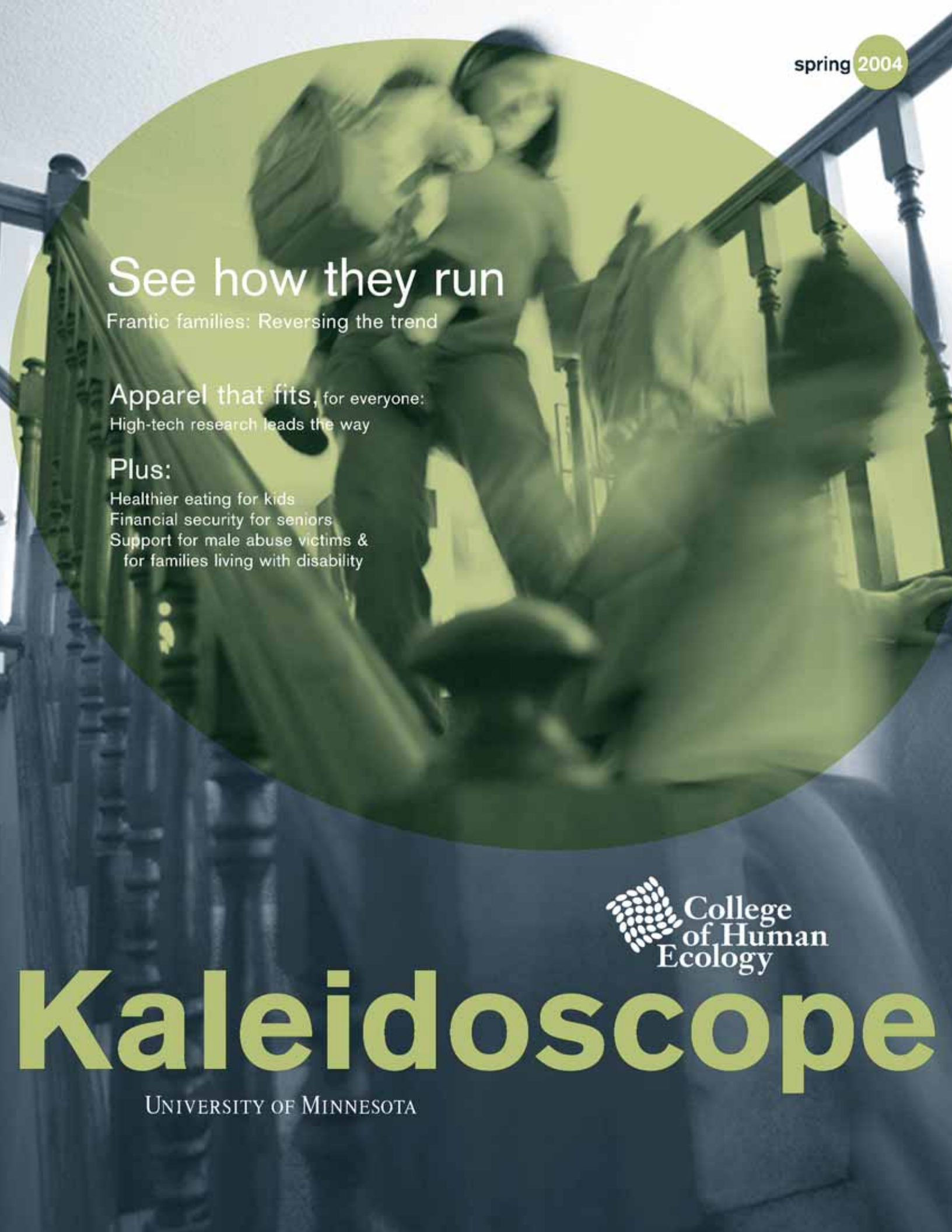

spring 2004

See how they run

Frantic families: Reversing the trend

Apparel that fits, for everyone:

High-tech research leads the way

Plus:

Healthier eating for kids
Financial security for seniors
Support for male abuse victims &
for families living with disability

College of Human Ecology

Kaleidoscope

University of Minnesota

University of Minnesota

spring 2004

Kaleidoscope

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The College of Human Ecology engages in the scholarship of teaching and learning, discovery, and engagement to address the human needs of people in Minnesota. Five academic initiatives guide and connect work across our four academic units: cultural awareness and competence, development across the life span, design and technology, economic and social well-being, and healthy life choices.

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TO CONTACT US:
College of Human Ecology
32 McNeal Hall
1985 Buford Avenue
St. Paul, MN 55108-6142
Telephone 612-624-3430 / **Fax** 612-625-5767
E-mail info@che.umn.edu
Web www.che.umn.edu

Editor & principal writer
Kate Tyler, Kate Tyler Communications

Coordinator & contributing editor
Debbie Boyles

Designer
Lori Anderson, Group Design

Photographer
Jonathan Chapman

From the dean — Life stage

photo J. Olausen

Recently, CHE's own Pauline Boss, an internationally respected expert on grief and loss, shared a high-profile conversation with Gail Sheehy, the well-known journalist and author of the landmark book *Passages*. If you were there, as I was, you know what a spellbinding evening it was. Brought together on Founder's Day (February 25, the University's 153rd birthday) as part of the University's "Great Conversations" series, the two women shared perspectives on the psychological aftermath of 9/11 and talked about their separate experiences working with the families of 9/11 victims. (Selected video excerpts are on the Web at www.cce.umn.edu/conversations/theloss.shtml).

I recalled Boss' and Sheehy's powerful stories of loss and grief—and healing and hope—as I sat down to write the introduction to this issue of *Kaleidoscope*. The focus of this issue is on development across the life span, which is one of CHE's five key academic initiatives. A good deal of our discovery, teaching, and outreach in the college is concerned with helping people navigate life's constantly changing journey—whether the everyday transitions of aging or the complex and painful changes wrought by crisis and tragedy.

It seems safe to say that our basic needs remain the same across the decades or stages of our lives. We all consistently need nurturance; safe and healthy foods; economic security; strong and vibrant relationships; and comfort, safety and beauty in our environments.

Yet each of us will experience and realize these needs differently depending on where we are on life's journey (infancy or adolescence, young adulthood or old age). The contours of our needs will also vary according to our differing cultural backgrounds and capabilities … the particular context of our environments … and the specific life experiences each of us has.

IN THIS ISSUE

The stories in this issue show just how wide-ranging and important our work is when it comes to development across the life span.

You'll read about professor Bill Doherty, who is spearheading a project to help kids and families reconnect in the face of growing "time famine." You'll also read about three of our faculty whose scientific research ultimately will improve the fit of all kinds of apparel for everyone. In other stories, you'll learn how CHE people are supplying the knowledge, creativity, and leadership needed to improve support for people living with disabilities, help male survivors of sexual abuse, improve healthy eating at different life stages, and address the issue of financial security later in life.

These are just a few examples of the exciting work being done by CHE faculty, staff, students, and alums to improve knowledge of "life span issues"—and to apply that knowledge to make a positive difference in people's lives.

PASSAGES

All of us hope our own journeys across the life span will be as healthy, happy, and fulfilling as possible. Those of you familiar with Sheehy's *Passages* might recall that she was among the first to call attention to revolutionary changes in the cycle of adult life. She observed that "people today are taking longer to grow up and much longer to grow old," and she defined four distinct stages of adulthood.

By Sheehy's definition, I am well into my second adulthood—and I'm enjoying every minute of it. I'm also enjoying being at the helm of a college that seems—especially after celebrating its centennial celebration in 2000—to be in a very similar place on its own "journey." The needs of the college, or of any organization, are in many respects similar to yours and mine. They include a stable environment, economic security, nurturance, and vibrant relationships. Your support has helped us meet these crucial needs—and will keep us healthy, happy, and strong in the future.

We hope you will continue to share your creativity, wisdom, and commitment with us. We also welcome your comments about our work, this magazine, or specific issues that are important to you as we continue our journey together.

Shirley L. Baugher, dean

College of Human Ecology

Knowledge transforming people....
People transforming lives

Kids and parents alike are running themselves ragged.
CHE's Bill Doherty is helping communities reverse the trend.

See how they run

At the "Take Back Family Time" event last fall in Edina, more chairs had to be hastily gathered to accommodate the many parents who flocked through the doors. About 350 parents came, twice as many as expected—soccer moms, hockey dads, and parents whose kids careened on any given day from music lessons to football practice to scouts. For family social science professor Bill Doherty, who has spent the past five years directing public attention to the twin problems of what he calls "overscheduled kids and underconnected families," the overflow crowd was one of many signs he sees that families are ready to turn the tide.

Families today are suffering from time famine, says Doherty, director of CHE's Marriage and Family Therapy Program and a nationally renowned expert on family issues. In cities, suburbs, and rural areas alike (except for poor communities), children's lives have become a runaway train, Doherty says. Studies confirm that participation in structured activities has skyrocketed while free time and family time have sharply declined.

