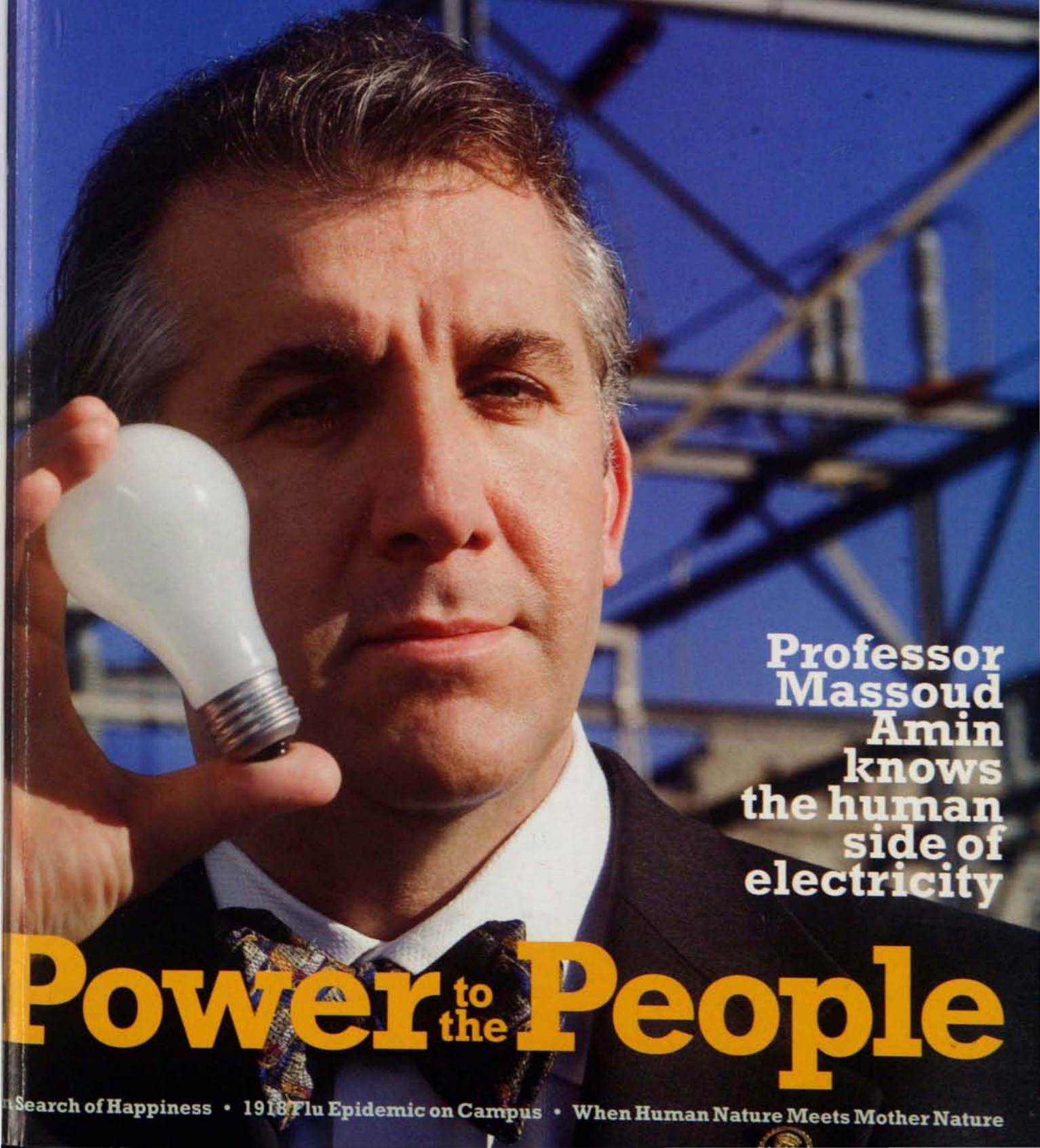


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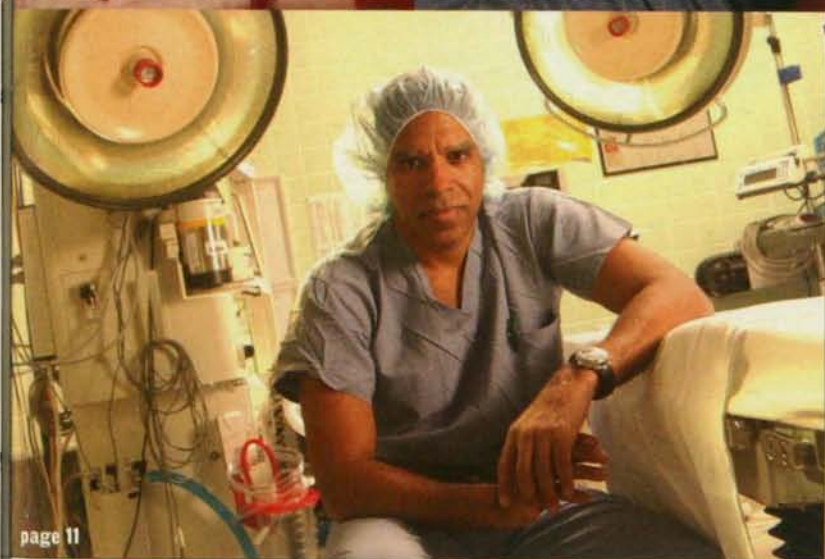
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Sarah Landau, B.A. '94
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Sarah Landau of Ann Arbor had been accepted at Stanford when family circumstances changed, upsetting her college plans. Her mother, a Minneapolis native, suggested the U. Landau was accepted into the honors program and received a scholarship. And she liked the U so much she "couldn't imagine leaving." Last year Landau, now an attorney in Houston,

began funding an endowed scholarship. "People can fall through the cracks for financial aid," she says. "That's when scholarships make a profound difference." You can help. The goal of the U of M Scholarship Drive is to increase the number of students we assist by 50%. And now you can double the impact of an endowment gift.

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Editor's Note

Are You Happy Now?

It all changed for me about 15 years ago. I was celebrating an insignificant birthday, and my mother, over lunch, regaled me with stories about me as a baby. I was a rapt audience.

She began with a tale that I'd heard before, that I was supposed to be a boy named Patrick but I wasn't happy about that and so refused to make an appearance. Two weeks past my due date, when my mother was beginning to have second thoughts, I decided to show. And I chose to do so during a March snowstorm whose four-foot drifts kept the doctor from making it to the hospital in time to deliver me.

"You were a colicky baby, you know," my mother informed me, setting down her chopsticks and shaking her head in wonder. "You cried and squirmed constantly, and I walked with you hour upon hour, night after night. You were inconsolable."



Shelly Fling

I'd never heard that last part before, and I was speechless.

In my recollection, the red lanterns hanging from the ceiling in the Great Wall restaurant suddenly glowed brighter and the wait staff, singing a glorious tune, floated over to us and circled our table. One of them lowered a silver platter in front of me to present an enormous fortune cookie. I cracked it open and unfurled the paper to behold the message: "YOU ARE GRUMPY AND SURLY AND WILL ALWAYS BE A PAIN IN THE NECK, BUT YOU CAN STILL BE HAPPY."

What happened in truth was that I just looked across the table at my mother—suddenly a saint, in my opinion, for having so patiently put up with me, for walking a screaming baby night after night without complaint. I had no memory of this, of course, but I knew it was true. I knew that if I was one-tenth as sour as a baby as I was as an adult, I could've pickled a barrel of cucumbers just by looking at it. All my life, whenever someone caught me unawares with a camera, even when I was sleeping, the photograph showed me with my brow furrowed or lip curled up in a sneer.

While my mother had bought me lunch and a ceramic teapot as my birthday presents that day, the best gift from her was that priceless little piece of history—that I had been a crabby, surly, unhappy baby, and no one knew why.

Why was this news so valuable to me? Because I had spent more than a decade struggling to figure out why I wasn't prone to being happy. An A+ on a paper was deflated by an A- on a chemistry test. Dusting the furniture only made way for more dust to settle in. A new car was a used car after owning it a day—and still 36 payments to go! I had practiced wearing a sunny disposition, but the clouds always rolled in. I had tried blaming the weather, my shoe size, my teachers, but whatever I lobbed fell short. Now, suddenly, it made sense.

Whether I was genetically predisposed to being unhappy or if it was due to my formative months and years being trampled by five boisterous older siblings, it was just the way I was.

That might not seem like happy news. But to me it was an uplifting epiphany. For that afternoon, at least, I felt buoyant. I could stop struggling, stop trying to fix myself, stop searching for someone (including myself) to blame, stop being annoyed by nauseatingly chipper people.

That birthday was probably the first day I truly liked myself. I liked that I could feel the anguish of unhappiness but not be afraid of it. I knew that, despite the familiarity of discontentedness, I was actually pretty happy. And I knew that I could be quite happy even through those spells of colic. ■

Shelly Fling can be reached at fling003@umn.edu. See the story on page 32 about four University faculty members who study happiness.



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* Edited by Chris Coughlan-Smith

Not Your Parents' Theater

As the lights dim in the Arena Theatre, the scene is set: Two Iraqi girls play with Barbie dolls. The girls have their dolls go to the market to buy food for a picnic, only to find that the shop owner has nothing to offer them because of sanctions. During the dolls' adventures, one girl rips the leg off of her Barbie, explaining that it got blown up. Dozens of toy soldiers circle the scene, standing at attention.

The scene is both funny and heartbreaking, a testament to the

alternative to the Mainstage productions. Third-year student Dave Jennings, the space and time manager for the X, says that the X offers opportunities to students that aren't available elsewhere. "It's a chance to work with your peers," he says. "You get to figure things out on your own rather than having a professor tell you what to do." Though the X does have a faculty adviser, associate professor of theater arts and dance Matt LeFebvre (B.A. '87, M.A. '96), both Jennings and Glover note that students are given great latitude in their decisions.

A student board selects each season's shows and workshops. No overarching theme connects the productions, except that they generally veer from the expected. "This is not your parents' theater," says Glover.

Among this fall's offerings was *Portrait of Dora*, an examination of Sigmund Freud's first published case study, of a woman with hysteria. "It's about the danger of silencing women," explains Glover. "It's largely a hypothesis on what Dora might have had to say about what Freud said of her—that is, who is the authority figure? Whose story is right?"

This winter, the X presents *24-Hour Theatre*, a fast-paced collaborative workshop attempted for the first time. Five groups of student writers, directors, cast members, and technical staff will gather at 8 p.m. on January 21 and team up to write, produce, and perform five original one-act plays over the course of a single day. Performances begin 24 hours later, at 8 p.m. on January 22. And

this spring, Jennings will direct *Religious Pretense*, an hourlong improvised show set in the courtroom of God. "The prosecutors and defendants will make their cases for someone trying to get into heaven," says Jennings. The audience will decide that person's ultimate fate.

While the productions aren't typical and the budgets are small, those who work in the X have a distinct advantage in attracting audiences: All the shows are free. "We joke that we have the kind of theater no one wants to pay to see, but we mean that in a good way," says Glover. "In most theater, it's hard to take risks because you have to be commercially viable. Here, we can take artistic risks."

In a later scene in *Free Hummus*, actors take turns reading statements gathered from Muslim students at the University. The passages are by turns angry and hopeful, thoughtful and perplexed. The words are not always easy to listen to, but they are candid and honest. Xperimental or not, it's exactly what theater is supposed to be.

For more information on the Xperimental Theatre, visit www.cla.umn.edu/theatre/xperimental or call 612-625-1876.

—Erin Peterson



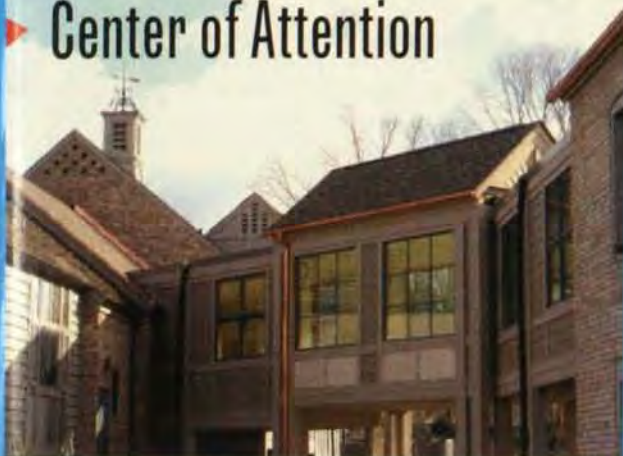
Jessie Glover and Dave Jennings are part of the student-run Xperimental Theatre.

fact that it doesn't take big budgets or elaborate sets to create powerful theater. In five scenes, the cast members of this Xperimental Theatre workshop examine the Middle East from the perspective of children and adults, Muslims and non-Muslims. Performing just days before the November U.S. elections, perhaps the only thing not politically charged about the show is the title: *Free Hummus* refers not to the play, but to the snacks served afterward.

The student-run Xperimental Theatre at the University of Minnesota has a tradition of creating bold programming on a shoestring. The financial constraints—the average budget for each production is \$250—force the students to make creative decisions their University Theatre Mainstage peers often don't face. "There are the kids who get a toy who end up playing with the box more than the toy inside," says Jessie Glover, X Theatre artistic director, and a graduate student in theater. "We're like that kid. We have to use our imagination to work around those limitations."

Because the University has more than 300 theater majors, not everyone will get to participate in a major show. The X offers an

Center of Attention



The exterior of the Minnesota Landscape Arboretum's new visitor center, designed by Rafferty Rafferty Tollefson Architects, is meant to evoke a European hamlet. It opens January 25.

The Minnesota Landscape Arboretum's new visitor center is the sort of structure that deserves to sit on the grounds of the largest public garden in the Upper Midwest. The environmentally friendly building, with an exterior meant to evoke a European hamlet and an interior that echoes the original visitor center's rustic feel, opens

January 25. The 45,000-square-foot, \$18 million center connects by skyway with the Snyder Building, the arboretum's original visitor center, and includes a great hall, several meeting rooms, classrooms with a teaching garden, a large restaurant, and a display gallery. Outside, six terraces and gardens surround the facility and offer a preview of what visitors will find throughout the arboretum.

The visitor center was designed to "bring the outdoors in" via large windows as well as an indoor garden area. The opening coincides with an indoor "miniature garden" display featuring a collection of tiny houses and accessories for outdoor gardens. It runs through February 27.

The windows are situated to make the best use of natural lighting, with an automated lighting system adjusting to changing conditions to provide a warm atmosphere and to save on electric costs. The center also features an innovative heating and cooling system that stores atmospheric heat and cold in the Earth's shallow surface through a system of wells. The system will help even out the building's temperature year-round while also saving on energy costs. The parking lot was expanded in 2003 and incorporates several features designed to slow down and clean up runoff.

The center's \$18 million cost was covered under the arboretum's recently completed \$65 million capital campaign. Campaign funds also helped pay for renovations of other structures and for the arboretum's efforts to acquire nearby watershed properties.

The Minnesota Landscape Arboretum—with more than 1,000 acres of gardens, plant collections, and natural landscapes—is part of the Department of Horticulture's research and outreach efforts. It is located nine miles west of Interstate 494 on Highway 5 in Chanhassen, about 25 miles west of the Twin Cities campus. The arboretum is open from 8 a.m. until sunset daily. Admission is \$7; free for arboretum members, children under 16, and for everyone after 4:30 p.m. on Thursdays. For more information, visit www.arboretum.umn.edu.

Discoveries

U research findings

Weighty Findings

Stomach stapling and other weight-loss surgeries appear to offer the best hope for improved and lengthened life in people who are morbidly obese (more than 100 pounds overweight). According to a review led by a University of Minnesota researcher, weight-loss surgery improved or eliminated diabetes, hypertension, sleep apnea, and high cholesterol in the vast majority of morbidly obese patients. Researchers also noted studies that found that morbidly obese patients could expect to live 12 years fewer than those at ideal weight, while losing just 9 kilograms (20 pounds) reduced the risk of obesity-related early death by 53 percent. Researchers reviewed 136 studies that included more than 22,000 patients. Patients lost an average of 61 percent of their excess weight, and 76 percent saw their diabetes disappear entirely after weight-loss surgery. Hypertension, sleep apnea, and cholesterol readings improved by 70 percent or more. Researchers estimate that two-thirds of Americans are overweight or obese and that 5 percent are morbidly obese. Government reports list obesity as the second leading cause of preventable death. The new analysis was published in the October 13 issue of the *Journal of the American Medical Association*.



Building Better Blood

U researchers are one step closer toward creating safe and usable human blood out of embryonic stem cells. Embryonic stem cells are the earliest cells in a human embryo and appear to have the potential to turn into any type of cells in the human body. Although other researchers have been able to drive embryonic stem cells toward becoming blood, to do so they had to use animal-based "serums" that create severe reactions in some patients. The U's team was able to get embryonic stem cells to take the first steps toward becoming blood without the use of the animal serums. According to lead researcher Dr. Dan Kaufman, the findings are an important step toward developing a source of virus-free blood cells, cells with rare blood types, and cells for marrow transplants when suitable donors are not available. The findings were published in the October issue of *Experimental Hematology*.

Tackling Tumors

University of Minnesota researchers have discovered a protein, *Mcm10*, that appears to be an indispensable part of cell division. Since uncontrolled cell division is the hallmark of cancerous tumors, researchers hope that learning how to disrupt this protein will lead to a way to stop tumor growth. In normal cells, *Mcm10* protects and directs the enzymes that start cell division. But after identifying *Mcm10*, researchers created yeast cells without the protein and the yeast—which normally divides rapidly—failed to divide and grow. The research team is beginning experiments with animal blood cells to confirm the results as well as to learn more about how *Mcm10* works. By learning more about the process, they hope to zero in on the best ways to disrupt *Mcm10* in the human body. The findings were published in the October 22 issue of the journal *Molecular Cell*.

Diet-and-Health Pioneer Dies at 100

ANCEL KEYS, ONE OF THE GIANTS OF SCIENCE at the University of Minnesota, died in November at the age of 100. Keys, a University professor of physiology from 1937 until he retired in 1972, was widely known for his pioneering research into the connection between cholesterol and heart disease.



Ancel Keys on the January 13, 1961, cover of *Time*.

Keys worked in a space beneath Memorial Stadium, and his Laboratory of Physiological Hygiene was the precursor to the School of Public Health's epidemiology division. Early in World War II, the U.S. War Department asked Keys to develop a simple, compact, nutritious meal for soldiers. His creation became known as K rations—the K for "Keys." Later, when it became clear that millions of starving people would emerge from

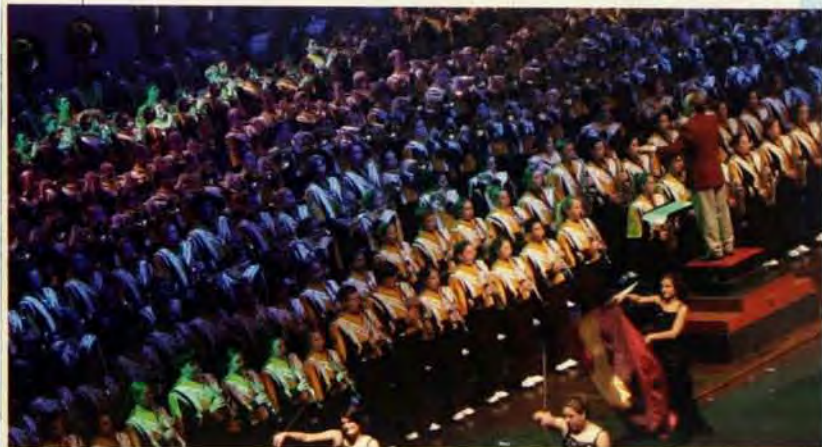
the ruins of World War II, Keys conducted a starvation study (conscientious objectors volunteered to undergo food deprivation) to learn how best to rehabilitate starved populations.

After the war, Keys studied diet and heart disease, examining populations in seven varied countries, their rates of heart attack and stroke, and diet. He was a proponent of the Mediterranean diet (low in fat and meat, high in fruits and vegetables) and co-authored the book *Eat Well and Stay Well* with his wife, Margaret, who survives him.

Keys was featured on the cover of *Time* magazine in 1961 following publication of the book. "People should know the facts," Keys told the interviewer. "Then if they want to eat themselves to death, let them."

A Blast at Northrop

The largest marching band in the University band program's 113-year history filled the aisles and took the stage at Northrop in November, entertaining more than 5,000 fans in two concerts. A reinforced stage was built on top of the regular Northrop stage in order to hold all 306 members and to withstand their synchronized high-stepping. With a backdrop of lighting and video, the band performed school songs, a collection of tunes from football halftime shows, and selections from the Beatles and Chicago. World-renowned saxophonist Eugene Rousseau, on the faculty in the School of Music, joined the band for one show and marched out with the saxophone section at the conclusion. Minnesota was the first U.S. university to bring a full marching band indoors for concert performances and has been doing so for 43 years.



Enduring Words on Elmer L. Andersen

"I don't think there are very many people in the entire history of the University of Minnesota who have been so important to our development," University President Robert Bruininks said of Elmer L. Andersen (B.A. '31, hon. Ph.D. '82), who died November 15 at the age of 95. Andersen, a former Minnesota governor and chair of the board of regents, was a tireless champion of the University and of government working for the public good. The Elmer L. Andersen Library is named in honor of his support for education and his lifelong love of books. Several former University presidents commented on Andersen's legacy shortly after his passing:

"Elmer Andersen was a tireless advocate for the public good—for investment in education and human capital. He was a progressive voice for reform and change throughout his entire life. I cannot think of very many leaders in my life that I've respected more and revered more than Governor Elmer Andersen. Even when you had the briefest conversation with Governor Andersen, you knew that you were in the presence of somebody who was truly a wise person."

—Bob Bruininks,
president 2002–present

"Never again will there be a person more dedicated to Minnesota and its great university than the remarkable Elmer L. Andersen. To his dying breath he was thinking of ways to strengthen the University of Minnesota; it was the intellectual love of his life, and he showed it in countless ways. We will all miss him, but he will never be forgotten."

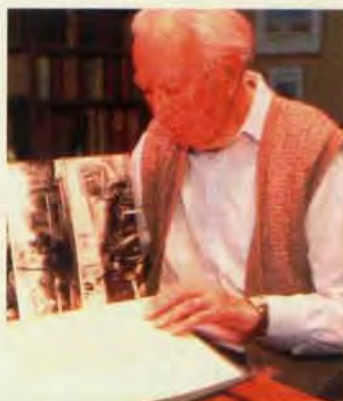
—C. Peter Magrath,
1974–84

"Elmer himself had to work hard for an education and had come to realize fully what both private and public higher education mean to successive generations—and to the state and nation. [He was] always driven by his concern that the state should provide access to quality education for all who could benefit from it. Higher education in Minnesota owes him a deep debt of gratitude for his leadership in this matter."

—Nils Hasslemo,
1988–97

"With his combination of wisdom, ideals, generosity, and a devotion to community, he showed what a statesman and public leader could be and should be. He was honest and gentle in his praise and in his criticism. This University has had no greater friend and guide, and this state has had no better citizen."

—Ken Keller,
1985–88





[FACULTY PROFILE] David Hamlar, Jr.

DR. DAVID HAMLAR, JR., is a real “ask not what your country can do for you” kind of person. The always cheerful assistant professor of otolaryngology is also a craniofacial surgeon; a dentist; chair of the ear, nose, and throat department at Regions Hospital in St. Paul; a colonel in the Minnesota Air National Guard and commander of the 133rd Medical Group; and an international volunteer.

Somehow Hamlar never seems rushed. Smiling, as usual, he succinctly explains his impossible list of activities. “Service,” he says. “Service to the country. Service to people, especially indigent populations. We are really blessed in this country. When you go to other, developing countries, you see they have no medicine, little health care. You can’t see that and not go back and do more.”

Hamlar received early lessons in service from his father, a dentist who served in the military and worked with patients from all economic backgrounds. In 1978, at age 22, the younger Hamlar joined the National Health Service Corps, a government-sponsored organization that coordinates placing health-care workers in impoverished areas of the United States in exchange for tuition assistance or other benefits.

He earned his dental degree in 1981, and the following year, in Chillicothe, Ohio, Hamlar encountered dentists less motivated by service than he was. “Chillicothe had every dental specialty you can think of, but no one would treat poor people,” he recalls. “Indigent people had to drive to Columbus to get treatment. So I wrote a grant to set up a dental clinic for that population. I got the grant, we did good work, and pretty soon, we were treating rich and poor people.”

Successful but not satisfied, Hamlar went back to medical school. “I wanted to do more,” he explains. At medical school and his residency in ear, nose, and throat at Ohio State, Hamlar saw complex

birth defects and tumors. “We removed the tumors and restored most patients’ function, but we weren’t treating the cosmetic-social aspects of the disease. I wanted to take that to the next level, so I did the facial plastics fellowship with Dr. Peter Hilger [a faculty member in the University of Minnesota’s Department of Otolaryngology]. I think it’s one of the best in the country.” Hilger’s fellowship is unique in that it offers a full range of experiences from traumatic injuries to birth defects to post-surgery cosmetic reconstruction.

Hamlar joined the Ohio National Guard in 1989 but transferred to the Minnesota Air National Guard in 1995 when he joined the University of Minnesota faculty. As a flight surgeon, he maintains the health of pilots on site in places like Iraq, Saudi Arabia, Afghanistan, and Colombia, providing a full range of medical work as needed. Still not satisfied, Hamlar volunteered himself and his medical group for Air National Guard humanitarian missions to Ecuador and Belize.

His most recent service projects have been through Face-To-Face, the humanitarian arm of the American Academy of Facial Plastic and Reconstructive Surgery that focuses on doing surgery and training health professionals in developing countries. With Face-To-Face, Hamlar has been twice to China and most recently to Vietnam.

Hamlar breezes over a 2004 schedule that has seen him out of the country as much as in, and then touches on yet another potential project—in Minnesota, he hopes. “Like the project in Ohio, I’d love to start a clinic for underserved populations—indigent people either in the city or rural areas,” he says. “That’ll happen someday.”

“When you go to developing countries, you see they have no medicine, little health care. You can’t see that and not go back and do more.”

—Sarah Barker

Alumni Artists at the Nash

"Leave Minneapolis as soon as possible," was the advice University art professor Cameron Booth gave his student James Rosenquist (A.A. '54) 50 years ago.

"I drew constantly in his class and he noticed I could draw," Rosenquist recalls. The late Booth, who taught painting and drawing, believed Minneapolis was too small for such a promising artist. So upon graduating, the North Dakota native painted signs for General Outdoor Advertising Company in Minneapolis, saved up \$350, and won a scholarship to the Art Students League of Manhattan for the fall of 1955. While in New York, Rosenquist again took a job painting billboards, in Times Square, and the rest is art history.

Today, Rosenquist, who lives in Aripeka, Florida, is widely recognized as a founder of the American Pop Art movement, and much of his work incorporates a "billboard" style of vivid colors, oversized imagery, and dynamic composition. The focus of almost 15 retrospectives and nine art-history films, Rosenquist's paintings fetch millions of dollars and are displayed at such cultural institutions as New York's Museum of Modern Art and Metropolitan Museum of Art, the Smithsonian Institution's Hirshhorn Museum, the National Gallery of Art in Washington, D.C., and museums in Bilbao, Berlin, Tokyo, Stockholm, Madrid, Frankfurt, and Paris.

Three of Rosenquist's lithographs, including *Hey! Let's Go for a Ride* and *Crossbatch and Mutations*, will be included in the exhibition "Looking Back and Moving Forward: Success in the Making," opening January 11 at the Katherine E. Nash Gallery in the Regis Center for Art. The invitational show, curated by Clarence Morgan, chair of the art department, focuses on the work of 20 internationally prominent artists who are alumni of the University's art program.

With the former dilapidated art building now demolished, and the new Regis Center for Art the gem of the vibrant West Bank Arts Quarter, the alumni exhibition "functions as a bridge to connect the past with the present as we move toward the future," Morgan says. "I'd like this exhibition to leverage what is good about the current art program and what we can be, but also to acknowledge that we didn't become good just because we have a new building."

Morgan adds that "the seeds of this strong community for



The Stowaway Peers out at the Speed of Light by James Rosenquist (top), *There There* by Rochelle Feinstein, and the works of 18 other acclaimed alumni of the University of Minnesota's art department are part of "Looking Back and Moving Forward: Success in the Making," at the Katherine E. Nash Gallery January 11 through February 17.

the arts—in which people come here from around the world and move on to places like New York and become successful in those highly competitive areas—have been planted for decades at the University." This exhibition, he says, demonstrates how the art department can lay claim to those seeds and the artists who have flourished as a result.

New York artist Rochelle Feinstein (M.F.A. '78) has two abstract paintings in the exhibition, *Here Here* and *There There*. A transfer student from Columbia University in New York, she arrived at Minnesota on an assistantship to study printmaking with Zigmunds Priede (B.A. '59). He left after one term, but Professor Karl Bethke (B.A. '62) became her mentor and "made an enormous difference in my experience as a grad student," she says, by giving her "candid takes on my work" and securing her studio space. Today, Feinstein's résumé includes solo exhibitions throughout New York, participation in group exhibitions around the world, and sundry fellowships, residencies, and awards.

It's artists like Feinstein and Rosenquist that make "Looking Back and Moving Forward" a "best hits show," says St. Paul artist Karen Wirth (M.F.A. '90), currently chair of the art department

at the Minneapolis College of Art and Design. "I'm honored to be included." With public-art projects like Minneapolis' new light-rail stations and sculpture and book art in the collections of Walker Art Center, the Smithsonian, Los Angeles' Getty Museum, and the Museum of Modern Art, Wirth is a natural fit for the exhibition as well.

Instead of attending the University and then leaving after graduation, Wirth moved to Minneapolis from Milwaukee to finish her degree—and to stay. "In coming here, I was picking a community as much as a graduate school," she says. "Being in the show is like coming full circle in that it's a recognition of being connected to this school and this community for a long time."

A sculpture major, Wirth chose the University because of a diverse sculpture faculty with a variety of teaching approaches. She also credits current faculty members Tom Rose (M.A. '55) for fostering conceptual thinking, Wayne Potratz for inspiring group collaboration in the foundry, and Joyce Lyon (M.F.A. '70) for her attentive teaching methodology. "I see now how important this was for me because my work today is really eclectic," explains Wirth, whose contribution to the exhibition is a wall installation and visual documentation of time titled *Chronicle of Events*.

Photography, sculpture, printmaking, and a variety of mixed-media by University alumni artists now residing around the world fill out the exhibition. "The Nash Gallery has always been a teaching gallery," Morgan says, and to present a show of alumni artists who have gone on to international recognition "is a good message to tell to our students."

"Looking Back and Moving Forward" runs January 11 through February 17 at the Katherine E. Nash Gallery in the Regis Center for Art, located on the West Bank of the Minneapolis campus. Hours are Tuesday–Wednesday, 10 a.m.–4 p.m.; Thursday–Saturday, 10 a.m.–8 p.m.; closed Sunday and Monday. Admission is free. For more information, call 612-624-7530 or visit www.artdept.umn.edu.

—Camille LeFevre



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UNIVERSITY OF MINNESOTA

The Board of Regents approved the University of Minnesota's 2006-07 biennial budget request during its November meeting. The request, which proposes a 50-50 partnership with the state, calls for \$42 million in new state support for each of the next two years. The University will fund its share through a 5.5 percent tuition increase and a \$15 million internal reallocation each year. The U would use the new state funding to invest in the biosciences and in programs to attract and retain talented faculty, students, and staff, as well as to support research and technology infrastructure.

The regents also agreed to resubmit the 2004 capital bonding request, which the legislature failed to pass in the last session. The University will seek \$158.1 million from the state and contribute \$34 million of its own funds to restore dated University buildings. The University system (including research and outreach centers) has over 800 buildings, 65 percent of which are more than 30 years old and 25 percent of which are more than 70 years old. The Twin Cities campus has more than 100 buildings that are over 50 years old. To learn more about the University's biennial and capital budget requests, visit www.umn.edu/govrel.

The University is offering its first online bachelor's degree, through the University of Minnesota-Crookston (UMC). The bachelor of applied health degree is designed for health care workers who are seeking professional advancement. "The flexibility of online courses allows professionals working rotating shifts to pursue an advanced degree—a goal previously impossible for them even with evening or weekend class times," said David Seyfried, director of UMC's health management program.

The University's Initiative for Renewable Energy and the Environment (IREE) held a symposium in November to report on its progress. The initiative, created by the 2003 Minnesota Legislature with funds from Xcel Energy, aims to make the University a leader in renewable energy technologies and help turn Minnesota into a net exporter of energy. "Minnesota now spends billions of dollars a year to import energy," said Robert Elde, chair of IREE's executive committee and dean of the College of Biological Sciences. "The state has ample renewable resources, such as wind and agricultural biomass, plus the scientific and business expertise to develop them." Under this initiative, University projects under way include obtaining more protein and oil from seed crops, researching wind energy storage and use in rural communities, and constructing energy-efficient buildings. To learn more about the initiative or for a copy of IREE's first annual report, visit www.umn.edu/iree.

The University-wide Gay, Lesbian, Bisexual, and Transgender (GLBT) Commission convened for the first time through a conference call in October. Appointed by Robert Jones, senior vice president for system administration, the group will monitor issues and needs of GLBT people on the University's campuses on an ongoing basis. The commission is the first major outcome of a report filed in April 2004 by a University task force on GLBT issues. Commission members include faculty and staff members, students, alumni, and community representatives in Crookston, Duluth, Morris, Rochester, and the Twin Cities.



Remembering Hate Crime Victims

Yukiko Hakajima (front), a graduate student in the School of Social Work, and Jennifer Witt (M.S. '04) visited Peters Hall Atrium on the St. Paul campus in November to read the names and stories of 500 people from around the world who have been murdered since 1972 due to anti-transgender hatred or prejudice. The memorial wall was hosted by three University of Minnesota groups—the Minnesota Center against Violence and Abuse; the Gay, Lesbian, Bisexual, and Transgender Programs Office; and the Queer Student Cultural Center—to mark the sixth annual Transgender Day of Remembrance. Similar events to memorialize victims and raise public awareness about such hate crimes took place around the United States, Canada, Australia, New Zealand, Israel, and Europe.

For more information, the GLBT Task Force report is at www.umn.edu/glbt/StandWithUs/pdfs/TaskForceReport.pdf.

With its \$9 million in private fund-raising complete, University Enterprise Laboratories (UEL) is now closer to making Minnesota a hub for the biosciences. "UEL brings the business and science aspects of developing bioscience start-up companies together in one place and helps them secure the capital they need," said Philip Messina, CEO of Gel-Del Technologies, a new UEL tenant. "No other entity in the Twin Cities does that." UEL is the result of a partnership between the University, the city of St. Paul, and several corporate partners, including Xcel Energy and 3M. UEL is located in St. Paul's bioscience corridor, along the bus transitway between the U's Minneapolis and St. Paul campuses.

Linda Thrane is the new vice president for University Relations effective January 3, pending Board of Regents approval in December. Thrane assumes the position held by interim vice president Thomas Swain, who filled the post after Sandra Gardebring resigned in September. University Relations is the University's central communications office. It comprises government and community relations, information services, news and public information, communications and marketing, alumni relations, and the University Foundation. ■

Pauline Oo is a writer in the Office of University Relations.

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Women Who Step out of Line

Penny Niebeck is 15, and she views the world as a typical 15-year-old would: simply, without much nuance, and with harsh judgment. Early in University alumna Mary Sharratt's new novel, *The Real Minerva*, Penny does what most teenage girls do—she turns her judgment on her mother—and that rebellion sets the plot in motion.

Set in a small Minnesota town in the 1920s, *Minerva* is a deceptively ambitious book. It reads like a page-turner, at times almost a potboiler, with incest, illicit love, and not one but two murders. But under the roiling action, there is real heart, and real wisdom.

The three main characters—Penny; her mother, Barbara; and their neighbor, Cora Egan—are very dissimilar women, but they have more in common than any of them first realize. All three have been victimized by men, and all three are trying to rebuild their lives on their own.

Barbara's father raped her when she was 15. After giving birth to Penny, she flees with her baby and eventually becomes the housekeeper of Minerva resident Laurence Hamilton. While his young wife lies dying in a nursing home, Laurence falls into a passionate romance with Barbara. They try to hide their affair, but people in small towns pay close attention to other people's business and it isn't long before everyone is looking askance at Penny's mother.

