

Minnesota ALUMNI

UNIVERSITY OF MINNESOTA ALUMNI ASSOCIATION

SUMMER 2016

WONK

Norm Ornstein is a wonk with soul.
He's on a mission to fix the mess
in Washington (and no, we're not
talking about his desk).



Also:

The 2017 Alumni Travel Guide
Burning questions about food
Fishy remedies of olde



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**FAMILY OWNED
AMERICAN MADE**

Summer 2016



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Norm Ornstein photographs by Jonathon Thorpe

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www.mac-events.org

Now Showing: Three Timelines of University History

Enjoy three different looks at the University of Minnesota's achievements throughout its 164-year history in one rewarding visit. The Heritage Gallery in the McNamara Alumni Center presents three separate historical timelines; each based on one of the three founding principles of the University....Education, Research and Service. Each timeline is distinctive and packed with information, photographs, graphics and historical objects to reward the casual visitor or the in-depth reviewer. Make plans to visit the Heritage Gallery...then stay for lunch at D'Amico & Sons!



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UNIVERSITY OF MINNESOTA ALUMNI ASSOCIATION

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You Support Student Success




THIS TIME OF YEAR it's not unusual to stand in line at campus coffee shops with cap-and-gown-clad students. Commencement exercises for graduates of the various schools and colleges at the U begin in late April and continue through mid-May, which means campus is crowded with friends and families for a couple of weeks or more. It's a joyful time—you can feel it in the air—and a happy reminder that student success is at the core of the University's mission. It's also core to the Alumni Association's mission.

While waiting for my morning joe a couple of weeks ago next to three young men in mortarboards, I realized I felt inordinately proud, as though I had something to do with their achievement. The fact is, we do a lot here at the Alumni Association to support student success. Last year we added a staff position dedicated to that important part of our mission. Our Director of Student and Recent Alumni Relations Ambreasha Frazier (B.S. '10, M.P.P. '12), who started her job six months ago, leads programming that connects students and graduates of the last decade with the resources of the Alumni Association—not the least of which are alumni, our most valuable human resource.

It's fitting that the Alumni Association play a vital role in the transition from student to alumna or alumnus. At the heart of that transition—which begins years before graduation day—is making sure students know they're part of a global community of nearly half a million. And, as is true of any community, the contributions of the individual matter to the well-being of the whole. Mentoring is one way to live out the life of this community—the Alumni Association helps support the colleges' robust mentoring programs that pair students with established professionals. Last year, 1,400 mentor-mentee relationships flourished. (See page 47 to learn more about taking the next step toward becoming a mentor.)

In addition to mentoring, programming such as our Emerging Professionals Network brings together recent alumni who are embarking on or in the early stages of a career. We also provide multiple supports for career exploration and professional development, including webinars and panel discussions that call on successful, established alumni to share their experience. Technology opens up the possibility of connection among people who are geographically distant, and we have a vigorous virtual community that is engaged not just with the Alumni Association, but with each other.

Simply put, students and alumni enrich each other's lives. It's a two-way relationship—just ask anyone who has mentored a student, shared their story with a student, or helped instill confidence in them as they entered a new phase of life. I'd love to hear your story about how you've impacted a student's life and vice-versa—and keep in mind that as a member of the Alumni Association, you can take pride in knowing that you play a part in this vital piece of our mission. It wouldn't even be that far-fetched for you to feel proud standing next to a graduate at the coffee shop. 

Write to Cynthia Scott (M.A. '89) at scott325@umn.edu.

To explore how you can connect with other alumni and students, visit MinnesotaAlumni.org.

Minnesota ALUMNI

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A Balancing Act



THIS SPRING, the Twin Cities campus adopted a five-year plan to guide enrollment and to help achieve our vision for excellence. Our approach to admissions matters to alumni like you and me because it translates into the diversity and quality of our students, the reputation of our University and, ultimately, the value of our degrees.

We have an unswerving obligation to the young people and families of Minnesota, and we've been true to that. Sixty-three percent of our 5,771 first-year students last fall were Minnesota residents and, among our entire Twin Cities undergraduate study body of 30,511—including thousands of transfer students—more than 66 percent were Minnesota residents.

At the same time, I don't believe you can have excellence or a world-class academic experience without diversity, and *geographic* diversity is also central to our aspiration to be among the nation's best public research universities. That's why we've been strategic about growing our out-of-state (including international student) enrollment.

Our new enrollment plan, with Board of Regents approval, balances these interests with the following goals and principles.

To grow the Twin Cities campus modestly over the next five years by 1,500-2,500 undergrads, for a total of 32,000 to 33,000.

To admit for success those students who have a strong probability of graduating in a timely manner. While we have holistic admissions criteria, we seek students with high GPAs, rigorous high school course work, and, for all students, strong test scores.

To maintain affordability and access for Minnesota students by stabilizing or even reducing the average inflation-adjusted student debt at graduation. Our goal is to enroll approximately 65 percent Minnesota residents in the freshman class.

To enhance financial aid to attract an economically diverse and talented student body.

To support timely graduation. Our goal is a four-year graduation rate that meets or exceeds 65 percent, with a six-year goal of 82 percent. In the past decade we've made remarkable progress on going from 37 to 63 percent for the four-year rate, and from 61 to 78 percent on the six-year rate.

To provide a high-quality student experience by accommodating 90 percent of freshmen in on-campus housing while ensuring superb advising, state-of-the-art classrooms, and undergraduate research opportunities.

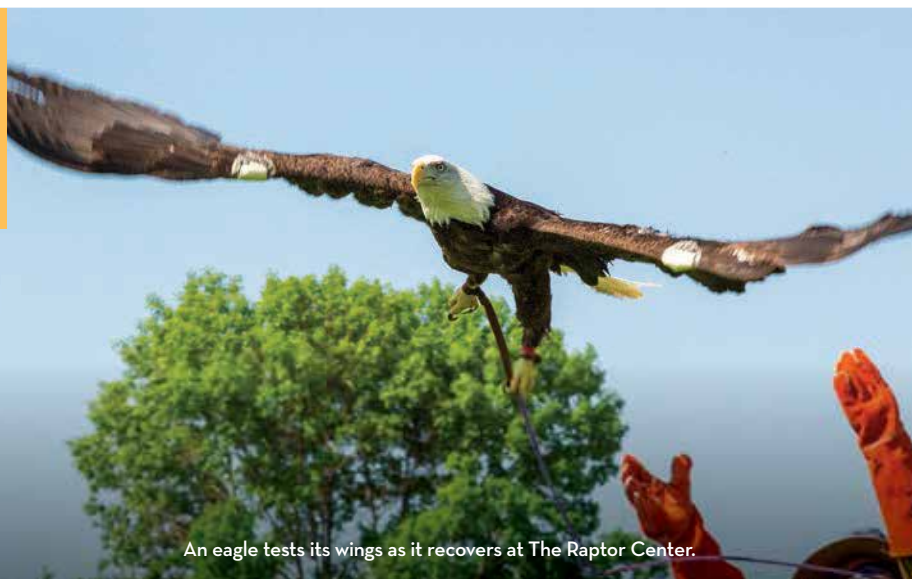
To be attentive to workforce needs by aiming to increase our annual number of science, technology, engineering, and math degrees from 3,300 to 3,600, with an emphasis on fields important to Minnesota's future, such as food science, environmental science, and health disciplines.

This vision will require new investments in the U. In an environment of reduced state funding, we plan to incrementally raise nonresident tuition rates, while carefully monitoring the impact on our ability to recruit and retain those students. Our goal is to maintain Minnesota resident tuition and fees (currently \$13,840) in the middle half of our Big Ten peer group.

Managing enrollment to ensure students get a world-class education is a delicate balancing act. But I'm confident our attention to this will drive the U's reputation and excellence for years to come. **AK**

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feathered friends are
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own two wings.**

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An eagle tests its wings as it recovers at The Raptor Center.

Another View on Debt

In his column “The Facts on Student Debt” [Spring 2016], President Eric Kaler asserts that the University is “defying the national narrative around student debt.” The president also asserts that 40 percent of Twin Cities undergraduate students graduate with zero debt “from University sources.”

However, according to the October 2015 Minnesota Higher Education Report on Cumulative Student Loan Debt in Minnesota, if we consider student debt from *all* sources, we discover that 65 percent of U graduates in 2014 had student debt. The median debt was \$24,728. The cost of an undergraduate degree is not limited to the debt incurred. That debt is incurred only after students and their parents have exhausted their savings and student earnings.

Tone deaf remarks about student loan debt (“less than a new car”) by the president and the 2014 chair of the Board of Regents demonstrate a failure to acknowledge the overall cost of a college education and a remarkable lack of empathy for the students and parents struggling to pay that cost.

The president also asserts that there are few horror stories at the U of M about undergraduate students with \$100,000 in student debt. He fails to mention the unconscionable economic burden placed on students in the professional schools. In 2014, 88 percent of the graduates from those schools had student loan debt. The median debt was \$152,793.

The high tuition-high financial aid experiment has failed a vast majority of students and their parents notwithstanding the ballyhoo by the U of M administration about the Promise Scholarship program. This was a predictable result of the experiment as college administrators classify student loans as “financial aid.”

Just as the Wall Street bankers created a housing bubble using other people’s money, the senior administrators and the Regents have created a higher education bubble using student loan debt. When this budget balloon bursts, the senior administrators and the Regents will walk away unscathed just as the investment bankers did. The students and their parents will suffer harm from the student loan debt that inflated the balloon. They will be shackled with that debt for many years or even decades for many students in the professional schools.

Michael McNabb (B.A. ’71, J.D. ’74), Burnsville

CLARIFICATION: In his column, President Kaler wrote accurately that 40 percent of *Twin Cities* campus students graduate without debt from University sources. Mr. McNabb’s reference to the 65 percent figure includes *all* of the system campuses, not just the Twin Cities.

Now *That’s* Extraordinary!

I found your commentary “Thoughts of an Area Woman” [Spring 2016] very good. I proudly graduated from the then-five-year-old University of Minnesota Nursing BSN program

“I feel blessed to have spent my educational years at the U, which influenced me in truly learning how to read, write, observe, review, think, work steadfastly, appreciate, surmise, and a whole lot of other action verbs.”

in 1962. Even though I have not been “extraordinary,” or made “an earth-shattering discovery,” or [been] a “superstar,” I feel that my education at the U was certainly extraordinary. After mastering those years at the U I felt like a superstar. I worked in the presence of patients under my care who constantly were great teachers.

I cannot say that I feel ordinary—I would rather say that I feel blessed to have spent my educational years at the U, which influenced me in truly learning how to read, write, observe, review, think, work steadfastly, appreciate, surmise, and a whole lot of other action verbs. I can truly ask myself, had it not been for my U education would I have written for nursing journals as well as poetry works, published two non-fiction books, edited several newsletters, added “Memories of a Journey through Nursing School” on the nursing alumni website and besides had several wonderful professional nursing jobs? I think not! Because of my nursing education there has not been one day that I did not want to go to work as a nurse. And I truly thank the U School of Nursing for that! I truly did “follow my heart.”

**Lynn Soppeland Assimacopoulos (B.S.N. ’62),
Litchfield Park, Arizona**

I thought your response to the disgruntled alumnus [Spring 2016] was well said. If it is assumed that the qualities of “diligence,” “integrity,” and a “positive presence in the community” are those he attributes to himself, he should be pleased with his life, his contributions, and should live it without seeking or needing acclaim—we all should! Thank you.

Tonu Kiesel (M.D. ’65), Newcastle, Wyoming

Great Memories

Your delightful article about Max Shulman, the funniest person I will ever know, brought back memories big time. I met him at the U in 1941. He was a great person to know, as were his buddies in journalism, Tom Heggen and Geri Makieski. Thank you, Tim Brady. I never would have bothered to think about any of my great memories without your article. I DIG IT!

Dr. Robert Baker (D.D.S. ’45), Stillwater

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alumni all over the world. Collectively
we can solve any grand challenge!



UNIVERSITY OF MINNESOTA
ALUMNI ASSOCIATION

ABOUT CAMPUS



Students make the most of a perfect spring day during finals week.

Photo by Jayme Halbritter



Selfie Scholars

IN 2013, Oxford Dictionaries selected *selfie* as the word of the year, noting that usage of the term had increased 17,000 percent in just 12 months. Indeed, selfies have quickly become a staple of popular culture. “An enormous culture of selfies has emerged in the past couple of years, but there’s not much scholarship,” says University of Minnesota

professor of communications studies Laurie Ouellette. Her spring semester freshman seminar, *Selfies: Media and the Culture of Me*, aimed to help address that void. The seminar traced the history of the selfie from self-portraiture—a classic genre of painters and other artists for centuries—to social media. One project asked students to create selfies in the tradition of photographer Cindy Sherman, best known

for her conceptual portraits. Four of them are shown here.



Megan Sugaste, Hemant Persaud, Nam Nguyen, and Ruby Johnson



NATTY STAYS PUT

The Gopher women's hockey team won its second consecutive national championship on March 27, ensuring that Natty—the affectionate moniker given to the national championship trophy—will reside in Ridder Arena for at least one more year. The Gophers won 3-1 over Boston College, which was 40-0 going into the game.

The Gophers (35-4-1) are back-to-back national champions for the third time in program history and now owns an NCAA-best seven national titles. The Gophers have won four of the last five national championships.

Med School Names New Psychiatry Head

DR. SOPHIA VINOGRADOV, an internationally renowned schizophrenia researcher, will become the new head of the University of Minnesota's Department of Psychiatry. Currently a professor and vice chair of the Department of

Psychiatry at the University of California, San Francisco School of Medicine, she will assume her duties in August. She succeeds Dr. Charles Schulz, who resigned in April 2015.

The Department of Psychiatry has been under intense scrutiny in recent years for its practices related to human research. Last year, two external reports called on the University to implement significant changes to better protect human participants, particularly those with diminished mental capacity. The University has developed a comprehensive work plan that is scheduled for completion this summer.

Vinogradov says one of her first steps will be to create a “consumer advisory group” to provide viewpoints on ethical, compassionate, and consumer-relevant approaches to the department's activities. The group, she says, will consist of people with lived experiences of mental illness and other key stakeholders such as family members, advocates, and community providers.



JUST WONDERING

CAN GOLF COURSES BE ECO-FRIENDLY? Brian Horgan, University of Minnesota professor of horticultural science and Extension turf grass specialist, thinks so. He and his colleagues are intent on turning the University's Les Bolstad Golf Course into a living laboratory that will serve as a national model.

Why is it important to change the way golf course turf is managed?

Over the next decade about 4,000 of the nation's 15,000 golf courses will need to be renovated. The management strategies in place today won't work in the future. We're studying ways to use different types of grasses, particularly fine fescues, which require less water, fertilizer, pesticides, and mowing. Golf course managers are interested in seeing how these grasses work for golfers. Fescues have a lot of positives, but there are also weaknesses, like their ability to hold up in heat and drought and to take a lot of foot traffic. Eric Watkins [U associate professor and turf grass breeder] is currently leading an effort to develop breeding strategies to improve those weaknesses. And we may find other grass alternatives.

We're also looking at how to make golf courses more of an asset to the surrounding community.

You mean creating something more park-like?

Yes. Right across the street from the University's Les Bolstad Golf Course there is a retirement community and we're thinking: What can we do to promote wellness and make the golf course a place where the people who live there could walk around and recreate? Like most golf courses, our course isn't used every hour of the day every day of the week to its maximum extent. As an example, maybe from 1 p.m. to 3 p.m. on Tuesdays it could be a park for the community. The point is, we have this amazing asset, how do we maximize its use both as a golf course and urban green space?



Brian Horgan at Les Bolstad Golf Course.

How much acreage do golf courses cover across the nation?

The average area of each of the nation's golf courses is about 150 acres. Of that, approximately 100 acres are managed—fairways, greens and tees, and roughs. Those rough areas offer a lot of opportunity from a conservancy perspective because golfers don't use them very much. We're looking at what are the right places to introduce conservancy on an existing golf course, and what value would that extend to the surrounding community. Research we're doing with the United States Golf Association (USGA) uses GPS tracking tools to monitor golfers on the University course to see if there are spots where they never go.

