plan recommends that three intercollegiate sports be eliminated—men's and women's golf and men's gymnastics. This announcement reverberated through the University athletic community and beyond, to the point that on April 19, a week after the original announcement, Yudof and Moten Brown revised the recommendation to allow the three teams to compete next year. If \$900,000 is raised by June 30 and an additional \$1.8 million by February 1, 2003, the teams can continue until June 30, 2005, at which point the financial situation will be reevaluated.

The third phase of the plan revolves around developing a performance compact with athletics, similar to those the University has with most colleges, and exploring ways to strengthen the department, including an in-depth study of the football program's revenue potential.

A detailed discussion with the Board of Regents about the appropriate level of institutional support for athletics is scheduled to be completed by the June regents meeting. That discussion will guide talk of any further elimination of teams.

“At this moment there are no other sports on the table,” says Yudof. “But I would say there is nothing really off the table for the next couple of years if we can't get this right.”

What went wrong? How did the subsidy for athletics on the Twin Cities campus grow to more than \$10 million per year, with projections of that gap increasing by another \$21 million over the next five years?

**Analyzing the problem** As Moten Brown pointed out in December, the reasons for the financial problems in athletics are numerous—sometimes peculiar to the University and to the state—and decidedly complex. They fall into four categories specific to the University, and are also inextricably linked to a fifth factor—the athletics “arms race.”

**Administrative overhead** Administrative costs in key areas where the separate athletic departments have different people doing the same functions are \$1.8 million higher than Big Ten schools with a similar number of sports. The University is expected to save \$1.1 million to

\$1.4 million per year by merging men's and women's athletics.

**Debt service** Over the last 10 years, \$49 million has been invested in new and renovated athletic facilities. As a result, almost 11 percent of athletic revenues are dedicated to paying off construction loans—the highest proportion in the Big Ten. Unfortunately, the debt costs are fixed. However, the moratorium on new construction and remodeling should lessen the problem over the next few years.

Reasons for the financial problems in athletics are numerous—sometimes peculiar to the University and to the state—and decidedly complex.



PHOTO: TOM FOLEY

**Fund-raising** The University has the lowest endowment for athletic scholarships (\$11 million) in the Big Ten. As a result, only 12 percent of scholarship expenses were covered by endowment income last year. By comparison, the University of Michigan's endowment for athletics is \$40 million.

**Football** Along with men's basketball and men's hockey, football is one of three revenue sports—sports that bring in more money than they spend. At many universities, football is the cash cow. But at the University of Minnesota, football revenues have fallen far short of expectations.

In an effort to make football more competitive (in 1996, the U ranked last in the Big Ten in football spending), the University spent a good deal of money on the program. Despite doubling football's budget and investing \$17 million from 1997 through 2001, new revenues have totaled only \$2.8 million during that time. Net profits have actually decreased by \$1.6 million; last year the team had a net profit of \$3 million compared to \$4.6 million in 1997.

Part of the problem is attendance. Despite an improved product, attendance has only increased by about five percent since 1997, although the number of student season ticket holders has risen by about one third over the last five years.

"We have a fine football coach," Yudof says. "We have tried to make his job easier and provide some facilities and other things, because football is the big revenue sport. You go from \$3 million to \$9 million in football [profits] and you do not have a problem. It is the tide that raises all ships."

**The arms race: mutually assured destruction?** Yudof and Moten Brown have repeatedly mentioned the arms race in revenue sports—the investing of millions of dollars in facilities and the paying of seemingly exorbitant salaries to high-profile coaches in hopes of becoming, or remaining, competitive. The gamble is, that with a winning program, ticket sales and revenue will go up and justify the investment.

Like it or not, the University has taken up arms, especially when it comes to football. The \$17 million investment in football includes \$8 million in new capital projects. It also includes a \$1.3 million annual salary in a renegotiated contract for head coach Glen Mason, who has recently led the Gophers to back-to-back bowl games. As large as Mason's salary is—more than three times Yudof's salary—it's a far cry from the highest tier in the collegiate coaching world. Both Steve Spurrier at the University of Florida and Bob Stoops at the University of Oklahoma make in excess of \$2 million a year.

According to an NCAA report, athletic salaries and benefits overall rose 35 percent from fiscal year 1997 to 1999. In football it was 47 percent.

"I don't think this problem is our problem; this is a national problem," says Regent Anthony Baraga. "Athletics have spiraled out of control." He calls the one-sided big contracts with coaches a moral issue that teaches that an individual has no responsibility to honor his or her contract.

At some point, the University needs to resist "the slide toward the big sports eating up the entire budget," adds Regent Michael O'Keefe. "These are professional teams being run by universities. They are not intercollegiate athletics." O'Keefe also finds it mind-boggling the number of expenses categorized "under the phrase 'in order to keep competitive.'"

University of Oklahoma athletic director Joe Castiglione, who gave Stoops his \$2 million per year contract, sympathizes with schools like Minnesota, which he says may be ahead of the game by addressing its problem now.

He was asked how to corral athletic expenses—or get the horse back into the barn, so to speak. "The horse isn't just out of the barn—it jumped the fence, it's running the countryside, and it isn't coming back," he says. "You have to worry about what's left in the barn."

O'Keefe suggests that colleges could look beyond the pool of established, million-dollar coaches when looking for a new coach. "I refuse to accept the notion that there are only five or six people who can do the job," he says, adding that there must be successful coaches at the high school or small-college level "who would be eager for the opportunity and who could prove to be really talented Division I coaches."

**Can universities band together and agree to put a cap on the arms race?**

The Big Ten is actually having discussions with other conferences to decide whether colleges can establish new guidelines, according to Yudof, "so that we're not in this constant, constant arms race." But he says that colleges may need an exemption from antitrust laws to accomplish this.

Castiglione says it's up to the schools to determine to what extent they wish to remain in the race. "Institutions have to define who they are, what their mission is, and how intercollegiate athletics fits into that mission," he says. "The key is not to do more than you're capable of."

"The horse isn't just out of the barn—it jumped the fence, it's running the countryside, and it isn't coming back. You have to worry about what's left in the barn."

Even John Roethlisberger, the former All-American Gopher gymnast and two-time Olympian, acknowledges the insidious arms race and the difficult challenge ahead. He hopes

that a long-term solution can be found that works not only for the University of Minnesota, but also "can be brought to other universities, as well."

"I know these are difficult and emotional issues," says Yudof. "I would be the last one to, in any way, disparage the role of intercollegiate athletics. They are a valuable part of the experience for our University community, for our alumni, for our fans. They bring great pride to the people of Minnesota." 🌿

# CULTIVATING WELL BEING:

THERAPEUTIC HORTICULTURE TENDS THE BODY AND SOUL

by Mary Shafer

**At 84, Gerta hasn't tended her own garden in more than a decade.** With a little prompting, though, she will tell you how she used to work the football-field-sized plot on her family's farm, harvesting and putting up enough potatoes and beans and pickles in her root cellar to last through the winter.

These days, Gerta's arthritic hands have lost the callouses that came from hoeing acres of vegetables. But she hasn't lost her knowledge of what it takes to grow a good tomato. And sometimes, when she spends a day at Sojourn Adult Day Care in Spring Park, she shares that knowledge with eager 11-year-olds who are awestruck to learn that you can put beans in a jar.

"I see older people regain expertise they had earlier in their lives," says Sally Hebson, founder

and executive director of Sojourn. "They revisit the skills that gave them great pleasure and get a sense of respect for their expertise and experience. Together, they and the kids share a sense of hopefulness."

Ten years ago this intergenerational project—which brings kids and elders together to focus on gardening—was one of the first developed with the aid of the University of Minnesota Landscape Arboretum's new therapeutic horticulture program. Since then, coordinator Jean Larson has launched dozens of other programs, serving people both in the community—as with the Sojourn program—and at her home base, the arboretum's Therapeutic Horticulture Program Center with its multisensory Clotilde Irvine Sensory Garden.

This sensory garden is really multiple gardens. There's a bird and butterfly garden, a rock garden and allée (an accessible pathway), an art garden, a sensory walkway of fragrance and texture, and an area of accessible, raised beds to provide gardening opportunities for people in wheelchairs. The garden was established through a gift from philanthropist and nature enthusiast Oliva Dodge in honor of her mother. Other friends of the arboretum have also helped to endow these garden elements.

Ongoing support for the horticultural therapy program is provided through annual gifts and arboretum memberships—a percentage of every unrestricted dollar given to the arboretum goes to the program.

Cliff Fagre (left) and Dave Thurin work manure into the soil at the Struthers Parkinson Center in Golden Valley.

## Lessons learned from the garden

- A garden shows us the miracle of birth and rebirth—with nature we enter into decay and decline and come back rejoicing with faith and hope.
- A garden reminds us of the value of intention—plan, prepare, nurture. With this comes meaning and purpose along with the fruits of our effort.
- A garden gives us courage to take a leap of faith, trusting that each seed we sow will sprout, grow, and flourish.
- A garden reminds us that process can be everything—let the planting itself be your harvest.
- A garden allows us to turn off the noise in our minds and focus on things with meaning, intention, and creativity.
- A garden teaches us patience—remember, that which appears incomplete in the moment, with time, becomes whole.
- A garden lets us work the soil, teaching us that everything is interrelated and interdependent. Why not enjoy the company?

—by Jean Larson



**What is therapeutic horticulture?**

“Therapeutic horticulture is not therapy with your philodendron,” Larson says, laughing. “The therapy is in using plants and plant-related activities for the purpose of social interaction, physical and emotional well-being, intellectual stimulation, healing, and self-care.”

Therapeutic horticulture builds on the increasingly accepted view that natural environments can be healing, and Larson is quick to point out that it is not about passive observation. Instead, it’s about active engagement.

At the eating disorders clinic “we grind herb leaves into French green clay to make facials,” says Larson. The facial-making time is scheduled after a meal, when stress is at its highest for the participants in the program. This activity is something for them to look forward to, something to give them a start at loving themselves. Some of them may just put the clay on their hands or feet because even touching their own faces can feel too threatening. “They learn self-care — and they learn about plants,” says Larson.

One true believer in therapeutic horticulture is Steve Mitroni, a physician who has worked with Larson and has applied for a Bush fellowship with the aim of working with health care institutions to develop therapeutic garden environments. Mitroni’s interest is in therapeutic landscapes which, for example, use different grades of slope to help people with brain injuries improve their balance.

A wealth of data now supports that the natural environment affects people’s health, and research on the more hands-on therapeutic horticulture has been going on steadily since World War II.

“It always struck me as odd how the environments in which we practiced health care were often at odds with the goal of healing,” Mitroni says.

“I think in our push to perfect the technology of our care we forgot the human factors.”



PHOTO: TOM FOLEY

Still, health care is becoming more open to the concept, says Larson, who serves as a member of the team creating a healing garden through the University’s Center for Spirituality and Healing, where she also teaches. Planned for the Mayo Memorial Building courtyard on the Twin Cities campus, the garden is still two years away, but the space is already adorned with a painted labyrinth

—a circular path to trace during the ancient practice of meditative walking.

Meanwhile, Larson is also working on a curriculum for a group of teenagers who are recovering from chemical dependency. They will spend

time this summer at the arboretum, making wind chimes, creating mobiles with leaves, recording nature sounds, and receiving both art and biology credits for this experiential program.

**Will their summer session make a difference to these teens?** You wouldn’t have to persuade Sojourn’s Sally Hebson. She has no doubt about the practical benefits of therapeutic horticulture to her participants.

“Therapeutic horticulture is the vehicle through which we learn to value the earth and to value each other,” she says. “It just creates profound connections.” 🌱

**Gardening as exercise**

Doing something is always better than doing nothing. A seven-year study of 12,000 middle-aged men at high risk for coronary heart disease showed that those who kept up moderate, leisure-time physical activity for an average of about 50 minutes every day were healthier than those who did little or nothing. And one of the top choices of these active men was gardening.

The key to good health, according to another study, is expending 2,000 calories a week in exercise, beyond the routines of daily life. Your cardiovascular system will benefit most from running, brisk walking, cycling, and other activities that raise your heart rate sufficiently for at least 20 minutes. But you can still get many benefits from an exercise such as gardening if you pursue it regularly.

Even the less strenuous forms of garden upkeep— weeding, trimming, raking— can burn off about 300 calories an hour. Spading, lifting, tilling, and raking can improve muscle tone and strength. You can make an effort to garden energetically, rather than just puttering. Try to work at a constant pace. Use manual clippers and trimmers instead of power equipment. As with any kind of exercise, it’s a good idea to warm up and stretch before you start.

For your comfort, safety, and the good of your back and knees, keep these tips in mind.

- If you spend time on your knees, use a cushion.
- Keep your back straight and don’t sit on your heels.
- Stand up and stretch your legs every 10 minutes or so.
- Use a lightweight, long-handled shovel or spade, and don’t overload it.
- Bend at the knee and step forward as you raise and dump each shovelful of soil.
- Bend at the knees and hips when picking up tools.

It’s not a good idea to abandon all other exercise in favor of working in the yard. But gardening can pay some dividends that running doesn’t— flowers and fresh vegetables. And who’s to measure the satisfactions and benefits of those?

From the Web site [www.ft-wayne.com/garden/exercise.html](http://www.ft-wayne.com/garden/exercise.html).



# A SUMMER VISIT TO THE TWIN CITIES CAMPUS:

RARE BOOKS, A RIVER WALK, CONCERTS, AND PICNICS

by Peg Wolff

Summer is the perfect time to explore the Twin Cities campus. Only summer session students are around, and the pace is more leisurely. The campus has changed a fair amount over the years, and there are plenty of pleasures to discover—or rediscover. Relax, reminisce, but first of all...