Deeply disapproving and embarrassed, Penny runs off, answering an ad for a hired girl on the Maagdenbergh farm outside of town. Cora Egan had been a socialite in Chicago, but after her physician husband beat her she fled to her grandfather's farm to raise her infant daughter alone. The townspeople don't know why Cora is there without her husband; to them she is simply "the Maagdenbergh woman." Like Barbara, Cora is whispered about in the general store and stared at with disapproval on the street. Unlike Barbara, however, Cora has a wider worldview—she grew up in South America—and she doesn't let society's rules and expectations constrain her.

Penny moves in to do the housework and care for the baby, and they become sort of a feminist commune of three, though Penny tries, at first, to distance herself from Cora. "What happened to the Maagdenbergh woman didn't have anything to do with her—she was completely removed from that whole chain of female suffering."

As time passes, Penny begins to understand how difficult Cora's life has been, and almost against her will she begins to consider how difficult her mother's life has been as well. Over the months, as Penny matures, she develops the fortitude to push back at the limits that society would place on her, and to consider that someday she could rise above being just a hired girl:

Penny doubted that anyone would ever mention this meal she was cooking. The moment it was finished, her work

would be devoured and forgotten. That's the way it was with women's work. It kept getting undone—the clean dishes dirtied, the laundered diapers soiled. No glory in it at all. No wonder Cora had chosen the role of the man. Penny imagined cutting off her braid, putting on a pair of overalls, and never having to cook another harvest dinner.

The men in *Minerva* are vague characters, barely sketched out at all. And yet purely because of their gender, they all wield power: Laurence Hamilton over Barbara, Cora's brother and husband over her, a sweet-talking stranger over Penny. Even the only benign man in the book, the town doctor, has Penny looking at him suspiciously, wondering about his real intentions toward her mother.

Sharratt's writing is smooth, and her portrayal of Minnesota farm life is alive with vivid detail. Even when her plot veers toward melodrama, as it does in the last third, Sharratt stays in firm control and the reader accepts and believes all the terrible things that come to pass.

Sharratt's great theme, of course, is the strong and complicated bond between mothers and daughters. But through her characters she also explores the control that society exerts over women, and the reader can't help but cheer them on as each one flees her past in order to reclaim and reinvent herself.

—Laurie Hertzell

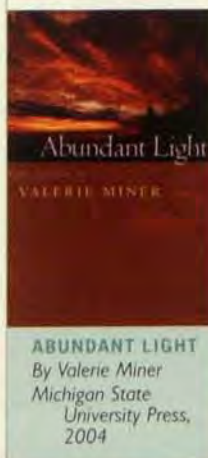
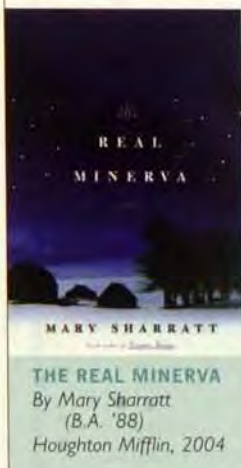
Ordinary People

Valerie Miner's short stories reveal her characters' most meaningful relationships through the calm but complex give-and-take of everyday interaction.

The characters in Miner's new collection, *Abundant Light*, do not punch each other, scream at each other, or kick each other out of the house. Rather, they engage in ordinary rituals: they have dinner, go shopping, take walks, chat on the bus. They travel in foreign countries. They get together with relatives they haven't seen in a while. Sometimes they disagree, but politely. They may cry, but they don't throw fits. Even when characters die, as they occasionally do, they do it unobtrusively, behind the scenes.

This is not to suggest, however, that the matters at stake are trivial. Conflicts may not end in gunplay, but they are painful and significant nevertheless. Through these poignant low-key moments, often mingled with flashbacks, the reader learns about relationships and events that have shaped entire lives.

Miner, a professor of English at the University, is the author of 12 books, including *The Low Road: A Scottish Family Memoir*, which was a finalist for the 2002 PEN Center USA Creative Nonfiction Award. Her characters are male and female; young and old; gay and straight; American, Indian, Scottish, Italian, and Canadian. But whatever their demographics, they are similarly reasonable, decent folks trying to figure each other out using ordi-



nary clues: shrugs, blushes, glances averted, questions left unanswered. An insecure man, reuniting with his more talented older sister, wonders self-consciously whether the siblings have anything in common at all. A reclusive young poet finds herself reaching out to some neighbors who are facing a crisis. Two sisters, revisiting a hotel they frequented as children, try to reconcile distinctly different attitudes toward their alcoholic parents.

In the title story, a pair of longtime spouses go out for dinner and find themselves experiencing feelings toward each other that are both rekindled and fresh.

"To our friendship!" She raised her glass hopefully.

"Yes," he said, regarding her with a familiar yet new admiration. It was hard to open those heavy old doors, and she was doing it gracefully. Yes, he did want a truce with this beautiful, cosmopolitan, mature woman.

After tasting his fish and her own, she declared, "You made the better choice. That's delicious."

He didn't say, you forced me to do it. Nor did he offer to trade dinners with her. He smiled at his

impulses and his restraint.

"What's so funny?" she asked.

"Oh, us," he laughed. "In some ways we haven't changed at all."

"Speak for yourself. I've gained ten pounds." Now *why* had she said this?

For some readers, these stories—with their contemplative pacing and well-behaved characters—will lack bite. Occasionally the dialogue sounds a little too writerly, as when one character declares: "I win the game. I avoid sinkholes, ledges, precipices; walk on firm ground. I sleep through the night." Though most emotions are understated, characters occasionally break into uproarious laughter over things that aren't really all that funny.

But on the whole, Miner's characters feel the way most of us do when we spend time with people we care about: curious, hesitant, hopeful, a bit awkward. As we're drawn into the effort to understand these fictional relationships, we may even be tempted to give some deeper thought to our own.

—Katy Read

Bookmarks

WEISMAN ART MUSEUM: THE COLLECTION

Weisman Art Museum, 2004

The University's official art museum celebrated its 10th anniversary with this small (about 5-by-7 inches) volume featuring some of its finest holdings. In an introductory essay, museum director Lyndel King (M.A. '71, Ph.D. '82) describes the museum's history and the process of building the Weisman's renowned collection. Paging through the booklet's 80 high-quality painting reproductions and photos of sculptures and ceramics, readers come away with an appreciation both for the depth of the Weisman's collection and the quality of the American modern art that is one of the Weisman's hallmarks.

TOO BIG A STORM

*By Marsha Qualeley (B.A. '76)
Dial Books, 2004*

In *Too Big a Storm*, Marsha Qualeley's eighth novel for high school-age readers, the turbulent years of the late 1960s on the U's Twin Cities campus are recreated through the

story of Brady Callahan. Vivid characters appear to pull Brady into a dangerous underground of rebellion and romance, leading her to a personal awakening to both friendship and social justice. With romantic tension, light-hearted moments, and realistically flawed characters, *Too Big a Storm* paints a fascinating coming-of-age tale in a fascinating era of recent history.

A COUNTRY DOCTOR'S CHRONICLE

*By Roger MacDonald (M.D. '46)
MHS Press/Borealis Books, 2004*

In his second volume of true-life tales, Dr. Roger MacDonald treats heart attack victims, terminal cancer patients, and children with items stuck in their noses, illustrating the depth and artfulness required to be a rural doctor in the middle of the last century. MacDonald moves from fishhook accidents to flu epidemics with warmhearted ease, bringing his patients alive in this unique look at a bygone era when kindness and the five senses were more a part of medicine than the latest technology.

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Power to the People

University professor Massoud Amin has seen firsthand how electricity changes lives and has dedicated years to making the “most complex machine in the world”—the North American electrical grid—more reliable and less vulnerable. **By Elizabeth O’Sullivan**

A

s a young boy growing up in Tehran in the 1960s, Massoud Amin often visited the arid villages outside the city of Fath-Abaad while his father, a doctor, saw patients there. The young Amin witnessed families scratching out a subsistence living, farming plots of earth so parched they cracked under the searing sun. Then electricity reached these small villages.

With new wells, pumps, and irrigation, barren soil bloomed into green cropland. Life stabilized, the population grew, and better schools and medical facilities followed. More babies survived and grew into children, and more of those children received a better education. A tractor parts factory and other businesses came to the area, providing a more stable and diverse economy.

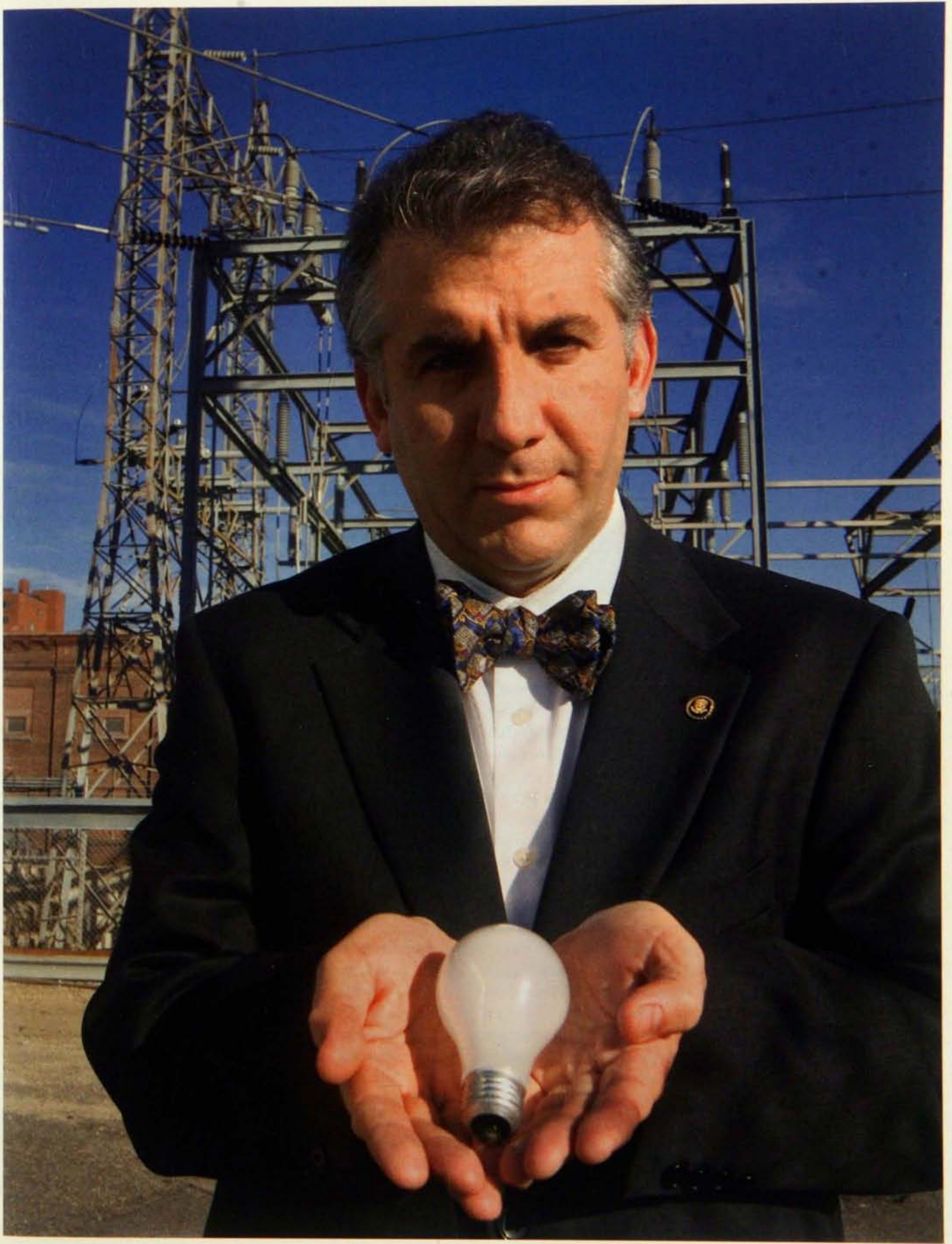
Amin, now a University of Minnesota professor in electrical and computer engineering and a leading expert on power distribution systems, was deeply affected by seeing people lead longer, less arduous lives because they had electricity. “I could see the engineering aspect of it and the human aspect of it. So the passion started very early on,” Amin says. “It’s the linchpin: electricity.”

But that pin, upon which the stability and security of modern life depends, is too often taken for granted. Motivated in part by a gentle concern for people, Amin has dedicated years to making electrical power systems more reliable. He understands the weaknesses of the web-like North American network of interconnected power plants and transmission lines—its vulnerability to terrorist attack and the increasing demands society is placing upon it. Shortly after leaving Iran at 16 to attend a boarding school near New York City, he experienced the chaotic blackout of July 1977. There were fires, looting, and 3,775 arrests, but also many stories of neighbors helping one another. “I saw a system that needed to be saved,” Amin says of the power grid, “and that system dealt with the human condition.”

Amin stayed in the United States, receiving bachelor’s and master’s degrees in electrical and computer engineering from the University of Massachusetts-Amherst and master’s and doctoral degrees in systems science and mathematics from Washington University in St. Louis. In the 15 years since, his work has led him to diverse projects, including aviation and ground traffic control, but he has never abandoned his childhood belief that electricity is the linchpin.

Says Amin: “Electricity infrastructure constitutes the fundamental infrastructure of modern society.”

Photograph by Mark Luinenburg



Before September 11, 2001, “electrical security” generally meant that the power supply would not “wobble,” causing lights to flicker and computer chips to shut down with even a split-second power interruption. Although those wobbles cost industry billions of dollars annually in productivity and product losses, since September 11, electrical security has also come to mean keeping the system safe from terrorists.

On September 11, Amin was just a few miles from the Pentagon, in a meeting to discuss preventing failures to the nation’s electrical infrastructure. Amin was then working for the Electric Power Research Institute (EPRI), a California-based think tank. All of a sudden, a number of pagers went off and their wearers—White House representatives—hurried from the room. They returned briefly to report the news of the attack.

“As soon as we knew that this was an attack on our nation, I

During the 1990s, demand for electricity in the United States increased about 35 percent, while the grid’s ability to transmit the power increased only 18 percent. During this decade, the percentage gap is expected to be even greater.

felt that electricity could be potentially a high value target for terrorists because it underpins our quality of life and economy,” Amin says. “A successful terrorist attempt to disrupt electricity supply and delivery could have devastating effects on our national security, our economy, and the lives of every citizen.”

Amin says that “within two seconds” he envisioned three likely ways the power grid could be vulnerable: direct physical attack on the system, climbing transmission towers to launch chemical or biological weapons, or destroying the system from within by manipulating computers or other regulators to send huge surges pulsating through the system, knocking out critical controls and potentially creating widespread, crippling outages.

By the following Sunday, just five days later, Amin had brought together 30 experts from the federal government, leading laboratories, utilities, and private industry. The group looked carefully at the vulnerabilities of the power system and worked to minimize them. “We didn’t limit [the discussion] to dogs, guards, cameras, and guns,” Amin explains, since no amount of those could completely protect such a vast and decentralized system. “We went to what difference science and technology can make.”

In an exercise called “red teaming,” they asked outside experts to examine the system for potential ways to disrupt it. When those experts found holes in security, researchers worked to close them. Amin’s team created specialized parts to protect weaknesses, made the communication system of the electrical utilities more secure, and made the infrastructure’s computer networks harder to penetrate. (Amin notes that documented computer hacking attempts on regional power networks grew from 2,100 in 1997 to more than 80,000 in 2002.)

Amin was a good person to have leading that charge, according to his former boss, EPRI vice president Clark Gellings. “He wants to do cutting-edge stuff that would make a big difference,” Gellings says. “He likes to take on significant challenges.”

His former professor and colleague Ervin Rodin, of Washington University, says Amin “goes from accomplishment to accomplishment. He just wants to do more and more. He works countless hours, thinks of problems all the time, and the only other thing he has time for is to be nice to people, and he does that.” Amin’s whole motivation is to help people, Rodin says, and “to do the best he can do, and it’s considerable.”

“The North American power network may realistically be considered to be the largest and most complex machine in the world,” Amin says. “Its transmission lines connect all the electric generation and distribution on the continent.” The National Academy of Engineering has labeled it as the supreme engineering achievement of the 20th century.

Electricity spread rapidly across the United States for about 80 years beginning in 1882. That year, Thomas Edison created the first large electrical system using a central power plant, lighting up several blocks of lower Manhattan. Within a decade, many large cities in the United States and Western Europe had electrical systems. With technological advances, power became less expensive and more reliable early in the 20th century.

But bringing electricity to rural areas, which were more expensive to serve, had to wait for the Depression-era Rural Electrification Authority (REA). Electricity then spread rapidly to rural parts of the United States.

Today, thousands of power plants generate electricity in the United States. Expanding steam (as in most coal, gas, or nuclear plants), falling water, wind turbines, or other forces rotate magnets past a coil of wire, producing an electrical flow. Electricity pours from plants into an interconnected network of web-like regional grids that channel and regulate the flow. Transmission lines—202,000 miles of them in the United States—distribute the electricity. Substations pump the current up for transmission, then a series of transformers step it down for household or business use. Sophisticated controls strive to keep voltage precisely balanced throughout the system despite constant shifts in demand.

Controlling the entire system from a central location would be impractical, in part because that one location would be extremely vulnerable to attack. Regional grids also help protect the system as a whole, making it easier to localize disturbances so the rest of the system can function normally. They’re also more efficient, as little power is lost over long-distance transmissions.

But connections between regional grids are vital. Demand typically peaks in very hot or cold conditions and during the business day when computers and machines are operating. Unlike water or natural gas, however, extra electricity cannot be effectively stored for later use. With a system that is interconnected, excess power generated in Minnesota can, during times of high demand elsewhere, be sent to virtually any electric outlet in North America. “Reliable electric service is critically dependent on the whole grid’s ability to respond to changed conditions instantaneously,” Amin explains.

But the system’s interconnectedness also leaves it open to domino-like failures. Electricity rushing to areas of greatest need

can potentially overwhelm power lines or transformers. If those shut down, electricity is instantly rerouted. But if not properly controlled, either by automatic systems or operators, it can begin surging in waves around a grid, knocking out other lines and transformers. If not halted in time, these power surges can spread beyond their regional grids into others, and others beyond that.

On August 14, 2003, a few unrelated power line failures in Ohio cascaded into the largest blackout in North American history, leaving some 50 million people without power in the northeastern United States and parts of Canada. The blackout cost businesses between \$6 billion and \$10 billion. These catastrophic failures can also affect heating and cooling of homes, food storage, and, if they go on, sanitation and other utilities.

Despite the economic and safety implications of maintaining a stable and reliable electrical system, Amin argues that investments in the grid are not keeping pace. While most critical parts of the system have backups and emergency controls, during the 1990s, demand for electricity in the United States increased about 35 percent, while the grid's ability to transmit the power increased only 18 percent. During this decade, the percentage gap is expected to be even greater. "We are not keeping up the infrastructure," Amin says. "This is the least investment in infrastructure in over a quarter of a century, especially on the transmission side." There are also fewer "shock absorbers" being put into place to buffer fluctuations and halt outages before they begin, he says. Between 1996 and 2000, outages affected 15 percent more consumers than they did between 1991 and 1995.

Although he sees a system struggling to keep up, Amin believes that hard work, new technology, and investment will allow our electrical grid to rise to the occasion. While at EPRI, Amin led research to develop technology that would make the grid "self-healing" or "smart." This means that the grid would respond with more sophistication during times of crisis. If a domino—a transmission line or an entire regional grid—begins wobbling dangerously, the "smart grid" might automatically resolve the problem before a failure occurs. If that isn't possible, it might protect surrounding lines and regions to prevent massive outages, keeping power supplied to as many people as possible. In the 2003 blackout, there were moments when intervention might have limited the spread of outages, but human operators were overwhelmed with information and choices in the two minutes during which most of the collapse occurred.

In 2003, after the northeast blackouts, Amin delivered a set of recommendations to Congress calling for a public-private partnership to develop and deploy "smart grid" technology. "It's a very rich area for research and development," he says, noting that some smart-grid tools already exist while others are little more than ideas on drawing boards. Amin's recommendations met with support among elected officials, and a White House agency recently recommended self-healing technologies be one of three main areas of research and development for infrastructure protection. But to create a truly self-healing system would cost about \$100 billion over several years, something there currently is little political will to tackle. The recommendations, which asked the omi-

nous question of whether society will "master the complexities of the grid before chaos masters us," conclude with a typically optimistic exhortation from Amin: "We will be successful!"

Amin joined the University in March 2003. He holds the H.W. Sweatt Chair in Technological Leadership and is director of the Center for the Development of Technological Leadership (CDTL). A professor at Washington University for a several years before joining EPRI, Amin has had numerous job offers over the years. He came to the University because academia "feels like home," while he still works with industry and government in his dual role. His wife, Elizabeth Amin, has recently been named an assistant professor of chemistry at the U.

As director of CDTL, Massoud Amin oversees a University program dedicated to helping tech-savvy professionals become leaders in their companies and industries. He is working with CDTL's board of directors to refine the center's mission while developing ties to Minnesota companies and responding to their training needs. He leads a staff of four endowed chairs, 11 professional staff, and 45 affiliated faculty from across the University.

In his faculty role, Amin teaches while also conducting cutting-edge research in "global transition dynamics"—simulating

Amin is looking at the effects of extending electricity to some of the 2.2 billion people—almost one-third of the world's population—with no access to electricity. Reliable power can help build the quality of life that people in those places desire, Amin says.

how technological advances will affect the world and its cultures. Amin's new research uses mathematics and computer simulation to predict the ramifications of technological change. For example, he is running simulations on how hydrogen fuel cells can reach their potential to improve lives while minimizing unintended social, environmental, political, and other consequences.

He is also looking at the effects of extending electricity to some of the 2.2 billion people—almost one-third of the world's population—with no access to electricity. Reliable power can help build the quality of life that people in those places desire, Amin says, but his modeling will make clear the environmental, social, and economic changes that may occur.

Amin's work is tied to his unshakable belief that reliable electricity changes and enriches lives. Amin's father, who became an elected legislator in the decades before Iran's Islamic Revolution, believed this as well. "He really helped build many of those routes to electrification, and for roads and for bridges to improve the quality of life," Amin says proudly.

Amin has seen the chaos an urban blackout can cause. He recognized immediately that 9/11 changed the very meaning of infrastructure security. But before that, Amin saw poor villages, and the lives of their people, blossom through electricity. "[It's] service to society," he explains of his work, "using science and technology with the goal of improving social conditions." ■

Elizabeth O'Sullivan is a freelance writer living in Minneapolis.

When Human Nature Meets Mother Nature

A new University-sponsored television documentary explores 16,000 years of environmental history in Minnesota, including the imprint humans have made on the environment.

But the final chapters have yet to be written, and U researchers play a pivotal part in the unfolding tale. **By Joel Hoekstra**

Minnesotans love their landscape. Lakes, loons, lady's slippers—such natural features tend to overshadow the IDS Tower and Paul Bunyan as symbols of the state. But even as Henry Wadsworth Longfellow and Laura Ingalls Wilder minted enduring images of Minnesota's natural bounty over the past century and a half, the state's residents were busy reordering and reshaping the land. From Native Americans harvesting wild rice to business tycoons building railroads and mansions, the impact of human activities on local ecology have been substantial.



The story of such changes, as well as of conservation and restoration efforts, is told in *Minnesota: A History of the Land*, a television documentary jointly produced by the University of Minnesota's College of Natural Resources and Twin Cities Public Television. But this tale isn't just a litany of ecological errors, a sort of *Paradise Lost* replayed. Rather, the program (see page 25) also illustrates the power that nature often wields in quietly shaping human settlement. Even today, say many of the U researchers interviewed for the documentary, Minnesota's environment shapes who we are and what we do.

Of course, the state's ecological history—entwined with its political, social, and economic history—is still playing out, and several U researchers have taken a keen interest not only in chronicling the state's ecological past, but charting its ecological future.

Restoring the wetlands

Water has shaped much of Minnesota's landscape: Glaciers left massive moraines and lakes as they retreated northward, and ancient Lake Agassiz drained through a channel that today forms the fertile valley of the Minnesota River. But in the late 19th century, residents of the Land of 10,000 Lakes initiated a massive war on much of the state's water, draining the marshes, bogs, and swampy meadows that dotted much of the southern third of Minnesota. "We realized that we could really improve the economic conditions if we could lower the water table about 18 inches," explains Sue Galatowitsch (M.S. '84), associate professor of horticultural science at the University. "So people began to ditch and tile." In the 1880s, shovel-wielding farmers and developers drained 7,142 acres in south-central Minnesota; three decades later, the total drained land topped 225,326 acres.

"By the 1920s, we'd already lost well over half of our wetland acreage," Galatowitsch says. Today 90 percent of the state's original wetlands have been converted to other uses. "What we have now is a landscape in which wetlands are rare," Galatowitsch adds. "And we lost a huge continental breeding ground for waterfowl. We lost massive numbers of ducks, geese, and swans. As for prairie fauna, you'd have to consider it a complete collapse of the system."

Conservationists have been working to restore wetlands since

"By improving predictability, you increase the likelihood that people will continue to be interested in undertaking and funding such projects."

One restoration model is Spring Peeper Meadow, at the University of Minnesota Landscape Arboretum. Since 1995, Galatowitsch and other scientists have been working to restore eight acres of wetland, removing nonnative species and cultivating overall biodiversity. Two-hundred and seventy types of plants now populate the site. What's more, the vegetation has attracted birds—including many "secretive" species that hide in thickets of reeds and cattails, avoiding open water.

"We haven't seen any spring peepers yet," Galatowitsch says, referring to the little brown frogs that once gave the site its name. But she has confidence that they'll return. "We're still waiting for them."

Learning from the trees

White pines—majestic, spreading, and fragrant—once dominated sections of Minnesota's Arrowhead region, in the northeast part of the state. Mixed with spruce, balsam fir, and other conifers, white pines depended on wildfires for propagation—blazes that killed off competing species and left a loose, uncluttered substrate

that allowed seeds to germinate. After decades of logging and the suppression of forest fires, however, white pine now makes up less than 2 percent of the tree population in most of northeast Minnesota, according to a recently completed study by University graduate students.

Peter Reich, a professor of forest ecology, doesn't waste much time lamenting that change. The loggers that felled the pine have come and gone, and the forests of the Arrowhead are now what ecologists call "disturbed" environments that are "managed" by a

variety of interests: paper companies, county governments, federal and state officials, and private landowners. None of these parties advocates a return to the clear-cutting policies of the past; their economic livelihood depends on the regeneration of forest resources. But Reich, who studies forests in Minnesota and elsewhere, says the future of Minnesota's timberlands are threatened by a host of factors largely outside the control of local stakeholders.

"Clearly logging is important, and it has consequences—whether you argue that they're positive, negative, or neutral," Reich says. "But simultaneously, we have climate change going on. We have exotic species, like buckthorn, invading hardwood forests. We have native biotic agents, like deer, that are out of proportion to their historic levels. We have diseases, like blister rust, and in places where fire was important, we've totally suppressed it. All these things collectively are probably as important to the future of our forests as logging is."



A Minnesota farmer harvests grain in 1905. In the 1880s, farmers and developers drained and converted more than 7,000 acres of wetlands in south-central Minnesota. Today, 90 percent of the state's wetlands are gone.

the 1940s. But their success has been limited: Some plant species are more aggressive than others, making it difficult to strike the right ecological balance in a wetland environment. In other cases, waterfowl nesting in a wetland that hasn't fully developed may expose themselves to predatory dangers—from foxes and other birds—that are less pervasive in thickly grown wetlands.

Galatowitsch studies the elements that make wetland restoration successful. She also serves as a consultant to organizations undertaking wetland restoration projects. "You can invest hundreds of thousands of dollars in a restoration and then have the plants die if you don't do it right," she says.

There are lessons to be learned from the compositional changes in Minnesota's forests, Reich says—lessons that will not only improve future management of such timberlands, but that may also have implications for pristine, unlogged forests. "If there are ecological laws, you can study them in the most disturbed or least disturbed systems," he explains. "The processes will generally be the same; only the players—the species—are different. If we understand something in a boreal forest, can we predict what might



Loggers in mid-1800s Minnesota. In the past, loggers clear cut forests and suppressed forest fires, disturbing these ecosystems for decades, if not centuries. While forests are managed differently today, humans continue to have an impact on this natural resource.

happen in a rainforest?

"As ecologists, we relish the uniqueness of each system and tend to play up the complex interactions that are indeed there. But to the extent that there are rules in ecology, they do have to apply in every system. I'm interested in these processes and how humans impact them."

Canaries in the coal mine

Minnesotans have always had an uneasy relationship with one of the state's earliest residents: the gray wolf. Much reviled by livestock owners and nearly hunted to extinction throughout the Midwest in the early 1900s, *canis lupus* was eventually added to the U.S.

government's list of endangered species. Subsequent conservation efforts, however, have managed to bring Minnesota's wolf population back from the brink. And in July 2004, the U.S. Fish and Wildlife Service announced plans to take the wolf off the endangered list in the eastern United States.

Not all wildlife have been so lucky, however. Passenger pigeons, whose flocks were so great that they blackened the sky as they flew over Midwestern towns in the 1800s, are now extinct. Lynx, not to mention cougars and wolverines, are now rarely seen in

Minnesota, driven north by human development. And it's not just loss of habitat and hunting that have had bearing on wildlife in Minnesota. Human activity is affecting many species in ways that aren't even fully understood yet, says Scott Lanyon, University professor of ecology, evolution, and behavior in the College of Biological Sciences and director of the Bell Museum of Natural History.

Take, for instance, the appearance of deformed frogs in Minnesota. Since schoolchildren first found the freakish amphibians in regional wetlands in 1995, scientists have learned much but been unable to establish the source of the problem—though a leading theory links the problems to herbicides. "Amphibians are declining worldwide. All frogs are heading toward extinction, and there are probably lots of causes," Lanyon says. "But in a way, these are the canaries in the coal mine. We're realizing that the very things that are present in our water and soils are probably not only affecting frogs, but may be affecting us as well."

The commercial phenomenon of globalization is increasingly putting pressure on Minnesota's wildlife too. Historically, mountains, oceans, deserts, and other geographic features separated species that might otherwise compete. Increased global trade and efficiencies in transportation, though, have made possible the introduction of nonnative species into Minnesota's environment: Sea lampreys from the Atlantic now gobble up fisheries in Lake Superior, mosquitoes carrying West Nile virus threaten human health, Asian beetles show up in swarms, and zebra mussels clog the water-intake pipes of riverfront industry. The arrival of such species upsets Minnesota's ecological balance and, Lanyon says, ultimately could impact fishing, hunting, and other forms of tourism in the state. "And it's going to get a whole lot worse," he says of the foreign-species influx.

Staving off environmental disaster depends, in large part, on Minnesotans understanding their own role in the ecosystem, Lanyon says. And the University and the Bell can facilitate such education. "A big part of why museums like ours exist is to help people grasp how they affect the natural world in everything they do," Lanyon explains. "And they themselves are affected by the natural world as well. When people grew up on farms or in rural areas, nobody needed to tell you that. You got it implicitly. That's not true with today's population."

Striking a balance

Minneapolis owes its existence to a happy accident of nature. In 1849, when John H. Stevens first constructed a bridge across the Mississippi River at St. Anthony Falls, he was essentially acknowledging the gifts that Providence had bestowed upon the state. To the north lay vast timberlands; to the south and west, rich prairies that would soon fuel a boom in wheat production. Rivers coursing through the Twin Cities would provide power to process such raw goods, and the Mississippi River and the Great Lakes would

facilitate swift distribution to the world's markets. From the start, Minnesota's landscape shaped and fueled its urban.

Even today, Mother Nature shapes life in the state's urban center, says Judith Martin (B.A. '71, M.A. '73, Ph.D. '76), a professor of geography and director of the University's urban studies program. She

points to a study done by Hennepin County in the mid-1990s that showed that properties that adjoined the parks and parkways of Minneapolis appreciated faster than properties away from such amenities. City and county officials throughout the Twin Cities region responded by promoting the development of such areas. In turn,

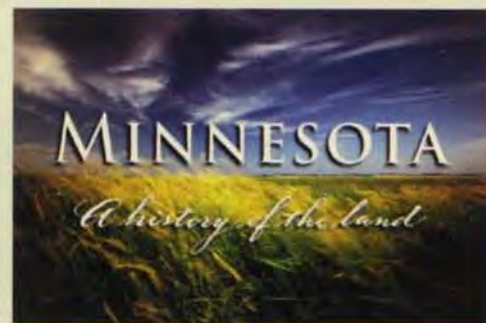
The Nature of History

Environmental literacy isn't exactly a household term. So when Barbara Coffin (B.A. '72, M.S. '77) and a colleague set their sights on improving Minnesotans' collective knowledge of Minnesota's environmental history six years ago, the pair knew plenty of hard work lay ahead. "We wanted to bring the message that our lives are interconnected with the land," says Coffin, coordinator of continuing education for the University's College of Natural Resources and executive producer of *Minnesota: A History of the Land*. "And it seemed the best way to do that was through human stories."

There's no shortage of compelling human characters in the four-part documentary created by Coffin and Lansing Shepard (B.A. '66), the film's researcher, writer, and narrator, who works at the Bell. Polly Fry (B.A. '89, Ph.D. '99), researcher and producer, and John Whitehead, producer and editor, complete the production team. The program, produced by the U in conjunction with Twin Cities Public Television, chronicles the impact of native tribes, women's groups, industrialists, farmers, fishermen, and politicians on Minnesota's landscape—for better or worse. Using Minnesota's natural habitat as its primary reference point, the four-hour documentary blends human and natural history. "Natural history has traditionally referred to biological history," Coffin observes. "It hasn't included human history and its impacts. The focus is on flora and fauna and geology."

Filmmakers sifted through thousands of historical photos and conducted interviews with more than 100 people, including historians, scientists, and such prominent

Minnesota figures as Native American activist and environmentalist Winona LaDuke and the late governor Elmer L. Andersen (B.A. '31, hon. Ph.D. '82), to present a picture of the changes Minnesota has undergone over the past 16,000 years. Studio Z, a Minneapolis animation studio, developed simulations to illustrate the effects of a proposed dam in northern Minnesota, and Minnesota



composer Peter Ostroushko, known for his work on the Ken Burns' documentary *Lewis and Clark*, scored and performed the original soundtrack.

Using the environment as a lens for examining history is important, Coffin says, because no matter how much humans believe they have the upper hand, nature occasionally wrests back control. Look at the flooding in the Red River Valley, or the recent blow-down in the Boundary Waters. "We might think we're in control," Coffin says. "But the natural world still effects us."

Minnesota: A History of the Land is scheduled to air on Twin Cities Public Television from 8 to 10 p.m. on February 21 and 22. The Bell Museum will hold a preview reception February 13 at 3:30 p.m. in the museum auditorium, 10 Church St. SE, Minneapolis. For more information, call 612-624-9050. For a schedule of show times and more information about the series, visit www.historyoftheland.org.

—J.H.

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A hunting car in Minnesota in the 1880s. Hunters, who once did not grasp the impact of their sport on ecosystems, are today some of the strongest advocates protecting wildlife and habitats. Right: A cloverleaf in the 1960s. Humans divide, shape, and score the earth to suit their needs, but nature always pushes back.

ingly powerful in shaping the direction of the conversations in urban centers, observes Martin, who studies mechanisms of urban change across America. Suburban developments, in places like Woodbury, are now designed to include walking paths and water-retention ponds. And defunct industrial and commercial developments are increasingly being reimagined as parks and green public spaces: Edina transformed an old quarry into a lake surrounded by gardens and pedestrian paths; a strip mall near Lake Phalen in St. Paul has been returned to its wetland origins.

Martin, who brings her research to bear on

urban greenways and riverfront beautification attracted developers and well-heeled residents.

"People say, 'Well, of course people are willing to spend millions of dollars to live in a warehouse on the riverfront,' but even five years ago that outcome was not so obvious," says Martin. Until recently, however, Minneapolis treated its river like most other American cities treated theirs: as a sewer.

"But now the river is the jewel of that development," Martin says. "People see something that looks like an amenity to them."

Matters of environmental health and sustainability are increas-

real urban developments as a member of the Minneapolis Planning Commission, says the Twin Cities and other urban areas still have to strike a balance between supporting industry and nurturing nature, but in recent years there's clearly been a paradigm shift in how Minnesotans view the land.

"Generally, there's a sense that we as a society have to pay more attention to the quality of our air, soil, and water," she says. "That's a more accepted notion."

Joel Hoekstra is a Minneapolis freelance writer.



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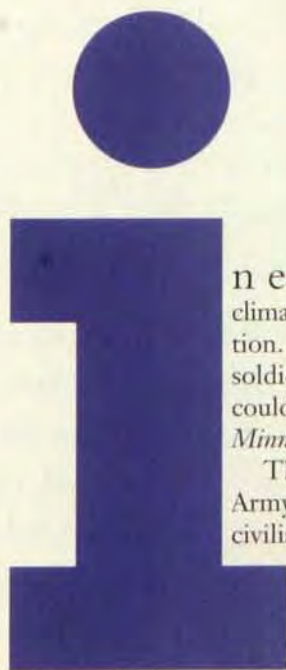
The University Health Service, housed in converted fraternity houses on University Avenue, was tending to Spanish flu victims within a week of opening.



