OnWisconsin

FOR UNIVERSITY OF WISCONSIN-MADISON ALUMNI AND FRIENDS SUMMER 2016

Muslim Advocate

Naheed Qureshi '94 on the front lines of civil rights

Page 22

Vision

A family of great horned owls soaks up the springtime sun near the Lakeshore Path. This photo was captured in April 2015, but the birds returned in 2016. UW-Madison is home to a surprising variety of wildlife. In recent years, students and staff have spotted foxes, hawks, muskrats, turkeys, and turtles on campus.

Photo by Jeff Miller

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OnWisconsin

A young girl prays with her father at the Muslim American Society in Brooklyn, New York, in 2010.

ROBERT GERHARDT

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Listen up: a UW audiologist works to prevent hearing damage among rural residents. See page 14.

FEATURES

JEFF MILLER

Cover
Naheed Qureshi ’94 is deputy director and founding board member of Oakland, California–based Muslim Advocates. Photo by Timothy Archibald.

WHEN ENTOMOLOGY AND AGRICULTURE WORK TOGETHER, WE ARE BOUNDLESS.

WISC.EDU | #BOUNDLESSTOGETHER

Communications

COURTESY OF JAMES BELL

Pioneering Athletes

"History in Their Own Words" [Sports, Spring 2016 *On Wisconsin*] drew my attention since I'm a 1961 African American alumnus who earned a *W* letter. [Historians Gregory Bond and Troy Reeves] may want to note the photo (above) of the 1958 UW Alpha Phi Alpha chapter, which includes nine W Club members. Sidney Williams (top row, third from right) was the first starting black Big Ten quarterback. I'm in the first row, third from right.
James Bell '61
Port Jervis, New York

Proposal Point

Thank you for the wonderful article on the history of Picnic Point ["Sacred Ground," Spring 2016]. Picnic Point holds a special meaning for me. In August of 1971, I took a walk with my then-girlfriend [Dianna Stearman] to the tip of the point and asked her to marry me. She said yes, and thus began the best forty-three years of my life until her passing in June of 2014.
Bob Lawrence '69, MBA'71
Waukesha, Wisconsin

Picnic Point was where I hiked as a Girl Scout, a destination for exploration with my friends, a harbor of safety from a wicked summer storm while my family was sailing, a coveted place for a run in college, and most important, the place where I met my husband (Richard Chamberlain MS'97) around a crackling campfire as we gathered with friends for an evening of guitar playing and song. It truly is a magical spot, and the UW is so lucky to have it as one of the many jewels that make it the most beautiful campus around!
Stephanie Rane Chamberlain '92
Denver, Colorado

War Anthems

[Regarding "War Anthems," Spring 2016 On Campus:] Jimi Hendrix played to a less-than-sold-out Dane County Coliseum in May 1970. I sat near the stage with my high school girlfriend. His set included his version of the "Star-Spangled Banner." The opening act, a band from Detroit, played "All Along the Watchtower." Hendrix should have played it, but he wrapped up with "Purple Haze," number five on the "War Anthems" list of songs.
James Neupert '75, MBA'78
Atherton, California

Seventies Grad Available for Shrooms Study

Your Spring 2016 News Feed mentions a UW psilocybin study with the first stage of testing on healthy people. As an early seventies alum in good health, I feel I am well qualified to volunteer for the study. Please have 'em send me a year's supply of daily doses, and I will report back.
Daniel Schlender '75
Springfield, Oregon

#THEREALUW

UW-Madison students of color used Twitter to share accounts of their experiences on campus after several racial incidents were reported during spring semester. Chancellor Rebecca Blank called the acts "completely unacceptable" and announced new initiatives, including piloting cultural competency and community-building activities for new students beginning in fall 2016 and investigating how peer institutions support students. Blank also called for innovative proposals for improving campus climate; as of press time, more than one hundred had been submitted for consideration.

@aarriagalex
We belong here, we earned our scholarships we earned our spots and we're earning our degrees. #therealUW

@TangibleTangi
Being told I should drop a class when a white student said she didn't feel comfortable talking about race around "colored people" #therealUW

@KennethRCole
#TheRealUW is the place where my professor jokes about water in flint Michigan and students actually laughed.

@MoonsAtDusk
I've sat in classrooms and listened to white professors refer to the Atlantic slave trade as "immigration" @UWMadison #TheRealUW

@DJayMando
#TheRealUW "So are you on the basketball team?"

@cdo_uwmadison
Tell me about your experience as a UW-Madison student. Be real with me so we can work toward real change at #TheRealUW. #therealuw

@LoriBerquam
It takes ALL of us to be the change. #enoughisenoughUW
The time is now.

@munizalbert2
#therealUW Feels like we need some light in the darkness right now. Hoping we find the answers.

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Summer 2016

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NICHOLE SOBECKI

On Wisconsin first brought readers the story — and the arresting images — of Pulitzer Prize–winning photojournalist Lynsey Addario '95 in summer 2011.

Just a few months earlier, she had been kidnapped for six days while on assignment for the *New York Times* in Libya. After her harrowing ordeal, the London-based Addario returned to the field, continuing to capture stories around the world, from the plight of Syrian refugees to the civil war in South Sudan. She wrote a best-selling memoir — *It's What I Do: A Photographer's Life of Love and War* — which director Steven Spielberg is adapting for the big screen. And *American Photo* magazine named her one of the five most influential photographers of the last twenty-five years.

At the UW, Addario earned a bachelor's degree in Italian and international studies. This spring, she returned to campus for commencement, receiving an honorary UW degree, along with William J. Rutter, a leader in the field of biotechnology, and Tommy Thompson '63, JD'66, former secretary of the U.S. Department of Health and Human Services and Wisconsin's governor from 1987 to 2001.

It's a distinction reserved for people of extraordinary accomplishments whose work exhibits the university's values, and Addario fits them to a T.

She has spent her career documenting both unthinkable human suffering and the daily lives of ordinary people in faraway places. Her images reveal the common threads of the human experience across cultures and political boundaries, and they demand attention — and action.

"Journalists can sound grandiose when they talk about their profession," Addario writes in her book. "Under it all, however, are the things that sustain us and bring us together: the privilege of witnessing things that others do not; an idealistic belief that a photograph might affect people's souls; the thrill of creating art and contributing to the world's database of knowledge."

Jenny Price '96
Co-editor

OnCampus

News from UW-Madison

The Race to Stop Zika

UW scientists hope that quickly sharing results will generate answers about the virus.

ISTOCK

UW scientists studying the Zika virus are sharing results in real time, an unusual move aimed at speeding up progress on tests, treatments, or vaccines.

David O'Connor is doing something extraordinary for a scientist: the UW pathology professor is sharing his results daily.

His lab is studying the Zika virus, and he's hoping that posting data online in real time will allow public health policymakers and other researchers to work on tests, treatments, or vaccines much sooner. If the results followed the traditional route, they would take months or years to become public via scientific journals. Instead, O'Connor's lab posts results on a blog and updates followers via its Twitter feed, @dho_lab.

The effort began in October, when O'Connor last visited Brazil, where babies born with underdeveloped brains and small heads were the relatively quiet beginning of worry over the spread of the mosquito-borne virus. One of his Brazilian collaborators asked whether technologies developed on their decade-long research program studying drug-resistant strains of HIV could be used to look for new viruses that might explain some unusual cases of a birth defect, microcephaly, in the northern part of the country.

"At the time, we didn't know it would explode into the public consciousness like it did," O'Connor says. "But we did start planning."

That culminated in some of the first experiments studying Zika virus in monkeys, conducted by a broad UW-Madison team that includes the Wisconsin National Primate Research Center and expertise in infectious disease, pregnancy, and neurology.

Until recently, Zika was an understudied virus expected to cause little more than flu-like symptoms — the Centers for Disease Control and Prevention lists fever, joint pain, and headaches — in about 20 percent of the people it infected. But the rapid spread of the virus and its connection to an otherwise rare birth defect have drawn plenty of attention from the public and government officials.

Many questions remain about the virus, and their answers are hotly anticipated, says **Thomas Friedrich '97, PhD'03,** a UW associate professor of pathobiological sciences, adding, "There are a lot of countries in the tropics right now saying, 'Don't get pregnant until 2018.' That's not a sustainable public-health recommendation."

CHRIS BARNCARD

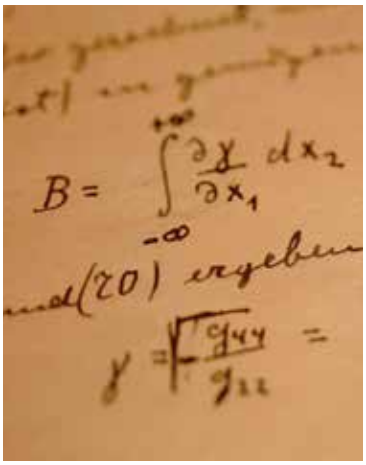
BRAIN GAMES

As a graduate student, **Jihae Shin** found procrastination to be a boon for her creativity. Her professor asked her to prove it — so she did. Shin, now an assistant professor in the Wisconsin School of Business who studies the dynamics of work motivation and performance, challenged a group of people to come up with new business ideas. Some were first given five minutes to play Minesweeper or Solitaire, while the rest immediately proceeded with the task. An independent panel rated their ideas for originality, and the results showed what Shin believed was true all along: ideas from the procrastinators were 28 percent more creative.

