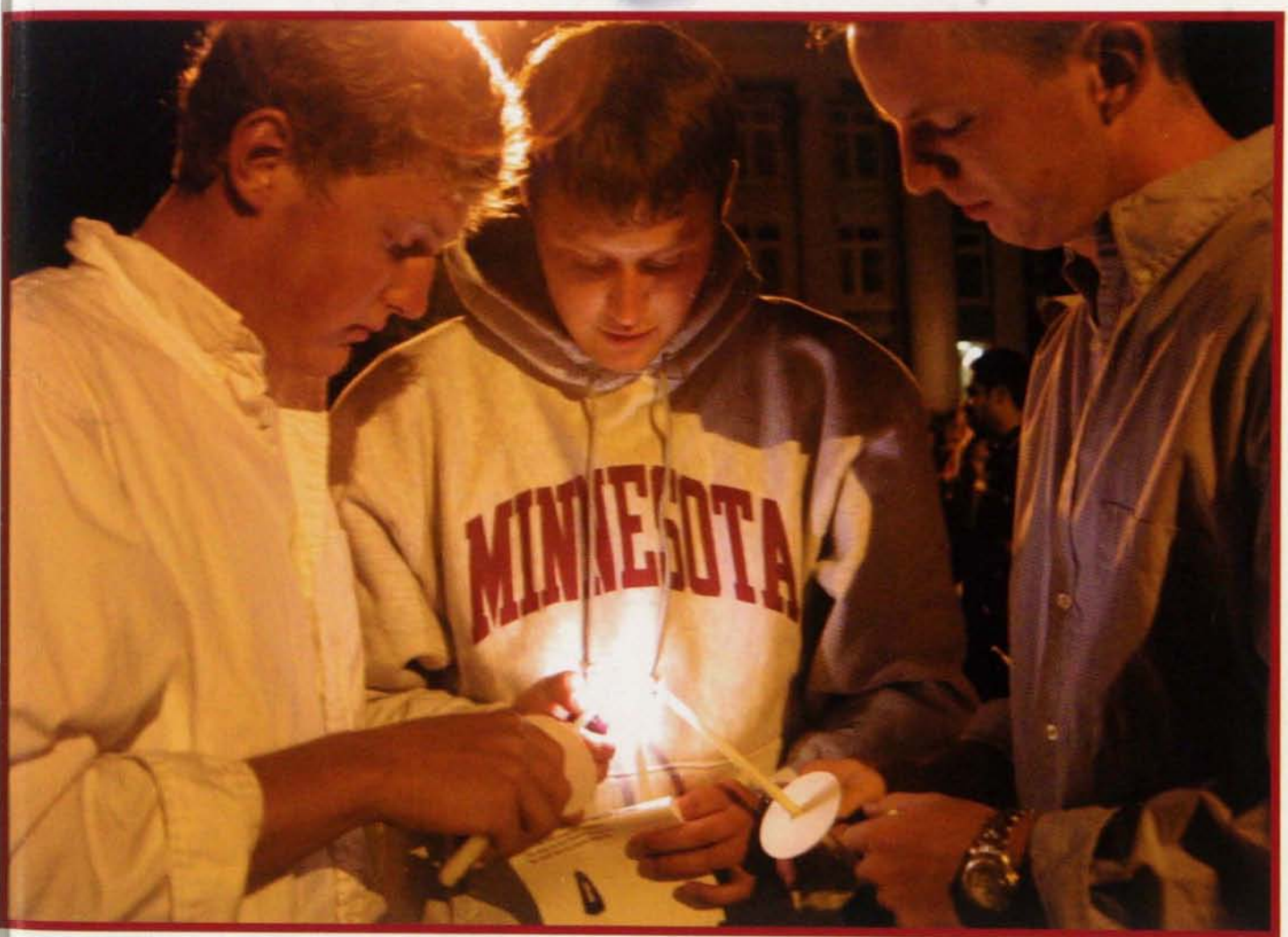
THE MAGAZINE OF THE UNIVERSITY OF MINNESOTA ALUMNI ASSOCIATION

MINNESOTA

NOVEMBER • DECEMBER 2001 $2.95

Standing United



The University community remembers the victims of September 11

Michael Osterholm on Bioterrorism • Photographs from September 11 • East Meets Midwest in Medicine

This exhibition of "divinely sophisticated elegance and beauty" (*The Mail*, London) fills the Walker Art Center from October 13 to January 13. Creating a poetic art from the simplest means, these iconoclastic Italian artists changed the course of 20th century art. Organized by the Walker and Tate Modern, London. The US presentation is made possible by the Italian Trade Commission.

ZERO TO INFINITY: ARTE POVERA 1962–1972

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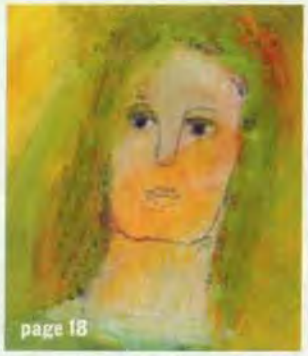
Giuseppe Penone making 11-meter tree 1969/1975
Photo courtesy Paolo Mussat Sartor

VOLUME 101 • NUMBER 2 NOVEMBER • DECEMBER 2001

MINNESOTA
UNIVERSITY OF MINNESOTA ALUMNI ASSOCIATION

Features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Columns and Departments

On the cover (left to right): University students Scot and Eric Rewerts (brothers) and Nic Schellpfeffer at a candlelight vigil on Northrop Plaza September 13. Photograph by Diana Watters.

UNIVERSITY OF MINNESOTA
ALUMNI ASSOCIATION

The University of Minnesota Alumni Association connects alumni to the University, advocating and supporting excellence in education and building pride, spirit, and community.

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UNIVERSITY OF MINNESOTA

MINNESOTA

THE MAGAZINE OF THE UNIVERSITY OF MINNESOTA ALUMNI ASSOCIATION

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I certify that the above statements are true and complete.
Shelly Fling, Editor

Editor's Note

Without Fear or Hesitation

One morning a few days after letters containing anthrax showed up in New York and Washington, D.C., and a notice about how to handle suspicious mail went up in the alumni association mail room, I drove to work with, not surprisingly, anthrax somewhere in my thoughts. The host on the public radio station must have been delivering an anthrax update, or had just given one, or was about to, because that is how it's been. But while I feel as helpless in the face of bioterrorism as everyone else, I believe that the odds of my being exposed to anthrax are much worse than those of my winning the lottery. And I've almost given up on that happening.

But as I turned onto University Avenue, what I saw in front of me made me gasp. A paper bag in the street had split open to release what appeared to be a fine white powder that was wafting in the breeze and probably being carried for miles. My foot moved to the brake pedal, but something in me said, "Don't risk getting rear-ended. It's probably just cement mix." So I drove over the bag, but holding my breath as I did.

I didn't mention the incident to anyone at work right away, but then I learned that emergency vehicles arrived shortly after I had passed through the intersection and haz-mat crews were on the scene. So I told a few people that I had driven right over the bag of white stuff. No one seemed afraid to come near me, but I began imagining that I was having trouble drawing a good breath, and I felt a little warm. Real symptoms of anthrax disease wouldn't show up for days, I knew, but I began thinking about whether to bother buying groceries after work or even mail my electric bill. By afternoon I was on the phone to the police department.

Shelly Fling

It was a bag of dry ice, the woman said. Several people had called to say they saw it fall off the back of a truck. Of course! That's *exactly* what it looked like, I thought, and thanked the woman several times.

What I had experienced, I decided, was a minor, short-lived episode of panic. My shortness of breath and 98.7 degree fever were the result of a battle in my head between reason and fear, and reason was losing. I'm pretty confident that if some day—after I've won the lottery a few times—I'm the victim of an actual bioterrorism attack, I wouldn't panic and heist a Cipro truck. But I'm beginning to realize that panic is more destructive than the threat, especially when multiplied by 10,000 or a million people.

That's the warning epidemiologist Michael Osterholm issues repeatedly about bioterrorism. In an interview appearing on page 22, Osterholm, who is head of the University's new Center for Infectious Disease Research and Policy, discusses the dangers our nation faces in the war against bioterrorism, the greatest of which may be fear and panic.

Fear and panic also threatened this nation and the University 60 years ago, when the Japanese attacked Pearl Harbor. In every issue during this, its 100th year of publication, *Minnesota* will glance back at the campus happenings and alumni news the journal covered through its history. On page 20 of this issue, we look to the days following December 7, 1941. In a letter to staff and students, President Walter Coffey set the tone for the University's response to the attack: "Neither hysteria nor indifference should characterize our behavior. All of us should assume without fear or hesitation the new responsibilities imposed on us." And, in a letter to Governor Harold Stassen, he promised that "the University stands ready to assist the state and nation in every way it can. . . ."

That continues to be the case, as the stories in *Minnesota* illustrate. University researchers and alumni, who work tirelessly to make the world a better place with technology, medicine, mentoring, and volunteering, will provide part of the solution. While the times may be uncertain, *Minnesota* will never run short of those hopeful stories. ■

To contact editor Shelly Fling, write to fling003@umn.edu.

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Letters

Colonoscopy Isn't That Bad

In the September–October issue is an interesting article about colorectal cancer and the involvement of the University ("The Last Taboo"). However, I think your writer missed a very large and important study called PLCO at the Virginia Piper Cancer Institute in Minneapolis (a collaborative project with the University's School of Public Health for screening prostate, lung, colon, and ovarian cancer). I have been in this study for a number of years and the first screening of my colon found polyps. A colonoscopy checked for more and two were removed. Since then, I have had two more colonoscopy exams and tell anyone that it is not that bad an exam; it is the prep the day before that is the hard part. On the exam day, you are hungry but your colon is clean. Unlike the barium enema, if polyps or anything else is found, polyps can be removed or you can go directly to surgery for something more extensive. This is a huge advantage and makes the unpleasant prep more acceptable. At least that is how I see it.

ROBERT SORENSEN (B.M.E. '61)

Reaching the Squeamish

Thank you for publishing Richard Broderick's story about how he needlessly lost his mother to colon cancer. The topic of colorectal cancer is indeed difficult for people to talk about. I was in my 40s before I learned that that is what killed two of my relatives years earlier. . . . Since then, I have been screened regularly and, while perhaps not dinner-table conversation, colon cancer and screening for it are things that my family members, including the teenage kids, do now discuss comfortably.

The article was frank and didn't pull any punches and yet was inviting, I think, even to the squeamish—who probably are the ones we most need to reach.

AMELIA ENGSTROM-(B.A. '67)
St. Paul

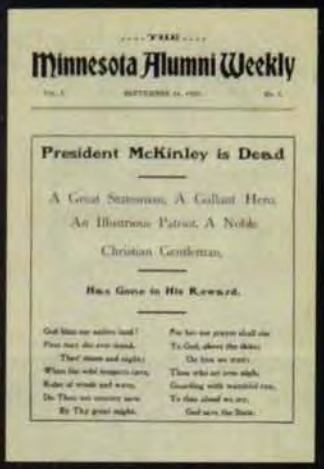
Luxuries and Crushing Debt

I applaud the University for its efforts to counsel students in credit-card debt ("Taking Charge of Credit-Card Debt," September–October), but the problem is much more complicated than advising a few students who admit they're $3,000 to $7,000 behind in payments.

While I think creditors have been reckless in their business practices . . . students need to be accountable for their personal finances. Students should be consuming knowledge, not cell-phone minutes and other luxuries that lead to crushing debt.

M.J. BINGER (B.S. '74)
Minneapolis

Please send your letters to the editor to: Minnesota, *McNamara Alumni Center, 200 Oak St. SE, Suite 200, Minneapolis, MN 55455. Or e-mail to:* fling003@umn.edu. *Letters may be edited for style, length, and clarity.*


Minnesota Alumni Weekly

President McKinley is Dead

A Great Statesman, A Gallant Hero, An Illustrious Patriot, A Noble Christian Gentleman,

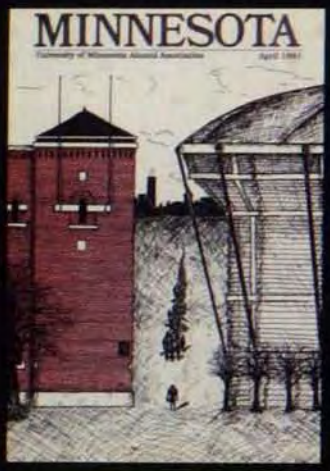
Has Gone to His Reward.

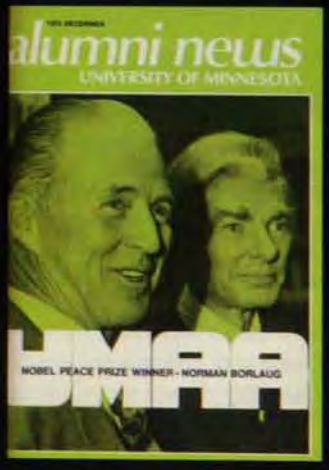
Minnesota TURNS 100

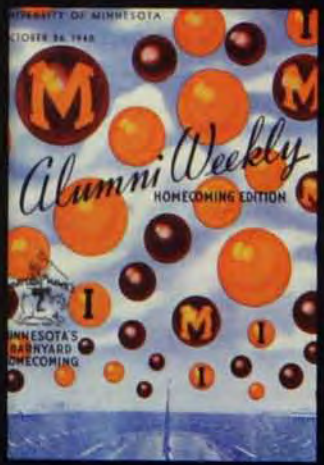
THE ALUMNI JOURNAL CELEBRATES A CENTURY OF PUBLICATION. OVER THE PAST HUNDRED YEARS, THE PUBLICATION'S PURPOSE HAS BEEN— AS EDITOR E.B. JOHNSON WROTE IN THE FIRST ISSUE SEPTEMBER 14, 1901— "TO MAKE THE ALUMNI ACQUAINTED WITH WHAT IS GOING ON AT THE UNIVERSITY AT ALL TIMES, AND TO FOSTER A GENUINE UNIVERSITY SPIRIT AMONG THE ALUMNI, BY KEEPING THEM IN TOUCH WITH THE UNIVERSITY AND EACH OTHER."

MINNESOTA PROUDLY CARRIES ON THAT MISSION.


Minnesota Alumni Weekly







A compendium of news from around the University—research, promotions, program developments, faculty honors

Campus Digest

Remembering the Fallen

Although a steady breeze threatened to snuff out the flames, hundreds of University of Minnesota students gathered on Northrop Plaza for a candlelight vigil September 13. Two student groups—the Minnesota Student Association and the Graduate and Professional Student Association—organized the vigil to unify the campus and begin the healing process following the September 11 terrorist attacks on the United States. The vigil included remarks by the presidents of the student organizations about the attacks and an interfaith prayer service led by local religious leaders.

Among those remembered was Tom Burnett Jr. (B.S. '86), a passenger on United Airlines flight 93. The California-bound flight was hijacked the morning of September 11 and then crashed in a field in rural Pennsylvania, killing everyone aboard. A graduate of the Carlson School of Management and member of Alpha Kappa Psi fraternity, Burnett is believed to have been among a handful of passengers who prevented the hijackers from reaching their intended target, likely a national landmark in Washington, D.C. Burnett, 38, and a few other passengers were able to place phone calls to people on the ground and convey their plan to jump the hijackers, even if that put their own lives at risk.

In honor of Burnett, the University established a scholarship in his name in late September. The Thomas E. Burnett Jr. Memorial Fund will benefit University students and promote the type of character and leadership exemplified by Burnett.

"The University of Minnesota is proud to call Tom Burnett Jr. one of its own," Yudof said. "This fund is a fitting memorial to a man who cared deeply about his fellow human beings and who, by his actions, has earned the nation's everlasting gratitude. History will rightly number him among the heroes who had greatness thrust upon them."

A native of Minneapolis, Burnett lived with his wife and three daughters in San Ramon, California, where he was senior vice president of Thoratec Corporation, a medical research and development company.

To make a gift to the Thomas E. Burnett Jr. Memorial Fund, call the University of Minnesota Foundation at 612-624-3333 or 800-775-2187 or visit *www.foundation.umn.edu.*

Overheard on Campus

"It's up to us to exert a permanent patriotism, not just a patriotism when we're under attack. . . . Permanent patriotism means we must have the freedom of our minds to comment, reflect, and feed back because our government can make some serious mistakes, as they have in the past."

—Ralph Nader during a September 25 speech at Northrop Auditorium

Wetlands Can't Live on Water Alone

For 15 years, federal policy has encouraged farmers to set aside acreage for restoring wetlands historically used as waterfowl breeding grounds. Unfortunately, just adding water to low-lying areas does little to restore the basins to their original condition, according to research at the University of Minnesota. Waterfowl depend on the plant diversity in undisturbed wetlands to create the proper ecosystem and provide food and shelter. In looking at newly created wetlands, researchers found that plants moved in readily but that perennial weeds tended to choke out more sensitive species or prevent them from getting started at all. This may be due in part to nitrogen residue or runoff from agricultural fertilizers. In addition, small, isolated basins make it hard for seeds to travel in from other wetlands and establish new plant colonies. Hand-planting wetlands with diverse native species, however, could cost 10 to 100 times more than simply restoring the water does. The team is now looking for ways to more efficiently create that diversity. The researchers presented their work August 7 at the Ecological Society of America's annual meeting.

Faculty Research

A look at recent University of Minnesota studies, research, discoveries, and rankings

Lionesses' Pride

Female lions appear to be among the most cooperative and egalitarian mammals on earth, according to a 36-year study by University of Minnesota professor Craig Packer. After tracking about 560 lions in the Serengeti Desert and the Ngorongoro Crater, both in Tanzania, Packer and his team concluded that, by virtually any measure, groups of lionesses do not have dominant members. First, lionesses are unusual simply by living in prides. All other breeds of cat live more or less solitary existences. Lionesses cooperate in hunting and in caring for and defending cubs and, most significantly, take a noncompetitive approach to mating. In other groups of predators, one female will be singled out for reproductive success and may even kill offspring of other females. Among many other animals and social insects (like bees and ants), dominant females also hoard reproductive opportunities and are attended by subordinates. The July 27 issue of *Science (www.sciencemag.org)* reported the study.

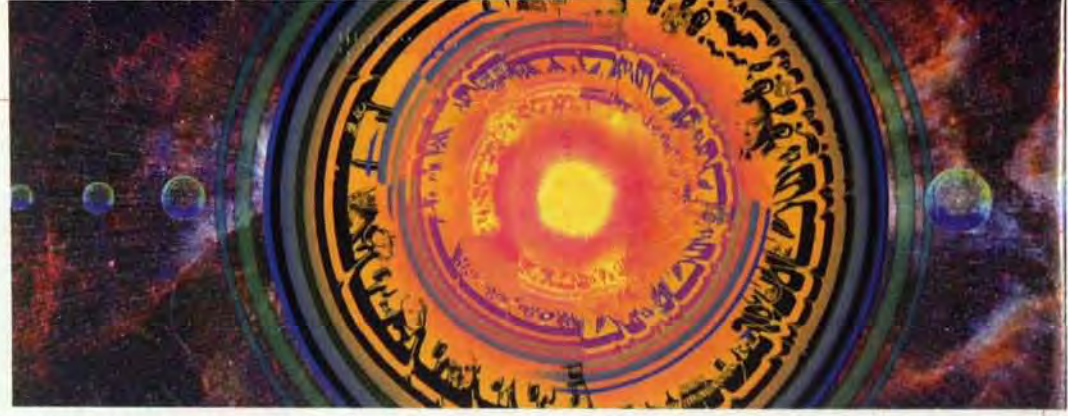
Growing, but Slowing

Human population growth appears to be slowing and could even level off in the next century, according to "ecological equations" calculated by a University of Minnesota ecologist. Those equations look at animal populations and the factors that cause them to increase and decrease. Clarence Lehman, associate director of the University's Cedar Creek Natural History Area, told the annual meeting of the Ecological Society of America on August 6 that for hundreds of years the population growth rate accelerated unchecked due to advances of modern society. Now, however, population growth has hit a period of "negative feedback" caused by density, easy spread of disease, and some voluntary controls. Recent demographic studies confirm that population growth rates have begun to decline. Lehman still calculates that the population will grow for the next century, reaching about 10 billion to 12 billion by 2100, but then could begin to decline.

Attacking Muscular Dystrophy

In a discovery that will immediately improve diagnosis and could lead to better treatments, University of Minnesota scientists have found a gene that causes the most common type of muscular dystrophy in adults. Myotonic dystrophy Type 2 affects about 30,000 Americans, attacking the heart, eyes, and other body systems. Researchers with the U's Institute of Human Genetics isolated the gene, in part, by studying a family affected by the disease and looking for shared genetic mutations. Follow-up tests confirmed that the gene was the one responsible for the disease. Earlier research had uncovered a genetic abnormality for another type of muscular dystrophy on a different gene. Since both genes appear to create the same change in RNA (the molecule that carries out the DNA's instructions), scientists have important new information on how to target new treatments for the disease. The researchers have already created a genetic test for the abnormality that leads to muscular dystrophy. The findings are also the first strong evidence that RNA itself can cause disease. The August 3 issue of *Science (www.sciencemag.org)* reported the discovery.

Underground Art



Minnesota artist Joseph Giannetti has been chosen to paint a mural a half-mile deep in the Soudan Underground Mine near Tower, Minnesota, to beautify a University of Minnesota physics laboratory. Now owned by the Minnesota Department of Natural Resources, the mine was outfitted with a laboratory in the mid-1980s and is the site for experiments to probe the nature of elusive particles known as neutrinos. The studies are expected to increase understanding of the Big Bang and the expansion of the universe. The mural will measure 25 by 60 feet and depict the generations of miners who worked in the iron ore mine, which operated from the 1880s until 1961, as well as images representing the formation and expansion of the universe, the history of neutrinos, and the scientists who have studied them. The mural will face a visitors' gallery in the lab funded by a grant from the Legislative Commission on Minnesota Resources.

State of the U: "A Great Deal of Momentum"

Delivering an upbeat State of the University address October 18, President Mark Yudof told the University community and other interested observers that the numbers show good things under way. "We're enjoying a great deal of momentum today," said Yudof. "The fact is that nearly all meaningful indicators of University performance are up."