The Great Flu Epidemic

In 1918, a vicious flu virus spread through Army barracks and then around the world, including to the campus of the University of Minnesota.

It stands as the mostly deadly pandemic in recorded human history. By coincidence, the U of M had that very year established a health service to care for sick students. **By Tim Brady**



In early September 1918, World War I was reaching its dreadful climax in the same fashion that it had begun: in unprecedented death and destruction. A reader scanning the news and preoccupied with images of the nation's soldiers donning gas masks and preparing for attack across "No Man's Land" could be forgiven for skipping past the page 2 headline from the September 12 *Minneapolis Tribune*. "Spanish Grip Menace on East Coast Feared," it read.

The story was this: A strain of influenza, which had first appeared in a few Army barracks in Kansas in early 1918, crossed the ocean, inflicted armies and civilians in Europe, and picked up its nickname, "The Spanish Flu." It was now back on the eastern seaboard of the United States, wreaking havoc in Army camps from Boston to Washington, D.C., and threatening to spread to civilians. The report in *The Tribune* sounded somehow restrained: "Spanish influenza, although short-lived and of practically no permanent serious results, is a most distressing ailment which prostrates the sufferer during which he suffers the acme of discomfort."

But like the footsteps of some lumbering monster, the stories kept landing with a thud in the columns of the daily papers, sounding more and more ominous with each passing day. On the 15th, 1,000 cases of influenza were reported at a single camp outside of Boston. On the 18th, two more Army camps were said to be ravaged by the flu. Three days later, that number had jumped to nine camps, and three days after that, more than 20,000 soldiers were reported sick with influenza.

Worse, this was not simply “a most distressing ailment.” As the virus spread from the cantonments to the civilian population, “the acme of discomfort” was turning out to be death, in stunning numbers. More than 107 people died of influenza in Boston on a single day in late September. So many were dying in Philadelphia that city morgues couldn’t process the bodies.

Meanwhile, on the campus of the University of Minnesota, administrators were preparing for the beginning of a fall semester with a mission different from any the college had known before. A recently enacted draft law had stipulated that all able-bodied men between the ages of 18 and 45 were to be subject to conscription as of August 30, 1918.

To process and train these new recruits, the federal government enlisted the help of colleges and universities across the country, including the U of M. By mid-September, two weeks before the start of school, the administration had enrolled more than 2,600 student draftees in a newly instituted program called the Student Army Training Corps (S.A.T.C.).

An additional 3,000 soldiers, who were receiving training in a variety of military occupations, from mechanic to blacksmith to engineer, would also eventually fall under the aegis of the University’s administration, making the U of M the single largest S.A.T.C. center in the United States. Somehow, the University was supposed to educate and train this boatload of new soldiers while at the same time continuing to function as an institute of higher education.

Adding to the impending chaos: Fresh from the viral hotspots of Europe and the military camps of the eastern seaboard, a number of veterans of the war were coming to Minneapolis to oversee the military training of the newcomers.

By sheer coincidence, another new entity arrived on campus that fall. In mid-September, just as early reports of the dangers of the Spanish flu were drifting westward, the University announced that Dr. John Sundwall, late of the University of Kansas, had been hired as the first director of the newly created University Health Service. Temporary space for the clinic was found in two vacated fraternity houses on the 1500 block of University Avenue Southeast. The week before school was set to begin, the health service opened for business.



The health service had been years in the making. As early as 1904, a petition had been placed before the Board of Regents asking that “a fund for the care of sick students be created and used” to pay for hospital and medical care. A typhoid outbreak in southeast Minneapolis—one of many such scares in the city around the turn of the century—had prompted the request, and it was suggested that students be charged 50 cents a semester to cover the cost of the insurance.

The Board of Regents said no to the idea of the fund, but it did urge the creation of a University health committee, which was duly constituted and immediately began to look into public health matters—particularly the quality of the University’s water supply.

The health committee remained in existence after the initial typhoid panic, as did the idea, but not the reality, of a student health service. Another typhoid scare in late 1914 prompted an invigoration of health committee activities, which would ultimately include an attempt to survey and systematize the teaching of public health at the U. The committee urged that typhoid and smallpox vaccinations be given students at no cost and called for another examination of University water sources and uses.

But still no health service, until Marion Leroy Burton arrived on campus as the newly appointed president of the University in 1917. While serving as president of Smith College, Burton “had shown much interest in provisions for adequate health-medical services for students,” according to a brief

Above: The Student Army Training Corps and the Spanish flu both arrived on campus in September 1918. Below: Dr. John Sundwall was hired as director of the new University Health Service just weeks before the flu outbreak.





Above: Among health service nurse's duties was to make every University student familiar with the elements of hygiene. Below: Elbow-to-elbow living conditions in the S.A.T.C. barracks helped the flu virus spread rapidly.



history of the beginnings of the health program at the U, written by Sundwall. Burton brought that interest to Minnesota and quickly became an advocate for a campus health office.

By October 1917, Burton had asked the regents if \$5,000 of the University budget could be designated for the service. Students would be asked to contribute \$3 per semester for use of the system, and most of the University's contribution would be dedicated to the salary of a director. The regents agreed to the plan that winter, and by summer 1918 Burton was leading the search for a head doctor. Sundwall was hired just before the start of the school year.

As reports of the epidemic on the East Coast were growing more ominous and the S.A.T.C. reported for duty, there was a feeling of deep uneasiness at the newly formed University Health Service. "Influenza having reached Boston we felt certain that it would soon show up at the University of Minnesota among our Student Army Training Corps. Military officers—from abroad and all parts of our land—were reporting almost daily to conduct drills and offer instruction," wrote Sundwall. "Nothing could be more favorable for the introduction and spread of this contagion."

On September 27, the Minnesota State Board of Health received its first two notices of influenza. The very next day, seven cases of flu were reported in North Branch, 100 in the town of Wells, 21 cases at Fort Snelling, and 30 at the University Hospital, including 21 nurses. In a matter of hours, the newly inaugurated University Health Service was wall-to-wall students. According to Sundwall, "There were incessant calls for help."

The S.A.T.C. was hit first. Crammed into improvised barracks at the old Exposition Building near St. Anthony Falls, the student soldiers

lived in the sort of elbow-to-elbow proximity that made the spread of infection a certainty. And unfortunately, there wasn't much that anyone could do once the virus struck. "Two things in connection with the pandemic are indelibly impressed on my memory," wrote Sundwall. "The one was the characteristic chain of symptoms—sudden onset; fever; extreme prostration; pains in back, head, and extremities; involvement of the respiratory system, and early pneumonia in a large percentage of cases. The other impression was the helplessness of the medical sciences."

Given the fears generated by the bloody news from the front in Europe, the patriotic press continued to downplay the bad news that a plague of influenza had descended upon the land. Headlines about the gravity of the flu one day would be followed the next by optimistic pronouncements about a "waning" epidemic. In fact, it was impossible to cover up the breadth of the epidemic.

One thousand cases of the flu were reported in Minneapolis by the end of the first week of the outbreak. In addition, obituaries of local servicemen and of Red Cross nurses in Europe and camps in the United States—dead from influenza or from the pneumonia that was an offshoot of the virus—were scattered throughout the pages of the paper. And from the East Coast, reports of the health crisis were shocking. As many as 2,600 Philadelphians died from the flu in the first week of October; the next week, the total topped 4,500.

On September 29, University President Burton announced that the fall opening of the University of Minnesota would be postponed for one week, "as a measure of precaution" against the contagion of the disease. A week later that postponement was extended a week, and it would be pushed back one final time before the month was through. On the 7th of October, 140 new civilian cases were reported in Minneapolis, along with eight deaths. On October 11, the city closed churches, schools, theaters, dance halls, and all other meeting places for the duration of the epidemic.

Meanwhile, the newly opened health clinic was seeing 100 patients a day. When health service quarters became too crowded, students were looked after in their dorm rooms and barracks. Many were already desperately ill before they arrived at the converted fraternity houses on University Avenue. "I shall never forget the first victim at the University," wrote Sundwall, "a handsome, robust young second lieutenant. In less than a week his body was sent home."

Sundwall enlisted medical help from the University Hospital, but the work itself was extremely hazardous. One of the October 7 victims of

“I shall never forget the first victim at the University,” wrote Dr. Sundwall, director of the new University Health Service, “a handsome, robust young second lieutenant. In less than a week his body was sent home.”

influenza, Edward Slater, was a 1918 graduate of the University Medical School who'd been assisting at the clinic. A second doctor, A.G. Alley (M.D. '05), would also succumb to “pneumonia following influenza” after helping at the clinic.

In all, during its first fall and winter of duty, the health clinic treated more than 2,000 cases of influenza that resulted in 20 deaths. By the end of the black month of October 1918, the influenza had waned just enough for the University to open its doors to students; but all through the winter the strength of the epidemic ebbed and flowed. Sundwall and the health service continued to see flu victims through February 1919, but the worst of the crisis came in the clinic's first two months of existence. (This is to say nothing of a second outbreak of a related influenza virus, which struck with consequences nearly as gruesome the following school year.)

As for the overall toll of the pandemic: It was awesomely brutal. In all of recorded history, including the Black Death of the Middle Ages, there has never been a more deadly outbreak. Estimates of the victims worldwide range from a very conservative 20 million to upwards of 200 million. In the United States, more than 600,000 died, and the relative youth of so many of the dead had the cumulative effect of dropping the average life expectancy in the country by 12 years. In 1917, life expectancy was 51 years old; by the end of 1918, it had dropped to 39.

In time, health professionals would learn that this particular virus triggered a massive response in the immune systems of its victims. So massive that the response itself ended up destroying a sufferer's lungs as it attacked the virus. Those with the strongest immune systems, people between the ages of 18 and 40, were the most likely to die. In fact, a curve charting the deaths by age groups would eventually be graphed in the shape of a W, whose peaks represented the deaths of infants, young adults, and then the elderly.

No one has ever done a comprehensive

assessment of the toll the pandemic took on University of Minnesota graduates and students. A simple count of the cause of death of 81 victims of the war memorialized in the 1920 *Gopher* annual shows that at least 15 succumbed to influenza. Along with the 20 who died on campus in the fall and winter of 1918-19 and another 16 who succumbed to the flu or pneumonia in 1919-20, those victims with an immediate or known connection to the U total 51. But in addition, the lists of the deceased in *The Minnesota Alumni Weekly* during the fall and early winter were lengthy and heartbreaking; and there were certainly many more victims who had no present connection to the campus or the war effort.

For all of this, the student body at the University of Minnesota turned out to have been luckier than most. It had far fewer cases of influenza and a lower mortality rate than many other institutions across the country. In a grim annual report given to the president the next spring, the health service reported that, “100 deaths might reasonably have been expected. Under the conditions students were infinitely better off here than at home. From the standpoint of urgent need the University Health Service was organized at a most opportune time.”

By the end of December 1918, a little more than a month after Armistice Day, the Student Army Training Corps was dismantled and troops were either sent home or stationed elsewhere. The fraternities on University Avenue were soon reoccupied by students, and the Health Service was forced to move to offices on the first floor of Pillsbury Hall in February 1919.

In due time, full life returned to the campus, and health care would continue to be a service provided the students of the University. As for its beginnings, President Burton would write: “There seemed something almost providential about getting the Health Service started just in time to serve during that pandemic.” ■

Tim Brady is a St. Paul freelance writer.

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In Search of

Happiness

It's **intangible**, yet something everyone strives to get hold of. It can be found **inside** them, but people look for it elsewhere. It's **free**, and yet beyond price. It's **happiness**, and four University professors study how to find the often elusive and ephemeral state of being—and ways to keep it.

By Meleah Maynard  Photographs by Raoul Benavides



David Lykken

We all live with the objective of being happy; our lives are all different and yet the same.

—Anne Frank

IN DRAFTING *The Declaration of Independence*, Thomas Jefferson and his compatriots may have proclaimed the people's right to pursue happiness, but they never guaranteed that anyone would find it. While some people just seem to have been born happy, the rest tend to find happiness elusive no matter how hard they work to achieve it.

After more than a century of probing the depths of people's *unhappiness*, psychologists have, in recent years, begun taking a decidedly more upbeat approach by joining philosophers, bioethicists, and even lawyers in mulling over how to achieve happiness. Here are four University of Minnesota professors whose scholarly interests center on the pursuit of happiness and well-being.

Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom to a man in the course of his life.

—Benjamin Franklin

Keeping afloat on the lake of happiness

In 1996, University professor of psychology David Lykken (Ph.D. '55) and associate professor Auke Tellegen released the findings of their now-famous study on the heritability of happiness. After years spent studying sets of identical twins who had been reared apart, the two concluded that despite all the talk about nature versus nurture, happiness is genetic. Everyone is born with a happiness "set point," Lykken and Tellegen reasoned, a genetic baseline from cheerful to cranky to which, following events both good and bad, each person will invariably return. Trying to be happier than one's set point, Lykken and Tellegen might argue, would be akin to hoping to increase your IQ by sleeping with your head on a stack of books.

This pessimistic conclusion made headlines, and Lykken soon found himself thinking that he and his colleague were wrong to characterize their findings that way. After all, he thought, the twins study had estimated that only half of a person's set point was determined by genes. Didn't that leave some room for people to change their happiness level?

Lykken, who has since retired, believed that it did. So four years later he wrote *Happiness: The Nature and Nurture of Joy and Contentment*, a smart, humorous, accessible book in which he recants his earlier claim that happiness levels are unchangeable and explains how, although we may be stuck with our genetic tendency to be happy or not, there's a lot people can do to be happier in life.

"I wanted people to know that happiness is genetically influenced but it is not fixed," Lykken says, adding that he sees the set point of *subjective well-being*—a term he uses interchangeably with *happiness*—as a lake upon which each of us sails our own personal boat. While the standard water level is determined by genetics, it will rise and fall depending on what's going on in a person's life, always returning to baseline in a fairly short while whether he or she wins the lottery or loses the house to a hurricane.

For example, Lykken says, a good night's sleep produces an uplifting wave. But allowing yourself to stay mad at your spouse after an argument creates a dip. "I was halfway through my 52 years of marriage before I had sense enough to figure that one out," he says. "My marriage was a lot happier after I did."

Lykken's book is full of such common-sense insights. So what keeps people from figuring them out on their own and putting them into practice? "It's common for people to think that if something sounds simple or easy, it's probably not useful," says Lykken. "But one of the things I find most interesting about psychology is that there is so much phony stuff out there on how to be happy while, at the same time, there are a lot of really useful ideas just lying around waiting for people to pick them up. That's how I came to write my book. I said, 'OK, if I believe people can change their level of happiness, how do I suggest they do that?'"



Valerie Tiberius

This brings Lykken to another simple truth. "It just doesn't occur to people to change internally in order to be happy," he says. Instead, they spend their lives searching for an external solution: the constant pursuit of more money, a bigger house, a more luxurious car, a new antidepressant, a new nose, a flatter stomach, and soon, according to recent news headlines, a whole new made-to-order face. And still, happiness seems to lie just out of reach.

If people really want to overcome their genes and build a happy life, Lykken says, the best thing to do is find something useful and enjoyable to do with our time. "Instead of focusing on raising their set points, people need to find ways to produce temporary wave-like increases that can keep them bouncing along above neutral over time." He suggests measuring the ways in which we choose to do this using "haps." A good meal, he suggests, is worth one hap. Winning the Nobel Prize could be worth, say, 10.

So what can people do right now to start leading happier lives? "Most people don't realize they are already above neutral in happiness," Lykken says. "It's when they dip below neutral that they start to worry and go looking for help. I'd suggest people just sit down now and take an honest, careful inventory of ways they do things that interfere with their happiness. Then make up your mind that you're going to stop making troughs in your happiness lake and start making waves."

*The surest way to happiness is to lose yourself
in a cause greater than yourself.*

—Unknown

Living a good life

Valerie Tiberius, an associate professor of philosophy at the University, arches her eyebrows at the idea that happiness can simply be boiled down to the accumulation of pleasure and positive emotion. That view, she explains, just isn't big enough to encompass the complexity of human beings, not to mention life.

"Psychologists usually talk about happiness in relation to pleasure or satisfaction," she says. "Philosophers talk about happiness in two different ways, one being that happiness means being pleased or satisfied. The other defines happiness in terms of a fulfilling, flourishing life, a good life that you can look back on and think, 'Yes, I'm happy with my life. I approve of the way I lived.'"

Aristotle was a big proponent of the good life, or *eudaimonia*, as he called it. Finding happiness, or living a good life, Aristotle reasoned, wasn't about smiling and laughing. To him, a flourishing person was a person of virtue. To live a good life meant being reflective and developing your capacities for wisdom, courage, generosity, and friendship.

Tiberius shares Aristotle's view but adds a twist of her own. "Moral philosophers have tended to ignore what psychologists do," she says. "But I'm interested in psychology. I think there's a lot of room for interdisciplinary work on the subject of happiness and well-being. I'm willing to say, 'Well, if some aspect of happiness is largely genetically determined, let's go from there and find something that speaks to how people can live better. Let's explore what happiness is as a goal we can work toward.'"

Tiberius is currently working on a book titled *The Reflective Life*, in which she investigates the character of a happy person. By that she means a someone who thinks, upon reflection, that his or her life is going well. She covers a lot of ground in the book, using both philosophical and psychological arguments to make her point, which boils down to the need to recast moral philosophy in a way that takes into account the realities of the 21st century.

Realities such as the fact that globalization means that our everyday choices are fraught with moral consequences that are very real. For example, what are the far-reaching effects when we buy certain foods, clothing, and cars? And how do we balance our feelings about these questions with our individual desire to be happy and fulfilled?

"Most of us can't devote our lives to fixing the world's serious problems," Tiberius explains. "What we need today is a moral philosophy that strikes a middle ground between traditional moral ideas and people's desire for their own satisfaction and fulfillment." The key, she continues, is finding a balance between the two.

And how might one do that? To answer this question, Tiberius looks again to ancient philosophers who suggested people should develop their character if they wanted to have a good life. One



"Research into happiness shows over and over again that people really do a poor job of judging what will make them happy." —Carl Elliott

way to do that is to gain some perspective on your life. Volunteer at a homeless shelter for even a day or two and you'll quickly realize how fortunate you are.

"We all spend too much time being upset over things that really don't matter that much," Tiberius says. "You know, something like worrying that your new kitchen cabinets won't match the countertops or something like that and calling all your friends to complain about it. We'd all be happier if we tried harder to keep our reactions proportional to the events in our life. And the fastest way I know to do that is to get outside of ourselves and do something for someone else."

*It is not easy to find happiness in ourselves,
and it is not possible to find it elsewhere.*

—Agnes Repplier

Looking for happiness in all the wrong places

"I'm not really sure what happiness is," Carl Elliott says with a shrug. "It's a vague term and it almost seems guru-like to try to

define it or tell someone how to find it." A bioethicist and philosophy professor at the University who shares many of Tiberius' views, Elliott prefers to think about happiness in terms of personal fulfillment.

Elliott also believes people need to look inward to find happiness—or well-being, or fulfillment, or whatever it is they call what they are seeking. But he doesn't think people avoid inward reflection. On the contrary, he says, "I don't think Americans have lost the capacity to look inward. I think we're obsessive about it."

What's worse, all this time spent plumbing the depths of our personhood doesn't seem to be helping. "Research into happiness shows over and over again that people really do a poor job of judging what will make them happy," Elliott says.

The problem, he says, is that society and popular culture have convinced people that individuals are responsible for creating their own identities—instead of seeking guidance on how to live a meaningful life from, say, God or a belief system.

Elliott takes a close-up look at some of our ill-chosen paths to personal fulfillment in his 2003 book *Better than Well: American Medicine Meets the American Dream*. Elliott decided to write the book, which explores the ways in which people use medical "enhancement technologies" from Viagra and Botox to cosmetic and sex-reassignment surgery, after becoming both interested in and annoyed by all the hype surrounding these technologies, particularly when they are described as helping people become more "real."

"What struck me was not so much that people were using these technologies, but that they were using them and then saying how much they helped them discover their identities, their true selves," Elliott says. "No matter what the procedure or medication is, people can't seem to help describing the results in this way. I wrote the book because I was interested in finding out why."

Part of the answer to this question goes back to what Lykken says about how people often don't even realize they have the power to look inward and make changes in their lives. So, instead they look outward. Except, in Elliott's view, inner self-exploration produces a drive to pursue outward answers. They're easier. They're readily

accessible. And they're marketed to us every day through reality TV shows in which ordinary people are given complete physical makeovers and TV commercials for pharmaceuticals, showing how even the most droopy of wallflowers can become the life of the party by taking one little pill.

"Until recently, doctors were in the business of curing illness," Elliott says. "But we live in a time when more and more things are being viewed as illnesses. Can't go out to a party because you're too shy? Well, we now call that social anxiety and we've got a pill for that. Feeling bad about

the way you look? Well, we've got a cure for your psychological suffering: cosmetic surgery."

Elliott concedes that, in many cases, these technologies actually do make people feel better, at least for a while. But are they really delivering the promise of happiness or self-fulfillment they seem to be offering? Elliott doesn't think so. "Americans have taken the idea of looking inward and turned it into something else. We aren't looking at what it means to live a meaningful life. We're just looking at how technology can change us."

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*Unhappiness is not knowing what we want
and killing ourselves to get it.*

—Don Herold

Happiness and the law

Peter Huang is not a typical attorney. He doesn't choose his words cautiously or talk around the issues. He wants to talk, and he wants to talk about emotions.

Lawyers don't spend enough time thinking about emotional issues, says Huang, a law professor at the University. And they should, he says, because emotions play an enormous role in people's decisions. "We understand this when it comes to issues of money, like people selling a stock out of fear when they should have hung onto it," Huang says. "But lawyers don't consider emotions in other arenas because the law assumes people are analytical, when we should be thinking about how emotional decisions affect people's well-being."

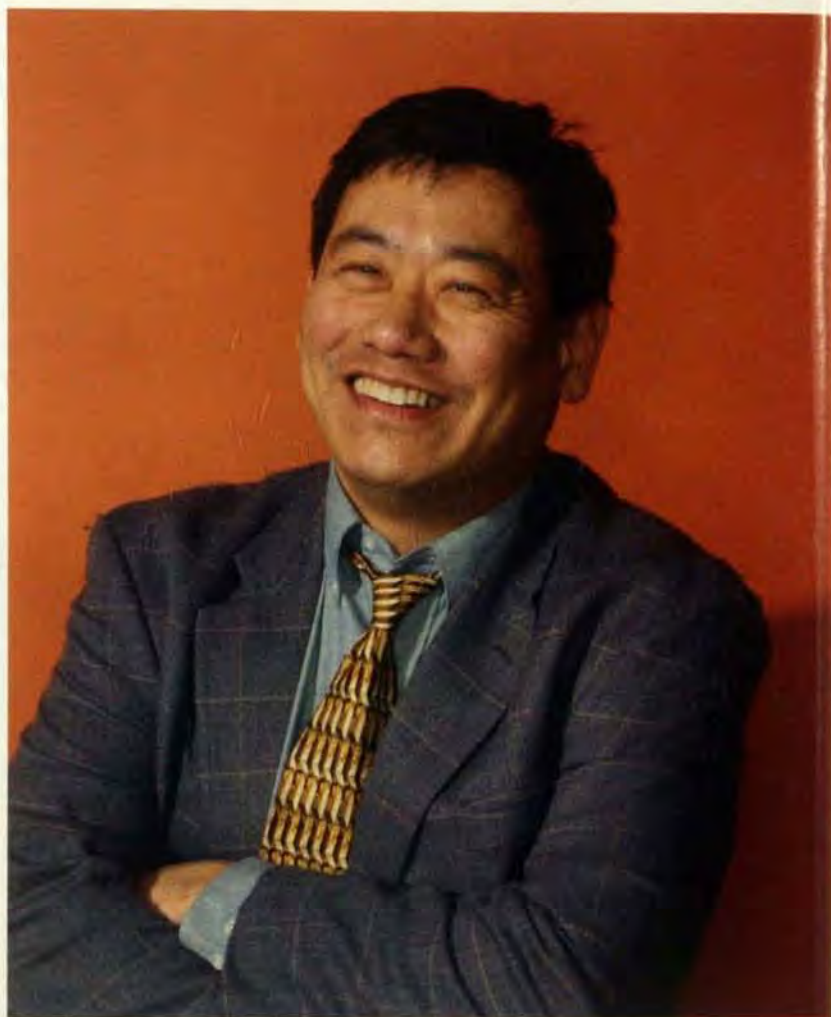
Why should lawyers be thinking about such things? Because, like Elliott, Huang believes people have a hard time knowing what will make them happy. That being the case, Huang suggests, if it is clear that someone is going to make a decision that will hurt them in some way, the law should at least try to do something about it.

Huang points to surrogate motherhood as an example. Hundreds of lawsuits have followed the increase in surrogate motherhood; all too often, a surrogate mother decides she wants to keep the baby. To help alleviate this problem, a handful of states have recently passed laws saying that a woman must already have had at least one child before becoming a surrogate mother. "The idea being that if you've had one child, you'll understand what it's like emotionally to have a baby, so you can make an informed decision," Huang says. "Surrogate moms who've never had a baby have no idea how bad they'll feel when they have to give it up."

While he's quick to point out that laws like this will most certainly draw criticism as being too paternalistic, Huang believes there is room for the law to pursue more actively the question: What can the legal system do to help people be happy?

In the wake of Enron, for example, Huang points out that arguments are being made for limiting the amount of money employees can invest in their own company's stock. Huang supports the idea of watching out for people's well-being and is in favor of changing informed consent and disclosure laws. "Research has shown that people learn things in different ways," he says. "But right now doctors just verbally explain procedures to patients and that's considered informed consent. If we're going to make sure people understand the risks involved with medical treatments, we've got to give them information in a lot of different ways."

Credit card disclosure issues are especially aggravating to



"The law assumes people are analytical, when we should be thinking of how emotional decisions affect people's well-being." —Peter Huang

Huang. "People don't read all that stuff credit cards send them, and credit card companies know that. They know that if they sent out something with people's statements that said in plain English, 'If you make only the minimum payment, it will take you 47 years to pay this off,' people would send more if they could and they'd make less money off them." And borrowers could, presumably, lower their debt—and the stress and unhappiness that can accompany it.

Though Huang currently teaches a course on federal security issues, he also hopes soon to be teaching a seminar he's developed on happiness. "I know happiness is more in the realm of psychologists right now, but I believe that needs to change," he says. "If we really care about happiness and well-being as an end in itself, then there's a lot more our legal system needs to do. Lawyers who think about happiness will be serving their clients in the best ways they can." ■

Meleab Maynard (B.A. '91) is a Minneapolis freelance writer.



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THE STRUGGLE AND HOPE FOR SOUTHERN AFRICA

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Coaching Commitment

Dennis Dale has quietly built a men's swimming power at Minnesota by pouring himself into the program and getting the most out of every swimmer.

By Chris Coughlan Smith

Dennis Dale (B.S. '68, B.S. '73) can hardly contain his smile. It's a Wednesday in early November, the toughest day of the week for swimmers on the University of Minnesota men's swimming and diving team, and Dale likes what he sees. In his 20th year as the head coach, Dale has amassed a collection of workouts to test his team. On this particular day, he's pulled out a doozy for his short-distance swimmers: nearly an hour of warming up at various distances, paces, and strokes, followed by six all-out 100-yard swims, one every eight minutes.

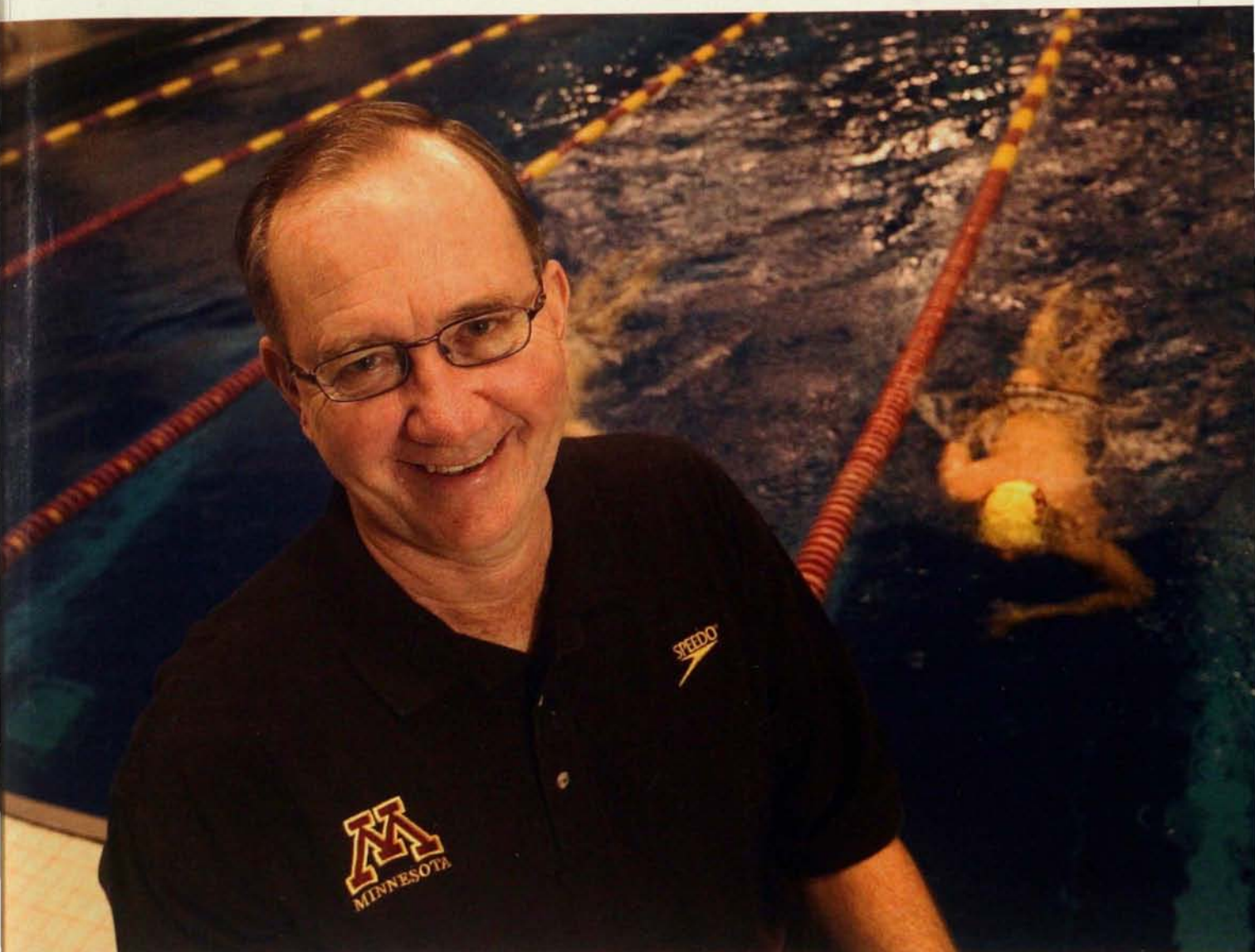
And they're swimming under racing conditions: with heats divided by strokes and ability, a starting gun, automatic timing, instant results, and, for extra motivation, a printout of the results from the same workout in November 2002, the last time Dale put the team through this particular trial. "They hate this workout," he had said as the swimmers warmed up. "They're either getting psyched up or considering their doom."

But as the workout progresses, the Gopher swimmers respond. Terry Silkaitis, a senior from Skokie, Illinois, is beating his times from the 2002 workout; three months later, in spring 2003, he was named Big Ten Swimmer of the Year. Breaststroker Sean Kelly, a sophomore from Omaha, Nebraska, built like a football linebacker, is not only beating his times from two years earlier, he is bulling past the times put up by school record holders Jeff Hackler (B.S. '03) and Mike Brown, who turned pro and made the 2004 Olympic final in the 200 breaststroke. Backstroker Adam Mitchell, a junior from Des Moines, Iowa, is showing better form than last year's all-American season. In the adjacent pool, senior captain Justin Mortimer of Milton, Massachusetts, who won four events at the 2004 summer nationals, is tearing up the distance swimmers' workout.

But it isn't just the top swimmers showing their stuff. Up and down Minnesota's broad lineup, swimmers are excelling. In the middle of the workout, a timer reports that a swimmer has just beaten his best time for the entire season. Dale simply nods.

After starting each heat of four or five swimmers, Dale silently stalks up and down the side of the pool, his head cocked, staring intently at each lane and each turn. After each heat, as swimmers drag themselves out of the pool and into the adjacent diving well for slow recovery swims, Dale heaps praise on the best times and encouragement on the slower swimmers. He offers individual tips on head position, a slight kick imperfection, or something that went amiss on a turn costing a few hundredths of a second.

Photograph by Dan Marshall



Then it's back to start the next group, those swimmers already in the pool or on the blocks, ready to give it their all despite their growing weariness. As the rounds progress, swimmers pull themselves from the pool more slowly, some even lie on the pool deck, gasping for a few moments before beginning their recovery swims. But none give up. Everyone finishes the workout; almost everyone has beaten his time from 2002 or has exceeded Dale's expectations. "I'm very pleased," Dale says, finally breaking into a smile. "Oh, yes. This was a *good* workout."

This is no small praise from Dale. Described by his swimmers and his colleagues as the most competitive person they've ever met, Dale has set a very high standard. He has quietly built a national swimming power at Minnesota, a program that has won five of the last nine Big Ten titles and finished in the NCAA top 10 the past five years. And this, he says, may be his best team yet, just in time to host the Big Ten and NCAA meets in February and March.

What might be most impressive is that the Minneapolis native—who grew up swimming for a local club, coached at area high schools, and has lived outside the Twin Cities only after being

Observers are amazed by Dennis Dale's ability to get improvement from just about every swimmer he coaches.

drafted into the Army in the late 1960s—has done it at Minnesota. No other school outside the southwestern or southeastern United States can boast so many high NCAA finishes. Minnesota does not typically get the top-ranked recruits, but, as a keen technician and with short but intense workouts, Dale gets the most out of every swimmer in his program. "We don't believe in wasting an athlete's time," he says of his coaching philosophy. "They have a lot of priorities in college and a lot of things that take their time and energy. What we do is get the most out of the time we ask them to give us."

Dale cites Silkaitis as a prime example of his "do more in less time" philosophy. "Terry Silkaitis swims nine times a week. Swimmers Terry is racing against practice 12 times a week, but I know we can get as much out of our nine as they do in their 12," Dale says. "We don't think a diet of 100,000 yards a week is going to help Terry Silkaitis be any better at what he does best. Here he swims 50,000 or 60,000 yards a week and gets just as much improvement as being somewhere where he'd be trained almost twice as far."