JED JACOBSOHN/THE PLAYERS' TRIBUNE

Russell Returns

A familiar face traded his football pads and helmet for a cap and gown in May. **Russell Wilson MSx'11,** the Super Bowl–winning quarterback of the Seattle Seahawks, spoke to UW-Madison graduates during the spring commencement ceremony at Camp Randall Stadium. Wilson led the Badgers to the 2012 Rose Bowl.



GETTY

It's All Relative

One hundred years ago, Albert Einstein hypothesized that gravitational waves produce ripples through space and time. Earlier this year, an international team of scientists announced that they had unlocked this final door to the famed physicist's theory of relativity. The *New York Times* noted: "Scientists have finally tapped into the deepest register of physical reality, where the weirdest and wildest implications of Einstein's universe become manifest."

During the past three decades, UW researchers led by Miron Livny, a computer sciences professor, pioneered technology that was at the core of the effort. And since 2004, their humble software program — called HTCondor — has churned away in the background, harnessing the power of tens of thousands of networked computers to help detect gravitational waves caused 1.3 billion years ago by a collision of two black holes thirty times as massive as our sun.

Climate Change to Last Millennia

The changes that are altering Earth's climate will have much longer-lasting effects than previously realized, according to a study released in February. Looking at climate and oceanography models, the study's authors believe that it could take as long as 1 million years before all of the carbon currently being released into the atmosphere is completely removed.

"It's really a perspective piece," says **Shaun Marcott,** an assistant professor of geoscience and one of the contributing researchers. "When most people look at climate change, they're looking at a perspective of how things will be in 2100. If they're looking long term, they might mean 2300. But we're looking at climate change on a geological scale — how things will be in ten thousand years or more."

The effects of burning fossil fuels, the study contends, will not be fully realized for several decades, nor will they dissipate soon after the use of carbon-based fuels ends. Carbon in the atmosphere will cause temperatures to warm, ice caps to melt, and sea levels to rise.

"Temperature is actually the lesser effect. We have some ability to adapt to higher temperatures," says Marcott.

DJ PERRY/ISTOCK

"But the rising sea levels — we can't adapt to water. We can't stop it. We can't mitigate it."

Marcott and his colleagues forecast that the sea level will rise about forty meters during the next ten thousand years, enough to flood New York, Tokyo, Shanghai, Cairo, most of Florida, and much of Bangladesh. "This will mean that the populations of whole countries will have to move into other countries," he says. "The conflict in Syria has dislocated 5 million people. What happens when it's 60 million to 70 million Bangladeshis who no longer have a home? That will cause a lot of conflict."

JOHN ALLEN


NASA

LET'S EAT OUT **At this year's Oscars, *The Martian* was nominated for seven awards (including best picture), in part for its realistic portrayal of an effort to grow extraterrestrial crops. How realistic was it? The UW's Simon Gilroy told Madison's WISC-TV that *The Martian* "is an awesome movie" with "really good and accurate science." And he'd know. His lab has helped NASA grow plants in space. Astronauts on the International Space Station even ate some of his lettuce, which they grew in orbit. "We're right at the dawn of space agriculture," he says.**

UW-MADISON ARCHIVES S08042

UW-Madison loves politics and, from time to time, politicians even return that love.

During this campaign year, we look back to one of the first occasions when a presidential candidate visited campus.

In October 1911, **Woodrow Wilson** (seated at right with blanket) came to Madison while testing the waters for a White House run. He was then the newly sworn-in governor of New Jersey and former president of Princeton University. UW president **Charles Van Hise 1879, 1880, MS1882, PhD1892** is in the driver's seat, and presumably they're on their way to or from the Red Gym, where Wilson addressed a crowd of Wisconsin Democrats.

Wilson had come to the UW to speak at a national conference called Civic and Social Center Development.

"The best treatment for bad politics is the same as that for tuberculosis," he told the assembled crowd, "and that is exposure in the open air."

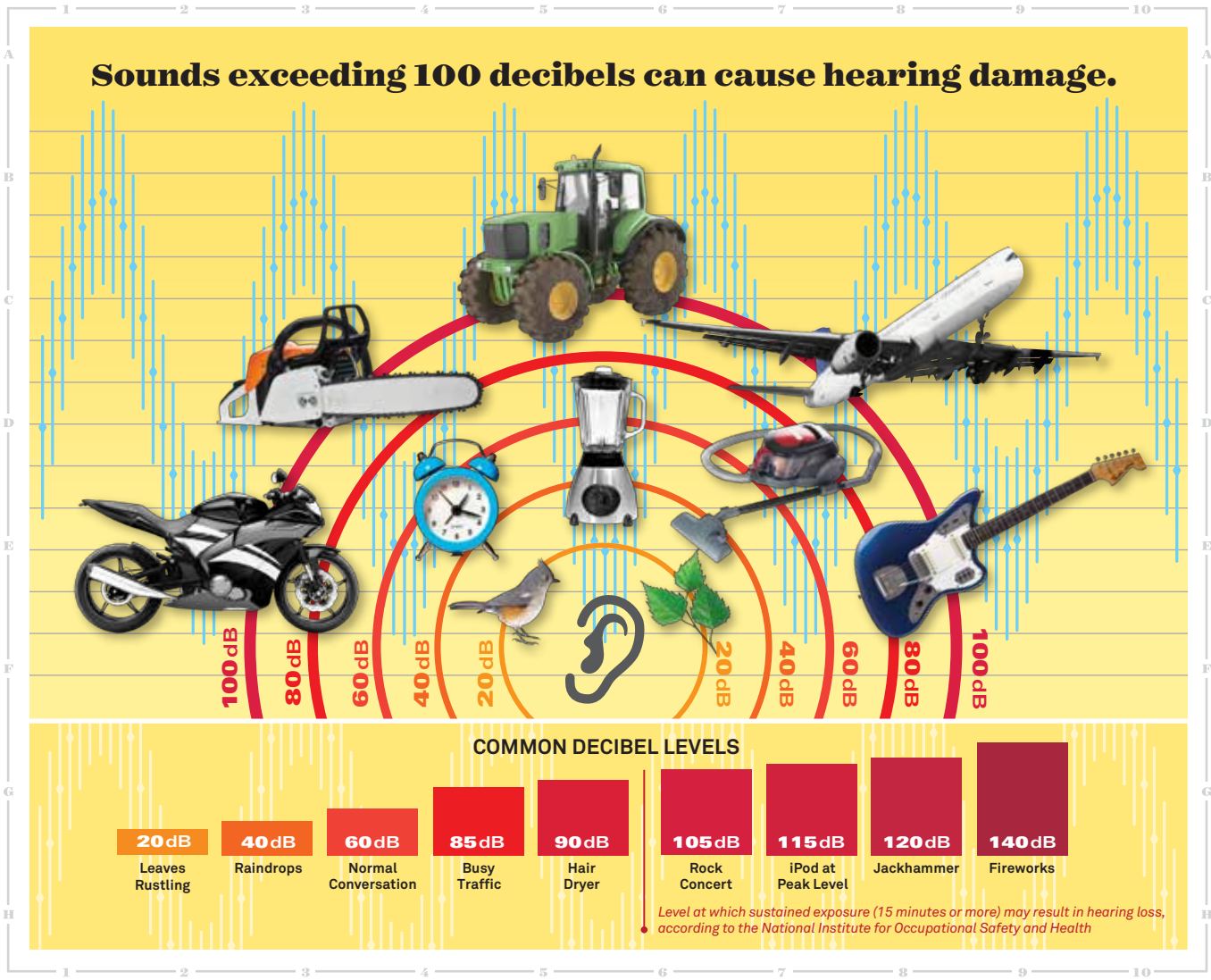
We've since learned that the best treatment for tuberculosis is antibiotics, but as politics seems to be a drug-resistant disease, open air is the best we can do.

As Princeton's leader, Wilson had developed a relationship with UW administrators and faculty. He'd corresponded with **Thomas Chamberlin** when the latter was UW president in the 1890s. And Van Hise sought Wilson's advice when the Wisconsin Union was first proposed at the beginning of the twentieth century.

In the last 100 years, campus has been a popular stop for presidential candidates. Presidents Hoover, Truman, Eisenhower, Kennedy, Clinton, and Obama all came to the UW while seeking election or re-election.

When it came to politics, however, Wilson and Van Hise were less mutually supportive. Van Hise was a friend and adviser to Theodore Roosevelt, who would become Wilson's chief rival in the election of 1912. Wilson ended up winning the vote in Wisconsin and across the country, but he didn't visit campus again.

JOHN ALLEN



TRACTOR IMAGE: SHUTTERSTOCK; ALL OTHER IMAGES: ISTOCK; PHOTO ILLUSTRATION BY NANCY RINEHART

Horsepower vs. Hearing

Growing up on a dairy farm in Viroqua, Wisconsin, **Melanie Buhr-Lawler '00** heard her dad's tractors and other loud equipment every day. Now, as a clinical associate professor of audiology at UW-Madison, she promotes hearing conservation to those with little to no information about these noisy risks.