"Children are mirroring the busyness of their parents, leading more and more frantic lives," Doherty explains. "Children are scheduled from morning to bedtime in activities that are 'good for them.' And the truth is, that's not good for them, or good for their families." ("It's not a working-families thing," he adds—children are scheduled just as fiercely in homes with stay-at-home moms.")

Long gone are the days when kids ate dinner with their families, then hung out with their parents and siblings or tossed a ball around the backyard, as they did when Doherty was growing up in a working-class neighborhood in Philadelphia.

Children are spending 12 fewer hours a week in overall free time than kids did in 1981, including a 25 percent drop in play time and a 50 percent decline in unstructured outdoor activities. Meanwhile, children's time in structured sports has doubled, and time spent on homework has risen by 50 percent.

Parents today "are more and more like recreation directors on a turbo-charged family cruise ship," Doherty says. Increasingly, families no longer gather around the same dinner table (only a third reported doing so in a 1995 survey, a 33 percent drop since the 1970s), let alone participate together in activities or just share quiet time. Family vacations are falling by the wayside (dropping by 28 percent since 1981), and even TV watching is becoming a solitary pursuit, no longer the occasion for families to sprawl together in the den in glassy-eyed companionability.

Competitive pressures

Parents love their children and try to do what is best for them, Doherty stresses. But the "frantic families" phenomenon mirrors the hypercompetitive ethos of the adult world. Like their parents, who are working more hours than ever (the U.S. now surpasses Japan in hours worked per year), many kids today are engaged in activities requiring full-throttle zeal.

"Highly competitive activities have replaced recreational pursuits," says Doherty. "Too often kids must choose between being heavily involved or not at all. There's been a noticeable decline in 'small-investment' activities—sports that practice once a week, dance classes fewer than four times a week, or you play a sport for a couple of months and then move on to something else."

Doherty describes the competitive mania "as a reflection of the enormous pressure on contemporary children to 'succeed.'" Because parents fear that their kids will be left behind, infants are "enriched" by Mozart concertos, toddlers are pushed to master the alphabet, 8-year-olds compete on traveling soccer or dance teams, sixth-graders begin shaping ambitious resumes for college, and high schoolers labor over heaps of homework, high-stakes tests, and complex college applications.

In short, the values of the marketplace have infiltrated family life and childhood, suggests Doherty. "It's well-intentioned, but in a sense, parenting becomes like product development."

Media stories about "effective parenting" only fuel the phenomenon. "Popular culture distorts knowledge about how children develop," Doherty says. "The impact of stimulation and enrichment is exaggerated. If Johnny strikes out at baseball, his parents should hire a coach to make sure his self-esteem won't be damaged—that's a common sort of theme."

Media stories about dangers to children also drive families apart, says Doherty. With 24/7 coverage of child abductions, parents are skittish about allowing their children unstructured play time. The reality, Doherty says, is "that there's been no increase in stranger abductions, assaults, or other violent crimes against children in the last 42 years."

More valuable than abduction stories would be stories exploring the consequences of overcommitted, underconnected families, says Doherty. Teachers are seeing more stressed out and exhausted children at school, ne notes, and the rising incidence of youth athletic injuries has attracted the concern of the Academy of Pediatrics.

Moreover, studies are beginning to show that family time, the main casualty of hyperscheduling, is an important factor in youth academic success, psychological adjustment, nutrition, and general well-being. One large national study suggested that U.S. teenagers who did not have regular meals with their families were at higher risk for alcohol/drug use, early sexual behavior, and suicide. (Doherty stresses that "families aren't doomed if they don't eat together; meals are a stand-in for family connectedness.") Preliminary evidence also suggests that unstructured quiet time and play time are important in helping children develop self-reliance and imagination, among other critical assets.

"The long-term implications are only beginning to be explored," says Doherty. "Are we training our kids for workaholism? Already, college counselors are saying they're seeing more mental health problems—students today don't know what to do with themselves in an unstructured environment, and some finally crash after trying to maintain a frenetic schedule of activities."

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"Parents today are more and more like recreation directors on a turbo-charged family cruise ship"

The changing tide

Parents and children alike often feel helpless to halt the wildly spinning merry-go-round, says Doherty. Aside from the competitive pressures, kids may clamor to join activities because that's the only way to be with their friends or because traveling soccer teams and the like are considered cool. Parents fear that saying "no" may set their kids apart from their peers, make them unhappy, or damage the parent-child relationship.

There are social stakes for parents, too. Parents' own social communities often revolve around their children's activities. And as the many holiday letters extolling lists of family accomplishments suggest, bragging rights in the adult world have more than a little to do with the busyness of one's household and the success of one's children.

Yet slowly but surely, the tide is changing, Doherty maintains. Media stories are zeroing in on the "frantic families" phenonmenon, as in the January 2004 *Washington Post* article that proclaimed overscheduled kids "out," and unrestricted free time "in." Doherty himself has been interviewed about family well-being in forums from CNN to"Oprah."

Stories from parents and teachers corroborate Doherty's sense of a broader shift taking place in the cultural zeitgeist. In one suburban Minneapolis school, the principal's announcement that snow had forced the cancellation of all afterschool activities caused students spontaneously to burst into applause.

Doherty sees better-connected families as central to the goals of his Families and Democracy Project. This research-and-outreach project, begun in 1996, aims to strengthen civic life through community-University partnerships that support families. Improving early childhood education, strengthening marriage, and addressing health problems are among its strategies.

Taking up the challenge

With Doherty's prodding, the challenge of restoring balance to family life has been taken up by parents, community members, and school leaders in several Twin Cities communities. In 1999, Wayzata parents and teachers launched a movement called Putting Family First. Projects to "Take Back Family Time" were convened last October (in conjunction with a national event called "Take Back Your Time") in Eden Prairie and Edina. A related project in South Minneapolis rolled out a "community visioning process" with the support of Mayor R.T. Rybak.

All told, 1,000 parents made time in their hectic lives last fall to attend these meetings—proof positive, Doherty says, of the "intense, passionate concern that families have about this issue. There's a growing urgency about stopping the runaway train."

Doherty sees his role in all this as that of catalyst, facilitator, and coach. Speaking before groups such as the Minneapolis Coalition of PTAs, as he recently did, he offers to "share what I know about this issue, and help you share what you know."

"Bill encourages a very free flowing kind of 'group thinking," says Deborah Hansen, a Southwest Minneapolis parent who has worked with Doherty. "He isn't a fan of a 'fix-all for everyone,' but for a community to develop their own ideas to fit their needs.

Cultural transformation may start in community dialogue. But real change will have to happen in family kitchens and living rooms, Doherty emphasizes. He suggests that families start by "asking what kind of family life you want for yourself and your children. Imagine what you'd like things to look like if you were starting from scratch. How many times would you eat together? How many family trips or visits with relatives would you have? How much time would you want to put aside to be together without a lot going on?"

This approach is much like the "pay yourself first" philosophy of building a savings account (have savings withdrawn from your paycheck, then work with what's left over). "First build family time, then schedule outside activities around that—maybe plan six months out, or when the next school year starts," Doherty advises.

Hansen and her family have taken that advice to heart: "We have decided that it is sometimes OK to skip a gymnastics class or soccer game to have a quiet dinner at home," she says. "We've also gotten involved in activities as a family—this year it's skiing."

Another strategy might be for families to "consider taking a sabbatical from all activities for a summer or a fall, regroup as a family—and then make decisions about how they want to resume various activities," Doherty says. He cautions that parents may need to adjust their own hyperkinetic schedules as well as their kid's. That might not be easy given economic pressures and workplace expectations that may include mandatory overtime.

Reversing the tide won't happen overnight, Doherty concedes. "But I definitely see that the cultural conversation has shifted. A school principal suggested to me that schools should post something like a cigarette-pack warning on the school door saying 'Warning! If your child embraces even a third of the opportunities we offer, you will not have a family life.' That's one of countless encouraging stories I hear.

"Saying how busy you are has long been a source of pride for people. Now I know parents who are making concerted efforts to banish the very word *busy* from their lives." KT

> "Slowly but surely, the tide is changing"

A videotape of one of Doherty's meetings with parents, filmed by Twin Cities public television last fall, makes a useful resource for parent and community groups interested in starting their own efforts to "take back family time." Information is available at jdickens@che.umn.edu or 612-625-3107.

Measure for measure

One size fits all? Hardly, say CHE researchers. Their high-tech lab is poised to reshape the apparel industry.