**...What about parking?** Since this is the alumni paper, we're going to start your tour at the McNamara Alumni Center in Minneapolis, making it convenient to park in the ramp at University Avenue and Oak Street across from Williams Arena. Like all daily parking spots on campus, the fee is \$3. Remember, parking is free in certain lots on Sundays, so check the Web site or ask when you call [see sidebar].

Once on campus, you can travel on the Campus Connector. It makes stops in Minneapolis and St. Paul (look for the signs). The buses are free.



PHOTO: TOM FULLER

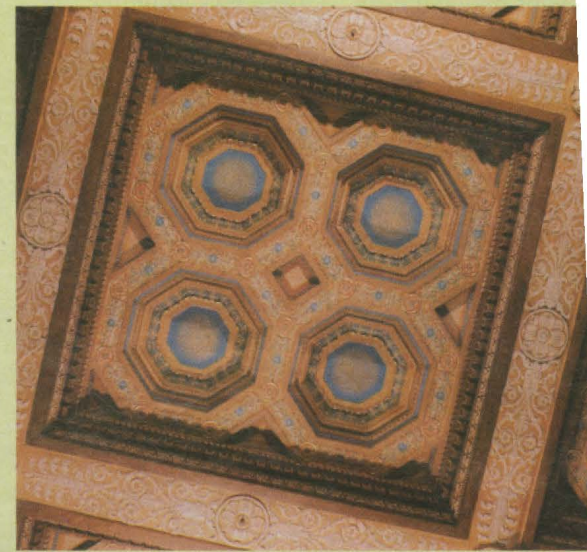
**New building, old look** The Heritage Gallery in the atrium of the McNamara Alumni Center tests your knowledge of the University as you step through 150 years of history. For those of you who attended football games at Memorial Stadium, the archway to the gallery may look familiar. Look for the self-guided tour at the entrance to the gallery. Closed Sundays.

**Old building, new look** One of the grandest buildings on the mall is Walter Library, and this newly renovated gem is a must see. Ceilings have been restored to their original color in the lobby and the reading rooms. The stacks are gone, replaced by state-of-the-art technological wizardry, offices, and computer labs.

**Arts inside and out** On the East Bank, you can wander through Frank Gehry's Weisman Art Museum, that shining, eye-catcher by the river. The space is warm and inviting, and the light is fabulous. So pick up a self-guided tour pamphlet at the information desk and enjoy. Or drop in on Saturday or Sunday at 1 p.m. for a guided tour. Before you leave, get a Public Art on Campus brochure at the information desk, and as you walk around campus keep your eyes open for the outdoor sculpture. Look for the *Wolves and Moose*, *Predator and Prey* located in front of the Bell Museum of Natural History, *Platonic Figure* located between Electrical Engineering and Lind Hall, or *Untitled* in St. Paul—a pair of oversized bulls that sit contently on the lawn across the street from Haecker Hall.

Don't forget the Goldstein Museum of Design located in McNeal Hall in St. Paul. This teaching museum has wonderful exhibits of beadwork, clothing, quilts, and other textile, decorative, and graphic arts.

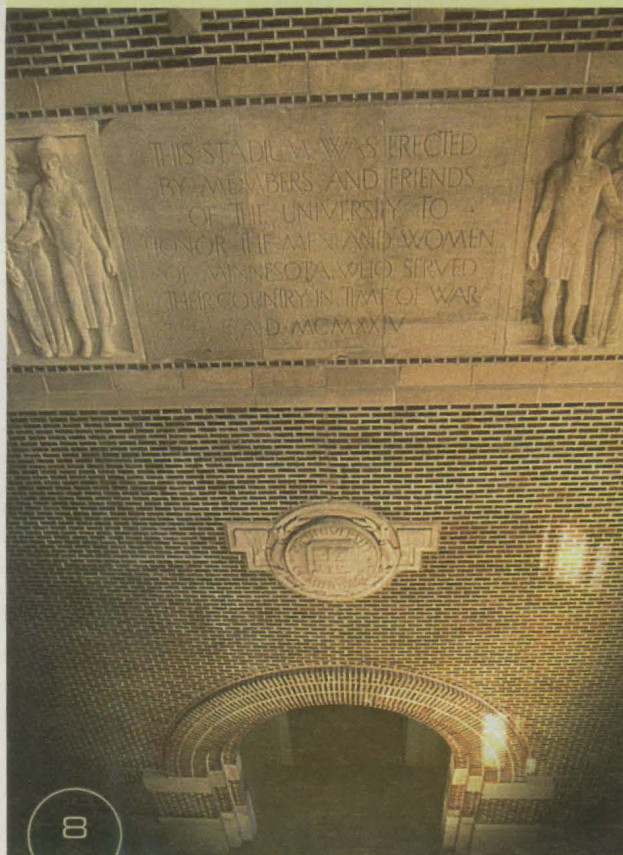
The Nash Gallery, on the West Bank in Willey Hall, is the Department of Art gallery. The gallery will move to the new Art Building under



construction near the corner of 4th Street S. and 24th Avenue when it's completed in 2003. The gallery primarily exhibits artwork by faculty, students, and local and regional artists. The shows are large and diverse, and the gallery setting makes it a quiet and introspective place to spend time.

**The mighty Mississippi** You may have walked over the river a thousand times on the Washington Avenue Bridge, but take a stroll alongside it this time. If you're lucky you might catch a tug slicing down the river or rowers gliding by in their sculls. A lovely path runs downriver from a park just off River Road East behind Coffman Memorial Union and Riverbend Commons. Park in the small lot there or in the Weisman Museum ramp.

**Food for thought** Crossing the river, the West Bank is the place to be if you like books. The Andersen Library houses Special Collections and Rare Books and the Children's Literature Research Collection, both on the first floor. Library staff will retrieve such treasures as a facsimile of the *Book of Kells*, a 1,200-year-old illuminated text considered one of the masterpieces of Western art; the first book by a black American, written in 1773; or a Tomie dePaola original manuscript. You will be asked to fill out a short form and provide a picture ID to view books.





**Let's eat** Hungry? For a trip down memory lane, there's no other choice for breakfast but Al's Breakfast in Dinkytown, USA. A couple of eggs, hash browns, and wheat toast? Blueberry-walnut pancakes? A strawberry waffle? Some things haven't changed a bit. If it's a hit of caffeine you need before exploring campus, stop by one of Dinkytown's coffee shops.

**What about lunch?** So many choices. Bring a picnic and sit by the river, on Northrop Mall, or on the lawn in St. Paul. You may notice a few more garden areas on campus that include benches. Try the one between Diehl Hall and the Phillips-Wagensteen Building.

If you enjoy music with lunch, take advantage of the noon summer concerts. Most are on Northrop plaza, but some are on the West Bank near Willey Hall.

If you want take-out, the Village Wok and the Lotus in Stadium Village are good choices. Or try the popular Chipotle or one of the half dozen sandwich places.

In Dinkytown you can eat at the Loring Pasta Bar (in the magically transformed Gray's Drugs building) or Shuang Cheng. Or grab a sandwich at the Dinkydale Deli and sit on the knoll, the shady lawn where 14th Avenue enters the University. If you'd like to eat on campus, Montague's in Nolte Center is a good bet. Eat there or take your lunch to the lawn between Nolte and the Bell Museum.

On the West Bank at lunchtime, you can choose from a variety of ethnic restaurants in the Cedar-Riverside area, like the Lucky Dragon, Riverside Café, or Kilimanjaro Café. On campus the Carlson School of Management's food court along with Bistro West in the Humphrey Center offer a European flair with their outdoor cafés.

In St. Paul you can eat at the Terrace Café in the St. Paul Student Center or across Cleveland Avenue at Lori's, a cozy coffeehouse.

**Gardens and flowers and trees,**

**oh my!** While much has been done in the last few years to beautify the Twin Cities campus, St. Paul remains synonymous with flowers and gardens and trees. The Horticultural Science Display and Trial Garden, at the corner of Gortner Avenue and Folwell Street, bursts into bloom by mid-summer. The garden is planned and planted by students and serves as their laboratory for hands-on experience.

Across the street is Mullin's Woodlands. With native Minnesota trees and wildflowers along its paths, it provides a peaceful escape from city noise. Professor Robert Mullin, who taught horticulture at the University, began both the gardens and the woodlands.

Of course, the plush green grass of the lawn along Cleveland Avenue begs you to sit for a picnic, kick your shoes off, and stretch out.

**Birds of Prey** The Gabbert Raptor Center in St. Paul at the corner of Gortner Avenue and Fitch Street is the place to see eagles and other birds of prey. If you have never been up close to these magnificent birds, be sure to stop. For more in-depth information about raptors, consider joining an educational program Saturday at 10 a.m. or 2 p.m. These visits must be scheduled in advance.

Many of you will discover that the University campus has changed a lot since you were here. So, take your time, walk around, and admire your alma mater. 🌿



PHOTO: RAPTOR CENTER

**MAPS, PARKING INFORMATION, AND CAMPUS CONNECTOR**

[www.umn.edu/parking](http://www.umn.edu/parking)  
[parking@umn.edu](mailto:parking@umn.edu)  
612-626-7275

**MUSEUMS**

**Weisman Art Museum**  
[www.weisman.umn.edu](http://www.weisman.umn.edu)  
612-625-9494

**Goldstein Museum of Design**  
<http://goldstein.che.umn.edu>  
612-624-7434 or 612-624-9700

**Nash Gallery**  
<http://artdept.umn.edu>  
612-624-7530

**NOON CONCERTS**

[www.northrop.umn.edu](http://www.northrop.umn.edu)  
612-624-2345

**BOOKS**

**Special Collections and Rare Books**  
<http://special.lib.umn.edu/rare>  
612-626-9166

**Children's Literature Research Collection**  
<http://special.lib.umn.edu/clrc>  
612-624-4576

**THE UNOFFICIAL UNIVERSITY AREA DINING GUIDE**

[www.tpi.umn.edu/dining.html](http://www.tpi.umn.edu/dining.html)

**RAPTOR CENTER**

[www.raptor.cvm.umn.edu](http://www.raptor.cvm.umn.edu)  
612-624-4745

PHOTO: TOM FOLEY



PHOTO: SPECIAL COLLECTIONS AND RARE BOOKS, U OF M LIBRARIES

## The University's new Centennial Showboat arrives

In January 2000, a welder's torch sparked a fire that destroyed the University's Minnesota Centennial Showboat, which had entertained more than 600,000 people from around the world.

In April 2002, the new Centennial Showboat, named the *Captain Frank M. Whiting* after the long-time head of the theater department, pulled into its new home at St. Paul's Harriet Island. The Showboat is the result of a public-private partnership between the Department of Theatre Arts and Dance, Padelford Packet Boat Company of St. Paul, St. Paul Parks and Recreation, and St. Paul Riverfront Corporation.

The showboat's first play, *Dr. Jekyll and Mr. Hyde*, opens on July 5 and runs through August 25. For tickets, call 651-227-1100 or e-mail [showboat@umn.edu](mailto:showboat@umn.edu) for more information.



PHOTO: TOM FOLEY

## Family finance: calculating the cost of raising children

Research by University of Minnesota professor Kathryn Rettig can help figure out the cost of raising children. A U of M Extension Service publication, based on the latest Consumer Price Index, estimates the costs for raising children of several ages in two- and single-parent families. See [www.extension.umn.edu/distribution/businessmanagement/DF5899.html](http://www.extension.umn.edu/distribution/businessmanagement/DF5899.html).

## Early cardiovascular disease found in more than half of individuals without symptoms

More than half of people without symptoms screened at the University of Minnesota's Rasmussen Center for Cardiovascular Disease Prevention have early heart or blood vessel disease. "Vascular and cardiac disease can be detected long before complications develop," says Jay Cohn, M.D., cardiologist and director of the Rasmussen Center. "Unfortunately, the current health care system does not provide early detection strategies." The center screens ostensibly healthy individuals in the Twin Cities community for early markers of vascular and cardiac disease. For information, call 612-625-3600, or visit [www.cardiovascular-disease-prevention.org](http://www.cardiovascular-disease-prevention.org).

PHOTO: DAVID SMITH



David Smith, left, with Prem Badhur Rai putting a radio collar on a tiger in Nepal's Royal Chitwan National Park as part of a University study that has been going on since 1973.

## SAVING THE TIGER

Not many people would crawl into a wild tiger den when the mother was out hunting. David Smith has done it twice as part of his efforts to save the tigers of Nepal from extinction. A professor in the Department of Fisheries and Wildlife and conservation biology, Smith works with Nepalese people to restore large, unfragmented swaths of tiger habitat in a way not detrimental to human inhabitants. Local people share in data collection and decision making, giving them a stake in the outcome. 🌿

## > newsdigest <

**Rescued horses are getting a second chance at life** thanks to free dental care from the Veterinary Teaching Hospital. The service, a collaboration between the College of Veterinary Medicine and the Minnesota Hooved Animal Rescue Foundation, treats neglected, abused, and unwanted horses with poor teeth, because their inability to chew and digest food properly can lead to sinus infections and immune dysfunction.

**The Twin Cities and Morris campuses are featured** in *Valued Places: Landscape Architecture in Minnesota*, a new book from the Minnesota Chapter of the American Society of Landscape Architects. Editor Frank Martin said the campuses were included because "no other institute in the state stewards as many valued landscapes as the University of Minnesota." Glensheen Historic Estate in Duluth also appears in the book.

**The Immigration History Research Center will help ethnic communities preserve their histories** with a \$250,000 grant from the National Park Service. The money will also be used to create new historical documentation on immigration and make original historical source materials more widely available.