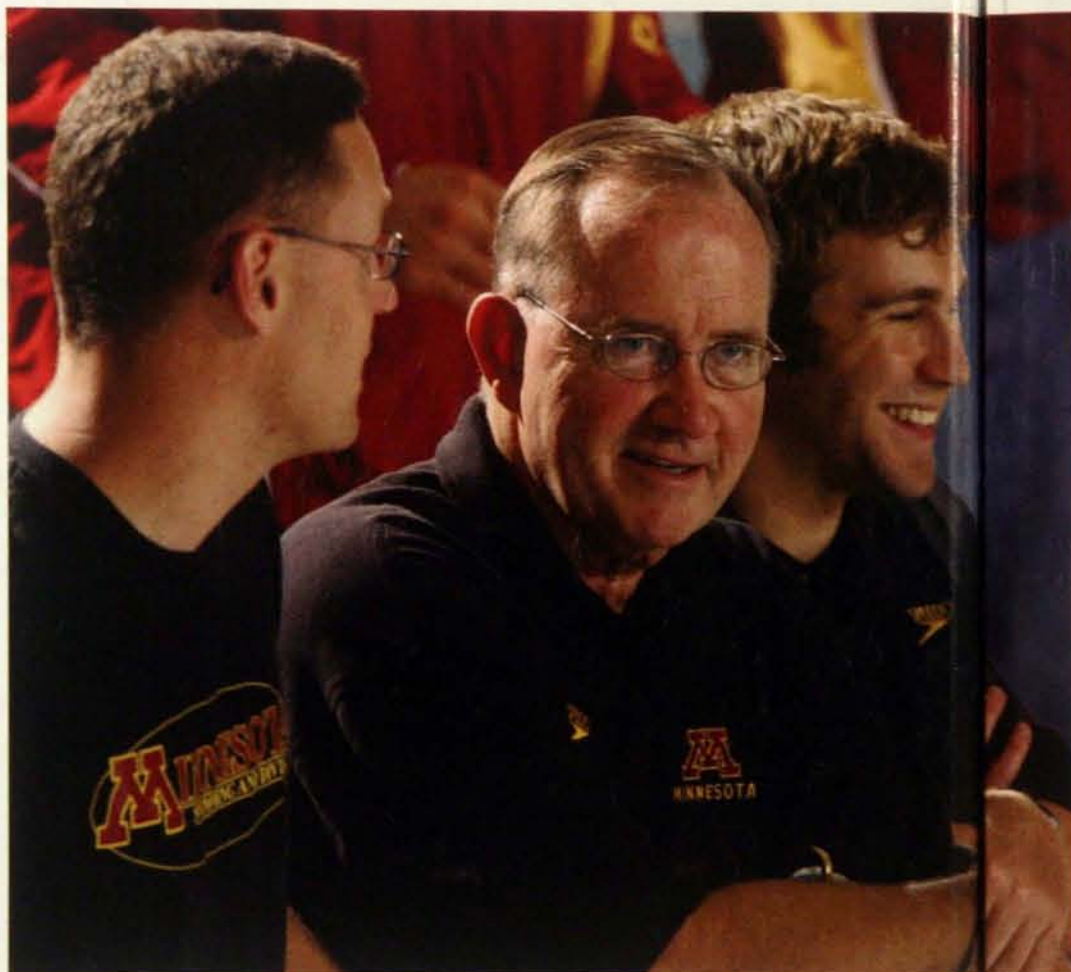
Talking in his chaotically cluttered office in the University Aquatic Center, the 59-year-old Dale comes across as mild-mannered and affable, almost unsure of himself, starting sentences three or four times rapidly before finding his thread and running with it. But on the pool deck his intensity emerges. His voice grows loud, never faltering as he describes a workout, offers praise or correction, or exhorts his team. His concentration is unbreakable as he watches his charges in the water. Just as he asks their commitment to intense workouts, so he returns it in his own total commitment to the team.

Trust and rapport grows up between the swimmers and Dale, says Kelly Kremer, formerly the associate head coach for the men's team who was hired last year as co-head coach of the women's team. "One thing I've learned from Dennis, and I'll take this with me wherever I go, is that every swimmer on the team feels like they have a say in that team," Kremer says. "That's part of the art of coaching and Dennis does that better than anybody I've met. From recruiting to winning a Big Ten title to becoming a top-10 team at NAAs, you have the feeling that we all succeed together or we all fail together."

Jean Freeman (B.A. '71), the longtime women's coach at Minnesota who retired last year, grew up swimming and coaching with Dale at the Ascension Swim Club in North Minneapolis. She was on the search committee that hired Dale in 1985 after he had coached and taught for 13 years at Burnsville High School. "I told the committee that if they wanted to have a winning program, I knew exactly who we ought to hire," she recalls. "I knew with his dedication, energy level, and unbelievable eye for detail that he'd certainly turn the program around. He sets the expectation that you will do well and then has the ability to get it out of you."

His swimmers agree emphatically. Dan Egeland (B.S. '91) was the first of the 100 student athletes Dale has coached to first-team all-American honors at the University. "What it boils down to is that he understands everybody individually and what they need to motivate them," Egeland says. "Dennis is not just a coach, he's also a motivator, a disciplinarian, whatever he needs to be for each person."

When Dale joined Minnesota, he did so only after securing a one-year leave of absence from his teaching and coaching duties at Burnsville; if he didn't like full-time college



Dennis Dale, center, liked what he saw at a 2004 meet. After five consecutive years in the NCAA top 10, he may have his best team ever—just in time to host the NCAA meet in March.

know that I would have stayed if the team hadn't had such a good experience," Dale says. "At the Big Ten meet coaches were coming up and saying what a great job I was doing and all I could do was look up at the scoreboard and wonder what they were talking about."

But by Dale's fourth year, Minnesota had climbed to third in the Big Ten and finished 11th at the NCAA meet. In the 15 years since, his teams have not been worse than second in the Big Ten and have finished in the top 15 at the NCAA meet 13 times.

What amazes most observers is Dale's ability to get improvement from so many swimmers. "Dennis identifies talent before it shows itself," Egeland says. "Every year I'm amazed at the sophomores and juniors who emerge out of nowhere as the core of the team."

For Dale, getting the most out of his swimmers is a necessity. "We know that being a northern school, we don't generally have the pick of the litter," he says. "We understand that warmer climates have more appeal to a 17-year-old. We can appeal to them by showing them that we don't waste people's talent. If they want their name on the scoreboard come NCAA championships, they need to do the kinds of things in practice that will get them there. We have a practice environment that can be fairly intense."

Minnesota also features a large and deep squad that dominates with sheer numbers, winning many relays by having third- and fourth-leg swimmers better than any other team's. In 2004, the Gophers won the Big Ten title without a single champion in any of the nonrelay events. In 2005, Indiana expects to use its dominance in the diving events, Minnesota's weakest, to challenge the Gophers for the

"Dennis identifies talent before it shows itself," says former all-American Dan Egeland (B.S. '91). "Every year I'm amazed at the sophomores and juniors who emerge out of nowhere as the core of the team."

coaching, he planned to return to a job he found satisfying and fulfilling. But he wanted the chance to test himself at a higher level.

Dale had been a walk-on swimmer at the University in the '60s who turned himself into an all-American in the backstroke. He wanted to see if he could do the same with others. Minnesota had not finished in the top half of the Big Ten in several years, and its last top-10 NCAA finish had been in Dale's senior year, almost two decades earlier. "Dennis immediately set a strong tone as to what he expected and how he was going to run things," recalls Egeland, who was a freshman in Dale's first season. "People had to march to his drum."

But things did not turn around immediately. The first year under Dale, the Gophers won only one of eight dual meets against Division I schools and finished ninth at the Big Ten meet. But swimmers were improving and enthusiasm was high. "I don't

Big Ten team title. But Dale likes what he sees so far. "There are all kinds of people on this team who know they can step it up to make the Big Ten travel squad, or step up to being a Big Ten point scorer, or make a relay for NAAs. This team has the potential to be our best ever," he says. But can Indiana beat them in Minnesota's own pool? Dale smiles confidently. "We'll see."

Until that meet at the end of February and the NCAA meet four weeks later, Dale will continue to extract improvement from his swimmers while also

respecting their time, making them feel a part of the team, and giving them as much of himself as he can.

"What he's instilled in the program is pretty unique and special in college swimming," Egeland says. "He puts everything into it and it shows. When you swim for him, you know his commitment is 100 percent and you definitely want to give it back."

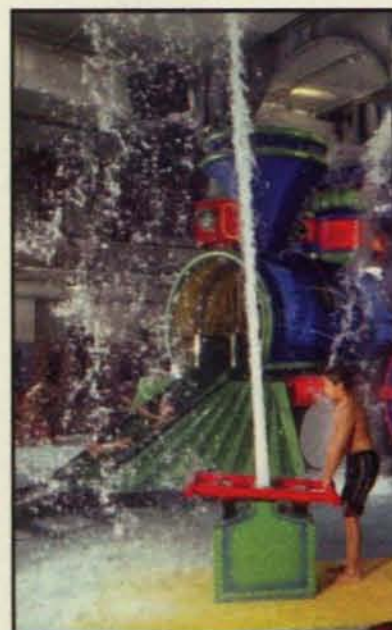
Chris Coughlan-Smitb (B.A. '86) is senior editor of Minnesota.

Where to Watch the Gopher Men

2005 BIG TEN MEN'S SWIMMING AND DIVING CHAMPIONSHIPS, February 24-26, at the University Aquatic Center

2005 NCAA MEN'S SWIMMING AND DIVING CHAMPIONSHIPS, March 24-26, at the University Aquatic Center

For ticket information and schedules, visit www.gophersports.com.



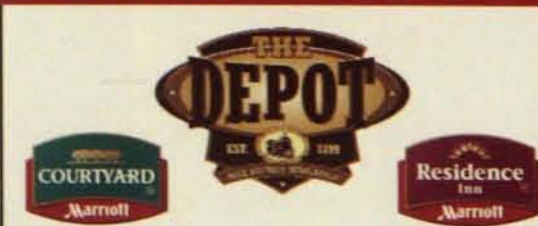
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SPORTS NOTEBOOK

Complement and Continuity

WITH 33 YEARS EXPERIENCE coaching at the University between them, Terry Nieszner (B.S. '79) and Kelly Kremer were named co-head coaches of the Gopher women's swimming and diving program in April.

Nieszner (then Terry Ganley) was the U's first women's swimming all-American, earning the honor four times. She was an assistant under former coach Jean Freeman (B.A. '71) for 27 years. She will coach sprinters and coordinate the team's "dry land" training, equipment, and travel details, roles she largely filled as Freeman's top assistant.

Kremer is a North Dakota native who swam at Drury University in Missouri and competed in the 1992 U.S. Olympic Trials. He was an assistant under men's coach Dennis Dale (B.S. '68, B.S. '73), helping the men's team to three Big Ten titles and five top-10 NCAA finishes in his six years. He will coach the middle- and long-distance events, lead recruiting efforts, and oversee budget and finance, roles he also largely filled with the men's team. "Our strengths really complement each other," Nieszner says, adding that the continuity of two internal candidates is also important. "We've had such a solid program here for so many years that Minnesota swimming is very well respected. With us as the co-coaches, there's new energy, but a lot of continuity. We don't have to go out and sell the program as a new idea."

Kremer says that he and Nieszner will not simply follow the style that came before. "If you line up 100 coaches, they'll all do things a little differently," he says. "We're doing things Terry and Kelly's way. A lot of them are right in line with what Jean did because she did them so well. A lot of them are in line with what Dennis does. But they are still our way."

Minnesota won Big Ten team titles in 1999 and 2000, but has not finished better than sixth since. Kremer is looking to 2007, when Minnesota hosts the NCAA men's and women's championships. "That's coming up pretty fast," he admits, "but that would be a nice breakout meet for our program to really turn a corner."

Nieszner thinks there's a chance they will be ready. "We have some great young swimmers on the team. There are also national-caliber swimmers as juniors in high school right now, kids who could be top eight individuals at NCAAs [by 2007]. We'd love to have our team dominated by them."



Terry Nieszner (above) and Kelly Kremer (right), the new co-head coaches of the Gopher women's swimming and diving team, talk over results and strategy with their athletes.



Eager Underdogs

A few years ago Gopher wrestling was the hottest program in the country, thanks to two NCAA titles and seven consecutive top-three national finishes. But after finishing eighth last year and losing two of three all-Americans to graduation (junior heavyweight Cole Konrad of Freedom, Wisconsin, is the returning all-American), Minnesota enters 2005 in an unexpected position: underdogs, ranked seventh and ninth in the main national polls. *Minnesota* checked in with head coach J. Robinson in November as the season got under way.

Q: Although you lost two all-Americans, you do have eight of your 10 starters coming back. Is your lineup pretty set?

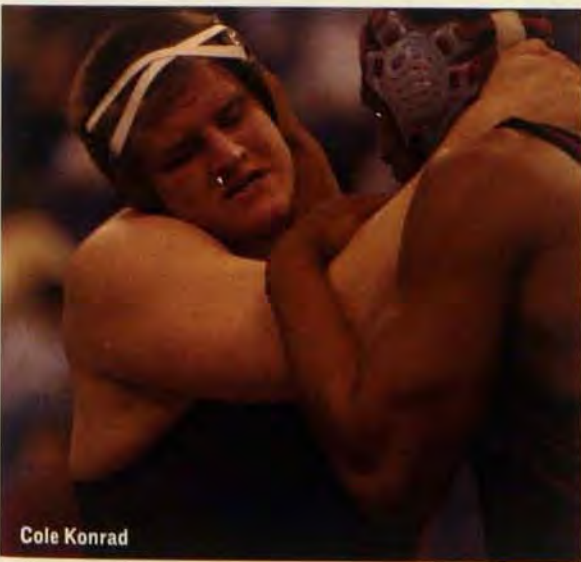
A: Not at all. There could be as many as six freshmen [who were redshirted last year] starting this year. That's good because they bring a different kind of attitude with them. They've won a lot in high school and understand what winning is about. They were recruited when we won nationals a couple of times, so they believe they're here to win a national championship.

Q: Will the competition for starting spots motivate everyone?

A: Some guys will be motivated by getting pushed. They know we didn't end up where we wanted to be last year, so we'll change things. Some guys got through the year and didn't have the right attitude. Sometimes you have to stumble and fall before you realize you have to change. The worst thing you can do sometimes is eke out a win and continue doing the same wrong thing. . . . For everyone on our team, they need to be coachable and listen to what we say. Cole Konrad is a perfect example. He basically did everything we asked him to do for two years, and it manifested itself last year in being an all-American.

Q: Does Minnesota have the potential to get back to the top three or even higher?

A: I think we have the potential to win it all, but the only way to do it is the way we did in 2001 [when we had 10 all-Americans]. For us to win everyone has to come through, we need a team effort. . . . The real test of a team is to win when you are not supposed to win. Nobody expects us to win except our guys and our coaches. The beauty of it is that we can see the potential of this team. When you can really see it as opposed to just talk about it, it makes it more attainable.



Cole Konrad

Women's Tennis

Junior Nischela Reddy of Hyderabad, India, is the top returnee to a team that has seen three roller-coaster years under coach Tyler Thomson. The Gophers had 1-9 Big Ten records in 2002 and 2004 sandwiched around a 9-1 record and Big Ten title in 2003. The team opens its home dual season against Missouri on January 29 at the Baseline Tennis Center. The first home Big Ten match is March 27 against Ohio State.



Men's Tennis

Senior Avery Ticer of Amarillo, Texas, leads a team seeking a 12th consecutive berth in the NCAA championship tournament. Continuing the streak this year may be a challenge, however, as Ticer, who earned the Intercollegiate Tennis Association National Summer Circuit Player of the Year award in August, is surrounded by freshmen and sophomores. The team begins its home dual meet season on February 9 against Drake at the Baseline Tennis Center. The highlight among several home meets is a contest with perennial national power Illinois on April 23.



A New Era



Mike Burns

A new era in Minnesota men's gymnastics begins in 2005. Mike Burns, a 1980 Penn State graduate, was an assistant at Iowa and Michigan for many years before taking the Minnesota job. He inherits a program with more than 100 years of history, the last 33 under Fred Roethlisberger, four-time national coach of the year and winner of 11 Big Ten team titles. Burns

was named national assistant coach of the year in 1999 and 2000 at Michigan.

The Gophers are led by senior Guillermo Alvarez of Denver, who earned 2004 all-American honors in the all-around, floor, and pommel horse competitions. *Minnesota* visited Burns in November, just a month after he began his job.

Q: Minnesota is ranked ninth in the country and only sixth in the Big Ten. Why is the conference so good?

A: The Big Ten is the only conference in the country that still has a recognized championship. The programs are all very strong. Nationally, we're down to only 19 college men's gymnastics programs right now, which is sad. The thing is,

these are all great, great programs because there are not very many places for men's gymnasts to go. . . . But there's stability here and in the Big Ten. They've given me a three-year contract, which is a strong sign of commitment.

Q: How do you follow Fred Roethlisberger and yet make this program your own?

A: You don't fill a guy like Fred Roethlisberger's shoes. What you do when a guy like that retires is bronze his shoes and put them up on the shelf and look at them and say, "Wow." I've got my own shoes.

Q: How would you describe your style?

A: I'm a pretty enthusiastic, positive guy, so I try to get that to rub off on the team. There's times you have to be tough, but you also have to praise them. I'm sure it's the same in every sport: You look at things that are good and you say, 'OK, fine, let's [move on to] what is wrong and work on that.' I think it's important to take a moment and recognize the things that are right and give some praise. You don't want to hand out pats on the back like candy, but if you give them out at the right time, it can be extremely effective. They'll know when they're not doing well, believe me. That's part of coaching.

But every place I've been, I've experienced success. It goes back to the enthusiasm and positive outlook I want to instill in the guys and getting them to feel the same way. I want them to take pride and feel good about what they're accomplishing.



Laura Johnson

Women's Gymnastics

Junior Laura Johnson leads a women's gymnastics team looking to bounce back from disappointment at the 2004 NCAA regional meet, where they just missed qualifying for the NCAA championship meet after having set a school-record team score just three weeks earlier. Johnson is a returning first-team, all-Big Ten honoree in the all-around event. The team's biggest home meet of the year is February 5, when Minnesota hosts Utah, one of the six NCAA team finalists in 2004, at the Sports Pavilion.

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Report

Homecoming 2004

Nearly 1,700 alumni and their families came home to campus bright and early October 23 for a hot breakfast before stepping outside to watch the homecoming parade down University Avenue. The annual Homecoming Breakfast, held

in the Sports Pavilion, included pancakes and sausages, face painters and balloon artists, roaming magicians, performances by the University's steel drum ensemble and the alumni band, celebrity pancake flipping, and breakfast in bed, served by Goldy Gopher, for the winners of a Select Comfort bed.



[MEMBER SPOTLIGHT] **Edie Hill**

MINNEAPOLIS-BASED COMPOSER EDIE HILL (M.A. '92, Ph.D. '01) sometimes finds inspiration in unexpected ways. She was wrestling with a thematic composition about light recently when lightning tore through her roof. "I was sitting downstairs waiting for inspiration to strike and it actually did," she jokes. That lightning bolt inspired a thunderous piece for solo cello.

And following the death of her father-in-law, a math professor who had been fascinated by chaos theory, Hill found inspiration in something he had written about the "butterfly effect"—meteorologist Edward Lorenz's famous theory that the flapping wings of a butterfly can change a weather system halfway around the world. Her father-in-law's writing "was so beautiful that it set me on a path to find out about chaos theory," she explains. Hill's investigation sparked the "The Butterfly Effect," a piece she composed for piano and chamber orchestra.

Hill has played piano since "as soon as I could waddle up there," she says. But while she was making music as far back as she can remember, a learning disability impeded her ability to read music. "I played piano by ear and composed pieces but didn't write them down until I was in college," she says.

The New York City native earned her undergraduate degree in music composition and piano performance from Bennington College in Vermont, but left with little grasp of music theory and history. This—combined with a diagnosis of dyslexia—could have been an obstacle to launching a career as a composer. But Hill won an internship with the Saint Paul Chamber Orchestra in 1984 and later enrolled at the University of Minnesota's School of Music, studying under Lloyd Ultan and Dominick Argento, being mentored by Libby Larsen (B.A. '71, M.A. '75, Ph.D. '78), and earning commissions from local groups.

Today, Hill is an acclaimed composer whose vocal and instrumental works are performed throughout the United States and abroad. Since 1999, she has been nominated every year for the Minnesota Music Academy's Composer of the Year and has won numerous grants and awards, including from the McKnight, Bush, and Jerome foundations.

Over the years, Hill has earned commissions from groups around the United States, but much of her work continues to spring from Minnesota's robust community of choirs, orchestras, and chamber ensembles. And while she writes for chamber orchestras, guitar quartets, and solo instruments, choral groups keep Hill busiest.

More than a year ago, the Minnesota State All-Women's Chorus commissioned "The Bike Let Loose," a lively choral piece that describes an impetuous bike ride through the countryside. It debuted at the College of St. Benedict in early 2004 and comes to Orches-



tra Hall in Minneapolis on February 18 and 19 (www.ediehill.com).

Hill says she is most inspired by working alongside performers. For each new project, Hill cultivates a relationship with the musicians or singers who will ultimately perform the piece, considering their personalities and strengths as she composes. This has made Hill's body of work almost as diverse as the artists she works with, and she is humbled each time they perform her work.

"When I went to the rehearsal for "The Bike Let Loose," I listened to 80 young women put heart and soul into it," she says. "It's moving that people will take something I've written and put their expression and care into it."

—Christy DeSmith

In what is truly a crucial year for state support for the University of Minnesota, alumni and friends can learn more about how to become an effective advocate for the U by attending the annual Legislative Briefing on Thursday, January 27, at 5:30 p.m. in the McNamara Alumni Center. Organized by the UMAA-sponsored University of Minnesota Legislative Network, the briefing will offer a chance to learn details about the U's requests from U officials, as well as about an especially important legislative session.

Legislative Network organizers will be on hand to offer information on how to make easy and effective contacts with elected officials deliver important messages about the U's needs along with personal thoughts and experiences. The network has more than 10,000 members who receive updates on U priorities as well as alerts as important votes approach. In many districts, volunteers host meetings with legislators to allow local network members to deliver their messages in person.

For more on the Legislative Network and how to register for the Legislative Briefing, visit www.supporttheU.umn.edu or call 612-624-2323.

Meet Regent Candidates

The candidates for open positions on the University's Board of Regents will speak and field questions at a UMAA-sponsored Regent Candidate Forum 4:30 to 6 p.m., Tuesday, February 1, at the State Capitol in St. Paul. Lori Sturdevant, *Star Tribune* editorial writer, will moderate.

The board, which is the governing body of the University of Minnesota, has four open seats in 2005. One is an at-large seat, currently held by Maureen Reed (B.A. '75, M.D. '78), and three represent Minnesota congressional districts: the second, currently held by Dallas Bohnsack (B.S. '60); the third, held by William Hogan; and the eighth, held by Anthony Baraga (M.D. '65). Candidates applied in late 2004 to the Regent Candidate Advisory Council (RCAC), which is expected to recommend two to four people for each seat in January. The state legislature typically begins its process of selecting and approving regents in February shortly after the forum. New regents begin their terms in July.

The 24-member RCAC was created in 1988 on the recommendation of an alumni association task force that looked into ways to limit politics in the selection process. The Board of Regents' 12 members serve staggered six-year terms, with four seats open in odd-numbered years.

For more information on the forum, visit www.alumni.umn.edu.

Shelter from the Storm

While visiting my mother's native Ukraine over the Thanksgiving holiday, I witnessed firsthand the sheer power of individuals when they join together with their neighbors. We were in the city of Lviv, south of Kiev, on election day, and staggering numbers of people converged peacefully in the city's center to vote. And when the election results were announced, overwhelming numbers again gathered—peacefully yet resolutely—to demand that their voices be heard. This historic moment was a reminder that, united under a common cause, individuals can make a difference.

With that lesson in mind, I've turned my attention to the University's budgetary challenges and how we, as a community, have the power to fight for the U's needs. As the start of the next legislative session draws near, the University of Minnesota Legislative Network is preparing for a "perfect storm" that threatens the University on three fronts. Here's what looms on the horizon:

First, the legislature will consider the University's biennial budget request. This sum affects the U's general funding, faculty and staff salaries, and tuition, which has increased almost 65 percent in four years. According to the Legislative Network, the portion of U funds that come from the state has dropped from 35 percent in 1970 to 25 percent in 2004. Meanwhile, the percentage of revenues from tuition and fees has risen from 10 percent to 20 percent. If this trend continues, the U will no longer be accessible to so many outstanding students, who already are being forced to carry an increasingly hefty portion of what used to be the state's financial commitment to the University.

Next is the bonding bill, which the legislature failed to pass last session. The bonding bill would provide the funds necessary to make essential improvements to University facilities: repairing leaky roofs, fixing broken doors and windows, and addressing health and safety concerns. The cost of waiting is steep: Inflation already has added \$8 million to the proposal that's been on the table since last session. If we let them go another year, the U's aging buildings will require more and more expensive maintenance in the near future. Without investment in maintaining and restoring its facilities, the U's ability to be competitive and to attract top faculty, students, and funding is compromised.

Finally, in our nation's capitol, Congress will continue to debate the reauthorization of the Higher Education Act, a law that authorizes most federal student-loan programs. If the results of the reauthorization are unfavorable, our students' access to financial aid could be significantly diminished, exacerbating the University's funding challenges.

The good news is that you have the power to help the University weather this approaching storm. Start by attending the U's annual Legislative Briefing, which takes place on January 27 at 5:30 p.m. at the McNamara Alumni Center. You'll learn more about the University's biennial budget and bonding bill requests and how you can become an influential citizen lobbyist, helping shape policy that favors your alma mater.

You might find it hard to believe, but you can take meaningful action simply by calling your legislators or sending them letters or e-mails. Remind them of the University's irreplaceable value to the state. Tell them it's time to stop retreating and to start moving forward once again.

Now, more than ever, we need your voice. The Legislative Network can give you the resources you need to make your voice heard and to unite it with the voices of other alumni. The immediate and future well-being of our University hinges on our ability to unify under this common cause—and to shelter the U from the coming storm. ■

For information about the Legislative Briefing or the Legislative Network, visit www.supporttheU.umn.edu.



Andrea Hjelm, B.S. '65



A Partnership Request

A "50-50 PARTNERSHIP" with the state and a resubmission of last year's capital bonding request lead the University's agenda during the 2005 legislative session. The University is asking for \$42 million each year in new state funding for the 2006-07 biennium and would match that amount with a 5.5 percent tuition increase and \$15 million a year in internal reallocations. The \$84 million total increase request comes on the heels of a 2004-05 biennium that saw a permanent \$185 million cut in state funding for the U. The \$84 million increase request is one of the smallest in a decade.

The U's portion of the partnership would be used for increases in faculty and staff compensation and small investments in operations, operating costs, debt, and leases. The proposed new state funding of \$42 million each year would pay for new investments in biosciences and be used to attract and retain talented faculty, students, and staff as well as for research and technology infrastructure.

Since the legislature did not act on capital bonding requests last session, the board of regents in November approved resubmitting the 2004 request, with a \$8 million increase to cover inflation due to the one-year delay. The \$192.1 million capital request is largely for renovations and major maintenance, rather than new construction. The University will seek \$158.1 million from the state and raise \$34 million on its own. Sixty-five percent of the University's 800 buildings are more than 30 years old, and 25 percent are more than 70 years old. The Twin Cities campus has more than 100 buildings that are over 50 years old. Major upgrades would occur in medical, undergraduate, and research facilities under the plan.

Although Minnesota once again faces a large budget deficit and Governor Tim Pawlenty, (B.A. '83, J.D. '86) has again vowed to avoid raising taxes, University officials are making the case that investing in the University pays big economic dividends. Not only does the U provide the state with educated professionals, but thousands of businesses and an uncountable number of jobs have resulted from the innovations developed and ideas generated on campus. And each year researchers attract more than \$500 million in private and federal grants, creating thousands of jobs and providing a strong economic stimulus.

President Bob Bruininks told regents that the modest state funding request is part of a plan that would maintain quality and make gains in key research areas, "moving us materially toward our aspirations of being one of the best public research universities in the world." But, he warned, other states are making significant investments in research areas, like the biosciences, that the University and Minnesota businesses have regarded as their specialties.

"This proposal doesn't fund everything we need, but we believe it can preserve the strength and competitive advantage of the University of Minnesota," Bruininks said. "It is absolutely essential to the University's long-term success . . . and vitally important to Minnesota's future."

In November, regents also released an independent auditor's report that found the U has done an excellent job of handling recent cuts by becoming an efficient and well-managed institution.

For details on the budget and capital requests, visit www.umn.edu/govrel.

UMAA Calendar

Upcoming alumni events on campus and around the country. For more information, visit www.alumni.umn.edu or call 612-624-2323 or 800-UM-ALUMS (862-5867) and ask to speak to the UMAA staff person listed after the event.

January	February	19	20	21	25	25	PLAN AHEAD
10 Puget Sound Alumni Chapter Social, 5:30 p.m. at the Pyramid Alehouse in Seattle; contact Mark Allen	5 Puget Sound Chapter McCaw Hall tour; 11 a.m. at McCaw Hall in Seattle; contact Mark Allen						March
10 St. Croix Valley Lecture: The Future of Bio-Genetics with Bob Elde, dean of the College of Biological Sciences, 7 p.m. at Boutwell's Landing in Stillwater; contact Chad Kono	7 North Texas Chapter tour of the Bureau of Engraving and Printing, 9 a.m. in Ft. Worth; contact Mark Allen						9-16 Sea of Cortez whale-watching alumni tour; contact Cheryl Jones
23 Glacial Ridge Minnesota Chapter bus-in for Gopher women's basketball vs. Illinois; details TBA; contact Chad Kono	13 South Central, Southwest, and West Central Lakes Minnesota chapters bus-in for Gopher women's basketball vs. Purdue; depart 1 p.m. (place TBA), game at 4 p.m.; contact Chad Kono						12-20 Rome alumni tour; contact Cheryl Jones
25 St. Cloud Chapter Young Alums gathering, 5:30 p.m. at the Green Mill in St. Cloud; contact Chad Kono	13 Phoenix Chapter wine-tasting party, details TBA; contact Chad Kono						17-23 Alumni Campus Abroad in the Yucatan; contact Cheryl Jones
27 Legislative Briefing, 5:30 p.m. at the McNamara Alumni Center; contact Mike Dean	14 Evidence-based medicine lecture with St. Croix Valley Chapter; 7 p.m. at Boutwell's Landing in Oak Park Heights; contact Chad Kono						17-27 Legends of the Nile Alumni Tour; contact Cheryl Jones
27 Arizona West Valley Chapter Annual Meeting at Luke Air Force base, time TBA; contact Chad Kono	16 U of M Legislative Rally at the Minnesota State Capitol, time TBA; contact Mike Dean						28- April 10 Treasures of South America alumni tour; contact Cheryl Jones
							April
							8-16 Imperial Vienna alumni tour; contact Cheryl Jones
							17-23 Crossroads of Europe Vistula River cruise; contact Cheryl Jones
							21- May 2 Highlights of Holland and Belgium alumni tour; contact Cheryl Jones
							25- May 3 Ecuador and Galapagos Islands alumni tour; contact Cheryl Jones
							May
							6-15 Portugal's Duoro River cruise; contact Cheryl Jones
							13-24 Greek Isles alumni cruise; contact Cheryl Jones

[BENEFIT SPOTLIGHT] Center for Spirituality and Healing



THE UNIVERSITY'S CENTER FOR SPIRITUALITY and Healing was a groundbreaking program when it opened a decade ago. Now some of the center's public programs are available to UMAA members at a discount.

Established in 1995, the Center for Spirituality and Healing (CSH) is a nationally recognized leader in research and teaching on alternative, or complementary, medical care. Americans spend billions of dollars every year on alternative care such as acupuncture, herbal remedies, and other treatments that are not part of Western clinical medicine. CSH helps educate U medical students about complementary and alternative medicine and how to talk with their patients about such treatments.

CSH conducts a wide range of scientific research on complementary and alternative care products and practices. Under one recent \$2.4 million National Institutes of Health research grant, CSH was designated a Developmental Center for Complementary and Alternative Medicine Research, one of only three such centers in the nation.

Reaching out to the public with programs and services is an important part of what CSH does, according to communications director John Halstrom. "Our mission to transform health care begins with each individual," he says. "By learning to care for our whole being—body, mind, and spirit—each of us can enjoy a richer, healthier life."

UMAA members can benefit from 10 percent discounts on some on-campus CSH events and programs, such as the popular Mind-

fulness Based Stress Reduction program and a new Inner Life of Healers renewal series.

The stress reduction program teaches participants to be aware of what influences their health and well-being and how to consciously and methodically deal with issues like chronic pain or the stress and challenges of everyday life. Whatever the reason, Halstrom says, participants share "a desire to dial down everyday stress, regardless of its source. People have left this program saying it has literally changed their lives for the better."

Begun this fall, the eight-week stress-reduction series proved so popular that CSH is starting morning and evening sessions in late January and again in late March. Intensive weekends are planned for March and April. Free information sessions on the program are offered in the evening or at noon several times in January and February.

The Inner Life of Healers series aims to help health-care professionals from all walks of life better prepare for and continue their work. Daylong seminars and retreats in natural settings such as the Minnesota Landscape Arboretum address themes like life balance and self-care, resilience, and compassion.

CSH also offers learning opportunities for those away from campus, including a free online resource called Taking Charge of Your Health. Convenient, interactive, and fun, the learning module teaches participants to make wise health-care decisions for their overall wellness.

For more information on CSH programs, visit www.csh.umn.edu or call 612-624-9459.

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Fri., Sat., May 20, 21 — 8 p.m.***



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The China Connection

The University of Minnesota's new strategic plan is a work in progress, but the stated goal, as of early December, is to be one of the top three public research universities in the world. Many colleagues would agree with me that our competitors today include the University of Michigan, the University of California–Berkeley, UCLA, and the University of Wisconsin. My recent trip to China, however, leads me to predict that several Chinese universities soon will be contenders for these top honors.



Margaret Sughroe Carlson,
Ph.D. '83

I've traveled to China with U delegations in 1996, 2000, and 2004. To say that a sea change is under way in education in that country is an absolute understatement. China's minister of education, working with province governments, has designated nine higher education institutions as keys to China's future, and the government is channeling massive amounts of money into these and other institutions across the country. What's more, China is also

improving access to education. In 1990, 1.1 million freshmen were enrolled in Chinese universities. Today, 4.3 million freshmen are enrolled.

At Fudan University in Shanghai, university president Wang Shenghong showed us a scale model of two entirely new campuses that will be completed over the next five years. The design, investment, and scope were staggering. In Chengdu, we toured the recently opened, 20,000-student campus at Sichuan University, complete with new academic buildings, dorms, recreational fields, and miles of exquisite water features, malls, and plantings. Clearly, the Chinese understand that education is about mind, body, and spirit. Meanwhile, China's premier universities and government agencies are embracing educational partnerships with select American universities. And the Chinese have more suitors than they have opportunities for collaboration.

In Chengdu, our delegation crossed paths with University of Tennessee chancellor and Minnesota alumnus Loren Crabtree (B.A. '61, M.A. '65, Ph.D. '69), a scholar of Chinese history and American–East Asian relations. His institution was finalizing a 3+1 program in which Chinese undergraduates will study their first two years at Sichuan University, spend one year at Tennessee, and complete their degrees at Sichuan.

Our delegation forged a partnership with the Graduate University of the Chinese Academy of Sciences on this mission. And the U already has several ties to China, including the Carlson School of Management's Executive M.B.A. program at Lingnan College in Guangzhou and the Law School's L.L.M. degree in Beijing, where we have a partnership with China University of Political Science and Law and the Beijing Fazheng Group, a business and edu-

cation enterprise.

The University of Minnesota is fortunate to have an outstanding reputation in China. The U began admitting Chinese students in 1914, and we have more than 8,000 alumni in China. We currently have 1,200 Chinese students on campus and are one of only two U.S. universities, along with the University of Maryland, with a China Center. Many of our alumni are revered in China, including the late Pei-Sung Tang (B.A. '28, hon. Ph.D. '96) the father of plant physiology in China, and Hoff Lu (M.S. '39, Ph.D. '41), the father of nuclear energy in China.

And many up-and-comers in China are U alumni, including alumni association chapter presidents Simon Wong (B.A. '74, B.S. '75), group chairman and managing director of Kamperly Development in Hong Kong; Beihua "Jacky" Tang (M.A. '99), acclaimed performer and respected professor at the Shanghai Conservatory of Music; and Wenjie Fu (M.P.A. '02, L.L.M. '02), section chief of the General Office of the Standing Committee for the National People's Congress of China in Beijing.

At Fudan and Sichuan universities, President Bruininks addressed standing-room-only auditoriums of students. Their eyes lit up when Bruininks told them that we have more Chinese students studying at our institution than any other school in the United States. During the question-and-answer session, their queries focused primarily on access to graduate education in the United States: What would strengthen their applications? How can they navigate the visa process? (Since 9/11, the number of visas granted to foreign students has fallen dramatically, and at the University of Minnesota, applications by foreign students to master's and doctoral programs have decreased by 34 percent during the past two years.)

My hope is that our university will see China as a two-way super-highway for the exchange of students, faculty, and business and political leaders. To fully manifest the potential of strong educational ties to China, the University's new strategic plan must include an investment in and expansion of international relations.

And Governor Tim Pawlenty (B.A. '83, J.D. '86) and the Minnesota Legislature must grasp that investment in higher education is not only key to the future of Minnesota, it is key to being competitive in the world economy. While our elected officials are finding ways to rationalize less support for higher education, government and educational leaders halfway around the world see education as the key to a better tomorrow. The best way for the governor to truly understand the issues would be to lead a higher education mission to China and other Asian countries to learn firsthand what they are doing to promote and support education, as was recommended in the recent Citizens League report on the future of higher education in Minnesota.

If Europe was the educational pinnacle of the past, the United States holds that honor today. Who will be on top of the world at the end of the 21st century? That decision is being made today, in state capitols across the United States. ■

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A portrait of Professor Jane Kirtley, a woman with shoulder-length blonde hair, wearing a dark blue top and a pearl necklace. She is looking directly at the camera with a slight smile. Her hands are resting on a stack of books in front of her.