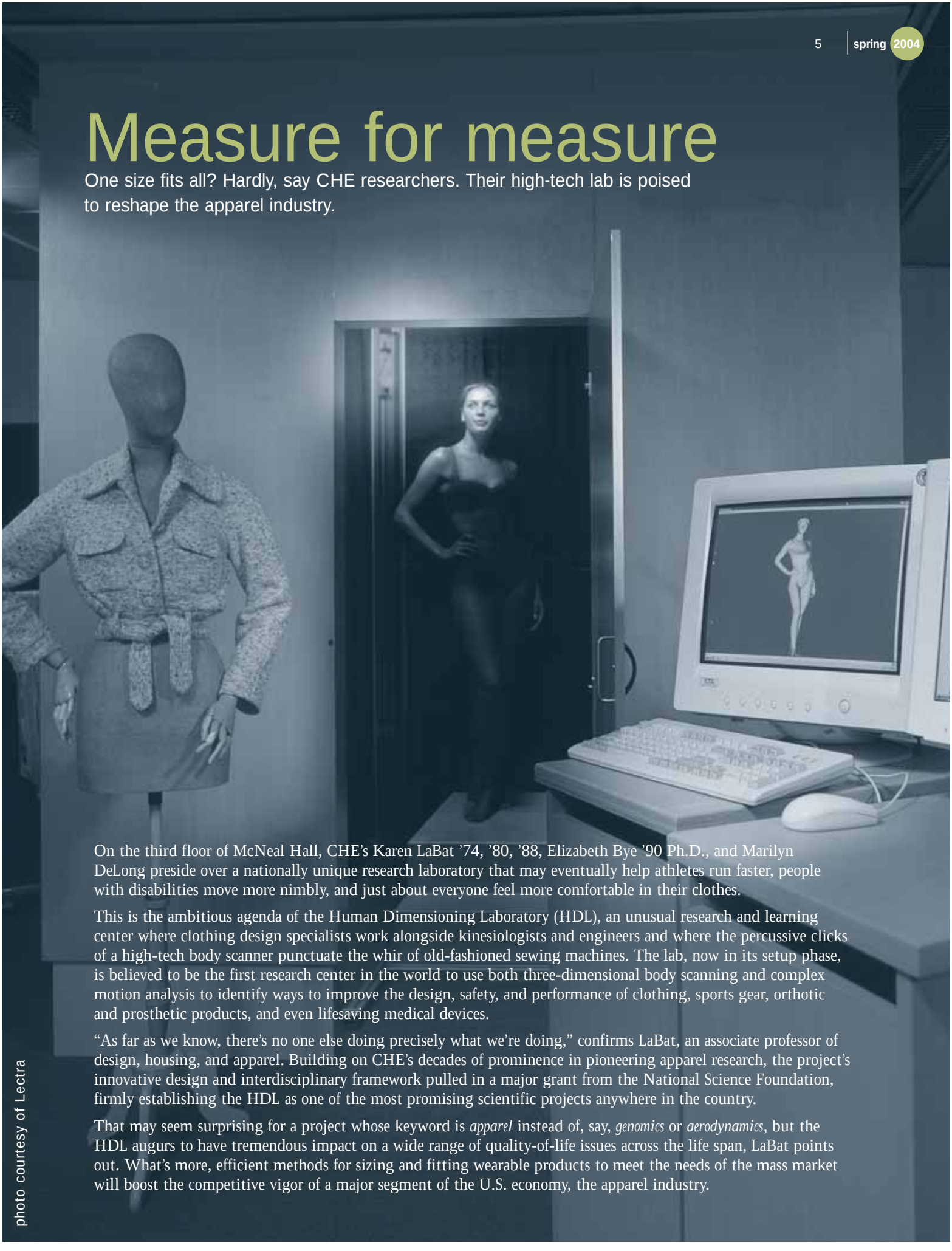

photo courtesy of Lectra

On the third floor of McNeal Hall, CHE's Karen LaBat '74, '80, '88, Elizabeth Bye '90 Ph.D., and Marilyn DeLong preside over a nationally unique research laboratory that may eventually help athletes run faster, people with disabilities move more nimbly, and just about everyone feel more comfortable in their clothes.

This is the ambitious agenda of the Human Dimensioning Laboratory (HDL), an unusual research and learning center where clothing design specialists work alongside kinesiologists and engineers and where the percussive clicks of a high-tech body scanner punctuate the whir of old-fashioned sewing machines. The lab, now in its setup phase, is believed to be the first research center in the world to use both three-dimensional body scanning and complex motion analysis to identify ways to improve the design, safety, and performance of clothing, sports gear, orthotic and prosthetic products, and even lifesaving medical devices.

"As far as we know, there's no one else doing precisely what we're doing," confirms LaBat, an associate professor of design, housing, and apparel. Building on CHE's decades of prominence in pioneering apparel research, the project's innovative design and interdisciplinary framework pulled in a major grant from the National Science Foundation, firmly establishing the HDL as one of the most promising scientific projects anywhere in the country.

That may seem surprising for a project whose keyword is *apparel* instead of, say, *genomics* or *aerodynamics*, but the HDL augurs to have tremendous impact on a wide range of quality-of-life issues across the life span, LaBat points out. What's more, efficient methods for sizing and fitting wearable products to meet the needs of the mass market will boost the competitive vigor of a major segment of the U.S. economy, the apparel industry.

Dazzling data

The centerpiece of the lab is its computerized body scanner, whose dazzling capabilities for taking the measure of waists and inseams—not to mention postures, hip-tilts, and shoulder angles—leave the conventional tape measure on the shelf with the likes of the abacus and the slide rule. In just 20 seconds, training its laser beams and camera lenses on a fully clothed human subject, the scanner captures what LaBat calls "a cloud of anthropometric data points"—roughly 300,000 separate measurements of a person's body—and uploads them to a computer screen as a three-dimensional model.

Subjects of all ages, body types, and fitness levels will help the researchers build the best database ever assembled on the astonishingly varied bodies that make up the human population. That's the first step toward "mass customization"—developing good systems for sizing and fitting apparel to, say, two very differently proportioned size 12s—neither of whom "may look anything like each other or anything like the mannequins or models that designers and manufacturers have had to rely on," LaBat says.

An increasingly diverse population, more obesity, and the complex needs and desires of aging baby boomers has made mass-market apparel design trickier than ever, LaBat points out. "Mass customization will allow manufacturers to create a customized product at the same price as a mass produced product," explains Bye.

"It's the idea that you can get *your* size 12. Customers will have options, components that they can choose from. It's good for the clothing industry as well as consumers, because companies won't be trying to guess what customers want."

Math and more

A few other research programs are experimenting with body scanning, but the HDL is the first to link the static scans with motion analysis technology. Ingenious collaborations with the Human/Machine Design Lab (mechanical engineering) and Human Factors Lab (kinesiology) provide the expertise and systems to capture data about the body as it moves. That's important, LaBat points out: Even 300,000 points of measurement data aren't enough to ensure clothing won't bind or impede range of motion when someone ascends a staircase or swings a racket.

Valuable though body scans and motion analysis are, they're still just starting points—what Bye calls "the math part"—of efforts to develop wearable products for markets of billions of people. Factor in issues of marketing and of aesthetics—from what's in style across demographic groups to personal preferences for things like waistband "give"—and the complexities grow exponentially.

At least for a while, the HDL researchers will be preoccupied with basic scientific investigation—developing methods to use scan and motion analysis data for assessing product fit. Once they lay this foundation, they will focus on devising good sizing systems and product development models for various markets, whether ready-to-wear slacks for those 55+, lower-limb orthotic devices, or surgical tools that conform to the contours of the human hand.

Funding permitted, they also hope to take on the challenge of incorporating people's subjective preferences into mass customization models. "The human body is an incredible machine that can give us a lot of useful feedback," says Bye. "But the aesthetic issues will be trickier to address. There are just so many social and psychological factors that influence what people find appealing and comfortable."

Bye suggests they may borrow methodology from sensory evaluation experts to "systematically record how people judge subtle differences between products. Why do they like *this* pair of pants, but not *that* one? Can we identify certain variables—such as 1/4-inch waistband ease, but not 3/8-inch—that make a significant difference to consumers? That's valuable information for industry."

Says LaBat, "Industry is struggling to find better ways of fitting a whole range of sized products to incredibly diverse markets. Eventually this work will help reshape product development and -marketing. But there are lots of problems to work out first—it really can feel like trying to turn a giant ship."

Pioneering research

Close attention to how apparel functions not just in the lab but also on the street or in the sports arena is a hallmark of the design, housing, and apparel (DHA) program, one reason why it is a global leader in applied research. In the late 1970s, DeLong put the clothing design program on the map with pioneering studies of fit and sizing, making CHE "*the* place for cutting-edge knowledge in the field," says Bye.

Since then, CHE has run an influential research program and educated scores of industry professionals and researchers. Graduates of the program routinely go on to hold key positions at leading companies including Target and Nike, or fan out to carry Minnesota-acquired expertise to other universities.