**Stroke victims could regain the use of their limbs**, according to University neurosurgery and Stem Cell Institute researchers. In the study, stem cells were isolated and expanded from human bone marrow and transplanted into lab rats seven days after the rats were given an ischemic stroke injury of the brain. Their function was restored. The findings are published in the March issue of *Experimental Neurology*.

## Closing in on campaign goals

Campaign Minnesota is entering its final year. And, even though financial goals have been met in many areas, three key objectives continue to need support.

**Student support** Gifts are still needed for undergraduate scholarships, graduate fellowships, and enrichment opportunities such as study abroad.

"We're well on our way toward assuring that we attract great students and help ease the burden of rising tuition, but more remains to be done," says University President Mark Yudof.

The Twin Cities campus is at the bottom of the Big Ten in the percent of students receiving merit-based scholarships, a key recruiting tool when competing for top students.

More money is also needed for scholarships for students with financial need. Average undergraduate tuition increased by 13 percent in 2002 and is expected to rise by 16 percent for 2003.

**Libraries** University libraries face a huge challenge today in melding traditional resources with digital information. Gifts are needed to build and maintain collections and to expand technology and services.

**Campus and college needs** Campuses and colleges are targeting specific needs in the coming year. For example, the College of Human Ecology, which has successfully raised money for merit scholarships and fellowships, still has significant need for scholarships for first-generation students—students whose parents have not attended college. One of their alumni, Mary Pappajohn, '55, has taken the lead in this area by making annual gifts of \$10,000, helping the college meet this goal.

Making a gift directed to a campus or college strategic initiatives fund is another way for alumni to help because it allows a chancellor or dean to use the money as opportunities arise. 🌱



Amy Hyatt

< CONTINUED FROM PAGE 11

are amazing, I would love to work there," she says. "It really is a lesson in life. You have to break it down to what's important to you and not allow yourself to be overwhelmed. Regardless of what your interest is, be it a major religion or a sport or what have you, there's a community for you at the U."

**Rich Lodahl, a consultant with Computer Sciences Corporation and a 1999 Carlson School of Management graduate,** has a deeply personal reason for giving. "I'm creating a scholarship in memory of my mother, who died of cancer in 1987," he says. "My goal is to endow the scholarship, and I'm committed to making annual gifts to do this. I'm also receiving generous donations from family and friends in Wisconsin. Right now, we're at about 20 percent of our goal."

Lodahl's decision to attend the U of M was significantly influenced by the scholarship he received from Alpha Kappa Psi, the professional fraternity he remained connected with through-

"The U is a significant part of our community. It was an asset to go to school there, and we have a responsibility to support it."

out his education. Creating this scholarship in his mother's name is his way to ensure that other students have access to similar experiences. "I met great people all along the way and gained practical experience," he says emphatically. "The University is world-class."

**Peter Saari, general counsel for SimonDelivers.com, concurs.** "All roads lead back to the University," says Saari, who has a 1990 undergraduate degree in international relations and 1995 master's degree in international education. "If you love the U, you can support the U, and it doesn't have to take a lot of time. Writing a check isn't that big of a thing."



Rich Lodahl

Saari and his wife, Cathy, a 1992 sociology graduate, met at the U, had their wedding reception at the Campus Club, and are now University of Minnesota Alumni Association members and regular contributors.

"At this age, with kids and careers taking off, most people aren't thinking about giving back," says Saari. "But the reason I'm sitting where I'm sitting right now is because of my education. It's easy to die and leave money to an institution; it's harder to think in your early 30s about how you got here and why."



PHOTO: MARK LUNENBURG

Peter and Cathy Saari

Since the Saaris are avid art collectors, they give to the Weisman Art Museum. "They have a world-class collection," says Peter, "particularly of Marsden Hartley's work. It's also a teaching museum. They educate people about art in ways that nonteaching museums don't."

"I work with a lot of people who went to Harvard. I always tell them, you went to the U of M of the Northeast. I love the U—how big it is, all those academic components, all those degrees. The U of M is a country unto itself."

**Just how enthusiastic are Brenda and Scott Eckes about Gopher hockey?** Enough that "gophers79" is the lead-in to their e-mail address. They have equally positive sentiments about the rest of the University.

Brenda's father was a professor in vocational technical education at the University, so it's not

Brenda Eckes

surprising that she's always had strong feelings for the institution. She earned undergraduate and graduate degrees in education, and today she's a 23-year veteran of an Eden Prairie school, where she's a fourth-grade teacher. "I've always been at the same school," she says. "It's the right job for me. I'm very lucky to do this." In the summer, when Brenda has free time, she makes paper and books.

She and husband Scott, a financial consultant and a 1979 Carlson School graduate, have been giving to the University for about 10 years. "We got a lot out of the U," says Brenda. "The classes, the friendships formed there were memorable. It's worth supporting and promoting for other people." Scott, who is such an avid golfer that he created an authentic golf green in the backyard, agrees. "The U is a significant part of our community," he says. "It was an asset to go to school there and we have a responsibility to support it." 🌱

"...the reason I'm sitting where I'm sitting right now is because of my education. It's easy to die and leave money to an institution; it's harder to think in your early 30s about how you got here and why."

PHOTO: MARK LUNENBURG



## Impact of Campaign Minnesota

Thanks to the combined support of alumni and friends, Campaign Minnesota is having a profound effect on all our campuses. Campaign gifts have created more than 750 new scholarships and fellowships, launched ground-breaking research, funded 88 new endowed chairs, expanded outreach programs, and helped build much-needed new facilities.

One area where private gifts have had a strong impact is in medical research. Medical School faculty are unlocking the secrets of stem cells, perfecting the transplant of islets for diabetics, looking closely at defects in Alzheimer's genes, and exploring the possibilities brought about by deciphering the human genome. New endowed positions have been created, providing key faculty members a permanent stream of crucial dollars to fund specific research and education programs.

Private dollars are funding breakthrough research such as that being conducted by endowed chairholder and Professor Karen Hsiao Ashe. Hsiao Ashe is internationally recognized for her research in neuroscience and her development of the Alzheimer's mouse model, which has greatly accelerated studies in Alzheimer's disease.

All campuses are benefiting from campaign gifts. At Morris, over a dozen students have had undergraduate research projects funded through gifts that cover travel and research costs. Projects include comparing glacial tills in Brazil with those of the Minnesota River Valley, studying eating disorders and aggression in childhood, and exploring language awareness through poetry in people with Alzheimer's disease.

In Duluth, the Arts Triangle was completed with the opening of the Weber Music Hall this fall. And on the Twin Cities campus, the West Bank Arts Quarter became a reality with the Barbara Barker Center for Dance and the new Art Building, to be completed in 2003. 🌱

# FINDING YOUR PATH: THE NEW CAREER AND LIFEWORk CENTER OFFERS PRACTICAL HELP AT ALL STAGES OF LIFE

by Chris Coughlan-Smith

**Four broad trends were catalysts for the College of Continuing Education's new Career and Lifework Center:** a labor shortage in high-skill professions, the emergence of entirely new jobs and professions, an increasing number of older people who want to remain active, and adults wanting help figuring out their educational needs. Despite economic changes that occurred during planning for the center, those trends are still there. And the terrorist attacks in New York and Washington, D.C., added another dimension. "With what happened in September," says Barb Laporte, one of the center's transition counselors, "we're getting a lot of people who are stuck and feeling like their life doesn't have meaning or purpose."



PHOTO: TOM PELTO

Consultant Janet Pelto leads a Returning to Learning workshop at the new Career and Lifework Center.

Paul (not his real name) has always loved acting. It isn't the most stable living, however, so along the way he learned woodworking, eventually opening his own custom woodworking business. Now in middle age, Paul admits, "I'm sick of it." Business is slow, and he decided it was time to try something new. He wondered, in fact, if there wasn't some way to combine acting and his desire for more stability. "I'd thought about switching [to acting] before, but people were never very encouraging," he says.

The Career and Lifework Center gave Paul encouragement and practical help. Lifework,

according to the center's definition, is the collection of one's life experiences and contributions. The center, which opened its doors in November after two years of planning, helps adults add important and useful chapters to their lifework.

Paul's case is not typical of those who use the Career and Lifework Center; there is no typical case. In the first few months, the center saw a broad range of people: underemployed recent grads, newly unemployed midcareer professionals, older workers looking for more meaning, and people, like Paul, who just need a change. That's what they expected, according to Jacquelyn Henning, one of the project leaders in developing the center. "When you graduate, you're just beginning your relationship with lifelong learning."

The Career and Lifework Center's Web site ([www.lifework.umn.edu](http://www.lifework.umn.edu)) asks big questions about finding meaning in work and offers concrete tips about paying for education. It even has a quick Lifework Indicator—a method to begin identifying what questions you have about your life and work and which ones need answering. The center's services include free Returning to Learning seminars, workshops on finding more meaning in work or successfully switching jobs in a changing economy, and individual consultation sessions. Henning says, on the need for a center, "You can have all the catalogs and information in the world, but people need help distilling it and personalizing it. Adults are really looking for an access point, a link, a conduit to the U and other educational institutions."

Paul decided to try the individual sessions and was referred to Laporte. "She helps me think about what's out there and how to define a direction," Paul says. "I throw out ideas and she pulls together the facts." They have worked on creating résumés and cover letters—"Those are not skills I had," he admits—aimed at getting

Paul into teaching or giving acting lessons. "When I grew up, you just called up and if someone needed you, you were hired." While the idea of more education is appealing to Paul, "Right now I'm in a bit of a hurry because eventually I'd like to retire."

The Career and Lifework Center also sponsors the Vital Aging Network's Web site, aimed at giving older workers and retirees information about maintaining productive lives through meaningful work or volunteering. (See story on page 1.)

Unlike Paul, most of the Career and Lifework Center's clients are looking for some kind of education, Henning says. "One of the unique things about us is our emphasis on training and education, whether it is inside the U or elsewhere," she says. "It might be a workshop or a personal enrichment course or a full certificate program in computer science." Henning adds that the center can help employers by customizing seminars to help workers being laid off. The search for the next job, Henning says, "should be about better employment, better pay, something more challenging or fulfilling."

Although Paul hasn't found his new job yet, he has nothing but good things to say about his experience. "It's just great to have somebody to help you. The whole process feels right," he says. "I'm amazed you can buy this." 🍀



UNIVERSITY OF MINNESOTA  
ALUMNI ASSOCIATION



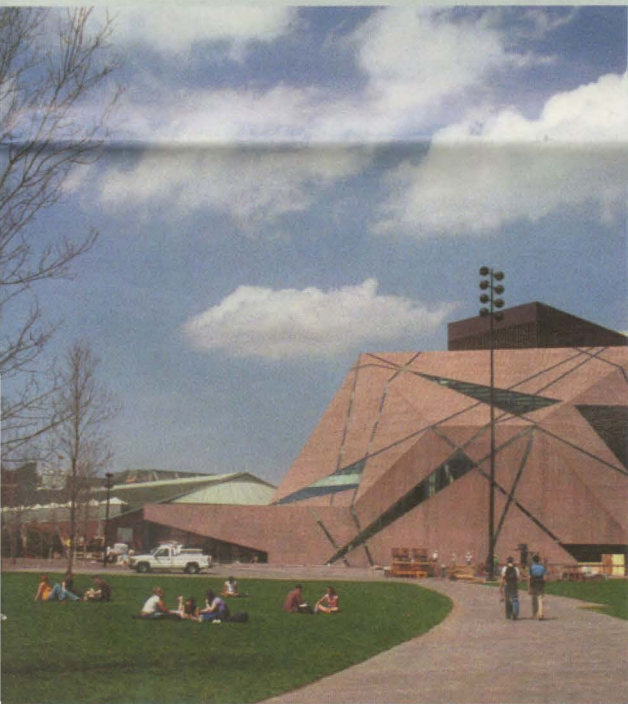
**get more info** For more on the Career and Lifework Center, visit [www.lifework.umn.edu](http://www.lifework.umn.edu) or call 612-626-722



**did you know** University of Minnesota Alumni Association members get \$20 off the \$79 cost of each workshop or individual session. To join or get more information visit [www.umaa.umn.edu](http://www.umaa.umn.edu) or call 612-624-2323 or 1-800-862-58

# THE NEW GATEWAY PLAZA

A warm spell in April drew students and others to the Gateway Plaza, a new grassy, strolling, gathering area at the corner of Oak Street and Washington Avenue. Sophomores Kristie Olson, left, and Amy Smith studied on the newly laid sod. Others found ambling the paths amid the groves of trees more to their liking. Workers were still putting finishing touches on reflecting pools adjacent to the McNamara Alumni Center at the north edge of the plaza. A large central area and stage next to the pools make the plaza an ideal place for large public gatherings, as well. The nonprofit Gateway Corporation, the group that raised the money for and operates the alumni center, built the plaza with private funds on space owned by the University. Alumni symbolically turned over the plaza to the University on June 4. 🌱



**?** **get more info** For more information on the McNamara Alumni Center and Gateway Plaza, visit [www.alumnicenter.umn.edu](http://www.alumnicenter.umn.edu).



PHOTOS THIS PAGE: JAYME HALBRITTER



A publication for alumni and friends of the University of Minnesota—  
Crookston, Duluth, Morris, Rochester, Twin Cities

♻ Please recycle

Address changes and cancellations: U of M Foundation  
200 Oak St SE Suite 500 Minneapolis MN 55455-2010  
or e-mail: [urelate@umn.edu](mailto:urelate@umn.edu). Please include mailing label code numbers.