You and other U researchers have been studying conservation strategies for the turf grass industry for years. Is the U leading the way to a greener way of doing things?

We've definitely taken a leading role. We're calling this Science of the Green at the U's Golf Lab. Golf Lab will be privately funded, and the U is supportive of this leadership role we're proposing. We've also partnered with the USGA and we're working with the University of Minnesota Foundation on funding. If fundraising is aggressive and successful, we would likely be able to open Golf Lab in 2019.

—Meleah Maynard

@UFacultyStaff

A "Purple Reign" crossword puzzle from #UMN prof George Barany & friends in honor of #Prince <http://z.umn.edu/15hz>

@UMNCSE

The Class of 2016's hard work is paying off! The average starting salary for College of Science and Engineering grads is \$65,700

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Our #webinar "Communication Styles" is now available on demand! Check it out on our youtube channel: <http://ow.ly/4mYTO5>

FarmHouse Fraternity

Congratulations to the men of FarmHouse Fraternity on officially breaking ground on their new facility! #UMNProud

UMNGovRelations

Today, #mnleg received seeds to help the U grow! Thanks to all lawmakers working to keep #UMN world class. #driven4MN

“It’s an absolute grand slam. I’ve known Mark for 15, 20 years. From an experience perspective, national contacts in the industry, he’s absolutely the total package.”

CRAIG THOMPSON (B.A. 78), commissioner of the Mountain West Conference, commenting on the U’s hire of new athletics director Mark Coyle.



New AD Named

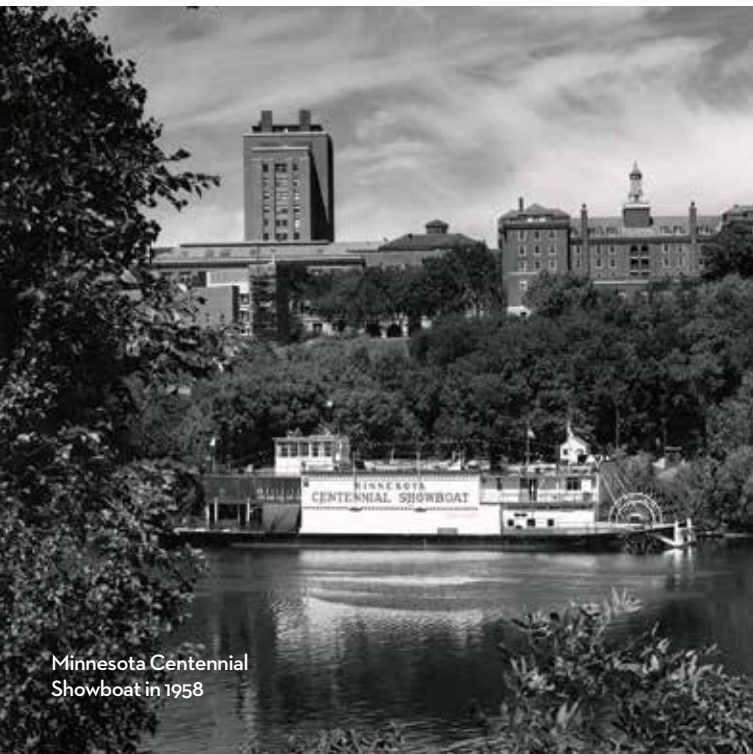
UNIVERSITY OF MINNESOTA President Eric Kaler named **Mark Coyle** as the next director of Gopher Athletics on May 11. Coyle, 47, was Associate Athletic Director for External Relations at the University of Minnesota from 2001 to 2005 and returns after serving as athletics director at Syracuse University and Boise State University and as deputy athletics director at the University of Kentucky.

A former football student athlete, Coyle graduated from Drake University with a bachelor’s degree in English in 1991. He earned his master’s degree in teaching from Drake in 1992 and a master’s degree in sports administration from Florida State University in 1993. Coyle and his wife, Krystan, a physical therapist, have three children, Grace, Nicholas, and Benjamin.

Coyle’s contract is for five years with a base of \$850,000.

REGENTS ROUNDUP

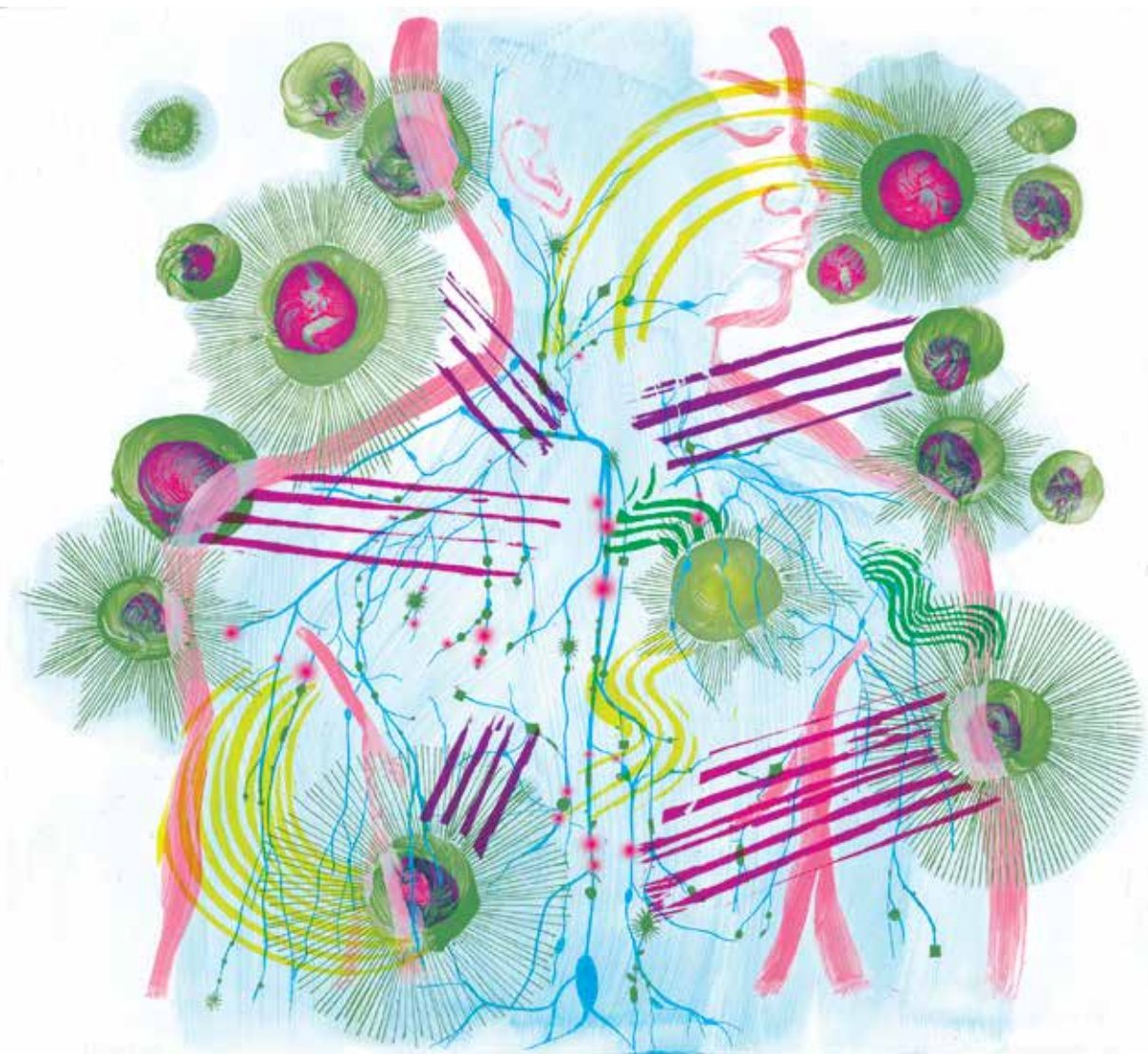
- The University of Minnesota Board of Regents approved a five-year enrollment and tuition plan that increases undergraduate tuition for new out-of-state students 9.9 percent while minimizing tuition increases for Minnesota students. Already enrolled nonresident students will receive waivers to mitigate the increase. Resident students will see an increase of 2.5 percent, though financial aid enhancements will offset the increase for about 10,000 students with family incomes up to \$120,000.
- The U currently has the lowest nonresident undergraduate tuition in the Big Ten. The plan would bring it to the midpoint of the conference.
- The enrollment portion of the plan calls for a modest increase in the number of undergraduates, from 30,500 to up to 33,000, while increasing critical student services such as on-campus housing, academic advising, and career preparation.
- Projected student outcomes include raising the four- and six-year graduation rate and increasing the annual number of graduates in science, technology, engineering, and math from the current 3,300 to 3,600.



Minnesota Centennial Showboat in 1958

Showboat’s Curtain Call

THIS SEASON IS THE LAST for the Minnesota Centennial Showboat, a summertime mainstay for more than half a century. Faculty and students have produced and performed 19th century melodramas on the 220-seat Showboat since 1958, but the Department of Theatre Arts & Dance determined that it’s time to move away from that format in favor of other opportunities for students. Additionally, the 15-year agreement between the U and the City of St. Paul for docking it will end on September 30. The Showboat will close its run July 7 through August 27 with *Under the Gaslight*, the same play performed in its inaugural season. Tickets at showboat.umn.edu.



Getting a Clearer Picture of HIV

Retrovirus image could enable treatment breakthrough.

By Stephanie Soucheray

IN THE THREE DECADES since scientists and doctors discovered the human immunodeficiency virus (HIV), the virus that causes AIDS, the medical understanding of the disease has gone from rudimentary to complex. No longer a mysterious death sentence, HIV is a chronic infection that can be managed with drug therapy. Still, researchers have noted that, like all viruses, HIV can mutate rapidly, rendering certain medications ineffective.

But now, University of Minnesota researchers Hideki Aihara, Zhiqi Yin, and Ke Shi, have, for

the first time, produced a crystalline image of the Rous sarcoma virus (RSV) intasome. Having an image of the intasome is widely considered a breakthrough in retrovirus biology because it provides a structural picture for drug developers to work with as they create new therapies against HIV and other retroviruses.

"RSV is a close surrogate for HIV," says Aihara, senior author of the paper detailing their work, published this spring in *Nature*. Aihara is an associate professor in the department of biochemis-

"THIS CURRENT WORK IS A TRUE TOUR DE FORCE. AIHARA'S LAB ACCOMPLISHED WHAT MANY OTHER LABS TRIED AND FAILED TO DO."

try, molecular biology, and biophysics. The work was done in collaboration with Cornell University and St. Louis University.

Like HIV, RSV is a retrovirus. Retroviruses are notorious for the insidious actions they take on their host: They can inject their genetic material into the host's genome, integrating themselves into host DNA using intasomes, or proteins.

"Viruses are very elegant and efficient, I guess as a consequence of evolution," says Aihara. "They have a very sophisticated way of hijacking cells, so finding out mechanisms and seeing the structure is a very exciting step that can provide insight into [HIV's] biological process."

It took more than eight years and one supercomputer to reproduce the image of the RSV intasome, says Aihara. First, he and his colleagues had to find a small and stable piece of RSV DNA and freeze it in crystalline form. Next, multiple x-rays were used to capture information about the shape and structure of the crystal sample. Finally, Aihara took loads of data to the Minnesota Supercomputer Institute, where high-powered computers calculated the structural biology of the crystalline sample. The crystalline sample yielded surprises.

"The way the virus uses its own machinery to integrate into the host is different than we thought," says Aihara. Most viruses use four integrase molecules, or groups of proteins, to fuse the host's and virus's DNA together. RSV uses eight molecules.

"These structures can show us how to tip the balance in the fight against HIV," says Reuben Harris, a U professor of biochemistry, molecular biology, and biophysics. "One first has to understand how integrase work before that information can be leveraged."

Harris says eventually Aihara's work could help develop new antiviral drugs as well as make current drugs more precise and less toxic, so patients can

take lower doses to get successful outcomes.


"This current work is a true tour de force," says Harris. "Aihara's lab accomplished what many other labs tried and failed to do from a structural biology and drug discovery point of view."

Ultimately, Aihara says, his lab will attempt to produce an image of the structure of the HIV integrase. "With that information, we can stop viral replication. Our image, and an image of HIV, offers a more basic understanding of how the virus hijacks the host."

Dr. Ashley Haase, head of the department of microbiology and immunology, has been researching HIV at the University for 30 years. He says Aihara's work offers a rational basis for novel drug design.

"We currently do not have drugs that are fully suppressive of the disease," says Haase. For the last two decades, Haase has collaborated with Tim Schacker (M.D. '87), director of the U's Infectious Disease Clinic, on identifying and targeting HIV where it thrives in the body.

"Unlike what most people may think, most of the virus is not in the blood stream, but in the lymphoid tissue," says Haase. Lymphoid tissue (including the spleen and the gut) is lined with follicles that act as holding cells for the virus. "If you stop therapy, the infection is back full blown in two weeks because the virus is in [the] follicles."

Virus replication in the lymph system also induces inflammation and scarring in lymphoid tissues, which in turn compromises the body's immune system. Eliminating this lymphoid fibrosis is the goal of Schacker's work. He's currently conducting a randomly controlled trial, the gold standard in scientific research, that looks at reducing the scarring and inflammation in the lymphoid cells as a way to increase the immune system's ability to fight HIV. "We need to think about what HIV drugs are doing and where they're doing it," says Schacker. 

Don't Get Your Wireless Crossed

WHEN IS A GRIN A GRIMACE? When you send a smiley face on your Samsung device to your friend who uses an Apple. U researchers have documented what texters and emailers might have already discovered the hard way: Those



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charming little emojis are rife for misunderstanding and confusion. Researchers with GroupLens, a lab in the Department of Computer Science and Engineering, found that, on average, any given symbol can be interpreted 37 possible ways,

depending on the brands of the sending and viewing devices and on the viewers' demographic, culture, and other factors. "When choosing an emoji, be aware that someone else might interpret it differently," says researcher Hannah Miller.

The emoji "grinning face with smiling eyes" on different device platforms

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Married couples are happier when they spend time together, according to a study by two researchers from the Minnesota Population Center at the University of Minnesota. While many studies have focused on the time parents spend with children, little is known about the effects of spouses spending time together and how they feel about it.

Researchers Sarah Flood (Ph.D. '09) and Katie Genadek (Ph.D. '12) used individual-level data from 47,000 couples in the 2003–2010 American Time Use Survey, including the 2010 Well-Being Module, to look at how much time individuals spend with their spouse each day and the effect on their well-being. They found that individuals are nearly twice as happy when they're with their spouse, and reported that their activities were more meaningful and less stressful.

The research also showed that though it's commonly thought that dual-earner couples spend less time together than single-earner couples, the difference is only 30 minutes more together per day on average. Parents of young children spend the least time together. The study was published in the October issue of the *Journal of Marriage and Family*.



Studies using “dirty mice” may help boost human immune system research, according to a study by University of Minnesota researchers. Researchers in the Department of Laboratory Medicine and Pathology, curious about why standard lab mice don't reflect important features of the adult human immune system, compared the immune systems of free-living mice—so-called “dirty mice” caught in barns or purchased in pet stores—to those of humans and found that the immune systems of dirty mice better mirrored human immune cell types and tissue distribution.

“We wanted to know whether this is because lab animals are shielded from microbes that normal mice encounter in the wild,” says researcher Stephen Jameson, a professor in the Department of Laboratory Medicine and Pathology and member of the Center for Immunology.

The study found that lab mice immune systems, in contrast to those of dirty mice, more closely resembled those of newborn humans. When lab mice were housed with dirty mice, their immune systems adapted to better mirror an adult human's, a model that could provide an important addition to basic immunology research and diseases impacted by inflammation.

The study was published in the April issue of *Nature*.

Agricultural waste can now be more effectively turned into a variety of useful products thanks to a new synthetic biopathway engineered by University of Minnesota researchers. The use of food to make inedible products has long been controversial because it affects food prices and supply. That's why researchers have been seeking ways to use sustainable resources such as agricultural waste, including corn stover and orange peels, to make everyday products from spandex to chicken feed.