Most rural residents over age forty experience substantial hearing impairment, studies have found. On a farm, tractors and other heavy equipment each can exceed one hundred decibels or higher — enough to cause permanent hearing damage after fifteen minutes of exposure. Yet, the federal occupational health and safety regulations that protect employees in noisy urban work settings don't cover farmers.

To raise awareness, Buhr-Lawler and students from the UW's Department of Communication Sciences and Disorders attend the Tomah Tractor Pull, an annual Wisconsin event that draws sixty thousand spectators. They talk about options to protect hearing and offer free earplugs to block out the deafening roar of turbocharged, three-thousand-horsepower machines.

"A tractor pull is one of the loudest places on earth — as loud as a jet plane at takeoff," says Buhr-Lawler.

Melanie Buhr-Lawler says her father, a farmer, told her a tractor pull would be the ideal place to educate people about the dangers of rural noise.
SARAH MORTON

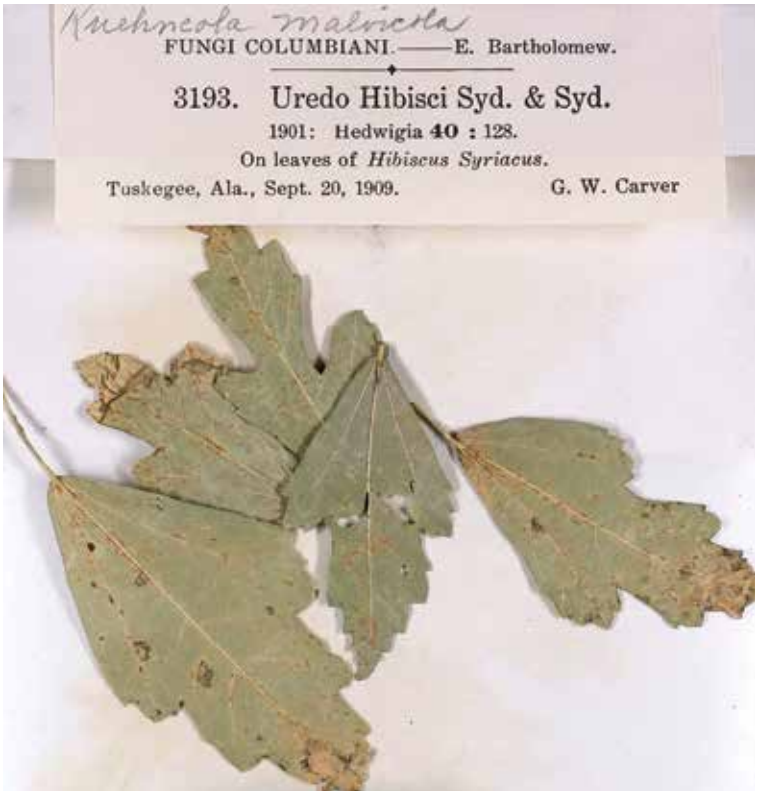
The project, funded by a Statewide Outreach Incentive Grant from the UW, aims to create a model program that can be used at other loud events in rural areas.

When she started the effort three years ago, Buhr-Lawler felt some trepidation about passing out earplugs to a crowd that was clearly up for some noise. "We wanted to be a positive force, not the university coming in to 'nag' everyone," she says.

But the crowds have welcomed her with open ears: so far, her team has passed out thousands of earplugs.

MARY ELLEN GABRIEL

Famous Fungus



WISCONSIN STATE HERBARIUM

Earlier this year, staffers at the Wisconsin State Herbarium were transferring specimens into newly expanded space, when they discovered something unexpected: examples of fungi collected by George Washington Carver. The prominent botanist, who had been born a slave and rose to lead the agricultural department at Alabama's Tuskegee Institute for forty-seven years, collected specimens of fungi that infect plants, and he shared at least twenty-five of them with the UW (including these hibiscus leaves, which are infected with rust). The herbarium has a grant from the National Science Foundation to create a digital database of its fungi. With 120,000 specimens of microfungi, it has the country's second-largest collection.

SHUTTERSTOCK

George Washington Carver studied plant diseases and shared specimens with the UW.

These Boots Were Made for Chargin'

There's a new energy source right under your nose — or perhaps under your toes. The Bubbler is a technology that enables people to generate electricity by walking. Developed by a group of UW-Madison researchers that includes engineering associate professor ***Tom Krupenkin, Tsung-Hsing Hsu, Supone Manakasettharn PhD'13,*** *and* ***J. Ashley Taylor,*** *Bubbler technology fits in the insole of a shoe. When people walk in Bubbler-enabled shoes, their steps cause tiny bubbles to expand and collapse. This action generates electricity — about one watt per shoe. That's enough, says Krupenkin, to power a mobile Wi-Fi hotspot.*

NEWS FEED

JEFF MILLER; OSHER MAP LIBRARY AND SMITH CENTER FOR CARTOGRAPHIC EDUCATION

Tributes to journalism professor James Baughman poured in on social media from colleagues and former students following his death from lung cancer in March. Many recalled Baughman's advice following difficult or tragic events: "Write about it."

When the National Endowment for the Humanities celebrated its fiftieth anniversary, it highlighted projects that "have enriched and shaped American lives." Two of them are housed at UW-Madison: History of Cartography and the *Dictionary of American Regional English.*

UW-Madison will share in a $5 million National Science Foundation grant to establish a Center for Trustworthy Scientific Cyberinfrastructure — a center to protect scientific data.

MATTEL

"We have to understand [that] we are still talking about Barbie, and we're still talking about her appearance. We're not talking about women's education and accomplishments. The other thing we're not talking about is gender equality. I would love to come on [Channel 3] once more when Mattel releases a Ken doll pushing a vacuum cleaner."

Christine Whelan, a faculty associate in the Department of Consumer Science, speaking to Madison's WISC-TV about the new "curvy, tall, and petite" Barbie dolls

BRYCE RICHTER

What UW-Madison spent last year on research support ($8 million) and raises ($726,436) to keep forty top faculty members on staff after they received job offers from other universities, including Cornell, Duke, Harvard, MIT, Northwestern, Oxford, and Princeton.

HAVE A HEART

A group of UW scientists has successfully reprogrammed cells from connective tissue to become master heart cells, a development that may open the way to advances in stem cell research and new approaches for therapy of failing hearts.

The group, which includes nineteen researchers at the UW, used cells called fibroblasts from mice and reprogrammed them to become induced cardiac progenitor cells (iCPCs), which can develop the major types of cells found in the heart.

Tim Kamp, one of the lead researchers, notes that creating iCPCs in mice isn't the same as creating them in humans, but that's the next goal. Having iCPCs could prove useful in testing drugs, modeling how heart disease works, and even in regenerating heart tissue.

NEWS FEED

The Wisconsin Union has decided to close the Hoofers Equestrian Center due to its expense. The 40-acre facility outside of Belleville, Wisconsin, hosted the Hoofer Riding Club and Wisconsin Equestrian Team, both of which now board at a new location.

***Education Week* named School of Education** professor Gloria Ladson-Billings number five on its list of the top 200 most influential scholars in the field of education policy. Ladson-Billings holds the Kellner Family Chair in Urban Education and wrote the textbook *The Dreamkeepers: Successful Teachers of African American Children.*

The Wisconsin Alumni Research Foundation (WARF) has named Erik Iverson as its new managing director. Iverson was previously the president of business and operations for the Infectious Disease Research Institute in Seattle, Washington. WARF secures and manages patents on behalf of UW researchers.

COURTESY OF HOOFER RIDING CLUB; BRYCE RICHTER

Conversation *Paul Robbins '89*

The grass may be greener on the other side of the fence. But is that a good thing? By surface area, lawns — including golf courses — could be considered the single largest irrigated crop in the United States. **Paul Robbins,** director of the Nelson Institute for Environmental Studies and author of *Lawn People: How Grasses, Weeds, and Chemicals Make Us Who We Are*, has studied America's fixation with them — and the ecological fallout.

When did you first become interested in people's attitudes about their lawns?
It was when I first bought a house — 1999 — in Clintonville (Ohio). My neighbor leaned over my fence one day and said, "What are you going to do about that creeping charlie?" I realized it's a common property problem. If people let their lawns go in one part of the neighborhood, the other part of the neighborhood gets upset about it.

Where did the idea of a lawn being a symbol of a well-kept neighborhood get started?
Lawns don't actually appear in a big way in the United States until the 1950s. It's an old idea that well-cultivated, tidy landscapes make for tidy citizens, but it lives on. People would tell me when we'd interview them, "You know what's going on inside a house by what you see outside the house."

What are the main ecological effects of the quest for the perfect lawn?
People use [chemicals] in quantities ten times more per square area in a lawn than they do out in the countryside. And so the impacts are pretty high; you see these chemicals in urban waterways. The big [impact] now is water demand. In Las Vegas, they're buying back lawns. In Los Angeles, the city pays you per square yard that you surrender of your yard.