Change service requested

Nonprofit Org  
US Postage  
PAID  
Minneapolis MN  
Permit 155

UNIVERSITY OF MINNESOTA

Editor ..... Martha Coventry  
Managing Editor ..... Sharon Grimes  
Graphic Design ..... Woychick Design  
Photographer ..... Tom Foley

*The opinions expressed in M do not necessarily reflect the official policies of the Board of Regents or the University administration.*

*The University of Minnesota is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.*

PENELOPE J KROSCH  
LIBRARY UNIVERSITY ARCHIVES  
ROOM 218 ANDERLIB  
7921

M has a Web page:  
[www.umn.edu/urelate/m](http://www.umn.edu/urelate/m)



spring 2002

UNIVERSITY OF MINNESOTA

PHOTO: TOM FOLEY



cover story

## TRANSFORMING THE AGING MYTH

As the flower children move into middle age, there is a growing desire to "not go gentle into that good night." The downsides of growing older are

making way for the acknowledged upsides—a sense of perspective, experience, and an unencumbered zest for life. The University is leading the way with its new Vital Aging Network, an informal group of older Minnesotans who share information and wisdom about how to add educational, volunteer, leadership, and personal-growth activities to their lives.

## inside:

- > *Karma and Happiness* book review ..... 3
- > University news ..... 10
- > Grads give back ..... 11
- > Career and Lifework Center ..... 14
- > New Gateway Plaza ..... 15



The future of athletics at the U and staying out of the "arms race"

4



Therapeutic horticulture: what it is and how it can better our lives

6



A summer tour of the Twin Cities campus

8



fall 2002

UNIVERSITY OF MINNESOTA

A publication for alumni and friends of the University of Minnesota—Crookston, Duluth, Morris, Rochester, Twin Cities

# GETTING FLEECEED:

## “AGGRESSIVE ACCOUNTING” EMPTIES POCKETS, DELAYS RETIREMENTS

by Jason Sanford

For the past year, Shih-Pau Yen has counted the days until his planned September retirement. Every afternoon, he crossed another square off his desk calendar with a large yellow highlighter. When he talked to colleagues in the halls or at meetings, he always told them exactly how long he had until retirement.

For Yen, investing for his retirement was supposed to be simple. As the University's deputy chief information officer for the Office of Information Technology, he sees technology as essential to America's future. "I'm a tech person," he says. "Everyday I'm promoting the future and computers, so of course I invested in technology."

Now, though, the 35-year University veteran admits some embarrassment at making a public display about his retirement. Thanks to the rupture of the stock market bubble and, more painfully, the business and accounting scandals, Yen's investments have lost so much money that he is postponing retirement.

"Last year I still had hope that things would turn around," Yen says. "Now I'm definitely not going to retire in September."

Like so many people nearing retirement, Yen's plans have been devastated by the market drop. But while the stock bubble can be understood as a natural part of the market cycle, the scandals have left many investors like Yen wondering if the investment game was rigged from the start.



PHOTO: TOM FOLEY

Shih-Pau Yen, the University's deputy chief information officer, is finding retirement elusive after his investments tanked in the Wall Street tumble.

### History of the scandals

Enron. WorldCom. Tyco. Qwest.

According to Norman Bowie, the holder of the Elmer Andersen Chair in Corporate Responsibility at the University's Carlson School of Management, there hasn't been a cycle of business scandals like this since the 1930s. "The stock market boom of the '90s is partly responsible," he says. "When everyone is making money, people have a hear-no-evil, see-no-evil approach to corporate wrongdoing. It's only after people lose money that they get morally outraged."

In Bowie's opinion, many of the scandals result from American corporations going through a period of aggressive accounting—a practice, one columnist wrote, that "we used to call fraud." To inflate their stock market value, companies overstated profits, hid their losses, and used

different accounting gimmicks to make their balance sheets look better than they really were. For example, WorldCom moved operating expenses to capital accounts, which is the equivalent of a restaurant saying that purchasing hamburger is the same type of long-term investment as buying a refrigerator.

"Even the good companies that won ethics awards, like Xerox, pursued aggressive accounting," Bowie says.

And while Americans have traditionally been irritated by business scandals, this time they are especially outraged because they have been hit hard in their retirement pocketbook. In the late 1980s, Americans began to rely less on traditional pension plans for retirement and more on stock-heavy 401(k)s and other tax-deferred programs.

CONTINUED ON PAGE 2 >



## THREE TIPS FOR RETIREMENT INVESTMENTS

So how do you protect your investments from scandals and corporate wrongdoing—or a simple downturn in the market?

### 1) Diversify

“The message that should be delivered to investors is to diversify,” says Timothy Nantell, the Gelco Professor of Finance at the University of Minnesota Carlson School of Management. “You don’t want all your money tied up in one company or sector.”

According to Nantell, this means it is better to invest in an index fund—funds that invest in numerous companies and mimic overall stock market performance—than in individual stocks. “Investors have this idea that there is some magic answer to investing in companies,” Nantell says. “There isn’t.” Nantell adds that on individual company stocks, the average investor will lose money, while investing in the overall market (like in an index fund) has historically paid off.

In addition, investors should have a proper balance of investments, including real estate, equities (stocks), cash, and fixed-income investments such as bonds.

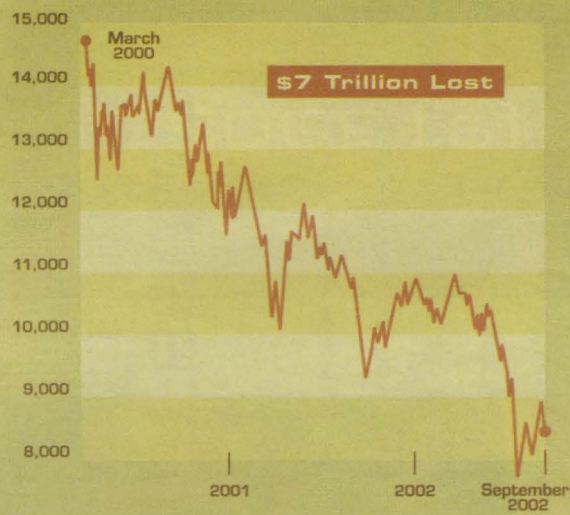
Joe Artim, the director of the Financial Markets Program at the U of M, Duluth, says that the first investment one should make is in property. “You need to own your home,” he says.

### 2) Look at your age and appetite for risk

Artim also says, “If you are 30 or 35, you have 50 years for your investments to grow and can afford to ride the current stock market ups and downs. However, if you are nearing or at retirement, you should not be investing at such a high-risk level. Anyone who has high exposure to the stock market at age 65 should revisit that.”

### 3) Seek professional advice

Finally, both Artim and Nantell agree that people should talk with a professional investment representative when planning for their retirement. “Most people don’t have the time or inclination to invest successfully on their own,” Artim says.



**\$7 Trillion Lost:** The performance of the Wilshire Total Market Index since the high point of the market in March, 2000. The index is considered by many experts to be the best overall measure of the U.S. stock market's performance.

< CONTINUED FROM PAGE 1

With some studies showing up to 50 percent of American households invested in the stock market, this is the first time that business scandals have had such an impact on so many people's retirement investments.

“I’ve never seen anything like this in my lifetime,” says Kjell Knudsen, dean of the School of Business and Economics at the University of Minnesota, Duluth. “The drop in the markets, coupled with the ongoing scandals, have led to a crisis in credibility. Among investors, the trust just isn’t there.”

Which is exactly how Shih-Pau Yen now views the stock market. “Only a few people know the truth about a company,” he says. “And we who don’t know, will always miss the boat.”

### What happens now?

While many economists and market experts are optimistic about the fundamentals of the American economy, they generally agree that this cycle of scandals will have to work itself out. And the first step toward fixing what is wrong, Knudsen says, will be for the government and markets to institute serious reforms, such as greater transparency in company financial statements.

But having new laws passed by Congress is only the start. Knudsen says that equally important

to restoring investor confidence will be how the new accounting rules and regulations are interpreted and enforced by organizations like the Securities and Exchange Commission. In addition, adds Knudsen, “There has to be some real consequence [to the people and companies involved in these scandals]. If they simply get a slap on the hand, then I don’t know when we will get out of all of this.”

Unfortunately, a slap on the hand is what usually happens to company executives. “The truth is that it’s hard to convict CEOs of fraud,” Bowie says. With the large amount of money and influential contacts that corporate executives have, he adds, executives are able to mount extremely effective defenses. In addition, trials about accounting fraud and corporate wrongdoing frequently descend into arcane and hard-to-understand gray areas of the law, which means juries sometimes have difficulty determining guilt beyond a reasonable doubt.

“I think we’re still a year out [from the end of these scandals],” Bowie says. “But after that, I suspect we’re going to be in a cycle where people and corporations behave more responsibly.”

### Retirement dreams deferred

To Shih-Pau Yen, though, responsibility is easy to assign—the people in charge of Enron, WorldCom, and other disgraced companies knew exactly what they were doing. “They fooled us into thinking they were growing apples for us, using our money as fertilizer,” says Yen. “But in the end all we were left with was weeds.”

Yen also notes the executives of those scandal-plagued companies are still rich. “And the investors?” he asks. “Once our money was the fertilizer, now we’re the fertilizer.” Yen says that instead of retiring this year he will work for a while longer. In fact, he is

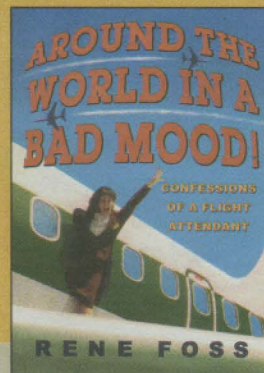
happy to have that option. If he faced a mandatory retirement date, like many people in the workforce do, he doesn’t know what he would do.

Still, Yen is hopeful that given time, his investments will turn around. “Hope is the essential human condition. No matter how sick you are, you still hope for recovery. Me? I’m still full of hope.”

## FLYING AS A LAUGHING MATTER: ADVENTURES IN THE ONCE-FRIENDLY SKIES

U of M alum and flight attendant Rene Foss gives us plenty to laugh about in *Around the World in a Bad Mood*—an irreverent, well-written, up-beat book that traces her career with an unnamed Midwest-based airline she calls WAFTI (“We Apologize for the Inconvenience Airline”). Read tips for travelers, true confessions, a whole chapter on trash, and insights into our own behavior as passengers. Based on her musical review of the same name.

**“THE TRASH SNOB:**  
...Some people give [trash] to us as if they are the Queen of England.... They can’t look up from their reading material... and, of course, they can never say ‘thank you’...”



**get more info** *Around the World in a Bad Mood* is published by Hyperion.  
[www.hyperionbooks.com/books/2002winter/aroundworld.htm](http://www.hyperionbooks.com/books/2002winter/aroundworld.htm) ISBN# 0-7868-9011-8 \$12.95

## LETTERS TO THE EDITOR

Dear Editor,  
“Lifestyle is the Key to Healthy Aging” (*M* spring 2002) stresses the need for exercise. Most Americans are not getting enough of it. One third of Americans are overweight, and obesity in children is rising alarmingly. Too many people get their exercise by watching others exercise, in a stadium or in front of a television set, often with a can of beer or soda and a bag of potato chips.

Very few Americans play team sports after the age of 25. Thus, University athletics should emphasize individual sports that can be practiced over a lifetime. I took long walks and went folk dancing when I was at the U. I still do this a total of about five times a week. My doctors approve.

Suppose that the U abandoned intercollegiate athletics in favor of intramural and individual sports. Would this stop contributions from alumni or lower the reputation of the U? There are many precedents. The University of Chicago gave up intercollegiate sports many years ago. Harvard and MIT have good reputations without an emphasis on sports. (Harvard has the largest endowment in the country.)

Show U students how to start exercising now.

Yours truly, *Al Matlack*

Dear Editor,  
A recent article in *M* (“Sports, Money, and the ‘Arms Race’ at the U,” spring 2002) tells of escalating costs of athletics.

This is my last year to attend any sporting event at my local university. Why? The costs have gone beyond any reasonable fee for seeing a game, no matter how good or bad the team might be. We are eliminating the die-hard fans who, during the lean years, were in the stands when the team only won a game or two during the entire season.

What happens in the years to come when that team is once again on the rocks? Who will be in the stands then? Maybe there is a better structure for all athletics. I hope we can go back to the days when students can afford to go to the games.

Cheers, *Don Lindley, '52 Recreation M.Ed.*

**Editor's note:** Here are the 2002/03 ticket costs for the three major sports at the U of M—

**Football** single \$15–\$29.50; season \$196

**Basketball** Men's: single \$30; season \$570  
Women's: single \$7; season \$85–\$185

**Hockey** Men's: single \$26; season \$686  
Women's: single \$8; season \$135–\$200

**talk to us!** Send us your letters, comments, questions or suggestions: 3 Morrill Hall 100 Church St. SE, Minneapolis MN 55455-0110  
Phone: 612-624-6868 E-mail: [urelate@umn.edu](mailto:urelate@umn.edu). Letters selected for publication, which may be edited for length, in no way reflect the opinion of *M*'s publishers.