Projects conducted in DHA over the years have shed new light on problems and solutions in measuring the three-dimensional human form, developing

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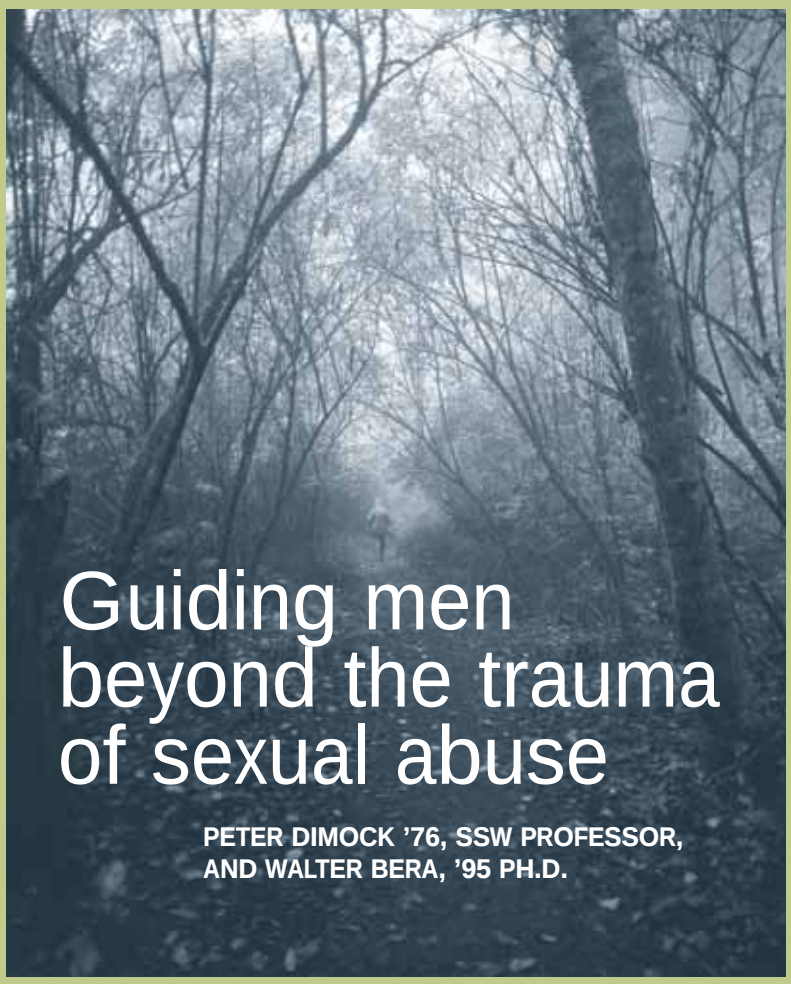
photo courtesy of Lectra

"It's the idea that you can get *your* size 12. Customers will have options, components that they can choose from. It's good for the clothing industry as well as consumers, because companies won't be trying to guess what customers want."

our college community

Men rarely come to family therapists Peter Dimock or Walter Bera with the express purpose of confiding that they were sexually abused as children. Instead, they may report anxiety about becoming fathers or sending their kids off to camp. Or they may say they're having problems maintaining intimate relationships or dealing with authority figures at work.



Guiding men beyond the trauma of sexual abuse

PETER DIMOCK '76, SSW PROFESSOR, AND WALTER BERA, '95 PH.D.

"Men have a much harder time than women admitting that they were victims, because that flies in the face of social views about maleness."

Situations in adult life that stir up buried memories are often the "windows of opportunity" men need to confront the pain, shame, and confusion of early sexual abuse, says Dimock ('76 M.S.W.), who teaches social work in CHE. "Men have a much harder time than women admitting that they were victims, because that flies in the face of social views about maleness," explains Bera ('95 Ph.D., family social science) who is a CHE adjunct faculty member as well as the director of the Kenwood (Minneapolis) Therapy Center.

That men venture forward today in growing numbers to confront childhood sexual abuse result owes much to the myth-busting interventions of Dimock and Bera. Bera began focusing on the needs of male survivors as a writer and clinician after his early literature searches on sexual abuse turned up "nothing with the pronoun 'he." Today, Bera is an internationally known consultant, clinician, and speaker on clinical strategies for working with male survivors.

Dimock, who has counseled thousands of survivors in private psychotherapy practice in the past two decades, in 1987 cowrote the first book to include male survivors. He also pushed to add services for boys and men while directing Minneapolis' widely emulated Sexual Abuse Center for several years. In 1988 he helped found the pioneering National Organization on Male Victimization (NOMV). In September, he chaired NOMV's 10th international conference, with Bera as a featured presenter.

MAJOR ISSUE

The best estimates suggest that as many as one in six boys and one in four girls under age 18 are sexually abused by family members, teachers, clergy, or other older persons. Boys are far less likely than girls to report abuse, and when damaging aftereffects bubble up in adulthood, "men do what guys are supposed to do—they tough it out as long as they can," says Dimock.

Bera describes sexual abuse as a "cradle-to-grave issue": Someone abused in infancy may be struggling with its aftermath into old age. "Usually, some sort of milestone occurs that stirs things up," says Bera, who counts a 76-year-old survivor among his clients.

"An upcoming family wedding might trigger memories of having been molested at a wedding as a boy or adolescent. Triggers could be events like sending a child off to a church or sports camp or

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bathing a new baby. Men find themselves depressed, drinking, having nightmares, shutting out their spouses, having conflicts with authority figures at work," says Bera.

Bera, who is often quoted in news stories about sexual abuse by clergy or health care professionals, says that any sexual abuse has long-lasting effects on relationships, mental health, and religious faith. Feelings of shame at having been "weak" may undermine healthy self-esteem or confuse men's understanding of their own sexuality. Contrary to myths, most victims of abuse are not likely to become perpetrators themselves. But guilt, anxiety, and other emotions may surface as compulsive behaviors involving alcohol, gambling, eating, and sex.

Unlike women survivors, who turn abuse trauma inward as pain, self-loathing, and depression, men get mad. "Vulnerability is so threatening to men that anger feels safer," Bera says. "With women, you'll see crying; they go through the pain to get to the anger. With men, it's like talking to truckers—'I hate that [expletive] sucker.' First the anger, then the pain."

Helping men give voice to what happened to them—what Bera calls "telling their stories and then in a sense rewriting them"—is only the first step on a long journey. Explains Dimock: "I always stress when I talk to the media about clergy abuse that the trauma of abuse isn't over when the lawsuit's settled."

"The process of recovery is complex," Bera says. "But there's much more support for men—and for women, too—than there was 20 years ago. There really has been a sea change."

For more information, check out www.malesurvivor.org. Contact Dimock at pdimock@che.umn.edu, and Bera at walterbera@aol.com.

Shedding new light on food choices

MARLA REICKS, FSCN PROFESSOR

Helping people improve their eating habits at different stages of their lives is one challenge on the plate of the college's Marla Reicks, a nutrition professor. Reicks, who works with extension programs, focuses on how the family shapes individual food choices. Family does matter—as does culture, she's learned. She and graduate student Rachada Kasemsup recently teamed up to study eating behaviors of Hmong families—where the incidence of overweight kids is particularly high.

Reicks knew from earlier studies that parents who are overly controlling of their children's eating behavior often have kids with weight problems. Insisting on a "clean plate" and using dessert as a reward are strategies that often backfire, producing kids who eat even when they're not hungry and who poorly regulate their appetites. Other studies have found that kids' propensity for weight problems decreases as their parents' education levels and household incomes rise.

Among Hmong kids, however, Kasemsup and Reicks discovered (using interviews and questionnaires) that as education and employment of Hmong moms increased, the incidence of overweight kids went up, not down. Moreover, they found no significant link between children's weight problems and controlling parental behavior.

Instead, the CHE researchers found that children's weight problems may be traced to culturally based values about childrearing. Hmong families make their children the central focus of attention; offering kids food is a way of expressing love. That philosophy may lead to weight problems especially as Hmong families become more "Americanized"—they eat more foods that are high in fat and low in nutrition. "Permissive eating" only increases as Hmong mothers join the work force: the fathers and grandmothers who take on more cooking and feeding responsibility tend to be more permissive about food. The result, often, is overweight kids.