In addition to the University of Minnesota, Twin Cities, being named the nation's third-best public research university in a University of Florida study, Yudof cited the following figures:

- Applications for admission have risen 60 percent since 1995.
- Average ACT scores and class ranks continue to rise for freshmen.
- The average undergraduate credit load is 13.3, up from 12.9 in fall 1999, the first term on the semester system, indicating a growing desire to graduate in four or five years.
- Four- and five-year graduation rates continue to improve, but remain "totally unsatisfactory," Yudof said. In 1990, the four-year rate was below 10 percent in Duluth and the Twin Cities and both are now over 25 percent. Morris's rates have risen from 28 percent to about 44 percent in the same span. Crookston has only recently shifted to more four-year degree programs.
- Seventy percent of freshmen on the Twin Cities campus live in residence halls, up from 45 percent in 1986. The percentage of students commuting from a parent's home is barely a third of what it was in 1971: 14 percent compared with 40 percent.
- Student satisfaction has been high and rising on all four campuses, although the Twin Cities campus took a slight dip in 2001 when both Coffman Union and Walter Library closed for renovations, and new software for registration and financial aid was sometimes problematic.
- Research awards have more than doubled, in inflation-adjusted dollars, in the last 15 years.
- Private giving has risen nearly fourfold, from $36 million in 1986 to $131 million in 2001.

Yudof specifically pointed to remaining challenges, especially the "long-term, national trend" away from state support of public higher education and the need for increased tuition revenues this creates.

Yudof called on University faculty and supporters to spread the news. "I think it is the duty of the faculty and the greater University community to help the public's perception catch up with today's University," he said.

For the full speech, visit *www.umn.edu/urelate/stateofu.html.*

A Case for Smaller Schools

When the Center for School Change at the University's Humphrey Institute of Public Affairs received a $3 million grant from the Bill and Melinda Gates Foundation on October 29, it was a chance for the center to put its own research into practice.

This fall, the center produced "Smaller, Safer, Saner Successful Schools," a federally funded report summarizing school-size research and analyzing 22 case studies. Among the 22 were new schools, large schools that were renovated into several smaller schools, and schools that share facilities with community groups or other organizations to save costs and provide different learning opportunities.

The report concludes:

- Small schools are safer and have higher graduation rates and fewer discipline problems.
- Schools that share facilities with other organizations offer broader learning opportunities, better services, and a way to use public money efficiently.
- While small schools may cost more to operate per pupil, the higher graduation rates mean a lower cost per graduate.

The U.S. Education Department's Smaller Learning Communities Program finds that the best size for secondary schools is in the range of 400 to 800 students, smaller for elementary schools.

The Center for School Change is also administering an earlier $8 million grant from the same foundation. Combined, the two grants will:

- create five new high schools (either charter or district-run) of 500 students or less in the St. Paul area,
- help strengthen existing St. Paul–area charter high schools,
- assist or help create charter schools throughout Minnesota, and
- improve cooperation between school districts and charter schools, which are public, independently operated schools.

Overheard on Campus

"The evidence seems to suggest that when students keep their credit loads up, they have much better luck graduating on schedule."
—University Vice President and Provost Bob Bruininks on the rationale behind a memo proposing that, to bolster graduation rates, students on the Twin Cities campus be required to maintain credit loads of at least 13 per semester

Campaign Update

According to the University of Minnesota Foundation, 7,154 faculty and staff have given $49 million to Campaign Minnesota through September 30. The University-wide effort to raise $1.3 billion by July 2003 to ensure the U's preeminence in the 21st century has raised a total of $1.19 billion.

What Gifts Can Do

Because of gifts for endowment and ongoing support of the University since the beginning of Campaign Minnesota:

42,000 square feet have been added to the Mechanical Engineering building

469 new scholarship funds and **190** new fellowship funds are helping every college attract top students

79 new endowed chairs have been created

26 endowed faculty positions have been established in medicine and public health

3 times as many undergraduate students in the College of Biological Sciences now receive Alumni Merit Scholarships

Gifts of All Sizes

To reach its goal of $1.3 billion, Campaign Minnesota will rely not only on major gifts, but on gifts of any size from all alumni. More than 172,000 donors have made gifts to Campaign Minnesota.

SIZE OF GIFT	NUMBER OF DONORS
$5 million to $24.9 million	28
$1 million to $4.9 million	204
$100,000 to $999,999	1,436
$25,000 to $99,999	1,831
Less than $25,000	168,939

Bridging a Problem for 60 Years

As news filtered out during the summer that the pedestrian bridges over Washington Avenue were closing, one slightly amused observer took special interest. Markus Mattison ('33) was the contractor who built the structures, which opened in 1941. "They were building the new [Washington Avenue] bridge and were going to depress the street all the way to Oak Street," he recalls. The bridges were needed to take students from Northrop Mall to the then-new Coffman Memorial Union. "They were going to build retaining walls down to the street and put something else over the road. Then these bridges were going to come out. . . . We thought it would be probably 10 years."

Until this year, the Washington Avenue pedestrian bridges connected Coffman Union and Northrop Mall since 1941.

But Washington Avenue was never lowered and the two bridges have stood for 60 years, becoming an icon for generations of University students. Finally, deterioration on the "temporary" bridges became serious. Coupled with clearance problems for vehicles on Washington as well as accessibility concerns, the decision was made to close the bridges and look for a permanent solution. A University team is studying how to create that permanent crossing while improving the integrity of Northrop Mall, re-creating some of the bridges' iconic appearance, and accommodating the many more people expected to use the crossing in the coming decade. The Riverbend Commons area beyond Coffman is under construction and will feature housing, more parking, and direct paths to the Mississippi River flats area.

Mattison, now 91, held his engineering license from 1936 until about five years ago. "Every time I drove by there I remembered those bridges because they were one of my first contracts," he says. "About 1980 I started to realize that they were becoming landmarks."

According to Mattison, those landmarks might still be in use if he had had his way. In building the bridges, he worked with one of his instructors, Joe Weiss, on the design. "I understand the rust is getting pretty bad where the structural steel joins the concrete piers," he says. "I told Joe that someday there would be corrosion there, but he said, 'Oh, they're only going to be up 10 or 15 years.'"

Originally, University planners had hoped to have a permanent crossing in place for next fall's scheduled reopening of the renovated Coffman Union. That won't be the case, however, because of conflicts with Coffman reconstruction, reconfiguring parts of the mall, and, ironically, the fact that lowering the Washington Avenue roadbed is still being discussed.

Overheard on Campus

"I knew Mark before he was intimidating."
—*Judy Yudof, explaining why she felt comfortable bantering with her husband, University President Mark Yudof, on their new monthly radio show, "Beyond the U," airing from 1 to 2 p.m. the first Tuesday of each month on WCCO radio*

Campus Arts and Events

At the Weisman

***Casting Off the Unspoken Words*, 2000, by Sandra Menefee Taylor, offers a place for meditation and contemplation following the events of September 11. Through December 31 at the Weisman.**

At the Weisman

***Entrance to Guard Lock*, 1889, cyanotype, from "The Vanished Mississippi: Photographs by Henry Bosse," through January 20 at the Weisman.**

From "The Fritz Stransky Family Bookplate Collection: A Precarious Legacy of Hitler's Europe," through December 31 at the Weisman.

At the Bell

With a large measure of humor, "Beakman's World on Tour" reveals the facts behind scientific phenomena, through January 6 at the Bell Museum.

CAREER SERVICES

The University of Minnesota Career and Lifework Center offers information sessions for individuals interested in "Returning to Learning." The sessions present an overview of the range of learning opportunities at the University and may be of particular interest to information technology professionals, career changers, and those seeking personal enrichment. The center also is developing a series of career transition workshops. The free "Returning to Learning" sessions take place 5:15–6:30 p.m. the first and third Monday of each month at the McNamara Alumni Center, 200 Oak St. SE, Suite 200. For reservations or information, call 612-626-7222 or visit *www.lifework.umn.edu*.

DANCE

THE UNIVERSITY DANCE PROGRAM

University Dance Theatre Concert

Students of the dance program and Cowles Chair guest artists take center stage for a stellar showcase of outstanding work. This year's concert is a mix of classic repertoire pieces and new works. December 7–8, 8 p.m., and December 9, 2 p.m., in the Whiting Proscenium Theatre at the Rarig Center, 330 21st Ave. S., Minneapolis. Call 612-624-2345.

FAMILY EVENTS

BELL MUSEUM OF NATURAL HISTORY

10 Church St. SE, Minneapolis, 612-624-7083. Hours: Tuesday–Friday, 9 a.m.–5 p.m.; Saturday, 10 a.m.–5 p.m.; Sunday, 12–5 p.m.

Beakman's Science Demonstrations

Commonly asked questions, the wonder of science, and a large dose of humor help kids figure out how the world works. They'll learn how pus and snot keep a body healthy as "Beakman's World on Tour" shows the facts behind scientific phenomena. Through January 6. Every Saturday at 11:30 a.m., 1:30 p.m., and 3:30 p.m. Free with museum admission.

MINNESOTA LANDSCAPE ARBORETUM

The Minnesota Landscape Arboretum is nine miles west of Interstate 494 on Highway 5, Chanhassen. Admission is $5; free for those 18 and under. Call 952-443-1400.

Traditional English Teas

Three-course traditional English teas are served in the casual elegance of the cozy fireplace room, complete with delicacies, linens, and views of the arboretum's snow-covered gardens and natural areas. Wednesdays through March 31 and Mondays–Wednesdays, December 3–19, 3–4:30 p.m., in the Snyder Building. The cost of $20 includes arboretum admission. Call 952-443-1411 for reservations.

Festival of Trees

The arboretum's auditorium is transformed into a wonderland of fresh evergreen trees, decorated with handmade and natural materials by local plant societies, garden clubs, and civic organizations. Thursdays–Saturdays, December 6–January 6, in the Snyder Building. A holiday open house, December 8–9, 11 a.m. –3 p.m., features hot apple cider, make-and-take holiday nature crafts, and holiday and cultural performances.

MUSEUMS AND GALLERIES

FREDERICK R. WEISMAN ART MUSEUM

333 East River Road, Minneapolis, 612-625-9494. Hours: Tuesday, Wednesday, Friday, 10 a.m.–5 p.m.; Thursday, 10 a.m.–8 p.m.; Saturday and Sunday, 11 a.m.–5 p.m. Admission is free.

Casting Off the Unspoken Words

An installation by St. Paul artist Sandra Menefee Taylor commissioned by the Weisman allows visitors to write messages in pencil on special paper, then drop their messages into a large, boatlike vessel filled with water. The paper dissolves quickly, leaving a trail of the graphite words floating on the surface of the water. The piece was on display at the Weisman in summer 2000, but has returned to offer a contemplative response to the September 11 tragedies. Through December 31.

The Fritz Stransky Family Bookplate Collection: A Precarious Legacy of Hitler's Europe

This exhibition features more than 100 pieces from a personal collection that survived the Holocaust. The original owner, Fritz Stransky, a lawyer in Most, Czechoslovakia, died at Auschwitz. But neighbors protected his belongings and returned them to Stransky's wife and daughter, who survived. Stransky's daughter, Anita, recently donated the bookplates to the University. Through December 31.

The Vanished Mississippi: Photographs by Henry Bosse

One of America's greatest Mississippi River photographers, Henry Bosse (1844–1903) captures the rapid transformation of the waterway from the island-filled, braided-stream era glorified by Mark Twain to an industrial highway of river-lakes. A mapmaker and geographer for the U.S. Army Corps of Engineers, Bosse extensively photographed the Upper Mississippi. Through January 20.

GOLDSTEIN GALLERY

244 McNeal Hall, 1985 Buford Ave., St. Paul, 612-624-7434. Hours: Monday, Tuesday, Wednesday, Friday, 10 a.m.–4 p.m.; Thursday, 10 a.m.–8 p.m.; Saturday and Sunday, 1:30–4:30 p.m.

Material Wealth: Five Decades of Textiles

The Goldstein, along with the Minneapolis Institute of Arts and the University of Minnesota's Manuscripts Division, received the design archives of Jack Lenor Larsen, one of America's most innovative and successful textile designers. The three institutions are collaborating to produce a multifaceted, three-site exploration of Larsen's work. The Goldstein focuses on Larsen and interior

design and explores the processes of design. December 2–February 2.

KATHERINE E. NASH GALLERY

In Willey Hall on the West Bank, 612-624-7530. Hours: Tuesday, Wednesday, Friday, 10 a.m.–4 p.m.; Thursday, 10 a.m.–8 p.m.; Saturday, 11 a.m.–5 p.m. Admission is free.

Connections/Japan
An exhibition exploring themes and patterns related to historical and contemporary architecture and landscape architecture. Through December 14 in the Teaching Gallery.

New Drawings: Diane Katsiaficas
Through December 14 in the Spotlight Gallery.

MUSIC

UNIVERSITY SCHOOL OF MUSIC

The Ted Mann Concert Hall is located at 2128 Fourth St. S., Minneapolis. The Lloyd Ultan Recital Hall is at Ferguson Hall, 2106 Fourth St. S., Minneapolis. For more information, call 612-62-MUSIC (626-8742) or visit www.music.umn.edu.

Symphony Orchestra and Symphonic Wind Ensemble
Akira Mori and Craig Kirchhoff conduct these premier School of Music ensembles in a concert featuring Schubert's Little Symphony in F, Wagner's *Trauersinfonie* and Hindemith's Symphony in B flat. December 6, 7:30 p.m., at the Ted Mann Concert Hall.

Student Piano Ensemble
Paul Shaw and Grace Huang, coordinators. December 7, 4 p.m., in the Lloyd Ultan Recital Hall.

Men's Chorus, Women's Chorus, and Brass Choir
Three premier School of Music ensembles join together to present this "Sounds of the Season" concert. Kathy Saltzman Romey, Jared Anderson, and David Baldwin, directors. December 7, 7:30 p.m., at the Ted Mann Concert Hall.

Jazz Ensembles and Jazz Singers
Dean Sorenson and Keith McCutchen, directors. December 10, 7:30 p.m., at the Ted Mann Concert Hall.

Jazz Ensembles II and III
A special concert with the School of Music's jazz ensembles and trumpet soloist Ray Vasquez from the University of Minnesota, Duluth, features Thad Jones' *Big Dipper* and Dean Sorenson's *Samba de Carrera*. Dean Sorenson and Mark Flaherty, directors. December 11, 7:30 p.m., at the St. Paul Student Center Theater.

PREGAME PARTIES

Pregame parties before Gopher men's basketball Big Ten home games feature appearances by Goldy Gopher and Gopher cheerleaders, highlight films, prize giveaways, a "chalk talk" with a member of the men's basketball coaching staff, D'Amico edibles for purchase, and a cash bar. The pregame parties—sponsored by the Gateway Corporation, Men's Athletics, and D'Amico Catering at Gateway—take place in Memorial Hall at the McNamara Alumni Center, 200 Oak St. SE, and begin two hours before tip-off. Admission is free. Dates, Big Ten opponents, and tip-off and pregame party times are:

January 5: Michigan State, 3:30 p.m. (1:30 p.m. party)
January 9: Michigan, 7 p.m. (5 p.m. party)
January 26: Ohio State, 3:30 p.m. (1:30 p.m. party)
January 30: Penn State, 7 p.m. (5 p.m. party)
February 16: Wisconsin, 1:30 p.m. (11:30 a.m. party)
February 27: Northwestern, 7 p.m. (5 p.m. party)
March 3: Illinois (time TBA)

(Note that no pregame party is planned for February 2, when the Gophers host Indiana, due to a previously scheduled private event.)

READINGS AND SPEAKERS

CREATIVE WRITING PROGRAM

"First Books," two evenings of readings and discussions with newly published authors, features poet Cate Marvin and novelist Laird Hunt. December 7, 7 p.m., at the Weisman Art Museum, 333 East River Road, Minneapolis. Events on December 8 to be announced. Call 612-625-6366.

FIRST TUESDAY LECTURE SERIES

The Carlson School presents lunch and a top-level executive as the keynote speaker the first Tuesday of every month at the Radisson Hotel Metrodome on the East Bank. The December 4 speaker is Gene Sit, chairman and CEO of Sit Investment Associates. The January 8 (the second Tuesday) speaker is Stephen Sanger, chairman and CEO of General Mills. The February 5 speaker is Jerry Storch, vice chairman of Target Corporation. Registration begins at 11:30 a.m.; lunch is at 11:45 a.m.; the event concludes at 1 p.m. The cost, which includes lunch and parking, is $18 until the Thursday before the event and $23 after that day. Call 612-626-9634.

GREAT CONVERSATION SERIES

The College of Continuing Education kicks off a five-part discussion series by bringing together University President Mark Yudof and political strategist Paul Begala, who will provide commentary on public policies, communication strategy, and the pressing issues of the day. Begala, a former political adviser to President Clinton, is a regular contributor to MSNBC and is co-authoring a book on political strategy with James Carville. January 15, 7:30 p.m., at the Ted Mann Concert Hall, 2128 Fourth St. S., Minneapolis. Tickets are $25 for individual events or $100 for all five (discounts for University faculty, staff, students, and alumni association members). Call 612-624-2345 ■

in Brief

"The University is enjoying a great deal of momentum," said President Mark Yudof in the State of the University address October 18. Admissions applications have risen 60 percent since 1995, total enrollment for students of color has risen more than 11 percent since 1991, freshman ACT scores are up, research awards have more than doubled in the past 15 years, and private giving is up from $36 million in 1986 to $131 million in 2001.

While careful to stress that they're still "unacceptable," Yudof also described rising four- and five-year graduation rates on the Twin Cities, Duluth, and Morris campuses. (The Crookston campus is not included because of its recent conversion to four-year status.) He also noted that the University is granting nearly a third more master's and doctoral degrees than in 1992.

Despite long-term trends away from public financing of higher education, "we are fiscally solvent," Yudof said. "We have raised tuition, we have scaled back on some aspirations without abandoning them, and we have pruned our budgets in ways that do not compromise quality or service."

The public perception of the University is outdated, Yudof added. "We must capitalize on the momentum today to create a better University tomorrow," he said. "We need to take these facts and weave them with our many examples of success to create new stories—ones that will replace the urban legends that still exist." For the full State of the University address, visit *www.unews.umn.edu*.

In the weeks following September 11, the University of Minnesota flew the American flag across campus, including on construction sites, on a series of new poles along University Avenue, and atop the Washington Avenue Bridge.

The University's response to the September 11 national tragedy included interfaith services, candlelight vigils, moderated discussions, and suspension of athletic events on all campuses. Grief and counseling services were also available.

The University will continue to cooperate with the federal government in maintaining data on international students, Yudof said in response to a question about the impact of the terrorist attacks of September 11. The University values the contributions and diversity that international students bring to campus, he said, and will oppose a broad moratorium on them. Approximately 3,200 international students from 130 countries attend the Twin Cities campus, with about 75 percent enrolled in graduate programs.

The Board of Regents approved the 2002 capital request totaling $239.8 million for the next biennium. This amount includes funds for 12 improvement, renovation, and construction projects across all campuses. Yudof said the request "preserves and renews heritage buildings; promotes excellence in the life sciences, technology, and education; and enhances the undergraduate experience by creating a welcoming community in which to live and learn."

The largest portion of the request, $80 million, is for Higher Education Asset Preservation and Replacement (HEAPR) funds to support approximately 85 safety, building code, and renewal projects. The state Department of Finance recently scored the University's HEAPR request above all other proposed 2002 capital requests. For more on the request, visit *www.umn.edu/govrel*.

***E-News*, a biweekly electronic newsletter targeting University alumni and donors, made its debut September 26.** A collaborative effort of University Relations, the University of Minnesota Foundation, and the University of Minnesota Alumni Association, *E-news* draws content from the University's News Service press releases, faculty and staff periodicals, and college publications. To subscribe, visit *www.umn.edu/systemwide/enews*.

University Libraries received a $275,077 National Leadership Grant for Libraries to collaborate with the Minneapolis Public Library over two years. World War I and World War II posters held by both institutions will be digitized and made available on their Web sites.

The percentage of student alcohol users on the Twin Cities campus is close to the Big Ten average and the national norm, reported Boynton Health Service director Edward Ehlinger to a regents committee. Although the percentage of students who engage in binge drinking on the Twin Cities campus (35.5 percent) has increased, it is below Big Ten (43.2 percent) and national (46.8 percent) averages, he said. He also noted that students who frequently binge drink are significantly more likely to miss classes, have lower academic achievement, and drive under the influence.

A new My Favorite chrysanthemum is the most winter-hardy mum ever cultivated, Neil Anderson, head of the University flower breeding program, said at the September 20 launch of the Autumn Red variety. Four additional colors will be launched in spring 2002 for a total of 20 in the product line. Developed by the University, Autumn Red can be seen in the flowerbeds in front of Northrop Auditorium.

In the State of the Academic Health Center (AHC) address September 12, Senior Vice President Frank Cerra expressed optimism about the AHC's future. "This Medical School is now better positioned than nearly any in the nation to be successful," he said. Recent funding from the state legislature ($19.9 million from the new tobacco endowment) "says that the work we do here is valuable to the state and the community." For the full address, visit *www.ahc.umn.edu/cerra*. ■

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

PEOPLE COME FROM AROUND THE WORLD TO ATTEND THE U OF M. YET FEW HAVE COME AS FAR AS THIS WOMAN FROM MISSISSIPPI.

It's been quite a journey. Before becoming an award-winning playwright, Dr. Endesha Ida Mae "Cat" Holland

had to overcome poverty, rape, racism, imprisonment and her mother's murder. Her life is a testament to believing in your dreams.

On her 11th birthday, Holland was raped by a man while babysitting his granddaughter. Her childhood traumatically stolen, she became a prostitute at age 12 and a convicted thief at 16.

Then the civil rights movement came to town and Holland found a higher calling. She became a fearless leader, arrested 13 times while protesting for voting rights. She toured the country raising support. While visiting the University of Minnesota, she vowed to come back to study one day. It's a promise she would keep, but only after her mother was killed when their house was firebombed. Devastated, she left home in 1965 and enrolled in the U's General College.

Dr. Endesha Ida Mae "Cat" Holland, Class of '79, noted playwright and scholar.

Holland eventually earned three liberal arts degrees from the U, receiving her Ph.D. in '86. She was inspired by professors Geneva Southall, Elaine Tyler May, Charles Nolte, and the late Anita Bracey-Brooks, saying "They believed in me and said I could be somebody." In Nolte's playwriting course, Holland's work moved students to tears. She later wrote *From The Mississippi Delta*, earning a Pulitzer nomination in 1988. She's now a full professor at USC's School of Theater.

Dr. Holland's inspiring story is one of countless achievements in U history, from the first successful open-heart surgery to 16 Nobel Laureates. To uphold this tradition, join Endesha and the thousands of other U supporters as a member in the Alumni Association. Your membership helps advocate for a strong University, championing programs that welcome freshmen, honor outstanding teachers, and develop tomorrow's leaders. To join, visit www.umaa.umn.edu or call 1-800-UM-ALUMS.