## SEARCHING FOR SCIENCE'S MOST ELUSIVE QUARRY

by Deane Morrison

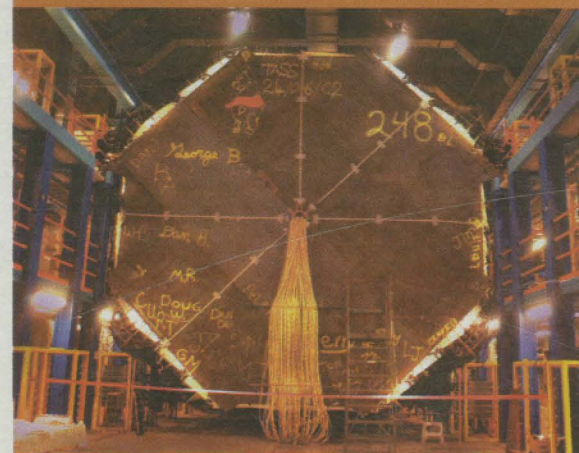
Imagine a particle so small it can slip through the strands of your DNA without leaving a trace. This phantom is a neutrino—the most elusive quarry known to science—and believed to be the smallest particle in the universe. To prove they exist—that they have mass—they must collide with something and produce an impact that can be detected.

The search for neutrino mass involves hundreds of physicists from around the world. In July, the University dedicated one of the headquarters for this search a half mile below northern Minnesota in the old Soudan mine, where University physicists work in a vast space dominated by a three-story catcher's mitt-like detector. (see photo)

Beginning around December 2004, physicists at Fermilab in Illinois will aim a concentrated beam of neutrinos through the earth towards Soudan. Approximately 100 million neutrinos are expected to pass through the detector every second, but a hit will probably occur only every hour or so.

Why study neutrinos? Because they're an essential part of the big mystery. Physicists estimate that about 80 to 90 percent of the mass in the universe is dark matter that can't be seen. Of this, neutrinos could account for as much as 10 percent. If so, their combined mass could have played a role in the formation of stars and galaxies throughout the universe.

Soudan's three-story “catcher's mitt” designed to stop neutrinos.



# MINNESOTA STANDDOWN:

ANNUAL EVENT PROVIDES REST, COUNSEL, AND JUSTICE FOR VETS

by Steve Linders

In times of war, a stand-down refers to an opportunity for exhausted combat units to get time to rest and recover in a place of security and safety. In early August, nearly 1,000 homeless veterans found a place to rest and receive help at the University of Minnesota.

This year, the University once again loaned its land and expertise on the Twin Cities campus to the 10th Minnesota StandDown that turns the West Bank athletic fields (usually reserved for students) into a tent city for mostly homeless veterans. Bill Lindboe, president of the nonprofit Minnesota StandDown that runs the event, says the University's support is crucial to the stand-down's success. "We help veterans all year, but we reach the most while we're at the U."

Since the first stand-down, more than 7,800 veterans and their families have passed through the large canvas tents that dot the West Bank fields. Each tent offers a service such as medical care, job placement help, psychological and tax counseling, worship opportunities, Alcoholics Anonymous, and the chance to get a government-issued ID, a crucial document for a homeless person.

Several tents simply offer cots. That's where Todd Wilson, a homeless Air Force veteran who served from 1971 through '75, found a place to escape his daily battle for existence. "I don't have to worry about where I'll be tonight or how I'll eat. I can feel like a normal person," says Wilson. He appreciates the bed and the meals, but more than that, he appreciates the certainty. Every day of his life, he says, is a constant struggle to survive. "I might go over there [to the service tents]," he says, "but for now I just want to be."

While Wilson found serenity, Ronald Jones, who served in the Army from 1982 through '88,

found exultation outside the University's Law School. That's where nearly 200 veterans faced legal issues that have plagued their attempts to live a regular life—preventing them from driving, getting jobs, or even finding places to live. Defense attorneys from around the state used the Law School courtrooms and met with the veterans for free. They counseled them on their

spoken to an officer without fearing jail time. Now that he can drive, he will look for a job and "get back to living."

Floyd Painter III, who served in the Army from 1981 through '85, understands Jones's jubilation. Eight years ago Painter came to the stand-down for the first time; he was homeless and drinking.



Todd Wilson, a homeless Air Force veteran, finds respite at the Minnesota StandDown from his constant struggle to survive.

rights, explained the law, and argued on their behalf in front of judges who, for the day, wielded statewide jurisdiction.

Judge Jenny Walker Jasper says that the chance for veterans to face their legal problems releases heavy burdens that can be difficult to cope with. "Problems with the law create feelings of hopelessness that lead to other problems," she says. "If you can deal with an arrest warrant, the vets don't have to look over their shoulders all the time. It gives them the freedom to straighten up other areas of their lives."

Jones agrees. On this day he got his driver's license back. "I feel like a new man. I can't stop smiling," he tells a group of police officers outside the building. It was the first time in years he had

"I came to get my life back. I remember sitting alone in the tent and thinking that this was my chance, man, this was my chance," he says. "I got what I needed."

What he needed was legal help, counseling, job placement, and a place to live. It was a long process, but now he works as a carpet cleaner, lives in an apartment, and comes back to the stand-down every year, but not for the services. Now he comes to help monitor the stand-down's front gate.

Painter calls himself security, but Lindboe calls him something else—success. "We put Floyd by the gate so that everyone can see what is possible," says Lindboe. "And without the University's support, none of this would be possible." 🍁

## Stay connected through *Minnesota* magazine

The journal of alumni and campus life for more than 100 years, *Minnesota* magazine brings University features, issues, and personalities to readers six times a year. *Minnesota* is a member benefit of the University of Minnesota Alumni Association.

In the next issue, UMAA members will read about:

- > the University's increasingly difficult balancing act of providing access to many students and focusing on its excellent programs
- > how life has changed—for better and for worse—for international students at the University in the year since the September 11 tragedy
- > College of Architecture and Landscape Architecture graduates who are changing how we think about our cityscapes and landscapes
- > the Gopher men's hockey team opening the season as defending national champs and the women's basketball team facing its highest preseason expectations ever
- > a first-person essay, alumni book reviews, and sports, campus, and alumni association news



UNIVERSITY OF MINNESOTA  
ALUMNI ASSOCIATION

to join the alumni association and receive  
*Minnesota* magazine, call 612-624-2323 or  
1-800-862-5867 or visit [www.alumni.umn.edu](http://www.alumni.umn.edu).

# TAKING THE REINS:

A VISIT WITH BOB BRUININKS

by Rick Moore

Three days into his new term as interim president, Bob Bruininks, who has been at the University since 1968, took a moment to talk about his call to service, the challenges facing the University, and his vision for the institution he loves.

**M:** *You should have been a couple of months into a year-long sabbatical by now. What about this opportunity compelled you to give that up?*

**BB:** I started my career here in the fall of 1968 and I've spent my entire academic life at the University of Minnesota, so the opportunity to serve in this way is truly one that I couldn't resist. And the good thing about sabbaticals or administrative leaves is that you can actually bank them, so I think I can reclaim it sometime in the future.

**M:** *Former president Yudof said that you were instrumental in all of the major decisions in his tenure. Does that make this seem like less of a transition for you?*

**BB:** President Yudof and I worked very closely together in implementing, but I'd also say in some cases, formulating, the academic agenda at the University. So I don't start this position with a steep learning curve. The other reason this big transition is so seamless and smooth, in my judgment, is that President Yudof and I also worked closely during the period since his announcement [to go to Texas] on all major decisions and appointments.

Finally, I think it's important for people to understand that all great organizations undergo transitions on a regular basis, and the strong ones not only survive but get stronger in the process.

**M:** *What do you see as the biggest challenge for the University over the course of this academic year?*

**BB:** During the past five years, the University experienced very significant growth and improvement, largely in a period where the economy was robust and appropriations to the University were generous to strong. We now face a stagnant economy, declining state revenues, and a structural budget deficit over the next two fiscal years. So I think the largest



Former provost and now interim University president  
Bob Bruininks

challenge we face is to maintain the academic strength of the University of Minnesota system at a time of declining resources and perhaps declining support from the state.

**M:** *Are there other initiatives or priorities that you'll be focusing on?*

**BB:** Yes. We need to continue to improve the quality of education for our students. That is the bedrock commitment we need to make to them and the citizens of the state. We clearly have made great strides in that area, but... we have to improve in some areas of student outcomes—principally retention and graduation rates.

**M:** *Do you have an internal vision of how the University might be different two years from now?*

**BB:** I would like to see the University continue to advance its reputation for being centered on the needs of students and for being creative in advancing and transferring knowledge into new technologies and ways to improve the quality of life in our society. And I would like to see a University that is accountable—highly transparent in what it does and highly accountable for those results.

There is one other goal that I would set for the University of Minnesota. More than 150 years ago, the University started with high idealism and a deep commitment to public purpose. I would like to see a University that is not only an excellent academic institution in every possible way, but also a University that is deeply engaged and connected to society and to public issues. 🍁

## New Crookston program opens windows for Marvin employees

With the Warroad, Minnesota, high school theater sporting 100 maroon and gold balloons, faculty and students dressed in caps and gowns, and a Crookston music professor playing the processional march, the scene was set for a University of Minnesota first. On May 15, U of M, Crookston, celebrated an official commencement ceremony for the first five graduates of the new bachelor of manufacturing management program, the first fully off-campus undergraduate degree program in the University system.

The program, created as a partnership between UMC, Marvin Windows and Doors, and Northwest Technical College, made it possible for Marvin employees to continue their education and earn college credits for a degree. Marvin Windows initiated the program, bringing instructors to teach evening classes for their employees in Warroad, six miles from the Canadian border—2½ hours from Crookston. UMC faculty member Lynnette Mullins says, “I enjoyed the classroom full of people so committed to learning, to growing.... At the end of each course, someone would thank us for going those extra miles to teach there. I thanked them for the opportunity to be there; I left each week energized.”

Twenty-five students are currently enrolled in the degree program. For more information, see [www.crk.umn.edu/academics/bmfg](http://www.crk.umn.edu/academics/bmfg).

## NEW LIFE FOR AN OLD FOREST

Nearly 140,000 trees have been planted at Chippewa National Forest in the past 20 years by faculty, staff, and students of the Department of Natural Resources at the University of Minnesota, Crookston. That's roughly equivalent to a 220-acre forest. This year, the group planted 4,000 trees on its volunteer tree-planting trip and learned more about forest ecosystems.

# ECOLOGY FOR THE AGES: LEGENDARY CEDAR CREEK NATURAL HISTORY AREA CELEBRATES 60 YEARS

by Deane Morrison

Glistening like a teardrop on the green landscape, tiny Cedar Bog Lake looks much as it did more than 60 years ago, when sickly but brilliant University graduate student Raymond Lindeman used the lake as a model to discover how ecosystems function. Lindeman's findings ignited a new era in ecology, full of fresh insights into the elemental forces that shape forests, oceans, and even your back lawn. In September the College of Biological Sciences celebrates 60 years of endeavor in the spirit of Lindeman at its Cedar Creek Natural History Area, home to Cedar Bog Lake and an ecologist's dream mix of ecosystems—all only 35 miles north of the Twin Cities near Isanti, Minnesota.

“Cedar Creek is the best ecological research site I could imagine,” says David Tilman, director of the natural history area. “It's a gem in the University's endowment.”

And no wonder. Cedar Creek's nine square miles harbor remnants of native prairie, oak savanna, cedar forest, hardwood forest, northern black spruce bog, and mile-wide Fish Lake. Insect-eating pitcher plants thrive in the bogs, and

wooden trails lead across the bog mats, offering safety from a potentially nasty fall. Dry areas support wildflowers and woodland plants such as trillium and jack-in-the-pulpit, as well as large expanses of experimental fields.

As climate changes and other ecological disturbances sweep the globe, work at Cedar Creek takes on deeper significance. For example, Peter Reich, professor of forest resources, studies how a prairie ecosystem responds to three of the



David Tilman is director of the Cedar Creek Natural History Area

biggest threats from humans worldwide: excess carbon dioxide, excess nitrogen, and decreased numbers of species. Assistant professor of ecology Sarah Hobbie investigates how soils store and release carbon and nitrogen—

important because global warming may cause plant material currently locked in northern soil to warm up and decompose, releasing huge amounts of carbon dioxide and nitrogen.

Fish Lake, part of the Cedar Creek Natural History Area



## NEWS YOU CAN USE

Get eNews, the U's electronic newsletter for all alumni and friends. Check out stories from the University—like new prostate cancer screening tests, the latest research in learning how to read, or sports news from the various campuses—at [www.umn.edu/systemwide/enews/index.html](http://www.umn.edu/systemwide/enews/index.html) and then click the links for more in-depth information. Delivery is free to your computer screen every other week.

## Leaving Fido in good hands

Worried about what would happen if you die before your pet? The College of Veterinary medicine, through its new PerPETual Care program, would place your pet in a supervised foster care setting and provide it with medical care and food for life. The nonrefundable enrollment fee is \$500 per animal and you are required to make a \$25,000 gift to the college through a will provision or a gift of cash during your lifetime.

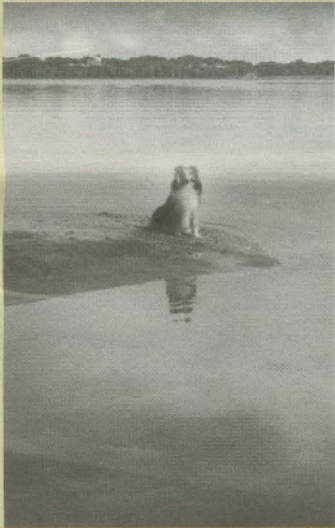


PHOTO: TOM FOLEY

## Regent Bergland reflects on flood of support

It's early August, and Robert Bergland's glass is inspiringly half full, considering his house was barely half empty of Roseau River runoff just two months ago.

Bergland, a University of Minnesota regent and former U.S. Secretary of Agriculture, has been living in a travel trailer provided by the Federal Emergency Management Agency (FEMA) since a foot of rain fell June 9 and 10 in Roseau, a Minnesota town 10 miles from the Canadian border. The subsequent flooding of the Roseau River caused \$140,000 in damage to the house Bergland purposely built three feet above the river's previous high-water mark. His homeowner's insurance doesn't cover the flood damage.