You Can't Trust the Government

Professor Jane Kirtley on why a free press is vital to democracy

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Cover photograph by Mark Luinenburg

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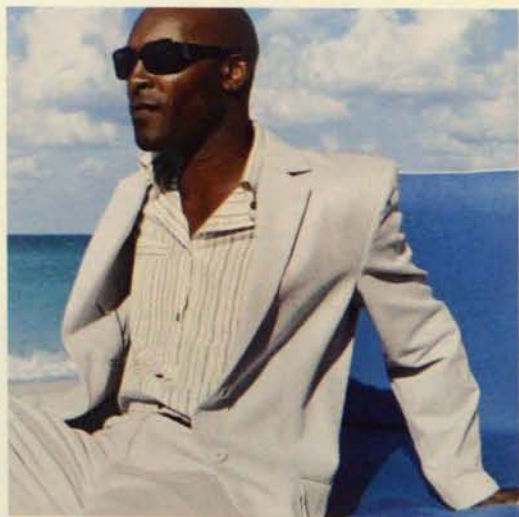
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Editor's Note

Weighty Matters

My first job was at a Red Barn restaurant. We served up fast food: deep-fried chicken, French fries, and fish fillets and, of course, Big Barney and Barn Buster burgers larded with special sauce. Business was brisk from the moment I shoved my book bag into a locker until I punched out and showered off the grease that had settled into my hair and every pore on my body.

One day, the owner must have experienced an epiphany—or recently visited his physician—because he changed the restaurant's name to The Main Grain, installed a salad bar, and put up a menu touting soy burgers, sprouts, and whole wheat bread. The restaurant quickly became quiet as a sleep lab. Workers from nearby businesses rushed in on their breaks, took one look at the menu, and followed their frowns out the door. Buses

carrying ravenous tourists pulled into the lot, idled for a moment under the sign, and accelerated to a McDonald's or Burger King. Gangs of students from the high school headed toward our doors and then veered over to the doughnut shop instead. The business closed soon after.



Shelly Fling

That was 1980, some 20 years after the first alarm bells about Americans beginning to tip the scales were sounded. In the early 1970s, a teacher at my school dusted off a record titled "Chicken Fat" that had been sent to every school in the United States a decade earlier as part of President John F. Kennedy's Youth Fitness Program. Kids were fatter than ever, we were told, and we had to get fit. While the teachers sat in metal folding chairs around the perimeter of the gymnasium, we students raced to keep up with the crackly song with instructions to alternately run in place and do

jumping jacks, sit-ups, push-ups, and pedal our legs in the air until we collapsed in sweaty heaps. Then we lined up for our hot lunches, which included seconds of all the butter-and-white-bread sandwiches we could eat. This regimen lasted a few days.

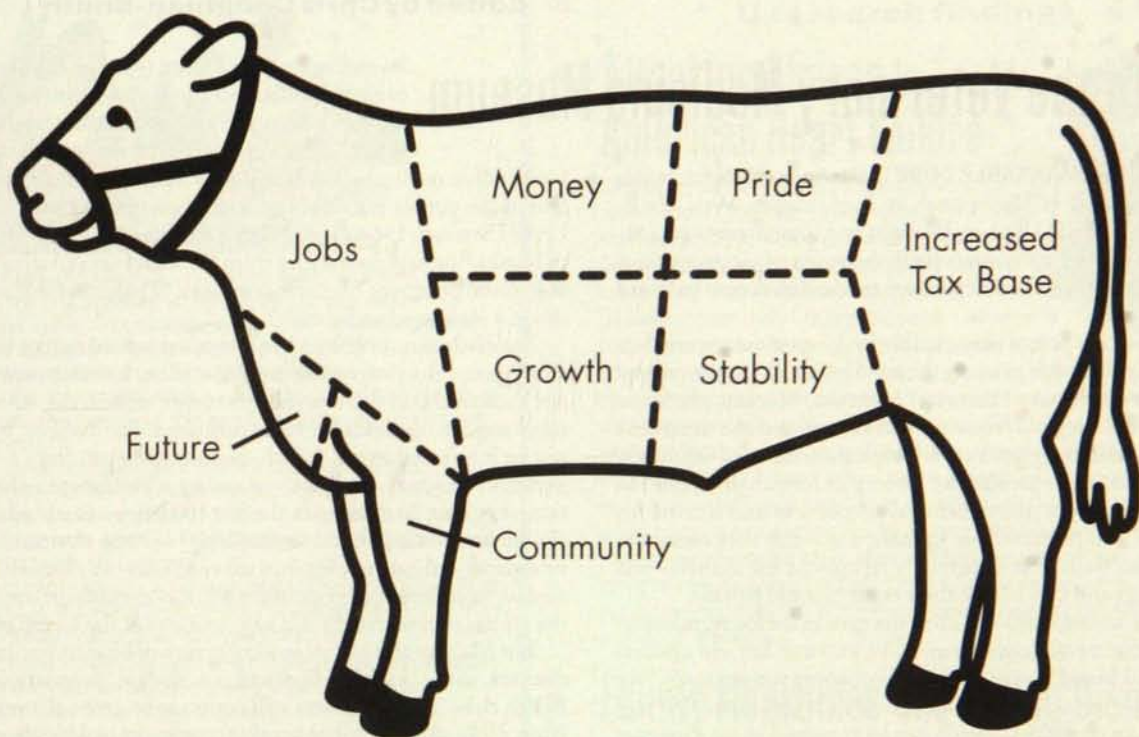
So here we are today—as a nation, fatter than ever. Nearly every day the media carry stories about obesity and chronic diseases, obesity surgery, the obesity epidemic. We saw it coming and we've done it to ourselves. But the causes of excessive weight gain and obesity and how to combat them—some of which are discussed in this issue beginning on page 26—are complex. Behavior and habits are factors. But so are socioeconomic circumstances. For example, junk food meals are cheaper and faster than healthful home-prepared meals, especially for people who work two jobs. Grocery stores are not conveniently located in or near many neighborhoods. And our lifestyles have changed in the past half-century. Physical activity is less a part of our daily routine than something we squeeze in when time allows.

I could go on and on. There is plenty of blame to go around for this troubling epidemic. But equally disturbing is the hostility and derision I've witnessed time and again toward people who are overweight or struggle with obesity.

In his monologues, David Letterman frequently ridicules a well-known actress for her, by now, well-known weight gain. . . . At a former place of employment, my boss strode into my office one day and handed me the résumé of a job candidate I was about to meet. "I just want to warn you," he whispered. "She's kind of fat." . . . And a couple years ago, I received a letter from a reader expressing outrage that we would glorify "morbidity obesity" by featuring a slightly overweight person on the cover of this magazine.

It saddens me that this treatment seems to be acceptable in every setting—just as racist remarks once generally were. Such contempt is an unnecessary burden to put on people who carry the load for our collective problem. But I hope the recognition that failings of individuals' will are not at the heart of obesity will yield compassion, as well as recognition that reversing this trend is up to all of us. ■

Shelly Fling can be reached at fling003@umn.edu.



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* Edited by Chris Coughlan-Smith

A Visit to the Veterinary Medicine Museum

OPENING AN UNREMARKABLE DOOR in the Animal Science building on the University of Minnesota's St. Paul campus, Walt Mackey (B.A. '49, D.V.M. '51) flips on the light and illuminates a recently bygone age. Glass display cases flank the room, their mysterious tools and bottles chronicling veterinary medicine's recent past and present.

The first item is a pair of very capable looking emasculators that, not surprisingly, resemble pruning shears. Moving clockwise around the Minnesota Veterinary Historical Museum, Mackey, professor emeritus in the College of Veterinary Medicine and the museum's curator and co-founder, gives a chronological narrative of veterinary medicine that sounds a lot like the history of human medicine. In fact, Mackey points out, many medical procedures and treatments were first tried and perfected on animals, a practice that continues today in medical labs. For example, a treatment for diabetes was available to dogs and cats before their owners could benefit.

Some of the instruments—such as the nose cone for administering ether and the metal fleam (shaped like a church key can opener) to remove “bad blood”—are obsolete, but some simple tools, like magnets, are still in use. Nails, wire, and other bits of metal that find their way into an animal's stomach can be removed using a magnet on a pole, leaving the patient no worse for wear. Such was not the case, however, when an elephant at St. Paul's Como Zoo ingested a grapefruit-sized rock in the 1970s. The museum displays both the rock and the x-ray from the post-mortem.

Atop a display case sits a blue corrosion cast, literally a cast of an animal's circulatory system created by injecting plastic into the arter-

ies and veins of a cadaver. (Acid or beetles eat away everything around the plastic, leaving a delicate sculpture accurately depicting the circulatory system.) Acting on a request from a professor in the

University's medical school for information on the circulatory system of the guinea pig, Mackey performed the first such cast in the United States in 1968. “Eventually I did hundreds of them, from rats to horses,” he says, extracting from his wallet several small, slightly dog-eared photos of his corrosion casts. “I patented the use of beetles in a skeleto-vascular cast.”

Established in 1985 by a handful of vet school faculty who wanted to record the progress of their discipline, focusing especially but not exclusively on the University's contributions, the museum certainly satisfies the desire for visual curiosities. For instance, who would not be impressed by a 7.5-inch-diameter hairball from a cow? But perhaps veterinary medicine's crowning achievement—the eradication of at least 20 diseases in the last 100 years—is recorded in simple binders labeled “bovine brucellosis” or “hog cholera.” Yellowed newspaper and journal clippings tell vivid tales of a disease's outbreak, spread, casualties and economic costs, and eventual defeat thanks to the efforts of researchers and veterinarians at the U and elsewhere.

But Mackey also points to a collection of binders for undefeated diseases, some of which, like mad cow disease, pose serious human health risks. Those binders will continue to grow, chronicling the latest news and treatment breakthroughs, until Mackey can move them into the “eradicated” section.

The Minnesota Veterinary Historical Museum is located in Room 143/145 of the Animal Science/Veterinary Medicine building at 1988 Fitch Ave. on the St. Paul campus and is open Wednesdays from noon to 3 p.m. or by appointment. For more information, call 612-625-7770.

—Sarah Barker

Walt Mackey, co-founder and curator of the Minnesota Veterinary Historical Museum, with hairballs from cows' stomachs.





Every April, faculty, staff, and students from around the University pull together to spruce up campus. Since Beautiful U Day was established in 1997, volunteers have planted 80,000 flowering bulbs, removed 800 tons of unwanted material from U buildings, painted the Washington Avenue Bridge, worked to protect neighboring wetlands, and improved the sense of pride and community on campus.

This year, the president's office has awarded grants of \$450 to \$3,000 to 17 University department and student groups to fund their 2005 Beautiful U Day projects, taking place on or near April 21 (departments receiving grants are matching them 100 percent).

The theme for the 2005 Beautiful U Day is "A River Runs through Us: A Celebration of the Mississippi." Some of the groups and projects that received grants are:

- Boynton Health Services and the Weisman Art Museum will commission a public artwork for the third floor lobby—the main public entrance—of the Boynton Health Services building.
- The College of Architecture and Landscape Architecture will host a symposium featuring talks by leading University figures and other experts in fields relating to the Mississippi River.
- The Department of Environmental Health and Safety will host a speaker on sustainability issues.
- The Department of Fisheries and Wildlife will plan and create a butterfly garden adjacent to Green Hall in St. Paul.
- The Department of Recreational Sports will irrigate the recreational sports fields adjacent to the St. Paul gym.
- The Aurora Center, which provides intervention and advocacy for victims of sexual assault, relationship violence, and stalking, in cooperation with the Child Care Center, will create an art project to raise awareness of domestic violence.
- The Environmental Studies Club will provide demonstrations of eco-friendly materials at sites on the East Bank and the St. Paul campus.
- The Environmental Studies Club will install and investigate the efficacy of rooftop gardens through a research project on the West Bank.
- MacLaurin Students, a Christian student group, in cooperation with Al-Madinah Cultural Center, an Islamic student group, will create a "friendship bench" on the East Bank.
- The U-YMCA will gather volunteers to clean up along the river.

Extra Credit for Incoming Freshmen

Minnesota has been recognized as offering high school students a number of ways to accumulate college credits before they start college. At the University of Minnesota, almost half of entering freshmen—52 percent in 2003 and 50 percent in 2004—have accumulated an average of almost nine credits prior to arriving.

Source: The University's Institutional Research and Reporting and the Office for Multicultural and Academic Affairs

U research findings

Attacking African American Heart Failure

University of Minnesota Medical School researchers Dr. Anne Taylor and Dr. Jay Cohn found that BiDil, a drug combining two heart failure medicines, nearly doubled the survival rates of African American heart failure patients. More than 1,000 patients at 170 sites were involved in the study, with 10.2 percent of a control group dying during the study period compared with 6.2 percent of patients receiving the new treatment. Those receiving BiDil also experienced significantly fewer hospitalizations and better quality of life. African Americans make up 11 percent of the U.S. population but 18 percent of heart failure cases. The drug used in the trial enhances nitric oxide, low levels of which are the suspected underlying cause of heart failure among African Americans. The study—which ended early, in June 2004, because of overwhelmingly positive results—was partially funded by the maker of BiDil. The results were published in the November 8 issue of the *New England Journal of Medicine*.



Family Mealtimes and Eating Disorders

The routine of sitting down to dinner as a family—making it an important, structured, and positive part of the day—may help steer adolescent girls from eating disorders. University of Minnesota researchers found that girls who ate regular family meals in such an environment were less likely to exhibit extreme weight control behaviors such as diet pill use, vomiting, and chronic dieting. The study of 4,746 Twin Cities adolescents found that modeling healthy eating habits and participating in structured family time were the most important aspects of family meals. In the study, girls who ate five family meals per week were at less than one-half the risk for extreme weight control practices as those who ate one or two family meals. An earlier study found that eating family meals correlated strongly to avoiding many types of negative health behaviors in young people, like smoking and alcohol use. The new research was published in the November issue of the *Journal of Adolescent Health*.

Slowing Down Acute Leukemia

A small clinical trial gives hope to people in the later stages of a deadly cancer called acute myelogenous leukemia (AML). University of Minnesota Cancer Center researchers used natural killer (NK) cells, a type of white blood cell, to suppress the disease temporarily. Patients then could undergo a bone marrow transplant, an effective long-term treatment. AML neutralizes a patient's NK cells. The U breakthrough came in using NK cells from close relatives to attack the disease. These cells were similar enough to be compatible with a patient's blood, but different enough that the disease could not quickly overwhelm them. The U team treated 19 critically ill patients who had failed all other treatments; five went into remission. Larger trials need to be done to conclusively prove the results. AML is the most common form of adult leukemia and is highly aggressive and difficult to treat. Nearly 12,000 cases were diagnosed in 2004, and nearly 8,800 people died from the disease that year. AML patients aged 65 and older have a five-year survival rate of only 4 percent. The study results were presented at the American Society of Hematology annual meeting in November.

Filling a Void

WHEN FACULTY AND STAFF retire from the University of Minnesota, it's not necessarily the end of their service to the U and the surrounding community. For more than 20 years, the University of Minnesota Retirees Association (UMRA) has matched volunteers with jobs that need doing, including ushering for University Theatre plays, tutoring at the Phyllis Wheatley Community Center in Minneapolis, and sitting on mock juries at the Law School.

"We do what the U asks us to do," says Madeline Renaud, a volunteer whose husband is a retired U professor. Renaud, who says volunteering is not about replacing paid employees, has ushered for plays and worked a blood drive.

Alexander Levitan, a retired oncologist and co-chair of the Volunteer Center, reports that the center has approximately 150 retirees who clock more than 2,000 hours a year volunteering. And according to volunteers and the groups that enlist their help, the service opportunities provide many benefits.

Ann Erickson, professor emerita in the Department of Design, Housing, and Apparel, was recruited to serve on the UMRA board, but says the best part of the gig is seeing former students and staff when she takes tickets at Rarig. "It's a great way to stay active and meet people," she says.

The School of Pharmacy also uses UMRA volunteers, to help train students who make home visits to the retirees to discuss health and medication. Both the students and the volunteers gain from the arrangement: Students connect with a real person, and retirees often are inspired to become more active in their own health care.

At the U's Raptor Center, volunteers do a range of work, from tending the lobby to exercising the raptors. "Retirees are often more conscientious about getting here than students!" says Vivian Neiger, volunteer coordinator of the Raptor Center. "They love the birds," Neiger says. "Sometimes they are widowed or lonely and sometimes having a place to go on a weekly basis is life-saving."



UMRA volunteer Barbara Brauer tutors Darryl at the Phyllis Wheatley Community Center in Minneapolis.

Alan Kagan, co-chair of the Volunteer Center and a retired professor of music, has participated in several U research studies, including a simulated driving test of perception and peripheral vision in relation to Alzheimer's disease. "Retirees are ideal subjects for research studies," he says. "We're critical subjects, but that's a good thing."

"The mind is like a muscle," says Levitan, who, along with his wife, Lucy, volunteers four nights a week. "It atrophies if you don't use it with regularity."

Noting the tremendous pool of resources in the University community, Levitan believes many voids in the community could be filled with volunteer service, for example, offering lectures in public health and etiquette in area schools. But the UMRA has not been able to keep up with the demand for volunteers, much less expand service to other community programs. So the UMRA has recently opened its volunteer ranks to alumni—retirees and younger. "A lot of people ask 'what has the U done lately?'" says Levitan. "We want to convey how active the University is in the community."

For more information about UMRA, visit www.umn.edu/umra or call 612-625-8016.

—Roxanne Sadovsky

Overheard on Campus

"Financially, it's an emergency. Biologically, it is essentially closing the barn doors after the horses have escaped."

—Janna Beckerman, plant pathology professor at the University, quoted in the *Pioneer Press* about the recent rise in Dutch elm disease in the Twin Cities that will require the costly removal of nearly 10,000 trees a year.

"The question, though, is to what extent the election will work to reduce the anger and rage that had led to the insurgency."

—Ragui Assaad, a professor at the University's Humphrey Institute and an expert on economic issues in the Middle East, quoted in the *Star Tribune* two days after the January 30 elections in Iraq, which he considered a success.

"We'll know we've reached equality when there are as many mediocre women in high positions as there are mediocre men in high positions."

—Envoy Communications founder and president Deborah Cundy during a Carlson School of Management roundtable discussion on women in business, as quoted in *Carlson School* magazine.

"You don't need to own a newspaper. You don't need to be a big name. You need insights and views that are shared by others. It's democratizing because the barriers to communication have fallen."

—Larry Jacobs, political science professor at the University, quoted in the *Pioneer Press* on the increasing popularity of blogs, or Web logs.



[FACULTY PROFILE] Barbara Taylor

"IT WAS ALWAYS INTERESTING when Barbara Taylor came to visit," recalls Mary Johnson, literacy coordinator at Franklin Elementary School in Mankato. "She could go into a classroom for a very short time and get a real sense of what was happening. Then she'd give me feedback about what was going well or changes we could be recommending to the teachers." Johnson says Taylor, an education professor and expert on effective ways to teach reading, wants to see teachers challenging students, involving them in meaningful reading and writing activities instead of busywork.

"Her big thing is for teachers to look at themselves rather than at their students," says Kris Dellavedova, literacy coordinator at Como Park Elementary School in Saint Paul. "[Taylor] gets them to reflect on themselves and make adjustments there to be more effective." For example, until they see themselves on videotape or time themselves with a stopwatch, some teachers may not realize that they habitually talk for 15 minutes of what is supposed to be a 20-minute block of reading time.

Reading is improving in Minnesota, as 81 percent of the state's eighth-graders passed the reading portion of the Basic Standards Test in 2004 compared with 53 percent in 1996. But a troubling gap remains between the achievement of students in poverty and students of color and that of their white, middle-class peers. "We can't just improve one teacher at a time," Taylor says. "We have to get better at doing it as a whole school. It's slow, and it's hard, and you have to stick with it, but if you do, you see changes become a part of the school fabric."

Among other things, 60-minute reading blocks have become part of the school fabric at Como Park, and Franklin has added more small group instruction. These and other changes resulting from Taylor's visits and recommendations have boosted reading scores significantly at both schools.

After earning her Ed.D. at Virginia Tech, Taylor joined the University's Department of Curriculum and Instruction in the College of Education and Human Development in 1978 and now holds the Guy Bond Chair in Reading. Like Bond, who helped build the U's reputation as a national leader in reading instruction, Taylor has worked tirelessly on behalf of struggling readers. Over the years, she has helped Minnesota schools secure millions of dollars in federal funding to improve reading instruction—first through the Reading Excellence Act grant and now through a Reading First grant.

Having done extensive research on the specific characteristics of teachers and schools that promote reading achievement, Taylor now hits the road once or twice a week to share her knowledge of what works—for example, study groups, small group instruction, or properly analyzing a school's student assessments—at the 29 Minnesota schools participating in Reading First. She does this in addition to teaching and serving as a principal investigator on a federally funded Reading Comprehension Study taking place in three states.

In October, Taylor helped establish the University's Center for Reading Research and serves as its co-director with Jim Ysseldyke, professor of educational psychology. The center's goal is to help even more teachers learn the best methods for teaching reading. To that end, the center offers professional development opportunities for teachers and awarded its first reading research grants to students and faculty in December.

It's not a nine-to-five job for Taylor, who, colleagues say, rarely stops thinking about ways to better teach reading. "I'm a product of the late '60s," Taylor explains. "I'm from the generation that believes you should do what you can to help make the world a better place, particularly for people not as well off."

—Amy Gennaro Barrett (M.A. '94)

Some teachers may not realize that they habitually talk for 15 minutes of what is supposed to be a 20-minute block of reading time.



Laramie castmembers, from left: Adri Mehra, Caitlin Berg, Jason Ballweber, Samantha Calburn, and Jane Froiland.

U Theatre Explores What Happened in Laramie

ON OCTOBER 6, 1998, a gay University of Wyoming student named Matthew Shepard was beaten, tied to a fence, and left for dead outside of Laramie, Wyoming. Eighteen hours later, a cyclist found Shepard, who never regained consciousness and died in a hospital five days later. Two Laramie residents, Russell Henderson and Aaron McKinney, were arrested, and suddenly Laramie was the hate-crime capital of America.

A month later, Moisés Kaufman and nine members of his Tectonic Theater Project traveled from New York City to Laramie to interview a cross-section of the town's residents. They wanted to learn why such a crime had happened in Laramie and what the townspeople were thinking and feeling about Shepard's death. The actors talked with store owners, university teachers and students, local ministers, and the leader of an anti-gay group.

They interviewed the bartender from the bar where Shepard was picked up the night he was beaten, the cyclist who found him, and the officer who was first on the scene. They also met with friends of McKinney and Henderson. Over the next year and a half, the actors returned to Laramie six times, conducting more than 200 interviews.

In 2000, Tectonic Theater's play about the actors' experiences, called *The Laramie Project*, opened in Denver, then moved to New York City and Laramie. In 2002, an HBO film version premiered on television. And this April, *The Laramie Project* will be staged by director Bonnie Schock and students from the Uni-

versity of Minnesota's theater program. "What's interesting about the way this play was written is that it doesn't take overt political sides,"

says Schock, an affiliate faculty member. "It's very unbiased."

"It represents the emotions of people who are scared, for whom homophobia is a real issue and who haven't come to terms with that; the opinions of people who were transformed by Shepard's death; and gay members of the Laramie community," she continues. "The play represents all of these people in ways that are fair and true. So to me, the play is about creating community dialogue around complex issues."

Several events in conjunction with the play's run, coordinated by B David Galt, director of GLBT programs at the University of Minnesota, aim to enhance that community dialogue. Judy Shepard, Matthew's mother, who directs the Matthew Shepard Foundation, is scheduled to speak. An educational advertising campaign about gay members of the University community that ran in the *Minnesota Daily* last year will be exhibited at the Rarig Center on the West Bank. And facilitated discussions following the play will revolve around issues of tolerance.

Because the play presents a variety of perspectives and voices as it examines the aftermath of Shepard's death, it will offer Rarig audiences the opportunity to "examine and consider their own levels of tolerance," Galt says. "If we look at the polarization we see in society right now, every chance we can create dialogue and communication gets us to a greater point of being more united rather than divided."

Schock hopes her unique staging of *The Laramie Project* will

help generate those conversations. The three-act play is non-linear, focusing on topics rather than following a timeline, and it's made up of moments rather than scenes. The play is also "very talky," Schock says, so she will "activate it by unearthing the underlying image or visual metaphor for each given moment and present that through the physical staging."

In the opening scene, for instance, members of the Laramie community describe their town and the spaciousness of Wyoming. "So we're looking at ways to literally put that distance between people," Schock explains. The first act also includes a scene in which the citizens of Laramie have just learned someone's been seriously hurt. "They find out his name is Shepard and there's this buzz: 'Is this our Matthew?' They're trying to find information and what I'm seeing in this moment is butterflies flocking to the flames," Schock continues.

"The people begin circling around a small TV. But when the actual media arrives and descends on them, they're exploited. They become represented across the country as Wyoming rednecks. When *The Laramie Project* was originally performed for them, it was a huge relief because it reflected what they really thought and experienced."

More than 125 students auditioned for the 10 roles in the play, Schock reports, which include the Laramie interviewees and the New York actors who interviewed them. She applauds the University's "leadership role in bringing this play into our community." But, she warns, the play confronts some hard issues. "The people interviewed were honest, sometimes in ways that are engaging and humorous, but other times in ways that are not easy to hear," she says. "But it's that kind of honesty that really opens up issues and makes people able to see what their own opinions are."

Now more than ever, she adds, "with the extraordinary backlash in civil and human rights," and with the continued lack of federal hate-crimes legislation that includes homosexuality as a recognized minority group, plays like *The Laramie*

They interviewed the bartender from the bar where Shepard was picked up the night he was beaten, the cyclist who found him, and the officer who was first on the scene.

Project are needed.

Shepard's brutal death "was so unexpected and so personally disturbing for everyone in Laramie," Schock says. "They had to ask the question, 'How did this happen here?' And that's one of the questions we want to ask: 'How is it in Minnesota today?'"

The University Theatre's *The Laramie Project* runs April 8-17 at the Rarig Center, 330 21st Ave. S., Minneapolis. Tickets are \$14 for the general public, \$10 for UMAA members and U faculty and staff, and \$8 for students. Call 612-624-2345 or visit www.cla.umn.edu/tbeatre.

—Camille LeFevre



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On January 25, Governor Tim Pawlenty (B.A. '83, J.D. '86) unveiled his biennial budget proposal for 2006–07, and University of Minnesota officials were generally pleased with the results. Although Pawlenty's plan does not cover the full request, the University received 84 percent of the dollars it asked for in a 50–50 partnership proposal with the state. The money would go toward biosciences, attracting and retaining talent, and supporting research. The total amount of new funding for the University in the governor's budget is \$113 million, \$7.5 million of which will be used toward a University-Mayo Clinic collaborative research partnership.

Although University President Bob Bruininks was pleased with the outcome, he stresses that there is still hard work to do. "Besides the legislature having to take up the governor's proposal, the University has its part to do in this agreement," he says. The University will need to reallocate approximately \$15 million from its existing budget in each year and institute a tuition increase of 5.5 percent. For updates on the University's legislative request, visit www.umn.edu/govrel.

Legislation for a Gopher campus football stadium (HF 263) was introduced in the Minnesota House of Representatives January 20. Its Senate companion (SF 237) was introduced January 13. The legislation calls for the University to fund 60 percent of the overall cost of the project and for the state to fund the remaining 40 percent. The project's estimated cost is \$235 million, and it would be completed by 2008.

"If the comments by the authors are any indication, we're encouraged by this broad, bipartisan support to bring Gopher football back to campus," Bruininks said. "We're confident that this legislation will be a catalyst for our fund-raising efforts." The University's portion of the funding will be raised through corporate sponsorships, private donations, student fees, parking, and other game-day revenues. For updates on the stadium project, visit www.umn.edu/stadium.

University students, staff, and faculty responded to relief efforts in nations hit by the December 26 tsunami. On the Twin Cities campus, the U of M Sri Lankan Student Association raised money to help rebuild houses in that country. Graduate students in the College of Education and Human Development raised funds for Save the Children's work in Southeast Asia. Two neuroscience graduate students, Joanna Abrams and Monica Metea, raised funds for MADRE, an international nonprofit organization to aid women and families hurt by the tsunami. The gay, lesbian, bisexual, transgender (GLBT) community collected donations for groups that help children, such as UNICEF, and for international and country-specific organizations that assist GLBT victims and their families. In January, the School of Music and the Sri Lanka Relief Fund sponsored two benefit concerts in Minneapolis.

The University has joined the Chicago Climate Exchange, a pilot program for reducing and trading greenhouse gas emissions in the United States, Canada, and Mexico. The University is the fourth educational institution and the largest public research university to join the program, which has more than 70 members from the public and private sectors.



One-Stop Career Shop

More than 500 people toured the new St. Paul Campus Career Center in McNeal Hall in February. The new center serves students in the College of Human Ecology, the College of Natural Resources, and the College of Agricultural, Food, and Environmental Sciences. Students may receive career planning, grad school preparation, and other services and employers will more easily connect with internship and job candidates.

Members with direct emissions have agreed to reduce their emissions of greenhouse gases such as carbon dioxide, methane, and nitrous oxide by 2006 to 4 percent below the average of their 1998–2001 baseline. Members that make further reductions can sell their credits to members for which a 4 percent reduction would be technically or economically difficult. The University's membership supports a Board of Regents policy adopted in July 2004 to promote and demonstrate sustainability and energy efficiency. For more on the exchange, visit www.chicagoclimatex.com.

The Twin Cities campus ranked among the top seven public research universities in the nation, according to the annual University of Florida study released in January. The U's place has slipped slightly overall. The campus improved on some of the nine measures in the study and fell in others, principally the number of faculty awards. The report is available at <http://thecenter.ufl.edu/researchb2004.pdf>.

Steven Crouch, professor of civil engineering, is the new dean of the Institute of Technology. Crouch has been a U faculty member since 1970 and holds the Bennett Chair in Mining Engineering and Rock Mechanics. He assumes the position held by H. Ted Davis, who returned to teaching in the Department of Chemical Engineering and Materials Science.

R. Timothy Mulcahy is the U's new vice president for research effective February 1. Mulcahy is a former professor of pharmacology and associate dean for biological sciences at the University of Wisconsin–Madison. He replaced interim vice president David Hamilton, who served for two years and will return to the Medical School faculty.

Pauline Oo is a writer in the Office of University Relations.

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Off the Shelf

Recommended Reading

U Reads is back for its third year. Here are 10 titles recommended by well-read University figures.

THE ARTIST'S REALITY: PHILOSOPHIES OF ART by Mark Rothko. Recommended by E. Thomas Sullivan, senior vice president for academic affairs and provost:

"Mark Rothko, the brilliant abstract painter, shares his eloquence on the history of art, the artist's place in the world, and art as function. His written work and his color field paintings demonstrate his world-renowned reputation as an artist and painter of ideas."

CHARLIE WILSON'S WAR: THE EXTRAORDINARY STORY OF THE LARGEST COVERT OPERATION IN HISTORY by George Crile. Recommended by J. Brian Atwood, dean of the Humphrey Institute of Public Affairs:

"This book tells the story of America's clandestine war against the Soviets in Afghanistan in the '70s and '80s. . . . I spent 30 years in Washington, many of them in government, but this book told me things I only suspected about the CIA and the secret committees of Congress."

THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME by Mark Haddon. Recommended by Nora Paul, director of the Institute for New Media Studies:

"I picked this one because of its unusual hero/narrator, Christopher, a teenager with a form of autism, and the sensitivity and insight with which the author lets him tell his story."

THE ECONOMIST'S TALE: A CONSULTANT ENCOUNTERS HUNGER AND THE WORLD BANK by Peter Griffiths. Recommended by Lakeesha Ransom, University regent and graduate student:

"A lightly fictionalized account of an economist's work in Sierra Leone. . . . This book can be appreciated on many levels: as a thrilling novel, as a courageous exposé, and as a parable of our times."

JOHN HENRY DAYS by Colson Whitehead. Recommended by Douglas Armata, director of the University of Minnesota Press:

"Whitehead's novel examines the peculiarly American willingness to work ourselves to death, from John Henry—the steel-driving man of folk song whose heart burst in trying to outperform a steam shovel—to the white-collar 'infosferfs' of the present day."

LIFE AT THE EXTREMES: THE SCIENCE OF SURVIVAL by Frances Ashcroft. Recommended by Serge Rudaz, professor of physics:

"One of those marvelous few examples of science writing at its best. Structured around the theme of human physiology in extremes of heat and cold, of high and low pressure, this book is also the story of the people who first tried to go higher, or deeper, or farther than any one else had gone before, and of how life adapts to the most adverse conditions."

RACE: HOW BLACKS AND WHITES THINK AND FEEL ABOUT THE AMERICAN OBSESSION by Studs Terkel. Recommended by Greg Hestness, University chief of police:

"The book is an extensive series of interviews, lightly narrated, with, for the most part,

diverse ordinary citizens. Among the messages I took away was the reminder that our common humanity truly connects us far more than race divides us."

TEN THOUSAND MILES WITHOUT A CLOUD by Sun Shuyun. Recommended by Dennis Ahlburg, senior associate dean and professor of the Carlson School of Management:

"The book weaves Sun Shuyun's personal story (growing up in the Cultural Revolution. . . . education in Beijing and Oxford) with the story of her journey to the holy places of Buddhism in China and India. The journey follows that of the monk Xuanzang undertaken thirteen and a half centuries ago."

THE UNCIVIL WAR: HOW A NEW ELITE IS DESTROYING OUR DEMOCRACY by David Lebedoff. Recommended by Barbara Muesing, assistant to the dean of College of Continuing Education:

"Lebedoff has been writing (really warning us) about the new elite for 25 years. This book places his ideas smack dab in the middle of today's political scene, providing a Minnesotan's perspective on current affairs."

UNLESS by Carol Shields. Recommended by Susan Hagstrum, University associate and wife of President Bob Bruininks:

"What I most appreciate about this book is the author's accurate portrayal of the challenges that a middle-aged woman feels in her many roles and as she faces what she is able to do and what she is not able to do in her life."

U Reads is a program of the College of Continuing Education. Visit www.cce.umn.edu/ureads.

MICHAEL DENNIS BROWNE



Bookmarks

CATALOGUE RAISONNÉ AS MEMOIR: A COMPOSER'S LIFE

By Dominick Argento
University of Minnesota Press, 2004

Dominick Argento, a retired University music professor and world-renowned composer, recounts his life in chapters based on separate compositions. The Pulitzer Prize- and Grammy Award-winning writer infuses each entry with reflections on that period in his life, the influences that went into the work, the compositional process, and the anticipation of each successive debut performance.

DEVELOPING POWER: HOW WOMEN TRANSFORMED INTERNATIONAL DEVELOPMENT

Edited by Arvonne Fraser (B.A. '48) and Irene Tinker
The Feminist Press at the City University of New York, 2004

Developing Power tells the stories of 27 courageous women who have shaped the debate over women's human rights while helping shape international development policy worldwide. Fraser, now a senior fellow at the U's Humphrey Institute of Public Affairs, and Tinker, a professor emerita at University of California-Berkeley, have gathered essays from women from 12 countries on five continents. Each tells of personal struggle and triumph and of the moment they realized they

could challenge the accepted wisdom of the day and speak up for those who had been voiceless.

GREED, RAGE, AND LOVE GONE WRONG: MURDER IN MINNESOTA

By Bruce Rubenstein (B.A. '68)
University of Minnesota Press, 2004

Bruce Rubenstein digs under the blanket of pure snow and Minnesota Nice to uncover the true stories of 10 infamous murders in the Land of 10,000 Lakes. With the skill of an investigative reporter who has written about crime for 25 years, Rubenstein uses court records, interviews, and his own instincts to vividly recount the facts and personalities around these cases.

THINGS I CAN'T TELL YOU

By Michael Dennis Browne
Carnegie Mellon University Press, 2005

University English Professor Michael Dennis Browne is the author of six collections of poetry, including the new *Things I Can't Tell You*. A two-time winner of the Minnesota Book Award for poetry, Browne's new collection spans personal laments, glorious natural scenes, and quiet reflections.

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Sometimes There Are Ripples

A return to China topples an American's naive notions.

His skull brown and shiny as a shoe just lacquered with polish, the peasant slumped along the street with a small white plastic bag hooked with his right hand and slung over his right shoulder. His blue clothing might have been new when I first visited China in 1980; now it seemed to be dissolving back into its constituent threads. This migrant from the countryside looked straight ahead, not even glancing aside as he passed the glamorous young woman dressed in a tight white pantsuit, styled like China's answer to Catherine Zeta-Jones. She did not waste a glance on him either—clearly, he had no spare *renminbi* for her in those threadbare pockets.