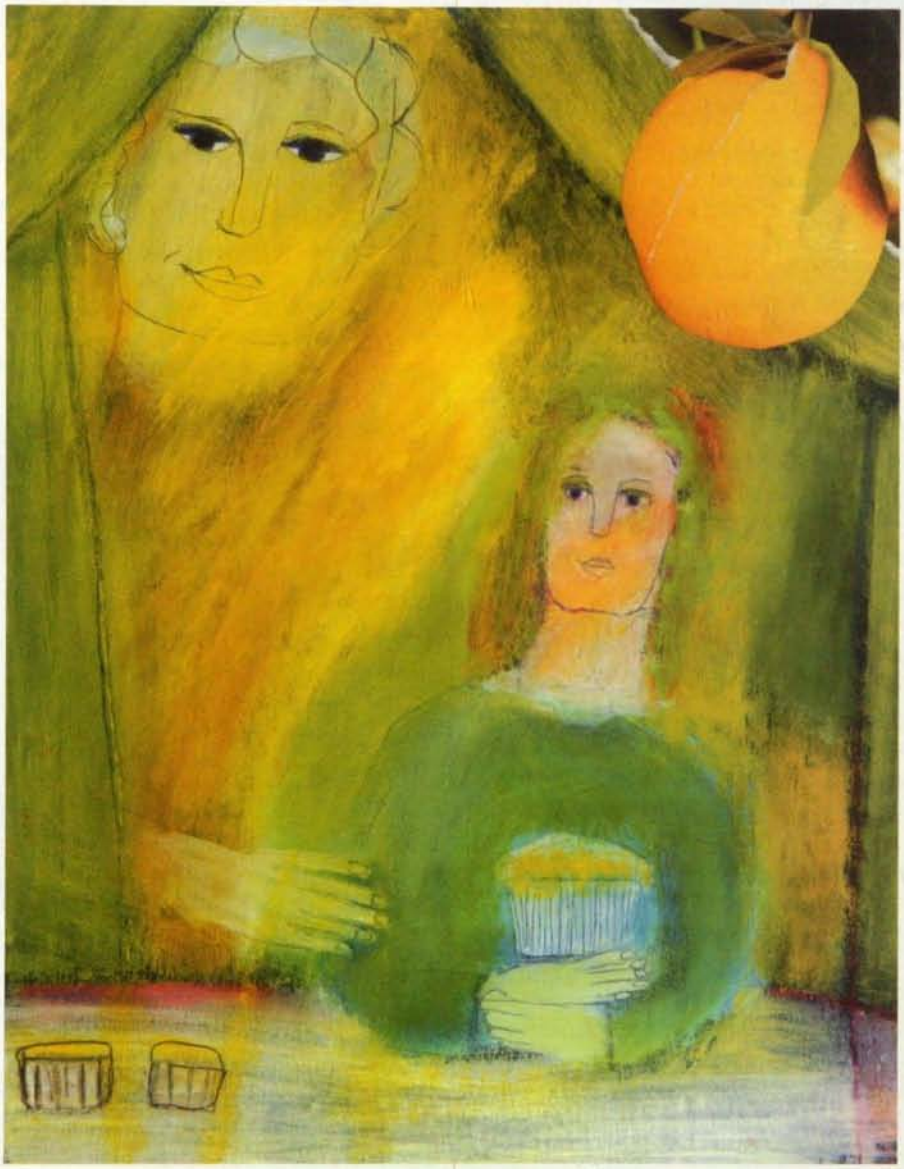
HELPING CHANGE THE WORLD ONE GRADUATE AT A TIME

UNIVERSITY OF MINNESOTA ALUMNI ASSOCIATION

Lemon Sponge

Portrait of a sweet and tart mother-daughter ritual.

BY ANN BAULEKE



Driving to visit my mother, I have a spoon in one coat pocket and a porcelain cup in the other. The small cardboard box on the seat next to me contains a ramekin of lemon sponge custard. Whipped cream smears the top of the box, and I'm a little annoyed. Propped against the seatback is a covered paper cup of Twinings tea stuffed inside a Thinsulate-lined mitten to keep it hot. I turn the corner toward the nursing home and ask myself, "What are you doing?"

I'm trying to be a good daughter. But when it comes to my mother, I can't distinguish a kind impulse from an attempt to keep some guilty monkey off my back. I'm too old to be a working sketch, so I do what I imagine good daughters do. At some point during the eight years since my siblings and I moved her into a nursing home in the city where I live, I surmised that good daughters visit their mothers once a week. I've regretted setting the precedent, and more than once have told her not to expect me every week; things come up. But we both continue our roles in the ritual, though she lacks the ambivalence I wrestle with. Last week when I arrived, the woman at the reception desk remarked, "I just saw your mother. She said, 'My daughter visits me every Saturday.'"

Ordinarily, the dinner party I'm hosting tonight would have provided an excuse to weasel out of a visit (entertaining, according to my mother's standards, not only merits but requires single-minded effort; she would have begun preparations days ago). But I thought of her as I raised the leaves of the cherry wood table that once belonged to her. And as I set it with her linens, her Haviland china, her silverware, and her etched crystal, a familiar whim welled in me. I imagined making tea and serving her the lemon sponge custard. I thought of telling her how much I enjoy using her finery, how glad I am she thought enough of living well to collect these things.

It's not that I couldn't get a spoon at the nursing home. Or couldn't make a cup of tea there too. But when I visit my mother, a steeliness comes up in me. It comes up as I enter the sandstone building; when I step into the elevator and press "3"; as the door opens onto the ward, where men and women, limp and wan, wait in wheelchairs; as I pass door after open door and hear the too-loud TVs; and as a woman somewhere cries, "Mommy! Mommy!" The steeliness comes up like quills on a porcupine's back. It's not the nursing home I dread, though

it makes a dreary backdrop for a visit. Just being with my mother is hard, and I can't rise above the tension it stirs in me. So a detour to the dining room for tea, a spoon, or anything seems too much.

At the end of the hall, the door to my mother's room is always closed.

Perhaps our visits are still more an effort for her than for me. At 87, she's the one who doesn't clearly hear, even with hearing aids. She's the one who sees only what the remaining thread of a degenerating macula allows. And though, in her presence, I'm hardly Little Mary Sunshine, she's the one who, despite medication, is derailed every six weeks by the "down cycle," we've come to call it, of rapid cycling manic depression. "I'm sick" is how she refers to herself in these spells. Recently, she's picked up the term *clinically depressed.* She says it weightily, after a measured pause, as if she were Walter Cronkite delivering the final words of the evening news.

She's asleep in her bed in the corner of her single room when I arrive. Stirring, she looks up. "Is that Ann?" she asks. I'm standing there in my long black coat and baseball cap and holding the mitten of tea and the box of lemon sponge. "Is it cold outside?" she asks.

"Very," I report enthusiastically, to suggest that being stuck indoors today isn't really so bad.

"What've you got?" She reaches up without rising.

"Dessert."

Arms extended, she insists, "But what is it?"

I don't want to say lemon sponge custard because, before I get the words out, she'll say "Whaaat?" and, though I'll stiffen, I'll try again, until I shout in exasperation, which doesn't help. That's the dance.

"Sit up," I say. "Where are your glasses?" She pats the mattress and finds her rosary beads. Then she reaches inside the drawer of the nightstand, feels for her glasses, and puts them on. She's wearing a red sweater and navy blue slacks, which still take me by surprise. Growing up the eldest daughter with seven brothers led her to conclude and hold fast to the opinion that "pants are for men." She revised her stance only in recent years, when she lost the physical dexterity necessary to pull up panty hose.

"WHAT'VE YOU GOT?" SHE REACHES UP WITHOUT RISING.
"DESSERT."
ARMS EXTENDED, SHE INSISTS, "BUT WHAT IS IT?"
I DON'T WANT TO SAY LEMON SPONGE CUSTARD BECAUSE, BEFORE I GET THE WORDS OUT, SHE'LL SAY "WHAAAT?" AND, THOUGH I'LL STIFFEN, I'LL TRY AGAIN, UNTIL I SHOUT IN EXASPERATION, WHICH DOESN'T HELP. THAT'S THE DANCE.

Glasses in place, she feels the floor for her shoes. She bends to grasp a white sneaker, raises her foot to her knee, wedges her swollen foot into the shoe, and ties the lace. Then she repeats the whole ordeal.

I unmitten the tea and decide to forego the porcelain cup in my pocket. There was a day when she brewed only loose tea and eschewed mugs, as if the term alone made them uncivilized. Some days her idiosyncratic tastes remain intact—the lay of a collar, the necessity of jewelry, the amount of sugar it takes to make fresh raspberries sweet. Today, I'm the one without the pluck.

Shoes on, she totters for the chair. She could tip over before reaching it, but turns in time and falls, sighing with effort, into the chair. I hand her the dessert and spoon, and she digs in. As long as I've known her, her chant has been "if I could just lose five pounds." She has never been fat, but dense and compact. Now she has a bird of a body. But when served something that tastes good to her, she eats voraciously. "It's good," she says. "What is it?"

"It's from *The Joy of Cooking.*" I know she'll hear that and the lemon sponge will win her approval: Cooking was her bailiwick, that book was the voice of authority, and she presumes a certain quality of all its recipes. "Friends are coming for dinner tonight," I say. "I made it for dessert."

"What are you serving?" she asks, a gleam suddenly appearing in her eyes.

"Roasted chicken," I tell her. "I have two." I have her attention, so I continue. "The butcher said a pound per person."

"Are you stuffing it?" she asks, but more as a dictum than a question.

"Yes," I report. "With a lemon, onion, and fresh thyme."

"Are you serving anything else?" Her critical mind has sprung to life, making my neck tight. She's conjuring an image and projecting her taste into the meal. Among my longings as a child, unaware as I was of her illness and its obsessive-compulsive nature, pleasing her topped the list.

"Mashed potatoes, French bread, salad."

"I wondered about a vegetable; it's a good thing you're serving salad. How long will you roast the chicken?"

"I don't know. I usually ask the butcher, but I forgot. What do you think?"

Her eyes search. "I can't remember," she says. "Don't you have a cookbook?"

From home, I call the butcher. He recommends 20 to 25 minutes per pound, at least, since there are two chickens. He asks if I have a meat thermometer. I do; it, also, belonged to my mother. He tells me that 165 degrees is sufficient, "though the newer cookbooks will say 180."

For a second opinion, I look up poultry in *The Joy of Cooking.* My copy was a gift from my mother when I graduated college. "For your reading enjoyment and basic good eating. Love, Mother." She wrote that above the book's epigraph, a quote from Goethe's *Faust:* "That which thy fathers have bequeathed to thee, earn it anew if thou wouldst possess it."

Both this 30-year-old book and the meat thermometer pronounce poultry cooked at 180 degrees. The phone rings.

"Did you look it up?" she asks.

"Yes," I tell her. "It said 20 to 25 minutes per pound."

"Well, it's better to overcook it than not cook it enough." ■

Ann Bauleke (M.A. '77) lives in Minneapolis and writes for Larsen Design.

FIRST PERSON features personal essays written by alumni, faculty, students, or anyone with a University connection. To request writers' guidelines for First Person, write to Shelly Fling, Editor, *Minnesota* Magazine, McNamara Alumni Center, 200 Oak St. SE, Suite 200, Minneapolis, MN 55455. Or e-mail *fling003@umn.edu.*

MINNESOTA TURNS 100

War Comes to America

As part of a series recognizing its 100th year, the alumni association publication looks back to its coverage of the events following December 7, 1941. By Shelly Fling

Fourth-hour classes were canceled on December 8, 1941, and students filled Northrop Auditorium and Coffman Union to listen to the radio broadcast of President Franklin D. Roosevelt asking Congress to declare war on Japan. "The students listened quietly and attentively to the President's words. There were no demonstrations," the December 13, 1941, issue of the *Minnesota Alumni Weekly* reported. "It seemed that there were more men wearing the neat blue uniforms of the Naval ROTC than usual on the campus but it may have been that one was more conscious of uniforms and their significance on that day."

THE COVER OF THE JANUARY 10, 1942, ISSUE OF THE *MINNESOTA ALUMNI WEEKLY* WAS TAKEN FROM THE ROOF OF COFFMAN UNION AND SHOWS ONE OF THE TWO FLAGS THAT FLEW OVER THE BUILDING.

Sixty years ago, when the United States entered World War II, the *Alumni Weekly* kept University alumni informed about the happenings at their alma mater in response to the attack on Pearl Harbor on December 7, 1941, and the dual role that the University would play to help defend the nation. In the first issue after the attack, the editors wrote:

> First, . . . in this modern warfare the universities of the land are recognized as mighty arsenals of ideas, trained personnel, laboratories and research specialists in all fields. All these invaluable resources will be placed at the disposal of the state and the nation in this critical hour.
>
> The second responsibility of the University is that of maintaining its normal educational function throughout the period of international conflict. It is more important than ever that youth be trained, not only in the special skills which are essential to the nation at war, but also as intelligent citizens and able leaders both in time of war and in time of peace.

The *Alumni Weekly* reprinted the letters University President Walter Coffey wrote to Governor Harold E. Stassen and the University community "affirming the keen awareness of the University to its responsibilities in connection with the war efforts of the nation." To staff and students President Coffey wrote:

> In the face of the sudden and tragic turn of events, it is now incumbent upon the staff and student body alike to be both calm and determined. Neither hysteria nor indifference should characterize our behavior.
>
> All of us should assume without fear or hesitation the new responsibilities imposed on us. The preservation of our nation and our democratic form of government must have first place in all of our thinking. I have great confidence in our staff and our student body, and together we stand united in the supreme task which now confronts us.

University students, who likely did little preparation for their final examinations the week the United States entered the war, faced changes of plans and difficult decisions. Max Shulman, the humor columnist for the *Minnesota Daily*, wrote a sober column after the attack on Pearl Harbor, reprinted in the *Alumni Weekly*: "Now I know that this is my war. Now I see that freedom is a trust. I, all of us, have been living a pretty good life. Now is the time to settle up."

President Coffey explained the University's wartime student program in a letter to parents reprinted in the January 10, 1942, issue of the *Alumni Weekly:*

> It is not the function of the University to urge all students into the service. Neither is it the University's purpose to help students escape service. Rather, its duty is to advise and counsel with the students to the end that they may decide wisely at what point their services will contribute most to the war we are now fighting. . . .
>
> We shall at once develop programs on the campus . . . so that there will be opportunity for everyone to contribute something to the ultimate victory.

Within weeks after the attack the University formed a defense committee of 12 faculty members, made laboratories and researchers available for national defense, and modified curricula, such as for medical students to study the effects of poisonous gas. And it announced a 17-part series of lectures on "War Comes to America." President Coffey gave introductory remarks before the first lecture, reprinted in the January 17, 1942, issue of the *Alumni Weekly:*

> The struggle in which we are engaged is so vast, so unprecedented, that we cannot expect to be victorious unless we employ every resource at our command, one of the most vital of which is that we have an intelligent understanding of the enemy as well as of ourselves. . . .
>
> Out of these lectures should come a clearer understanding of the causes of the conflict . . . a more settled conviction and a greater demonstration that what we are fighting for is worth fighting for.
>
> Belief cannot be a substitute for action. . . . But action is all the more effective if based, not on hysteria, hearsay, distortion, fragmentary information, but on a clear understanding of the ideas, the traditions, policies and situations which form the basis of contention between ourselves and the enemy.

The lectures drew nearly 1,500 people each and were reprinted by the University Press and sold for $1 a copy. ■

Shelly Fling is editor of Minnesota.

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Living with FEAR

University infectious disease expert Michael Osterholm (M.S. '78, M.A. '80, Ph.D. '80) talks about the nation's war against bioterrorism

Q&A

MICHAEL OSTERHOLM WAS JUST SETTLING IN as director of the new Center for Infectious Disease Research and Policy at the University of Minnesota when terrorists flew planes into the World Trade Center in New York, the Pentagon outside Washington, D.C., and a field in rural Pennsylvania. Overnight, as the nation's vulnerability to terrorism became apparent, the former Minnesota state epidemiologist became one of the most sought-after experts in infectious diseases.

For years, Osterholm (M.S. '78, M.A. '80, Ph.D. '80) has been an outspoken critic of the nation's lack of preparedness in the face of bioterrorist threats. His book, *Living Terrors: What America Needs to Know to Survive the Coming Bioterrorist Catastrophe* (Delacorte Press, 2000), describes the havoc various types of biological warfare would wreak on an ill-prepared society. Osterholm has been called an alarmist, accused of exaggerating the likelihood of a large-scale bioterrorist attack on the United States. Nonetheless, he has been unwavering in his belief that people need to know the truth about the possibility of a widespread anthrax outbreak, smallpox epidemic, or other bioterrorist disaster. In short, he hopes to scare people into taking action.

And many are listening. Osterholm, 48, has been interviewed by every major media outlet in the United States since September 11. A former adviser on bioterrorism to the late King Hussein of Jordan, a U.S. ally, Osterholm recently testified before Congress about improving the public health system to respond to a bioterrorist attack and was named to a national advisory committee on bioterrorism by Tommy Thompson, the U.S. secretary of health and human services.

Although in his new advisory role he spends as much time in the nation's capital as in Minnesota, Osterholm's base will continue to be the University of Minnesota and the Center for Infectious Disease Research and Policy. "I think in some ways my entire career has been spring training for what's happening right now," Osterholm says, "and the U has been a part of that for 26 years."

BY SHELLY FLING | PHOTOGRAPH BY JOHN NOLTNER

Q: Your book is a warning to the United States to prepare for an inevitable bioterrorist catastrophe. Suddenly, since the anthrax outbreaks following September 11, that time appears to be upon us. As a nation, how should we react given our lack of preparedness?

A: The current public health system, while it has been allowed to fray substantially over the past two decades, is still a system that is responding. How long they can respond and to what degree they can respond are important concerns, and we're obviously going to need some real infusion of resources into that system.

People are confused by what we mean by "responding." They see the police, firefighters, and haz-mat workers responding to these anthrax letters, . . . but what they don't see are the epidemiologists and the public health personnel who are doing the investigations and all of the lab testing that is so critical. That's what we're talking about in terms of responding. So when people ask if we're unprepared, yes, we are unprepared. Are we totally unprepared? No, we're really *under*prepared. And that's what we need to respond to.

The events of September 11 have obviously been a watershed event. As tragic as it was in terms of loss of human life and this sense now of a newly found fear that we hadn't had before, I think we as Americans also realize that we are going to have to change the way we look at terrorism, and we have changed the ways in which we have to prepare for it—for example, the discussions on the [federal government's plan to stockpile] 300 million doses of smallpox vaccine. The public health capability at the federal, state, and local level is now receiving a renewed and fresh look in a way it hasn't had in decades. And I think that's very positive.

Q: Biological warfare has been a part of human history for centuries. In your book you cite an instance in 1346 in which the Tatar army attacked Caffa (in modern Ukraine) and catapulted the bodies of dead plague victims over the city wall. What is different about biological warfare today?

A: I have always been of the mind that, yes, you can take the complicated modern aerosol particle technology and transmit disease, but also the "box-cutter efficiency" for transmission is a reality. And think of the situation that occurred at Fort Pitt at the end of the French-Indian War, when the British troops actually gave smallpox blankets to the Delaware Indians and, over the next six months, largely decimated that population. Giving people blankets with the scabs of smallpox in the fibers—that's not a high-tech weapon. It was a very powerful bullet and a very ineffective gun, but combined they still made a very effective weapon. Today, this anthrax, a material that's currently available to someone, is a very very powerful bullet but has to date been used in a relatively ineffective gun. But if it gets into a semieffective gun, we're in big trouble as a society.

We have to understand that that's the reality today. That's not fear mongering. You know, in early October I was on the various media outlets being interviewed, and look at how many people were on there saying again I was a fear mongerer, that people couldn't possibly get their hands on this kind of anthrax, that it just didn't exist, that it was just too technologically difficult, et cetera, et cetera. Now look where we're at. And this is not about being right or wrong.

Q: You have a reputation of being a straight talker and have even been accused of perhaps needlessly scaring people, but do people have unfounded fears that you would like to quell?

A: We tend to approach this issue like a wide-swinging pendulum, where at one point, on September 10, bioterrorism just wasn't an issue on the radar screen. Now the pendulum has swung all the way over to the side where we're living in fear. Where the truth is . . . not quite in the middle, but a little on the fear side. We as a society have to adjust to this new world. A good example is that many different media outlets and elected officials blamed the Centers for Disease Control for the deaths of the two postal workers. I'll tell you right now that, having been very outspoken on bioterrorism and having led some of the largest investigations in this country of infectious-disease outbreaks, had I been in the shoes of the CDC people on that given week, I don't know if I'd have done anything differently either. Because the science just wasn't there . . . the data weren't there to suggest the danger.

We have to get off blaming people. . . . We have to understand what has happened to us and that we are now in a world where we're going to have to adjust to military thinking of anticipated losses. . . . We are now going to have anticipated losses among our civilians, and we have to understand that. If we're not prepared as a society to understand that, then when things get tougher we are not going to have the resolve to see it through. Failure is not an option here, so we're going to have to figure out what to do.

And that's not to scare people, but it's to say you have a choice. You can either live *in* fear or live *with* fear. If we live in fear we will do nothing except be terrorized. If we live with fear, we'll take all the American ingenuity that we have, we will understand the threat, we will bring the best of our biotechnology, we will bring the best of our public health and medical services systems, the best of our law enforcement, and we will go after it. That's where academic health centers come in, and universities in general, because they're going to be part of the solution. They're going to be part of understanding how to live *with* fear. They will help us, with the American ingenuity, to respond.

If we do the other, if we allow ourselves to just sit there and blame people every time another person dies because of this, then we will live in fear and we will lose.

Q: In your book, you describe hypothetical bioterrorism events involving anthrax, food-borne disease, and smallpox and the results: thousands of deaths, mob scenes, and cities shutting down. How accurate is that estimation?

A: The food-borne one, that could happen tomorrow. The smallpox one, now we realize what the potential is for these programs. In some ways, where we're at right now actually speaks very loudly that those scenarios are not far off at all. Look at what we've done, with just a couple of letters and a few cases of anthrax we've shut down all three branches of government. Think of if this were thousands of cases. Look at the panic and fear that's been there. Was anything in that book exaggerated when you think about that? And that's the problem. One of things I talk about is the fear and panic you have seen with just a few cases of illness. More people died of meningitis from natural causes over the same time period that these anthrax cases have occurred. But look at the fear and panic. Did you hear anything about the meningitis cases in the country? Not a thing.

Q&A

Now imagine—and this is where the fear and panic will be escalated both in terms of what it will do to society but also as a result of many deaths—what if this is put into a much more effective gun and thousands of people die?

Q: What is your greatest concern regarding an outbreak of smallpox or other infectious disease?

A: The fact that panic and fear associated with infectious agents, and specifically bioterrorism agents, are so disproportionate with their actual risk to society of causing disease or death. And that's one of the reasons they make very good bioweapons but also why we as a society have to prepare to respond. That's the point I try to make in my book: One of the reasons you prepare and respond to this is not just due to the death and dying, it's also because of what it does to society.