Why do people still try to achieve this ideal?
We surveyed people all over the country. We asked them whether they think lawn chemicals are bad for water quality, for their children, for their health. People who say they use lawn chemicals are more likely to say that they're bad than people who don't use lawn chemicals. If they had a choice, they would do something else, [but] they feel like their neighbors will look down on them, their property values will fall, it'll be a sign of being a bad community member.

Short of letting a residential lawn revert to a natural prairie, how can people reduce the environmental impact?
Have your lawn where your kids can play soccer, but don't worry as much about the weeds and dandelions. Relax your aesthetic and appreciate the diversity.

Interview conducted, edited, and condensed by Greg Bump.
Photo by Bryce Richter

JEFF MILLER (4)

Tony-winning actress Karen Olivo (top) teaches UW students, including Kaleigh Sullivan (above left in green) and Alyssa Beasley (above center), the mechanics and the magic of putting on a Broadway show.

The rules are the same for every audition. Enter the room when called. Hand your sheet music to the accompanist and hum a few bars to set the tempo. State your name. Sing.

Karen Olivo knows these rules inside and out. She is a bona fide Broadway star who won a 2009 Tony Award for playing Anita in *West Side Story*. In 2013, she left New York to join her then-fiancé (now husband) in Madison and began teaching musical theater performance classes at the UW. This spring she put nineteen students in her Theatre and Drama 440 course through the paces of putting on a show: auditioning, getting cast, and learning choreography and songs.

"When we start staging things, if you don't know your lyrics, you are going to get killed," Olivo warns during an intense mid-semester rehearsal lab, when the focus shifted to dance steps. "The moment you get nervous, you're going to forget. You should know this in your sleep."

It's pure tough love.

The UW doesn't offer a musical theater major, but the class teaches hard-earned lessons about how to be a consummate professional, on or off stage.

"She doesn't baby us," says **Kaleigh Sullivan '16,** a kinesiology major. "She's just putting us into this and saying, 'If you went to Chicago or New York, this is what you'd be doing.' "

Olivo's connections secured Sullivan and classmate **Alyssa Beasley x'18** — a civil and environmental engineering major — the chance to audition for the twentieth-anniversary national tour of *Rent*. While doing so, Beasley says, they marveled, "Karen was so right. It's the same thing. We're just in New York."

JENNY PRICE '96

M.P. KING/WISCONSIN STATE JOURNAL

Empty Stomachs

Stress for many college students can mean pulling an all-nighter to finish a paper. But for others, it can mean not having food to eat.

Food insecurity is a reality at the UW. To help combat the problem, a food pantry opened in February inside campus's Student Activity Center. The pantry received funding from student segregated fees to cover staff and operational costs. But it relies on donation bins at locations around campus — including residence halls and offices — since rules prohibit student organizations from using these fees to purchase food.

"When people get to a Big Ten university like the UW, they assume everybody automatically turns middle class once they're here, which is not the case," says **Samantha Arriozola x'17,** a food pantry volunteer. "Being food insecure means that you still have to worry about your meals, if you're going to eat, what you're going to eat on a daily basis."

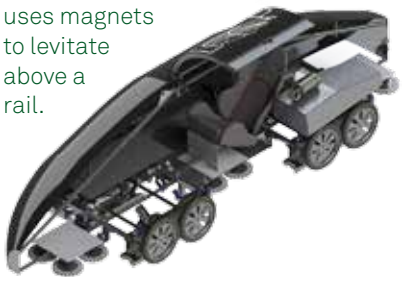
DANIEL MCKAY '16

Samantha Arriozola (above) is a volunteer for The Open Seat, the new food pantry inside the UW's Student Activity Center.

COOL COMMUTE

A team of UW engineering students took third place in a contest sponsored by the private aerospace firm SpaceX to design a rapid transit system called a hyperloop. The team competed against more than 100 student groups to design its "BadgerLoop," which uses magnets to levitate above a rail.

COLLEGE OF ENGINEERING



PhD in Heroism

The university awarded a rare posthumous degree to Craig Schuff MS'12, PhD'16, whose parents accepted a doctorate in electrical engineering on his behalf in May. A 2011 diving accident on Lake Monona left Schuff a quadriplegic, but he continued to pursue his research, which involved creating a device to screen packages for suspicious substances such as chemicals or nuclear materials. Schuff earned a master's in nuclear engineering and was preparing to defend his doctoral dissertation when he died in October 2015. UW-Madison has awarded only one other posthumous graduate degree, in 1999.

NEWS FEED

JEFF MILLER; JUDITH BURSTYN

Evolutionary biologist Sean Carroll has been awarded the Lewis Thomas Prize from Rockefeller University. The prize honors his work writing about science.

In March, the UW lost its longtime vice chancellor for finance and administration — essentially, its chief financial officer — when Darrell Bazzell '84 departed for the University of Texas.

Lorna Jorgenson Wendt '65 passed away in February. The School of Music alumna was known as an advocate for financial equality for women and men. She founded a program, housed at UW-Madison's School of Human Ecology, to explore the topic.

Agronomy professor Bill Tracy now holds the first endowed chair in the country focused on plant breeding for organics, created with gifts from Organic Valley and Clif Bar & Company, along with a matching gift from UW alumni John '55 and Tashia '55 Morgridge.

Contender *Gwen Jorgensen*

Triathlete Gwen Jorgensen '08, an All-American for the UW track team, is headed to the Summer Olympics.

Gwen Jorgensen '08, MAcc'09 has taken a roundabout way to Rio that began in Madison.

The Waukesha South High School standout runner and swimmer didn't plan to attend UW-Madison — thinking that it was too close to home — until she visited campus and fell in love with the atmosphere. Though she had more raw talent as a runner, she followed her passion by walking on with the swim team.

Left behind when teammates competed in an NCAA swim meet, she felt discouraged. Her high school track coach suggested that she switch to running for the UW. She told him no. "I knew what it took to get to the next level and didn't think I could," she says.

He arranged a mid-season tryout for her anyway. "I was on the team the next week," she recalls. The 5'9" phenom went on to All-America honors in track and cross country in 2008.

After finishing her master's degree in accounting, Jorgensen began working at Ernst & Young in Milwaukee and considered her days of elite competition behind her. But then a recruiter from USA Triathlon headquarters called with a life-changing question: Ever consider triathlons?

Jorgensen hadn't. "I didn't even own a bike," she says.

Realizing that she missed competition, she decided to try the grueling sport that combines swimming, cycling, and running. Jorgensen did so well in her first race in 2010 that she achieved elite status, putting her among the best in the world. In subsequent events, she qualified for the 2012 Olympics. A flat tire during the cycling stage dropped her to thirty-eighth place, but when she crossed the finish line in London that year, she set a goal of winning gold in Rio this summer.

Jorgensen committed to training abroad, but two years later, after another discouraging finish — this time in Auckland, New Zealand — she wanted to abandon the sport. Her fiancé — now husband — Patrick Lemieux, urged her to persevere.

Jorgensen did exactly that, going on to conquer the competition by winning twelve consecutive events in the International Triathlon Union's World Triathlon Series. Her progress is astonishing: she has become the most dominant triathlete since the sport became an Olympic event sixteen years ago.

She looks forward to once again representing the United States on a world stage, but the woman who used to race with Bucky Badger painted on her cheek says she has not forgotten her roots: "I'll always be a Badger."

JOHN ROSENGREN
PHOTO BY FELIX SANCHEZ ARRAZOLA

RON SELLERS

Disc Jocks

For the Madison Radicals, competing is the ultimate experience.

Just before midnight in the middle of January, more than ninety young men dressed in a colorful mix of basketball shorts, T-shirts, and jerseys arrived at an indoor sports complex with one goal: to be a Madison Radical.

The Radicals, an ultimate Frisbee team, feature fifteen UW alumni and two PhD students, but plenty of others hope for the chance to join them.

Started in 2013 by coach and co-owner **Tim DeByl '96,** the ultimate Frisbee team competes in the American Ultimate Disc League, playing home games at the historic Breese Stevens Field on Madison's near east side. Ultimate Frisbee mixes elements of football, basketball, and soccer. It combines extreme athleticism — players leap and dive for catches — and technical ability to create an exciting game for players and fans.

The Radicals — the league's smallest franchise by city size — quickly won big. The team reached the championship last season, falling to the San Jose Spiders. A handful of diehard Radicals fans grew to an average of 1,200 per game in Madison, and the team has been featured in the *New York Times* and has appeared on ESPN3 as part of the league's television deal.

The city will host the league's championship on August 6 and 7. DeByl credits the team's success to Madison's history with the game: the Hodags, the UW's club team, was started in 1977 and has won three national championships since 2000.

When DeByl started the team, he didn't contemplate success. For him, the priority was simply encouraging people to accept the game as a legitimate spectator sport. "Nobody knows what ultimate Frisbee is. That was the first step," he says. "When you mention the word Frisbee, [people] immediately think it's some sort of either throwing game [you play with a dog] or something non-athletic. Then, when they watch it, I think they learn otherwise, so part of it is just getting them in the stadium."