For this study, researchers specifically looked at the process for using inedible biological byproducts (lignocellulosic biomass) to produce butanediol, which is currently used to make 1 billion pounds of spandex annually for clothing and home furnishings. The process could make possible the biomanufacturing of that amount of spandex each year.

But researchers were most excited to discover that this sustainable pathway could be used to produce other products as well. “We found that this new platform could be used to convert agricultural waste to chemicals that can be used for many other products, ranging from chicken feed to flavor enhancers in food,” says lead researcher Kechun Zhang, a chemical engineering and materials science assistant professor in the College of Science and Engineering.

The paper was published in the February issue of the journal *Nature Chemical Biology*.

Lithium battery material may harm key soil microorganisms, according to a recent study by researchers at the University of Minnesota and the University of Wisconsin. Lithium ion batteries are used to power, among other things, portable electronics and electric and hybrid vehicles. But research coauthored by University of Minnesota chemist Christy Haynes suggests that the new nanoscale materials used in the batteries may cause environmental problems.

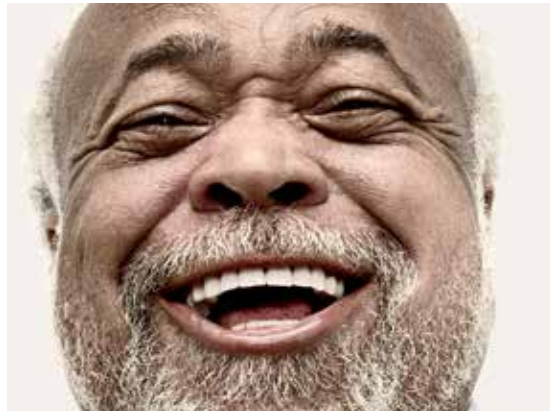
For the study, researchers examined the effects of the compound nickel manganese cobalt oxide (NMC), a newer material manufactured in the form of nanoparticles that is being increasingly incorporated into lithium ion batteries, on the common soil and sediment bacterium *Shewanella oneidensis*. Known for its ability to convert metal ions to nutrients, the bacterium is ubiquitous worldwide, making it particularly relevant for study.

Exposed to particles released by degrading NMC, the bacterium showed inhibited growth and respiration. But more research is needed, says Robert Hamers, the UW chemistry professor who led the study. “It is not reasonable to generalize the results from one bacterial strain to an entire ecosystem, but this may be the first ‘red flag’ that leads us to consider this more broadly.” Future studies will look at the effects of NMC on higher organisms.

The study was published in the January issue of the journal *Chemistry of Materials*.



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THE TASK AT HAND

A respected congressional scholar
takes on Washington extremism

By Richard Harris ★ Photos by Jonathan Thorpe

★ HE WEARS THE LABEL of policy wonk as a badge of honor, pointing out that “wonk” is “know” spelled backwards. But “wonk” doesn’t begin to describe the political junkie who is **Norman Ornstein** (B.A. ’67). In a city where the fault lines between Republicans and Democrats have become a chasm, Ornstein is that rare breed of Washingtonian: zealously nonpartisan with friends and colleagues on both sides of the growing political gulf.

Rarer still, Ornstein is an amalgam of political analyst and policymaker: a contributing writer and editor for *The Atlantic* and *National Journal* and a resident scholar at the American Enterprise Institute for Public Policy Research, where he headed up projects on election reform, congressional reform, and continuity of government. At the American Academy of Arts and Sciences, he led a project to examine the role of institutions in promoting the common good. He was a cocreator of the Campaign Legal





Center, a nonpartisan, nonprofit that safeguards democracy in the areas of campaign finance, voting rights, political communication, and government ethics. He serves on its board, along with the boards of the U.S. Global Leadership Coalition, which promotes American leadership abroad; the Volcker Alliance, which works to make government at all levels perform better; and the U.S. Capitol Historical Society.

He's also one of the funniest people you'll find in a town not known for its yuks.

Unlike most pundits during this wacky political season, Ornstein saw as early as last August that Donald Trump could become the first presidential nominee with no political experience since Dwight Eisenhower in 1952. Writing in *The Atlantic* ("Maybe This Time Is Really Different," August 2015), Ornstein was one of the first analysts to suggest that Trump could ride an insurgent, antiestablishment wave and actually become the Republican nominee or at least be in the mix for an open and freewheeling convention in Cleveland. Trump's immigration rhetoric, Ornstein sensed, had become a "catchall for a whole lot of angry populism out there. If you look at the arc of his success, Trump vaulted from being a curiosity into prominence and then front-runner status after he talked about Mexicans being rapists and building a wall." Still, not even Ornstein anticipated that Trump would have all but secured the nomination by early May.

Trump's ascendancy and the fracturing of the Republican Party are not likely to make Ornstein's career-long mission to make government work better any easier. Unlike many in Washington who make a living wringing their hands at its pitched political battles, Ornstein takes his critique to a constructive place. "Norm has been in the thick of trying to heal what ails American politics," says Larry Jacobs, director of the University of Minnesota's Humphrey School of Public Affairs. "McCain-Feingold campaign finance reform doesn't happen without Norm Ornstein. He was the midwife. I think he was actually present at fertilization."

Following 9/11, Ornstein worked with former Wyoming Republican Senator Alan Simpson, a cochair of the Continuity of Government Commission, who was impressed with Ornstein's attention to detail. "He diagrammed what would happen if the Senate were off in one area and the blast got them and suddenly the New York delegation appoints the President of the United States. I never saw Norm lurch to the right or left. He seems to plow his ground straight up the middle, which is hard to do in Washington and still be respected."

Because Ornstein is perched at the right-of-center American Enterprise Institute, and his longtime collaborator, Thomas Mann, represents the left-of-center Brookings Institution, they have been respected across the aisle in part because they're affiliated with complementary think



"To call him Mr. Quotemeister just trolling along behind the peddling quotes. His genius is to the wavelength of popular

tanks and are unencumbered by partisan labels. But in 2012, they caught some static when they coauthored *It's Even Worse Than it Looks*, a book on the politics of extremism. A *Washington Post* op-ed based on the book carried the provocative headline, "Let's Just Say It: The Republicans are the Problem." Ornstein and Mann didn't mince words, concluding: "We have no choice but to acknowledge that the core of the problem lies with the Republican Party." Their message wasn't well received by one of the major political parties. And none of the signature Sunday talk shows invited them on to discuss it.

Fast forward to 2016. Because the "political tribalism" they described in the book has only gotten worse, the title of their updated book had to be changed to *It's Even Worse Than It Looks Was*. Belatedly, journalists such as Dan Balz of the



Washington Post, dean of the Capitol political reporters, came to realize Ornstein and Mann “were ahead of others in describing the underlying causes of polarization as asymmetrical, with the Republican Party—in particular its most hard-line faction—deserving the blame for the breakdown in governing.” Another political reporter, Ezra Klein of *Vox*, recently said Ornstein and Mann’s view may have been controversial four years ago, but “is obviously correct now.”

Ornstein and Mann’s previous book, *The Broken Branch*, singled out Democrats in the years leading up to 1994 for growing arrogance and condescension. “We don’t do partisan spin or ideological rants,” Ornstein says. But he concedes that, for some, “trust in us became more difficult as we became more critical of the Republicans.”

★ AFTER NEARLY FIVE DECADES in Washington, Ornstein would be the first to tell you Congress isn’t known for its breakneck speed. But even he, the leading political scholar of America’s gridlocked government, had never seen anything like the rapid-fire events that unfolded on the afternoon of February 13.

is to sell Norm short. He’s not
circus of Washington politics
in converting rigorous analysis
media.” —Humphrey School Director Larry Jacobs

First came news of the sudden death of Supreme Court Justice Antonin Scalia. Then, in a matter of minutes, the office of Utah Republican Senator Mike Lee tweeted, “What is less than zero? The chances of Obama successfully appointing a Supreme Court justice to replace Scalia?” Barely an hour later, while other members of Congress were sending out statements of condolence, Republican Senate Leader Mitch McConnell declared, “The American people should have a voice in the selection of their next Supreme Court Justice.” His edict: Despite nearly a year left in office, President Obama would get no hearing or vote for anyone he nominated to replace Scalia.

For Minnesota native Ornstein, this was not just “quite extraordinary,” but Exhibit A of the dysfunction

in Washington. “Norm came up in an environment that puts a premium on good and effective government,” says Minnesota’s U.S. Senator Amy Klobuchar, a Democratic member of the Judiciary Committee. On the ides of March, deep inside the U.S. Capitol Visitors Bureau, Klobuchar was the lead speaker at a discussion, moderated by Ornstein, on the broken nomination process.

Before he decried how the “the Court itself had now become an instrument of the partisan tribalism,” Ornstein took note of a presidential election season that has focused on, among other bizarre sideshows, one candidate’s hand size. “There’s parlor game speculation on who Donald Trump would choose for the Court, should he become President. I think it’s fairly obvious,” Ornstein deadpanned. “It would come from the universe of those he knows or has seen deeply involved with the judiciary, which would mean either Judge Judy or one of the many judges in the Miss Universe pageant.” The room erupted in laughter.

Don’t let Ornstein’s zingers fool you. His ability to inject humor into speeches before burrowing into the weeds of public policy has been on display all the way back to when he partnered with then-comedian, now Minnesota’s U.S. Senator Al Franken on Comedy Central’s *Indecision* ’92. “He blew me away,” says Franken. “He never gave a bad line reading. The best letter we got said, ‘The guy you had play Norm Ornstein was perfect.’”

The two met during the 1988 Democratic Convention and became fast friends. Amazingly, the two political junkies grew up blocks apart in the Minneapolis suburb of St. Louis Park, but didn’t know each other. *New York Times* columnist Thomas Friedman, who was born in St. Louis Park, describes the community in his forthcoming book *Thank You for Being Late* as “the town that would be produced if Finland and Israel had a baby.” Filmmakers Joel and Ethan Coen, who put St. Louis Park on the map in their movie *A Serious Man*, also hail from the town. Friedman reveals the recipe: “In a bottle you put very civic-minded Scandinavian culture and third-generation Jews whose grandparents came from Europe. Shake and stir until you create an incredible explosion of energy that propelled a lot of people.”

Bonded by comedy and politics, the team of Franken and Ornstein performed one New Year’s during the Clinton administration for the President and First Lady at a Renaissance Weekend retreat. Recalling that weekend, Franken bursts into song in his Senate office. “I’m Norm. I’m Al. Together, we’re Norm-Al. The comedy team that’s not exactly normal. . . .” and then he let out that unmistakable Franken laugh, surprised that he could recall the 20-year-old ditty.

More recently, Ornstein advised Franken on making the transition from comedian to Senator. His advice: Be a workhorse, not a show horse, and learn the Senate by presiding over the body as much as you can. In fact, Franken held the gavel so often as a freshman that he has two golden gavels in his office as mementoes.

How rare it is for a political scientist like Ornstein to have both comedic timing and the ability to deftly translate policy into compelling, understandable analysis, never leaving the audience feeling that they're hip-deep in the weeds. "Norm has such clarity and insight into what those in the know are thinking. And he weaves it all into each conversation so brilliantly," says NPR's Diane Rehm, who's had Ornstein on her 37-year-old show nearly 200 times since 1993—and countless times before then when the show didn't keep records—likely more than anyone else. He holds a similar record on *PBS NewsHour*. A picture on the wall of his well-lived-in office depicts him as a face card, "the King of Quotes."

The morning after Ornstein's Supreme Court panel, he was listening live on headsets at Rehm's Washington studios just a few miles up the road from the White House, where President Obama stood in the Rose Garden formally nominating Judge Merrick Garland to replace the late Justice Scalia. After the President and Garland spoke, Rehm turned to Ornstein for his reaction. "I know Merrick Garland and his wife," he began, "and there's a good reason why he's been on everyone's short list for years. There are two reasons the President picked him. Some Democrats are not going to be happy with this. He's older—63. He's not a strong liberal. He's very much a pragmatist and a centrist."

There, in a soundbite, is the magic of Norm Ornstein: well-connected, analytical, and pithy. "To call him Mr. Quotemeister sells Norm short," says Jacobs, a professor of politics and governance at the University of Minnesota's Humphrey School. "This is not a guy who's just trolling along behind the circus of Washington politics peddling quotes. His genius is in converting rigorous research and analysis to the currency and wavelength of popular media."

★ IT'S HARD TO FIND ANYONE in Washington to say an unkind word about Ornstein. Well, almost anyone. A public encounter between Ornstein and then-Senate Minority Leader Mitch McConnell at the American Enterprise Institute in 2013 earned the headline "Think Tank Smackdown" in the *Washington Post*. Ornstein introduced himself and was about to ask McConnell a question about campaign finance disclosure when the Senator said, "I've enjoyed dueling with you over the

years. You've been consistently wrong on almost everything... the worse things that have been said about me over the years have been said by Norm Ornstein." Ornstein shot back, "One of the things we can agree on is that some of the worst things said about me have been said by you."

Maybe the secret to Norm Ornstein isn't so mysterious. He had something of a head start, graduating high school at 14, the University of Minnesota at 18, and the University of Michigan with his Ph.D. at 23. With his mother's family very involved in politics, his grandfather a labor leader in Minneapolis, and his uncle serving in the Minnesota State Legislature, Ornstein was prepped to follow in the footsteps of his University of Minnesota mentor, Political Science Professor Eugene Eidenberg. He had been a Congressional fellow and inspired Ornstein to become one, thus launching his nearly half century in Washington.

For his fellowship, Ornstein literally learned at the knee of Minnesota Representative Don Fraser (B.A. '44, J.D. '48), who would later become mayor of Minneapolis. "To his everlasting credit, Fraser said, 'I'm giving you a desk inside my personal office. He never once said to me, 'You need to leave—this is a private meeting.'" Ornstein stayed and watched the Congressional sausage being made from the inside. And he was hooked.

Through the years, Ornstein believed so deeply in governance for the common good, as opposed to scoring political points, that he didn't shy away from warning Speaker of the House Tom Foley about the "powerful train wreck ahead" if Congress made laws that applied to others but exempted members. And how many people would work tirelessly for 30 years to get independence in the ethics procedures in Congress, resulting in the Office of Congressional Ethics?

The through line in Norm Ornstein's career is perhaps best summed up by three people who have observed him. Tom Friedman calls Ornstein "an original thinker who offers analytical rigor with soul." University of Minnesota political scientist Larry Jacobs says, "Norm is at heart an optimist and believer in America." And former Senator Alan Simpson, whom Ornstein calls "one of my champions" and "one of the few members who venerated his own institution," pays Ornstein the highest compliment. "You can put on Norm's tombstone, 'He wanted to make things work.'"

How many of us would rate such an inscription? ■■

Richard Harris, former senior producer of *Nightline with Ted Koppel*, has known Norman Ornstein for more than 30 years. When he needed an expert on the broadcast to decipher American politics, Ornstein was his first call.

WHAT DRIVES JIGNA DESAI TO THINK AUTISM IS A CIVIL RIGHTS ISSUE?



Many view autism as a condition needing a cure. But what if it's not? What if neurological differences such as autism, ADHD, and dyslexia are a valuable part of human diversity? That's what drives Dr. Jigna Desai at the University of Minnesota to remove barriers and stigma that prevent these members of our society from reaching their full potential. "All brains may not be created the same," she says, "but they all deserve equal rights."

umn.edu/desai



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Chow.

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Whatever you call it, food matters—not just to personal well-being, but to local economies and the global community. These days, people who eat are asking important questions about food: how it's produced

and by whom; who has access to it and who doesn't; how we relate to it; and many others. Here's how some University of Minnesota researchers and alumni are addressing their burning questions about food.



Who is protecting your dinner?

A global food system requires vigilance. That's why the U's Food Protection and Defense Institute exists. *By Greg Breining*

Americans eat from a buffet line that reaches across the continent and around the world. According to the Federation of American Scientists, the U.S. food system includes some 2 million farms, 167,000 processing and manufacturing plants, warehouses, and distribution centers, some of them overseas.

"We really are globally connected," says Amy Kircher, director of the University of Minnesota's Food Protection and Defense Institute (FPDI). "When someone says, 'I eat local,' I wonder, Do you truly eat local? Because if you added pepper, you didn't eat local."