About the New Infectious Disease Center

Launched in September, the Center for Infectious Disease Research and Policy at the University of Minnesota will focus on food safety and infectious diseases. Its mission is to ensure that policy related to infectious diseases reflects the most up-to-date biomedical knowledge and to promote better understanding of infectious disease issues among health professionals and the public. Believed to be the first of its kind in the nation, the center will conduct research, make clinical practice recommendations, help shape public policy, offer educational opportunities to professionals and the public, and make current information available on the Internet.

The center is supported by grants and private donations, including initial funding from the Robins, Kaplan, Miller & Ciresi law firm in Minneapolis.

For more information on the Center for Infectious Disease Research and Policy, visit *www.umn.edu/cidrap*.

Q: People want to feel that they're taking some kind of action, such as stockpiling food or buying gas masks. What do you think Americans should be doing as bioterrorism threats hang over them?

A: That's one of the problems, that we don't have anything per se for people to do, and that has left people feeling helpless. That's why I have said contact your senators and congressmen and tell them what you believe about this issue, that this is really an important thing to you and you want them to respond, you want them to do something effective, you want them to provide leadership. That may seem shallow, but in fact it is truly an action you can take that could have tremendous implications.

You can ask your health plans and your hospitals and your health department, "How prepared are you?" You can go to your state legislators and ask, "What are the capabilities of our state?" What we're not to do is give people platitudes. We've got to stop saying, "We're OK; we're fully prepared." I think anyone who in the past month has issued those words has regretted them.

Q: What, if anything, has been wrong with the U.S. response to the bioterrorism events?

A: Well, I think that we've got a ways to go. What I'm really pleased with, though, is that we are finally, for the first time, beginning to understand the need for comprehensive and long-term approaches to this, not just spin control and the message that we're all OK. Messages that say that this is doomsday are not correct and also are not helpful.

Q: Do you have concerns that the U may have unwittingly helped train microbiologists who have since used their knowledge to develop bioweapons?

A: I don't think we have any evidence of that. But I think it's important that we understand that the balance between the freedom of the academic center and the potential for providing training to people who might one day use it for nefarious purposes is obviously a real issue, and it obviously needs real, very thoughtful discussion. I believe that the U is prepared to do that.

Q: What are you doing as an adviser to Health and Human Services Secretary Tommy Thompson?

A: All I can say is I appreciate the opportunity to help my country however I can right now, and because of my experience and my expertise I've been asked to provide input to the Bush administration. I'm actually on loan from the University, and that was a decision made by the U. . . . You know, the University has provided literally the most supportive environment for both this center and me specifically in terms of helping to respond to the bioterrorism issue. . . . From administrative support to public policy support, this university has been just incredible in how it's assisted us in doing our job here. People probably don't see the U as being right on the front lines here; but for the U we wouldn't be on the front lines. ■

Shelly Fling is editor of Minnesota.

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COLLEGE OF CONTINUING EDUCATION

On Assignment

Alumnus Jeff Christensen, a photographer for Reuters news service, started out one Tuesday morning thinking he was covering a fire in lower Manhattan. He tells the stories behind some of the photographs he made September 11 and the days that followed. As told to Shelly Fling

Photographs by Jeff Christensen

I had worked late the night before, on September 10, so I was sleeping when the first plane hit. I had gotten called and when my boss told me a plane had hit the World Trade Center, I figured it was an accident. I turned on the TV, and within a couple minutes the second plane hit, and of course then everyone was saying this was no accident.

I live on the Upper East Side and so drove down FDR Drive, along the river. In theory, this road goes all the way to the World Trade Center, but I got about three-quarters of the way down when a police car turned and blocked the road. So I took small streets and zigzagged my way toward lower Manhattan. There were a lot of emergency vehicles headed that way. It was pretty chaotic; you could tell it wasn't normal. But I wasn't afraid, because never in my wildest dreams did I ever think those buildings would come down. I knew it was going to be bad, but I just figured I was going to be covering a fire.

I got down to Canal and Broadway, about eight blocks northeast of the World Trade Center, but the streets were clogged with

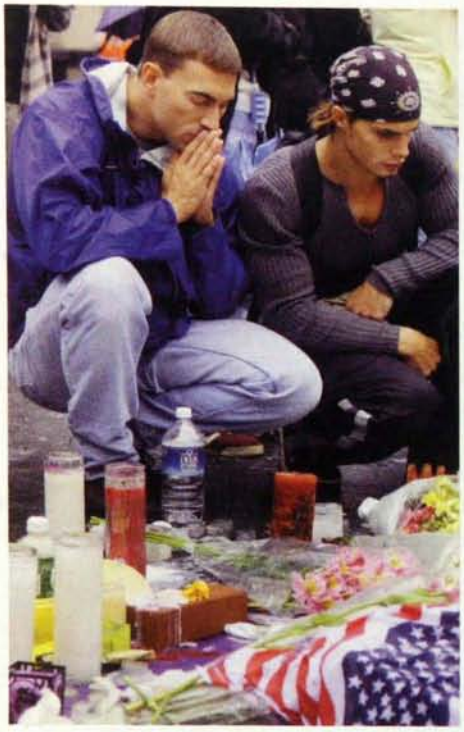
In addition to working for Reuters, Jeff Christensen is what he calls the "unofficial official" photographer for Bill Gates of Microsoft and the Bill and Melinda Gates Foundation. Christensen attended the University of Minnesota, Duluth, in the early 1980s and then transferred to the Twin Cities campus to earn a degree in photojournalism. An assignment for the *Minnesota Daily* launched his career as a wire-service photographer when he covered a student protest of on-campus recruiting by the CIA. "A photo I took on the steps of Johnston Hall of a guy trying to break down the door got picked up by UPI and used around the country," he says. He later worked for the St. Paul *Pioneer Press* and UPI and then Reuters, which asked him to move to New York in 1990. "I didn't think I'd stay more than a few years, but it's been 10 now and I have no plans to leave. I find myself missing it when I'm away. . . . Although it's a different place now. The city has lost a bit of its swagger."

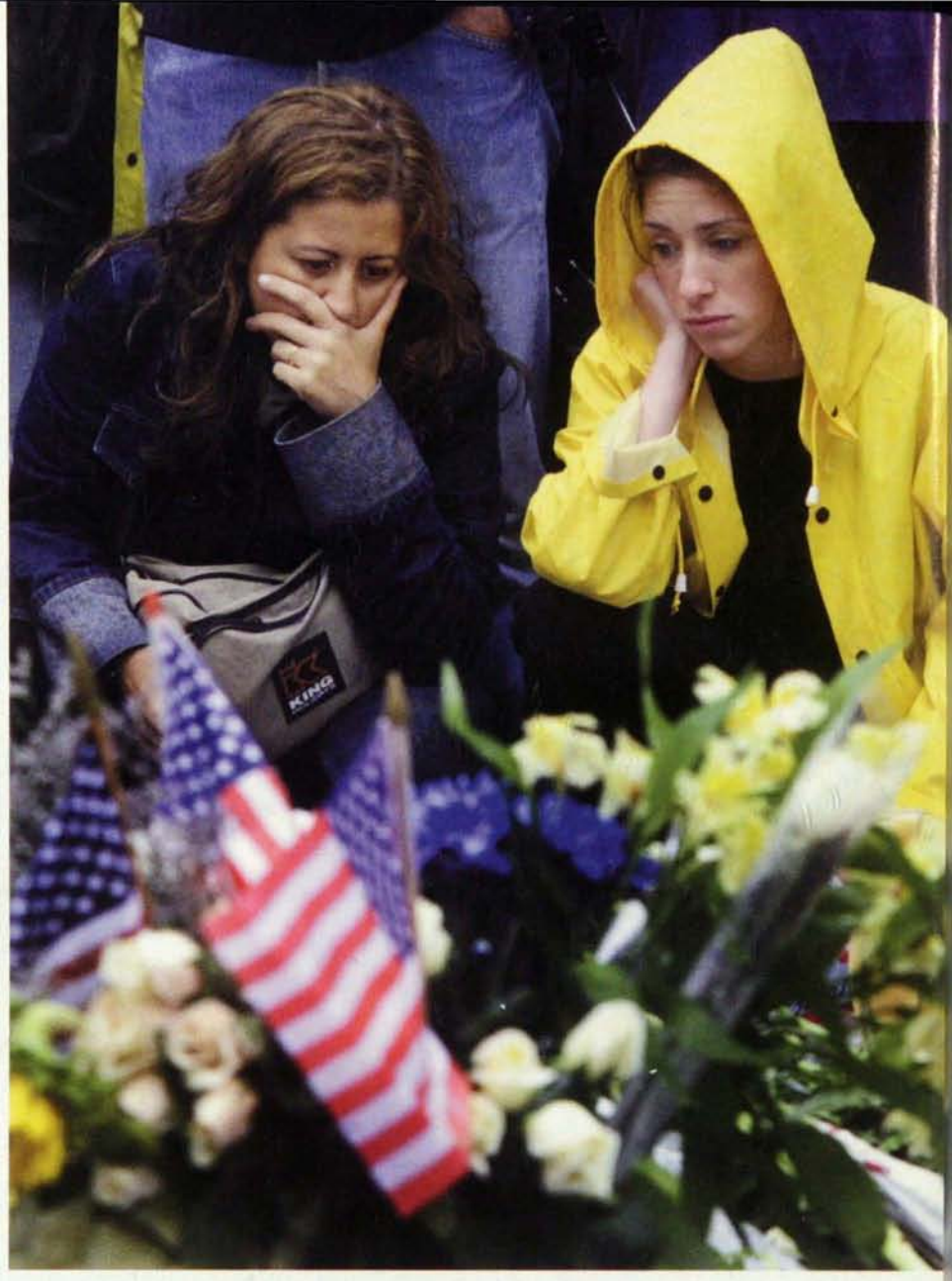
people walking away from the site. So I parked and walked until I could see the towers between other buildings. When I got a clear view I just started shooting, doing loose shots of the two buildings together. I was using a digital camera with a 70mm to 200mm zoom lens. For the tighter shots I was using a 300mm lens.

I did a few more overall shots before moving in closer. But right as I started shooting, the south tower—the one that was hit second—came down. I shot about 16 frames until it was just gone except for a cloud of dust. The sound of it coming down was like nothing I've ever heard before. I couldn't believe what I had just shot. It didn't occur to me that the other building would come down. I don't know why; I guess I was in shock. Then the huge bank of smoke came toward me, and the streets were becoming total chaos.

That's when I decided I needed to get back to the office and get it on the wire. I couldn't reach any of the other photographers because our cell phones weren't working and the pay phones were 25-people long. At that point I was thinking European deadlines; Reuters's headquarters are in London, so we're trained to look out for them. I got back to my car, but the subways had stopped so the only way out was on foot. It was a mass exodus from lower Manhattan. It took 45 minutes to drive 10 or 12 blocks.

I got to the office and was moving as fast as I could, sending photos to our Washington office where they'd clean up the cap-





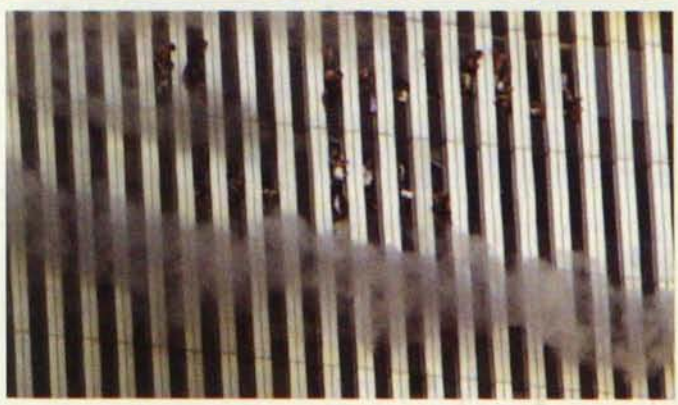
tions and send the photos out over the wire. One that I sent was from when I was shooting the impact zone of the first plane. I was using the 300mm lens but still could see 20 to 30 floors. You could actually see the outline of the plane where it went in. About an hour later, our desk in Washington sent me a message saying that a Toronto paper had called and said there were people in the upper right-hand corner of that photo. I didn't understand because I hadn't noticed that. You'd need to use a magnifying glass. So we cropped the photo to a very small percentage of the original, to show the people in the window. The photos of the explosion and the building coming down got a lot of use, but that one of the windows is what people seem to be focusing on.

Things were happening so quickly, so it didn't really sink in until about day three. That's when I started getting calls about that photo, people wanting to interview me about it. Apparently

U.N. Secretary General Kofi Annan signs a book of remembrance in the United Nations building.

no one else has a similar photo. I don't know if I just caught it at the moment that it happened or what. And then a man e-mailed and said he had a relative who worked on the other side of the building but thought he saw him in the photo. At that point I had to stop and think about it. That really shook me up. I don't know if he's right, because I just don't think you can really identify people; it's so pixelated. I wouldn't send out a photo where you could identify people in that situation. But that just really upset me.

As far as the images that mean the most to me: Obviously the "day of" stuff is very dramatic, but to me the memorial services were more important and had more impact. I wish I could have spent more time on the memorials and the walls where people put up photos of their loved ones. Those photos have a lot more meaning. It's not just a building blowing up; it's the faces and the



names and the details: He has a tattoo on his right arm. Just sitting there reading them was heart wrenching.

Before the walls went up, people began showing up outside hospitals, holding photos of their relatives. A lot of TV trucks were there doing live shots, and so people would hold up the photos of their missing relatives to get them on TV. I was at this one spot where a few people were holding pictures, so I took three or four photos and got the names and information from them. When I turned around there was a line of people waiting for me to take their photos holding pictures. It was extremely difficult for me because I couldn't honestly tell them that I'd do it and it'd get on the wire, because I knew it wouldn't. So I just had to say I'm sorry; I have an assignment; I have to leave.

What do you tell these people? There's nothing you can tell them. At that point they were still holding onto hope. ■

Shelly Fling is editor of Minnesota.

East Meets Midwest

For some University health sciences professionals, weaving complementary and alternative therapies into Western medicine to treat the whole person—mind, body, and spirit—is not only in patients' best interest, it promises to revolutionize health care around the world.

By Phil Davies | Photographs by Mark Luinenburg | Illustration by Jim O'Brien

The tourniquet was biting painfully into Rose Hilk's left leg, and the orthopedic surgeon and his team were making an awful racket, drilling, sawing, and hammering to the accompaniment of rock music. But Hilk, 57, remained perfectly calm and relaxed throughout her operation to replace both knees. Concentrating on the ache in her thigh somehow lessened it, and at times during the two-hour procedure Hilk let herself drift away to her favorite place, the willow-draped lakeshore at her home where painted turtles bask on sunny days. "I wasn't feeling afraid or stressed or anxious," she says. "It was just like I'm sitting with somebody having a cup of coffee, except I was flat on my back and they were all hovering around me."

Hilk (B.A '72), an analyst programmer in the University's epidemiology department, was able to endure a major operation with just regional anesthesia because she had undergone clinical hypnosis, a mental therapy that has been shown to dramatically reduce anxiety and pain. In several pre-op sessions with Donald Houge, a psychologist who practices at the Mind Body Spirit Clinic at Fairview-University Medical Center, Hilk learned to enter a trancelike state in which she remained conscious and alert yet profoundly relaxed.

Clinical hypnosis is just one of the cutting-edge therapies offered at the clinic, a unit of the University's Center for Spirituality and Healing. In its six years of existence, the center has become a leader in the field of integrative medicine, a novel approach to curing the ills of the mind, body, and spirit that promises to revolutionize health care in this country and around the world. The center is dedicated to exploring the increasingly hazy boundary between conventional Western medicine and complementary and alternative medicine (CAM)—a broad class of therapies that includes clinical hypnosis, healing touch, aromatherapy, chiropractic, and traditional Asian disciplines such as acupuncture, shiatsu (acupressure) and qi gong (energy cultivation).

"The essential mission is to broaden our understanding and awareness of healing options," says Mary Jo Kreitzer (Ph.D. '90), director of the center. "In our country we've often been so limited in terms of what we offer to patients. Biomedicine is critical and extraordinarily legitimate, but let's look at the world's other healing traditions and what place they have in patient care."

Other universities have integrative medicine programs, but Minnesota stands alone in the degree to which it has woven CAM philosophies and treatments into the curricula of the medical, pharmacy, nursing, and other schools in the Academic Health Center (AHC). The University was the first in the country to offer an interdisciplinary graduate minor in complementary therapies and healing practices, and in the past year it has received $3.2 million in grants from the National Institutes of Health (NIH) to expedite CAM integration and train researchers to evaluate complementary therapies.

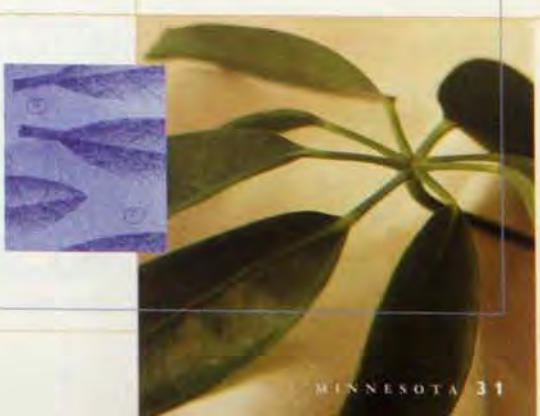
Birth and rebirth

This dramatic break from "business as usual" in health care began as a series of questions in the mind of Kreitzer, head of nursing practice and spiritual health services at University Hospitals in the early 1990s. Were herbal and other natural remedies safe? What happens when they're combined with standard drugs? If "alternative" therapies such as acupuncture and healing touch work, why weren't they being incorporated in the health-care system? Established in 1995 with funding from the University Hospitals (now Fairview-University Medical Center) and the Arthur Vining Davis Foundation, the Center for Spirituality and Healing focused initially on inpatient care, expanding pastoral services, and training hospital staff in cross-cultural health and complementary healing practices.

Two years later, the center took a giant leap forward—with a firm push from Frank Cerra, the senior vice president for health sciences. When Kreitzer and Dr. Greg Plotnikoff, an assistant professor of internal medicine and pediatrics with an interest in spiritual care, suggested offering a couple of CAM courses to health science students, Cerra sensed a much bigger opportunity. He, too, was concerned about medical complications arising from the increasing use of natural, unregulated substances; as a critical-care physician Cerra had seen several cases of catastrophic organ failure linked to self-prescribed medications. According to a 1993 study at Harvard University, nearly half of U.S. adults have used a nontraditional treatment for a health problem, and 70 percent of those people didn't tell their doctors about it. A 1998 follow-up study verified those figures.

"The people that the future doctors and nurses and pharmacists are going to treat are taking these therapies," Cerra says. "They need to know what the complications are. It also made sense to me that they need to know, based on available data, which

Spirituality workshops, retreats on death and dying, and patient assessments that take into account cultural background and religious beliefs are standard in today's medical curriculum.



of those therapies worked and which didn't." Students in the medical, nursing, dentistry, and other health-care schools were already hungry for information about CAM and the spiritual side of healing, bringing in expert speakers and attending community lectures.

In 1997 a University-wide task force recommended that AHC should become a national center of excellence in complementary, cross-cultural, and spiritual care. In what Kreitzer calls a "second birth," the Center for Spirituality and Healing became a free-standing unit within AHC and expanded into a wellspring of knowledge for the community at large as well as University students, faculty, and health-care practitioners. Cerra and other AHC leaders insisted that the center take an academically rigorous, evidence-based approach to education and research, and address both the needs of health-care consumers and the health-system professionals who serve them.

The graduate minor in CAM was introduced in the fall of 1999, with 32 students from a variety of disciplines taking courses in herbal medicine, acupuncture, spirituality, and other topics not usually found in medical dictionaries. That fall the Mind Body Spirit Clinic opened, a partnership with Fairview Health Services meant to bridge the gap between conventional and complementary care in the community and provide a venue for hands-on training and research.

Today the center fulfills a tripartite role in education, evidence-based research, and patient care.

Treat the person, not the disease

Health-care professionals of the 21st century will view patients as unique individuals, not just manifestations of a particular disease, syndrome, or trauma. That's the vision of the center's comprehensive plan to make CAM concepts and techniques part and parcel of teaching and research programs at the various AHC schools. This integrative effort is pushing ahead on a much broader front than at other universities such as Harvard, Duke, or the University of Maryland, where typically only one health-care discipline has begun the process.

In the past two years, the Medical School has redefined what a doctor needs to know to address the needs of society. In weighing treatment options for acute low-back pain, first-year students consider acupuncture, chiropractic, and massage therapy. Spirituality workshops, retreats on death and dying, and patient assessments that take into account cultural background and religious beliefs are standard in today's medical curriculum.

The College of Pharmacy offers a popular course on herbal medicine, a subject that was taught at the University in the early part of the last century but phased out in the 1950s as synthetic pharmaceuticals came into vogue. Nursing undergraduates and midwifery students receive instruction in clinical massage, progressive relaxation, and guided imagery. Inner Life of Healers, a new program this fall in all AHC schools, addresses the process of personal transformation and honing of nontechnical, human skills that health science students must undergo in order to succeed in demanding vocations.

Health-care academics and administrators have welcomed the changes, informed and encouraged by faculty leaders and CAM curriculum groups in each school. A survey by the center last summer revealed just how much attitudes toward "alternative" therapies have shifted in the past decade; 94 percent of nursing faculty and 87 percent of Medical School faculty approved of CAM being included in the curriculum. "What I'm hearing from people is, 'this information is important to my patients, therefore it's important to my students,'" says Plotnikoff (M.D. '89), today the center's medical director.

The graduate minor program exposes students to a broad array of non-Western and spiritual approaches to care taught by both University faculty (28 instructors with special competency in CAM are affiliated with the center) and CAM practitioners in the Twin Cities metro area. This fall 170 students took graduate minor courses, 40 percent of them practicing health professionals. "We're going to be producing a graduate who can talk to patients, who can help evaluate what they should be using, who will know what the research base is, who can work with other kinds of complementary healers," Kreitzer says. "That has the potential to very radically change the health-care system."

In an introductory course, Patricia Culliton, director of alternative medicine at Hennepin County Medical Center in Minneapolis, takes students on a tour of the wide, diverse CAM world, bringing in community practitioners to demonstrate complementary therapies on student volunteers. Students taking the three-credit class this fall included a registered nurse in the postpartum unit of Fairview-University Medical Center; a retired Army chaplain interested in CAM therapies for homeless and chemically dependent veterans; and a homemaker recovering from breast cancer.

Pat Nyman, 47, was diagnosed with breast cancer last year. A former nurse from a medical family—her father and brother are doctors—she didn't give other healing traditions much thought until she received treatment at the Virginia Piper Cancer Institute in Minneapolis, known for its holistic philosophy. It was there that she learned about the Center for Spirituality and Healing. Nyman, like many students in the introductory course, isn't sure she'll go on to tackle the entire graduate minor; she just wants to open her mind to fresh, intriguing possibilities in health care. "I never thought before of healing being coupled with spirituality," she says. "But I've found in my own life that they do go together. This course is my opportunity to explore this new fascination I have with complementary therapies."