Waiting in a taxi for a traffic jam to clear, however, my eyes followed him down the street as he deliberately put one foot in front of the other, continuing to move ahead. That strength-sparing gait was familiar. In the Yellow Mountains years ago, I watched a pair of workers dressed in blue pajamas wrap slings around a huge block of stone, lift it with a stout carrying pole, and in rhythm, pendulum it up the mountainside to slide it into a stairway path.

They were together. Many years later, on the streets of Beijing, this peasant far from his fields was alone.

Togetherness was all I could see when I came to China 24 years before. Our comrades among the students in summer session at Anhui University differed greatly from the peasants in the countryside—they spoke English, most important to our group of 18 from the United States, and bent books, not their backs. And yet they all recognized the worth of each others' roles in building the New China.

To Americans, the dressing alike was a little strange—occasionally, a city girl would put a ribbon in her hair or a scarf around her neck, but they all dressed in what we called the blue Mao suit. (The Chinese have a different name for it, as it originated with Sun Yat-sun, an esteemed leader of a revolution prior to the Communist one, who wanted Chinese people to have a suit that was formal but absolutely not Western.) Still, it was rather refreshing not to have to worry about fashion; these folks' minds seemed to

be on higher things.

At 22, I had never been a part of anything larger than myself and I found what I saw in this New China thrilling. What my iconoclastic family would have called conformity and disdained, I embraced. There were problems, of course. Mao Zedong himself had said: "A revolution is not a dinner party, or writing an essay . . . it cannot be so refined, so leisurely and gentle. . . . A revolution is an insurrection, an act of violence by which one class overthrows another."

There I was, dropped into an ongoing revolution, one where Mao was only physically dead while his ideas lived. I shuddered hearing whispers about the excesses of the Red Guards, especially when our comrades talked of forced relocation, hunger, fear, and even one father committing suicide. Yet for someone who grew up immersed in TV-ville, it didn't seem real; these were stories, like on *The Twilight Zone*, flickering electric shadows from which I turned too quickly because I had found a place.

It was a place as an oddity. I'd always been in the same position to the wider society in America, but in China, for the first time I felt just fine about it. There was no question: I simply could never fully fit in. Yet I was intrigued. Having traveled several thousand miles with a mind to study the politics of this stalwart Communist state, I ended up diving into language study with the eagerness of a person diving into a pool of water after a walk in the desert.

I did thrash, though. With its four tones and unusual sounds,

By Allison Campbell Jensen | Illustration by Katelan Foisy

Chinese is not easy for a speaker of typically monotonal American English. The youngest member of our group, a gawky teenager, used to sit on the stairs for hours, speaking the words while drawing the tone in the air with her index finger. By chance, a couple of years ago I learned she's grown into a very fine scholar of the Chinese language.

One steamy morning in Hefei, our strictest instructor had had enough of my mushy-mouthed American pronunciation and decided to teach me to say *ren*. As the word for "person," it would be important in any language. Make it into *renmin*, as in the People's (*renmin*) Republic of China, where students at Anhui University stood in front of bulletin boards to read their *Renmin Ribao* ("People's Daily"), and paid for goods with precious *renminbi* (literally, "the people's money"), it was clearly elemental. The initial consonant sounds something like "r" and something like "j"—it's been transliterated both ways by English speakers—and one must place one's tongue up behind one's front teeth and pull down while voicing it.

Building frustration between Professor Zhang and me brought us face to face for some rather vehement voicing: "rjren," "rrrrren," "RJRen," "RRen," "RJRENN!" "RJEN!" Either he gave up or I finally got it right. I decided it was the latter.

Before I traveled to China in 2004, Jin Yaliang, a Chinese teacher from the University of Minnesota, helped me brush up on my very rusty Chinese and prepared me for the many economic and cultural changes that had taken place. I knew, of course, that Deng Xiaoping had pounded the equivalent of a Communist cross in Mao's corpse by announcing "to get rich is glorious." But I could not fathom the implications until I saw them for myself.

The Chinese people had stood up. They no longer gave the appearance of being one entity. Even though in Chengdu, the capital of Sichuan Province, a statue of Mao Zedong in the city's central traffic roundabout still blesses the citizenry, he is in some ways as distant from everyday life as Napoleon is in today's France.

The plethora of colors, styles, cars, street vendors, signs papering the windows of tiny storefronts made me see that this is no longer Mao's China; this is truly people's China.



With their freedoms, China's people go every which way—including on the street, where bicycles and Toyotas and Buicks and vans and buses move and merge and separate with the seeming chaos of a river delta. Sometimes there are ripples.

Car accidents happen and people fall into situations that would have been unimaginable in Mao's China. In a couple of places, I saw members of our group approached by begging children. "Don't bother him," I said in Chinese to a particularly persistent girl. "But I'm *hungry*," she whined. Heartbreaking in this new New China, where I am not sure the poor and overlooked have access to an iron rice bowl, an unbreakable safety net.

The biggest ripple I felt, however, was the loss of my naive notions—that the Chinese people could all be one. Now I had to recognize that my idealism masked my racism, the all-too-typical Western blindness to the variety of people in China. I was only 22 and, despite a few years in

college, still ignorant and a creature of my country, isolated from most of the world's population by deep oceans.

Now at 46, I perceived that money and the love of money rules China.

That can be good or bad. For a country wanting to become a world power, the people could do worse than follow Deng's proverb: "Black cat, white cat—it doesn't matter as long as it catches mice." For that peasant who has run out of options in the country and comes to the capitol desperately seeking work in the new New China, however, he may feel less like the cat and more like the mouse.

Allison Campbell Jensen studied in the University's print journalism master's degree program. She is publications manager in the Office of Communications at the Academic Health Center.

FIRST PERSON features personal essays written by alumni, faculty, students, or anyone with a University connection.

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Democracy at Stake

A conversation with University journalism professor Jane Kirtley, who questions authority, opposes government secrecy, suspects conventional wisdom, and champions the First Amendment.

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.
—THE FIRST AMENDMENT TO THE U.S. CONSTITUTION

Tim Rutten, a media reporter with the *Los Angeles Times*, says her work is driven by a belief in the importance of a free press as “a bedrock value of a free society.” *New York Times* reporter Adam Liptak praises her “authentic commitment to First Amendment values,” as well as her knowledge of media law. She is sought out weekly by the national media to comment on the day’s most urgent media and legal issues, such as reporters pressured to reveal sources in the leak of a C.I.A. agent’s name or on free expression in wartime.

She’s Jane Kirtley, professor in the University’s School of Journalism and Mass Communication and director of its Silha Center for the Study of Media Ethics and the Law. The author of “First Amendment Watch,” an influential column in the *American Journalism Review*, Kirtley has practiced law in New York and Washington, D.C., and reported for newspapers in Indiana and Tennessee. During the time she headed the Reporters Committee for Freedom of the Press, a nonprofit in Arlington, Virginia, that provides free legal assistance to journalists, she emerged as one of the nation’s leading advocates of freedom of the press and of the public’s right to know.

In the wake of 9/11, the lead-up to the war in Iraq, and now the *60 Minutes* scandal that led to the ouster of four top-level employees at CBS and the early retirement of anchor Dan Rather, questions about the role of the media in American society and the proper limits on government secrecy are more significant than at any time in recent memory. Kirtley recently met with a writer for *Minnesota* in her Murphy Hall office to discuss these and related issues.

By Rich Broderick • Photograph by Mark Luinenburg



Q: Most people can understand why journalists care about whether the press in the United States is able to operate freely, without prior restraint from the government, but why should ordinary Americans care about freedom of the press?

A: It's simple. Because our democracy is at stake. Without trying to sound too sanctimonious, some of my work in past 10 years has taken place in so-called emerging democracies in Eastern Europe and elsewhere. You don't have to sell those people on freedom of the press because they already know what its absence means. Because we have had it for 200 years, the public takes it for granted. People here don't recognize that, at its core, freedom of the press means the government can't tell us what to think or believe. A free press is essential to provide us with the information we need to shape our destinies.

Q: In your opinion, just how well is the American press performing that job now?

A: The functioning of the press is a cyclical thing. We go through periods of great capability and periods of embarrassment. I think we are coming back from the big shock wave of 9/11. That event dealt a blow to media credibility for a variety of reasons.

After 9/11, the press was to a great extent cowed into silence. It did a great job of covering the crisis, but not of the larger stories surrounding 9/11, specifically the Bush administration's exploitation of the 9/11 mentality to justify secrecy and stifle criticism. The White House and other political figures were suggesting not at all subtly that to criticize the government was to give aid and comfort to the enemy. All of that had a tremendous impact, from [then-National Security Adviser] Condoleezza Rice calling up TV executives and saying, "Do you really want to show those bin Laden tapes?" to the response to secret government proceedings in the jailing and deportation of aliens.

Journalists knew about this and didn't do anything. They dropped the ball. Journalists are not going to be popular but have to operate from principles and one of those is to hold government to account.

Q: So why did the self-styled freest press in the world allow itself to be cowed?

A: If we focus on broadcast and cable media for a second, one inescapable conclusion has to be that it is because they are regulated. The Janet Jackson incident reminds us of the power of the FCC [Federal Communications Commission] to go after broadcasters. Rice's calls to networks in the fall of 2001 about the first bin Laden tapes had a lot more effect with TV networks than newspapers. Though no direct threats were made by her, we can't get away from the fact that the FCC does have the power to grant or take away broadcast licenses. And as long as that threat is there, you are not going to have a totally free press.

As far as the print side of the media is concerned, a lot of the restraint was not from worries about government reaction but reader reaction. There was a strong perception that people were thinking that this country was in a state of war and under attack and any criticism of the government would be seen as unpatriotic. In the post-9/11 world, Americans were desperately looking for something to trust in and they didn't want anything to interfere with it.

Q: How do you assess various threats facing freedom of the press in the United States today?

A: Government secrecy is where I would start. Again, in my work in developing democracies like Poland, which had a strong underground press in Communist days, there was an explosion of papers after the downfall of Communism, most of which didn't survive in part because of economics but also in part because they were full of opinion pieces but little substantive information because there was no Freedom of Information Act or other guarantees of access to official information. People wanted substantive information but couldn't get it.

The Bush administration has brought secrecy to an art form. In general, Republican administrations have tended to be more secretive than Democratic administrations because their members have closer ties to the intelligence community. But 9/11 gave this White House a license to be secretive in ways that I think far exceeded their wildest dreams. In turn, I think this helped them pursue an agenda they already had in mind—not just in terms of secrecy about national security, but even for things like changing the rules about withholding presidential records [per executive order signed by President Bush in November 2001].

If you inherently trust the government—which I don't, and that means any government, no matter what party is in control—then maybe you are comfortable with these assertions of privilege and government secrecy. But I would assert, as did the founders, that you shouldn't, and you can't, trust the government.

The next big threat is the perception that for the press, the bottom line—and not the public's need to know—is the most important consideration. For this, we in the media have only ourselves to blame. I don't necessarily think that this perception is fair, but it *is* the perception many people have.

The irony here is that, in my opinion, a commercial press is the closest to a free press that you can have. The only press models that I know of in the world are state-owned or church-owned, media owned by political entities, or a commercial press. We do have hybrids here in United States—what we call public media—but if you scratch the surface you find ultimately that those involve government funding and control.

This perception, then, is a threat because it undermines credibility and support of the commercial press. Back in the last glory days of the media—in the years after Watergate—even supporters of Nixon felt the press was primarily interested in informing the public, not to make money or bring down government.

I also have to say that since I am a big supporter of commercial media, I used to think that for a news organization to be owned by a powerful conglomerate was not such a bad thing because it would provide the resources necessary to take on bad guys and not worry about whether they sue for libel. But that's not the way it has worked out, which makes me very sad.

Q: Can you comment on blogging in the mix of press coverage?

A: I think on the whole it is positive because new media are good things. Anything that gives more people an opportunity to have a voice, I support. The problem is it means anybody with a computer and a modem can participate—so its greatest strength is its greatest weakness. But blogs do represent democratization of media. At the same time, there is merit in trying to teach media

literacy, to train people to be able to pick and choose credible sources. The other danger posed by blogs or openly partisan news sites is that we are becoming much more self-selective of what we pay attention to. Instead of everybody watching CBS News, we're now surfing the Net and reading only things I want to read. That's the potential downside. We lose the big marketplace of ideas.

Q: Is there some relationship between the advent of 24/7 news coverage and the fact that Americans are not only less well-informed, but are actually inclined to believe things that are demonstrably untrue?

A: Just because news and information is available 24/7 doesn't mean people are tapping into it. What we see in the media, especially broadcast media, is an explosion of choices, some of them news, most not, and when faced with that choice Americans tend to choose entertainment. By the way, I don't think Americans are unique in that.

Statistics show that people in this country don't read newspapers the way they once did. In 2001, I led a course for American students in England called Press Freedom and the United Kingdom. One of the assignments was to read a daily newspaper—either one from London or from Glasgow. Some of the students were journalism majors, most were not, and most were not regular readers of daily newspapers back home. By the end of course they were hooked; they loved reading these papers. Most said they couldn't wait to get back to the U.S. and read their local daily newspaper. I thought, How disappointed you will be!

I sometimes wonder if the American news media has not made a mistake in elevating "objectivity" to some gold standard. In fact, ideals like "fair and accurate" or "balanced coverage," which I think should be the aim of news organizations, don't necessarily equate to what is meant by "objectivity." Our notion of objectivity can be really problematic when it means giving both sides of an issue equal voice without providing context or analysis. Such a practice gives a real advantage to liars over truth-tellers. I think we fail the public when we fail to give context.

Q: In the past couple of decades there have been a number of scandals that have

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Lee Kopp, B.S. '56
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important in life: "The first is to be kind, the second is to be kind, and the third is to be kind." You can show your kindness through the U of M Scholarship Drive, the goal of which is to increase the number of students we assist by 50 percent. And now you can double the impact of an endowment gift. Call 612-624-3333 or visit www.giving.umn.edu



The Promise of Tomorrow

eroded public confidence in the press—the most recent being *60 Minutes* and the possibly forged documents used in a report on George Bush's National Guard service. If the underlying truth of the story—regarding how the president came to join the Texas Air National Guard and whether he fulfilled his service—has been amply verified, though the authenticity of one document has been questioned, why would CBS come out and state that the entire story was inaccurate?

A: My own sense was that the question of the documents became so important because CBS made such a big deal about their authenticity in the first place. But the fact is they could have done a report that was substantively the same without those documents—and frequently do stories like that.

I'm hesitant to go down the road that the ends justify the means, that it doesn't matter how you got the story, it's the truth of the story that matters. However, as [fired *60 Minutes* producer] Mary Mapes said, journalists use photocopies all the time to do stories. So the claim that they needed original copies to do the story is false.

[CBS's September 2004 statement] does *not* say the story was inaccurate. What it says is, "Based on what we now know, CBS News cannot prove that the documents are authentic, which is the only acceptable journalistic standard to justify using them in the report. We should not have used them. That was a mistake, which we deeply regret."

Similarly, the Boccardi-Thornburgh report [on the process by which *60 Minutes* prepared the broadcast] does *not* say the documents are forgeries; rather, it says that they can't be proven to be genuine. That's not just semantics. It's an important distinction. In short, unless there's a statement out there I'm not familiar with, CBS has not said that the story is false.

The point is that CBS says that it failed to comply with a basic journalistic rule, which is to verify your sources, as well as the authenticity of documents you use, and provide your readers and viewers with as much information about both as possible, so that [they] can decide for [themselves] what the truth of the matter might be.

I think it is not surprising that there was so much attention paid to the documents themselves, because, as I said, CBS emphasized the documents themselves in its early stories. But . . . journalists simply can't report on government without relying on primary and secondary sources who have access to information that the public and press do not.

So, I would hope that the lesson of the CBS incident wouldn't be that reporters shouldn't look at and consider using documents like this as the basis for a story, but rather that they should be skeptical, question their sources closely, and do their best to corroborate information with on-the-record sources, especially if initial tips are received from sources who might appear to have an ax to grind. The old admonition for journalists is still a good one: "If your mother tells you she loves you, check it out."

I do think the media remain the most open and accountable institution in our society. Everything they do is published or broadcast for public consumption and is subject to review and criticism by competitors as well as the general public. When they make mistakes, they run corrections. I can't help but contrast this with Enron, for example, or even the federal government. Everybody criticizes the media, which is fine, but I think it is important to keep it in perspective.

Q: How is the CBS case similar to earlier instances of conscious journalistic fraud, such as those involving Jayson Blair at the New York Times, Jack Kelley at USA Today, and others?

A: What I find interesting about this is that it suggests the same kind of problems that occurred [at these publications] also occurred at CBS: an upper-level management that didn't press lower-level employees on sources or the agendas of sources. There were not mechanisms in place that allowed people in the newsrooms to come forward and speak up about problems—either they wouldn't be listened to or might even get into trouble. That seems to be a motif that occurred in all these scandals. This tells us something about a culture in these major media corporations that is not conducive to accuracy and truth.

Q: Is there a relationship between this phenomenon of brazen fakery and the relative affluence of journalists working for top newspapers or TV networks that is part of the problem?

A: I think it's great in an abstract way that we have a better educated group of journalists than 100 years ago. But the fact is that because we have better educated journalists making more money than many of the people they serve, there is a disconnect that didn't exist 100 years ago either. The old maxim about afflicting the comfortable and comforting the afflicted—well, journalists are pretty comfortable now. If you have reporters wondering how much money I can make, how much celebrity I can achieve, you are losing your core mission. I think a Jayson Blair or a Jack Kelley may be pathological [liars] and would be liars in any profession, but without the allure of money and fame and perhaps even celebrity that comes from appearing on TV, would they have been attracted to journalism? Probably not.

The biggest issue of media credibility is not whether a Jayson Blair or a Jack Kelley gets hired but how they get away with things for so long. This tells me there is a problem in management, whether it's a star system or because people move up into upper echelons of management without the kind of experience old-time journalists had. An advanced degree from Columbia might be a great thing, but I'm not sure it's the best qualification for a night editor at a daily newspaper.

Q: What do you try to impart to your journalism students?

A: I teach law, of course, so my focus is on the First Amendment and the common law protections that the courts have recognized. But beyond that: a sense of history—the history of the United States, and the history of civilization, and journalism's place in it. A recognition that the United States is unique in the world and that journalists operating here have greater freedom than their counterparts anywhere else (this is a freedom that must be used to keep the government accountable and the public informed). The necessity of thinking critically and being independent. Healthy disrespect for authority. A default position that questions the conventional wisdom—people for whom alarm bells go off when they are told "everyone says it is so."

And obviously, I guess, a reverence—even awe—for the First Amendment and for the founding fathers whose genius created it. ■

Rich Broderick is a St. Paul-based freelance writer.



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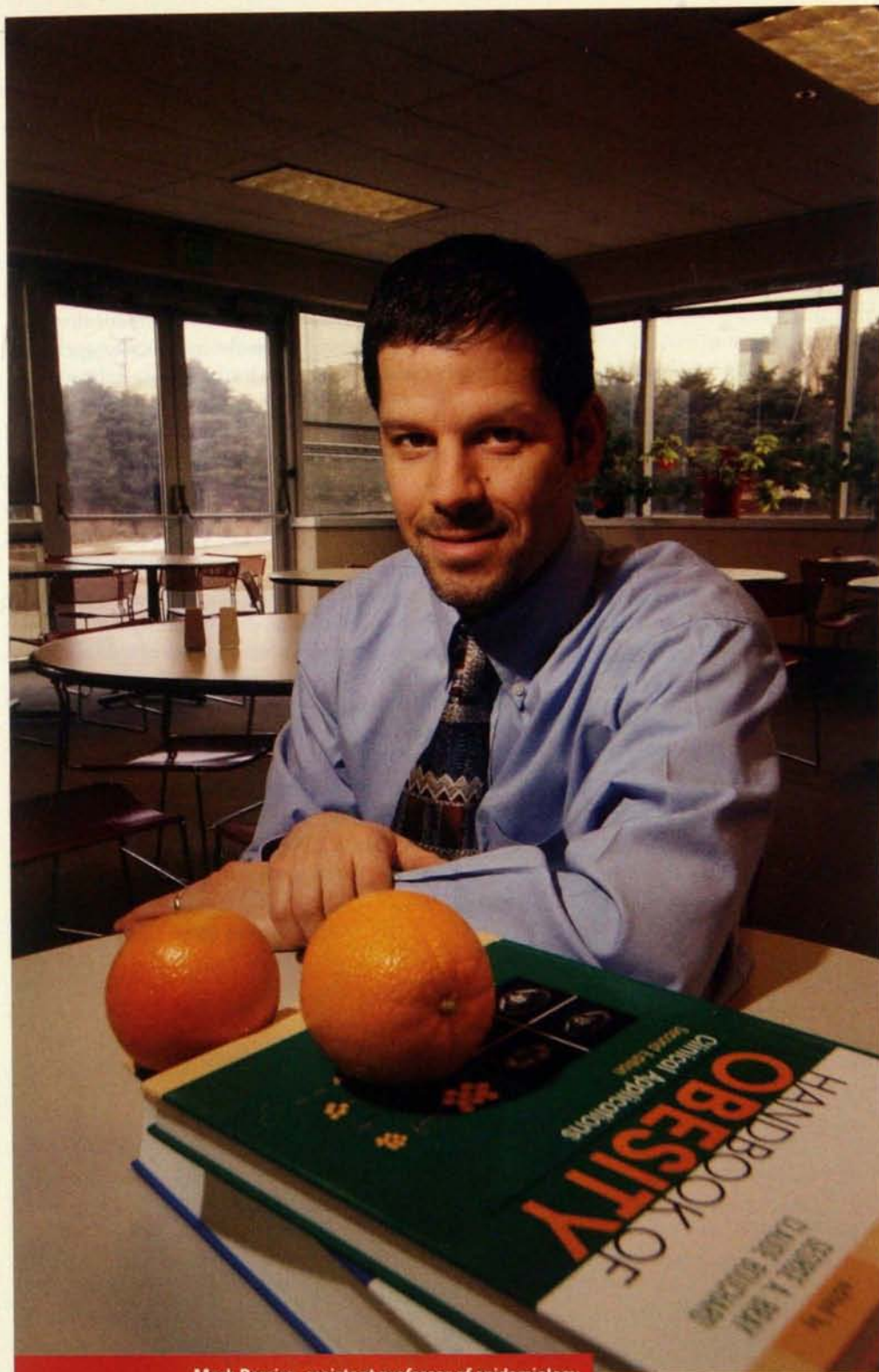


Americans are gaining weight and becoming obese at unprecedented rates. It is an epidemic whose causes involve everything from school lunches

to lack of exercise to economics and whose consequences include shortened life expectancy and even fatal diseases. But dozens of University researchers are working toward solutions to the obesity epidemic by getting at the root causes, intervening with individuals and systems, and curbing people's seemingly insatiable appetite for sugar and fat.

A Pound of Prevention

By Erin Peterson ■ Photographs by Mark Luinenburg



Mark Pereira, assistant professor of epidemiology

Bertrand Weber remembers the moment in 2003 when he realized his district's school lunch program needed to be overhauled. He had recently taken over as the director of Royal Cuisine, Hopkins' food service, and was visiting one of the junior high schools during a hamburger-and-fries lunch day. The alternative entrée was pizza, and dozens of students were choosing a pizza-and-fries lunch, a meal Weber didn't think had many redeeming nutritional characteristics.

His staff argued that it followed USDA guidelines: The crust was the grain, the cheese was the protein, and the fries were the vegetable. "That's it," he said. "This is baloney. We're going to follow USDA guidelines, but we're also going to follow *my* guidelines." Weber knew the dismal statistics about skyrocketing childhood obesity, and school lunches like these weren't helping matters.

Eighteen months later, Hopkins has a school lunch program that is admired around the state—and across the nation. Weber has decreased the amount of fatty, fried items on lunch menus, and schools offer sandwich bars, where students choose from a selection of healthful breads, meats, cheeses, and other toppings. At the elementary schools, kids may take as many servings of fresh fruits and vegetables as they want from a selection of about a dozen. At the high school, vending machines still dispense snacks, but instead of candy bars and chips, students choose among granola bars, dried fruit, and trail mix. Soda machines don't contain Coke or Pepsi, they offer vitamin water. And pizza days—offered in some school districts as often as three days a week—have been reduced to twice a month.

Perhaps more surprising than the dramatic changes are the way that students have embraced them. When Weber started, the high school sold about 700 school lunches per day. Today, that number ranges between 1,200 and 1,400.

Innovative leaders like Weber aren't easy to find in the world of

school lunches, so when C. Ford Runge, director of the Center for International Food and Agricultural Policy and professor of applied economics and law at the University of Minnesota, heard about the program on a radio show, he contacted Weber. Runge wanted to find out how Weber had made such remarkable changes, and with the help of grants from the McKnight Foundation and Cargill, he hopes to find ways to replicate Hopkins' success—and improve the eating habits of thousands of kids.

"The process is to monitor and evaluate the experience of the Hopkins schools and to compare their experience to other schools, like [city] and rural schools," says Runge. "The endpoint is to develop a blueprint for changing school feeding programs based on this analysis, which can then be offered to schools elsewhere and around country as a template, should they wish to undertake similar types of reforms."

Teaching kids how to eat well and make wise nutritional choices has the potential to be a significant step in the fight against obesity. For both kids and adults in America, it's one of the most important public health issues today.

Anyone who has picked up a newspaper or watched television in the past few months has probably heard many of the mind-boggling statistics: Two-thirds of American adults are overweight. Thirty percent are obese. And the number of obese adults has crept up by an average of about a percentage point each year since 1980.

(The terms *overweight* and *obese* are determined by a person's body mass index, or BMI, which can be calculated by dividing weight in pounds by height in inches squared, then multiplying the result by 703. If the result is higher than 25 and lower than 30, a person is overweight; 30 and higher is obese. A woman who is 5-foot-6 is considered overweight if she weighs 155 to 185 pounds and obese if she weighs 186 or more. For a BMI calculator, visit www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm.)

All that extra weight has a cost: an increased likelihood of high blood pressure, high cholesterol, type-2 diabetes, stroke, gout, and some types of cancer. It's a worrisome trend, and any number of get-rich-quick schemers have tried to profit off of people's weight concerns by selling pills, herbs, and exercise equipment of dubious merit.

University of Minnesota researchers, however, are studying obesity and obesity prevention to find real solutions. In 2004, the University established the Obesity Prevention Center to provide leadership for multidisciplinary research, policy, and education that focuses on understanding and responding to obesity. The center is part of the Healthy Foods, Healthy Lives initiative, one of eight interdisciplinary academic initiatives at the University.

By learning how individuals make food choices, how schools and other institutions can influence how people eat, and how societal changes make retaining a healthy size tougher than ever, researchers are asking questions and finding answers that may help everyone lead better lives.

EXERCISE AND OBESITY

Even avid athletes did a double take when the USDA recently released new guidelines recommending that adults exercise 60 minutes a day to prevent weight gain and 90 minutes a day to lose weight. For people who lead generally sedentary lives—and in the United States, that means well over half of the population—

the idea of working out an hour or more every day can seem particularly daunting.

Katie Schmitz, assistant professor of epidemiology, has spent years trying to determine if there might be a middle ground. While doctors can advise their overweight and obese patients to increase their aerobic activity, it's easier said than done. Schmitz challenges the assumption that aerobic activity is the best way for obese people to lose weight.

"It's really hard for heavy people to do high-intensity activity because it's relatively more difficult for them. It's like putting on a 40-pound backpack to work out," Schmitz says. "But what if we [asked them to do] resistance training first and made them stronger?" She conducted a pilot study on overweight women to see if twice-weekly strength training would have an effect on body composition—and if it would make them be more active overall. What Schmitz found was that the women stuck to the program and that the program did have an effect on body composition. With funding from the National Institutes of Health, she's currently working on a study with more than 160 women to see if the results can be replicated.

Epidemiology professor Mark Pereira is tackling exercise from a dietary angle. He's hypothesized that part of the reason working out may seem harder for some people has more to do with what they're eating than how fit they are. Pereira recently received a four-year grant from the American Heart Association to study how different ratios of carbohydrates, protein, and fat in a diet affect the perceived difficulty of a treadmill workout.

"The diets we'll feed [subjects] are designed to elicit very different effects on blood glucose, blood insulin, and the fats that are circulating in the blood," says Pereira. "Exercise may feel different. It might seem more difficult. If we find a link between diet and exercise tolerance, that may be

helpful as we're designing weight-loss programs. We recommend exercise when [people are] obese. But if we have knowledge about certain dietary patterns that makes exercise feel easier, it might be synergistic. It could make it easier for people to stay in a program."

Still, neither will be the magic bullet that many people crave. Robert Jeffery, a director of the Obesity Prevention Center and professor of epidemiology who has been studying obesity for decades, says that losing weight and staying thin require remarkable dedication. "Research on people who have been successful at losing weight and keeping it off has shown that they are pretty obsessive. They have to work really hard at it."

WHY DIETS FAIL

Pick a diet, any diet: If it's the latest craze—completely cutting out simple carbohydrates or sugar or an entire category of food—a dieter will probably have trouble sustaining it.

Part of the reason is that it's almost impossible to stick to weight-loss programs is that they so frequently make people miserable.

“most schools offer fruits and vegetables in the à la carte line, but they offer one or two selections and a hundred others that are chips and cookies,” says Simone French. **“If you increase the availability of healthful food choices, students will buy them.”**

"People have a hard time following [most diets]," says Pereira. "They get hungry, they report that they're tired and cold, and the food gets boring," he says. We'll crave what we're lacking and, eventually, break down and eat it.

On the flip side, eating foods that are high in sugar and fat—foods that contribute to obesity—trigger some of the same "reward" reactions in our brains that are triggered when we drink alcohol or take drugs. In other words, a doughnut someone eats makes him or her feel good in some of the same ways as a cocktail might.

For nearly three decades, Allen Levine (M.S. '73, Ph.D. '77), a professor in the department of food science and nutrition, has been studying neural pathways involved in feeding behavior. In one recent study funded by the National Institute of Drug Abuse and the Department of Veterans Affairs, Levine found that rats that drank a sucrose solution for just three weeks had major changes in the limbic area of the brain, a region that is associated with pleasure. The conclusions drawn from these studies have clear implications for humans as well.

"When people are exposed to a wide variety of palatable foods—salted nuts, chocolate cake, or M&Ms—they'll be stimulated to continue to eat those foods based on neurochemicals," Levine says. "Unless we have a means of stopping ourselves from eating those things, we'll become obese."

Drug companies such as Sanofi have heeded the results of studies like Levine's to try to develop products that affect the reward system in the brain. While the Sanofi drug is still awaiting FDA approval, it could potentially help people curb their hunger—and lose weight.

Still, Levine cautions against thinking that pills are a cure-all. "We eat for such a variety of reasons that we'd have to have a [different] drug for eating when we're stressed, or hungry, or bored," he says. "After all, when you eat that piece of Thanksgiving pie, you're not eating it because you're hungry."

STARTING AT THE BEGINNING

Runge's work with the Hopkins school district is only one of several University projects happening at local schools to help kids lead healthier lives. It's well documented that overweight kids are more likely to become overweight adults, so intervening early on to help kids develop healthy habits may be an effective way to help reduce obesity in the future.

Mary Story, a director of the Obesity Prevention Center and an epidemiology professor, has been involved in several projects at Minnesota schools designed to get kids thinking more consciously about choosing healthful foods and increasing physical activity.

For example, Story notes, African American girls are at high risk for gaining excess weight, so she developed an after-school program for them. Twice a week for two months, students met at several locations to learn about nutrition in fun ways and to play games that kept them physically active. More than 50 girls participated, and their parents joined them at a final session for a healthful dinner. "We don't want to put children on diets," says Story. "We want them to learn what's healthy."

Story has worked on a school-based program with third- to fifth-grade American Indians that sought to improve the food service offerings by increasing the number fruits and vegetables avail-



Allen Levine, professor of food science and nutrition



Simone French, professor of epidemiology



able at lunches. She also is working to increase the amount of physical activity for kindergartners at one school to an hour a day. "Data show that in the United States, children are only active about five minutes total in a physical education class," says Story. "Our goal was to redirect P.E. classes so kids are active more of the time."

One of the things that surprised her was the lack of knowledge—by both kids and their parents—about the caloric content of foods and how they related to physical activity. Knowing that a 20-ounce bottle of soda contained 250 calories seemed meaningless until putting it into context: It would take more than an hour of bicycling for a 100-pound child to burn off the calories in the beverage. Story says it points out the needs for further education in the area. "[We want kids] to learn the skills to make healthier choices at home and at restaurants," she says.

PENNYWISE, POUND FOOLISH

It's easy to think that eating habits are determined by individual choices alone, but the truth is more complicated. What people eat is influenced by everything from advertising to the amount of change in their pockets. This knowledge can be used to help individuals make healthier choices.

Simone French (Ph.D. '90), a director of the Obesity Prevention Center and epidemiology professor, recently did a study to see if changing the price of snacks in vending machines at local high schools could encourage students to buy healthier foods—switching from high-fat chips, say, to low-fat pretzels.

Though some might suggest that swapping snacks just allows people to choose the lesser of two evils, French believes it's a start. "The price reductions really did encourage high school students

to select the lower-fat snacks," she says. "The more you reduced the price, the more likely they would be to pick the targeted items. Even a reduction of a nickel or dime had an impact." What's more, evidence didn't seem to suggest that students bought two bags of pretzels to make up for the single bag of chips that cost more—simply that students were choosing to eat more healthfully based primarily on the cost of the food they were buying.

Sometimes it doesn't even take a price reduction to get kids to eat better. In a study funded by the Centers for Disease Control and the National Heart, Lung, and Blood Institute, French studied whether changes to cafeteria à la carte menus—the primary money-maker for many school lunch programs—could impel students to choose low-fat and healthful products. French found that just offering more healthful choices and fewer unhealthy ones was enough to get students to change their buying habits. "Most schools offer fruits and vegetables in the à la carte line, but they offer one or two selections and a hundred others that are chips and cookies," says French. "If you increase the availability of healthful food choices, students will buy more of them."

It may seem like a simple conclusion, but it's one that many schools haven't considered. Driven by a need to make profits on à la carte lines, food service directors often buy and offer the kinds of greasy, salty, and sugary foods that they know kids will buy.

The results from both studies may be applicable to more than just school cafeterias, but to anywhere meals and snacks are purchased, whether it's an office building or a hospital.

Surprisingly, while a few pennies may be enough to make people change what they buy from a vending machine, far more significant amounts of cash won't encourage them to meet their

weight goals. In a study Jeffery conducted a few years ago, subjects were offered up to \$1,000 a year to control their weight. Apparently, cash couldn't compete with the couch and cookies. "We saw no effect whatsoever [on weight control] compared to no incentive at all," he says.

On the other hand, being faced with the prospect of parting with some of their hard-earned cash is incentive enough to reevaluate their goals. When Jeffery asked study participants to sign a contract that had them handing over their own money and getting it back once they'd reached certain weight loss goals, the outlay turned out to have a small but positive effect.

AT THE TABLE

Many factors contribute to obesity and excessive weight gain, including biological, behavioral, and sociocultural issues. The University of Minnesota's new Obesity Prevention Center likewise has numerous strategies and partners as it targets this epidemic.

Studies and initiatives include intervention focusing on individuals, community groups, health-care delivery systems, the environment, public education, and public policy advocacy.

University schools, colleges, and units that are members of the center include:

- Academic Health Center
- School of Public Health
- Division of Epidemiology and Community Health
- Department of Medicine
- College of Human Ecology
- Department of Food Science and Nutrition
- College of Agricultural, Food and Environmental Sciences
- Department of Agronomy and Plant Genetics
- School of Kinesiology
- School of Nursing
- Department of Family Practice and Community Health
- Department of Pediatrics
- Department of Psychiatry
- Department of Psychology
- College of Liberal Arts

Health-care organizations in the community that are members of the center:

- Minnesota Department of Health
- MDH Health Promotion and Chronic Disease Division
- HealthPartners Research Foundation
- Park Nicollet Institute

For more information on the center, including helpful resources and information on becoming a potential research subject, visit www.obesityprevention.umn.edu.

SLOW BURN

For now, there is no easy solution that will solve the obesity problem—for individuals or for the nation. However, the studies and research conducted by University of Minnesota researchers are helping the public understand the roots of the problem as well as promising solutions.

The Obesity Prevention Center is bringing together some of the University's—and the world's—brightest minds to tackle the obesity epidemic from a variety of disciplines and viewpoints. Dozens of

projects are being funded and researched. "It's an exciting time for obesity prevention," says French. "I've been encouraged by all the attention to the issue, because this isn't something that's going away."