While this global system has benefits, it also has a drawback: The food supply is vulnerable to disease, contamination, even terrorism. An introduced pathogen could cause crops to fail or force the slaughter of millions of animals. Toxic chemicals or radioactive isotopes could contaminate food for millions. The Department of Homeland Security estimated an infection of foot-and-mouth disease among Great Plains cattle could cost more than \$50 billion. According to a Stanford researcher, just 4 grams of botulinum toxin dropped into a milk production facility could sicken or kill up to 400,000 Americans.

Identifying vulnerabilities and devising ways to eliminate them is the mission of the FPDI, one of several academic centers across the nation funded primarily by the Department of Homeland Security to study vulnerability to terrorism and other disruptions. The institute is the only one that focuses on food. "We're part of Homeland Security. But we protect your dinner," Kircher says.

To illustrate the far-reaching nature of food, Kircher cites the number of ingredients—84—in the typical restaurant cheeseburger. The bun alone contains 32 ingredients and the beef patty three. Packaged cheese slices, 19; pickles, 10; ketchup 8, and mustard 9. Then there's lettuce, tomato, and onion.

"Eighty-four different ingredients. And 84 different supply chains that have to be managed just to

produce that cheeseburger," says Kircher. "Truly we eat globally. While that's a great benefit—you get strawberries in December—there are vulnerabilities inherent in that. There's transportation. There are multiple handlers. There are also different standards depending on the country."

When the institute started as the National Center for Food Protection and Defense in 2004, its top priority was identifying how a terrorist strike might happen and how to prevent it. There's a long, if not extensive history of weaponizing food. German saboteurs during World War I infected Allied horses, sheep, and cattle with anthrax and glanders, a contagious, usually fatal bacterial infection. The United States and Canada secretly developed diseases to use against cattle during World War II. During the Cold War, the United States stockpiled anti-crop diseases. The Soviet Union had an anti-agricultural warfare program code-named Ecology.

In 1984, a cult in Oregon infected salad bars with salmonella to make its opponents too sick to vote in county elections. More than 700 were made ill. "We've identified documents and calls by jihadist groups to poison food and water," says Kircher. No actual attacks have come to light, but "I think that threat still exists. It certainly is, we might say, low probability but very high consequence."

More recently, the institute has turned some attention to more ordinary threats.

The first is simple food safety: the accidental contamination of food between farm and fork. Recent examples include E. coli contamination at several Chipotle restaurants and salmonella from California pistachios sold in at least nine states.

More insidious is what Kircher calls "economically motivated adulteration." One example is the recent revelation that some brands of so-called 100 percent grated Parmesan cheese were more than 8 percent wood pulp.

The industrial chemical melamine has been added to foods such as watered-down milk to falsely boost the protein content. In 2008, melamine contamination of infant formula sickened an estimated 300,000 babies in China.

"You can choose not to live next to a nuclear facility. You can choose not to fly. You can't choose to avoid eating."



The typical restaurant cheeseburger contains 84 ingredients. The meat in a single burger can come from numerous sources, an example of the vulnerability that the Food Protection and Defense Institute is working to address.

Hamburger bun

Ingredients: unbleached bread flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, palm oil, egg yolks, honey, salt, nonfat milk, shortening (hydrogenated soybean oil, water, monoglycerides, propionic acid, and phosphoric acid), whole eggs, malt (malted barley, wheat flour, dextrose), vinegar, cultured wheat starch, wheat flour, citric acid, wheat flour, ascorbic acid (vitamin C), enzymes

Hamburger patty

Ingredients: ground beef, black peppercorns, sea salt

Ketchup

Ingredients: corn syrup, distilled vinegar, high fructose corn syrup, natural flavoring, onion powder, salt, spice, tomato concentrate

Pickles

Ingredients: cucumbers, water, distilled vinegar, salt, calcium chloride, polysorbate 80, garlic, natural spice flavors, turmeric oleoresin, Yellow 5

Lettuce

Cheese

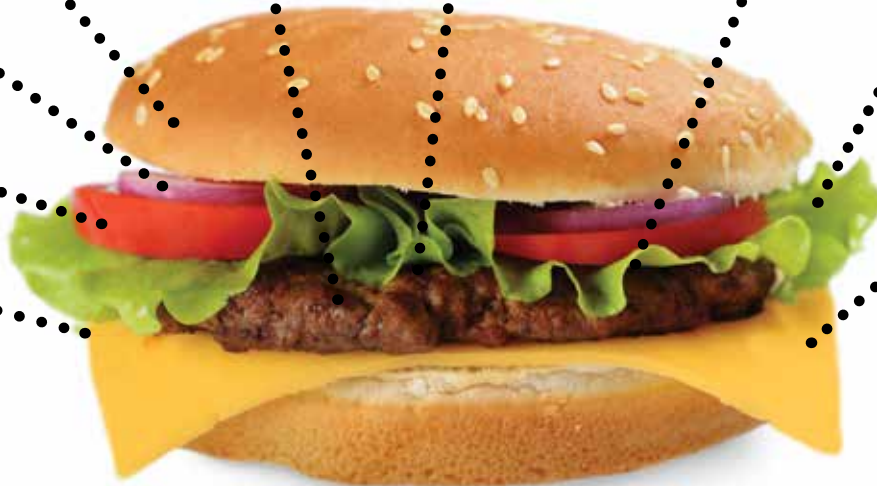
Ingredients: cheddar cheese (milk, cheese culture, salt, enzymes), whey, milk, milk protein concentrate, milkfat, whey protein concentrate, sodium citrate, calcium phosphate, salt, lactic acid, annatto and paprika extract, natamycin, enzymes, cheese culture, vitamin D3

Onion

Tomatoes

Mustard

Ingredients: distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika, spice, natural flavors and garlic powder



Honey, Kircher says, is a prime example of a product that travels far and can be contaminated with products such as the antibiotic chloramphenicol—illegal in the United States but sometimes found in Chinese bee products.

Kircher cited another example: peanut protein residue found in cumin, apparently added for color. That cosmetic deception could be deadly to those with peanut allergies. Says Kircher, “How would you as a consumer even know to think you might see peanut proteins show up in a spice?”

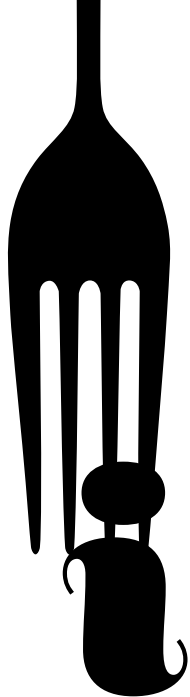
Even as new cases of adulteration come to light, researchers can’t say if the problem is getting worse. “Is it increasing?” Kircher asks. “We’re not sure yet because we didn’t do a good job of identifying it to start with.”

Answering questions like that is at the heart of the institute’s mission. Researchers at the institute have investigated how to better use consumer complaints as a basis for early

detection of food-borne illness. Others are developing rapid detection methods for identifying anthrax, ricin, melamine, and other contaminants, and have developed guidelines to improve communication between agencies during a food illness outbreak.

When Ebola swept through several West African countries in 2014, people immediately wondered if the virus might hitch a ride on imported foodstuffs. “Really quickly we were able to pull together a team of experts from our group and the College of Veterinary Medicine to specifically look at that problem. That, to me, is a real unique capability that exists here,” says Kircher.

There’s no alternative to confronting these dangers head on, she says. “If you look at the other critical infrastructures, you can choose not to live next to a nuclear facility. You can choose not to fly. You can’t choose to avoid eating.”



How do early food experiences shape us?

Profoundly, according to Project Eat *By Elizabeth Foy Larsen*

It's hard to believe that when Professor Diane Neumark-Sztainer came to the University of Minnesota's School of Public Health in 1995, almost no one talked about teens' attitudes about food. Today, childhood obesity and healthy eating are regular topics of public discourse, and even policy debates. That is due in no small measure to the path-breaking work of Neumark-Sztainer and her team of researchers at Project EAT, a longitudinal study through the Epidemiology and Community Health Division of the School of Public Health that identifies the influences of teens' nutrition choices. Today, Project EAT's findings—many of which are included in Neumark-Sztainer's book *"I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight-Obsessed World*—have revolutionized our understanding of how our formative experiences with eating shape our relationship to weight and food.

According to your research, approximately one quarter of boys and girls are teased about their weight in middle and high school. How does that impact a person's long-term associations with food?

The attitude about getting teased about your weight used to be "oh whatever, that's just what happens." But Project EAT showed that getting teased about your weight, whether it's by friends or family members, predicts unhealthy weight control behaviors as you get older, including binge eating, skipping meals, using diet pills, and self-induced vomiting. It is also one of the strongest predictors for being overweight. We have learned that when adolescents feel worse about their bodies, it doesn't motivate them to lose weight. Instead, it actually predicts weight gain over time because when you feel bad about your body, you engage in more unhealthy behaviors.

Project EAT has been a big player in conveying importance of family dinners. But for busy families, that can feel like yet another guilt trip. What's your advice for parents when it comes to eating with their kids?

Family meals are about being together, so my advice is to keep it simple but healthy. You can serve carrot sticks and sandwiches or a bag salad and rotisserie chicken.

And if your family isn't eating together at all, just try and make gradual changes and don't feel like you need to do it every day. Also, you want to avoid conflict at meals. Dinner isn't the place to get down on your kid for not doing homework or chores.

Beyond family meals, are there other ways parents influence their kids' attitudes about food?

Parents may think that they don't matter as much as friends or peer pressure. But Project EAT has repeatedly shown they have a strong influence on what teenagers eat and that what is available at home matters when it comes to establishing eating habits. We have also found that when a parent is concerned about a child's weight, talking to them about it and encouraging dieting backfires because it leads to all of the unhealthy eating behaviors that lead to weight gain over time. I tell parents to do more and talk less: Put out healthy food, do active things together, and leave weight out of the conversation. Don't talk about your weight. Don't talk about your child's weight. Don't talk about your aunt's weight.

But what about the unhealthy foods so many of us eat? Should we urge our kids to avoid them?

Not always. We think it's important for kids to see parents enjoying unhealthful food too. Instead of eating a piece of cake and worrying out loud that you blew your diet, it's better if children experience adults enjoying many different types of food so that they don't develop their own eating concerns.

Public health experts have done an excellent job getting the word out about the dangers of eating too much. But we know less about the issue of not having enough to eat. Has Project EAT addressed this issue?

In 2010, we did EAT 2010, which follows a new cohort of adolescents in the Minneapolis Public Schools. When we looked at the data and realized that 39 percent of the respondents reported some level of food insecurity—meaning that they had been hungry at some point because they didn't have enough food—there was dead silence in the room. It was so sobering for everyone to know that is

happening right here in our own community. And it has huge public health implications because in general, we find that food scarcity is also associated with higher levels of obesity because we live in a culture where food that is high in calories and low in nutrients is cheap.

What's next on Project EAT's research agenda?

We are just beginning to analyze our 15-year follow-up data and will be able to see how adolescent behaviors and family influences during adolescence continue into young adulthood, as our participants have their own families. Our long-term plans, which are contingent upon funding, are to follow our cohorts into adulthood to really learn about how these early influences contribute to long-term health so that we can guide public health interventions aimed at improving people's quality of life. Our goal is always to translate our research into action.



Food for Thought

Since it began in 1997, Project EAT has conducted 250 research studies exploring teens' attitudes and behaviors toward food. The ongoing research continues to deepen our understanding of how childhood experiences shape our relationship to food, weight, and body image. Here are some of the key findings.

A high number of adolescent boys (38%) and girls (50%) use unhealthy weight control behaviors such as skipping meals, taking diet pills, and smoking cigarettes to lose or control their weight.

Many adolescents skip breakfast and just 37% of participants in EAT 2010 reported eating breakfast daily.

Participation in family meals varies widely among teens even though it's associated with a number of positive outcomes, including better dietary intake, fewer unhealthy weight control behaviors, and better psychosocial health.

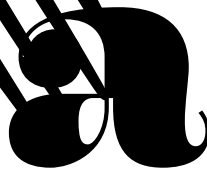
Being teased about one's weight in middle school or high school predicts poorer emotional well-being. It also leads to the use of unhealthy weight control behaviors in late adolescence and early young adulthood.

Over the past decade, the ethnic and racial disparities in the prevalence of obesity increased, pointing to a need for more effective interventions to reach diverse populations.

What is a regenerative food system?

Soil, plants, and people are partners.

By Susan Maas



vian flu, bioterrorism, HIV, Big Tobacco: During her wide-ranging career advancing health, Tracy Sides (M.P.H. '95, Ph.D. '06) has fought them all. She even, for a time, worked as a massage therapist.

But the seed for her current and favorite role—cultivating health by nurturing relationships between food, nature, and people as executive director of a community-focused food hub on St. Paul's East Side—was planted decades ago.

She remembers being 8 years old and pulling a crisp, sweet carrot from her family's backyard garden. It seemed a miracle. "I remember being in just stark awe that that little seed we had planted months earlier took the sun, and the soil, and the water and turned it into this big orange root," Sides recalls. "And I ate that, and it became part of me. It was a powerful experience, that realization of just how interdependent I was with the world around me."

Sides is founder and executive director of Urban Oasis, an organization that brings residents, farmers, food vendors, educators, caterers, and cooks together in a whole, healthy food system from seed to table and back to soil. It's rooted in the city's richly diverse East Side: a cornucopia of varied food traditions that include Hmong, Native American, African American, Mexican, and others.

"This land has for eons been supporting different populations of people, from the Dakota to every new wave of immigrants to come to Minnesota," she says. "Building a focus on the power of food to build healthy and wealthy communities seemed like a good idea here. Food is at the intersection of so many disparities, but also, so many opportunities."

The initiative is about more than nutritious, affordable, sustainably grown food: Equity and inclusion are at the heart of every undertaking, Sides says. She calls Urban Oasis "regenerative" in that its food production practices respect the lives of all participants—soil, plants, and people. The organization is dedicated to strengthening and illuminating a sustainable community food system while providing

education, social connection, jobs, and job training.

Urban Oasis grew out of a partnership between Sides and the Lower Phalen Creek Project and got a big boost in fall 2013 when it won the Saint Paul Foundation's \$1 million Forever St. Paul Challenge. Aspects of the project, including its physical location, have changed since its inception, Sides says, but the vision hasn't. "It's a place where all of these food stories can be honored and shared, and a place where a whole, healthy local food system could be demonstrated."

East Siders can experience Urban Oasis in lots of different ways, Sides says. There's the Urban Oasis Catering service, which gets more than half of its produce from local farmers. There's Healthy Meals in a SNAP!, a whole food cooking skills series for participants in the Supplemental Nutrition Assistance Program. There's the twice-monthly "open kitchen" at Kitchen on the Bluff, where participants gather, share social support, and prepare meals together.

There are the Urban Oasis condiment carts, built by a local carpenter and featuring locally made rhubarb-tomato ketchup, honey mustard, and sweet pepper relish, at St. Paul Saints baseball games. The relish is emblematic of the organization's commitment to food stories: It was created a century ago by the chef's great-grandmother-in-law, one of the first women to graduate with a business degree from the U.

"Her senior project was a business plan for a café, and when she graduated, she said to a friend, 'What do you think? Let's go do this!' So these two young women in the early 1900s opened a café that was in the First Bank building. The relish was a recipe that got handed down through the family."

This summer, East Side residents and visitors can check out the edible streetscape project Urban Oasis is coordinating in partnership with the Dayton's Bluff Community Council and Urban Roots, a youth development and conservation nonprofit. The streetscape features 10 different concrete, 5-foot planters along East Seventh Street, each one showcasing herbs and vegetables from a particular culture's culinary heritage.

"The idea is to highlight, honor and share the food traditions we have on the East Side and to make the space a little more walkable and welcoming," Sides says. Each planter, created with community input and filled on a community planting day in May, includes recipes and information about local growers, as well as which retailers and restaurateurs



Tracy Sides, left, and Nykanyana Johnson prepare chilaquiles for a community meal at Urban Oasis.

specialize in that cuisine. The planter project will culminate in a community meal August 6 with dishes created by local chefs.