Other courses in the graduate minor program include Peacemaking and Spirituality, Clinical Aromatherapy, Introduction to Ethnopharmacology, and Music in the Health Care Environment. Clinical Aromatherapy I and II, largely Web-based courses with two days of on-campus instruction, take a hard look at the therapeutic use of essential oils such as lavender, tea tree, and eucalyptus—standard practice in Asia and Australia for thousands of years. The ethnopharmacology course, offered for the first time last spring, examines the use of naturally derived medicines, poisons, and intoxicants in indigenous cultures. "Our focus is the

notion that plants and natural substances have made major contributions to medicine," says Dennis McKenna, a senior lecturer at the center who has researched native medicines in the Amazon rain forest.

Last year the University received a $1.6 million, five-year grant from NIH's National Center for Complementary and Alternative Medicine to help integrate CAM concepts into the medical, nursing, and pharmacy schools and strengthen the graduate minor. The University was one of only five U.S. institutions to receive funding.

CAM under the microscope

The educational programming that has brought the center national recognition and NIH funding wouldn't be worth much without hard evidence that CAM therapies actually work. Efforts to gauge the safety and efficacy of complementary treatments are just getting off the ground, but Kreitzer is determined to develop the Center for Spirituality and Healing into a world-class research institution in the field. "We are not out wildly promoting the use of alternative/complementary medicine," she says. "We're taking the approach that we have to conduct research, we have to be rigorous, and we have to do this very carefully."

A year-old natural-products research program focuses on four common types of unregulated therapeutic substances: medicinal mushrooms, essential oils, herbs, and neutraceuticals (dietary supplements).

Plotnikoff has applied for NIH funding to study the cancer-fighting properties of Asian medicinal mushrooms, in collaboration with the University's Cancer Center. His interest was piqued by a case of advanced cancer at Fairview-University Medical Center last year. The patient had eaten medicinal mushrooms—cause for concern for her doctors. Doing some research, Plotnikoff discovered that the mushrooms were nontoxic; he also found compelling evidence based on 30 years of research in Japan, Korea, and China that mushroom extracts provide a safe and effective cancer treatment. Yet they have been ignored in this country.

"I thought, 'here is a giant gap in knowledge,'" he says. "Patients are interested, clinicians are interested. Let's look at these mushrooms with the scientific rigor that the University can bring and let's see how this can enhance patient care." In September, Plotnikoff attended the International Medicinal Mushroom Conference in Kiev, Ukraine, to learn more about mycotherapy and make contact with other researchers.

Aromatherapy instructor Linda Halcón (B.S.N. '83, M.P.H. '86, Ph.D. '98), an assistant professor in the School of Nursing, participated in a small study on the antibacterial properties of thyme, oregano, tea tree, and other essential oils, while McKenna plans to run clinical trials on ayahuasca, an Amazonian psychoactive beverage that holds promise as a treatment for alcoholism.

Other research initiatives under way at the center include studies on stress reduction through meditation for organ transplant patients, integrative therapy for ovarian cancer, and Tellington touch, a technique used by equine vets to soothe and relax their charges.

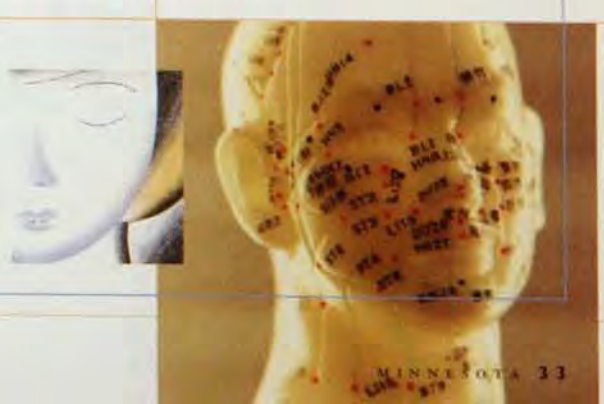
In the meditation study, funded by an AHC research grant, patients recovering from transplant surgery learn mindfulness-based stress reduction, a technique popularized by author Jon Kabat-Zinn. Follow-up testing will determine whether meditation is as effective as powerful drugs at mitigating anxiety, depression, and sleep disturbance—typical aftereffects of a transplant. "It's going to be very interesting and potentially very valuable if there's an intervention that is not drug-based," says Dr. Marshall Hertz, medical director of the lung transplant program at Fairview-University. Hertz designed the study and screened participating patients.

More practitioners will become proficient at evaluating complementary therapies under a second NIH grant awarded the University this year. The Center for Spirituality and Healing, Hennepin County Medical Center, and Northwestern Health Sciences University in the Twin Cities are collaborating on a $1.6 million training initiative in CAM clinical research. Fellowships will be evenly split between traditional M.D.s and postdoctoral students in CAM fields such as shiatsu, chiropractic, and naturopathy.

The best of both worlds

If it were in California, the Mind Body Spirit Clinic wouldn't be worthy of the name. There are no bead curtains or wafting drapes, no incense candles. And the clinic, half owned by Fairview-Uni-

The main stumbling block is employers who still raise their eyebrows at complementary therapies, says Dr. Sharon Norling. "The third-party payers are getting huge demand from their members requesting that these services be covered."



versity and located in a former infectious disease ward, doesn't offer radical services like those sought recently by a cancer sufferer from North Dakota. "We're certainly not opposed to well-proven, standard medical treatment," says clinic manager Hilmar Wagner (B.S. '82, M.P.H. '86). "She didn't want that."

The clinic strives to strike a balance between traditional biomedicine and CAM in patient care. "It's not an either/or situation," says clinic director Dr. Sharon Norling. "We really advocate taking the best of both worlds and offering that to patients and individuals." Besides serving as a local health-care resource, the clinic provides an opportunity for CAM and conventional practitioners to work side by side and for students to learn firsthand about natural approaches to health and healing.

A no-nonsense attitude doesn't preclude a slightly alternative decor intended to put patients at ease. The principles of feng shui, the ancient Chinese art of harmonious placement, dictate the arrangements of furnishings—easy chairs, a burbling pebble fountain, a waiting area stocked with herbal teas. A Twin Cities art consultant designed colorful, nature-inspired motifs on the doors of treatment rooms, and a decorative archway that welcomes visitors.

Most patients come to the clinic via referrals from a primary physician, usually a conventional M.D. who is open to the idea of CAM therapies. As a staff physician at the Community University Health Care Center, a clinic in Minneapolis's Phillips neighborhood, Plotnikoff sees immigrants from Southeast Asia, Central America, and Africa who don't relish treatment in a standard clinical setting. "Many of the people I work with consider Western medicine quite alternative," he says. Plotnikoff may refer a patient suffering from low-back pain to the clinic for an acupuncture session, or suggest a stress-reduction program for persistent headaches.

The clinic's 10 practitioners include experts in clinical hypnosis, acupuncture, qi gong, therapeutic massage, guided imagery, and herbal medicine. Donald Houge (B.S. '63, Ph.D. '72), the psychologist who helped Rose Hilk get through her operation, takes a deliberately down-to-earth approach to a procedure that many people associate with mind control, explaining to patients that hypnotic induction is simply a mind-body technique that enhances their ability to relax and think clearly without distraction. "I try to take the myth and the magic out of it," he says. Clinical hypnosis can greatly ease the pain and anxiety of childbirth, dental procedures, or surgery, used either alone or as an adjunct to anesthesia or sedatives.

Hilk was determined to stay awake for her bilateral knee surgery; years before she had had a bad experience with general anesthesia, awaking groggy and disoriented. She underwent hypnosis three times before the operation, practicing getting into a relaxed frame of mind and making audiotapes for mental rehearsing at home. Houge's soothing voice accompanied Hilk as she was prepped for surgery; it was with her in the operating room, helping her deal with throbbing pain in one knee caused by imperfect regional anesthesia; and it was with her in the recovery room—where she chatted with nurses who were accustomed to tending unconscious patients.

Hilk is convinced that hypnosis not only enabled her to endure the operation but also speeded her convalescence: "I have to believe that the fact that I felt no stress, no anxiety when I was going into the surgery helped me with my recovery." She also enlisted Houge's aid for a hip-replacement operation last May—again performed with only regional anesthetic.

Health insurance is an issue for clinic patients; Hilk, a Health Partners member, paid out of her own pocket for her hypnosis sessions. Most health plans will not cover other complementary and alternative therapies such as clinical massage, aromatherapy, and healing touch. The main stumbling block, Norling says, is employers who still raise their eyebrows at complementary therapies. "The third-party payers are getting huge demand from their members requesting that these services be covered," she says. "We're working with insurance companies to design products that they can offer to companies for their employees."

"I don't believe in this whole idea of complementary therapies," says Dr Marshall Hertz. "I think there are therapies that work and there are therapies that don't work, both in traditional and, so to speak, nontraditional medicine.... Just assess what works and what doesn't."

Looking to the East

The Center for Spirituality and Healing is constantly evolving and reaching out to new constituencies in its drive to become a national model of integrative health care. Flight cancella-

tions after September's terrorist attacks forced several faculty members to scrap plans to attend a global CAM conference in India and meet with leaders of respected medical institutions such as the Himalayan Institute of Medical Sciences. Nonetheless, building on events such as the Tibetan Medicine Conference, hosted by the University last spring, the center remains intent on forging ties with health-care practitioners and students in Asia. Halcón envisions student exchanges with the Himalayan Institute, which administers a rural health-development program in northern India. "I'm looking at opportunities for nursing and public health students," she says. Both Halcón and Plotnikoff are interested in joint research on natural substances used in Ayurvedic or traditional Indian medicine.

The Inner Life of Healers program, supported by $400,000 in donations from Medtronic chairman Bill George and Aveda Corporation founder Horst Rechelbacher, will offer a retreat for practicing health professionals beginning in January.

Other initiatives on the drawing board include interdisciplinary "grand rounds" conducted over the Internet, and a "healing garden" in the courtyard outside the center's offices in the Mayo Memorial Building, designed and planted with the help of the University's Landscape Arboretum and Department of Landscape Architecture.

The first piece of the garden—a labyrinth for the ancient practice of walking intricate, curving paths for meditation, life reflection, and healing—was inaugurated in October.

Such initiatives will hasten the day when nobody makes a distinction between CAM and allopathic medicine. "I don't believe in this whole idea of complementary therapies," says Hertz, a classically trained physician who has come to realize that bioscience is not the answer for all humanity's ills. "I think there are therapies that work and there are therapies that don't work, both in traditional and, so to speak, nontraditional medicine. That's where we really need to go—to just assess what works and what doesn't for various conditions."

Plotnikoff recalls a medical student who dismissed herbal medicine as "damn hippie science" and urged the University to "get back to the real stuff" in a course evaluation. That was five years ago. "I think everyone recognizes now that this is the real stuff," he says.

"We're not anarchists," Plotnikoff adds. "The principles that the center was founded upon are the very principles of the University. The center is committed to open-minded inquiry and sound clinical practice based on available evidence—good care that includes the concerns of the whole person: mind, body, spirit, and community." ■

Phil Davies is a St. Paul–based freelance writer. For more information about the University's Center for Spirituality and Healing, visit www.csh.umn.edu.

Making Waves in the Gene Pool

As genetically modified "super fish" fast approach government approval, University professor Anne Kapuscinski takes the lead in advocating safety first. By Terri Peterson Smi

I might catch a fish with a long curly nose.
I might catch a fish like a rooster that crows.
I might catch a fish with a checkerboard belly or even a fish made of strawberry jelly!
I might catch a Sea Horse. (Now mightn't I now...?)
I might catch a fish who is partly a cow!

—McElligot's Pool *by Dr. Seuss*

When Doctor Seuss wrote those fanciful words in 1947, he could not have imagined that 50 years later his ideas would seem so strangely close to real life. A fish made of strawberry jelly will remain the stuff of imagination, but transgenic salmon may reach our dinner plates within a year or two.

Transgenic or genetically modified organisms (GMOs) result from the manipulation of DNA—inserting genes from one species into another species—to produce organisms that grow faster, taste better, breed more prolifically, tolerate pollution, or a variety of other variables. While public debate has recently focused on genetically modified crops such as corn, scientists around the world have a veritable menagerie of genetically altered organisms in the pipeline for potential use in industry, food production, and medicine. As with any radically new technology, biotechnology brings with it both promise and problems that fuel excitement, controversy, and fear.

In the United States, the GMO issue has become highly emotional with claims and counterclaims about the safety of these altered organisms for human health and the environment. Radical antibiotech factions advocate a complete ban on biotechnology, while the industry touts its benefits and the general public wonders what to believe.

One of the people at the center of the issue is Anne Kapuscinski, professor of fisheries and conservation biology in the University of Minnesota's College of Natural Resources. She is recognized as a national authority on aquatic biotechnology and a world expert in risk assessment of genetically modified organisms. Her accomplishments in the biotech field include founding the University's Institute for Social, Economic and Ecological Sustainability (ISEES), where she is director, and serving as associate director of the U's MacArthur Interdisciplinary Program on Global Change, Sustainability and Justice. She is also the University's only faculty member on the U.S. Secretary of Agriculture's Advisory Committee on Agricultural Biotechnology. In her most recent honor, Kapuscinski was named a 2001 Pew Marine Conservation Fellow, one of 10 recipients worldwide this year and a total of 122 who have received the award in its 10-year history.

Kapuscinski takes an emphatically thoughtful, rather than emotional, approach to biotechnology. In the face of much polarized, misinformed discussion, she pushes for solid research and development of safety criteria with input from industry, government, and, perhaps most important, the public. Despite her own status as an expert in biotechnology, she urges the public to get involved and not to leave the deliberations and decisions about technology governance to "experts" and "leaders." "When it comes to specific uses of biotechnology," she says, "I think it's really important to think this all through very carefully, identify and address the issues that matter to different people, and apply scientific rigor to assessment of benefits and risks so it can have the impact we want in society and avoid unintended impacts."

While Kapuscinski advocates solid research and common sense, she remains passionate about protecting nature. She clearly relishes her current work, which puts her in a position to help formulate policy for cutting-edge technology and at the same time learn more about the workings of nature. She is driven by the excitement of learning coupled with the desire to make the world a better place.

HOOKED ON FISH

Kapuscinski was born in Paris. Her mother, a linguist and French professor, grew up in Iran and France and inspired her daughter to love learning about diversity in both nature and human societies. Her father, a musician, served in the

Professor Anne Kapuscinski: "I began to ask questions about the environmental risks. The answer was, in effect, 'Don't worry about the environment yet. We'll cross that bridge when we come to it.'"

Polish free army during World War II. He moved to Tehran after being a prisoner of the Russians during the war and eventually became a pianist at the court of the Shah of Iran.

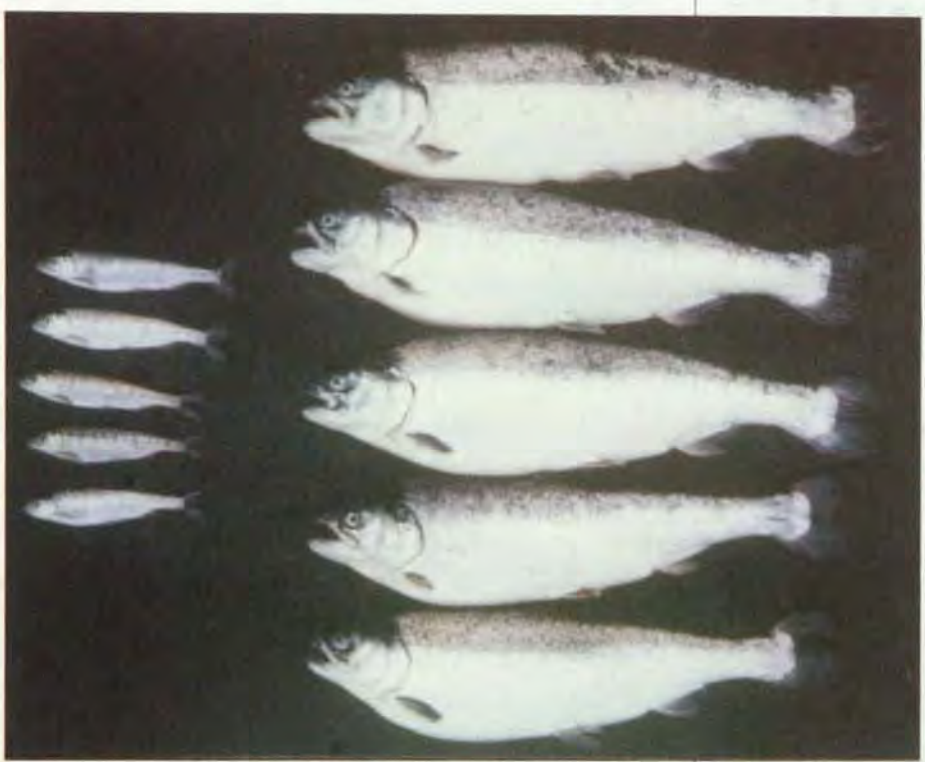
The family emigrated to the United States in 1960 and settled in New York at Glen Cove, Long Island, an area surrounded by water. There Kapuscinski developed her affinity for nature and the ocean. "I could ride a bike in three different directions and get to a beach," she says. At 11, Kapuscinski became an avid sailor, a pastime she still enjoys on Lake Pepin in southeastern Minnesota. "I loved the sea and became fascinated with things living in the water. I found it provided both an intellectual fascination and a place to get away, to calm down. The water is a source of centering, nourishment, and reassurance." In fourth grade, she fell in love with whales and learned that "you could study these things and make a career of it."

She planned to pursue a career in medicine when she started at Swarthmore College in Pennsylvania, but an exchange program at Pomona College in California exposed her to the study of marine biology and humans' impact on the marine environment. She saw marine biology as a way to apply science to solve the pressing problems of society—and she was hooked. She later learned about aquaculture and decided on a career in fisheries.

GENETIC AND GENDER DIVERSITY

Kapuscinski came to Minnesota in 1984 after receiving both her master's and doctoral degrees in fisheries from Oregon State University. She wears three hats at the University: that of a teacher, a researcher, and the state's Sea Grant extension specialist in aquaculture and biotechnology. Kapuscinski was the first female to hold a faculty position in the University of Minnesota's Department of Fisheries and Wildlife and the first in the College of Natural Resources.

Much of Kapuscinski's work has centered on genetic diversity, particularly with salmon in the Pacific Northwest. Fish populations, such as salmon, are severely strained by overfishing, dams, and other alterations in their habitat and exotic species.



These coho salmon are all one year old. The fish on the left represent the normal size for their age: approximately 18 grams and 12 centimeters (0.6 ounces and 4.7 inches). Their transgenic siblings weigh about 300 grams (10.5 ounces) and measure approximately 42 centimeters (16.4 inches) in length.

For many years fishery managers thought that restocking the dwindling population with hatchery fish provided a simple answer to the problem. They were wrong.

Typical of the unintended outcomes that result from even the best-intentioned management of nature, hatchery fish can wreak havoc with the natural population. "There's increasingly consistent evidence that hatchery fish aren't as fit as the wild fish," says Kapuscinski. Hatchery operations cause a number of genetic changes that make the population poorly equipped to survive whatever the environment throws its way. Changes in weather or food supply, for example, can trigger steep declines in a population. Consequently, stocking can bring the opposite of the intended effect.

Kapuscinski and her graduate students study the environmental impact of stocking rivers and lakes with hatchery-raised fish in Minnesota, and they monitor the impact of hatchery fish on the genetic makeup of native populations and their ability to thrive in native waters. At Lake Superior, her lab is studying the relationship between declining steelhead trout populations in North Shore streams and the introduction of hatchery-raised rainbow trout. They used molecular genetic markers to discover that interbreeding between naturalized and hatchery fish significantly reduced the survival of young fish in monitored streams.

From genetic-diversity research, it was only a short step to genetic-engineering research. In the mid-1980s Kapuscinski joined a group of molecular genetic researchers exploring the creation of transgenic fish, modifying them to produce more rapid growth. As the research progressed, however, she began to ask, "If we succeed, what will be done with these fish?" She says, "I began to ask questions about the environmental risks. The answer was, in effect, 'Don't worry about the environment yet. We'll cross that bridge when we come to it.'"

That led Kapuscinski and then-postdoctoral fellow Eric Hallerman to write a series of papers that appeared in *Fisheries*, the journal of the American Fisheries Society. They laid out why it made sense to ask "What if. . . ?" in relation to the ecological impact of GMOs. They also outlined the importance of doing risk-assessment research early in the development of transgenic fish. The papers turned out to be a historic contribution, the first to document that the United States lacked a clear policy on how to regulate genetically engineered fish. Partly in response to their identification of this policy gap, the Food and Drug Administration (FDA) later claimed that it could regulate transgenic fish by stretching the drug laws. This was done by saying these fish contain and produce a new drug.

Kapuscinski expresses concern that the FDA's authority and procedures for determining the safety of new drugs are poorly suited to assessing ecological safety. "The drug laws require so much secrecy that they prohibit the FDA from getting public comment on draft environmental assessments for genetically engineered fish," she says. "This secrecy is precedent-setting for environmental review of fisheries issues."

SOUPED-UP SALMON

Salmon provide an excellent example of the benefits and worries surrounding transgenic organisms and the need for safety planning. A Massachusetts company, Aqua Bounty Farms, is preparing to sell transgenic salmon to fish farms. The company combines genes from the Arctic Ocean pout and chinook salmon and inserts them into Atlantic salmon to induce them to produce more growth hormone on a year-round basis. They don't grow larger; they simply grow to full size two to four times faster and convert food more efficiently into salmon flesh. Pending FDA approval, the first fish will be available to consumers within a couple of years.

"Biotechnology alone cannot rid the world of hunger," says Kapuscinski. "We may need to address the basic injustices that prevent marginalized people from obtaining enough food. At the other end of the debate, there are those who want to shut down biotech. But that's not tenable either."

Why the interest in fast-growing salmon? Because the amount of fish the human population consumes has doubled since the 1960s. With increased demand and reduced fish populations, fish farming has boomed. Fast-growing, farm-raised fish could satisfy the demand without placing further strain on wild populations.

Along with the benefits, however, come a multitude of potential problems. Although the FDA is assessing the food safety of genetically modified fish, the greatest concern stems from the potential environmental threat from these super fish. Farmed fish have escaped from their floating cages in shallow coastal waters in numbers ranging from 10,000 to 300,000 at a time. If genetically modified fish have an ecological benefit, such as more efficient conversion of food into growth, they could disrupt wild fish communities by competing with native fish for food or habitat. In addition, critics worry that if transgenic fish escape they will breed with their wild counterparts and spread the foreign gene constructs into the wild population. Aqua Bounty Farms says it can make the transgenic fish sterile, but studies show complete sterilization is unlikely. Kapuscinski has urged the company to use inexpensive screening methods to make sure each fish sold to farmers is sterile.