But, she says, "We don't need to wait until we've got this nice edifice of research published in all the journals, because that's going to be too late. We know what promising approaches are, so we need to get out there and take action now." ■

Erin Peterson is a Minneapolis-based freelance writer.

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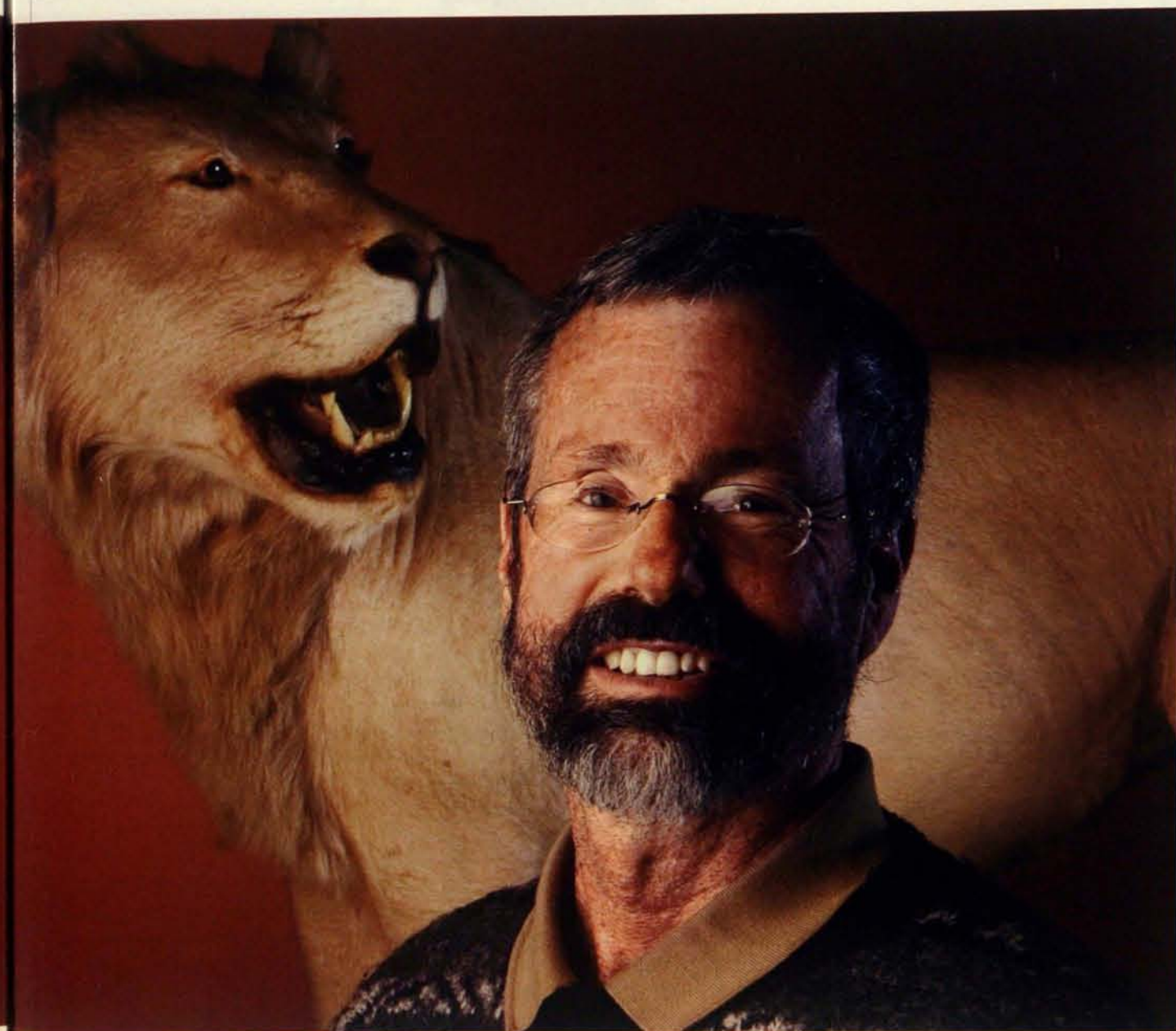
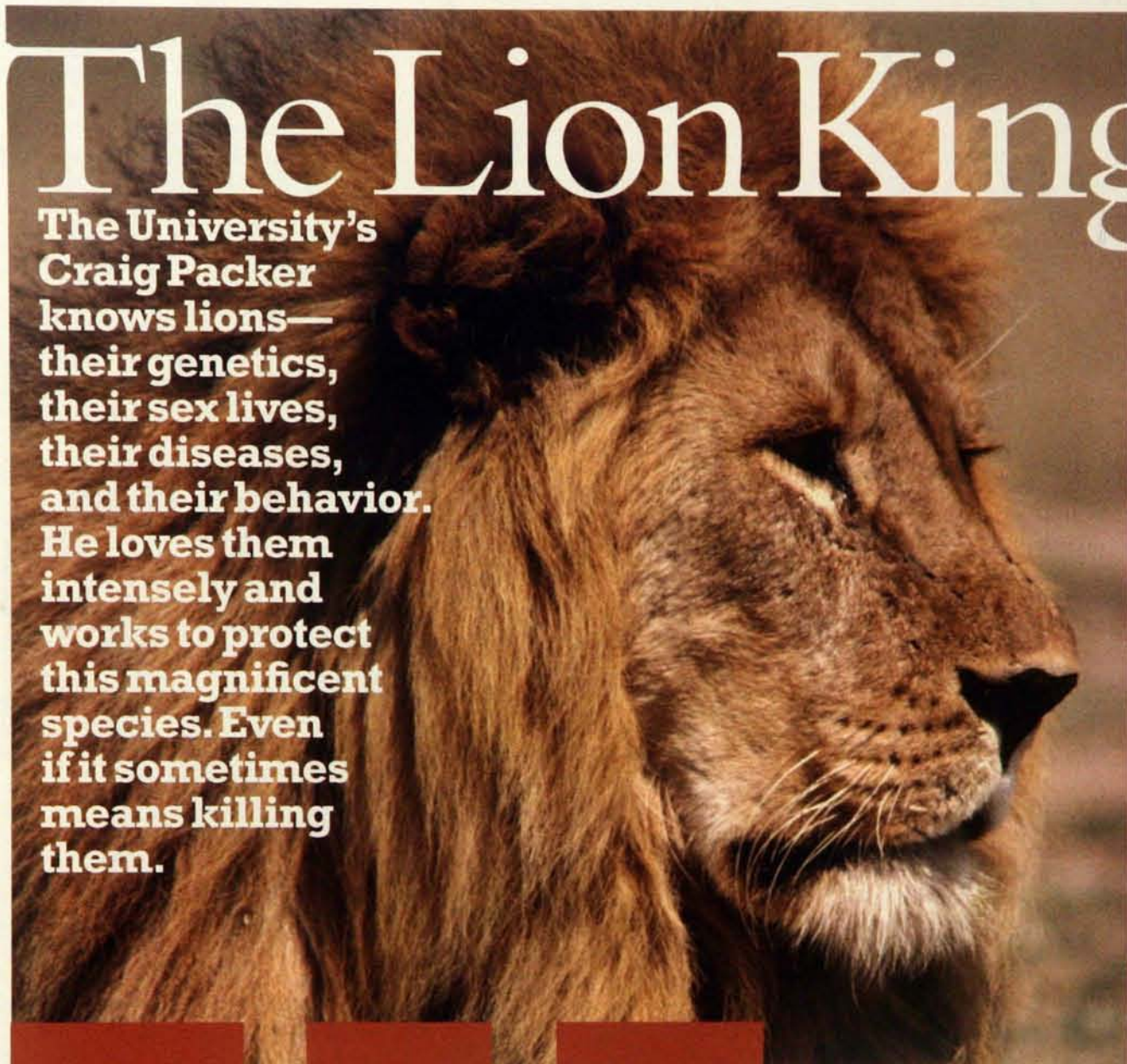
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The Lion King

The University's Craig Packer knows lions—their genetics, their sex lives, their diseases, and their behavior. He loves them intensely and works to protect this magnificent species. Even if it sometimes means killing them.



When University of Minnesota researcher Craig Packer and his graduate student Peyton West (Ph.D. '03) first spotted the four larger-than-life stuffed lions they had ordered, they roared with laughter. The dummies, created by a Dutch toy maker and crammed in the back of an airplane on the landing strip at Tanzania's Serengeti National Park, looked absurd.

But, Packer says, they had a lot riding on the project. So he and West carted two of the decoys into the nearby countryside, cranked up a tape of hyenas cackling and whooping at a kill, and waited. They didn't wait long. "It was amazing," recalls Packer, a Distinguished McKnight University Professor in the Department of Ecology, Evolution, and Behavior. "It worked. It worked really, really well."

Despite Packer's long list of accomplishments, the recent mane experiment was what caught the public's imagination. It began in 1996, with Packer and West exploring the mystery of the lion's mane. They first considered that the mane might protect a male lion in fights with other males. Yet their own observations suggested the neck wasn't often a target, or even especially vulnerable. So the researchers returned to Evolution 101 and considered whether

the mane was a product of sexual selection—a highly evolved babe magnet.

As the taped hyena calls ricocheted across the Serengeti, lions began to appear, drawn by the opportunity for a stolen meal. But then they spotted the two decoys. Within minutes, lionesses had snubbed blond-maned Fabio and snuggled up to dark-maned Julio. At the end of the day, Packer and West loaded Fabio aboard their truck but had to shoo lustful females away from Julio. After many encounters with lions of different prides (they couldn't fool the same lion twice) Packer and West concluded mane color was a signal of fitness, intimidating male rivals and luring breeding females.

Packer and West's findings were reported in *Science* in August 2002, *National Geographic*, and newspapers and television news stories around the world, as well as the subject of a recent exhibit at the University's James Ford Bell Museum of Natural History. In short, they found that for a male lion, there's no substitute

for a dark, luxuriant mane.

"The lion's mane is the reason why we find them so appealing," Packer says. "Asking why the lion has a mane is one of those basic questions, like why the zebra has stripes or why giraffes have long necks. So it isn't surprising that there is so much interest in the topic—especially since the research used such cool toys."

Packer has lived a double life between Africa, where he began work in 1972, and the University of Minnesota, where he joined the faculty in 1984. Since then, he has become one of the world's foremost authorities on lions. He has written dozens of scientific articles on their behavior, reproduction, ecology, and diseases, as well as *Into Africa*, a popular account of his work. He was admitted to the American Academy of Arts & Sciences in 2003.

Among the world's lion researchers, "I'd put him fairly solidly at number one," says Luke Hunter, a lion expert for the Wildlife Conservation Society based in New York.

By Greg Breining ■ Packer photograph by Dan Marshall



▲ Lion dummies made by a Dutch toy maker looked hilarious to researchers, but they fooled real lions.

Packer had stumbled into Africa. As a Stanford undergrad he majored in “a million different things,” with intentions of going to medical school. “I knew I wanted to do something vaguely scientific,” he says. Before graduating in 1972, he had the chance to study baboons at Jane Goodall’s field station in Tanzania’s Gombe National Park on the shore of Lake Tanganyika. “So I went over on a lark. I got over there and I just got hooked.”

He then went to the University of Sussex to complete his Ph.D. research on the Gombe baboons. After a study of Japanese macaques in Hakusan National Park, Packer returned to Tanzania in 1978 to head the Serengeti Lion Project.

There, much of his work involved darting and radio-collaring lions. “Everyone thinks it must be dangerous,” he says. “The only time I’ve felt endangered is when I’ve been reckless.” Once, he darted a female in estrus and stepped from his truck to collar her. “Her jealous lover was snarling at me, and he leapt at me. That’s when I realized how fast I could move,” Packer says. “I’ve been around lions probably more than anyone else ever, and I’ve handled hundreds of lions.” Except for that careless moment, “I’ve never felt endangered, not in the Serengeti.”

Not so outside national parks, however, where prey is scarce and lions more desperate. There, hungry lions often turn to livestock and even people. “About a hundred people a year are attacked by lions outside the national parks and about three-fourths of them are killed,” Packer says. “It’s hard to imagine that that would be going on in the 21st century.”

“People in the West tend to look at lions as these yellow huggy cats with big brown eyes,” Packer says. “And they are cute—when they’re not trying to attack you. Where people live [in rural Africa], they do. The lions break into people’s houses. They’ll pull old women out of their beds, drag them outside, and eat them. They attack nursing mothers. It’s horrifying,” he says. “So I think it’s really important for people to recognize that it’s pointless trying to impose our attitude toward wild animals and conservation on places where wild animals destroy that many people every year. Lions pose so much danger that it’s hard to imagine how they are going to be allowed to live outside the national parks anymore.”

For insight into the future of carnivores in an increasingly

crowded continent, Packer looks to South Africa, where national parks and game reserves are fenced to separate humans and animals. Where fences aren’t practical because of long-distance migrations, one solution might be to surround the parks with buffer zones where hunting is allowed to reduce conflict and pump money from trophy hunters into local economies.

“If we really want to protect these animals, we’re going to have to acknowledge that these animals are an enormous threat,” Packer says. “People should not be expected to bear the costs. It is not humane. It is not moral.”

Yet it is not lions—inside or outside national parks—that have most threatened Packer. It’s humans. In 1975, Packer and his first wife, Anne Pusey (a professor of ecology, evolution, and behavior at the University) both worked at Goodall’s Gombe research station. While Packer and Pusey were away on a brief vacation, 40 gunmen kidnapped the office administrator and three students. Within weeks, all were released, physically unharmed. But the experience had been terrifying, and the Tanzanian government ordered all foreign students and workers to leave Gombe for their safety. Even Goodall had to go. Only years later were foreigners allowed to return. (Pusey, also a Distinguished McKnight Professor, is now director of the Jane Goodall Institute’s Center for Primate Studies at the University.)

In 1999, Packer had a much closer call. He and his new wife, Susan, on her first trip to Africa, were staying with an old friend in Nairobi, Kenya. Two robbers broke in and held them hostage at gunpoint. They threatened to kill the hostess and one aimed a gun to Susan’s head. “In the end, none of us were hurt,” Packer says, “but it was just awful.” He no longer travels through Nairobi. Kenya, once thought to be an island of calm in a tumultuous continent, has turned from hopeful to desperate. Corruption is pervasive. Crime is rampant. Criminals are armed with weapons from Somali wars.

Fortunately, Tanzania is still relatively tranquil. And despite the presence of dangerous animals, the Serengeti is a place where Packer relaxes. “He’s just very funny out in the field,” says West, who studied under Packer from 1995 to 2002 and now lives in



▲ A lioness is drawn to a dark-maned dummy lion.

Washington, D.C. “He’s just more fun and crazy than you would expect.

“He is such a serious scientist and is so wary of anyone he thinks will become a bunny hugger,” she continues. “But then you get him into the field and he loves lions so much. He’s really intense. But it’s so great working with him because he’s so smart. But he’s not snobby smart—he has such a joy in what he does.”

Over the years, Packer has studied lions’ cooperative behavior and competition; their sex lives and menopause; and their genetics, diseases, and parasites. His students are studying, among other subjects, the killing of livestock and humans. Packer’s research takes him to national parks and reserves throughout Tanzania and South Africa.

Perhaps Packer’s greatest contribution has been his nearly 30-year stewardship of the Serengeti Lion Project. Field workers track about 250 individual lions to maintain demographic records dating to the 1960s. “That is an amazing contribution, to maintain data contribution over a long time,” Hunter says. “Craig has kind of driven this process . . . with a view that you need to collect the same data over a long term to know what is going on at the population level.”

The value lies not only in knowing lions, but also in saving them by understanding their habitat needs, social interactions, and mortality. Packer’s knowledge and research have allowed him to work with hunting groups to foster sustainable trophy hunting of lions. In Packer’s view, for example, if

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A Then-graduate student Peyton West and Craig Packer in the Serengeti.

killing is restricted to old males, hunting lions is entirely sustainable.

"Craig's main contribution has been in providing a fundamental understanding of the behavioral mechanisms that drive lion biology," says Rob Slotow, professor at the University of KwaZulu-Natal in Durban, South Africa, who has collaborated with Packer since 1997. "This has provided . . . a firm foundation for management of lion populations. The principles that Craig and his team have demonstrated have been applied widely in management of small lion populations in South Africa."

As satellite TV and other modern communications show remote villagers the security and prosperity of the outside world, tolerance of marauding animals is eroding, Packer says. "Literally in the last two to three years, rural people have said enough is enough."

Modern communication has also changed Packer's perception. He once felt a deep gulf separated his American life and African work. "In the past I often would have no idea what was going on till I actually showed up and talked to people because communications were so poor." Now, he communicates by e-mail, no matter his location. With eight graduate students in the field, Packer's own work has changed from field work to supervision. "Last time I went to Africa I was there for four weeks and didn't see a lion."

The Internet has also expanded his research horizons. "The Internet makes it so easy to learn new things. Science has

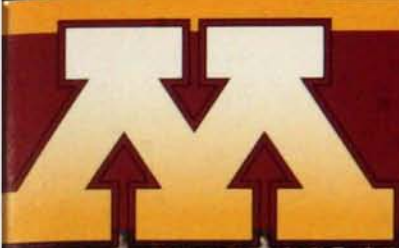
never been more exciting." Packer's own interest has shifted from lions themselves to the diseases that infect them. "I don't call myself a behavioral biologist anymore," he notes. "I'm much more interested in the ecology of infectious diseases." Reflecting this change in interests, Packer in fall 2004 became an adjunct professor in the University's Medical School.

With a \$1.5 million grant from the National Institutes of Health and National Science Foundation, Packer is tracing the pathways of three viruses among domestic dogs and Serengeti wildlife. "We're trying to understand how dangerous diseases circulate through natural systems," Packer says. "We're using the lions as a part of the larger puzzle." A 20-year record of lion blood samples helps to explain the spread of diseases among lions and other wildlife, domestic animals, and humans.

"By trying to find out how these things circulate we can look for the weak link," says Packer. For example, learning what stage of its cycle a disease is most effectively treated. One project Packer supervises vaccinates domestic dogs in villages surrounding the Serengeti to cut off the source of canine distemper that infects not only dogs but also wild lions.

"I'm much more excited about what I'm going to be doing in the next couple of years than the work I've been recognized for," Packer says. "Science has never been more exciting." At 54, Packer says, "I'm just getting started." ■

Greg Breining (B.A. '74) is a St. Paul-based freelance writer.



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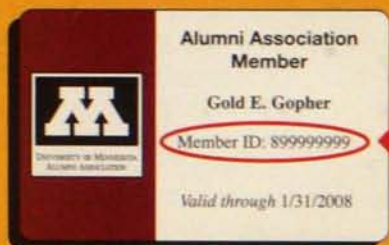
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THE EULOGIST

I WAS GOING TO SAY, when I was interrupted, that one of the many ways of classifying minds is under the headings "Ruled by Memory" and "Disdains Memory." Myself, I disdain memory.

"Preposterous!" you would say. "You, who can recite whole scenes of Shakespeare by heart. You, the walking encyclopedia!" No, I assure you, dear boy, I do not trust memory, never have; it is a fallible guide.

I was interrupted by a question: Had I completed my eulogy? No, I replied, sipping my tea slowly, unperturbed, though I did permit myself a slight pout to forestall further inquiry. Your mother and her sisters knew when they asked me to eulogize your grandmother Victoria that I will deliver finely crafted remarks utilizing a central metaphor based on one of the endearing traits or irritating habits of the departed, those often being one and the same, depending upon one's point of view. Such a metaphor facilitates a touch of kind humor along with tear-provoking pathos, quite beyond the verbal doilies typically arrayed by the mere sentimentalist. Given the patina of gentility with which your grandmother always disguised her willfulness, I am considering a metaphoric comparison with the late English queen, herself the fountainhead of a large clan and also a Victoria, who survived her mate by years. I know what they want, your aunts and your mother, the daughters of Victoria, but I cannot be rushed.

Where was I?

Oh yes. Memory is fickle and corruptible. Oh, we can find our way back to the grocery store, navigate to the freezer section, where we will find that lovely double-chocolate raspberry ice cream your grandmother adores—forgive me, did adore. (I was permitted by her nurse to bring a pint once a month and she was allowed to share a spoonful with me on our visits. I suspect the nurse indulged herself in a bite or two after I left.) We can commit passages of literature to memory with training and zeal, but these are rote things—names, places, multiplication tables—they carry no burden of feeling. Emotion blurs the edges of recall. Love, hate, anger, jealousy, each corrupts our memory banks. We "vague out," as a young person of my acquaintance recently chirped. I have always endeavored to row the boat of my life in calm waters, eschewing the memory-sapping rapids of strong feeling.

Forgive me, if my thesis gives offense. It is a tender time, "the sad day," as your aunts and mother murmur in unison. My condolences, of course, to you. You were the apple of your grandmother's eye; she saw in you a perpetual renewal of Bill's boyish élan, which she treasured even more after his death.

I saw Victoria last on Independence Day, merely three weeks ago. I had engaged a taxicab for the journey, as it was hot that day, nearly 100 degrees. I knew I dare not bring my little pint of ice cream; it would have puddled all over my trousers long before I arrived, so I made do with four yellow roses. Victoria expected a fuss, but small kerfuffles pleased her well enough.

When I arrived, your family was already present—by the dozens, as it always appears to me. I

BY CAROL ELLINGSON ≈ ILLUSTRATION BY GARY KELLEY



should not have expected a quiet tête-à-tête, but I was disappointed nonetheless. As I walked up the path, I heard children squealing on the trampoline, adolescent music blaring from the lake. Rounding the corner, I could see adults sprawled around the screen porch. It was far too wilting for strenuous exercise, but the first words I heard were: "Who's up for tennis?" You were standing there spinning a racket in your hands. I stopped, pretending something was stuck to the bottom of my cane, hoping to avoid the crowd a moment longer.

"Uncle Wells would've played you, but he had a heart attack," someone cackled—your Aunt Kate, I believe. "Maybe you should think about that!"

You looked my way, "But here's the very man to answer our questions. Woodrow! Come in, come in."

I have to take my time on your walkway these days. Wood chips may be a blessing for agile young legs pounding at a run from house to tennis court to beach, but they are treacherously unstable at my age. You kindly held the door for me. "A hat, Woodrow?! Aren't you roasting?"

"A gentleman is never without his hat," I said. The company laughed.

"A panama if you haven't a boater, right, Woodrow?" Foster declared. I nodded.

Your mother came out with a plate. "Woodrow, aren't you hot in that suit? Let me get you a pair of father's old shorts."

Heavens, what a thought! "My dear," I said, "I am much too small." Again, the company laughed.

"That's it, hold your ground," you crowed, taking my hat. "But you're just the man we need. We were having an argument. You can settle it." I tried to interject that arguments are endemic in your family, but you rushed on. "Could Grandpa Bill play tennis or not? Grandma said he was excellent, but her brothers always rolled their eyes."

I felt curious to know exactly what Victoria remembered. In a quiet, but firm tone, I stated that your grandfather cheated at tennis, he was notorious and no one would play him. Perhaps I should have moderated my opinion. The crowd stared.

"Well, sit down," someone said behind my back. "Tell us what you recall."

"First, I will pay my respects," I answered. "Where is Victoria?"

"In bed," your mother said. "I think Pauline's reading to her."

"Go on back," Kate motioned to the door. I must have hesitated.

"I'll take you," your mother said, extending her arm. "Let me put those in water."

As I entered Victoria's room, I could see she had taken a turn for the worse. One month earlier, she had greeted me with a bright "How do you do?" Now, she lay nearly immobile, staring at the ceiling, only the fingers of her left hand slowly caressing the little white poodle stretched along her flank. Her skirt, green of course, was pulled up and rolled around her knees—the heat, I expect—but the nurse had failed to adjust her undergarments properly and I had to look away. Shameless negligence; I wanted to berate someone.

Pauline, your young cousin, the one who's to marry soon, seemed out of sorts. She wasn't reading; she was telling Victoria about the party going on outside. "Grandma Torry, it's the Fourth of July. We'll have fireworks later. Remember the fireworks last

year?" Victoria would have hated the patronizing tone, but she neither moved nor responded.

I said, "Hello, my dear." Victoria's eyes shifted my direction for a moment, then blinked back to the ceiling.

"You have to speak louder," Pauline notified me, then shouted to Victoria, "Grandmother, it's your friend!"

"It's Woodrow," I said in my usual low tone, that she might recognize my voice. I moved closer to the bed and settled myself in the chair. Pauline left to get some lemonade.

Helpless for some useful activity, I perused the books on Victoria's nightstand, imagining I might read to her myself. The room was crowded with books from years of collecting and on the nightstand were the most precious of all: *The Lyrical Poems of Shelley*; three volumes from her favorite set of Dickens, half-bound in red leather with bright gilding on the spines; *Through the Looking Glass* and *Alice*, of course, in several editions; even a *Snark*; and Rupert Brooke. Nearly hidden between two larger volumes was a miniature book with a dull spine of unprepossessing aspect. I pulled it out. The cover was bare except for a small ornamental rosette centered on the front board. I opened it.

It all came flooding back. I must have exclaimed involuntarily. Victoria started on the bed.

The summer of 1921, this very house, Victoria was 17 and I, 13. She was the coddled baby sister in a houseful of college boys and I, the kid brother of their best friends. She, in her pale green summer frock, was the liveliest girl I had ever seen. Tiny, the center of all attention, she could have been an actress on the screen. The brothers fluttered around her. She chose me, though, to sit with her on the swing as the young men cavorted. We read poetry together and she tried to teach me bird calls.

It was there that my cousin Bill stomped onto the stage. I recalled, as I sat beside Victoria's bed, that he had been staying at my father's house and my brothers took him out to the country for a lark, expecting Victoria to cut him down to size. He was six-foot-three and towered over her with his enormous broad shoulders—and his presence. I don't know what else to call it: his overwhelming presence. Certainly, I thought, she will give this uncouth galoot the bum's rush, send him packing, back to Yale from whence he came.

But Victoria flushed, "He has the most beautiful manners." She spoke coquettishly, told him she was going to Vassar that fall. Get him on the tennis court, I prayed to myself, let the men knock off his edges. Her brother Wells obligingly challenged Bill to a game. Perhaps I encouraged him to do so. Perhaps, but memory fades.

Bill played tennis with fury. Victoria's brothers were aghast. He lunged and leaped and threw himself around the court, his long legs splaying. He had no finesse, only raw gargantuan power. And indeed he cheated. In your family this has been turned into a cute tale of romance, of brothers trying vainly to prevent the cosseted baby sister from becoming a woman. I was there. No such thing. Bill wielded a racket like a sword. If Victoria's forebears were genteel Episcopal clergy, as they were, Bill's had come pounding down from the Highlands, broadswords waving and blood on their kilts. For every backhand, Bill grabbed his tennis racket with both hands and whacked at the ball for all he was worth.

"Cheat!" Wells screamed the first time Bill did it, his face purple.

"Perfectly legal," Bill blustered.

"Check the rule book, sister," Watt ordered from the sidelines.

Victoria did. I assisted, certain that this was an infraction. "It says nothing about using both hands," Victoria reported, smiling at Bill.

"You look like a damn girl, man," Wells taunted.

"I won the point, didn't I?" Bill snorted. I was embarrassed for him.

"Thirty-love," Victoria cooed.

First Wells, then Watt, lost to Bill. They were beside themselves. They challenged him to doubles, dragooning me into the fracas. Even I could see that Bill was expected to lose with me as a partner, but Bill beat them, in truth single-handedly. I would have savored this rare sports victory, but I had watched Victoria throughout the match. I could tell, even at 13, who had won and who had lost.

During my last visit, on the Fourth of July, Victoria spoke only once. She answered no question. She expressed no desire. I doubt that she recalled anyone. But, as I stood to leave, you walked past her window, my panama on your head, swinging a tennis racket backhand like a field scythe. Victoria turned to the window. Her eyes lit up once again. In a perfectly clear voice, she said with longing, touching my arm, "Oh my! Is that boy going to play tennis? How delightful!"

I HAVE MEANT TO APOLOGIZE previously for my rudeness that day. I know it seems that I hurried away. I was chagrined that I had expressed myself too forcefully. I have some doubts, considering the matter today, whether your grandfather cheated at all or instead simply played to win, whether my memory plays tricks on me.

I do have a small request, which perhaps you would convey to your family. There is a book among Victoria's effects. It is entitled *The Loving Ballad of Lord Bateman* and it is inscribed on the inside front cover "From W.A., July 4, 1921." There was for years some controversy surrounding the authorship of this book. It is now settled from recently discovered letters that Thackeray wrote the poetry, Dickens contributed the mock scholarly commentary at the end, and Cruikshank added a few poems of his own later, after illustrating the book. In 1921 this was still unresolved. For a boy of 13, something about the mystery of the book seemed to imply more than could be articulated, something about its peculiar combination of romance and humor seemed to strike a proper tone of distance and awe and something about its smallness seemed to embody a humility appropriate for the giver. In hindsight, I wonder if more dash and less delicacy would have served me better.

If your family could bear to part with it, I would cherish it. ■

ABOUT THE CONTEST AND ITS WINNER

Carol Ellingson (B.A. '70, M.A. '73) earned her bachelor's and master's degrees in theater arts from the University of Minnesota. She earned her J.D. from Harvard Law School in 1979 and has practiced labor and employment law in St. Paul ever since, first at Oppenheimer Wolff & Donnelly and currently with Bend & Ellingson, P.A., with her husband, Richard Bend. They live in Afton, Minnesota.

Ellingson's law school thesis ("The Copyright Exception for Derivative Works and the Scope of Utilization") took first place at Harvard and placed third in a national competition. When she first took up creative writing, it was as a playwright. She earned her M.F.A. in creative writing from Hamline University in 2002 and took an interest in writing essays. She has had several published, including in *The Bark* (summer 2004) and *Fourth Genre* (spring 2005).

Ellingson began writing "The Eulogist," her first short story published, after the death of her husband's grandmother, who had been an avid book collector. Ellingson took up the task of cataloging the books, and among them was a set of the writings of Oliver Wendell Holmes, Sr.—the poet/doctor, not the jurist. Ellingson began reading his most famous work, *The Autocrat of the Breakfast-Table*, the opening line of which suggested a voice for the protagonist Woodrow.

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The Hits Keep Coming

Gopher first baseman Andy Hunter's obsession with batting has made him one of the nation's best college baseball players.

By Robyn Dochterman ■ Photograph by Anthony Brett Schreck

FROM THE TIME he was old enough to hold a stick, Andy Hunter has made connections. When he connects with a hockey puck, he propels it down the rink. When he connects with a golf ball, he becomes a zero-handicap golfer. When he connects with a baseball, the starting first baseman for the Gopher baseball team has a habit of lacing the orb into the outfield, delighting fans and impressing scouts. Soon, Hunter hopes to connect the dots of a baseball career that could launch him from the University of Minnesota's Siebert Field to professional ballparks. "I love to hit things," he explains. "I love trying to hit things harder and farther than everyone else."

To improve his hitting, Hunter, a junior from West St. Paul, Minnesota, works hard to ferret out inefficiencies in his baseball swing. He spends three hours at a crack with a personal hitting coach, analyzes digital tapes of his technique, and researches the art of hitting with the kind of passion that people can't help but notice.

"Andy is a student of the game," says head coach John Anderson. "He studies things. He's reflective. He doesn't leave any stones unturned. You can sit down and talk hitting with him and it'll be two hours before he takes a breath."

Hunter's cerebral path to better hitting might be a little unusual, but his stats are evidence of his success. As a red-shirt freshman, Hunter hit .344 with four home runs. Last season as a sophomore, the lefty raised his average to .366, connected for 79 hits, smacked a team-best 10 home runs, and led the Big Ten in RBI with 66. In December, Hunter was named third-team preseason all-American and was one of 58 players nationally to make the watch list for the college baseball player-of-the-year honor, the Brooks Wallace Award.

His achievements aren't limited to the diamond either. A finance major in the Carlson School of Management, Hunter's 3.7 GPA helped him secure second-team academic all-American honors in 2004. He'll graduate in June but hopes to wear a pro baseball uniform before pursuing a suit-and-tie career. "Having a chance to move on to the next level is something I've dreamed about forever," Hunter says.

As he dons maroon and gold for possibly his last season (he could enroll in graduate school at the U and play in 2006, although

he is likely to be drafted), Hunter would like to help the Gophers reach their team goals too: repeating as Big Ten champions and returning to the NCAA tournament for the sixth time in seven years. Minnesota has won the Big Ten regular season the last three years and iced the cake last year by taking the tournament title as well. Six Gophers, including Hunter, made the all-Big Ten team last year.

Minnesota was named by *Baseball America* as the Big Ten preseason favorite, but Michigan and Ohio State will be gunning for the Gophers. In fact, while Minnesota begins the season ranked 45th nationally in the *Baseball America* preseason poll, rival Michigan is just a heartbeat behind, at number 46.

One thing Hunter thinks will help—other than the elaborate way he superstitiously tapes the grip of his bat—is for him to become more patient at the plate. An aggressive hitter who has a tendency to swing on two-strike counts, Hunter says this season he wants to be more patient and put up more walks than strikeouts.

One thing he won't have to do is to learn a new position. A catcher since his sandlot days in sixth grade, Hunter was asked by Anderson in 2004 to leave his face mask at home in order to fill the gap at first base. So Hunter picked up his bag of Skittles and his Snickers bar—must-haves at home games—and moved them down the line to first.

"I took [the change] as a challenge," Hunter says. "It's different. Playing first is a game of positioning and reacting. It's fun. You get to be out there talking to everyone."

When Gopher first baseman Andy Hunter isn't hitting, he's talking about hitting, to anyone in earshot.



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Talking comes naturally to the gregarious Hunter. In fact, he's happy to talk about his communicative proclivity. As a catcher, he often engaged in lively discussions with plate umpires. When he moved to first, he continued to offer his opinion, prompting his coaches to rib him for always having to get in his little bit of advice. They nicknamed the 6-foot-3, 215-pounder "Lil' Bit."

Anderson was more than a little bit pleased with Hunter's play. "Our philosophy is that defense is critical to being successful and that first base is involved in the game in so many ways, like digging balls out of the dirt, relaying feeds, and communicating with the pitcher. There's a lot to that position. He exceeded our expectations defensively by miles. He filled that void completely."

The Gophers do have a few new voids to fill this season. They lost only one position player but will be without the fire-power of three starting pitchers, including Glen Perkins, who was drafted by the Minnesota Twins. Although their talent will be missed, Anderson is confident that others will fill their shoes.

"We do have quality arms in our program," he says of the nine pitchers on the roster. "We're deeper. We have more choices."

Sophomore reliever John Gaub of South St. Paul, Minnesota, is likely to be an easy choice for Anderson when he needs a reliever. The sophomore's fastball was named best in the conference by *Baseball America*. The publication also acknowledged the Gophers' defense as best in the conference, especially noting the play of senior David Hrnčirik of Madison, Wisconsin, at third base, junior Matt Fornasiero of Maple Grove, Minnesota, at shortstop, and Hunter at first.

Ask him about defense and Hunter will still find a way to talk hitting. When the aromas of grilled hot dogs and popcorn waft over the field, Hunter's dreams turn to making the perfect connection with a baseball, something he calls "flushing."

"In the end, to me, there is nothing better than 'flushing' a home run," he says. "Flushing is hitting a ball so pure that you don't even feel it!" ■

Robyn Dochterman is a freelance writer living in Scandia, Minnesota.



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SPORTS NOTEBOOK

Catching On

A YOUNG GOPHER SOFTBALL TEAM will rely heavily on all-star sophomore catcher Megan Higginbotham of Tallahassee, Florida. The team's leading hitter and run producer from 2004 will have the added challenge of catching for a relatively inexperienced pitching staff. Minnesota graduated its best pitcher ever last year in Piper Marten and has a handful of part-time starters and incoming freshmen to take her place. But with Higginbotham's help, co-head coach Lisa Bernstein is confident the Gophers can rise to the challenge.

"She's amazing behind the plate," Bernstein says of her catcher, who became just the third freshman in University history to earn first-team all-region honors. "The pitchers really respect her. She knows the game and how the flow of the game goes. She really will help keep them calm."

Minnesota's goal is to finish in the top half of the Big Ten and reach the conference tournament, where last year the eighth seed won the title and the automatic NCAA berth. "The conference is so close in parity," Bernstein says. "We've put together the toughest nonconference schedule we've ever had, so we have to keep from getting too up or too down early in the year and just keep learning."

Men's Track and Field

SENIOR TRAVIS BRANDSTATTER of Ladysmith, Wisconsin, returns after setting a school decathlon record in taking fourth at the 2004 NCAA Outdoor Track and Field Championships. His 7,736 points were enough to earn him a place among the world's 50 best decathletes in year-end rankings.