But Bergland prefers to point out the positives, like the immeasurable help from scores of strangers from Winnipeg to Minneapolis. And the 22-person work group of high school teammates assembled by his grandson and granddaughter one day to remove the slop from his basement.

"They had to carry it out in five-gallon pails—mud and gravel that washed in, debris, dead animal carcasses," Bergland says. It was terrible, but "these kids were having a great time."

"The outpouring of support was just unbelievable, from total and complete strangers," he adds. "They were all cheery and very pleasant. And they made people, like my wife and me, who were totally devastated by this [flood], feel a whole lot better."

## ASPIRIN AND PANCREATIC CANCER

Researchers at the University of Minnesota School of Public Health have found that aspirin use may decrease the incidence of pancreatic cancer, possibly through its anti-inflammatory effects. The study was published in the August 7 issue of the *Journal of the National Cancer Institute*.

For seven years, lead author Kristin Anderson, Ph.D., School of Public Health, and colleagues followed a group of postmenopausal women from Iowa who were part of the Iowa Women's Health Study. These women were asked how often they took aspirin or aspirin-containing products, and how often they took other nonsteroidal anti-inflammatory drugs (NSAIDs). Pancreatic cancer occurred less frequently among those women who reported aspirin use compared to those who reported they did not use it.

"There is strong evidence to suggest that using aspirin may help in preventing pancreatic cancer, and what's most encouraging is that we've seen these benefits in women who've taken aspirin only two to five times per week," says Anderson. "Based on these observations, we estimate that aspirin use might prevent 43 percent of pancreatic cancer cases in women who do not normally use aspirin. While these results are promising, further studies are necessary to learn more about other factors such as dose, duration, and other types of NSAIDs that may help prevent this disease."

Anderson says before starting an aspirin regime, it's important to consult your physician. Several previous studies have provided evidence that NSAIDs [which include aspirin] may lower the risk for pancreatic cancer, but this study is the largest to date.



PHOTO: TOM FOLEY

**?** for more info call Kathleen McLaughlin at 612-624-1247. The program is also recruiting people to become foster parents.

## MOUSE TRACKS An ongoing selection of the some of the University's best Web sites

**www.cancer.umn.edu** The University of Minnesota Cancer Center's highly informative and useful Web site. A cancer nurse is available to answer your specific questions at 1-888-CANCER MN (1-888-226-2376), or 612-624-2620.

**www.petcare.umn.edu** If you have questions about your pet's behavior or you're wondering which dog breed matches your lifestyle, check out the College of Veterinary Medicine's PetCARE (Companion Animal Resource Education) Web site. You can also find entertaining online activities and fun things to do with your pet.

**www.extension.umn.edu/projects/yardandgarden/diagnostics** A Web page to help Minnesotans figure out what's wrong with their plants, trees, shrubs, vegetables, and flowers by looking at pictures that provide diagnoses.

**?** get more info To read more about School of Public Health research, see [www.sph.umn.edu](http://www.sph.umn.edu) and click the research icon.

Studies headed by Tilman have shown how diverse assemblages of plant species help sustain ecosystems and keep them healthy. Tilman has changed the thinking of ecologists, and he was the most cited environmental author of the past decade. This year, the National Academy of Sciences elected Tilman a member and the University appointed him regents professor, the highest faculty honor. And while Cedar Creek celebrates its 60th year with the University, 2002 also marks the 20th anniversary of the area's designation by the National Science Foundation as a Long-Term Ecological Research Site, one of only two dozen in the country.

"Because of our long-term funding, Cedar Creek has more ecological experiments running than any other site on the globe," says Tilman. "Our long-term data sets draw in collaborators from around the world and allow our team to address questions about human impacts on global ecosystems."

The stream of scientists began in 1930, when University botany professor William S. Cooper spied Cedar Creek from the air. Cooper then worked with the Minnesota Academy of Sciences to acquire and preserve the land. In 1942, the academy and the University signed an agreement giving the University care and use of the land for natural history research and education.

As Cedar Creek Natural History Area was taking shape around him, young Raymond Lindeman was setting Cedar Bog Lake on the road to fame. He gathered and analyzed countless samples of water and vegetation, despite days when he was so weak his wife had to row the boat. Persevering, Lindeman devised a system of classifying organisms according to how they obtain, use, and pass energy on to organisms in

higher classes. The journal *Ecology* published his ideas in a revolutionary paper that described how to quantify the functions of ecosystems by following the energy, not unlike following the money in an economic system. Lindeman's name is now legendary, but the 27-year-old ecologist died in April 1942, just months before his paper came out.



William Cochran in his biotelemetry lab, 1964.

Cedar Creek made history again in the late 1950s, when John Tester and Dwain Warner of the Bell Museum of Natural History, engineering professors Tom Irvine and James Hartnett, and engineers William Cochran and Larry Kuechle attached small radio transmitters to deer to track their movements and plot their home ranges.

Thus was born the technique of radio telemetry, which has since been used to track moose, wolves, Antarctic seals, African mammals, dolphins, whales, and even bumblebees. Telemetry has proved invaluable in studying the behavior of animals and determining their habitat requirements.

Working side by side with faculty experts, at least 50 ecology students spend summers as research interns at Cedar Creek, learning field study methods and how to conduct research. At the end of the summer, the students present their research findings at a symposium.

Today, Clarence Lehman, associate director of Cedar Creek, is planning ways to protect the area from the inevitable crush of civilization. By working with government to discourage further road development and giving the public a stake in preserving its environs, the caretakers of Cedar Creek aim to keep it in shape to tackle the big ecological questions of the new century. 🌿

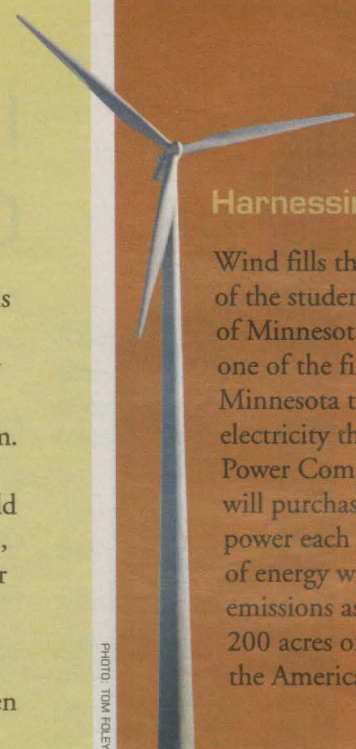


PHOTO: TOM FOLEY

### Harnessing the prairie wind

Wind fills the electric power needs of the student center at University of Minnesota, Morris. The campus, one of the first institutions in western Minnesota to buy wind-generated electricity through the Otter Tail Power Company TailWinds program, will purchase 614 blocks of wind power each month. This amount of energy will reduce carbon dioxide emissions as much as planting 200 acres of trees, according to the American Wind Association.

### THE WHYS OF ZZZs FOR ADOLESCENTS

Adolescents from Malaysia to Minnesota naturally develop later sleeping patterns. From the onset of puberty until late teen years, melatonin (the brain chemical responsible for sleepiness) is secreted for nine hours beginning about 11 p.m., research shows. That makes an early high school start time downright unnatural.

Four years ago, the Minneapolis school district decided to begin its high school days at 8:40 a.m. instead of 7:15 to reflect these findings. What it didn't know was how this extra hour and 25 minutes would affect students in the classroom. The University's Center for Applied Research and Educational Improvement (CAREI) helped out the district. It found that later start times decreased depressive feelings and behaviors in students. They were having less difficulty staying awake during classes and while taking tests, studying, doing homework, or working on the computer than students in a school district that had not changed its start times.

With CAREI's research in hand, school districts around the country are now experimenting with later start times more in tune with students' biological clocks.

get more info on Cedar Creek Natural History Area, see [www.lter.umn.edu/about/aboutcdr.html](http://www.lter.umn.edu/about/aboutcdr.html)

# IN THE SPIRIT OF COLLABORATION:

THE UNIVERSITY AND AMERICAN INDIANS  
SEEK COMMON GROUND

by Rick Moore

Connections with American Indians are woven brightly, abundantly, and sometimes delicately in the University of Minnesota's 151-year-old tapestry, often reflecting the prevailing cultural climate in the state. So it should come as little surprise that, even as the University seeks to develop new and innovative collaborations with American Indian communities and organizations, misunderstandings and occasional episodes of mistrust linger.

Interestingly, the University was established the same year (1851) that Dakota tribes in southern Minnesota signed the Traverse des Sioux Treaty that forfeited most of their land in the southern part of the state in exchange for annuities—periodic payments of money and supplies. (The Dakota Conflict of 1862 was fueled in part when Native Americans had not received their annuities as promised.)

Throughout much of the 20th century, the aim of the federal government, abetted by religious missionaries, was to remove Native children from their communities and educate them in European ways. Against this backdrop, the University's Morris campus (UMM) evolved from the Morris Industrial School for American Indians, which had evolved from the Morris American Indian Boarding School. (To this day, UMM offers a tuition waiver for American Indian students.)

Flash forward to the dawn of the 21st century—attitudes toward Native Americans and education have evolved considerably. Primary schools specifically for American Indians exist, like the Heart of the Earth School near the University's Twin Cities campus, but enrollment is voluntary. A movement to provide

culturally relevant higher education to American Indians in their communities began in 1968, and to date there are 32 two- and four-year tribal land-grant colleges and universities on reservations across the United States.

The University of Minnesota has changed accordingly and become increasingly engaged with the Native community. Joint efforts with American Indian students, tribes, and tribal colleges continue to expand.

On the Twin Cities campus, the Department of American Indian Studies (AIS), begun in 1969, is working with the Minneapolis American Indian Center to conduct a survey on the language

and cultural desires of the Twin Cities-area American Indian population. AIS and the Dakota and Ojibwe communities in Minnesota are developing a new master's degree in American Indian Studies focusing on Native language.

Along with a growing sense of collaboration are Native concerns with the University's involvement in projects many American Indians deem detrimental to their cultures.

The department is also planning a unique American

Indian Sovereignty Center—a research clearinghouse and think tank to link University faculty, staff, and students with tribal nations. The center would also expand research opportunities for tribal communities.



Shoulder bag, c. 1885, Chippewa  
Founders Society Purchase  
photo ©1992 The Detroit Institute of Arts



The *Ando-giikendaasowin* (Seek to Know) Native American Math and Science Summer Camp brings 9th- and 10th-grade students to the Twin Cities campus for a hands-on math and science curriculum taught by Native instructors. And another highly regarded effort, the White Earth Science and Math Summer Program, integrates Native cultural knowledge for students grades 8–12 from the Circle of Life School on the White Earth Reservation.

On the Duluth campus (UMD), Native American students are being sought out and supported for careers in medicine and biomedical sciences. Other programs around the University are addressing Native health and well-being. In 1999, six tribal colleges invited the University to become part of the Woodlands Wisdom project to address chronic health problems in the Native community caused by a nontraditional diet and lifestyle. (The death rate from diabetes in Native Americans is more than four times that of the general U.S. population.) The nationally recognized program strives to increase the number of Native American practitioners in nutrition and food sciences, combining modern Western knowledge with the wisdom of the woodlands tribes.

Along with a growing sense of collaboration are Native concerns with the University's involvement in projects many American Indians deem detrimental to their cultures—the possible purchase of telescope rights on Mt. Graham in

Arizona, which is considered sacred ground for two Apache tribes, and genetic research into wild rice.

Wild rice has been a staple food of the woodlands tribes for thousands of years. It's an essential part of a healthful diet and considered a gift from the earth. Tribes in Minnesota, Michigan, and Wisconsin have passed resolutions declaring that genetic research and patenting of wild rice compromises traditional, cultural, and spiritual tribal values. The fear is that genetically modified rice, when released into the environment, could irreversibly alter natural strains of wild rice, either destroying them or threatening their ability to thrive. Minnesota tribes

are asking to join with the University in a meaningful dialogue on further research—along with elders explaining what's at stake for Native people—and to discuss how mutually beneficial and relevant research might work.

Exacerbating the tribes' current concern over wild rice is the University's development in the 1960s of strains of commercial wild rice.

The paddy rice is now grown mainly in California and has had a detrimental impact on the sale and price of true wild rice harvested on reservation land.

"[Mt. Graham and wild rice research] are big issues; they're going to continue to be big issues," says Yvonne Novack, Indian education manager for the state Department of Children, Families, and Learning and chair of the President's

American Indian Advisory Committee, which advises the University president on matters of concern to the Native community. The University needs "to keep that in the back of its mind and come to the community and have dialogue before the [decision-making] processes come too far along."

"American Indian people feel very strongly about these issues and that they infringe on the religious and cultural rights of American Indian people," says Patricia Albers, chair of the American Indian Studies department.

Overall, Albers says she appreciates the support the University has shown over the past few years. She is excited about the proposed sovereignty center, and pointed out that Dakota language students from Minnesota and South Dakota have been "chomping at the bit" for a master's program.

And Vikki Howard, who was hired three years ago as the community relations coordinator for the AIS department, feels that the University is in a stage of renewal in its relations with American Indians. She points, for example, to the work UMD is doing with Fond du Lac Tribal and Community College in northeastern Minnesota to preserve wild rice beds in the area.