For **Patrick Shriwise MS'13, PhDx'17,** a nuclear engineering PhD student and a Radical from the start, having to turn people away from tryouts means the team is doing something right.

"The success we've had as a team means drawing in players from other places," he says. "Every year I've become more and more of a believer."

DANIEL MCKAY '16

TICKER

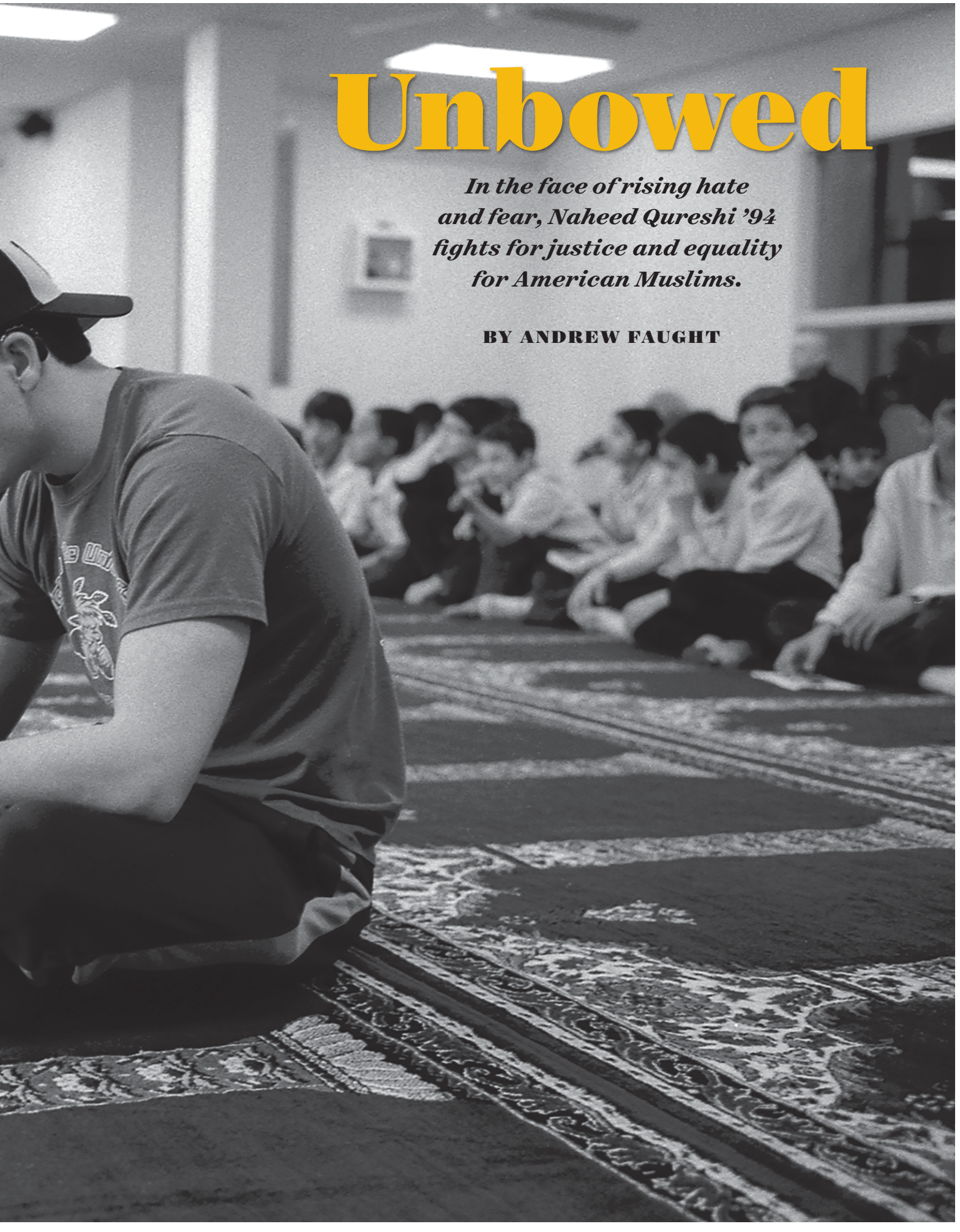
The Athletic Department hired Jonathan Tsipis to coach the women's basketball team. Tsipis comes to Madison from George Washington University, where he coached for four years and led the Colonials to a 92-38 record. Tsipis succeeds Bobbie Kelsey, the UW's head coach from 2011 to 2016.

When the men's basketball team takes the floor this fall, its bench will have a familiar face. Joe Krabbenhoft '09, who played for the Badgers from 2005 to 2009 and was a team captain in his senior season, will return as an assistant coach.

Track star Morgan McDonald x'18 set a new UW-Madison indoor record for running the mile when he finished in 3:57.83, a tenth of a second faster than the previous record, set by Austin Mudd '16 in 2013. McDonald was running in the Armory Track Invitational in New York City, where he finished fourth.

Tony Granato x'87 is coming home. In March, the UW announced Granato will be the new head coach of the Badger men's ice hockey team. Granato starred for the UW from 1983 to 1987 before entering the NHL. He played for and coached several professional teams. Granato succeeds Mike Eaves '78, who coached the Badgers from 2002 to 2016 and led them to a national championship in 2006.

WISCONSIN ATHLETICS (3)



Unbowed

In the face of rising hate and fear, Naheed Qureshi '94 fights for justice and equality for American Muslims.

BY ANDREW FAUGHT

Previous pages: a student reads the Koran before Friday afternoon prayers at the Islamic Society of Wichita in Wichita, Kansas, in 2013. The photo is from the project *Muslim/American, American/Muslim* by Robert Gerhardt.

Two days after last year's Paris terrorist attacks, professional football teams around the United States flew French flags and observed a pregame moment of silence for the 130 victims. At Green Bay's Lambeau Field, the tribute was broken by one fan's bellicose outburst: "Muslims suck!"

Social media users also reported hearing chants of "Death to Muslims." And for Kenosha native Naheed Qureshi '94, a Muslim and diehard Packers fan, the words cut deep.

"They were talking to me," says Qureshi, who was not at the November 15 game. The commentary, however, was clearly audible to millions of fans watching the nationally televised broadcast.

"The words were talking to my family and my parents, who spent fifty years of their lives educating generations of nurses who contribute to Wisconsin to this day," she adds. "It's really hard to hear those things. Football is something I do to take a break, so it was painful."

The incident was a trenchant reminder of the challenges that Qureshi, the daughter of Pakistani immigrants, faces as deputy director of Oakland, California–based Muslim Advocates. The legal advocacy and educational organization works on the front lines of civil rights to guarantee freedom and justice for Americans of all faiths through high-impact lawsuits, community education, and policy advocacy.

Muslim Advocates focuses on ending racial profiling, strengthening the nation's network of more than 1,300 Muslim charities — including soup kitchens, homeless shelters, and medical clinics — and countering hate. Notably, the nonprofit filed a lawsuit in 2012 — later joined by the Center for Constitutional Rights — against the City of New York, accusing police of spying on Muslims at home, work, school, and at mosques. The case is pending.

Qureshi helped found Muslim Advocates in 2005, when she was an organizer for the legislative office of the American Civil Liberties Union in Washington, DC. There, she worked on matters related to racial profiling, voting rights, the Patriot Act, and post-9/11 civil rights violations.

Prior to that, Qureshi was recruited — after earning her law degree at Georgetown University — to join the U.S. Department of Justice Civil Rights Division, where she helped shape the Initiative to Combat Post-9/11 Discriminatory Backlash. In that role, she organized community forums around the country, fielded discrimination complaints, and was a liaison to Muslim, Arab, and South Asian American communities.

The challenges haven't abated, and Muslim Advocates' stature in the national zeitgeist has become only more pronounced in recent months.

After Paris, and a subsequent attack last December in which an extremist husband-wife tandem killed fourteen public employees in San Bernardino, California, hate crimes against Muslims in the United States more than tripled, according to the Center for the Study of Hate and Extremism in California. There were eighty offenses in the four months following the Paris attacks, ranging from death threats and physical violence, to vandalism and arson attacks on mosques.

Fear has gripped Muslim communities, where parents have complained their children have been called "terrorists" or "Osama bin Laden" by classmates, Qureshi says. The same parents have vocally fretted about their children's college and job prospects.

"The immediate aftermath of 9/11 is quite different from what we're dealing with today," Qureshi says. "There were hate crimes and it was quite challenging, but there were also lots of Americans coming together and supporting each other. There was a feeling that we were all in this together. I don't think it registered with very many people that there are Muslims here. They didn't speak about a Muslim problem."

Fifteen years later, she laments that today's climate "is beyond the bounds of my imagination."

But Qureshi is unbowed. Her legal aspirations were shaped by a different time, when television fed the notion that justice always prevails. "I first wanted to be a lawyer because of *Perry Mason,"* she says with a laugh. "I used to watch repeats with my mom."