May Seng Cha, Urban Oasis's operations director and an East Sider, says the Urban Oasis approach to healthy food is not preachy or prescriptive, but centered on accessibility, joy, and connection. After a recent Healthy Meals in a SNAP! session, Cha had a gratifying conversation with one of the participants.

"She expressed that she'd always thought that eating healthy is expensive, but that through this program, she realized that by shopping local, visiting farmers' markets, buying on sale [or in bulk], it doesn't have to be," Cha says.

Sides says it's both "exhilarating and terrifying" to work on such a big, unprecedented, and hopefully far-reaching endeavor.

"There's no cookbook for this."

Why can't food shelves stock nutritious food?

Ah, but they can. *By Suzy Frisch*



Karena Gracek (left) with customers Megan Baird, Aryhn Baird, and B.J. Palashewski at Fare For All, a program that purchases bulk fruit, vegetables, and frozen meat to sell at a discount.

hat kind of food bank turns away food?

One that's dedicated to providing clients fresh fruit and vegetable, dairy products, whole grains, and meats. The Food Group, a Twin Cities nonprofit, believes so strongly in its mission to give customers nutritious food that it will say "no thanks" to a donated pallet of cookies or candy.

The Food Group supplies more than 200 hunger relief groups across Minnesota with free food, nutritional expertise, and access to bulk purchasing at wholesale prices. Started in 1976 as the Emergency Foodshelf Network, it's constantly finding new ways to bring fresh, healthy food to the hungry.

Stocking culturally appropriate food for the state's diverse populations while offering education about diet and health is part of the Food Group's mission to get nutritious foods—not just belly fillers—to families' tables. Any food helps hungry people, but receiving nutritious groceries truly makes a difference, says Karena Gracek (B.S. '06), the organization's nutrition outreach specialist.

"Clients feel the dignity of seeing familiar foods from their home countries and fresh produce being offered to them. They feel good about putting healthy meals

on the table for their families," Gracek adds. "Food is nourishment for the body, mind, and soul. If we're able to provide that, we're providing opportunity and choice for our clients in need."

Gracek, a registered dietitian nutritionist—a rarity at most hunger relief organizations—is key to meeting the nonprofit's objectives. One of her main tasks is to develop and maintain guidelines for buying the healthiest versions of groceries in bulk, from low-sodium canned vegetables to whole grains like couscous and quinoa, as well as items like chickpeas and Maseca corn flour.

She also creates educational tool kits for other hunger relief organizations to teach clients about chronic diseases, does cooking demonstrations, and develops healthy recipes with ingredients often found at food shelves. Gracek's displays are full of information, including what foods are diabetes-friendly and visual aids comparing how much sugar people should eat and what they actually eat.

"By educating people you're giving them the knowledge of what to look for in a food shelf," she says. "If they know what to look for, they are empowered to make healthy choices."

The Food Group takes a multipronged approach to meet constant demand for fresh produce. It collects unsold produce from farmers' markets and trains volunteers to harvest unpicked fruit from trees. With partners like nonprofit Finnegan's beer, the organization recently developed Harvest for the Hungry. The program buys fresh produce from farmers in Minnesota and Wisconsin that would otherwise have gone to waste, providing growers with a market and bringing just-picked fruits and vegetables to food shelves.

These programs and more have helped the Food Group distribute 1 million pounds of produce to hunger organizations. It's vital work because healthy foods are often the most expensive items in the grocery store.

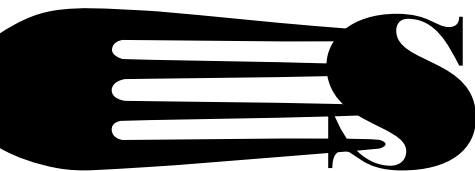
Gracek loves watching customers shop at food shelves with nutritious foods. "Some say, 'I have not been able to buy fresh produce for months,'" she says. "To see their smiles when they see this good, high-quality fresh produce and be able to take home bags of it—they are happy because they can feed their families the foods they want to feed them."





How can rural grocery stores survive?

The U is working with grocers to figure that out. *By Greg Breining*



Tom Bislow of T.J.'s Country Corner in Mahtowa. Tom and his wife, Joanne, founded the store nearly 40 years ago and specialize in homemade sausage. Their motto is "Our wurst is best."

Squeezed by thin profit margins and competition from big discount stores, small-town grocers are threatened with extinction. According to a new University of Minnesota survey, 62 percent of rural grocers intend to exit the business within 10 years. Most of them do not plan to pass their stores to heirs and have limited prospects for selling their businesses.

The result may be the continuing loss of grocery stores through much of rural Minnesota, says Kathy Draeger (B.S. '89, M.S. '93, Ph.D. '01), statewide director of the University Extension Service's Regional Partnerships, which conducted the survey. That would leave the rural poor and elderly who can't drive without access to fresh food—and small towns with one less vital social hub. "You lose these community assets at your peril," says Draeger. "Once a grocery store is gone, it is really hard to get it reopened."

The University's keen interest in small-town grocers began with a bus ride to Manhattan, Kansas, for the

Rural Grocery Summit in 2014, says Karen Lanthier, the Extension Service's assistant director for its Sustainable Local Foods program. "That bus trip down to the summit was a really great opportunity for our staff to better understand some of the challenges that rural grocers were facing."

Most small-town grocers are privately owned "mom-and-pop" stores, says Draeger. Nearly half occupy buildings more than 50 years old, with aging coolers and other infrastructure. More than one-quarter have customers who live more than 30 miles away.

Rural grocers are fighting a pervasive trend. A study by the Federal Reserve Bank and Wilder Research released in April underscores how severe the problem is: Minnesota ranks seventh worst in the nation for the share of its residents with no grocery options close to their home. That's about one-third of the population, with rural and poor urban areas hardest hit—and it's getting worse.

"The changing of agriculture over the last generation and a half has contributed to rural depopulation. I think

Which grow faster, the crops or the students who tend them?

By Meleah Maynard

that's part of why we are seeing fewer grocery stores," says Draeger. As farm population shrinks, rural residents drive farther. Many who live in small towns work in regional centers such as Alexandria, Austin, or Grand Rapids and take their shopping dollars with them.

"They pick up their groceries there rather than shopping at their hometown grocery store," says Draeger. Between 2000 and 2013, Greater Minnesota lost 14 percent of its grocery stores, according to the Center for Rural Policy and Development in Mankato. The greatest losses occurred in northwestern and northeastern Minnesota.

Small grocers and communities are trying various strategies to keep the local grocery viable. "One grocer I know has a table at the front, and his store is the meeting and the gathering place for the community, especially for the older folks," says Lanthier. Some stores have built their business by catering to burgeoning immigrant groups. Bergen's Prairie Market in Milan specializes in Norwegian and Micronesian specialties—from fish balls for Norwegian farmers to octopus for a growing South Seas islander population.

Extension's Regional Partnerships recently conducted produce handling, storage, and display workshops in five rural groceries. They also created a quick guide to produce, says Draeger, "like a cheat sheet on a magnet that sticks right on your produce case so you can see—kale needs to be misted, asparagus needs to be set in water, don't put your potatoes in the sunshine."

They're also trying to identify hurdles that might stand in the way of bringing fresh food directly from farm to grocery stores and markets. "Our hope is that we can find the information and the places where we can start building that farm-to-rural grocery," says Draeger.

Draeger, who lives in Big Stone County in far western Minnesota, isn't ready to surrender to the big box discount grocery stores. "At this point, I'm still on the front line of keeping our rural grocery stores vital. The best thing we can do is keep the grocery stores that we do have."

Universities aren't commonly known for their campus gardens. But that is changing, according to the Association for the Advancement of Sustainability in Higher Education, which counts more than 100 community gardens at colleges and universities across the nation. In addition to making connections between gardening and sustainability—not to mention creating beautiful spaces to enjoy—campus gardens serve as outdoor classrooms that provide students with learning experiences that can't be gleaned from books. Two such gardens are on the Twin Cities campus.

Cornercopia

If you've eaten food prepared by University Dining Services or at the Campus Club in Coffman Memorial Union, you've likely eaten something grown at Cornercopia, a 5.7-acre certified organic farm on the University's St. Paul campus. Launched in 2004 after two horticulture students brought the need for an organic garden on campus to the attention of the U's Minnesota Institute for Sustainable Agriculture (MISA), Cornercopia began as a 20-foot-by-30-foot plot.

Photos courtesy Courtney Tchida





Manager Courtney Tchida (B.S. '02, M.Ed. '07) runs the farm, which is now a student program of MISA and the Department of Horticultural Science. Cornercopia provides research opportunities to students and faculty, as well as producing hundreds of pounds of vegetables, fruits, flowers, and herbs per year, thanks to the work of volunteers and student interns.


Most of what's harvested is sold weekly at Cornercopia's two farmers market stands on campus. University Dining Services and the Campus Club buy the rest. "The food they grow at Cornercopia is some of the most flavorful, beautiful food I've ever seen in my cooking career," says Beth Jones, Campus Club's executive chef. "No chef around has the kind of variety we have, and the trick is to cook with a really light hand so you highlight the produce."

West Bank Community Garden

Located on the University's West Bank between the Carlson School of Management and Rarig Center, the West Bank Community Garden got its start when a handful of students drafted a Living Laboratory proposal to the U's Twin Cities Sustainability

Committee. Their idea was to create a garden where students, faculty, and community members could garden together.

Now in its second year, the 2,000-square-foot garden is a collaboration between the University of Minnesota, Augsburg College, and the Brian Coyle Center in the Cedar Riverside neighborhood near the West Bank campus. Like last year, the garden will include communal plots where people work together to grow a variety of edibles and perennial flowers, as well as native and pollinator plants.

New this season are 16 individual plots for community members—some of which have already been claimed by people taking English Language Learner classes at the Brian Coyle Center. Architecture freshman Sasha Karleusa is one of four students who have been leading the fledgling garden. Her efforts began as a project she took on while interning for the Minnesota Student Association's Sustainability Committee. "I grew up gardening," she says. "But a lot of people in the city don't really garden or grow food, so this is a good way to bring the community and the University together in a sustainable way. I want to be involved for years to come." 



Student farmers enjoy the fruit of their labors. Left to right: Drew Zagala, Kendra Sommerfeld, Laura Peticara, Maddy Matre, Collette Wilfong, Nathan Vikeras



An excellent medicine for an ague

Take the juice of tansie, and mingle with oyle of roses, and a little before the fit commeth let the patient be anointed therewith, and it will quit expel the ague, probatum est.

And also syrup of violet is good against all malefactions of the liver and breast and against the plurisi and drought.

Take a herring that is well pickled and split it on the belly side and make the same very hot, and lay it to both the soles of the feet of the parti and this will help immediately be it quotidian tertian or such.

Good for what ails you

YOU'RE MARMADUKE RAWDON living near your hometown of York, England, in the last half of the 17th century. You've spent much of your adult life managing a family-owned vineyard in the Canary Islands, but now, away from sunny climes and back in the damp air of York, you've caught a cold and your limbs are aching. What do you do to relieve your misery?

Luckily for you, you've had the means to collect a library's worth of manuscripts of all kinds over the years, even though personal libraries are not commonplace. At least one untitled volume on your shelf is of a sort that 21st century archivists will call a "medical receipt book," a thick, handwritten collection of recipes, diet suggestions, home remedies, and cures for a potpourri of ailments—sort of a combined Anthony Bourdain cookbook and WebMD. The remedy "For Cold and Ache in Limes [limbs]" is found on page 11:

"Take a handful of sugar a handful of endive a handful of the red Flower of Archangell, and a quantitie of dandelion, and Seeth the Same with mutton, and eat the mutton and drinke the broth and you shall find ease."

As a cure for the common cold, mutton "seethed" in endive, sugar, dandelion, and "the red flower of Archangel"—what we know as red deadnettle—remains as good as any. It is far from the only sage advice to be found in Marmaduke Rawdon's book, which now rests under great care at the University of Minnesota's Owen H. Wangensteen Historical Library of Biology and Medicine.

The author is a woman named Mary Pewe—or possibly Carew (the name is obscured but might correlate to the initials M.C., which appear throughout the book). Personal information about her can be gleaned from the text, and it appears that she survived the plague in 1625 and learned many recipes from her grandmother. Rawdon purchased it in 1664.

In pages surrounding the Remedy for Cold and Ache in Limes are found Pewe's careful handwritten correctives for sleep ailments and melancholy; a description of the best sorts of drinking water; ways to walk past sleeping dogs

The U's collection of "medical receipt books" is a fascinating catalog of centuries-old home remedies, from syrup of violet to pickled herring.

By Tim Brady



without waking them; and treatments for bruises, broken bones, and "all maner of bones that ache." Elsewhere in this remarkable manuscript's 1,080 pages are found hundreds of prescriptions for an array of everyday health problems familiar and unfamiliar, from suggestions on how to "draw forth splinters" to how to "cleanse olde stinking and corrupt sores & ulcers. . . ." If it was a household or health problem in 17th century York, Mary Pewe provided a solution.

The Rawdon manuscript, along with 30 other rare handwritten medical receipt books published between 1540 and 1820 in the Wangensteen Library, is the largest collection of its type in the Midwest and one of the largest in the nation.

In the context of this collection, the word "receipt" is synonymous with "recipe," and many items deal with food ingredients. In a historical context, however, diet has always been associated with health, and the receipt books in the Wangensteen collection do not consist strictly of cooking recipes. The 30 handwritten manuscripts, and many more printed books, also found in the medical receipt book collection at the library, offer a wide array of prescriptions for an assortment of ailments, from plague to bald spots on top of ye olde middle-aged head. The "eye of newt"—style remedies are interesting, but even more valuable to scholars is the window these intimate details provide into the home lives of 16th, 17th, and 18th century people.

Emily Beck (B.A. '96), a Ph. D. candidate in the Program in the History of Science, Technology, and Medicine at the University of Minnesota, who is currently working with the medical receipt book collection at the Wangensteen, says, "If there are 10 to 15 different recipes concerning mad dog bites in one of these books, it doesn't mean that there

were rabid dogs everywhere, but that it was a particularly concerning problem in eras before rabies vaccination. If there seem to be a lot of recipes for curing the cough of a cow, it has more to do with the economic value of domestic livestock to these families than an overabundance of concern for the snuffles of a heifer."


Lois Hendrickson, curator of the collection, is a longtime archivist with the University of Minnesota Libraries. She says scholarly interest in medical receipt books is a relatively recent but growing phenomenon in the world of public and private library collections. The Wangensteen became interested in establishing its own collection in the late 1980s and has added to it ever since.

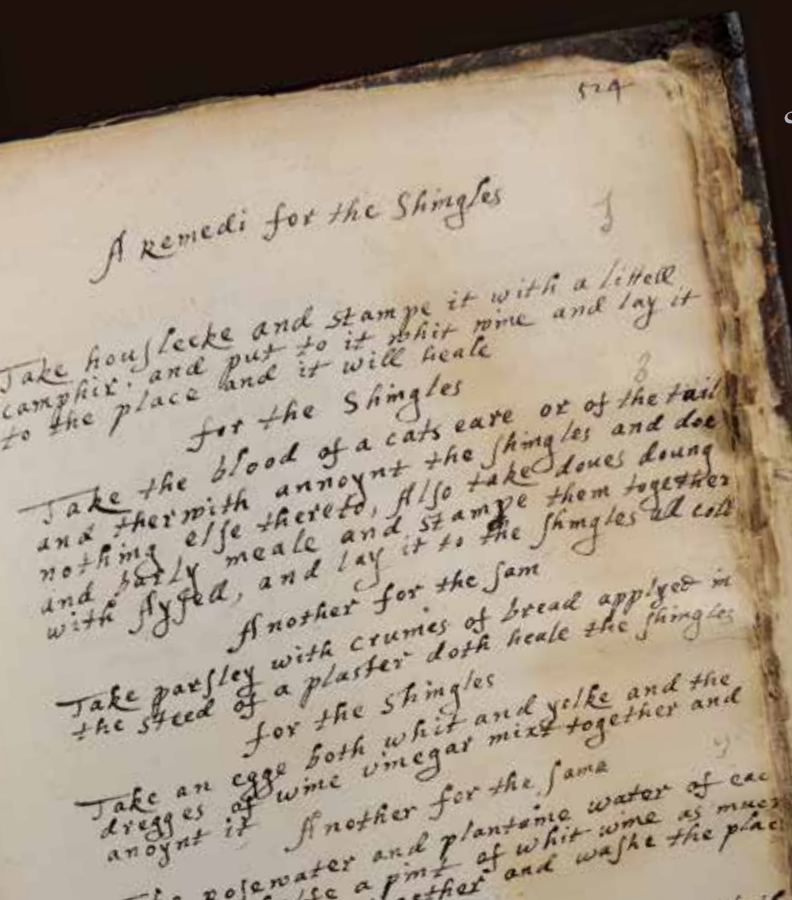
The increased interest in medical receipt books at the Wangensteen Library is evidenced in a variety of scholarly disciplines from biology to drama and literature. The Wangensteen recently received a grant from the University of Minnesota's Consortium for the Study of the Premodern World to host a reading group that gathers to discuss recipes. Students of Shakespeare have studied the books to better understand the culture of the period, including a Hamlet scholar interested in how skulls might have been employed in 16th and 17th century recipes. A scholar of literature searched for ways in which armor might have been

cleaned. Medical students have closely examined the books to discern what science might lie behind the recipes offered.