"I think that the potential for University collaborations with Native tribes and [community organizations] exists despite the negative impact of the telescope and wild rice issues," Howard says. 🍁



Above: Robert DesJarlait, Red Lake Ojibwe artist, noted journalist, author, traditional dancer and Anishinabeg activist, created this logo for the Woodlands Wisdom project—a joint tribal colleges and University program to help restore the health of American Indian people. The plants shown clockwise around the circle are wild rice, blueberries, a maple leaf (for syrup), and corn, staples of the traditional Native American diet.



**get more info** To find out more about the American Indian Studies Department and its programs, visit <http://cla.umn.edu/amerind/index.html>



**get more info** To find out more about Woodlands Wisdom, visit [www.woodlandswisdom.com](http://www.woodlandswisdom.com)

# DIALING FOR DOLLARS

by Joel Hoekstra

It takes courage and good conversation skills to succeed as a student caller at the University's fund-raising center.

Sometime this year, you may pick up the phone and find Elizabeth Powell on the line. Polite, friendly, and good-humored, the University junior from Big Lake, Minnesota, is one of dozens of students who help raise funds for University of Minnesota colleges. Powell, a nutrition major who has been calling alumni since last October, recently talked with a reporter from *M* about her job.

**M:** So where are you calling from?

**Powell:** The call center on the 4th floor of the McNamara Alumni Center, on the Twin Cities campus. There are about 30 other students calling around me. We each have a computer that displays the numbers we're calling. When alumni answer, it's our job to talk to them.

**M:** What do you typically say?

**Powell:** Hi, this is Liz. I'm a student calling on behalf of the University of Minnesota.

Then we let them know we're calling to update some information and give them some news about their college and their college's fund-raising needs.

**M:** How do they respond?

**Powell:** Usually they're friendly. I think a lot of people like to hear from students. They like to tell us about their experiences here. One lady told me that she'd met her husband at the U and that I probably will, too. That was my favorite. Certainly there are some people who feel that we're intruding on their time, but usually they're very to-the-point about it. They'd rather be reached by mail. And that's understandable.

**M:** Did you have to learn anything special to prepare for this job?

**Powell:** The head of the call center trained us. And before we start calling alumni of a particular college, the dean or another speaker will come and talk to us about what's new.

**M:** What's the typical donation?

**Powell:** The average gift over the phone is about \$60, but many people give a lot more. Our records show that more than 20 percent of the gifts are \$100 or more. Many people give with a credit card.

**M:** Any secrets to your success as a caller?

**Powell:** You have to be friendly. You have to be able to talk to people about things happening in their lives. I like talking to alumni. I often get to talk to people within my major—that's really interesting. And it's enjoyable. We work as teams and have games and incentives to keep things lively. I've made some great friendships with other callers.



Elizabeth Powell shown working as a student caller for the U of M Foundation.

**M:** From your perspective as a student, why is it important for alumni to give to the University?

**Powell:** As a student, I very much appreciate the support of alumni. Their gifts are an investment in students' futures, as well as a tribute to the hard work they did when they were students. Alumni support makes all the difference to us. I love being a student, and I get really excited when I think about all the experiences that are open to me because of what I've learned here and the people I've met. The University is a lot of fun. 🍂

## Alumni Giving Facts

- > Students talked to 90,730 alumni last year and raised \$924,000 from 16,027 donors.
- > The number of alumni giving to the U increased by 7 percent last year.
- > 10,600 alumni have made a gift every year for the last five years.
- > More than 3,415 donors gave with their credit cards during calling.
- > The alumni generations that give at the highest rate are graduates from the 1940s, at 34 percent, and the 1950s, at 32 percent.
- > Overall, 12 percent of alumni make a gift.

## HOW TO MAKE A GIFT

Gifts of any size count toward the campaign and can be directed to the campus, college, or program you wish to support. To participate, respond to a student caller or the mailing that you will receive this fall. Other ways to make gifts are:

**Online** Visit [www.campaign.umn.edu](http://www.campaign.umn.edu) to make a credit card gift.

**By phone** Call 612-626-8560 or 800-775-2187 to make a credit card gift, or call 612-624-3333 for information.

**By mail** Use the gift envelope enclosed in this issue of *M*.

**Estate gifts** also count. Call 612-624-3333 for information.



CAMPAIGN MINNESOTA  
UNIVERSITY OF MINNESOTA

# FAMILY FIRSTS

FROM FINANCIAL AID TO CULTURAL ASSISTANCE, THE U IS WORKING TO MEET THE SPECIFIC NEEDS OF FIRST-GENERATION STUDENTS

by Joel Hoekstra

A college education wasn't in Martha Weir's plans when she graduated from high school. She got a job, thought about traveling. "Working for a year really made me realize I needed to go to school," the University senior says. "I knew I didn't want to spend my life serving bagels and coffee to angry people."

Raised on a farm in Illinois, Weir came from a family that valued learning but had no formal ties to higher education. An interest in Scandinavian languages eventually led Weir to the University, where she distinguished herself as a scholarship winner and part-time language tutor at the Minneapolis-based American Swedish Institute. She recently returned from an educational trip to Iceland. "There are so many opportunities at the U," Weir says.

Nonetheless, the prospect of studying at a Big 10 university can be daunting for students who hail from families in which no one holds a college degree. From classes to culture, the university experience can seem far removed from what a first-generation student has ever known. Such students may also find it difficult to justify the cost of college to their families—or, even with parents' support, have problems financing their education.

Increasingly, the University of Minnesota is taking stock of the needs of first-generation students and developing financial and support tools to serve them. In some schools, such as the College of Human Ecology, where an estimated one of every three scholarship applicants hails from a family without a university background, financial support is being earmarked for such students. A generous gift from Mary Pappajohn, '55, whose husband, John, is a first-generation American born to immigrant parents, has allowed the college to grant two \$5,000 scholarships annually to first-generation students.

Pappajohn recipient Rachel Carlson, a junior from Waseca, Minnesota, says her family has always been supportive of her decision to go to college and pursue a degree in clothing design. "My dad has always been my biggest fan," she says. But money for education hasn't been easy to come by in recent years. Carlson has worked two full-time summer jobs in alteration shops to pay tuition. Scholarships help reduce the hours she must work, allowing her to invest herself in her studies and designs.

For first-generation student Clarence "Jasen" Peterson, higher ed has opened the door to a range of careers that his parents and most of his high school pals working factory jobs back in Detroit never had the chance to consider. A junior majoring in political science, Peterson recently received a prestigious Thomas Pickering Foreign Affairs Fellowship, a national award that will prepare him for a career in the foreign service. It's a future he could only dream about when he first came to the U.

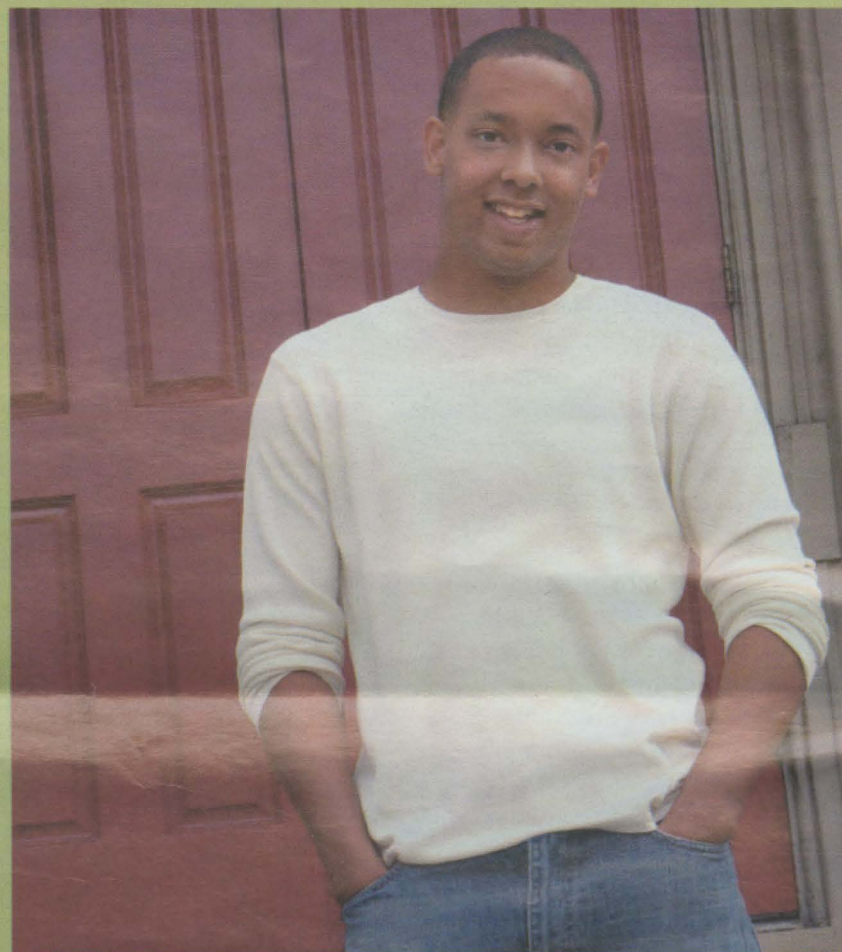


PHOTO: TOM COLEY

University junior, Clarence "Jasen" Peterson, is the first in his family to go to college.

Financial hardships aren't the only challenges first-generation students face, says human ecology dean Shirley Baugher. If they haven't heard about the university experience from relatives, they often face issues of "cultural competence," such as learning how to write papers and study for tests, or understanding how colleges work. They also may find it difficult to explain their experiences to their families. "They've added all these stressors to their lives," Baugher says, "and the family may not necessarily know how to interpret them."

But as the University learns to provide for these students, we all stand to gain. "I think that these students will make phenomenal alumni," Baugher says, drawing a comparison to the waves of women who enrolled at the U during the Depression. "Those women are very articulate about how their education changed them and prepared them for their careers and lives. These first-generation students will realize that, too." 🌱

## AN EXTRA BOOST

Scholarships and fellowships are a vital tool in encouraging U of M students to strive for excellence and make the most of their education.

Student support, one of three priority areas for Campaign Minnesota as it enters its final year, has been boosted through many gifts from alumni and friends. Here are some examples.

- > More than 360 3M employees and retirees met the challenge set forth by the 3M Foundation when it set aside \$1 million to match employee gifts on a three-to-one basis for undergraduate scholarships.
- > The University of Minnesota, Crookston, (UMC) received a \$1 million commitment from Lyle and Kathleen Kasprick of Orono, Minnesota, to seed academic scholarships—the largest gift ever made to the campus. Lyle Kasprick, a businessperson who grew up on a farm near UMC, said he and his wife made the donation to “give young people a fighting chance.”
- > A new fellowship has been established in recognition of former University president Mark Yudof and his wife, Judy. The fellowship will support a top graduate student pursuing interdisciplinary work in science and policy ethics, which is also an area of strong faculty research at the University.

## Great Conversations on the road

Following up on the success of the College of Continuing Education's Great Conversations Series, U experts are going on the road to alumni chapters in Naples, Florida; Scottsdale, Arizona; and Los Angeles, California.

Two speakers, Michael Osterholm, director of the U's new Center for Infectious Disease Control and an expert on bioterrorism, and Charles Nolte, professor emeritus of theater arts and an active member of the Vital Aging Network, will talk with alumni. They will be in Naples on Saturday, January 25; Scottsdale on Saturday, February 22; and Los Angeles on Saturday, March 29.



**for more info** The events are sponsored by the University of Minnesota Alumni Association, the College of Continuing Education, and the University of Minnesota Foundation. Visit [www.alumni.umn.edu](http://www.alumni.umn.edu) or call 1-800-UM-ALUMS for more information.

## FUTURE-FOCUSED FACILITIES

Private funding has contributed to the largest cross-campus construction boom in recent memory. Here's a snapshot of several new additions and how they'll help students.

### College of Architecture and Landscape Architecture Addition

**Location:** Minneapolis  
**Cost:** \$27.4 million  
**Status:** Completed fall 2002  
**What's notable:** Designed by *Time's* 2001 Architect of the Year, Steven Holl, and named after noted modernist and long-time head of the School of Architecture, Ralph Rapson.  
**How it serves students:** Expanded studio space, library, fabrication workshops, computer labs, and a new auditorium. Building's exposed systems serve as a teaching tool.

### Weber Music Hall

**Location:** Duluth  
**Cost:** \$9.2 million  
**Status:** Opens 2002  
**What's notable:** Cesar Pelli, architect, and Stanius Johnson Architects.  
**How it serves students:** UMD's first dedicated musical performance space, the music hall will be used by the more than 5,300 undergraduates who participate in music courses each year.

### Morris Regional Fitness Center

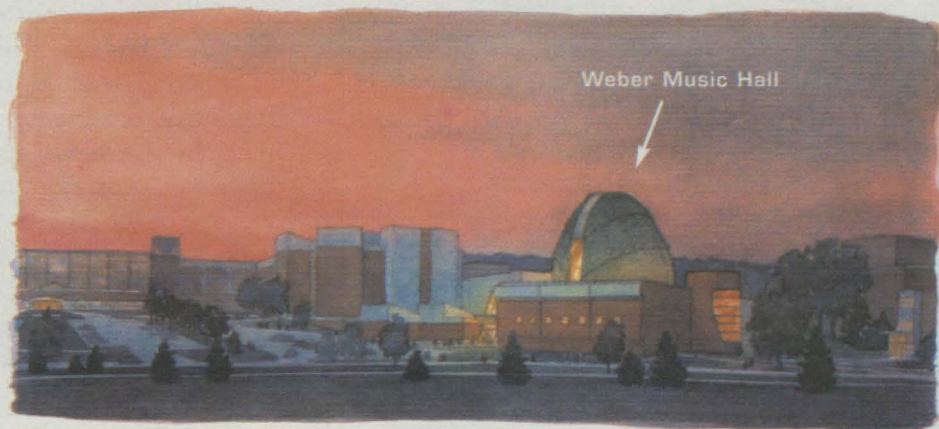
**Location:** Morris  
**Cost:** \$5 million  
**Status:** Completed 1999  
**What's notable:** Half the facility's funding came from private and community contributions.  
**How it serves students:** Students have access to the indoor track, eight-lane competition pool, state-of-the-art cardio-vascular fitness area, and gymnasium for extended hours throughout the year.