But her commitment to fairness and justice can't be summed up by a nearly sixty-year-old TV show. It was at UW-Madison where the political science major experienced an intellectual coming of age. Taking a pair of constitutional law classes from noted professor Donald Downs was particularly influential. "He pushed me to think about things from every different angle, even going to places that were uncomfortable," Qureshi says. "He challenged my views in a way that forced me to question everything I took for granted. He challenged my basic ideas of what's right and wrong with our system, and what do rights mean versus what does right and wrong mean? That taught me to become a different kind of thinker."

Just as she is now, Qureshi was very much the political operative during her days at the UW. She organized a coalition of disparate student groups that sponsored educational events on the Bosnian War and genocide that was raging half a world away.

"That experience contributed to my education about justice and informing people about issues," she says. "It was powerful to see all sorts of unusual partners come together to speak out against a great injustice. When you get together and start working on a common cause, you start to focus on how much more you have in common."

It's the same ethos that Qureshi brings to her work today at Muslim Advocates, which involves managing program staff and fostering relationships with other groups fighting to maintain civil rights.

Muslim Advocates also has aligned with the NAACP in pushing support for the End Racial Profiling Act. The proposed legislation, which would affect local law-enforcement agencies, has yet to gain traction in Congress. The organizations did, however, help sway the U.S. Justice Department in 2014 to expand rules preventing FBI agents from considering national origin and religion, among other categories, when deciding whether to open a case.

"Naheed played a major role in helping us frame that," says Hilary Shelton, director of the NAACP's Washington, DC, bureau. "She works in a respectful and noncombative way. She's assertive and thoughtful and very diplomatic in her approach. She's been a fantastic asset and ally. She has a gift of being able to see, almost immediately, the similarities between the various communities she's speaking with, and that makes a huge difference."

Qureshi's collaborations extend to what, in the wider world, doesn't always make for easy alliances. She works closely with Bend the Arc, a New York–based Jewish nonprofit that advocates and organizes for a more just and equal society. Arielle Gingold, the group's associate director, calls Qureshi "one of my closest colleagues and most trusted partners in the work that we do. She teaches me constantly. We have a great dialogue about our different religions, and I learn from her and she learns from me."

Bend the Arc was among nearly fifty civil rights, interfaith, community, and advocacy groups that joined Muslim Advocates last September to urge Republican and Democratic party leadership to hold party members and candidates accountable for promoting religious bigotry.

"In the U.S., there is a lot of common ground and a lot of really great and important work being done between the Muslim and Jewish communities, and the Christian community as well," Gingold says, praising Qureshi for her "contagious passion for the work that she does."

"We have a strong interfaith partnership advocating for the rights of our communities as a whole, and defending each other's rights when they are attacked," she says.

Qureshi derives many of her sensibilities from her parents. "They told my sister and me that we were Muslims, but that we should cherish and value everyone's background and faith," she says. Her mother and father met at the University of Idaho, where both were pursuing their doctorates. They went on to teach biology and chemistry in the nursing program at Gateway Technical College in Kenosha, Wisconsin.

Qureshi also draws inspiration from the late anti-apartheid revolutionary Nelson Mandela, and musicians such as Peter Gabriel and U2 frontman Bono, who, after the 2005 bombings of London trains and buses, pointed to a headband emblazoned with the word "*Coexist,*" and uttered: "Jesus, Jew, Mohammed — it's true. All sons of Abraham."

TIMOTHY ARCHIBALD

"This isn't a Muslim problem. This is an American problem. This is a question of our values and who we are," says Naheed Qureshi '94. "It's become completely acceptable to say the most vile, bigoted things about Muslims."

Even Green Bay Packers quarterback Aaron Rodgers draws plaudits from Qureshi. During a postgame news conference on the day of the fan's intemperate catcall, Rodgers, unbidden by reporter questioning, volunteered that the comment "disappointed" him and "it's that kind of prejudicial ideology that ... puts us in the position we're in today."

Qureshi says these are some of the people who give her hope. "It's not the kind of society they want their children to grow up in. This isn't a Muslim problem. This is an American problem. This is a question of our values and who we are. We shouldn't have an environment where it's okay to talk about Muslims that way."

She chides a political system in which elected officials and political hopefuls have made anti-Muslim remarks, with no accountability. While Republican presidential candidate Donald Trump has proposed blocking all Muslims from entering the United States, along with shutting down mosques and surveilling Muslims, former candidate Ben Carson asserted the United States should not elect a Muslim president.

"I have moments when I'm very afraid of what's happening and what I see right in front of me," Qureshi says. "A lot of people get really discouraged. They'll say there's no point to what we're doing, because this is so overwhelming and we can't make any progress. It's become completely acceptable to say the most vile, bigoted things about Muslims."

But, Qureshi notes optimistically, such behaviors have riled non-Muslims as much as members of her own faith.

"This has crossed the line for a lot of people, and they have made the decision that they can't stay silent." ●

Andrew Faught is a California-based freelance writer. He has written widely on issues and ideas of higher education.

Greyson's Anatomy

After three decades of living in the shadow of Huntington's disease, Shana Martin Verstegen found marriage, motherhood, and a new life.

BY JOHN ALLEN
PHOTOS BY JEFF MILLER

Clap. Clap-clap.

A toothless grin splits Greyson's large, round face, and the seven-month-old looks around the room in search of applause for his latest accomplishment: applauding.

His eyes fix on me — we share a common hairline, and perhaps he thinks that makes us simpatico. I smile and nod.

He turns to his mother.

"Look at him go," says Shana Martin Verstegen '02. "He just clapped for the first time yesterday. Who's a happy boy? Who's a happy boy?"

Grey is, obviously, a very happy boy, but in that he isn't unusual. His mother's beaming pride, the living room cluttered with toys, a car seat, an Exersaucer, and all the paraphernalia that accrue around a modern infant — this could be the environment of any middle-class, Midwestern American baby.

What makes Grey different is that his clapping might never have been heard — not by me, not by Shana, not by anyone. A year before I visited him, there was a 50 percent chance that Grey would never be. Five and a half years earlier, when I first met Shana, those odds were even lower.

In 2011, I wrote a profile of Shana for *On Wisconsin* Magazine called "Rules to Roll By." Shana was then a world-class lumberjack athlete — she had competed in the log-rolling and boom-running championships in Hayward, Wisconsin, and won several times. She was also a speaker and advocate on behalf of the victims of Huntington's Chorea and their families. Huntington's is a genetic disease — it's degenerative and incurable. It kills more than 90 percent of the people who carry the Huntington's gene. Most of the rest commit suicide.

5 out of 100,000
Americans have the Huntington's gene, studies estimate.

Shana's mother, Deborah Martin, had Huntington's, and so Shana knew she had a fifty-fifty chance that she had the gene. She didn't want to bring a child into the world who would watch a mother suffer the way Deborah had or bear a child who might develop the disease.

But many things have changed in the last five years. And one of them is Grey.

Deborah

Huntington's is a particularly cruel genetic disease in a couple of respects. First, it runs along a dominant gene, the IT15 ("interesting transcript" 15) gene. There are no recessive carriers. If you have the Huntington's gene, you will have the disease, and if you have children, there's a 50 percent chance that they'll develop it, too.

Second, those who have Huntington's don't exhibit signs until they're in their thirties, typically in the later child-bearing years.

Huntington's is a neurodegenerative disease. Patients usually first show problems with mood and cognition, then coordination. They develop a shuffling gait and jerky body movements, and ultimately they lose all ability to move or communicate. Deborah Martin first learned she had the disease in 1986,

when Shana was five years old. Deborah had been adopted, and she never knew her birth parents. She had no idea that one of them had Huntington's and that she might, too.

But from that day, Shana knew that her life rested on the flip of a coin: heads, she didn't have the gene and would likely live a long life; tails, she had the gene and like her mother, would enter an unstoppable decline shortly after reaching adulthood.

The Huntington's gene was discovered in 1993, and scientists soon developed a test for it. But as there's no cure, or really much in the way of treatment, Shana had been determined not to take the test.

"I'm adamant about not learning whether [I have the gene]," Shana told me in 2011. "If I found out I had it — or that I didn't — I don't know how my life would change. Basically, you have to prepare as if you're going to get [Huntington's], but live as if you're never going to get it."

Shana Martin Verstegen holds a photo of her mother, Deborah Martin, long before she showed signs of Huntington's. Deborah passed away in 2014. Shana didn't inherit the Huntington's gene, and so neither will her son, Greyson, shown opposite with Shana and her husband, Peter Verstegen.

So Shana threw herself into her career as a log-roller, and she became a spokesperson in the Huntington's community. But in spite of her adamant position, she knew even then that there were situations that would motivate her to take the test: if she was tempted to marry or have children. If she married, she wanted her husband to be prepared for what might happen to her, as her father, George Martin MS'74, PhD'78, hadn't been. And she didn't want to have a child if there was any risk of perpetuating the disease.

And that's where Peter Verstegen enters the picture. Peter and Shana had known each other since high school. He knew Deborah, and so he knew the risks. They didn't deter him.

"[Huntington's] didn't scare me," he says. "Not really. That's not who Shana is."