Brandstatter leads a balanced team that loses two national-class sprinters but returns four high jumpers who leap over seven feet, all-American discus thrower Karl Erickson, a senior from Zumbro Falls, Minnesota, and three other seniors who bettered school records in 2004: Robb Merritt of Hopkins,

Minnesota (60-meter dash and 4x400 relay); Trent Riter of Shoreview, Minnesota (800 meters); and Andrew Carlson, of Fargo, North Dakota (5,000 meters).



Travis Brandstatter

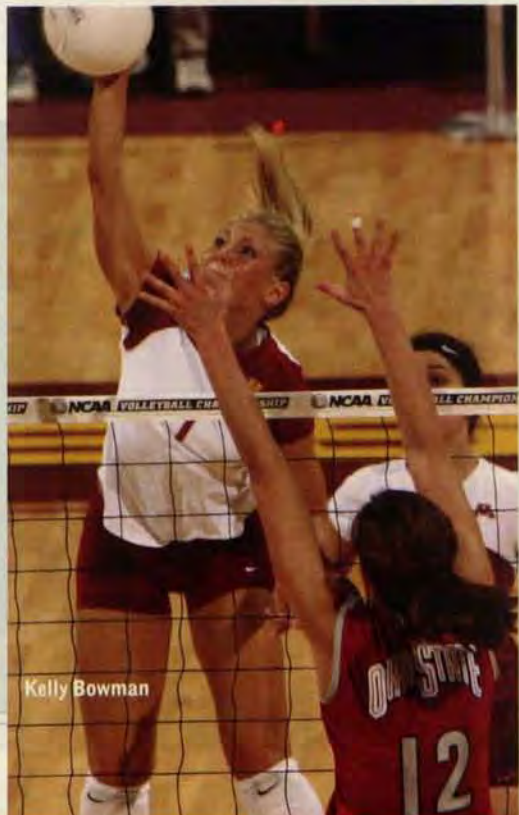
A Spike for Volleyball

A reconfigured lineup with an unconventional two-setter offense and an emphasis on defense propelled Minnesota's volleyball team one step further than last year's record-breaking season.

The Gophers followed up their first-ever Final Four appearance by recording a runner-up NCAA finish in 2004. Minnesota ended the year 33-5, a team record for wins since NCAA play began in 1982, and 17-3 in the Big Ten, equaling their best conference record. Minnesota had three all-Americans, including two first-teamers who will return in 2005. Paula Gentil, a libero (defensive specialist) from Fortaleza Ceara, Brazil, will be a senior, and setter Kelly Bowman of Maple Grove, Minnesota, will be a junior. It was Bowman who benefited most from the two-setter offense installed by head coach Mike Hebert. A backup to graduating senior Lindsay Taatjes of Prinzburg, Minnesota, Bowman found herself in the starting lineup alongside Taatjes and took advantage, mixing kills and assists in such a way that opposing teams could never focus their defense.



Megan Higginbotham



Kelly Bowman



Rowing

While the Gopher rowing team uses the beautiful but unpredictable Mississippi River for training, its lone home meet of the spring takes place on St. Paul's Lake Phalen. Minnesota hosts UCLA and Southern Methodist on April 23 as the final tune-up for the Big Ten Championships on April 30 in Bloomington, Indiana. Now in its fifth year, Minnesota's team is hoping to make its first appearance at the NCAA races, set for May 27-29 in Sacramento, California.

Women's Track and Field

THE GOPHER WOMEN'S track and field team is on its way up, looking to finish in the top half of the Big Ten in 2005 and then climb back among the top three teams in 2006, according to head coach Gary Wilson. A team still dominated by sophomores will "get more solid and strong in the next few years," Wilson says. "This will be as good as the groups we had in the late '90s and early 2000s when we were second or third every year."

Associate head coach Matt Bingle says the hallmark of this year's team is balance, with "two or three pretty darn good student athletes in every event. We're slowly filling the gaps and becoming more complete." No one personifies the nature of the team more than sophomore Jacenta Spandl of Moorhead, Minnesota, last year's team MVP and Big Ten runner-up in the seven-event heptathlon who also competed in the high jump and javelin throw at the conference meet.



Jacenta Spandl

Women's Golf

Junior Sarah Butler of Roseau, Minnesota, is emerging as a leader on the Gopher women's golf team, having been the team's top player in three tournaments last spring and another in fall. Minnesota has only one senior on this year's roster, Terra Petsinger of Arvilla, North Dakota, who led the Gophers in three of their four fall tournaments. Despite their youth, Minnesota looks to have a chance to move up from 2004's last-place Big Ten finish, as they tied for seventh among the 11 Big Ten teams in a fall tournament.

Men's Golf

"**ONE SHOT** in golf means a lot," says Gopher men's golf coach Brad James, reflecting on Minnesota's last two spring seasons. After winning the NCAA title in 2002, the Gophers returned to the national tournament with high expectations, only to miss the cut for the final two rounds by a single stroke. And in 2004, Minnesota missed advancing out of the NCAA regional tournament by one shot. "You look at the 1,200 shots [four rounds by five players] in a tournament and you know there has to be one shot in there that could have made the difference."

But James should not have to worry about single strokes this year. He has seven golfers who look to compete for the five spots in the championship tournaments. It's a young group—two freshmen, two sophomores (including all-American Bronson La'Cassie of Brisbane, Australia), two juniors including a transfer student, and just one senior, Ben Greve of Annandale, Minnesota. But it's a team with plenty of experience playing in large amateur tournaments.

Minnesota won its most prestigious tournament of the fall, the Big Ten/Pac 10 Challenge, topping six teams ranked ahead of them in one preseason poll.



Sarah Butler

Ben Greve



Football Ends on a High Note

The football Gophers stopped a late-season slide with a 20-16 win over Alabama in the Music City Bowl on December 31. It was Minnesota's third straight bowl win, helping the Gophers end their season at 7-5. Although much of the team will return in 2005, Music City Bowl Most Valuable Player Marion Barber III, a running back, declared in January that he would leave school a year early to enter the 2005 National Football League draft.

Quotebook

"I told them, 'A lot of people are going to talk about the NCAA tournament to you guys. Don't get wrapped up in that because those are the same people that said we weren't going to win a game all year.'"

—Gopher men's basketball coach Dan Monson after his team defeated 17th-ranked Wisconsin on February 5 to run their record to 16-6 overall, 6-3 in the Big Ten. Minnesota then was tied for third place in the league, after most preseason polls picked them to finish anywhere from eighth to 11th.

Retirement Party

Lindsay Whalen's jersey number 13 was retired on January 2, and in honor of the occasion the school's all-time leading scorer, three-time all-American, and player who led Minnesota to three consecutive NCAA Tournament appearances and its first Final Four berth contributed a top-10 list of her greatest memories—of tournaments, victories, and on-court moments—for the game program. But her number-one memory was about people: "my friends, family, coaches, teammates, fans, classmates, teachers, and administrators that made a difference in all of our lives. I am truly blessed and thankful for all of the opportunities that I have had here at Minnesota and I will cherish them forever. So many people have thanked me for many great memories, but I also want to say thank you to everyone."

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Sept. 10	TBA
Sept. 17	COLORADO STATE
Sept. 24	PURDUE (Homecoming)
Oct. 1	at Penn State
Oct. 8	at Michigan
Oct. 15	WISCONSIN
Oct. 29	OHIO STATE
Nov. 5	at Indiana
Nov. 12	MICHIGAN STATE
Nov. 19	at Iowa



Bryan Cupito



Laurence Maroney



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▶ Legislative Update

U advocates gear up for the last half of the session



Alumni and friends of the University gathered in the McNamara Alumni Center for the annual Legislative Briefing. *Star Tribune* editorial writer Lori Sturdevant—who has edited several books by the late Elmer L. Andersen (B.A. '31, hon. Ph.D. '82), former Minnesota governor and champion of public education—was the keynote speaker. University president Bob Bruininks and UMAA national president Andrea Hjelm (B.S. '65), seated, spoke about the U's capital request and how attendees could advocate for the University.

in January recommended a \$113 million increase in funding for the two-year funding cycle beginning in 2006. The University has vowed to match the state appropriation increase through internal cuts and modest tuition increases.

"Governor Pawlenty has done a great service to all Minnesotans by recommending a substantial funding increase for the University of Minnesota," University President Bob Bruininks said shortly after Pawlenty's recommendations were announced. The proposal is 84 percent of the increase the University asked for and will go toward shoring up biosciences, research support, and recruiting and retaining talented faculty, staff, and students. "Minnesota is in an enviable position of having one of the top research univer-

ADVOCACY WORKS. In late fall, thousands of volunteers with the University of Minnesota Legislative Network began contacting Governor Tim Pawlenty (B.A. '83, J.D. '86), urging him to be kinder to the University and to recognize its enormous economic and social importance to the state. Just a year after slashing the U's permanent budget by \$185 million per biennium, Pawlenty

▶ Aaron Brown Anchors Annual Celebration



CNN anchor Aaron Brown is the keynote speaker at the 2005 Annual Celebration May 10.

CNN ANCHOR AARON BROWN will discuss pressing topics in the news business at "U's Night with Aaron Brown," the University of Minnesota Alumni Association 2005 Annual Celebration. The Tuesday, May 10, event begins with a reception inside Coffman Union at 5:30 p.m. with dinner at 6:30. The keynote presentation begins at 8 p.m. inside Northrop Memorial Auditorium.

Brown, a former University of Minnesota journalism student who grew up in Hopkins, Minnesota, has spent decades in the television news business but came to national prominence anchoring CNN's nonstop coverage of the 9/11 terrorist attacks. He is now the cable television network's anchor for most breaking news stories and hosts *NewsNight with Aaron Brown*, CNN's regular evening newscast. Before joining CNN, Brown worked with ABC's national newscasts. He has won three Emmys and a duPont-Columbia Award for his work.

Brown credits persistence and "a simple set of Minnesota values" for his steady rise to the highest echelon of television news. He is proud that *NewsNight* is not "one of those shouting cable things," he says. "It's more of a quiet, respectful, I hope thoughtful exchange of ideas taking place in an atmosphere that is respectful to a range of ideas." At the annual celebration, Brown says, he'd like to poke a little fun at his own academic shortcomings, while also delving into the serious business of delivering the news to millions of viewers.

Tickets went on sale March 1 and are available for the entire evening or for the program only. Alumni association members receive special discounts. For ticket information, call 612-624-2345 or visit www.alumni.umn.edu.

[EVENT SPOTLIGHT] Classes Without Quizzes

sities in the nation," Bruininks says. "We thank the governor for recognizing the importance of the University to the state."

But the governor's recommendation is just the first step in the legislative process. Budget proposals must now be debated in the state legislature, and the state faces an ongoing deficit that means every proposed increase will be heavily scrutinized.

"Our alumni, faculty, and staff are key to convincing legislators to invest in the University," says Mike Dean, the Legislative Network's grassroots organizer. Since the session is only halfway through in March, important budget deadlines still remain. "Contacting legislators now will help remind them to invest in the state's greatest educational resource, the U of M, as they debate and vote," he says.

Also on the legislative agenda are capital bonding requests that were not acted on last year. The University has resubmitted a \$192 million request for funds that would largely go for major deferred maintenance and for classroom upgrades in the sciences and the Medical School. The governor recommended just more than \$100 million for the University in early January and the Senate proposed \$118 million. At the end of January, the House of Representatives had not acted.

Other issues the network is following include Pawlenty's suggestion of a "high-tuition, high-aid" model of funding higher education. Under this model, a portion of the state's funds now going to the University would go into a financial aid pool that would follow individual students to whichever Minnesota school they choose to attend, public or private. U President Bruininks expressed concern that such a move would force drastic tuition increases and possibly erode the basic quality of education and support for research activities, which brought more than \$500 million in grants to Minnesota in each of the past two years. Others have argued that access for middle-income students would be squeezed by higher tuition and aid that does not keep pace.

Legislative Network advocates learn how to make simple, effective legislative contacts and are advised when their elected officials are involved in important upcoming votes. For more on the Network, visit www.supporttheU.edu or call 612-624-2323 or 800-UM-ALUMS.



Professor Francisco Diez-Gonzales (left) oversees work in his lab on the safety of fruits and vegetables. He'll present his findings at the annual Classes Without Quizzes program. Ten other faculty members will give presentations on tax law, gardening, nutrition, energy, and more.

LEARN ABOUT AZALEAS and miniature gardens or tax proposals and how to feed pets a better diet at the annual Classes Without Quizzes program April 2. The College of Agricultural, Food, and Environmental Sciences and its alumni society sponsor the fourth-annual public event, which highlights research and science affecting everyday life.

A set of morning seminars with college experts is the heart of Classes Without Quizzes. The lineup not only offers interesting topics, but displays the breadth of research and teaching in the college. A keynote address by climatologist Mark Seeley on Minnesota's weather trends leads into a choice of presentations on renewable energy, tax law, pet and garden care, food safety, nutrition, and more.

Linda Brady, a professor of food science and nutrition, will present "Dietary Supplements and U," a discussion on how to sort out the claims of supplements—vitamins, herbs, teas, and more—to determine if they are worth the space they take up in your cabinet. "I really want people to take a look at what are the costs, benefits, and possible risks of supplements," Brady explains. "With herbal products, for example, we don't know a lot about them. We've taken the ideas from traditional cultures and transferred them" without considering how modern culture's differences can affect their performance. For example, Brady says, many herbal supplements interact with prescription medications and can change their effect. She wants seminar attendees using or considering using supplements to learn how to find more information, evaluate claims, and determine possible interactions with medications.

Classes Without Quizzes begins at 8:30 a.m. on Saturday, April 2, in Borlaug Hall on the St. Paul campus and concludes with a lunch and speech by COAFES dean Charles Muscoplat that begins at 1 p.m. The program costs \$20 for the day, with discounts available for students and UMAA members. For more information, visit www.coafes.umn.edu/cwq or call 612-624-1745.



► [MEMBER SPOTLIGHT] Jay Miskowiec

A LOVE STORY about a nun and a French mercenary set in war-torn 17th century Portugal. A meditation on guilt and innocence set in a fictional Colombia prison uprising. Essays on the great cities of the world, from Stockholm and Rome to Antigua and San Francisco, as seen through the lenses of war, youth, and nostalgia.

Welcome to the book catalog of Aliform Publishing, an independent publisher and distributor of Latin American literature (with forays into world literature) based in Minneapolis. Founded in 2000 by Jay Miskowiec (B.A. '81) and his wife, Mexican-born artist Lourdes Cué, Aliform's mission is to bring Latin American culture to a U.S. audience. With six books on its list and two more in production, the tiny yet influential company has already earned accolades from *The New York Times* and *The Los Angeles Times* as one of the few independent publishers specializing in literary translation.

"We're consciously trying to build a credibility factor around what we're doing," says Miskowiec, seated in the second-floor office of his Prospect Park home, which functions as Aliform's headquarters. Much of that credibility comes from the list itself. Aliform publishes the essays and short stories of Eduardo Garcia Aguilar, a journalist and head of the Middle Eastern desk of Agence France-Presse in Paris. And Gregory Rabassa—one of the world's preeminent translators whose works include *One Hundred Years of Solitude* by Gabriel Garcia Marquez and *Hopscotch* by Julio Cortazar—has translated Jesús Zárate's *Jail* and João de Melo's *My World Is Not of This Kingdom* for Aliform.

"This is Literature with a capital L, not bestsellers," says Miskowiec. "It's largely an academic market we're tapping into. But the market for Latin American literature is growing."

Miskowiec's academic career began when, as a child, he'd accompany his father to classes at the University of Minnesota. "I always

loved literature and knew I'd be an English major," he says. His interest in the southern hemisphere of the Americas was sparked in high school, when an exchange student from Mexico became his best friend. While visiting one summer, Miskowiec fell in love with art. "When I came back to the U.S., I knew I wanted to major in English and Spanish," says Miskowiec.

He graduated with degrees in both, crediting professor Ileana Rodriguez with "making the connection for me between politics and culture," Miskowiec says. "She confirmed

that culture is part of one's life, not something you pick up or put down, but part of your environment whether you pay attention to it or not—and introduced me to Latin American writers. She really made a mark on me."

After studying at the National Autonomous University of Mexico and the University of Paris V and VIII, Miskowiec earned his master's and Ph.D. in comparative literature from the City University of New York, where Rabassa served as his dissertation adviser. Part of his dissertation was a translation of Aguilar's book of short stories *Boulevard of Heroes*; Rabassa wrote the introduction.

Aguilar was so impressed with the young man, he told Miskowiec to start his own publishing company and offered his work royalty-free, for the time being. Miskowiec launched Aliform with the publication of Aguilar's *Mexico Madness: Manifesto for a Disenchanted Generation*. "Eduardo and Gregory have really made us viable," says Miskowiec. "They instantly legitimize us."

As Aliform's publisher and director, Miskowiec's duties include finding writers, translating texts into English, designing the books, and marketing to independent bookstores, libraries, college classes, and through Amazon.com. Cué, busy creating and showing her work and conducting workshops throughout the Twin Cities, helps with translations, editing, and cover designs. A freelance graphic designer, editor, and print broker complete the Aliform staff.

Meanwhile, Miskowiec is also a full-time instructor of English and journalism at Minneapolis Community and Technical College. And he's hoping to broaden Aliform's reach by adding communications, translation, and film production—in collaboration with Walter Pitt (B.A. '81), another U of M graduate—to its menu of services.

Still, books are Miskowiec's great passion. "Publishing literature is a great way to come into contact with fascinating people," he says. And under the guidance of Aliform (from the Latin, *ali*, meaning wing), the words and ideas of some of Latin America's most fascinating writers take flight.

—Camille LeFevre

A Conversation with Aaron Brown

We're happy to count CNN anchor Aaron Brown as an alumnus of the University of Minnesota, even if he was a student here only a brief time. And we're even more pleased that he'll step back on campus May 10 for the 2005 UMAA Annual Celebration.

A familiar face for those who watch *NewsNight with Aaron Brown*, he took a few minutes recently to share his thoughts about his Minnesota roots and his profession. Let's call it a perfect lead-in to what promises to be a fantastic annual celebration.



Andrea Hjelm, B.S. '65

Brown admits that September 11, 2001, was a defining day for him. Within an hour of the first terrorist attack on the World Trade Center, Brown was on a New York City rooftop reporting on the day's horrific events as they unfolded around him. It was his first day on the job as CNN's lead anchor, and he provided insightful and informed, nonstop, on-the-spot coverage.

"The power of the event was overwhelming," Brown says. "I was in the center of something. I was privileged to be in the center of it. And in some respects, I suppose, it was defining in how some people see me."

Brown, however, simply defines himself as a Minnesotan. He was born in St. Paul and grew up in Hopkins. He lists Hubert Humphrey among his most prominent influences. And it shows in his work. Brown has distinguished himself with his thoughtful, humble approach to reporting the news.

He's known for injecting reflective pauses into his program and for asking open-ended questions. He encourages his viewers to think critically about the information he's conveying.

"I have this great respect for viewers to work it out—that if you give them good information, they'll figure it out. Their solution might be different than my solution, but it'll be the right solution for them. And my job is to kind of help that process along," he says. "I'm one voice in what's become an incredibly crowded universe of voices."

Brown says he was dead-set on being a reporter beginning when he was 8 years old. He traces his journalistic passion back to a tour of a Minneapolis daily newspaper. "I looked around and there were all these men—they had their sleeves rolled up, they were smoking and talking on the phone. The noise level was loud. There were these pneumatic tubes with copy flying all over the place," he recalls. "I thought, 'This is the most incredible thing I've ever seen in my life.'"

Brown actually began his broadcasting career in the Twin Cities, though not by the road one might expect from a journalist of his stature. He enrolled at the University in the fall of 1966 and lasted about a year. "I was just an academic disaster," he admits. Still just 18, he landed a job at WLOL radio, sweeping floors and answering phones. But it wasn't long before he was hosting his own Sunday talk show. Brown marvels at how so many of the social and political topics he discussed on his show then—including war, abortion, gun control, and gay rights—are still being debated. "By and large, it seems to me that we talk about the same things now that we talked about then, which is a little discouraging," he says. "We don't settle anything—we don't move on from anything."

So topics might Brown discuss on May 10? Well, when asked this question, he still had more than three months—practically light-years to someone accustomed to covering breaking news—to prepare his speech. He did admit, however, that he won't pass up the opportunity to use his abbreviated academic history to have some fun at his own expense.

"Coming back—I don't think it's a moment of great vindication, I just think it's a moment of wonderful irony. I intend to enjoy it that way," he says. "But to be allowed back into Northrop Auditorium, let alone be allowed to speak there, I think will be one of the great fun moments of my life."

For details on the Annual Celebration, visit www.alumni.umn.edu or see page 25. ■

Join the Club

OR AT LEAST TAKE THE OPPORTUNITY TO VISIT. During March and April, the Campus Club is offering a deal to members of the University of Minnesota Alumni Association. Normally open only to club members and their guests, the Campus Club this spring is open to all UMAA members. The club is open Monday through Friday, from 11 a.m. to 2 p.m. for lunch and from 2 to 8 p.m. at the bar, which also has a menu. Visitors in March and April are also welcome at special Thursday dinners (a club tradition) on March 10 and April 14. The Campus Club is located on the fourth floor of Coffman Memorial Union. For more information, visit www.umn.edu/cclub/Outreach/Alumni2005.htm or call 612-625-1442.

M Alumni Online Offers Community and Career Networks

HAVE YOU EVER WONDERED what happened to your freshman-year roommate? Wouldn't you love to know if other University of Minnesota alumni work at a company where you're applying for a job? M Alumni Online, a new Web service that includes a directory of more than 300,000 U of M alumni and friends, is now available to help UMAA members make those and many more connections.

Alumni directory listings include name, city, employer, U of M college, and graduation year. Some listings also include a "contact this person via e-mail" link, but specific e-mail addresses are not displayed. Alumni can choose to include more or less information in their directory listings once they've registered for the service.

All U of M alumni may register for M Alumni Online free of charge and update their own directory listings. But only UMAA members may search the alumni directory and participate in the Alumni Career Network. The network features a Career Advisor Directory, where members can search for a mentor in their field or volunteer to become one. Job and résumé postings are also part of this service.

To explore M Alumni Online, go to www.alumni.umn.edu/MAlumniOnline and click on the registration link. To register, you'll need your UMAA membership ID number, which is printed on the label of this issue of *Minnesota* and on your membership card. Alumni who are not members may contact the UMAA at MAlumniOnline@umn.edu or 800-UM-ALUMS (862-5867) for a number to use for registration.

[BENEFIT SPOTLIGHT] Career Services

UNSURE WHAT TO DO with the rest of your career? UMAA members have several resources at hand. In addition to the career networking possibilities with the new M Alumni Online (www.alumni.umn.edu/MAlumniOnline), the UMAA has arranged member discounts with three on-campus career-counseling services: the Career and Lifework Planning Services, the University Counseling and Consulting Service, and the Vocational Assessment Clinic.

Career and Lifework Planning Services is a branch of the College of Continuing Education and offers individual consultations, assessments, and workshops aimed at helping people discover a path to more meaningful and satisfying lifework, whether in one's career, in the community, or both. The service offers free introductory seminars to help those interested begin their search for meaningful lifework. Call 612-624-4000 or visit www.cce.umn.edu/career.

University Counseling and Consulting Services is the U's main career service for students and offers its services to the general public for purchase as well. The career-counseling package helps participants adopt a strategic approach to career planning by analyzing strengths, anticipating changes, clarifying and identifying goals, and creating action plans to reach them. Call 612-624-3323 or visit www.ucs.umn.edu.

The Vocational Assessment Clinic discount is a new UMAA member benefit. The 30-year-old clinic is affiliated with the U's Department of Psychology and offers a comprehensive battery of tests to uncover work-related abilities, interests, values, and personality; four individual assessment sessions; and a written summary of results. Call 612-625-1519 or visit www.psych.umn.edu/psylabs/vac.

Alumni Association Honors

A Century of Memories, the history publication produced for the alumni association's 100th anniversary, received the gold award in the Alumni Relations Best Practices/Individual Projects category from the Council for the Advancement & Support of Education, District V. Judges described the publication as "stunning." Additional copies are available from Evelyn Cottle Raedler at 612-626-4856 or raedl001@umn.edu. The publication and an historical timeline can be viewed on the UMAA Web site: www.alumni.umn.edu/umaahistory.

Other communications awards for the UMAA's 100th anniversary include a Bronze Quill Award of Excellence from the International Association of Business Communicators for non-profit media relations awarded to the UMAA with Padilla Spear Beardsley. The UMAA is also the finalist in two categories for communications awards from the Public Relations Society of America.

Minnesota magazine also recently received excellence awards, from the Minnesota Magazine and Publications Association: a gold and a bronze for best feature, and silver for best regular column, best single cover, and best overall design.



The award-winning *A Century of Memories* history of the alumni association.

UMAA Calendar

Upcoming alumni events on campus and around the country. For more information, visit www.alumni.umn.edu or call 612-624-2323 or 800-UM-ALUMS (862-5867) and ask to speak to the UMAA staff person listed after the event.

March

- 10 South Central Minnesota Chapter Annual Meeting with professor Lanny Schmidt, 7 p.m. at South Central Technical College in North Mankato; contact Chad Kono
- 14 Puget Sound Chapter Alumni Social, 5:30 p.m. at Pyramid Alehouse in Seattle; contact Mark Allen
- 18 College of Liberal Arts Alumni Society mentor event, 7 p.m. at the McNamara Alumni Center; contact Erica Giorgi at 612-625-8837
- 19 Southwest Florida Chapter at Minnesota Twins baseball spring training game, 1 p.m. at Hammond Stadium, Ft. Myers; contact Chad Kono
- 29 St. Cloud Chapter Alumni After Work Gathering, 5:30 p.m. at the Green Mill in St. Cloud; contact Chad Kono

April

- 2 Great Conversations on the Road with the Tucson Chapter, 1 p.m., location TBA; contact Mark Allen
- 2 Puget Sound Chapter State Capitol Tour, 11 a.m. at the Washington State Capitol; contact Mark Allen
- 3 Great Conversations on the Road with the Arizona West Valley Chapter, 1 p.m., location TBA; contact Mark Allen
- 4 University of Minnesota Alumni Association Senior Send-Off, 11:30 a.m.-1:30 p.m. at the McNamara Alumni Center; contact Elinor Augé

- 6 UMAA Mentor: Connection Appreciation Reception, 5:30-8 p.m. at the McNamara Alumni Center; contact Trish Will
- 8 College of Biological Sciences Alumni Society and College of Agricultural, Food, and Environmental Sciences Alumni Society joint wine-tasting and networking event, 6:30 p.m. at the Campus Club, Minneapolis campus; contact Mary Buschette (COAFES) at 612-624-1745 or Emily Johnston (CBS) at 612-624-4770
- 9 Gold Coast (Florida) Chapter eighth annual Florida Big Ten Picnic, 11 a.m. at C.B. Smith Park in Pembroke Pines; contact Chad Kono
- 11 Puget Sound Alumni Social, 5:30 p.m. at Pyramid Alehouse, Seattle; contact Mark Allen
- 14 College of Natural Resources Alumni Society Spring Banquet, time TBA, McNamara Alumni Center; contact Grant Wilson at 612-624-9957
- 16 College of Agricultural, Food, and Environmental Sciences Alumni Day barbecue; details TBA; contact Mary Buschette at 612-624-1745
- 17 College of Natural Resources Alumni Society Recognition Event; details TBA; contact Grant Wilson at 612-624-9957
- 17-30 Crossroads of Europe Vistula River cruise; contact Cheryl Jones
- 21 Institute of Technology Alumni Society Day at the Capitol, 12:30-3:30 p.m.; contact Sara Beyer at 612-626-8282

- 21-22 Highlights of Holland and Belgium May 2 alumni tour; contact Cheryl Jones
- 23 Nursing Alumni Society Annual Class Reunions; details TBA; contact Cathy Konat at 612-624-0103
- 25 Distinguished Teaching Awards Ceremony, 3:45-6 p.m. at the McNamara Alumni Center; contact Elinor Augé
- 25-26 Ecuador and Galapagos Islands May 3 alumni tour; contact Cheryl Jones
- 29 Dentistry Alumni Society Dean's Reception, 5:30-7:30 p.m. at the Saint Paul Hotel; contact Marie Baudek at 612-625-9439

May

- 1 College of Veterinary Medicine Alumni and Friends Society Annual Meeting; details TBA; contact Stephanie Pommier at 612-624-6146
- 5 School of Journalism and Mass Communications Alumni Society Spring Celebration; details TBA; contact Erica Giorgi at 612-625-8837
- 6 Biological Sciences Alumni Society Annual Picnic, noon on the Snyder Hall Lawn; contact Emily Johnston at 612-624-4770
- 10 UMAA Annual Celebration; see page 25
- 15 South Willamette Valley (Oregon) Chapter UMAA 101st birthday party and potluck social, 4 p.m. at the home of Sally and Ev Smith in Eugene; contact Mark Allen

PLAN AHEAD

June

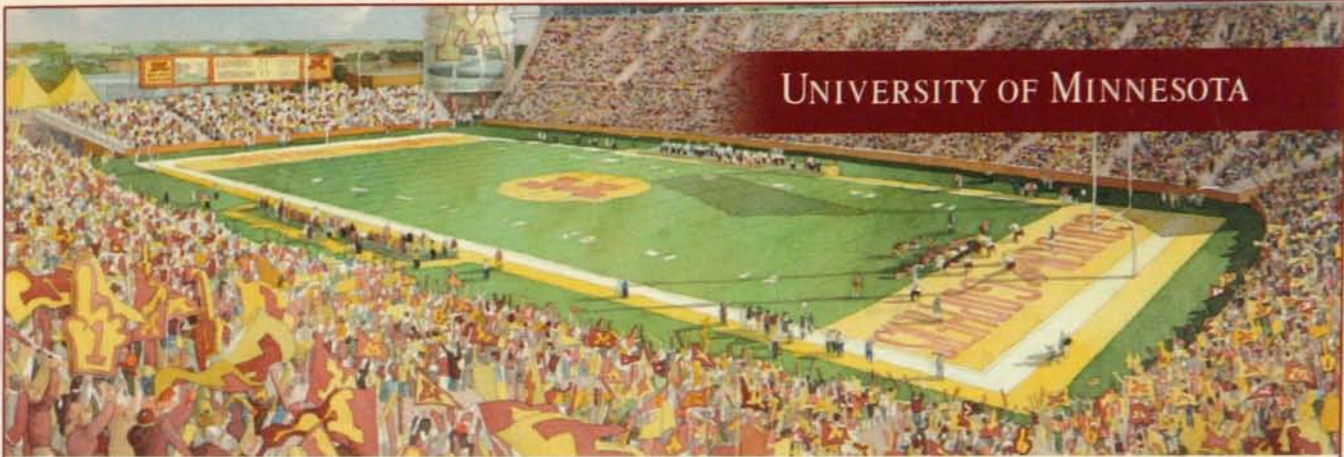
- 1-14 Romance of the Blue Danube alumni tour; contact Cheryl Jones
- 27-28 Alumni Campus Abroad in Normandy; contact Cheryl Jones

July

- 13-14 White Nights of the Baltic alumni tour; contact Cheryl Jones
- 27-28 Alumni Campus Abroad in Switzerland; contact Cheryl Jones

September

- 24 Homecoming football game vs. Purdue; details TBA



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ticket discounts 612-624-2345

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free membership/course discounts 800-872-6639

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continuing education discounts 612-624-4000

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discounted room rate 612-379-8888

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workshop discounts 612-625-8100

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For more information: 1-800-UM-ALUMS • www.alumni.umn.edu/rewards • alumnimembership@umn.edu

From Apples to Viagra

While traveling on the Danube River with a University of Minnesota Alumni Association tour a few years ago, we gazed at the homes that lined the riverbanks of the small European towns. The houses were so close to the shore that we could look directly into the lighted rooms. "Every person in those homes has been touched by the University of Minnesota," I remarked to our group of travelers.

Someone laughed and replied, "You're not going to tell us they're all Gopher grads!"

No, I said, but the U has most definitely improved their lives. Then I proceeded to share a list of the discoveries, inventions, and scholarly achievements that took birth at the University and that have bettered people's lives—saving them or simply making life easier or more enjoyable—around the world. Here are a few, going back more than a century.



Margaret Sughrue Carlson,
Ph.D. '83

- 1894—Assistant professor of botany Alexander Anderson invented the process for creating puffed wheat and puffed rice.
- 1900—Theophilus Haecker, a dairy researcher, established the first scientifically based standards for feeding cows and popularized the concept of cooperative creameries throughout the state.
- 1923—The University's work on the Red Wing electrification project established the first rural electrical line in the world, setting a pattern for expanding electrical service to farmers and improving rural living conditions.
- 1936—The first calf in the nation born through artificial insemination was delivered on the St. Paul campus, revolutionizing livestock reproduction.
- 1946—Edward Wilson Davis, director of the U's Mines Experiment Station, developed the first of many processes for converting taconite rock into commercial iron ore.
- 1952—The world's first open-heart surgery was performed by C. Walton Lillehei (B.S. '39, M.D. '41) and Dr. F. John Lewis (M.D. '41) at the University's Variety Club Heart Hospital.
- 1952—Nutritionist Jane Leichsenring won the prestigious Borden Award for her work in fundamental studies in nutrition and experimental foods.
- 1956—Walter Brattain (Ph.D. '27) and colleagues win the Nobel Prize in physics for inventing the transistor.
- 1964—Epidemiologists in the University's School of Public Health were key contributors to the U.S. Surgeon General's report on smoking and health, and were again in 1994.
- 1967—The world's first successful kidney-pancreas transplant was performed at the University.
- 1967—Civil rights leader Roy Wilkins (B.A. '23), longtime head of the NAACP, was awarded the Medal of Freedom, the nation's highest civilian honor, by President Lyndon Johnson.
- 1968—The world's first successful bone marrow transplant was performed at the University.
- 1969—The Department of American Indian Studies, the first of its kind in the nation, was established at the University.

- 1970—Era wheat, a semidwarf variety, was developed at the University and returned \$266 million to the Minnesota economy during the next decade.
- 1972—Seymour Cray (B.S. '49, M.S. '50) founded Cray Research and led the development of supercomputers.
- 1975—Music professor Dominick Argento, considered to be the nation's preeminent composer of lyric opera, won the Pulitzer Prize for his song cycle *From the Diary of Virginia Woolf*.
- 1981—The first artificial pancreas, an implantable infusion pump developed by University faculty, was used by a patient with diabetes.
- 1982—Professor Lee Wattenberg (M.D. '50) was recognized for his studies of chemicals in broccoli and other vegetables that inhibit cancer formation.
- 1984—Microbiologist Russell Johnson identified the pathogen that causes Lyme disease and, in 1988, patented a vaccine for dogs.
- 1989—The University released four new varieties of soybeans, bringing the number of new varieties of field crops released by the University in the past decade to 17.
- 1991—The Honeycrisp apple, developed at the University, was introduced and became the most widely planted variety in Minnesota.
- 1997—The College of Biological Sciences successfully reconstructed a 15-million-year-old fish gene to create a new and better DNA delivery system for gene therapy.
- 1998—Dr. Louis Ignarro (Ph.D. '66), won the Nobel Prize for medicine for his discoveries that led to the development of Viagra.
- 2002—Professor Catherine Verfaillie identified an adult stem cell that, like embryonic stem cells, offers hope for a cure to many debilitating diseases and injuries.
- 2004—Lanny Schmidt, professor of chemical engineering and materials science, invented a reactor to extract hydrogen from ethanol, offering the first real hope that hydrogen could be a source of inexpensive and renewable energy.

And this is just a sampling of the remarkable achievements that can be traced back to the University. Why do I share this list? It's the best way to illustrate the importance of research universities to the welfare of humanity—not just historically, but today and in the future.

U researchers are just months or years away from breakthroughs that will change and save even more lives—perhaps in studies of chemicals produced by tiny ocean organisms that could help fight cancer and other diseases, in discovering how to preserve the water in Lake Superior, in finding a possible cure for HIV and AIDS, in developing housing that is affordable and healthful, and in creating prosthetic limbs that can be powered by the brain.

That's what a research university is: a place where discoveries are turned into cures and solutions and ideas that make our lives better.

The Minnesota Legislature is in session, and much of the debate in the Capitol halls is focused on how much money to appropriate to the University of Minnesota. We implore you to write or call your legislators (find out how at www.supporttheU.umn.edu) and to tell them the University is the state's most important asset. Tell them how the U better lives across Minnesota and around the world. Tell them the U needs adequate funding. Tell them that the U's future is in their hands.

But truly, right now, the U's future is in your hands. ■

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