Reicks and Kasemsup's research suggests that parental attitudes, behaviors, and cultural practices surrounding food have substantial impacts on the development of eating habits. For that reason, "one size fits all" approaches to nutrition education aren't likely to work well. Yet Reicks and Kasemsup say some strategies appear to be effective for all groups:

- Make healthy foods available and accessible to kids; be sure to include foods they like
- Let your children see you eating and enjoying healthy foods
- Communicate your expectations and values about food
- Offer structure for meals and snacks
- Eat together often and use mealtimes to discuss healthy food choices

Recommended books for more information: *Child of Mine, Feeding with Love and Good Sense; Secrets of Feeding a Healthy Family; The American Dietetic Association Guide to Healthy Eating for Kids; American Academy of Pediatrics Guide to Your Child's Nutrition.*

Contact Reicks at mreicks@che.umn.edu and Kasemsup at kase0027@umn.edu.

our college community cont'd

Linking art and health for families living with disabilities

DIANE HOVEY, 'M.S., 'PH.D.

Nearly three years ago, when Diane Hovey '93 M.S., '98 Ph.D. surveyed existing resources for families living with chronic illness and disability, she realized there was a serious void that needed to be filled.

Hovey stepped up to the challenge, founding a nonprofit organization that uses the creative arts as a tool to bolster the well-being of families who have members with disabilities or chronic illness. Hovey is uniquely well-suited to the task. For starters, she is both the mother of a teenager with multiple disabilities and an experienced fiber artist (recently, she has turned her attention to poetry too).

What's more, Hovey has an expert's understanding of disability issues. She completed a master's thesis in design, housing, and apparel based on extensive interviews with families about disability modifications to their homes. She also wrote a Ph.D. disertation (in family social science) based on what she learned from families about how attitudes and beliefs shape the experience of living with disability.

Put all this together and you have the artistic sensibility, life experience, and specialized knowledge that are shaping the Family Institute for Creative Well-Being, the unusual nonprofit agency Hovey founded in 2001.

Hovey started the institute "because I saw that the health care system and other resources focused almost entirely on the illness or condition while largely ignoring families' emotional health." In reality, the formidable stresses of living with a family member who is ill—whether from Down syndrome or diabetes, dementia or bipolar disorder—touch all aspects of family life, Hovey says.

Hovey, whose family includes her spouse and three teenagers (the youngest of whom requires special care), describes families that include someone with an illness or disability as "sharing an incredibly complicated journey together." The Family Institute for Creative Well Being will offer family members opportunities to explore that journey—"to explore all of the complexity, express all of the pain, and also celebrate the love and the joy," Hovey says.

The organization sponsors workshops in hospitals, schools, and other community settings. All are built around creative arts such as writing, music, storytelling, painting, mask-making, dancing, and drumming.

The arts are a way to facilitate cathartic expression, along with learning, relationship building, empowerment, and healing, Hovey says. She notes that many studies have shown creative expression to be powerful way to tap the "mind-body connection," which in turn can be a way to reduce stress, improve resilience, and even strengthen the body's immune system.

continued on page 10

"The arts are a way to facilitate cathartic expression, along with learning, relationship building, empowerment, and healing"

The biggest challenge Hovey faces is to build a sturdy administrative base for the institute. Just scraping by thus far (Hovey draws no salary for her many hours of work), the institute stands to benefit from what Hovey is learning this year as a participant in CHE's Mertie W. Buckman Fellowship Program for Leadership in Philanthropy.

Since October, Hovey and five other Buckman Fellows have met monthly with experts in philanthropy and nonprofit management. "One of the most valuable things I'm learning is how to put together effective fundraising appeals," Hovey says. "Figuring out the best way to tell families' stories to funders—how to package them in a strategic way—is going to be critical."

So far, Hovey has found that "arts funders tend to see us as a social services agency, and social services funders see us as arts." That's not surprising, she says: "We're both, of course—that's the whole point. The Family Institute focuses on building family resiliency and well-being through the arts—there's really nothing out there like us."

For more information, visit www.familyinstitute-cwb.org. Contact Hovey directly at diane@familyinstitute-cwb.org.

In context: The Goldstein

ILLUMINATING DEVELOPMENT ACROSS THE LIFE SPAN

Silver whistle with bells and coral. Made by John Bettridge, Birmingham, England, c.1825. Purchased by the Friends of The Goldstein in honor of the birth of Ewan Shen.

This early 19th-century silver whistle, with bells and a coral stem, is a type of object created across many cultures to protect its owner at vulnerable times across the life span (especially birth, puberty, marriage, childbirth, and death). This particular whistle is a baby's toy, but also an amulet—a safeguard for a child during an era of high infant mortality. Across cultures, coral long has been considered to have special life-preserving qualities, in part because of the apotropaic properties of the color red—its ability to ward off evil.

Red, the color of blood, is the color of life and vitality. In parts of Macedonia, girl babies wore red threads through pierced ears until they were old enough to wear earrings. Silver, too, plays an important role in the preservation of life: the spiritual function of silver's shiny, polished surface is to deflect malign influence. Norwegian christening caps, for instance, were traditionally adorned with metal trim for this purpose.

Along with the whistle and other objects intended to protect and ensure the well being of their owners at critical stages of life, The Goldstein's collections include garments for weddings and wars, objects that express hope in life's beginning, and objects that cherish a life passed. Objects such as these, past and present, express our ideas about our human journey across the life span and our respect for those with whom we share the journey.

This is the first in a series of articles highlighting the ways in which The Goldstein Museum of Design is part of CHE's multidisciplinary conversations about how we interact with environments and communities. This article focuses on issues related to development across the life span.

Planning for later life NOW

MARLENE STUM, FSOS PROFESSOR

Sarah is 115 years old and spends her days watching golf and the Home Shopping Network on television at her nursing home. Her 92-year old daughter Kathryn drives over for a visit every other day at 3 p.m. Until about five years ago, Sarah lived with Kathryn—until Kathryn's then 65-year-old son decided his mother could no longer care for his grandmother. Recently, Sarah's 46-year old granddaughter became a grandmother.

Sound far-fetched? Not according to Marlene Stum, a family social science professor and extension specialist who focuses on family decisions and dilemmas in later life. Most of her work is directed at baby boomers, that vast population born between 1946 and 1964 that may be underprepared for what lies ahead.

Financial security in later life was identified by the Cooperative Extension Service as an issue in pressing need of attention, and Stum is providing leadership nationwide for the development of a related curriculum. "Many boomers are simply not aware of the realities they will face in later life—that is, during the 30+ years one might live after you turn 60," Stum says. She cites increasing life expectancies, the

our college community cont'd

changing meaning of retirement, and possible changes in health and independence as good reasons to plan ahead. Married women live an average of 17 years longer than their husbands, so it's especially important for women to think long-term.

Boomers also may face the additional challenges of dealing with the financial issues of their aging parents.

"Evidence suggests that many people are not really preparing for their sixties and beyond, and financial security doesn't just happen without thought," says Stum. The resources she's developed help people identify their needs, goals, and attitudes about financial security, then take steps to build income sources, develop or update estate plans, and evaluate health insurance and long-term care risks.

Information and materials about passing on personal possessions ("Who Gets Grandma's Yellow Pie Plate?"), financing long-term care, and health care directives are available on Stum's Web site at fsos.che.umn.edu/stum/.

Making SOUP

HEIDI IHRIG, KRISTIN JOHNSON, AND MOLLY KROMHOUT, DHA MAJORS

Innovative ideas often are hatched in unlikely places. For graphic design students Heidi Ihrig, Kristin Johnson, and Molly Kromhout, the idea for an honors capstone project took shape as they met over spinach lentil soup at Lori's Coffee Shop near the St. Paul campus. That's where they came up with their plan for SOUP, a unique design studio that would be highly ethical, focus on collaboration, and engage in experimental processes.

The three students made SOUP after teaming up to develop a real-world project in the business of graphic design. "Collaborating allowed us to do things we wouldn't have done on our own," says Ihrig. Their business name (the full project name is "Soup: Starting a Collaborative, Ethically Aware Design Studio") is a nod to the coming together of individuals, ideas, and creative methods to create a company much like the way different ingredients combine to produce soup of the edible variety.

To launch their business, the students interviewed design entrepreneurs to learn more about collaboration, ethical considerations, and the running of a business. Alumni Derek Sussner '96 of Sussner Design and Randy Pierce '95 of Tunnel Studio were among those interviewed. The three students also assumed roles in their new enterprise based on their personalities—designating the practical and organized Ihrig as the "dictator," the brutally honest Johnson as "meangirl," and the affable Kromhout as the "schmoose."

By spring semester, SOUP was ready. The firm took on jobs for both for-profit and nonprofit clients, including event materials for the Minnesota Dance Festival.

All three students, who will graduate in May, say their investigation beyond the classroom helped them enhance their learning. They wax enthusiastic about the opportunities offered by college's honors program, and they credit their faculty advisors Brad Hokanson and Sue Chu with the encouragement they needed to explore "off the leash."

Check out Soup at http://www.soupness.com/.

SOUP is a unique design studio emphasizing ethics, collaboration, and experimentation.