He proposed in March 2013, and Shana accepted. They told her mother, and according to Shana, Deborah made eye contact for the first time in years. "We took that as her knowing I was going to be okay," Shana says.

Two weeks later, Deborah passed away.

Shana and Peter celebrated Deborah's life. They celebrated their engagement. And, later, in November, they celebrated their marriage. Then the couple began to think about babies.

"There are really three ways you can go about having children if you're at risk for Huntington's," Shana says. "You can cross your fingers and hope for the best. I didn't want to do that. You can have in vitro fertilization, so that doctors test your eggs and only implant ones that don't have the gene. But that's really expensive. Or you can take the test yourself. I didn't love it, but that's the route we chose."

Clumsy

When I first met Shana, she was thirty and had been living with the fear of Huntington's for five-sixths of her life. She was trying to live like she was never going to get Huntington's, but while the sentiment was brave, it wasn't always practical. The shadow of the disease was never far from her.

"Every time I had a clumsy day," she says, "every time I cut myself or stumbled or couldn't think of the word I was looking for, I wondered: 'Is this the first sign?' "

But if wondering about Huntington's was stressful, actually facing the test was terrifying. And expensive. And lengthy. She would have to see a genetic counselor, who would judge whether she was emotionally ready for the test. Before the Affordable Care Act came along, Shana says, a positive test "would have been health insurance suicide."

In February 2014, Shana applied to her insurance to pay for the test. In March, she began meeting with Jody Haun '75, MS'85, a counselor with the UW Waisman Center's Medical Genetics Clinic.

They talked about what would happen if the test was positive: if she had the gene. They talked — considerably less — about what would happen if the test was negative. "It was very scary," Shana says — not the meetings themselves, but merely deciding to confront this question with finality.

Eventually, in March, the clinic drew her blood and sent it off to a lab, which examined Shana's fourth chromosome for evidence of IT15. In a section of that chromosome, cytosine, adenine, and guanine are repeated many times. Normal genes have twenty-six or fewer repeats; the Huntington's gene has forty or more.

But Shana could do nothing but wait, "so I kind of put it away in my mind and didn't think about it," she says.

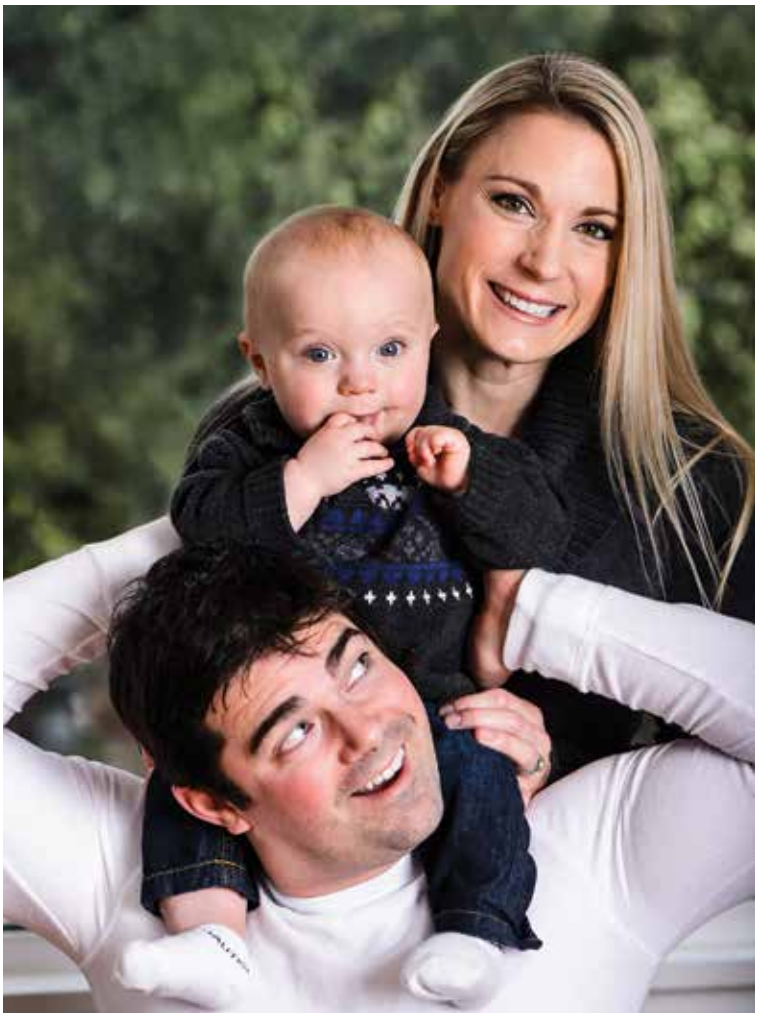
Or at least she tried, until the news arrived. On Tuesday, June 24, 2014, Shana returned to Haun's office to get the results.

"I came in, and she had tears in her eyes," Shana says. Her heart dropped. But the tears were joy rather than sorrow — after two decades of watching her mother die, of wondering daily if she was doomed to the same fate, Shana found that her burden was gone. She didn't have the gene. For her, Huntington's had died with her mother and would never affect her or any children she might have.

That night, she told her father. George said he had been certain her results would show no Huntington's. "He said he knew," Shana says. "He said I was too old, that I hadn't shown any signs. But I could tell he was relieved."

The next day, she shared the news with the rest of her family, her friends, and the Huntington's Disease Society of America.

Eleven months later, on May 23, 2015, Greyson Verstegen was born.



"I'm still working for the same purpose. We still need to support research; we still need to find a cure for this."

On a Roll

When Shana thought she might develop Huntington's, she tried to live as though she'd never get it. Now that she knows she won't, she tries to maintain the same gratitude for every moment.

She continues to work with the Huntington's Disease Society of America, making speeches and raising money for research. "I have some survivor's guilt," she says. "Many friends, people I've known for so long, will get the disease. But I won't. That's really tough. But they're also my biggest cheer group. And I'm still working for the same purpose. We still need to support research; we still need to find a cure for this."

When clumsy days come, she still has a moment of doubt. "It still hits me," she says. "I'll start to think *is this* — and then remember that it isn't. I can't help smiling."

And she continues to pursue her career and her sport. In 2010, she had just lost the title she'd held for two years and was scheming to get it back, and in 2012, she won the women's world log-rolling championship.

A month after Grey was born, Shana was in Hayward, competing at the 2015 Lumberjack Games.

"I didn't do well," she says. "I fell in the standings a lot last year."

But she'll be back again in June, hoping to regain her title. She's now thirty-six, and if she wins this year, she'll be the oldest woman ever to be a log-rolling world champion.

And if so, then clap-clap-clap: Grey will get to show everyone his latest talent. ●

John Allen is senior editor of On Wisconsin.

ILLUSTRATIONS BY GIACOMO BAGNARA

LOVE IS NOT A MYSTERY

There's a science to determining if a couple will go the distance, and John Gottman MA'67, PhD'71 has refined it to unlock the secrets to making a relationship last.

BY MAGGIE GINSBERG '97

Contempt, criticism, defensiveness, and stonewalling.

These are the simple, measurable behaviors that statistically destroy your chances of a successful relationship, and what renowned psychologist John Gottman MA'67, PhD'71 calls the "Four Horsemen." Gottman should know: he's spent more than four decades studying couples. When he looks at a marriage and predicts whether it will or won't end in divorce, he's right 94 percent of the time. His life's work remains wildly popular at the consumer level — and with good reason: if half of today's marriages end in divorce, who wouldn't grab onto the comfort and promise of an easy, evidence-based antidote?

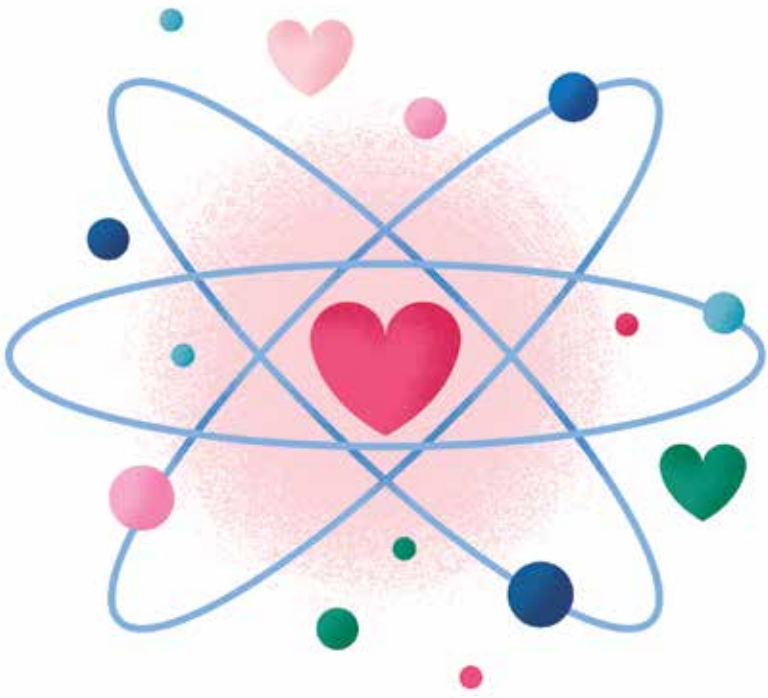
Long before Gottman became one of the world's foremost researchers of marriage and divorce — before appearances on *Oprah* and *Good Morning America,* four National Institute of Mental Health awards, and forty-some books, including the *New York Times* bestseller *The Seven Principles for Making Marriage Work* — he was a mildly awkward, unlucky-in-love, Brooklyn-raised MIT mathematics graduate drawn to UW-Madison by a burgeoning interest in psychology.