### Microbial and Plant Genomics Building

**Location:** St. Paul  
**Cost:** \$20 million  
**Status:** Opens December 2002  
**What's notable:** Cargill contributed \$10 million—its largest gift ever.  
**How it serves students:** Graduate and undergraduate students will have access to researchers and support units working on cutting-edge projects in the emerging biological sciences.

### Art Teaching and Research Facility

**Location:** Minneapolis  
**Cost:** \$42.3 million  
**Status:** Opens fall 2003  
**What's notable:** Centerpiece of West Bank Arts Quarter  
**How it serves students:** New studios, classrooms, and production facilities for photography, painting and drawing, sculpture, printmaking, and ceramics will serve faculty and students, whose works will be displayed and performed in a two-story central atrium and the new Katherine E. Nash Gallery.



## MENTOR REGISTRATION UNDER WAY

Registration for all 16 alumni-student mentoring programs is under way through early October, with most programs starting later that month. Alumni and students are matched according to career interests and other criteria and are given tips on beginning and maintaining a productive relationship. Students and mentors determine their own meeting times and places.



**for more info** To see a list of programs, details, and to register online, visit [www.alumni.umn.edu](http://www.alumni.umn.edu). Call 612-624-2323 if you are interested in being a mentor but do not have Internet access.

# THE U: A CAPITOL PRIORITY

For Dennis Maetzold (B.A. '64), mayor of Edina and a vice president at M&I Bank, taking on a new commitment means it had better be an important one. For Maetzold, the University of Minnesota is important. "It is vital for us to muster as much support for the University as we can," Maetzold says, explaining why he has volunteered to be a district captain for the University's volunteer Legislative Network. He feels the U is vital not only to Minnesota's economy and quality of life, but because of the people it produces. "We need it to be a great school for our best and brightest. Then they're more likely to stay in the state and become our next generation of leaders."

Maetzold is part of the current generation of leaders shaped by the University. While growing up in south Minneapolis, the Washburn High School graduate never considered another college. He found it amazing that a place like the University was just a bus ride away from home. "I was a geography major with a psychology minor," he says. "Going to class each day was like an adventure. You'd hear wonderful stories and histories and piece together why things were as they were."

After serving in the Navy, Maetzold put his geography degree to work part-time as a Naval Reserve intelligence officer for 20 years. He considered an FBI career as well. "That would have meant a lot of moving around," he recalls. "And I found that I loved it here."

So Maetzold settled into banking, found a home in Edina, and became an active member of the community. He was vice president of the Edina Foundation, president of the Edina Chamber of Commerce, and served two terms on the Edina



PHOTO: JAYME HALBRITTER

Dennis Maetzold (B.A. '64)

Board of Education. In 1994 he was elected to the city council, then was appointed mayor in 1999 by his fellow council members after the then-mayor resigned. His service to the community is held in such esteem that onlookers greeted his mayoral appointment with applause and his formal election bid in 2000 was unopposed. Earnest, sincere, and humble, Maetzold says of his community work, "I just found I enjoy people. I care about them and find this all very satisfying."

Over the years he's often returned to campus for events and activities, sometimes with his daughter, Leslie. So it was no surprise that when it came time for her to pick a college two years ago, she opted for the U. "We looked at one other school," Dennis Maetzold says. "But that was only because the skiing was better." Leslie Maetzold is now a junior in the Carlson School of Management.

The 2002 election season, Maetzold believes, presents a special opportunity for volunteers who care about the University. With redistricting, dozens of legislative retirements, and no incumbent governor running, there will be extraordinary turnover at the capitol. "There's going to be a climate change," he says. "That's why it is important to find out now where candidates stand on the University." As an

elected official himself, Maetzold urges alumni to ask candidates questions and to make their feelings known to them. Later it will be easier to call or write legislators and remind them of what was said during the campaign. "It's important to pin a candidate down on specific issues," he advises. "Then you can ask them about it later and hold them accountable."

Alumni across the state can make their presence known, Maetzold says, and remind candidates how important the U is to the entire state. Although campuses are in just a few cities in the state, Maetzold points out that University graduates and discoveries are everywhere. "We have top-notch University graduates who live, work, and own businesses here in Edina," he says. "We have a booming medical community [centered around Fairview Southdale Medical Center] that probably wouldn't be there without the University and its graduates." 🍂

Mayor, banker, and U of M volunteer Dennis Maetzold and his daughter, Leslie, right, listened to a speaker at a recent Edina Alumni Chapter event.

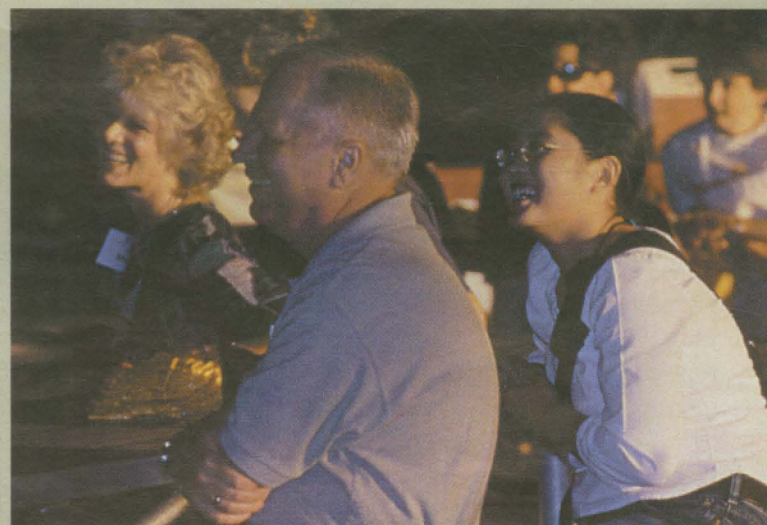


PHOTO: JAYME HALBRITTER

## Get involved in fall elections

In November, all 201 legislative seats and the governorship are up for election. Now is the perfect time to get involved and ensure that the University of Minnesota remains a priority at the capitol.

Campaign season offers many opportunities to meet candidates and discuss issues. Every positive word about how important the U is to you and your community will help generate support.

### Here are some ideas

- > Attend campaign events and correspond with candidates; tell them that the U is important to you and to the entire state. Ask them to commit to supporting higher education.
- > Help distribute campaign materials, go door knocking with a candidate, mail letters, and make phone calls for the candidates you support.
- > Make a contribution or host a fund-raiser for the candidates you support.

> Vote on November 5.

> Join the U's Legislative Network, a group of more than 3,700 volunteers who learn how to make effective and timely contacts with their legislators on behalf of the University.



for more info on the Legislative Network, call 612-624-2323 or 1-800-862-5867 or visit [www.alumni.umn.edu/legislativenetwork](http://www.alumni.umn.edu/legislativenetwork).

# HOMECOMING 2002

LEGACY OF HEROES



PHOTO: GINA KENNEDY

The hero in everyone will be celebrated at the University of Minnesota's Twin Cities campus 2002 homecoming on October 11 and 12.

Several college and department alumni events begin Friday afternoon, leading up to the bonfire and pepfest at 7 p.m. on the field outside the St. Paul Gymnasium near Cleveland Avenue.

Saturday morning, alumni and the public are invited to the homecoming breakfast at the McNamara Alumni Center. Located near the end of the parade route, the breakfast is the perfect way to get ready for the homecoming parade down University Avenue from Dinkytown to the alumni center. More festivities will surround the Metrodome before the 1:30 p.m. kickoff of the Gopher vs. Northwestern football game.

Duluth campus celebrated homecoming the weekend of September 27-28, while Morris and Crookston both marked the occasion on September 21.

## Major alumni and public events for the Twin Cities campus homecoming

### FRIDAY, OCTOBER 11

**Bonfire and Pepfest** 7 p.m. at the St. Paul Gymnasium field

**Volleyball** vs. Purdue, 7 p.m. at the Sports Pavilion; tickets 612-624-8080

**Men's Basketball** Midnight Madness event, free, 10 p.m. at Williams Arena

### SATURDAY, OCTOBER 12

**Harvest Bowl** Farmers' Share Breakfast and Auction, 7-9:30 a.m. at the St. Paul Student Center; 50 cents. Pay at the door.

**Homecoming Breakfast** 8-10:30 a.m. in the McNamara Alumni Center; \$5 for UMAA members, \$7 nonmembers; \$3 for children 10 and under. Pay at the door, but please register in advance at [www.alumni.umn.edu/homecoming](http://www.alumni.umn.edu/homecoming) or by calling 612-624-2323.

**Homecoming "Parade of Heroes"** 10 a.m.-noon on University Avenue from Dinkytown

**Football** vs. Northwestern, 1:30 p.m. at the Metrodome; tickets 612-624-8080

**Volleyball** vs. Illinois, 7 p.m. at the Sports Pavilion; tickets 612-624-8080

**School of Music Centennial Collage Concert** 7:30 p.m. at the Ted Mann Concert Hall; free

## SEE THE SCENES:

### U of M e-postcards and more

Have you ever wanted to show friends or relatives the beauty of the Twin Cities campus, help old classmates recall favorite campus spots, or just send a U of M hello? The UMAA Web site now features e-postcards, campus scenes with customized greetings.

E-postcard senders may choose a card at [www.alumni.umn.edu/epostcards](http://www.alumni.umn.edu/epostcards) and type in one or more e-mail addresses and a personal message. An e-mail is then automatically sent to the recipient with a Web link to the e-postcard.

The site also has a growing collection of slide shows at [www.alumni.umn.edu/slideshows](http://www.alumni.umn.edu/slideshows) showing scenes from Maroon and Gold Day at the State Fair, homecoming, and the UMAA annual celebration.

The alumni Web site continues to be a convenient place for visitors to join the alumni association, update contact information, register for events, request brochures for upcoming group travel excursions, learn about networking opportunities, stay up-to-date on legislative issues, read selected articles from *Minnesota* magazine, and more.

Visit all these features at [www.alumni.umn.edu](http://www.alumni.umn.edu).



ILLUSTRATION: MIKE LEE

? for more info or the latest schedules, visit [www1.umn.edu/cic/homecoming](http://www1.umn.edu/cic/homecoming)

## ALUMNI DIRECTORY TO GO ELECTRONIC

The alumni directory will get a new twist next year. The University of Minnesota Alumni Association will team with Harris Publishing to produce not only the printed volume, but also a CD-ROM and online version of the directory.

Alumni will receive a questionnaire to confirm their addresses and academic and career information and to determine if they'd like to be included in the directory. Only UMAA members will be in the printed directory, but everyone can be in the electronic versions.



for more info call David Sailer at 612-624-2323 or 1-800-UM-ALUMS.

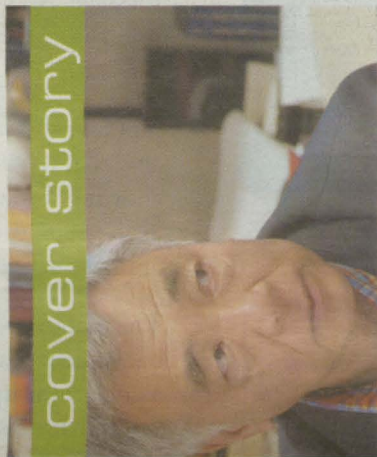
UNIVERSITY OF MINNESOTA

fall 2002



PHOTO: TOM FOLEY

cover story



# GETTING FLEECE

Enron. WorldCom. Qwest.

The recent business scandals have caused trillions of dollars in investor losses and led to new legislation to combat corporate wrongdoing. But for many Americans in the baby-boom population, all the talk about "aggressive accounting" and CEOs in handcuffs boils down to one issue—will I have to postpone my retirement?

## inside:

- > Searching for neutrinos ... 3
- > *Around the World in a Bad Mood* book review ... 3
- > Helping veterans ... 4
- > Adolescent sleep habits ... 7
- > Talking with Bob Bruininks ... 10
- > Making the U a priority ... 14

Ecology for the ages:  
Cedar Creek turns 60



Native tribes and the  
University strive to collaborate



First-generation  
college students



UNIVERSITY OF MINNESOTA

A publication for alumni and friends of the University of Minnesota—  
Crookston, Duluth, Morris, Rochester, Twin Cities

♻️ Printed on recycled paper using at least 75% post-consumer waste.  
Please recycle as newsprint.

Address changes and cancellations: U of M Foundation  
200 Oak St SE Suite 500 Minneapolis MN 55455-2010  
or e-mail: [urelate@umn.edu](mailto:urelate@umn.edu). Please include mailing label code numbers.

Change service requested

Editor ..... Martha Coventry  
Managing Editor ..... Sharon Grimes  
Graphic Design ..... Woychick Design  
Photographer ..... Tom Foley

*The opinions expressed in M do not necessarily reflect the official policies of the Board of Regents or the University administration.*

*The University of Minnesota is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.*

**M has a Web page:**  
[www.umn.edu/urelate/m](http://www.umn.edu/urelate/m)

7921  
MRS LOIS G HENDRICKSON  
LIBRARY UNIVERSITY ARCHIVES  
ROOM 218 ANDERLIB  
MINNEAPOLIS MN 55455