From left, design students Ihrig, Kromhout, and Johnson

CHE researchers making a difference: Recent major grants

- **Oliver Williams, SSW**—"Visitation Centers and Cultural Competence: Reducing Domestic Violence in the African American Community," $800,000, U.S. Department of Justice
- **Marcie Jefferys, SSW**—Child Welfare Training Program," $1,195,254, U.S. Department of Health and Human Services
- **Daniel Gallaher, FScN**—"Reduction in Serum Cholesterol," $62,461, Minnesota Cultivated Wild Rice Council
- **Elizabeth Wieling, FSoS**—"Parent Education for Latina Single Mothers," $919,189, National Institutes of Health
- **Karen LaBat, Elizabeth Bye, and Marilyn DeLong, DHA**—"Instrumentation for a Human Dimensioning Laboratory," $262,806, National Science Foundation
- **Beth Sandell and Suzanne Fundingsland, Outreach**—"Food Stamp Nutrition Education," $6,551,009, USDA Food and Nutrition Service

Cash or Credit: You Need to Know is a new course to be taught this fall by family social science professor Virginia Zuiker. The one-credit course will teach freshmen about responsible use of credit, a topic identified as important by University administrators. For more information, contact Zuiker, vzuiker@che.umn.edu or 612-625-4225.

CHE faculty briefs

Family social science **professor Pauline Boss** (left) and journalist and author Gail Sheehy discussed "The Loss of 9/11: Two Perspectives" as part of the U's Spring 2004 Great Conversations Series.

Family social science **professor Dan Detzner** has published a book, *Elder Voices: Southeast Asian Families in the United States*, capturing how families experience migration and resettlement.

Susan Wells, Gamble-Skogmo Professor in Child Welfare and Youth Policy (in the School of Social Work) authored the first Minnesota Child Welfare Research Agenda, in partnership with Minnesota Department of Human Services officials and other professionals. The agenda, which will help program planners prioritize research projects, is available at ssw.che.umn.edu/Gamble-Skogmo/GS_Home_page.htm.

Family social science **professors William Doherty** and **Hal Grotevant** both were named 2003 fellows of the National Council on Family Relations.

Interior design **professor Denise Guerin** received the Louis Tregue Award from the National Council for Interior Design Qualification for contributions to interior design practice. Guerin is one of only two educators ever to receive the award.

class notes

'01 Kim Gartner (M.S.W.) is co-director of the Center for Economic Progress, a nonprofit, nonpartisan "action tank" addressing how and society thinks and talks about women's economic worth and potential. The center received the 2003 Changemaker Award from *Minnesota Women's Press*.

'99 Eric Olson (B.S., visual communication) of St. Paul was featured as an "emerging design talent" in the Jan/Feb 2004 issue of *Step Inside Design* magazine. Olson's Process Type Foundry designs and sells typefaces to clients worldwide.

'98 Nancy Nelson (Ph.D., design, housing, and apparel) received the Mary Francis Stone Award for Outstanding Teaching in the School of Human Environmental Sciences, University of North Carolina, Greensboro. She teaches in the textile products department.

'96 Pam Yoshino Freeman (B.S., retail merchandising) of Apple Valley, Minn., in September began a new position with Best Buy as global sourcing merchandiser.

'95 Jennifer Jones (B.S., design communication) of Minneapolis was named director of internal communications for the American Institute of Graphic Arts, Minnesota Chapter. She is employed by Words at Work.

'94 Kristen Stanko (B.S., design communication) of Minneapolis became design director at Yamamoto Moss, a Minneapolis-based brand strategy and creative services firm.

'94 Stewart Selman (M.S., design, housing, and apparel) died January 18 of a brain tumor.

'88 Margo Braman (B.S., applied design) of Sedona, Ariz., is owner of Studio D, a freelance graphic design business with a national clientele.

'88, '02 Patricia Salmi (B.S., interior design; M.S., design, housing, and apparel) of Edina, Minn., won the 2003 ASID Educational Foundation /Joel Polsky Academic Achievement Award for her thesis addressing accessibility and other issues involving people with mental retardation.

'83 David J. Bredehoft (Ph.D., family social science) of Minneapolis was named Certified Family Life Educator of the Year by the National Council on Family Relations.

'83 Janice Carleen Linster (B.S., interior design) of Minneapolis launched Studio HIVE, a new architecture and interior design firm. She and her partners focus on the corporate workplace, educational facilities, and living environments.

'81 Molly Greenman (M.S.W.) of Minneapolis was named president and CEO of Family and Children's Service, Minneapolis.

'80 Susan Edberg (B.S., family relationships) of St. Paul was named vice president for marketing, Minnesota Public Radio.

'78 Mary Leonard (B.S., hospitality and food service management) of St. Paul, who is the owner of Chocolat Celeste, has been named the "Official Chocolatier of the Saint Paul Chamber Orchestra." On New Year's Eve, her chocolates graced the pillows of "high-rollers" at the Mirage Hotel in Las Vegas.

'71 Robert Staples (Ph.D., family social science) of San Francisco received the Sandy Himes Career of Distinguished Scholarship Award from the Association of Black Sociologists.

'69, '80 Yvonne Steinbring (B.S., fashion merchandising; M.A., fiber design) of Yreka, Calif., received the Grace Frysinger Fellowship form the National Extension Association of Family Consumer Science. She plans to develop a curriculum focused on the use of recycled textiles and clothing.

'69 Patricia Van Cleave (B.S., textiles and clothing) was promoted to president of Torrid, a California-based retailer of plus-size apparel and accessories for women ages 15 to 29.

'47 Barbara J. Richter (home economics) of Tucson, Ariz., died peacefully in her home last July 30.

events & opportunities

Sheila Shawl Extravaganza

Dozens of exquisite, hand-knit shawls will be auctioned to support work against domestic violence at a unique June 16 event. Cohosted by the college and the Silent Witness National Initiative, the Sheila Shawl Extravaganza at the University's Weisman Art Museum will honor the passion and drive of the late Sheila Wellstone in her efforts to end domestic violence.

Proceeds from the live auction of the shawls—symbols of warmth, comfort, and protection contributed by knitters nationwide—will support the Sheila Wellstone Fellowship in the School of Social Work, and Silent Witness, a domestic violence prevention organization on whose board Wellstone served before her death in 2002.

A cocktail reception and silent auction also will be part of the event. Tickets are $25 in advance or $35 at the door; space is limited and RSVPs are strongly encouraged. For more information or to RSVP, visit www.sheilashawl.umn.edu.

A selection of "Sheila Shawls" will be on display in CHE Goldstein Museum of Design from May 23 to June 15. Some of the shawls will be auctioned on eBay (www.ebay.com) during the exhibition. A computer kiosk in the museum will make it easy for visitors to submit bids.

The formal exhibit opening May 27 will feature guest lecturer Christina Crawford, author of *Mommie Dearest* and the recently released *Daughters of the Inquisition*. For more information, see goldstein.che.umn.edu/.

Split Rock Arts Program

The University's summer series of weeklong workshops in creative writing, visual and textile arts, design, and creativity enhancement has moved from Duluth to the St. Paul campus. The Split Rock Arts Program each year draws an eclectic audience of lifelong learners to its intensive programs of study with outstanding artists and writers from around the world. Workshops take place in a welcoming artistic community and include significant one-to-one interaction between participants and instructors. This year's faculty of renowned artists and writers includes CHE alumnae Anna Carlson '86 and CHE assistant professor James Boyd-Brent. In addition, CHE's Goldstein museum will host some special Split Rock events (see back cover for details).

An online catalog offers complete information about workshops and public events at www.cce.umn.edu/splitrockarts. (For a printed catalog, contact srap@cce.umn.edu or call 612-625-8100.)

'Healthy Foods' conference

Professor Mindy Kurzer, FScN, will chair a fall conference bringing together academic researchers, food industry executives, and government officials to discuss the many links between food and health. The November 2–3 conference at Coffman Memorial Union will help set the agenda for the University-wide Healthy Foods, Healthy Lives initiative—an initiative that will promote healthy lives through research in food science, nutrition, agriculture, public health, and medicine. The initiative will facilitate research collaborations to address obesity, food safety, chronic diseases, and many other critical health issues.

For more information, contact Mindy Kurzer, mkurzer@che.umn.edu or 612-624-9789.

Out of the Cocoon, knitted by Janet Hagberg; This shawl was sponsored by Hagberg and Jacquie Skog in honor of their friend Jann Nelson, who worked at a shelter for battered women during a seven-year journey with breast cancer.

calendar

May

12 Commencement, 7 p.m., Northrop Auditorium

23–June 15 Sheila Shawl exhibit, The Goldstein (see back cover for details)

June

15 SSW Ice Cream Social for alumni and friends, 4:30–6:30 p.m., Peters Hall

16 Sheila Shawl Extravaganza, 5 p.m., Weisman Art Museum

29–Sept 12 "Convergence/Divergence: Split Rock Fiber Artists at The Goldstein" (see back cover for details)

July

16, 23, 30 Convergence/Divergence reception and panel discussion, 33 McNeal Hall

August

1–7 Alumni reception at the 20th World Congress of International Federation for Home Economics, Kyoto, Japan. Reception hosted by CHE associate dean Catherine Solheim. For details: yeverlin@che.umn.edu or 612-625-7272.