The Wangensteen continues to build its outreach programs. It recently hosted an event focused on the history of chocolate and an exhibit called "Bodies and Spirits: Health and the History of Fermentation and Distillation." Among other parts of the exhibit on fermentation and distillation, one section examined the historical uses of beer: how it was used, how it was brewed, what herbs and grains were employed in making it, and what health and nutritive properties historical beer recipes might have held.

Parts of the collection have drawn interest from community members hooked into the popular artisanal movement in the region. A Minneapolis restaurant called Gyst, which is interested in traditional fermentation processes in foods like cheese, chocolate, and pickles, as well as beer and wine, cohosted the chocolate event at the library. Topics of discussion included the historical uses of chocolate, its availability in Shakespeare's time, and what it might have tasted like given the recipes and limitations of the day (the lack of sugar, for instance).

The Wangensteen Historical Library is open to the public from 8 a.m. to 4:30 p.m. Monday to Friday. It is located on the East Bank at 505 Essex Street. Visitors are welcome. 



Which is the best water

The best is rayne water

The next is running water if it runs from the east to the west

The third is river or brooke water running on gravell or pibles

Standing water that is refreshed with a spring is commendable

Let water stand two or three houres in a thing

Before you use it to settle and then straine it

If any drink wine with water let them seeth the water and after it is cold put it to the wine. But it is best to drink stilled water to wine.

It is not good to drink wine or ale before a man doe eat somewhat.

Ale should not be drunk till it be five or six days ould

For melancholy

The tyme to sleep is 2 or 3 houres when as the meat is now

settled at the bottome of the stomach and it is good to lye

one the right side first, because at that side the liver doth rest

under the stomach not molesting any way but heating him as

a fire doth a kettle. Seaven or eight houres sleep is enough...

Strange and Marvelous

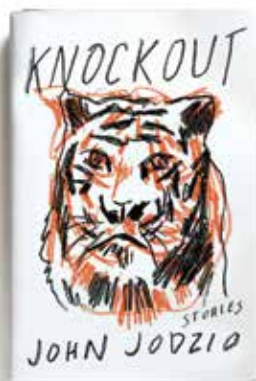
By Meleah Maynard

The short stories of John Jodzio (B.A. '99) are often described as laugh-out-loud funny. But to give fair warning, it's probably mostly nervous laughter. Yes, there are laughs to be had, but they are often tied to scenes so uncomfortable to read that laughing serves as a release.

Like writers Judy Budnitz (*Nice Big American Baby*) and Etgar Keret (*The Girl on the Fridge*), Jodzio has a talent for crafting wacky, weird, and creepy stories that offer a glimpse into the lives of people you kind of recognize but hope never to encounter. *Knockout*, his new story collection, is more expansive than his previous collections, *Get In If You Want to Live* and *If You Lived Here You'd Already Be Home*. *Knockout* is engaging—not just because the stories are well written, but because you simply must know how they turn out.

In the title story, “Knockout,” a recovering drug addict perfects the art of using a neck pinch to render humans and animals unconscious. “The giraffe was very elegant in the way it fell, slowly dropping to its knees and then gently tipping over on its side with a slight puff of breath,” Jodzio writes. Eventually, the friend his father warned him about tricks him into using his talents to steal a tiger. Things go downhill from there.

While all of the stories are haunting and populated with freaks, “Duplex,” in which a driftless man who steals and resells steaks ends up being held captive by his roommate, is exceptionally disturbing. The previous roommate, Dan, fell off a bridge—“Or maybe he jumped. He didn't leave a suicide note so nobody really knows for sure.” Soon it becomes apparent that suicide was Dan's only way out. But when the captive man tries to flee, his crazed roommate, a has-been



Knockout
Stories by John Jodzio
(B.A. '99)
Soft Skull Press, 2016
356 pages

bounty hunter, takes him down with a blow dart and chains him to a bedframe. “What you need to understand,” he says, “is that no matter where you go, I'll find you.”

“Chet” starts with a description of someone dying from a bite by a sick elk. “It was a horrible death, lots of moaning and black puke and weeping styes all over his back and chest.” In “Ackerman Is Selling His Sex Chair for Ten Bucks,” a heartbroken man goes to his neighbor's garage sale, hoping to spend a little time around the possessions of the man's dead wife, with whom he was having a secret affair.

With heavy heart, he buys the man's “gently used” brown leather sex chair and then pretends to faint so he can get inside the house and take some of the woman's personal things. “The last time I shoplifted anything was in high school, but each room Ackerman and I walk through I shove something of Elaine's into my pocket—a five-by-seven black and white of her at the beach, a fridge magnet, a dart from the rec room.” Later, while chatting and grilling steaks, the two men find that they kind of like each other.

Further along the continuum of anything-can-happen-in-Jodzio's-world are stories like “The Indoor Baby” in which a frightened-of-the-world mother decides to raise her son completely indoors despite the wishes of her dismembered war hero husband. And “Our Mom and Pop Opium Den,” which features a narrator telling the story of how his family's business is being forced out by a big-box opium den that has opened on the same street.

Rest assured that the remaining stories are equally as strange and inventive, and though their endings will sometimes leave you wanting, you will not be able to forget them. **AA**

Early Riser

Trista Harris (M.P.P. '02) has known since she was 8 years old that she wanted to make the world better. As a kid, she got an up-close view of that kind of work at the Pillsbury House Theatre in Minneapolis, where she spent a lot of time with her mother, who was a volunteer costume designer. She nursed a dream of running a similar community center, but when she got to the Humphrey School, her advisor, the late Bill Diaz, bluntly but kindly planted a new one in its place.

Sher Stoneman

HEINS NAMED AMBASSADØR

In February, the U.S. Senate unanimously confirmed Samuel Heins (B.A. '68,

J.D. '72) as the new

American ambassador to Norway.

As a student at the U, Heins was

an editor, along with

Garrison Keillor (B.A.

'66), of the undergraduate literary magazine *Ivory Tower*.

After earning his J.D., he embarked on a legal career that spanned more than 40 years. Until 2013, he was a partner at Heins Mills & Olson, P.L.C., in Minneapolis, where he specialized in complex litigation, particularly securities fraud and antitrust class actions.

One of Minnesota's most dedicated champions of international human rights, Heins cofounded the Advocates for Human Rights in 1983 and served as its first board chair. In 1985, he played a pivotal role in establishing the Center for Victims of Torture and chaired its inaugural board. He has also been a longtime advocate of the Human Rights Center at the Law School, where he has established endowed funds to support fellowships and research conducted by students on topics related to the advancement of international human rights.



"You're a little intense for most organizations," Harris recalls Diaz telling her. "If you work one place, you're going to drive people nuts. This constant 'what's the better way we can do this, what else could we try' wears people out."

Diaz suggested a career in philanthropy, where she could have a 20,000-foot-view of the community and help strengthen many organizations at once. That advice is clearly bearing fruit. The *Chronicle of Philanthropy* named Harris to its "40 Under 40" list earlier this year, and she was awarded a Bush Fellowship for 2016-17.

Harris's rise in philanthropy was swift. After a few years working in fundraising, she landed her first foundation job, a tough nut to crack, becoming a program officer at the Saint Paul Foundation. Two years later, she became executive director of the Headwaters Foundation; five years after that, in 2013, she was named president of the Minnesota Council on Foundations (MCF), where she oversees a network giving away more than a billion dollars a year to support so many efforts like the Pillsbury House.

One of MCF's key issues is racial equity, including Minnesota's achievement gap—one of the big reasons Harris took the job. She stresses the importance of equity for individuals and for society as a whole. "Often when you talk about equity, people worry about what they will lose in that process," says Harris. "But really what happens is you have a better functioning system."

Harris doesn't mince words about the change needed. "We [Minnesotans] have always seen ourselves as 'above average,' in the Garrison Keillor sense, so it meant that for a long time we ignored the fact that when it comes to racial gaps across health, education, incarceration, life span, we have some of the worst gaps in the country."

One of MCF's equity initiatives, the Ron McKinley Philanthropy Fellowship, prepares promising leaders from underrepresented communities for philanthropy careers. Another initiative, the My Brother's Keeper Community Challenge Action Plan, written in collaboration with the St. Paul and Minneapolis mayors, strives to close opportunity gaps for boys and young men of color. Challenge areas include improving third-grade reading levels, high school graduation rates, and employment rates.

At times, in her role of convener and connector, Harris may seem removed from the up-close action of nonprofit work. Her father, who lives with her, her husband, and two children, often asks when reading the newspaper, "Did you help with this? 'Cause it looks like something you would do, but I don't see your name in the article." Many times, she will say yes, she helped convene the funders or move the project along. But for Harris, "it isn't about me or MCF being in the front of it all. Being the supportive fabric that integrates those connections is really fulfilling."

—Kate Lucas



Best Guess For You

A University of Minnesota alumnus and three U computer science and engineering professors were awarded the 2016 Seoul Test of Time Award at the World Wide Web Conference in Montreal in April for their groundbreaking research on recommender systems. LinkedIn scientist Badrul Sarwar (M.S. '98, Ph.D. 01) and Professors George Karypis, Joseph Konstan, and the late John Riedl (posthumously) received the prestigious award for their 2001 paper that is now regarded as the pioneering scholarly reference for recommender systems.

Recommender systems are a type of information filtering that seeks to predict customers' preferences. Many companies, such as Amazon and Netflix, use them to suggest movies, books, and products to their customers based on previous purchases and preferences.

Last year's award was given to Google founders Sergey Brin and Larry Page for their world-changing 1998 paper detailing what eventually became the search engine that changed the world.

“It was like the world’s coolest fraternity but for nerds.”



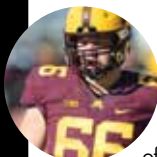
Sacramento Bee editorial cartoonist JACK OHMAN describing the atmosphere at the *Minnesota Daily*, where he penned cartoons for two years as a student. The 2016 recipient of the Pulitzer Prize for editorial cartoons, Ohman is the third *Daily* alumnus to win a Pulitzer for editorial cartooning in the last four years. The other two are Steve Sack of the *Star Tribune* and Kevin Siers of the *Charlotte Observer*.



“ I always knew how privileged I was to think for a living. I grew up in this town where the main industry was a slaughterhouse and I always thought to myself, ‘Every day that I don’t have to go kill a pig is a good day.’ . . . I have a huge amount of pride in how much we accomplished for how little money, because we are very sensitive to the fact that we are spending people’s taxes—hardworking people who go to jobs they don’t like every day. The only way I can live with myself is that I can promise them that every day we do not waste a nickel, in fact we stretch it into a quarter. ”

Austin, Minnesota, native and University of Hawaii professor of geobotany HOPE JAHREN (B.A. '91) describing setting up a lab with a colleague on a shoestring budget. Jahren's comment was in an interview in *The Guardian* newspaper about her new memoir, *Lab Girl*, which recounts her career path as a scientist in a male-dominated profession.

“The fear I grew up with about being gay doesn’t need to exist anymore. Yes, there is still discrimination against the LGBT community. But, it is our responsibility to not let fear stop us. I am happy being the man I was born to be.”



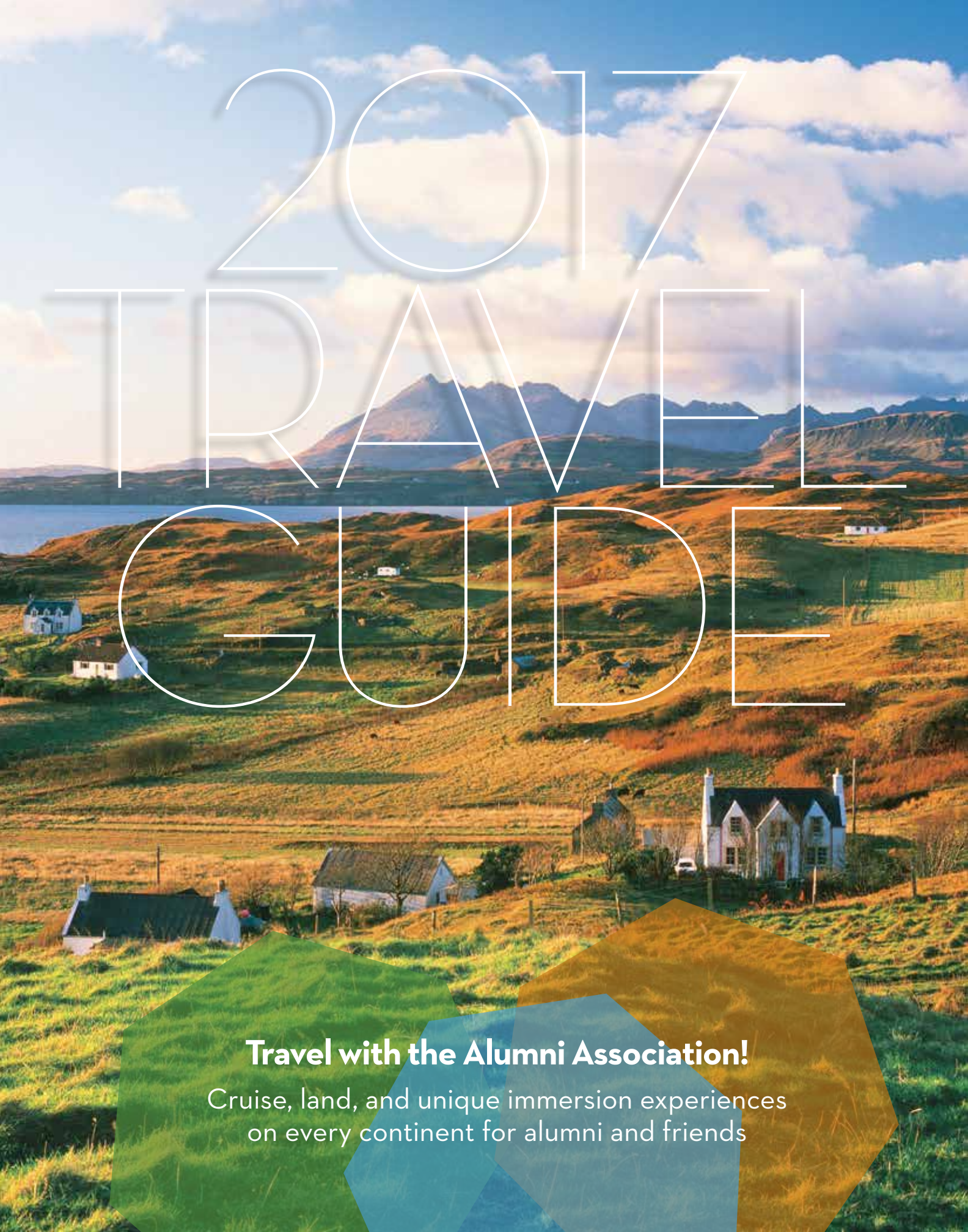
LUKE MCAVOY (B.A. '15), who played offensive line for the Gophers from 2011 to 2014, reflecting on his experience of coming out to teammates when he was a senior. He is now a middle school teacher in Milwaukee.