Purdue University researchers William Muir and Richard Howard have examined how simultaneous changes in two or more "fitness" traits of transgenic fish affect whether their transgenes spread to wild relatives and harm the wild population. They studied growth-hormone transgenic lines of Japanese medaka, a fish species whose short generations (two months long) make it a useful model for genetics research. They found that a much earlier age or much larger size at sexual maturity in a line of transgenic fish can overcome lower survival rates observed in young transgenic fish. Of greatest concern is the "Trojan gene effect" they found in results from a computer model they developed to predict the effect of changes in fitness traits. In the model, genetically modified fish would trigger a steep decline in the wild population's numbers. Kapuscinski is now conducting contained ecological experiments to test this Trojan gene prediction and other predictions of the model.

SAFETY FIRST

Scientists remain uncertain whether such transgenic fish will cause problems, yet the need to credibly assess and manage the *potential* risks is clear. After all, unexpected and costly repercussions have resulted over time from technology that, like biotechnology, seemed miraculous at first. For example, the effect of the pesticide DDT on the bald eagle population still haunts us. Craig Holdrege and Steve Talbott of the Nature Institute in Ghent, New York, recently wrote in *Sierra* magazine, "The concern about genetic engineering isn't that it enables us to commit altogether new mistakes; it's that it perfects our ability to commit old ones."

Can the emerging field of biotechnology learn from the successes and mistakes of other industries—nuclear power, chemical, or aircraft industries, for example—and apply them to avert unforeseen disasters? That question spurred Kapuscinski and ISEES to launch a Safety First Initiative for biotechnology in agriculture and the environment that "has generated an unusual coming together of key and previously polarized players in this issue," Kapuscinski says. This effort began with a workshop last March that included participants from industry, government, academia, and consumer and public-interest groups. The final report from the Safety First workshop states: "The objective of the Safety First Initiative is to produce a cross-industry safety program . . . for designing, verifying, and monitoring the safety of agricultural biotechnology products from the lab bench through production to the dinner plate."

The workshop focused on the premise that, although genetic engineering deals with living organisms, it can learn from other industries that have a similar need to manage complex systems. Kapuscinski uses the safety program of the aircraft industry as an example. "Interdisciplinary-safety thinking permeates the entire process of producing and operating components and entire airplanes, from blueprint designs through premarket tests at key points in development, and finally in ongoing postmarket monitoring of aircraft performance and maintenance," she says.

Through the Safety First Initiative, classes, and ecological risk-assessment research led by ISEES, Kapuscinski seeks a concrete way to transcend the controversy and mistrust surrounding genetic engineering to establish scientifically informed and publicly trusted governance of this technology. "The issue of GMOs is too polarized," she says. "And polarized debate is not helpful. It paints the issues too simplistically on either end. Biotech is not one monolithic thing. It's a mix of benefits and risks. People who get the benefits don't necessarily get the risk, and vice versa.

"Some biotech leaders express a noble goal to get rid of hunger," she continues, "but the problem of hunger stems mainly from political, social, and economic factors, not lack of enough food in the world. So, biotechnology alone cannot rid the world of hunger. We may need to address the basic injustices that prevent marginalized people from obtaining enough food. At the other end of the debate, there are those who want to shut down biotech. But that's not tenable either."

Kapuscinski sees the Pew Fellowship as a validation to her overall approach. The program's stated goal is to "support the ingenuity and leadership of its fellows, call awareness to the critical state of our oceans, and demonstrate potential solutions to some of the world's most urgent conservation challenges." She plans to use the three-year $150,000 fellowship to continue her research and outreach on the release of GMOs into marine environments and to include genetically modified fish and other aquatic GMOs in the Safety First Initiative. "GMOs are here to stay. We must find the common ground between scientifically credible and socially accepted ways to achieve ecological and human health safety of GMOs." Kapuscinski says. "I'm driven by a conviction that our humanity is tied to nature." ■

Terri Peterson Smith is a writer who lives in Edina, Minnesota.

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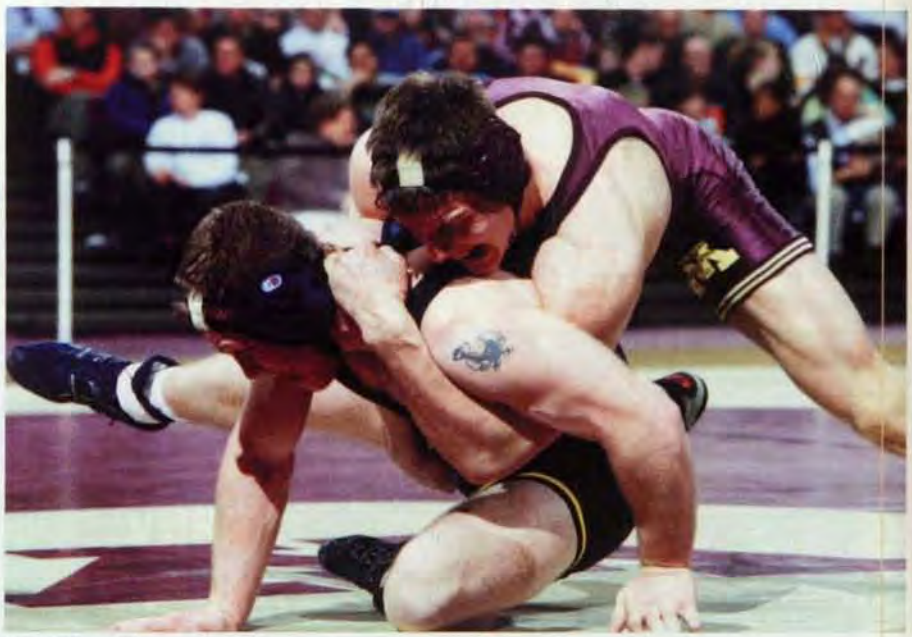
Dynasty Rising

By pursuing excellence—and sometimes courting controversy—J Robinson's Gopher wrestling program has achieved success.

By Chris Coughlan-Smith

GOPHER SPORTS

The Gopher wrestling team chipped away at the University of Iowa wrestling dynasty for years, taking pieces here and there but never wresting away the NCAA title, which the Hawkeyes have won 20 times since 1975. In 1998 Minnesota beat Iowa in Iowa City for the first time in decades. The following year the Gophers ended Iowa's 25-year reign as Big Ten champion. After four years of finishing second or third, in 2001 Minnesota won the NCAA tournament.



Senior Owen Elzen

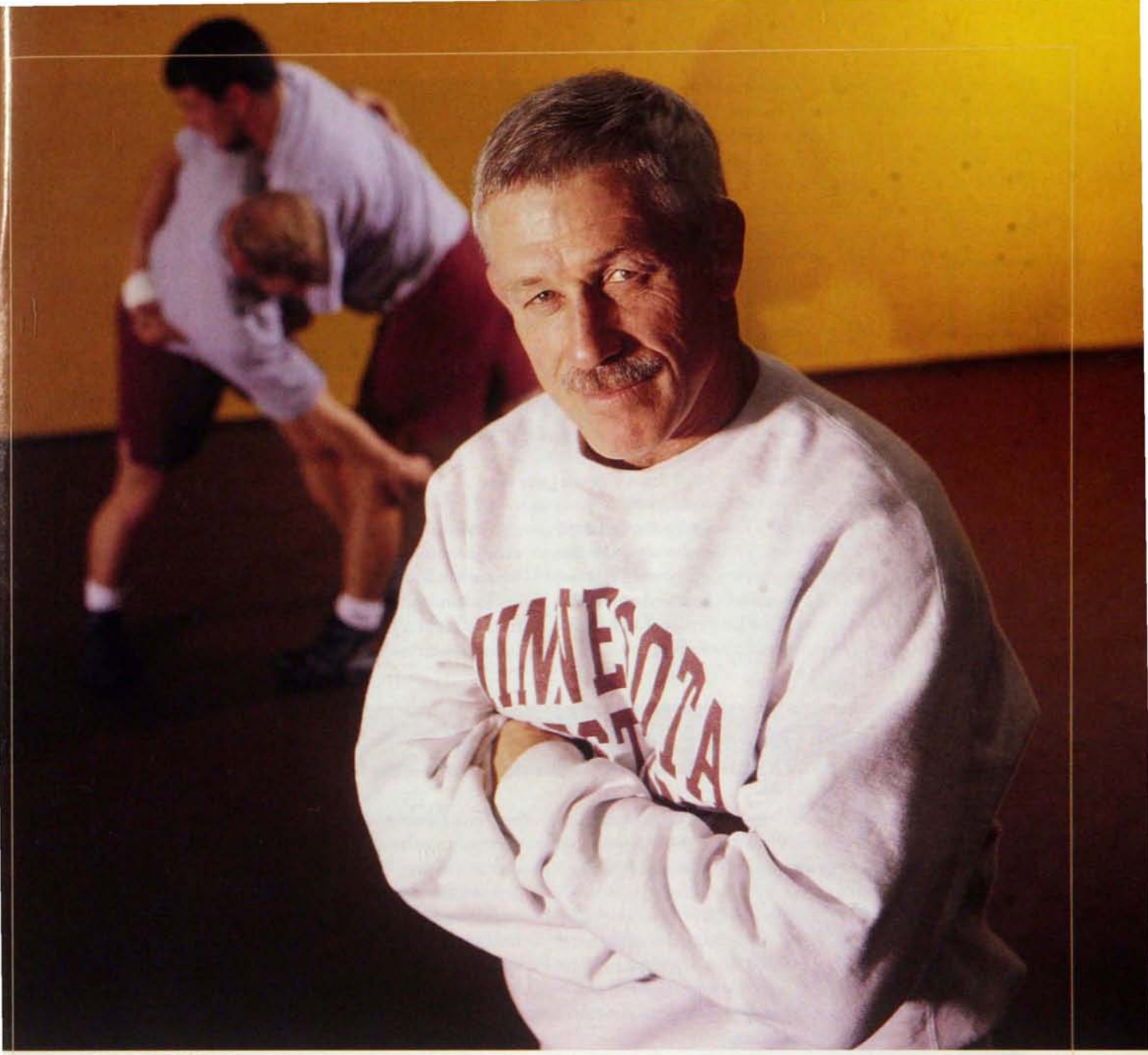
Although now the undisputed best in the land, head coach J Robinson says he would have been OK if it had never happened. He learned to adopt that attitude in 1999, when the NCAA title was as close as the flip of a coin, when an opponent won the chance for an escape and instant win in an overtime match. "People don't realize how close we really came," he says. "We lost the flip, the other guy got away, and we lost the tournament by two points."

Did that bitter loss motivate him to keep trying? "That's the story everybody wants to hear," Robinson says. "To me it was like, 'OK, God. All right. My life will be OK if I don't ever win this. It's almost like an acceptance that I can live my life without it. I think it made me be able to focus on it more relaxed. . . . But don't get me wrong. I didn't like it."

As the last statement indicates, even when Robinson turns introspective, he finds it hard to suppress his steely will and competitive drive. A member of the 1972 U.S. Olympic wrestling team, Robinson feels that his biggest mistake as a competitor was not setting even higher goals. He and his coaches have also garnered a reputation for their intense preparation and tough workouts. His drive and self-assurance compel him to speak about his feelings on issues like administrators' spending priorities and Title IX (see accompanying article).

The Minnesota program rose slowly and deliberately in Robinson's 15 years, starting with individual success, like that of Marty Morgan, now head assistant coach, who was a 1991 NCAA champion. "Over the years our training philosophy has changed quite a bit," Morgan says. "We've learned to train a little more systematically, smarter, and to be more individualized with the wrestlers. I keep a pretty tight journal of everything we do and I know I spend a lot more time than before preparing and working with individuals."

That preparation paid off in 2001 as, en route to the NCAA title, the Gophers became the first team ever to have an all-



Wrestling coach J Robinson

American wrestler in all 10 weight classes. Yet just seven years ago, "[Men's Athletics was] going to let people into meets for free," Robinson says. He proposed using volunteer ticket takers and ushers and letting the wrestling program keep the gate. The administration agreed. After bringing in about $8,000 that year, receipts grew until they reached $90,000 last year. The athletics department is running the meets again.

"Instead of complaining, we said, 'If the University won't do it, then we'll take care of it ourselves,'" Robinson says. "We started our own TV program. We started own season-ticket sales. We started a meet program that now makes money. We started marketing our own matches."

That spirit has sometimes caused Robinson to run afoul of administrators. He is now under investigation for requiring attendees at his wrestling camps to write anti–Title IX letters and for using University resources to promote his opinions about Title IX. Yet that very spirit has also proven attractive in the autonomous and hard-working world of wrestlers.

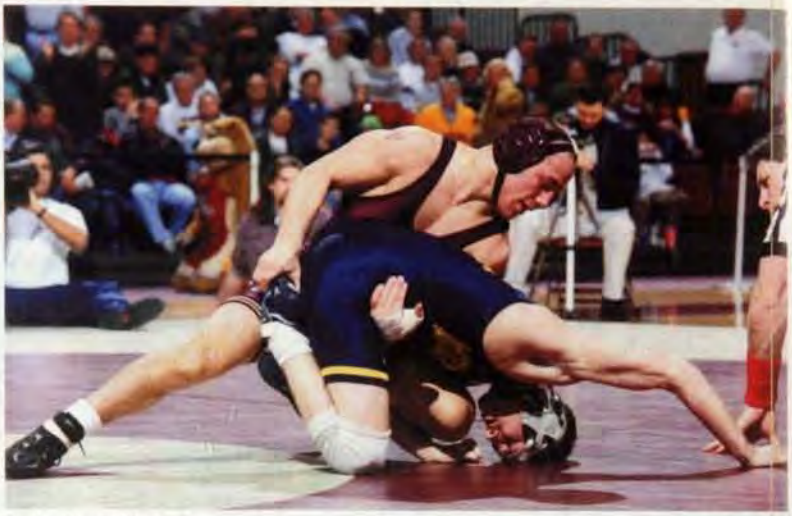
"The easy part now is that kids want to come here," Morgan says. "The hard part is still finding the right kinds of kids who are talented, have the work ethic, and fit in with our team."

Last year Robinson knew that his team could win only as a team, since he didn't have many wrestlers with legitimate shots at winning national titles. "I knew we could do it if we had 10 all-Americans," he says. "What's the saying? 'The strength of the pack is the individual and the strength of the individual is the pack.' That's where we are. Our strength is our individuals but our individuals are also part of a tight, collective team."

As the three-day NCAA meet progressed last March in Iowa City, things were going perfectly. Near the end of the second day, all 10 Gophers had earned top-eight finishes and

all-American status. Six were still alive in the championship semifinals. The first five lost. Then heavyweight Garrett Lowney's match went into overtime. The coin was flipped to determine who would have the first chance to escape and win. It rolled around the mat with Lowney's green side up, Robinson says. Just before settling it flipped to red. "I thought, 'Oh no. Here we go again.'" The opponent escaped and the discouraged team went back to the hotel. "The coaches took turns talking to them, telling them that we could still win this. We reminded them that we had trained all year specifically to wrestle hard on the third day. . . . Then they went out and did it."

GOPHER SPORTS



Senior Leroy Vega

They won in Iowa City in front of a strong contingent of Gopher fans. But when the national champions returned to campus, they found no welcoming rally, no banners, no budget bonus. "We haven't gotten anything from this University for winning," Robinson says. "Really, though, the reward is for us—that feeling of knowing that you were on a team that set NCAA records and won an NCAA title, something that is very rare at the University of Minnesota. Those are things that can never be taken away from you. . . . Success comes from outside, the things the world puts on you, but excellence comes from within. We want to win again because we want to be the best regardless of what we get for it."

To win again appears to be a realistic goal. Minnesota returns eight all-Americans: senior Leroy Vega of Portage, Indiana, who took third at 125 pounds last year; senior Chad

Wrestling with Title IX

J Robinson, the University of Minnesota's wrestling coach, has no problem with Title IX, the law that forbids gender discrimination in academics and school athletics. Title IX of the Educational Amendments of 1972 to the federal Civil Rights Act of 1964 reads: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal assistance."

"There's nothing wrong with that," says Robinson. But, he adds, the way Title IX has been implemented sets him boiling. "It says no person. No person. Does that include women? Does that include men? [If so] then you can't drop men's programs."

While Title IX requires gender equity in all parts of education and related activity, only in sports has its application caused widespread controversy. To comply, the federal government has ruled that schools must offer athletics opportunities, scholarship money, and other resources based on the proportion of men and women enrolled. If they don't, the schools will lose millions of dollars in federal aid. So, over the last 15 to 20 years, colleges have added women's sports and coaches, added and improved facilities, and increased budgets and scholarships.

But at the same time, in a backward approach to creating equity, some schools have dropped men's sports—usually non-revenue programs like wrestling, tennis, gymnastics, and even baseball. Long-time Gopher women's swimming coach Jean Freeman says Title IX is not to blame. "The way I see it, athletic directors have been told they have to [come into compliance] for 15 years," she says. "And now it's crunch time and they didn't do anything about it. I'm very thankful that at Minnesota, we moved toward equity by building women's sports rather than by cutting men's sports." (At the University of Minnesota, women's hockey, soccer, and rowing have been added in the last seven years. No men's sports have been added or eliminated.)

Freeman says the reluctance of sports administrators to act points to the very need for Title IX. "Colleges, for some reason, are amazingly exempt to the changes in the rest of society," she says. "I do not think we would be where we are today without Title IX."

The financial consequences of opposing Title IX are dire, but the University of Minnesota has shown support beyond that of most schools by creating and maintaining separate administrations for men's and women's athletics, requiring cross-departmental approval of major expenses, and preparing a broad financial review of athletics due to be presented to regents in December.

But Robinson argues that the entire premise of counting numbers and money to comply is wrong. "For a quota, for proportionality, to work, people have to look at things the same way. If not, then it's comparing apples to oranges," he reasons. "Do men and women think about anything the same way? . . . Why would you think about sports the same way?" A more valid test would be based on "interest," he asserts, both in terms of participation and in attendance and revenue. "Interest in women's

Erickson of Apple Valley, Minnesota, eighth at 141; junior Jared Lawrence of Sand Point, Idaho, sixth at 149; junior Luke Becker of Cambridge, Minnesota, fourth at 157; sophomore Jacob Volkmann of Henning, Minnesota, fourth at 174; sophomore Damion Hahn of Lakewood, New Jersey, fifth at 184; senior Owen Elzen of Eyota, Minnesota, third at 197; and Lowney, a sophomore from Appleton, Wisconsin, who ended up third.

Into one open spot, 133 pounds, steps junior Ryan Lewis, who was an NCAA Division II all-American for North Dakota State in 2000. At 165, a junior-college national champion and a pair of three-time Minnesota state champions are contenders. Among underclassmen waiting their turn are a pair of four-time Minnesota high-school champs, several high-school all-Americans, and the Minnesota record holder with 209 high-school wins.

"This year the emphasis is going to be on individual champions, individual finalists," Robinson says. "The expectations have changed. We have 10 all-Americans and now you have to be an all-American; that's the bottom line. . . . The younger guys look at them and say, 'When I get my chance, I can do that.' It's not just expectation now; it's reality."

The Gophers have felt excellence and want more of it—at an even higher level. "We won't know this for maybe six or seven years, but the way we've got things set up, we could become a dynasty," says Robinson, who was an assistant and interim head coach at Iowa before coming to Minnesota. "Who doesn't want to be part of that? I was part of it, and there is no feeling like it." ■

Chris Coughlan-Smith is senior editor for Minnesota.

sports has grown to a degree, but it has been artificially created," he says, using the example of the NBA underwriting the women's pro basketball league, the WNBA. "If you aren't willing to work for it, it isn't very important to you, is it? Show there is interest, bring in the people, then you get rewarded."

To some, proving interest in terms of money and attendance points to what is wrong with college sports. "The last time I checked, this was supposed to be about educational opportunities for student-athletes, not about putting people in the stands and seeing how much money we could make," says Gary Wilson, head coach for women's cross country and track and field. "Title IX gets the blame and it isn't Title IX's fault."

Many coaches instead point to football's 85 scholarships (more than four times the next biggest sport) and relatively huge budget as the primary roadblock to ever achieving equity. But to Robinson, big-revenue sports have earned some of their perks (although he does disagree with some of the spending). "Do you need to charter a plane to fly to Iowa? [The way Title IX is implemented is] saying that if the men's basketball team can afford to charter a plane, then the women's team needs to do it too. It's a big waste of money. We've lost common sense."

To Freeman, who has coached at Minnesota since 1972, the interest test also doesn't work because of the decades of athletics discrimination that preceded Title IX. "When there has been unfair treatment, the numbers in an underrepresented group are not going to be there," she says. "When you are not in that minority group, you don't understand that." —*C.C.S.*

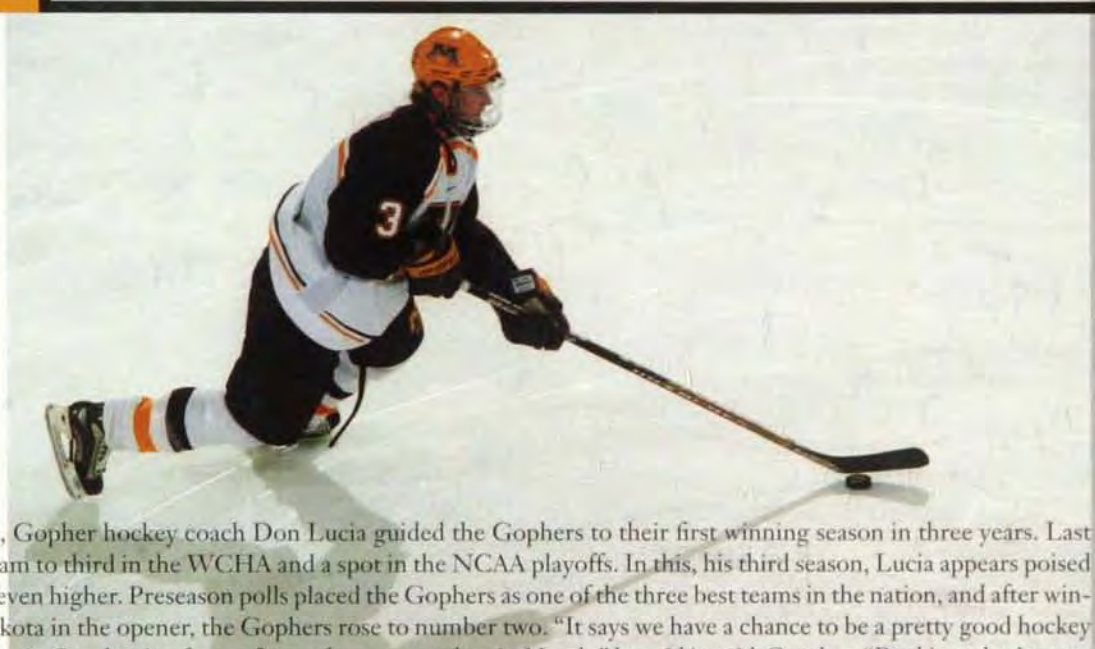
Do you have an opinion about Title IX? *Minnesota* is planning a more complete examination of the issues surrounding Title IX in an upcoming issue and would like to include reader comments. Please send comments to Chris Coughlan-Smith, *Minnesota*, McNamara Alumni Center, 200 Oak St. SE, Suite 200, Minneapolis, MN 55455, or e-mail *cough003@umn.edu*.