6 & 13 Convergence/Divergence reception and panel discussion, 33 McNeal Hall

October

7 The World in Minnesota: Diverse Families, Shared Dreams, St. Paul Student Center

TBA CHE Donor-Scholar event and U of M Homecoming. (See www.alumni.umn.edu for information about Homecoming.)

The World in Minnesota: Diverse Families, Shared Dreams

Amid Minnesota's growing diversity, the College of Human Ecology will convene a gathering October 7 to explore perspectives on issues facing families. The conference, to coincide with the 10th anniversary of the International Year of the Family, will bring together members of the college and University community, business and agency leaders, and policymakers for conversation about the challenges and opportunities facing diverse populations in our communities. For more information, contact Beth Emshoff, bemshoff@che.umn.edu or 612-625-1254.

'Making a Difference Today for the World of Tomorrow'

The basic human values and similarities that all families share provide important lessons for graduates. That's the theme of the address Marilyn J. Mason '80 Ph.D. will deliver as CHE Commencement speaker May 12. Mason is CEO of the Santa Fe Leadership Institute and a member of the CHE Advisory Council. Her commencement address is titled "Making a Difference Today for the World of Tomorrow."

Dementia workshops

Dementia Care Workshops are offered 9–10 a.m. every Friday in 278 McNeal Hall by Wayne Caron ('87 M.A., '91 Ph.D.), director of the Family Caregiving Center in the Department of Family Social Science. Workshops are free of charge for persons with dementia and their family members (donations gratefully accepted); professionals may attend for $25 (CEUs are available).

For more information on monthly topics, contact Caron at wcaron@che.umn.edu or 612-625-1790.

U of M Legislative Network Get involved in advocating for the college and the University: Join the University's Legislative Network. To sign up, visit www.umn.edu/groots.

UMAA centennial membership deal Join the University of Minnesota Alumni Association and your college society by June 30 and receive a 10 percent discount on 3-year memberships ($96 single/$108 joint memberships). Join online at www.alumni.umn.edu/society-cheas.

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from pg. 6 Measure for measure

two-dimensional production patterns useful to industry, and producing fitted products consumers will find appealing. Extensive anthropometric studies in the mid-1980s resulted in several fit-and-sizing breakthroughs and DHA research has led to industry patents and innovations, including a computerized fit method used by industry today.

Opportunities

The HDL will dovetail nicely with ongoing work by DHA faculty on issues of apparel aesthetics, consumer behavior, and product development and marketing. This includes detailed research on the limitations of manufacturers' sizing and fit systems and on consumer dissatisfaction with the fit of ready-to-wear clothing.

As a state-of-the-art research and product development incubator, the HDL also is expected to be a hub for sponsored research (generating revenue for the University) as apparel designers and manufacturers use it to test theories and develop prototypes. LaBat says this will help the U.S. apparel industry as it grapples with the challenges of a more diverse population, the needs of aging baby-boomers, and the pressures of remaining competitive in a global economy.

The lab also will provide exceptional learning opportunities for students in clothing design, among them 60 undergraduate majors and nearly a dozen master's and Ph.D. students. For example, students in a course on functional design may use the lab to develop clothing for changing body forms (e.g., growing children, pregnant women, and people gaining or losing weight). Research and learning experiences in the HDL will, says LaBat, "give our students an extraordinary competitive advantage."

Interdisciplinary collaboration also is a natural for the lab. Mechanical engineering professor Will Durfee and kinesiology professor Tom Stoffregen already are part of the HDL research team, and LaBat has talked with food science and nutrition faculty who are "excited thinking about how body scanning could be used in their studies of obesity and their efforts to motivate people to eat right." Even a casual conversation with a doctor, she adds, "had the sparks flying" about better-designed breast prostheses.

Funding over the long term will determine how much the lab can take on. But even with the lab still in its start-up phase, says Bye, "We're caught up in the thrill of imagining all the possibilities." KT

news items

Alumni Honors

Legacy, Horizon & Rising Star Awards

Five CHE graduates were recognized for outstanding achievement during the College of Human Ecology spring honors and awards celebration in April. Biographies of award winners and details about nominating others for recognition are featured at www.che.umn.edu/alumni/awards.html.

Legacy Award recipients

Lynette R. Jensen (Halverson) '67 B.S. home economics education— Internationally recognized designer, author, and owner of Thimbleberries—a fabric, quilt, pattern design, and book publishing business established in 1988.

Nancy Owens Bryant '70 M.S. textiles and clothing—Artist, coauthor of Business of Fashion, and professor at Oregon State University, as well as a recipient of the Robert Hillestad Lifetime Achievement Award in Aesthetics and Design.

Horizon Award recipient

William D. Allen, '93 M.S., '96 Ph.D. family social science— Partner, Mental Health Consulting; marriage and family therapist; and outreach director for Life Innovations

Rising Star Award recipients

Lyndsie M. Hakala, '00 B.S. clothing design—Outerwear designer for The North Face

Mark S. Toogood, '94 M.S.W. social work—Manager of guardian ad litem program for the Supreme Court of Minnesota

In Memory

Gisela Konopka, a pioneer in adolescent female development and social group work, passed away December 9. Konopka, a social work professor emerita, was former director of the Center for Youth Development and Research and architect of the Konopka Institute for Best Practices in Adolescent Health, both at the University. She was an international speaker and consultant, author of many textbooks, and a champion for a diverse University faculty. Konopka's full life was dedicated to justice, caring for others, and a sense of "obligation to do something, even if you don't feel like it." Contributions in her memory may be made to the Gisela Konopka Fellowship in the School of Social Work.

Mart Hart Sorensen '45, was an extraordinary woman: a trailblazer in her field, famous throughout Minnesota, and a devoted college and University alumna. She died December 21 at her home in Edina at the age of 80. Under the byline Mary Hart, she wrote about food for the *Minneapolis Star Tribune* for 44 years. A scholarship she generously established assisted 30 CHE students throughout her lifetime. Memorial contributions may be made to the Mary Hart Scholarship or Mary Sorensen Fellowship in Foods and Business.

"I will be forever grateful for the educational impact the Mary Hart Scholarship has had on my future career and my life." Anne E. Lafferty, nutrition student

To make a contribution in honor of Konopka or Sorenson, contact mhoke@che.umn.edu or see https://www.foundation.umn.edu/pls/dmsn/online_giving

Home Management House Reunion

CHE hosted 130 alumnae from class years 1939 to 1971 at the Home Management House Reunion in October.

Participants reminisced about their time in the Weigley and Berry houses, enjoyed a trolley ride around the St. Paul campus, caught up on current college activities, and attended sessions in CHE's "Learning for Living" series. Alumnae interested in receiving materials from the Reunion, including a reunion directory, yearbook, and video, may contact Ami Berger, aberger@che.umn.edu or 612-625-7060.

Capitol Day/CHE research highlighted

In a climate of declining state and federal support for higher education, developing strong government relations and engaging external stakeholders are more crucial than ever to ensure the vitality of the college. In November, CHE hosted policymakers for the second annual "Human Ecology Today" event, highlighting research about current policy issues.

Thirteen staffers from state and federal offices and eight representatives of community agencies attended this event. Included were a presentation on "The State of the Nation's Housing" by Harvard University's Cushing Dolbeare and discussions led by CHE faculty on several topics:

- The Rental Housing Pilot Project—CHE's Marilyn Bruin (housing studies) discussed a partnership between the University and public and private agencies to find successful strategies to encourage permanent housing for at-risk populations.
- Rural Minnesota's Affordable Housing Challenges—CHE's Ann Ziebarth (housing studies) discussed her work examining how affordable housing for migrant workers improves the quality of life in rural Minnesota and benefits the agricultural economy.
- Child Welfare in Minnesota— Susan Wells (social work) discussed the costs and implications of Minnesota's high foster care reentry rates (the large proportion of children reunified with their families who subsequently reenter the foster care system).

Buckman Fellowship Program completes first year

In June, the first Buckman Fellows will complete their participation in the yearlong Buckman Fellowship Program for Leadership and Philanthropy. This program was launched last fall to impart fundraising expertise to CHE faculty, staff, alumni, and students. It was developed by former CHE dean Mary Heltsley and funded by the generous gift of former CHE faculty member and lifelong philanthropist Mertie Willigar Buckman.