Carbon, Climate, and the GINF Ratio
Charles Standing

Chuck Standing, Chem Eng B.S. '65, Ph.D. '70.

Written in the tradition of constructive disruptiveness, the paper *Carbon, Climate, and the GINF Ratio* crushes three of the most persistent myths of the 21st century, culminating in a curtain-drop ending while nevertheless being a thoroughly scholarly piece of writing from beginning to end.

It's a must read for anyone who is, like you are, a thought-leading Minnesotan!
Read it free at charlesstanding.com.



2017 TRAVEL GUIDE

Travel with the Alumni Association!

Cruise, land, and unique immersion experiences
on every continent for alumni and friends

Costa Rica's Natural Heritage

JANUARY 12-23 • from \$3,981, includes air from Minneapolis

This 12-day expedition is a comprehensive yet nicely paced tour of Costa Rica. It includes four distinct regions: San Jose and the Central Valley; the Arenal Volcano region; Monteverde Cloud Forest; and the Guanacaste region on the Pacific. Experience the remarkable diversity of this small, progressive Central American democracy. [Odysseys Unlimited](#)

Voyage of Discovery: Wonders of the Galápagos Islands

JANUARY 29-FEBRUARY 7 • from \$5,495 plus air

This incredible 10-day journey features the Galápagos Islands, where the unique wildlife accepts up-close human contact like nowhere else on Earth. Accompanied by certified naturalists, cruise for five nights and enjoy three nights on mainland Ecuador. Ecuadorian rainforest eco lodge pre-tour option. Six-night Machu Picchu and the Sacred Valley post-tour option. [Thomas P. Gohagan & Co.](#)

Mystical India

FEBRUARY 5-21 • from \$5,287, includes air from Minneapolis

Mystical and spiritual, India abounds with riches that invite personal exploration. Explore Old and New Delhi. Continue to the "Pink City" of Jaipur and enjoy a home-hosted dinner with a Rajasthan family. Spend two nights at Ranthambore Tiger Reserve and search for elusive Bengal tigers. Travel to Agra to visit the renowned Taj Mahal. Witness Hindu pilgrims performing their rituals on the Ganges River in Varanasi. [Odysseys Unlimited](#)

Expedition to Antarctica

FEBRUARY 9-22 • from \$9,395 plus internal and international air

Join us for this spectacular 14-day journey featuring a nine-night, exclusively chartered cruise

to Antarctica, Earth's last frontier, aboard the intimate MS *Le Soléal*. Experience The White Continent in its unspoiled state, accompanied by the ship's expert team of naturalists. Spend two nights in vibrant Buenos Aires. Iguazú Falls post-program option offered. [Thomas P. Gohagan & Co.](#)

Eastern and Oriental Express

FEBRUARY 10-22 • from \$5,995 if booked by August 13, plus VAT and air

Begin your Southeast Asian adventure in Bangkok. Travel for three nights aboard the opulent Eastern & Oriental Express with stops in Thailand and Malaysia. After Singapore, conclude in Bali, known for its breathtaking scenery and holistic culture. This small-group experience features deluxe accommodations, excursions, lectures, and an extensive meal plan. [AHI Travel](#)

The Pride of South Africa: Namibia, Botswana, Zimbabwe

FEBRUARY 10-23 • from \$7,395 plus air

Travel the breadth of southern Africa, from Nelson Mandela's long road to freedom in South Africa to a unique river safari aboard the exclusively chartered five-star M.S. *Zambezi Queen* in Namibia, superb game drives in Botswana, and Zimbabwe's incomparable Victoria Falls. Enjoy five-star hotels in Johannesburg, Cape Town, and Victoria Falls. [Thomas P. Gohagan & Co.](#)

Passage Through the Panama Canal and Costa Rica

FEBRUARY 17-25 • from \$4,795 plus air

A spectacular nine-day journey from the Costa Rican rainforest through the mighty locks of the Panama Canal. Aboard the exclusively chartered, five-star, all-suite M.V. *Star Pride*, experience a daylight passage through the canal and call at remote island paradises. Explore Costa Rica's terrestrial wonders and tour Panama City. Pre- and post-program options offered. [Thomas P. Gohagan & Co.](#)

Tangos and Sambas

MARCH 2-15 • from \$4,725 plus port and air

The six-star *Crystal Serenity* sails from Buenos Aires to Montevideo and Punta del Este, Uruguay. Continue along Brazil's coastline to Porto Belo, São Paulo, Paraty, Ilha Grande, Buzios, and Rio de Janeiro. The world's best cruise value features open bar service and shipboard gratuities. Verandah/penthouse categories include a two-night excursion to Iguazú Falls. [AHI Travel](#)

The Stars of Western Cuba

MARCH 11-18 • from \$4,995 per person, double occupancy, plus air

Experience the best of western Cuba, from the bayside charms of Cienfuegos to the faded colonial grandeur of Havana. Step aboard the *Variety Voyager*, a beautifully designed mega yacht, and discover the country's magnificent, must-see cities and hidden gems on this once-in-a-lifetime cruise. [Go Next, Inc.](#)

East Asia Cruise

MARCH 29-APRIL 14 • from \$4,090 plus port and air

Join the six-star *Crystal Symphony* sailing from Incheon, South Korea, across the Yellow Sea to Xingang, the port for Beijing, China. Continue to Fukuoka on Japan's third-largest island, Hiroshima, a maiden port call in Takamatsu, Osaka, and disembark in Tokyo. The world's best cruise value features open bar service and shipboard gratuities. [AHI Travel](#)

River Life along the Waterways of Holland and Belgium

APRIL 26-MAY 4 • from \$2,995 plus air

Cruise for seven nights in Holland and Belgium aboard the exclusively chartered deluxe, Amadeus small river ship when Holland's breathtaking tulip fields are in bloom. Meet local residents during the exclusive River Life Forum®. Tour the Kröller-Müller museum. Visit Amsterdam, Bruges, Hoorn, Maastricht, Antwerp, and Keukenhof Gardens. [Thomas P. Gohagan & Co.](#)

Many additional destinations to be announced throughout the year. Detailed trip brochures available approximately nine months prior to departure date at [MinnesotaAlumni.org](#). To add your name to our travel mailing list or request specific trip brochures, contact umtravel@umn.edu.

To register for the trips listed, please contact our featured tour providers:

[AHI Travel: 800-323-7373](#)

[Go Next Inc.: 800-842-9023](#)

[Thomas P. Gohagan & Co.: 800-922-3088](#)

[Odysseys Unlimited: 1-888-370-6765](#)

Dates, itinerary, and price information are subject to change. All prices are per person, double occupancy.

Cuban Discovery

APRIL 27-MAY 5 • Price TBD per person, double occupancy

Uncover the rich culture, compelling history, and architectural majesty of a long-forbidden island on the verge of great change. During visits to Havana, Cienfuegos, Trinidad, and Santa Clara, you will connect with Cuban citizens from all walks of life, including artists, students, and entrepreneurs, to discover the realities of one of the world's most fascinating nations. [Go Next, Inc.](#)

Southern Grandeur

APRIL 30-MAY 8 • from \$1,699 per person, double occupancy, plus air

Revel in authentic Americana on a Mississippi River cruise aboard the majestic *American Queen*. From New Orleans to Memphis, experience the historic grandeur of some of the South's most enchanting cities and attractions, including Oak Alley, St. Francisville, Natchez, Vicksburg, and Helena. [Go Next, Inc.](#)

Classic Greek Isles

MAY 15-27 • from \$6,687 includes air from Minneapolis

This program offers a chance to see Athens and some of Greece's world famous islands and ancient sites combined with a unique Aegean cruise aboard the *M/Y Harmony V*. An elegant but casual on-board atmosphere and the ability to visit secluded harbors and hideaways, as well as see main sights, set this experience apart as you tour the wonders of Classical Greece.

[Odysseys Unlimited](#)

Celtic Lands

MAY 16-25 • from \$6,195 plus air

Cruise for eight nights aboard the five-star small ship *MS Le Boréal* from Scotland to Wales, Ireland, and France. Meet Dwight David Eisenhower II and Lord Charles Spencer-Churchill, who will provide exclusive lectures and personal insights. Enjoy guided excursions in each port of call, including the beaches of Normandy. [Thomas P. Gohagan & Co.](#)

Italian Riviera and Chianti

MAY 21-30 • from \$3,195 if booked by October 29, plus VAT and air

During four nights each in Sestri Levante and Radda, discover Santa Margherita, Portofino, the Cinque Terre, Siena, and Florence. Sample locally produced Chianti wine and Tuscan cuisine from a popular local chef. This Alumni Campus Abroad*, limited to only 28 travelers,

includes engaging excursions, enriching lectures, and an extensive meal plan. [AHI Travel](#)

**Alumni Campus Abroad is an immersive program of AHI Travel that allows you to learn from experts and locals firsthand about their traditions, life, and culture. These shorter-duration tour programs include all excursions and most meals at a special value. Campus directors accompany the group to ensure a stress-free experience.*

The Great Journey through Europe

JUNE 15-25 • from \$4,395 plus air

This extraordinary 11-day "Grand Tour" of Europe combines river, rail, lake, and mountain travel in Switzerland, France, Germany, and the Netherlands. Cruise aboard the deluxe *MS Amadeus Silver II* along the most scenic sections of the Rhine River. Ride aboard three legendary railways: the Matterhorn's Gornergrat Bahn, the famous Glacier Express, and Lucerne's Pilatus Railway. [Thomas P. Gohagan & Co.](#)

Symphony on the Blue Danube

JUNE 22-JULY 1 • from \$3,695 plus air

Visit five countries and up to five UNESCO World Heritage sites on this custom-designed, music-themed journey featuring three nights in Prague and a five-night cruise on the legendary Blue Danube aboard the deluxe *MS Amadeus Brilliant*. Enjoy private classical music performances and a comprehensive schedule of guided excursions. Berlin pre-program and Budapest post-program options. [Thomas P. Gohagan & Co.](#)

Art of Living Provence

JUNE 23-JULY 22 • from \$4,295 if booked by October 29, plus VAT and air

Live in apartment-style accommodations during this monthlong Aix-en-Provence program! Enjoy walking tours of Aix, Luberon Valley, and Avignon. Taste local vintages, tour Marseille, and visit Roman ruins in Arles and Les Baux. Linger in local cafés. Enjoy weekly socials, guided countryside hikes, French cooking classes, and optional French language and art classes. [AHI Travel](#)

Exploring Iceland

JULY 11-21 • from \$5,242, includes air from Minneapolis

Discover the astonishing natural history of Iceland on this 11-day tour. Tour bizarre rock formations and spend three nights in Akureyri. Travel to Lake Myvatn and its environs of bubbling mud flats and lava fields and view the waterfall at Godafoss. Explore Thingvellir National Park then conclude the tour with two nights in Iceland's capital, Reykjavik. [Odysseys Unlimited](#)



Ireland



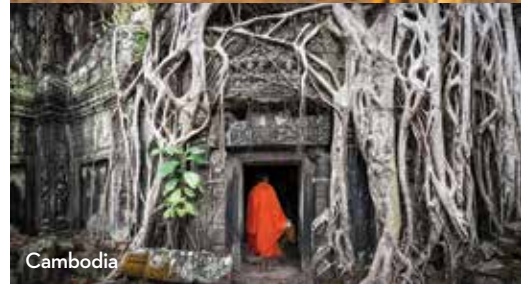
India



Cuba



Morocco



Cambodia



Brazil

Norwegian Splendor

JULY 18-AUGUST 2 • *from \$6,674, includes air from Minneapolis*

As the midnight sun turns night into day, Scandinavia shines. From the cosmopolitan capitals of Copenhagen and Oslo to Norway's magnificent fjord country, your small group of no more than 24 guests encounters Scandinavia at its best, both on and off the beaten path. [Odysseys Unlimited](#)

Portrait of Ireland

JULY 31-AUGUST 11 • *from \$4,195 if booked by April 16, 2017, plus VAT and air*

Journey across the Emerald Isle in deluxe first-class accommodations. From Dublin, travel to Belfast and the Giant's Causeway, Northern Ireland's only UNESCO World Heritage Site. Taste Irish whiskey. Cruise Donegal Bay. Capture sweeping vistas at Slieve League, Glenveagh National Park, Sligo, and Connemara. This small-group experience features all excursions, interactive talks, and numerous meals. [AHI Travel](#)

The Majestic Great Lakes

AUGUST 21-30 • *from \$4,699 per person, double occupancy, plus air*

Picture yourself surrounded by pristine islands draped in verdant wilderness and rocky shores caressed by sparkling blue waters. From Chicago to Montreal, cruise all five Great Lakes and the scenic St. Lawrence River aboard the 210-guest *MS Saint Laurent*. [Go Next, Inc.](#)

Atlantic Treasures

SEPTEMBER 5-19 • *from \$5,350 plus port and air*

Sail the six-star *Crystal Symphony* roundtrip from Lisbon, Portugal, to Ponta Delgada, Praia da Vitoria (Azores), and Madeira. Canary Islands port calls in Santa Cruz de la Palma, Santa Cruz de Tenerife, and Arrecife precede arrival in Agadir and Casablanca, Morocco. The world's best cruise value features open bar service and shipboard gratuities. [AHI Travel](#)

Village Life Around the Italian Lakes

SEPTEMBER 7-15 • *from \$3,495 plus air*

Experience the true essence of life in northern Italy's fabled Lake District for one full week, with a lake-view room in the charming Hotel Regina Olga. Enjoy a private boat cruise on Lake Como and expert-guided excursions to Bellagio, Villa del Balbianello, the Borromean Islands, and Stresa. Milan pre-program option.

[Thomas P. Gohagan & Co.](#)

Great Pacific Northwest

SEPTEMBER 17-25 • *\$3,199 per person, double occupancy, plus air*

Discover the timeless majesty of the Columbia and Snake Rivers as you immerse yourself in the natural grandeur of the Pacific Northwest. From Portland to Clarkston, cruise to charming towns and historic sites aboard the elegant *American Empress*, stopping at Astoria, The Dalles, Stevenson, and Sacajawea State Park. [Go Next, Inc.](#)

Jewels of Vietnam and Cambodia

SEPTEMBER 19-OCTOBER 4 • *from \$4,995 if booked by April 16, 2017, plus port and air*

Enjoy deluxe hotel accommodations in former French Indochinese colonies: Saigon, Vietnam, and Siem Reap, Cambodia. A special highlight is the seven-night, chartered Mekong River cruise accessing rural villages, as well as Phnom Penh, the Cambodian capital. All excursions and numerous meals are provided. An optional Hanoi extension cruises Ha Long Bay. [AHI Travel](#)

Exploring Australia and New Zealand

SEPTEMBER 23-OCTOBER 14 • *from \$8,657 includes air from Minneapolis*

This 23-day land tour includes the best of Australia, including The Great Barrier Reef, the Outback town of Alice Springs, Uluru National Park, and Sydney. Your exploration of New Zealand includes both North and South islands, from glacial mountains on the South Island and Christchurch to the rolling terraced hills of the volcanic North Island and Auckland. [Odysseys Unlimited](#)

Classic China and The Yangtze

OCTOBER 4-17 • *from \$5,084 includes air from Minneapolis*

Begin your 14-day tour in Beijing, touring Tiananmen Square, the Forbidden City, the Great Wall, and other legendary sites. In Xian, visit the museum of nearly 8,000 life-sized Terra-Cotta Warriors. Enjoy a three-night cruise on the Yangtze, passing through its haunting beauty. Conclude the tour in modern Shanghai with visits to the Bund and the renowned Shanghai Museum. [Odysseys Unlimited](#)

Village Life in Dordogne

OCTOBER 5-13 • *from \$3,695 plus air*

Experience the provincial character of Dordogne for one full week in Sarlat-la-Canéda, one of the most beautiful and well-preserved medieval villages in France. Stay in the family-owned Plaza Madeleine Hôtel, formerly a grand 19th-century townhouse. Discover the region's charming

villages, medieval castles, and prehistoric treasures. Bordeaux pre-program option. [Thomas P. Gohagan & Co.](#)

Mystique of the Orient

OCTOBER 17-29 • *from \$6,995 including air from Los Angeles**

This exclusive nine-night cruise from Hong Kong to Saigon aboard the five-star, small ship *MS L'Austral* showcases the fascinating treasures of Vietnam, including Hanoi, Ha Long Bay, Hué and Hôi An.