A PREVIEW OF THE SEASON'S GOPHER SPORTS PROGRAMS, PLUS OTHER ATHLETICS NEWS. BY CHRIS COUGHLAN-SMITH

SPORTS NOTEBOOK

Men's Hockey >>>

Senior Jordan Leopold



In his first season, Gopher hockey coach Don Lucia guided the Gophers to their first winning season in three years. Last year, he led the team to third in the WCHA and a spot in the NCAA playoffs. In this, his third season, Lucia appears poised to take the squad even higher. Preseason polls placed the Gophers as one of the three best teams in the nation, and after winning at North Dakota in the opener, the Gophers rose to number two. "It says we have a chance to be a pretty good hockey team, but one game in October is a far cry from where you end up in March," he said in mid-October. "Rankings don't mean anything this time of the year." (In early November, the Gophers became number one.)

The rest of the hockey world is excited about the Gophers because they have 15 returnees from last year's squad, including all-American defender Jordan Leopold, a senior from Golden Valley, Minnesota; three-year starter in goal Adam Hauser, a senior from Bovey, Minnesota; and three WCHA all-rookie team members from last year: forward Grant Potulny of Grand Forks, North Dakota, defender Paul Martin of Elk River, Minnesota, and forward Troy Riddle of Minneapolis. But the young team will need contributions from freshmen to be able to compete against the best. The good news is that goalie Travis Weber of Hibbing, Minnesota, played well against North Dakota, as did WCHA Preseason Freshman of the Year Keith Ballard, a defender from Baudette, Minnesota.

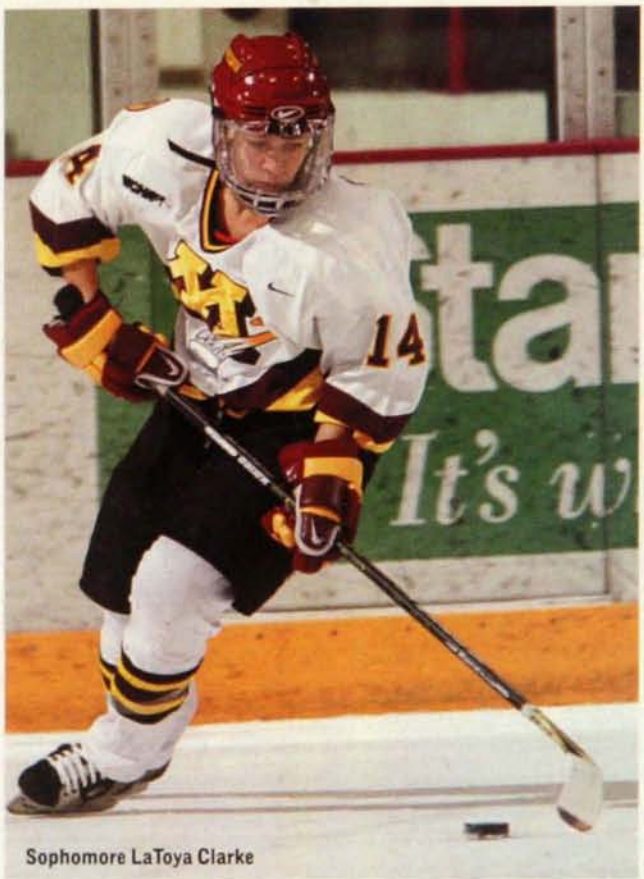
"We're still going to need to get scoring from our freshmen, have our goaltender establish himself as one of the best in the league, and become a really good five-on-five team," Lucia says. "But we should be one of the 10 or 12 teams in the hunt nationally." With early conference results showing several strong teams, Lucia says, "it's going to be a great year for fans. There are no easy weekends."

Iron Curtain

With a team struggling for wins and scoring chances, everything pointed to a Gopher soccer defeat September 21 in Columbus, Ohio. The Buckeyes peppered the Gophers with 21 shots on goal and had 16 corner kicks and 16 free kicks. But the defense, and especially senior goalie Julie Eibensteiner of St. Paul, came up big, knocking down everything that came near and keeping Minnesota's net clear.

Meanwhile, in Ohio State territory, the Gophers' only shot on goal came late in the second half off their only corner kick of the game. Senior midfielder Alison Rackley of Birmingham, Michigan, collected the loose ball and scored. Minnesota held on to win 1–0 and move to 2–3 on the season.

Senior Julie Eibensteiner



Sophomore LaToya Clarke

<<< Women's Hockey

Five years ago, the Gopher women's hockey program got a jump on most of the Midwest when a strong batch of freshmen arrived to start the program. By the third year, they were national champions. Now those players are gone and coach Laura Halldorson is looking at the rest of the WCHA teams getting better. "If you combine our losses with the fact that the league is another year older, it is going to be extremely competitive," she says. "The [WCHA] coaches think this could be the toughest conference in the country now." Number-one rated Duluth stands out at the top, while the next spot could be a battle between the Gophers, Wisconsin, Ohio State, and St. Cloud State.

Halldorson thinks her offense will be strong, led by senior captains Tracy Engstrom of Willmar, Minnesota, and Laura Slominski of Burnsville, Minnesota, and sophomore LaToya Clarke of Pickering, Ontario, an all-WCHA second-team pick last year. Junior Ronda Curtain of Roseville, Minnesota, is another strong forward who may be asked to play defense this year. The team returns only two defenders with significant game experience, although Halldorson has three talented young players seeking to take over in goal.

In all, 16 of the 21 players on the roster are freshmen or sophomores. "What's good is that we will not have the pressure that we had last year," Halldorson says. "The players are enthusiastic, eager, and excited about the opportunity. . . . But as coaches we're going to need to be patient."

Just Wait till Next Year

While Gopher women's hockey coach Laura Halldorson is focusing on the current team, she can be forgiven if her thoughts occasionally stray to next season. The women's program will move into its own arena, just west of Mariucci, next year. Also, two big names plan to hit the ice in Gopher jerseys in 2002. Winny Brodt of Roseville, Minnesota, a former AWCHA Defensive Player of the Year who played on the U.S. team at the 2000 world championships, will return next year for her senior season. After just missing the cut for the U.S. Olympic team, the academic all-conference team member decided to sit out this campaign and focus on schoolwork. Forward Krissy Wendell of Brooklyn Park, Minnesota, was the leading scorer on the U.S. team at the world championships last year. She plans to enroll at Minnesota after playing in the Salt Lake City Olympics this winter.

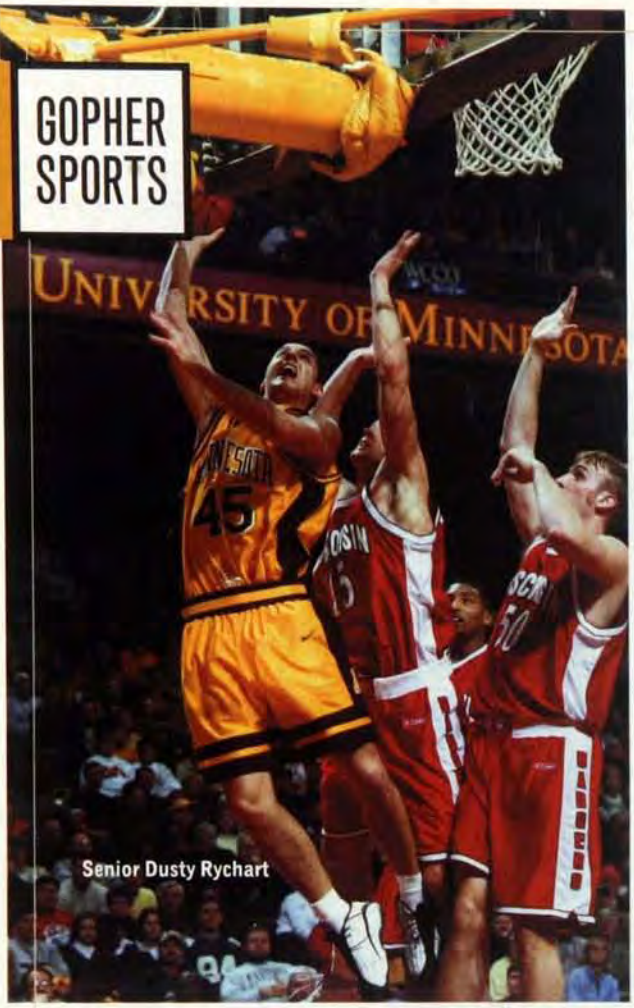
Success Recruiting in State >>>

One of the first things fans wanted to know about new Gopher women's basketball coach Brenda Oldfield was whether she could keep Minnesota's best high-school players in their home state. Over the past several years, numerous high-profile players have gone elsewhere and ended up starters on NCAA playoff teams.

Oldfield has shown, at least for this year, that she can recruit talented Minnesotans. Shortly after her hiring, the state's top two players, forward Shannon Bolden of Marshall and guard Shannon Schonrock of Blue Earth, said they would attend the University of Minnesota next year. In September, Eden Prairie center Christina Collison announced that she would accept the Gophers' final available scholarship. U coaches can't comment until the players formally sign their offers, which was expected to happen in early November. "I can say that we are focusing our recruiting effort on the state of Minnesota," Oldfield says. "This year's sophomore and junior [high school] classes are just loaded with talent. The future is very bright."

Brenda Oldfield

GOPHER SPORTS


Senior Dusty Rychart

<<< Men's Basketball

Just two seasons removed from the academic cheating scandal that hobbled the Gopher men's basketball program, the Gophers seem ready to regain their place among competitive Big Ten programs. "We're pleased with where we are, but definitely not satisfied," says head coach Dan Monson, hired in the wake of that scandal.

Dusty Rychart, a senior forward from Grand Rapids, Minnesota, is the only returning member of the ill-fated 1998–99 squad. Then a walk-on, he is now a two-year starter who will bring experience to a much-improved front line filled with talented Minnesotans: sophomore Mike Bauer of Hastings, freshman Rick Rickert of Duluth, and junior transfer Jerry Holman of St. Paul. Also returning is senior Travarus Bennett of Rosedale, Mississippi, who, despite being only 6-7, started at center late last year. Junior Kevin Burleson of Seattle and senior Kerwin Fleming of Chicago are experienced players who will compete at point guard and possibly shooting guard, although Bennett, freshman Maurice Hargrow of St. Paul, or sophomore transfer Steve Esselink of Hills, Minnesota, could start there as well. Monson says that point guard should not be a concern this year. "I am concerned that we have a lot of very talented players who are going to have to mesh together and figure out their roles," he says. "My system has always been to have players play multiple positions, and that is especially important when you only have 10 scholarship players [as a result of the cheating scandal]. We have a really good group for that this year."

The team could also light up the scoreboard. "Almost all our players have their strengths on the offensive end," Monson says. "We have to find a way to rebound and guard people, but hopefully fans will enjoy this team because they will be really offensive-minded."

Women's Basketball >>>

A new era in Gopher women's basketball gets started with a lot of question marks and a thin bench. But new coach Brenda Oldfield has found a team with great chemistry and the willingness to work hard. "This is a close-knit group and I love their attitudes," she says. "They been through a lot of adversity and have bonded together." On the court, Oldfield's team will show hard work, hustle, and team play, she adds.

Because of knee injuries to two returning starters, sophomore guard Lindsey Whalen of Hutchinson, Minnesota is the only real scoring threat returning. Sophomore forward Kadidja Andersson of Stockholm, Sweden, and junior center Kim Prince of Montgomery, Alabama, are also returning starters who will give inside scoring. Oldfield hopes that transfer Corrine Von Wald, a junior from Hudson, Wisconsin, will add outside scoring punch and that freshman Janel McCarville of Stevens Point, Wisconsin, will live up to her nickname of "Shaq" and provide inside power.

Unfortunately for the young and rebuilding squad, they play their toughest schedule in recent memory. "Our goal this year is going to have to be to get better every time out. We've got to get to where we can be competitive with Big Ten teams instead of losing by 30, 40, 50 points," Oldfield says, referring to last year's nine losses by 18 or more points in 17 Big Ten games. "The good news is that a lot of our core players are in our younger classes."


Sophomore Lindsey Whalen

THE 2001 VOLUNTEERS OF THE YEAR

"We thought long and hard about whether to hold this event because of the tragic attack on America this week," executive director Margaret Carlson (Ph.D. '83) told the approximately 160 people who attended the UMAA's 2001 National Volunteer Awards Ceremony on Friday, September 14. "But we decided that it was important to gather as a University community for this ceremony.

"This event recognizes volunteerism, good citizenship, generosity, and commitment to an important cause," she continued. "All those traits have been important to our country as well as to our alumni association through the years, and they will be even more important in the weeks and months ahead. While it will be hard to celebrate in the traditional sense, we will recognize with heartfelt pride the accomplishments of 42 individuals and groups who have really made a difference in the reach and impact of the University of Minnesota."

Bruce Nelson (B.S. '80), UMAA volunteer national president, closed the program. "It is apparent that every one of our graduates is changed by this place, learning leadership skills, developing as individuals, and having the world open up to them," he said. "The University of Minnesota does change the world one graduate at a time, one volunteer at a time, one leader at a time."

Instead of the traditional "Hail! Minnesota," Nelson closed the program by leading attendees in "America the Beautiful."

VOLUNTEER OF THE YEAR: DR. EUGENE OLLILA

With a life philosophy full of positive thinking and constructive aphorisms, it is easy to see why Dr. Eugene Ollila (B.A. '67, M.D. '70) succeeded in reshaping the Medical School Alumni Society into a vital supporter of the school and its students. For his efforts, Ollila has earned recognition as a UMAA Volunteer of the Year. "I wouldn't do it if it wasn't fun," he says of his ongoing society presidency. "The alumni society is one of those entities where you can really do something. You can help today's students."

When Ollila was elected society president, his first step was to recruit positive-thinking colleagues from a variety of medical professions. "I try to get people with ideas, thought, and vision," he says. "It's OK to criticize, but then it is incumbent upon you to show the way to do it better."

Helping students may be Ollila's greatest legacy as society president. He encouraged the addition of students from each class and from Duluth's medical school to the board. "We're there, basically, to provide for students, give them a better experience, and create better physicians," he says. "As professionals we have to do more than sit in our office and see patients. In this profession we very much identify with our job, but we have to step out of that role to see the big picture." Alumni host prospective medical students when they visit campus and participate in the "white-coat ceremony" that welcomes new students to the school. Ollila used his own professional network—he is a former chief of staff at Abbott-Northwestern Hospital and former president of the Hennepin Medical Society—to help create Connections, a physician-student mentoring program that recruited a pool of 350 medical professionals in its first year.

Minnesota Medical Foundation President and CEO Brad Choate has seen firsthand how Ollila has energized the alumni society. "Our staff works closely with hundreds of volunteers, but few—if any—go above and beyond the call of duty like Dr. Ollila," he wrote in supporting Ollila's award nomination.

DR. EUGENE OLLILA

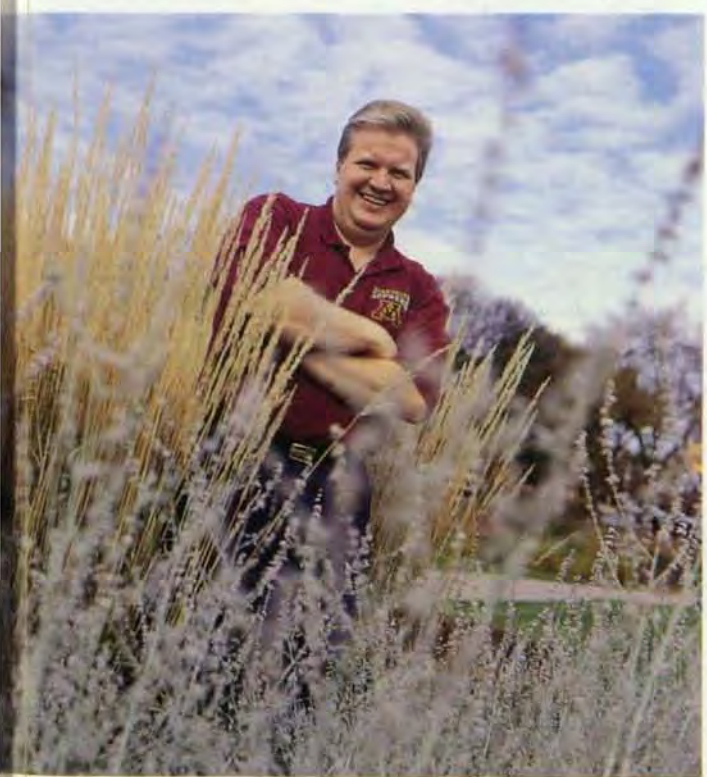
Ollila grew up on a northwestern Minnesota farm listening to Gopher sports on the radio. When it came time to pursue his dream of being an astronaut, the U's engineering reputation made his college choice easy. "It took me less than a year to realize there was something different between me and the engineers," he recalls. Aptitude tests showed, as they had in high school, that he would be a good physician or teacher. On his dormitory floor lived sons of two Mayo Clinic doctors as well as the son of the U Medical School's dean. As Ollila neared graduation with a zoology degree, the three began urging him to apply for medical school. "I thought, 'Why not? What have I got to lose?'" Armed with excellent test scores, he was accept-

ed. After years in family medicine, Ollila is now an internist, which he explains is the equivalent of a pediatrician for adults. He is still on staff at Abbott-Northwestern and practices out of a downtown Minneapolis clinic.

A south Minneapolis resident, Ollila was active in professional groups, but first began volunteering about 15 years ago with his son's Cub Scout pack, following the lead of his wife, Julie, a long-time volunteer worker. "[As a volunteer] you have to follow your heart," he advises. "Get involved with a group you enjoy and it won't feel like work."

VOLUNTEER OF THE YEAR: GARY SLOAN

Gary Sloan (B.A. '87) is unusual. In high school he not only knew what field he wanted to pursue, but exactly which job. Later, he wanted to give something back to the university he says did much to make him the person he is today. He went from volunteering as a mentor to becoming president of the College of Agricultural, Food, and Environmental Sciences Alumni Society in the year it became the UMAA's Society of the Year. Now he has been named one of the UMAA's Volunteers of the Year.



GARY SLOAN

Growing up on a farm near Plainview, Minnesota, Sloan served as a state officer in Future Farmers of America. His experiences working off the farm, however, along with his knowledge of the complicated world of farm economics, convinced him to buck the family trend of staying in production farming and go into agribusiness. He is now a loan officer with Cobank, which lends to rural cooperatives in many fields. "I knew from the time I was a junior in high school what I wanted to be: a loan officer in the bank for cooperatives," he says. "My dad was on the board of the local dairy co-op and I'm a strong supporter of the cooperative structure. You really see the value added all the way through from producer to consumer. . . . [As a loan officer] you get to work with lots of different individuals in the structure while you help support it."

At the University, Sloan interned with 4-H and with Farm Credit Services and "got the kind of well-rounded background needed to be productive in a job and in society," he says. "It gave me the background in finance, theory, and public speaking—and gave me the kinds of contacts I never would have had otherwise." After spending time working in North Dakota, Sloan and his growing family (he now has four children) returned to the Twin Cities in 1992 and he began volunteering as a mentor. "I don't know how many students I've worked with now, but it's a joy every time," he says. He became chair of the alumni society's mentor committee and then "it just kind of mushroomed."

Under his leadership, the society increased its membership dramatically, initiated business and industry tours for students, and added to the gender, geographic, and age diversity of its board of directors. It also supported the college's efforts to refocus its mission. Dean Charles Muscoplat summed up Sloan's contributions in a letter nominating him for the award: "He has helped recruit new, active alumni; played a leadership role in shaping alumni events; served as a student mentor; and provided a model of leadership for our students, alumni, friends, faculty, and staff members."

Sloan says volunteering with the college has never felt difficult. "I believe in the U of M and the College of Agriculture," he says. "One thing I was taught in my family is that you only get out what you put into something. To me that's almost false, because I've gotten so much more out of this organization than I've put into it."

SOCIETY OF THE YEAR

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT ALUMNI SOCIETY

In 2000–01, the College of Education and Human Development Alumni Society won the UMAA's Recruitment 2000 membership drive by gathering 126 new alumni association members. A discussion on landing the perfect teaching job attracted dozens of students. A new initiative—the Book Drive for Kids—netted 850 books in March and a $5,000 contribution from Barnes & Noble Booksellers. The society also supports and participates in many college and professional activities.

Honorable Mention: Institute of Technology Alumni Society

CHAPTER OF THE YEAR

RED WING AREA CHAPTER

The Red Wing Area Chapter set itself apart in 2000–01 by working to increase alumni association membership and hosting numerous events: a trip to the Minnesota vs. Wisconsin football game, a Micronpc.com Bowl party, a scholarship fund-raising concert, a U of M Concert Choir performance, and Maroon and Gold Day in Red Wing, Minnesota. And the chapter presented its second annual $1,000 U of M scholarship to a graduating high-school senior.

Honorable Mention: Southwest Minnesota Chapter

UNIVERSITY OF MINNESOTA ALUMNI SERVICE AWARD

NANCY LINDAHL (B.S. '68)

Former UMAA national president Nancy Lindahl was honored with the University's highest volunteer award for her countless hours of service and her unending school spirit.

GRAND GOLD AWARD
INSTITUTE OF TECHNOLOGY ALUMNI SOCIETY

One of the best-attended and best-organized collegiate alumni events each year, the 2001 Science and Technology Banquet attracted 600 people and brought in $20,000 for scholarships.

PROGRAMS EXTRAORDINAIRE

- College of Agricultural, Food, and Environmental Sciences Alumni Society, Recruitment 2000 efforts
- Institute of Technology Alumni Society, "Cosmic Cabaret"
- New Mexico Chapter, "Breaking Ground with Antoine Predock"
- Red Wing Chapter, Maroon and Gold Day in Red Wing
- Rochester (Minnesota) Area Alumni and Friends of the University of Minnesota, 10 events and initiatives
- St. Croix Valley Chapter, "Critical Dialogues: Livable Communities or Urban Sprawl?"