Applications to the program for 2004–05 will be accepted starting in July from CHE faculty/staff, current graduate students, and alumni. For more information, see www.che.umn.edu/donors/buckman.html or contact Ami Berger, aberger@che.umn.edu or 612-625-7060.

'Healthy Foods, Healthy Lives' in FScN

CHE's wide-ranging work to improve health and nutrition will have greater public visibility under a plan reviewed by the Food Science and Nutrition Advisory Council in February. Consistent with University President Bob Bruininks' "Healthy Foods, Healthy Lives" initiative, the plan identifies four "signature areas" in which FScN research, teaching, and outreach are directed at helping people make better eating decisions:

- Health Impact of Bioactive Food Components
- Improving Food Choice for Health
- Microorganisms in Foodborne Diseases, Health and Food Production/ Processing
- Structure and Function in Food Research

In all of these areas, food science and nutrition faculty often reach across disciplines to expand the scope and impact of their work. Their collaborations include faculty in public health, veterinary medicine, animal science, and the Center for Animal Health and Food Safety, among others.

Justice Blatz honored

Minnesota Supreme Court Justice

Kathleen Blatz '78 M.S.W., '84 J.D., was recognized in April as the School of Social Work's Distinguished Alumna of the Year.

Are you a CHE alumni who works with international or immigrant populations and issues in Minnesota? We are making a video about such work and we'd like to hear from you. Please contact Ami Berger at aberger@che.umn.edu or 612-625-7060. The video will be shown at "The World in Minnesota" event in Oct. 2004.

volunteer spotlight

CHE's amazing mentors

This year, mentors representing a wide variety of businesses and organizations will volunteer more than 1600 hours helping CHE students in every major. Their expertise and support will help our students hone their professional skills, explore career options, and develop valuable support networks. To learn more about the mentor program (and to sign up), visit www.che.umn.edu/alumni/programs.html or call 612-625-8796.

2003–04 mentors

Best Buy—Jill Funke, Sarah Oster, Anne Ripple, Fred Harris, Pamela Freeman'96, Stacey Kadrmas '99

Bibelot Shops Inc.—Joan Little '83

Big Brothers Big Sisters of the Greater Twin Cities—Alicia Schwarz '99

Campfire USA—Marnie Wells '89 (2 students)

Christopher Banks—Alicia Paulsen '01

City of Brooklyn Park—Marjorie Mangine '90, Meg McMonigal, Cindy Sherman

Convention Exhibit Services—Rebecca Austin '92

Creative Kidstuff—Roberta Bonoff '81

Design Company—Patricia Kaufman, Joy Yoshikawa

Design for Preservation—Robert Roscoe (2 students)

Design Guys—Wendy Bonnstetter

Designwright Studios—Kandace Keyser '93

Duffy Development Company Inc.—Jeffrey VonFeldt '91

Eating Disorders Clinic—Kate Erskine

Ellerbe Becket Inc.—Jenna Moline '96

Fairview and River City Clinic—Julie Childs

Fairview-University Medical Center—Dot Landis

Hennepin County—Jennifer Laine '97, Susan Winslow

Gander Mountain—Amy Larson

Gap Inc.—Heather Cilke

Geesu Art+Design—Sina Goudarzi

General Mills—Alison Eldridge, Carolyn Good, Rose Tobelmann

Great American History Theatre (and self-employed designer)—Jeannie Galioto '91

Hanover Accessories—Hillary DeLugish '01

Hazelden Foundation—Heidi Verpy '02

Innovative Furniture Solutions—Kathryn Franzen '97

LHB Architects—Michele Seivert (2 students)

Lola Watson Interior Design—Lola Watson

Marshfield Clinic—Catherine McCarty '86

Medical Weight Management Centers Inc.—Michele Gorman, Karen Holtmeier '78

Methodist Hospital—Claire Kestenbaum '93 (2 students)

Meyer, Scherer & Rockcastle Ltd.—Jodi Gillespie '96 (2 students)

Minneapolis Foundation—Jennifer Lick '94

Minnesota Department of Health—Carin Perkins

Minnesota Monthly Publications—Nancy Bennedict

O'Brien Builders—Joseph O'Brien '94

Papermouse—Shelly Hokel '97

Pappas Interior Design—Mary Jane Pappas

Peter Hill Design—Peter Hill '92 (2 students)

Popular Front Interactive—Laurence Bricker (2 students)

Ramsey County Community Corrections—Debra Ranthum '97, Charlotte Sitzer '85

Ramsey County—Michael Rosario

Ricochet Design—Scott Swartz '98

RSP Architects—Victoria Gerads '92, Roger Karlson, Katie Thoma, Barb Sarapas

Sierra Mortgage—Doug Cassady '98

Spunk—Steven Jockisch '01 (2 students), Jason Walzer '01

Target Corp.—Susan Higgins '81, Tonya Tepley Rabasco, Jessica Peterson '00, Jody Bangart '00, Jamey Erickson '89 (2 students), Josh Janzen, Orit Reuben '00, Leah Van Guilder

Target Corp., Marshall Fields—Julie Larsen Zarzosa '97, Brian Matson '99, Sara-Lynn Nash '92, Beth Whinnery-Fuhrmann '86, Stacey Fernstrom, Jay McComb '00, Lynn Yohanan

Top Shelf—John Meegan

T.R. Craig Interior Design—Todd Craig '83

Tunnel Studio—Tony Buckland '03, Grant Eull '01, Randy Pierce '95

University of Minnesota—Adam Turman '99 (2 students), Carrie Peterson, Len Marquart, Lois Cutler '93, '96, 97

Walsh Design Group—Yen Chee '03

Wilder Assisted Living Program—Sara Zoff '02

Wilsons Leather—Sarah Deuth '01

Yamamoto Moss—Kristen Stanko '94

Self-employed and private practice—Jenny Anderson '95, David Kimball, Chere Bork, Katie Kirk'01, Carol Schreier '67

U·M·A·A Mentor Connection

We salute the 2003–04 officers and directors

for the College of Human Ecology Alumni Society and the School of Social Work (SSW) Alumni Society.

COLLEGE OF HUMAN ECOLOGY BOARD

Officers

Sara-Lynn Nash '92, planning manager, Marshall Fields/Target Corp. **President and UMAA National Board**

Randy Pierce '95, graphic designer/owner, Tunnel Studio **Vice President, Alumni Relations**

Pam (Yoshino) Freeman '96, senior financial analyst, Best Buy Corp. **Vice President, Student Experience**

Claire Sparber '93, interior designer and pharmacist, Park Nicollet **Secretary**

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At The Goldstein

Selected "Sheila's Shawls" will be exhibited at The Goldstein May 23 to June 15 in conjunction with a domestic violence fundraiser honoring the late Sheila Wellstone. Knitters nationwide contributed shawls to be auctioned off at the June 15 Sheila Shawl Extravaganza; proceeds will support the Sheila Wellstone Fellowship in the School of Social Work and the Silent Witness National Initiative. A formal exhibit opening May 27 will feature a talk by author Christina Crawford.

Works by the fiber artists teaching in the University's Split Rock Arts Program will be featured in "Convergence/Divergence: Split Rock Fiber Artists at The Goldstein," an invitational exhibition running from June 29 through September 12.

Split Rock begins a new era this summer as it relocates to the Twin Cities campus from Duluth. McNeal Hall's well-equipped studios will be used for the fiber programs, and the extensive collections of The Goldstein will be valuable resources for students.

The exhibit will feature works of knitting, weaving, surface design, beading, quilting, and embroidery by instructors in the Split Rock program. Among them are some of today's most influential fiber artists, including Catharine Ellis, Emily Richardson, Ann Clark, Marilou Schultz, Carol Shinn, and many others.

These artists will participate in a five-week series of public discussions on Fridays beginning July 16. With artists from varied media, they will discuss issues including creativity, experimentation, and communication of ideas through art. Each discussion opens with a gallery reception at 4 p.m., followed by a 5:30 presentation in 33 McNeal Hall. Tickets are $6 at the door ($5 for Goldstein members, and free to Split Rock participants during their workshop week).

This project is co-sponsored with the Split Rock Arts Program, with additional funding from the Minnesota State Arts Board and the National Endowment for the Arts.

Jackie Abrams

Aminata and Her Daughter, cotton paper, acrylic paint, wire, 14" x 5" x 5", 2003.

Sonya Clark

Golden Touch, approx. 1" x 1" beads, 2002.

The Goldstein Museum of Design

244 McNeal Hall, 612 624-7434. Exhibition hours are Mon.–Fri., 10 a.m.–4 p.m.; Thurs., 10 a.m.–8 p.m.; Sat. & Sun., 1:30–4:30 p.m.

College of Human Ecology
Kaleidoscope
University of Minnesota

32 McNeal Hall, 1985 Buford Avenue
St. Paul, MN 55108-6142

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