**Air included from Los Angeles has limited availability and is not guaranteed.*

[Thomas P. Gohagan & Co.](#)

Apulia

OCTOBER 24-NOVEMBER 1 • *from \$2,495 if booked by April 16, 2017, plus VAT and air; single waiver program*

The Adriatic town of Polignano a Mare is home for seven nights. Visit Bari, Lecce, Ostuni, Trani, and a family olive mill. Explore the Trulli of Alberobello, Locorotondo, and the cave-dwelling Sassi di Matera settlement. This Alumni Campus Abroad includes engaging excursions, educational programs, and an extensive meal plan. [AHI Travel](#)

Egypt and the Eternal Nile

OCTOBER 30-NOVEMBER 13 • *from \$4,997, includes air from Minneapolis*

See the wonders of ancient Egypt on a unique, leisurely paced itinerary. Begin with a stay in Cairo visiting the iconic pyramids, the Sphinx, and the Egyptian Museum. Then enjoy two distinct cruises—a three-night cruise on Lake Nasser featuring Nubian history and the famous temple of Abu Simbel, and a four-night cruise on the Nile between Aswan and Luxor visiting Luxor and Karnak Temples. [Odysseys Unlimited](#)

Holiday Markets Featuring Munich

DECEMBER 11-22 • *from \$2,795 plus VAT and air; single waiver program*

Annual Christkindlmarks along the Rhine River showcase festive holiday traditions. Sail the gorge and tour Cologne, Koblenz, Miltenberg, Würzburg, Rothenburg, Bamberg, and Nuremberg. Spend three nights in Munich exploring its outstanding art museums, churches, and parks. All excursions, first-class ship and hotel accommodations, and an extensive meal plan with wine are included. [AHI Travel](#)

OCEANIA CRUISES

Operated by Go Next, Inc. Prices are per person double occupancy with air included from selected cities

Baja and the Riviera

JANUARY 7-17 • from \$1,999

Set sail aboard the graceful *Regatta* to experience the glittering resort towns and pristine beaches of the Baja Peninsula and the Mexican Riviera. From Los Angeles, sail to the picturesque, sun-kissed ports of Topolobampo, La Paz, Mazatlán, Puerto Vallarta, Cabo San Lucas, and San Diego.

Pure Polynesia

FEBRUARY 4-16 • from \$4,499

Take in the pure natural wonders of French Polynesia on this South Pacific luxury cruise aboard *Sirena*, Oceania Cruises' newest masterpiece. Experience glittering lagoons, tranquil islands, and fascinating marine life with interludes in Bora Bora, Moorea, Rangiroa, and more.

Ancient Legends

MARCH 28-APRIL 14 • from \$4,799

Encounter idyllic natural wonders, dramatic coastlines, and fascinating ancient relics along the shores of Peru, Ecuador, Panama, Costa Rica, Honduras, Guatemala, Belize, Mexico, and Florida while sailing aboard the elegant *Regatta*.

Outrageous Outback

APRIL 7-23 • from \$6,799

Visit the land of koalas and kangaroos on this adventure to charming seaside towns Down Under. Discover the stunning landscapes and rich heritage of Australia, Tasmania, and New Zealand while cruising aboard *Sirena*.

Sacred Sanctuaries

APRIL 18-29 • from \$3,999

Unveil the ancient legends, sacred monuments, and glorious landscapes of the Mediterranean on this voyage to historic ports in Greece, Israel, and Cyprus. Savor stunning vistas and world-class amenities aboard the luxuriously intimate *Riviera*.

Adriatic Charms

MAY 5-16 • from \$3,999

From Rome to Venice, immerse yourself in ancient history and stunning landscapes on this Adriatic voyage aboard the state-of-the-art *Riviera*. Timeless wonders come to life with visits to intriguing destinations in Greece, Montenegro, Croatia, Slovenia, and Italy.

Salute to Spain

MAY 15-24 • from \$3,499

Spain evokes a collection of mesmerizing images: towering Moorish palaces, colorful flamenco dancers, glittering beaches, and lively plazas. Step aboard the intimate *Nautica* to discover the country's most vibrant and celebrated ports of call, including Valencia, Ibiza, Alicante, and more.

European Collage

MAY 27-JUNE 4 • from \$3,199

Discover a collage of glamorous and quaint European ports on this luxury cruise aboard the majestic *Riviera*. Unwind on the lovely islands of Ibiza and Corsica; explore glamorous charms in Saint-Tropez, Monte Carlo, and Portofino; and admire artistic masterpieces in Florence or Pisa.



French Polynesia



San Diego



Greece



Alaskan Falls and Frontiers

JUNE 20-30 • from \$3,299

Experience Alaska's rugged beauty during this special Big Ten cruise aboard the graceful *Regatta*. From Seattle, journey north to the picturesque Alaskan ports of Ketchikan, Juneau, Skagway, Icy Strait Point, and Sitka, marvel at the magnificent Hubbard Glacier, and explore the lovely Canadian city of Victoria, before returning to Seattle.

Regal Routes of Northern Europe

AUGUST 12-23 • from \$4,299

Embark on an odyssey to northern Europe, where beautiful medieval buildings reflect upon tranquil canals and quaint cobbled lanes lead to ornate cathedrals and regal monuments. Sail aboard *Marina* and discover enchanting ports in England, France, Belgium, the Netherlands, Germany, Norway, Sweden, and Denmark.

Baltic and Scandinavian Treasures

AUGUST 17-28 • from \$4,499

Baltic and Scandinavian Treasures are revealed on this magical voyage aboard the intimate *Nautica*. Discover medieval towns, onion-domed cathedrals, and stunning harbors as you cruise from Sweden to exquisite ports in Estonia, Russia, Finland, Latvia, Lithuania, Germany, and Denmark.

Capitals and Coastlines of Canada and New England

SEPTEMBER 20-30 • from \$4,299

Experience the glorious autumn foliage along North America's East Coast aboard the regal *Insignia*. Savor stunning landscapes and visit historic sites in Canada and New England, stopping in Newport, Boston, Bar Harbor, Saint John, Halifax, Sydney, Saguenay, Quebec City, and Montreal.

Adriatic Rhapsody

OCTOBER 27-NOVEMBER 7 • from \$2,999

Admire magnificent seaside towns, fabled islands, grand palaces, and mountainous scenery on this Adriatic odyssey aboard the award-winning *Marina*. From Athens to Rome, encounter stunning landscapes and historical treasures in Santorini, Katakolon, Corfu, Kotor, Split, Venice, Taormina, and Naples/Pompeii.

Mediterranean Radiance

OCTOBER 7-17 • from \$3,299

Take in quaint European towns and radiant cities on a luxury cruise aboard *Riviera*. Discover the glamorous allure of Saint-Tropez, explore the Spanish charms of Palamós, Barcelona, Valencia, and Minorca, and delve into the intriguing histories of Marseille, Portofino, and Florence/Pisa.

South African Explorer

DECEMBER 5-21 • from \$5,699

Explore southern Africa, an unforgettable region graced with dazzling, sun-kissed beaches, intriguing cultures, and mesmerizing cities as the elegant *Nautica* takes you on an impressive 15-night voyage to South Africa, Mozambique, and Namibia.

For more information:

umtravel@umn.edu
MinnesotaAlumni.org

Stay connected.

UPCOMING EVENTS & PROGRAMS

LEARN

If you're wondering whether graduate school is your next best step, plan to tune into **Is Graduate School Right for Me?**, a free webinar on Thursday, July 21 beginning at noon (CDT).

The webinar, a presentation of the **Alumni Webinar Series**, is cohosted by the Graduate School, Carlson School of Management, and the Alumni Association. You'll learn how to decide if graduate school is right for you, determine the best graduate school option for you, and explore career opportunities after graduate school.

The **Alumni Webinar Series** features free live webinars on a variety of career and personal topics. Webinars are also archived and available on demand anytime, anywhere. Check them out!

MinnesotaAlumni.org/webinars

NETWORK



Are you ready to enjoy summer in the Twin Cities Gopher-style? Mingle and network with other recent graduates at the Alumni Association's **Emerging Professionals Network** gathering at LynLake Brewery on June 21 from 5:30 to 7:30 p.m. You'll receive a complimentary beverage, light appetizers, and enjoy LynLake's rooftop (weather permitting). Cost is \$10 for UMAA members who pre-register, \$15 for nonmembers and at the door.

Space is limited, so register today at MinnesotaAlumni.org/EPN.

ENJOY



Be a pioneer! Alumni and friends are invited to take part in the **Gopher Mississippi River Tour**, the Alumni Association's first-ever bike tour, August 7 through 12. Starting from campus, the tour includes about 25 miles of riding each day, with stays at historic hotels and the opportunity to explore charming river towns such as Wabasha, Red Wing, Hastings, and more.

This special small-group tour is limited to 24 travelers, so hurry! Visit MinnesotaAlumni.org/biketour or call Bike Tour Vacations at 248-345-6929 for more information.

MAKE A DIFFERENCE



If you've ever considered becoming a mentor to a student, now is the time to take the next step. Ambreasha Frazier (B.S. '10, M.P.P. '12), the Alumni Association's Director of Student and Recent Alumni Relations, left, can help connect you to one of the collegiate mentor programs on campus that is now accepting applications for the fall.

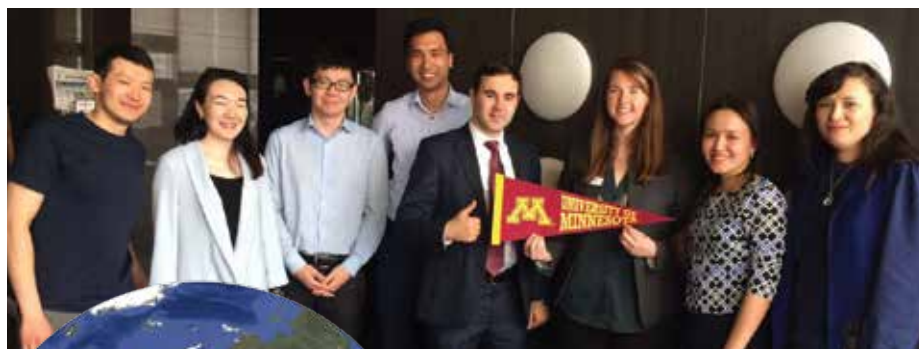
Frazier, who joined the Alumni Association staff last December, knows firsthand it's hard to overstate how important a

mentor can be to a student. As a graduate student at the Humphrey School, she formed a strong bond with mentor Elizabeth Eull (B.A. '84, M.A. '93) that continues to this day. "It's an authentic connection that is still important to us," Frazier says.

Contact Ambreasha to learn how you can become part of the U's thriving mentor community at frazi049@umn.edu or 612-626-4836.

MinnesotaAlumni.org/mentor

AROUND THE WORLD



THUMBS UP FROM KAZAKHSTAN

Members of the Kazakhstan chapter of the Alumni Association, pictured above, met with University of Minnesota recruiter Chelsea Keeney (third from right) earlier this spring. Pictured left to right are Beybit Togautov, Karlygash Karamanova, Iliyas Tursynbek, Zharkyn Bekzhanov, chapter president Eldar Babayev, Keeney, Dinara Shakhmet, and Aliya Kuzhabekova. During her visit, Keeney and Babayev presented an Alumni Association Certificate of Achievement to Erlan Sagadiyev, who was appointed the nation's Minister of Education and Science in February.

THANK YOU, ALISON WELCOME, DAN



Joel Morehouse

Outgoing Alumni Association Board Chair Alison Page (right) passed the gavel to new Chair Dan McDonald at the 2016 Alumni Association Annual Celebration at McNamara Alumni Center on April 15. More than 300 alumni and friends enjoyed an evening of socializing and a keynote presentation by University of Minnesota political scientist Kathryn Pearson. McDonald is a partner at the intellectual property law firm Merchant & Gould. He assumes his duties on July 1.

MEET KABLIA THAO



The Alumni Association is pleased to welcome new Director of National Engagement Kablia Thao (B.A. '09, M.A. '16). Kablia formerly served in the Office of Undergraduate Admissions as international admissions coordinator, Asian-Pacific Islander recruitment coordinator, and senior freshman admissions counselor. She began at the UMAA on April 4.

STAY CONNECTED

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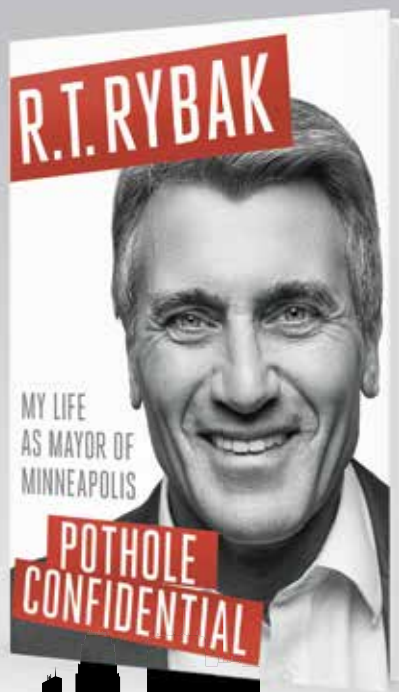
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My Board of Trustees

By Mary Winstead

I MET SYB IN A CHURCH BASEMENT, where every Tuesday night we sat with 15 women in a circle of folding chairs. We talked about the pain of staying in an abusive relationship, and the difficulty of leaving one. We went through cases of Kleenex.

Emily Dickinson once wrote, “The heart wants what it wants.” But when the heart wants someone with a drinking problem, gambling problem, you-name-it problem, it also wants remedial work. I’d left a husband with a womanizing problem. I’d isolated myself and my three kids in a protective cocoon. But I was in college, single parenting, and on the brink of financial disaster. Alone wasn’t working. Remarriage was unthinkable. I didn’t know where I belonged.


As it turned out, I belonged exactly where women have belonged since they began gathering in caves around the warmth of a campfire: in the company of female friends. Suddenly, I found supportive women everywhere: at group, school, work, and among old friends. Four of those women—Syb, May, Helen, and Katie—coalesced into an inner circle of confidantes and companions. When I hit a wall, they redirected me. They became my personal board of trustees.

Far from being a temporary crutch to lean on until I found the right man, they wove a net of wisdom and support that sustained me then, and still does today. When my soon-to-be ex-husband destroyed my college report cards and questioned my sanity, an old friend of ours took my side and championed my decision to leave and complete my English degree. And, May gave me a book from her library. “Read this,” she said, handing me Virginia Woolf’s *A Room of One’s Own*. It became a sacred text.

I cried a lot: inconveniently, uncontrollably. My tears seemed feral. I was afraid to be alone with them. On campus at my Catholic women’s college, the nuns who taught my literature classes invited me to cry in their offices between classes. They graded papers and handed me tissues. Off campus, I reached out to Helen, an old high school pal who listened when I blubbered into the phone.

I hadn’t spoken to Katie for years, but she welcomed me back, no questions asked. She lived near my cramped campus apartment in a spacious home, which she opened to my kids and me. For three summers we sat on the back stoop, watching our kids splash in their pool and play on the swing set. I often despaired of ever standing on my own. “Nobody stands on their own,” Katie said. “We’ll always need each other.”

Syb helped me assemble my portfolio and organize my job search. And she invited my little family to share the house she’d purchased. I now had a backyard, affordable rent, and a supportive roommate. She and I encouraged each other to focus on men we could love rather than men we could fix. And her heart healed: That Christmas, her fiancé played Santa Claus for my kids.

I’ve never stopped needing my board of trustees. But in time I’ve needed them in different ways. For three decades, help has never been further than a phone call away. We’ve been present for each other through career changes, teenage rebellions, cancer scares, aging parents, and now, grandchildren. Fifteen years ago I knew I’d chosen the right guy when he good-naturedly appeared before my board of trustees for their full approval. They helped plan my wedding. My dress was red. I wore waterproof mascara. There was plenty of Kleenex. 

Mary Winstead (M.F.A. ’00) is a senior writer at the University of Minnesota Foundation.

Illustration by
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