RISING STAR AWARDS

- Phil DeNucci (B.S. '93), College of Pharmacy Alumni Society
- Rob Moline (B.S. '92), College of Agricultural, Food, and Environmental Sciences Alumni Society
- Sara-Lynn Nash (B.S. '92), College of Human Ecology Alumni Society
- Yvonne Redmond-Brown (Ed.D. '97), College of Education and Human Development Alumni Society

FACULTY-STAFF VOLUNTEERS OF THE YEAR

- J.B. Eckert (a.k.a. John Sargent Pillsbury), University Relations
- Anthony Seykora (B.S. '76), professor, College of Agricultural, Food, and Environmental Sciences

SPIRIT AWARD

- Darlette Luke (B.S. '85), College of Pharmacy Alumni Society

STUDENT VOLUNTEERS OF THE YEAR

- Christine Bartels, College of Pharmacy Alumni Society
- Jackie Narjes (M.S.W. '01), School of Social Work Alumni Society
- Matthew Wolle, College of Agricultural, Food, and Environmental Sciences Alumni Society

HATS OFF AWARDS

- Kevin Barcus (D.V.M. '86), Veterinary Medicine Alumni and Friends Society
- Melissa Binder (B.S. '93), College of Pharmacy Alumni Society
- Faye Bodenhamer, University of Minnesota Addressing and Mailing Services
- College of Education and Human Development Communications Team
- Sue Eastman, University of Minnesota Sesquicentennial Events coordinator
- Bob Elde (Ph.D. '74), dean, College of Biological Sciences
- Bob Hicks, director of licensing, Men's Intercollegiate Athletics
- Karen Holtmeier (B.S. '78, M.A. '88), College of Human Ecology Alumni Society
- C. David Jones (B.S.B. '61, M.B.A. '70), UMAA National Board
- Cynthia Scott, Department of Government Relations
- Roger Toogood (M.A. '58), School of Social Work Alumni Society

LEGISLATORS OF THE YEAR

- Rep. Ron Abrams (B.A. '74), R–Minnetonka
- Sen. Richard Cohen, DFL–St. Paul
- Sen. Steve Kelley, DFL–Hopkins
- Rep. Peggy Leppik, R–Golden Valley
- Rep. Tim Pawlenty (B.A. '83, J.D. '86), R–Eagan
- Sen. Larry Pogemiller (B.A. '74), DFL–Minneapolis
- Sen. Deanna Wiener, DFL–Eagan

HOMECOMING 2001

Homecoming day, October 20, on the Minneapolis campus began with an alumni association–sponsored pancake breakfast in the McNamara Alumni Center before the parade down University Avenue and the Gopher football game. The gridiron Gophers earned their first Big Ten victory of the season by defeating the Michigan State Spartans 28–19 in front of 47,385 fans at the Metrodome.

Former Gopher student-athletes signed autographs during the pancake breakfast. Left to right: Brandon Paulson (B.S.B. '98) (wrestling), Laurie Nelson (diving), Shannon Kennedy (hockey), and John Roethlisberger (B.S.B. '94) (gymnastics).

Ray Christensen (B.A. '49) interviewed young talent in the sports announcer contest during the pancake breakfast. The voice of the Golden Gophers for 50 years, Christensen retired last year. Other activities included a Raptor Center demonstration, interviews of Gopher sports coaches, prize drawings, and alumni band performances.

What's a parade without a steaming hot tub and water-polo swimmers doing a Gopher fire drill?

The alumni association's Student Alumni Leaders work to build pride and spirit among fellow students.

Upcoming alumni events on campus and around the country. For more information, visit *www.umaa.umn.edu* or call 612-624-2323 or 1-800-UM-ALUMS (862-5867) and ask to speak to the UMAA staff person listed after the event.

December

1 West Valley (Sun Cities, Arizona) Chapter brunch at the West Valley Art Museum, 11:30 a.m.; contact Chad Kono

1 San Diego Chapter at *Shear Madness*, 5 p.m., at the Theatre in Old Town, Old Town State Historic Park; contact Mark Allen

2 Carlson School Alumni Society First Tuesday Lecture with Gene Sit, 11:30 a.m., Radisson Hotel Metrodome; call 612-626-9634

8 Suncoast (Florida) Chapter holiday gathering, noon, Dunedin Country Club; contact Chad Kono

8–16 Amazon River Cruise (also December 15–23); contact Becky Von Dissen

28–Jan. 12 New Zealand's South Island alumni tour; contact Becky Von Dissen

January 2002

8 Carlson School Alumni Society First Tuesday Lecture with Stephen Sanger, 11:30 a.m., Radisson Hotel Metrodome; call 612-626-9634

12 Southwest Florida Chapter alumni mini-university with seminars and reception, all afternoon at the Naples Beach Hotel and Golf Club; contact Chad Kono

17 College of Education and Human Development Alumni Society mock interviews; 9 a.m.–4 p.m., St. Paul Student Center; contact Raleigh Kaminsky

18–29 Trans-Panama Canal Cruise; contact Becky Von Dissen

22 Legislative Network 2002 session preview, 5:30–7:30 p.m., McNamara Alumni Center; contact Nicole Bennett at 612-626-8371

February 2002

1 UMAA Mentor Connection Job Shadow Day, all day at participating employers; contact Judy Anderson

6 Networking Necessities seminar, 6:30 p.m., McNamara Alumni Center; contact Judy Anderson

National President

An Investment that Works

I used to look forward to the quarterly performance updates from the investment firms where I have entrusted my hard-earned savings. Each statement showed new highs and double-digit growth. Regardless of the investment, the gains one could amass seemed limitless.

Sadly, the days of irrational exuberance are behind us. Now I await the portfolio statements with the same dread I feel for our Minnesota winters. Where can one invest today to recapture the kind of gains we enjoyed at the end of the last millennium?

The landscape appears bleak, but I think I have the answer. It's an investment opportunity all alumni ought to get in on. I've found an enterprise guided by a strong leader with a clear vision. It's ranked among the best in its field. It has strong, positive momentum and is attracting investment from both public and private partners Even better, it's right in our backyard.

Four years ago, President Mark Yudof came to the U with a mission. In his words: "Our plan is to provide the best facilities and equipment for our teachers, researchers, and learners. Our plan is to reinvigorate the economy and soul of Minnesota with new ideas and new technology."

Bruce Nelson, B.S. '80

President Yudof's plan is working. Today the University is bristling with cranes and construction equipment as money from both donors and the state legislature is put to work renovating facilities, establishing centers of excellence in areas such as digital technology and agricultural research, and supporting the president's commitment to improving undergraduate education. Just recently, a University of Florida think tank ranked the University of Minnesota as one of the top three public research schools in the United States. The U's admissions office announced that freshman applications are up 34 percent over previous years. And this fall's class is the most academically prepared in the school's history. There is a momentum at our alma mater the likes of which has not been seen for some time.

Not all is rosy, however. Over the past 20 years, public financial support for higher education has declined both here in Minnesota and around the United States. Additionally, the percentage of our alumni who give annually to the University (11 percent) ranks at the bottom of the Big Ten. Yet last year, more than 15,000 alumni took time to call their state senators and representatives during the legislative debate. Our voices spoke loud and clear: We do not want to see the quality of our university compromised. Now, as an alumnus committed to making this University great, I am asking you to speak with your pocketbooks as well.

Campaign Minnesota is a $1.3 billion fund-raising effort to make great things possible at the University. It has three main objectives: to attract students of promise and help them succeed, to recruit and support great faculty, and to invest in strategic opportunities as well as research and academic initiatives. But great universities need great supporters. A record number of donors—including businesses, individuals, and University faculty and staff—have already helped propel Campaign Minnesota 91 percent of the way toward its goal. Nearly 68,000 alumni have contributed so far. As alumni, we can make the difference. If every one of our approximately 300,000 living alumni gave something, no matter how small, the sum of our efforts could produce millions of dollars to help the University continue to excel.

Gifts to Campaign Minnesota represent a long-term investment in the University. For example, more than half the money raised is for endowments. The principal stays intact and is invested while the returns go toward programs designated by the donor, ensuring that the work made possible by the gift continues forever.

In a time when most portfolios are suffering, this is an investment that works. Money invested thus far has already brought star-quality researchers and teachers to the University. New state-of-the-art facilities are in use or nearing completion, and we're seeing a stream of students with excellent credentials choosing the U. Please join me in investing in excellence—and make a gift to the University of Minnesota today. For information, visit *www.campaign.umn.edu*, or call 612-624-3333 or 800-775-2187. ■

Member Spotlight | Jan Meyer

Jan Meyer (B.A. '73, M.A. '74, Ph.D. '86) got a late start on her college education. She also says it took her a while to find the right husband. And then there's retirement: At an age when many people are thinking about slowing down, Meyer and a friend instead decided to start a business, a gift shop in a bucolic tourist spot in southeastern Minnesota.

The store, located just off the Root River State Trail in downtown Lanesboro, features what Meyer describes as "treasures for the garden and gardener." It is called, appropriately, Late Bloomers. Open from April until Christmas, Late Bloomers is a venture Meyer plans to have fun with. "Even though it's a gardening store, we don't know what we're doing, and we're not very good gardeners, anyway," she says and laughs.

Married at 17, Meyer, who grew up in Elmore, Minnesota, finished high school but put off college while her husband completed a stint in the military and then his bachelor's degree. Instead, she got a job taking reservations for United Airlines and, despite her lack of formal education, earned several promotions, eventually becoming one of the first female employees to be transferred to company headquarters in Chicago. Meyer, her husband, and their son lived in Chicago from 1967 to 1971.

But Meyer regretted skipping college. So the family returned to Minnesota, and she enrolled at the University of Minnesota. For a woman craving a college education, a deferred dream was finally realized.

"I was a 31-year-old freshman," Meyer recalls. "A week before I was supposed to start classes, my husband fell and hurt his back. He was incapacitated, so I decided I would go through school as fast as possible. I couldn't lollygag."

And she didn't, earning a bachelor's degree in interpersonal communication and a master's in organizational behavior and organizational communication in a few years. By the time she was 45, she also had a Ph.D., specializing in intercultural conflict management. Meyer now works as a consultant to the airline industry, called in during intercultural crises. It's a highly specialized career choice, and Meyer says she found what she needed for it at the University. "And by waiting and going to the U when I did, I got a great education when I needed it most," says Meyer, a life member in the alumni association.

Meyer's first marriage broke up while she was a student, and she found the man who would eventually become her second husband in an unexpected place: at an all-school reunion for the tiny school where she met her *first* husband. "I have the unique distinction of having been married to 20 percent of my high-school class," Meyer says and laughs. "There were 10 boys in my class. I married two of them."

Jan Meyer

Because Meyer's husband is a hospital administrator in Lincoln, Nebraska, she splits her time between there and southeastern Minnesota. The decision to settle in Lanesboro was a whim inspired by a weekend vacation.

"We were driving around the country roads and saw this abandoned little farmhouse," Meyer says. "There was a cream can with a hand-written sign in it that said 'For Sale.' [The house] was filled with mice, birds, and spiders, but we bought it anyway. I said it had great possibilities." The couple spent 10 years remodeling the old house, turning it into a beautiful, restful home—an ideal place to spend retirement.

"Sure, it took a while to get everything finished," Meyer says, "but I've realized that taking your time can be good. Eventually you get exactly what you wanted all along."

—Andy Steiner

First Alumni Mini-University Features Stem Cells and Music

The popularity of seminars for lifelong learners has spawned a new idea being tested with the UMAA's Southwest Florida Chapter in January. The College of Continuing Education is partnering with the UMAA and the University of Minnesota Foundation on an alumni "mini-university" on Saturday, January 12. It will feature a presentation on stem-cell research by University professor Catherine Verfaillie and a discussion with Vern Sutton, former director of the U's School of Music and a veteran entertainer.

A reception with University President Mark Yudof concludes the half-day event, which takes place at the Naples Beach Hotel and Golf Club in Naples, Florida. The mini-university is open to any interested alumnus or UMAA member in the area. For information, call Chad Kono at 800-UM-ALUMS (862-5867) or visit *www.umaa.umn.edu/chapters/southwest-florida*.

The UMAA and the College of Continuing Education staff hope to follow up with more educational events at chapter locations around the United States. UMAA members will receive notice of all alumni events in their areas.

Chapters Uncork Wine-Tasting Events

Swirling, sipping, and swallowing were popular activities at several UMAA chapter events this fall. At least three UMAA chapters held wine-tasting events at local wineries and at least a half-dozen such events took place in 2000–01.

"I love wine, so whenever I'm planning an event I like to try to include wine," says Jessica Swann (B.A. '98), current president of the San Diego Chapter, one of the UMAA's most active groups. A wine-tasting tour of three vineyards in nearby Temecula in May 2000 proved so popular the chapter decided to hold another wine event this year.

On September 16, the chapter visited Temecula's Wilson Creek Winery, owned by U of M alumnus Gerry Wilson (B.A. '52) and his wife, Rosie. The event included a gourmet dinner and a chance to hear from the winemakers themselves. "Getting to know the winery owners in an intimate setting, learning about their journey, and then learning about wine from them was a definite highlight," Swann says. With Wilson reflecting on his years at the U and with Minnesota decorations and a raffle, the event "was a great way for people to make the U of M connection," she adds.

Also in September, the Southern Willamette Valley Chapter of Oregon visited a winery for tasting and hors d'oeuvres to cap off an afternoon of events. And the South Central Minnesota Chapter hosted a small event at Morgan Creek Vineyards near New Ulm.

In 2000, the Alexandria (Minnesota) Chapter held an event with University President Mark Yudof at Carlos Creek Winery. The Bay Area Chapter has visited the Ravenswood Winery, owned by U of M alumni Kent (B.S. '66, D.V.M '68) and Kathleen (B.A. '69) Rosenblum, and has held its annual fall picnic at a Napa Valley winery. A winery visit can be "the perfect event," Swann says. "People are at ease and it's a relaxing and casual setting."

Gerry and Rosie Wilson own Wilson Creek Winery in Temecula, California, which hosted a San Diego Chapter event in September.

Gateway Plaza Progress Report

Trees, shrubs, and walkways have replaced asphalt outside the McNamara Alumni Center as the Gateway Plaza takes shape. Bounded by Oak Street, Washington Avenue, Walnut Street, and the alumni center, the Gateway Plaza is a multi-use open square that will bring green space back to the east bank of the Minneapolis campus. Construction fencing will be removed by mid-November, and if weather permits, sod will be laid before construction ceases until spring. More than 250 trees and shrubs will be planted on the plaza and around the McNamara Alumni Center before the project is completed.

Executive Director

On Track and Leading the Pack

Not a day goes by that I don't wish all alumni could see what I see every day at the University of Minnesota: students gaining knowledge and finding purpose, researchers making breakthroughs, state-of-the-art buildings renewing campus, colleges refocusing to adapt to an ever-changing world. And, whether it's to a large group or to a few friends, not a day goes by that I don't talk about this extraordinary university.

Margaret Sughrue Carlson, Ph.D. '83

So when a recent report ranked the University of Minnesota as one of the top three public research universities in the United States, I stood up and shouted, "Hallelujah!" And now you can believe I'm going to redouble my efforts to spread the the word about this university's incredible accomplishment.

In *The Top American Research Universities*, a report published in August by the University of Florida, only the University of California–Berkeley and the University of Michigan ranked higher than the University of Minnesota in a comparison of public institutions. In the ranking of private schools, the leaders included Cornell, Harvard, Massachusetts Institute of Technology, Stanford, the University of Pennsylvania, Columbia, Johns Hopkins, and Duke.

We are indeed in very good company.

In higher education, few other occasions compare with reaching a top-tier ranking, which requires dedicated efforts, tremendous talent, and a clear vision for success. This unbiased, third-party endorsement puts the University in a powerful position among its competitors, because using national rankings to measure the quality of major universities is a growing trend. Competition to recruit and retain top-notch faculty and students has become fierce, and the advantage goes to institutions with top talent, a commitment of resources, and a solid reputation—to institutions like the University of Minnesota. The report also reinforces what many of us have known for some time: that the U is on the right track and leading the pack.

How did we reach such unprecedented heights? To begin with, the University of Minnesota thrives under the leadership of President Mark Yudof. When he arrived four years ago, he said he believed the University could be ranked as one of the top five institutions in the United States. In just a few years, the vision he described so clearly has become reality. And the strength of our efforts to garner federal research dollars, along with private support, positioned us well for this honor.

It's also satisfying to know that this report looked at our institution broadly, considering nine key categories, not a limited number of academic areas. The University ranked high in eight of those areas: total research expenditures, number of faculty in the national academies, federally sponsored research expenditures, number of significant faculty awards, number of doctoral degrees awarded, number of postdoctoral appointments, endowment size, and amount of annual private contributions. (The one area in which the University did not land in the top 25 was in median SAT scores. However, our ranking in this sector testifies to the U's commitment to access.)

Many people are responsible for reaching this pinnacle: the alumni and friends who faithfully support capital campaigns; the talented faculty who teach, apply for grants, and conduct research that creates jobs in our state and changes our lives; the Board of Regents, which provides vision and support; and the students who work hard, earn degrees, and become contributing members of our community.

For as long as I've been managing the University's alumni relations efforts, we've chased this esteemed status. Now that we've received national distinction, it's time to spread the good news. Nothing is more powerful than word-of-mouth communication, that's where we need your help.

The University of Minnesota is now considered among the top three public research universities in the nation. To put that into perspective, consider that more than 4,700 institutions across the United States offer some form of postsecondary education.

As permanent shareholders of the University of Minnesota, we alumni have now earned the right to talk about the University at every family function, social gathering, and business event. There is no need to boast; just share with family, friends, and acquaintances the simple facts:

1. The University of Minnesota is now considered among the top three public research universities in the nation. To put that into perspective, consider that more than 4,700 institutions across the United States offer some form of postsecondary education.

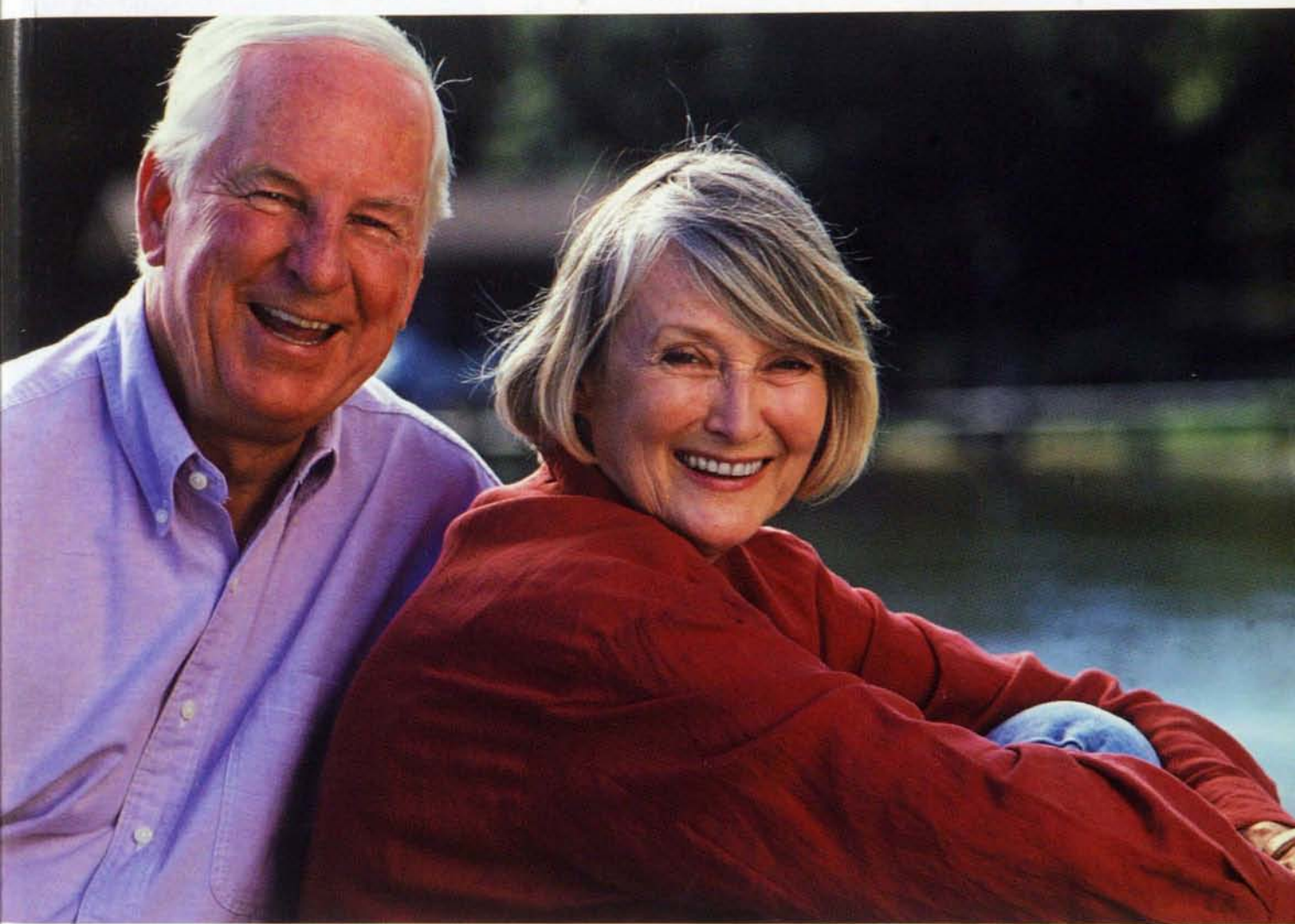
2. The University's federally sponsored research awards total almost $500 million—an increase of nearly $150 million from just three years ago.

3. The University's progress toward its capital campaign goal of $1.3 billion helped solidify our national ranking. More important, however, those campaign funds further our capacity to build a world-class institution for generations to come.

For these reasons and more, the significance of this recent recognition cannot be overstated. So let's savor the moment, share our enthusiasm with others, and spread the word. Announce with pride that your alma mater is considered a top-three public research university. Your vocal support will help us remain a preeminent institution well into the future. ■

CAMPAIGN MINNESOTA

Be remembered for what you did for future generations.



Make a planned gift to the U of M.

Estate gifts are vital to our future as a leading university. They enable us to strengthen our programming and transform lives through teaching, research and outreach. If you've made provisions for a gift to the U of M in your estate plan, please tell us so we can show our appreciation. All estate gifts count toward Campaign Minnesota, the largest and most exciting fund-raising effort in our history.

An estate gift is a powerful way to strengthen our legacy and yours for generations to come.

For more information on leaving the U of M in your will or other forms of legacy gifts, contact Planned Giving at the University of Minnesota Foundation at 612-624-1052 or 800-775-2187.

Giving makes greatness possible.

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