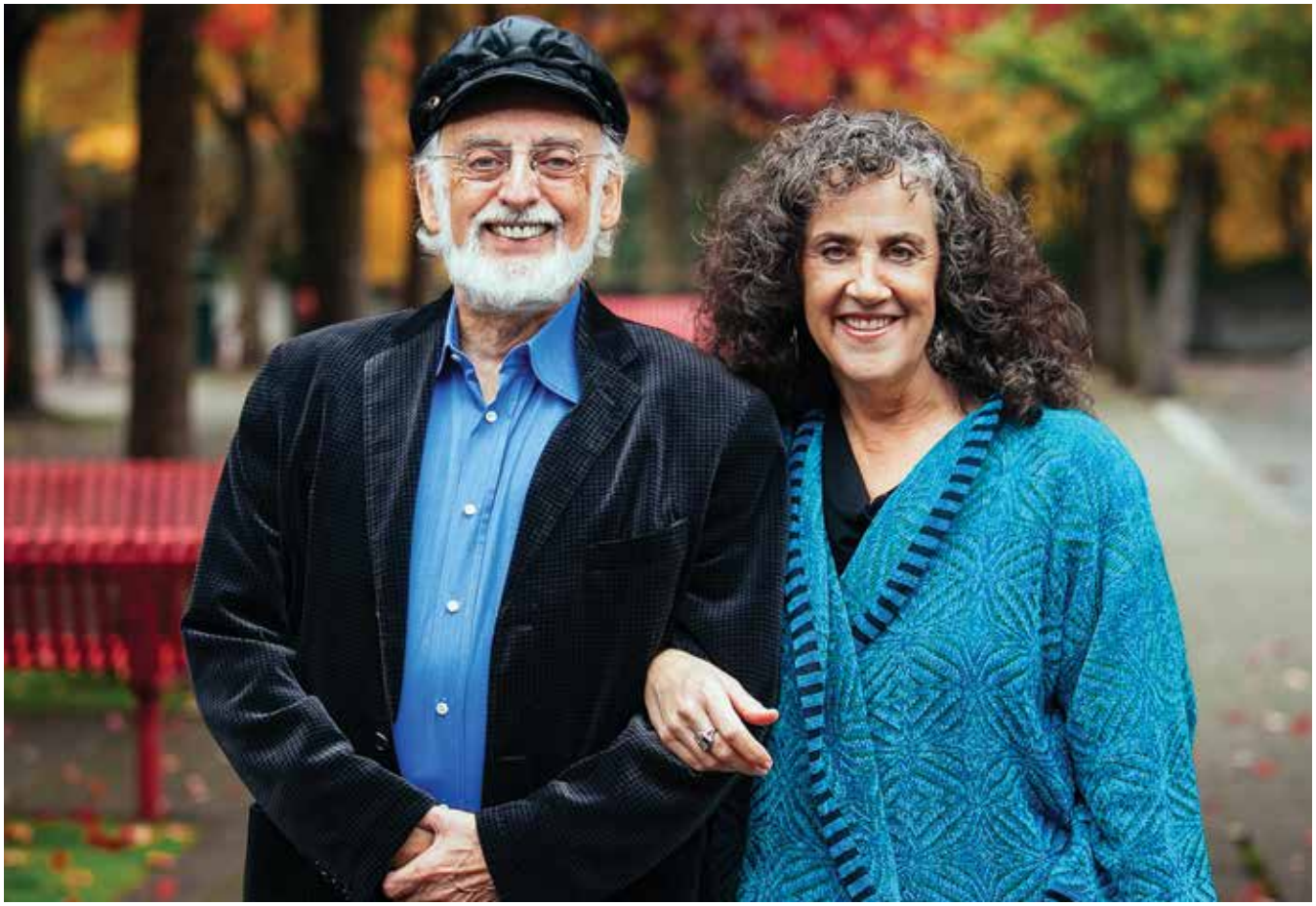
It was 1966, and unbeknownst to Gottman, another shy, Jewish math geek from New York was schlepping around campus — my father. The two men never met, but I wonder if they unwittingly passed each other coming in and out of Sterling Hall, or rubbed knobby elbows at an anti-war protest. Or perhaps Gottman happened to be walking by the chemistry building the moment my father met my mother, a barefoot hippie art major balancing a stack of textbooks on her head. Dad was love-struck on the spot and, uncharacteristically, managed to squeak out a hello. "Huh?" she replied. Forty-five years later, they remain on the winning side of the divorce ratio. My own stats aren't as successful.

I already had a Gottman book on the shelf when my editor called to assign this story, and another of his bestselling books, *Why Marriages Succeed or Fail,* had just arrived in the mail that very day. I'd recently remarried at the age of forty, and my new husband and I — each with a failed marriage under our belts — were participating in a free couples' clinic at UW Health to make sure we got it right this go-round. It wasn't quite the same thing as Gottman's famous Love Lab, in which he and his colleagues at the University of Washington observed couples in a Seattle apartment laboratory, but it was definitely educational and useful.

The lead therapist suggested we read Gottman's *The Seven Principles for Making Marriage Work,* after observing our interactions behind two-way mirrored glass. Like my mother, I'm more emotional, intuitive, and creative. Like Dad, my husband is an analytical, systematic thinker, and a pragmatic problem-solver. The two of us burned through Gottman's book in one weekend, and we very quickly gleaned that my tendencies lean toward defensiveness and stonewalling, and his toward criticism. More importantly, we learned how we inadvertently damage our relationship when we give in to those weaknesses.

But most valuable of all was the fact that Gottman's work was based on decades of longitudinal data tracking thousands of couples. I'm a pretty easy self-help sell, but for my husband, this emphasis on scientific research proved critically validating. He found the knowledge comforting, its tools useful and practical. We were able to get on the same page





THE GOTTMAN INSTITUTE

John and Julie Gottman have been together for 40 years.

without having to feel or think the same way first. We started to recognize our patterns and used Gottman's tools for tempering defensiveness, de-escalating conflict, and working toward solutions.

"It has really normalized some of what couples deal with, and taken this idea that you have to have perfect harmony and perfect compatibility to make a marriage work long-term and kind of turned it on its head," says Beth Wortzel '70, a Madison-based psychotherapist. She and her husband, counselor Jim Powell '73, both see clients individually and together. The husband-and-wife team has been applying Gottman's concepts since first discovering his work in the early 1980s. Many times, they say, couples come in during a crisis and eventually leave with more than hope — they learn a shared language and realize their relationship is a puzzle that can be solved.

> I'm a pretty easy self-help sell, but for my husband, this emphasis on scientific research proved critically validating.

Powell particularly likes Gottman's concept of the Sound Relationship House theory, developed in 1994, which identifies the key components of healthy relationships, visualized as a house built up from the foundation to the roof (with commitment and trust as load-bearing walls):

- Build love maps
- Share fondness and admiration
- Turn toward instead of away
- The positive perspective
- Manage conflict
- Make life dreams come true
- Create shared meaning

Within that model, critically helpful concepts are detailed, such as the "emotional bank account" or the concept of "flooding" — in which a physiological emotional reaction makes a rational one nearly impossible.

As for the Four Horsemen that are the death

HOW TO KEEP THE "FOUR HORSEMEN" AT BAY

Psychologist John Gottman has identified four behaviors that are the death knell for most relationships, but it's possible to fight them off and preserve a healthy union.

Criticism
A complaint focuses on a specific behavior, while a criticism attacks the character of the person. The antidote for criticism is to complain without blame. Talk about your feelings using "I" statements and then express a positive need.

Criticism: "You always talk about yourself. You are so selfish."

Antidote: "I'm feeling left out by our talk tonight. Can we please talk about my day?"

Defensiveness
Many people become defensive when they are being criticized, but that never solves the problem at hand. Defensiveness is a way of blaming your partner and saying, in effect, "the problem isn't me, it's you." As a result, the conflict escalates further. The antidote is to accept responsibility, even if only for part of the conflict.

Defensiveness: "It's not my fault that we're always late, it's your fault."

Antidote: "Well, part of this is my problem, I need to think more about time."

Contempt
Displays of contempt include sarcasm, cynicism, name-calling, eye rolling, sneering, mockery, and hostile humor. Contempt is the greatest predictor of divorce and must be eliminated. The antidote is building a culture of appreciation and respect.

Contempt: "You're an idiot."

Antidote: "I'm proud of the way you handled that teacher conference."

Stonewalling
One partner withdraws from an interaction. He or she stops responding and shuts down when feeling overwhelmed by a fight or conflict discussion.

Antidote: Practice physiological self-soothing and stop the conflict discussion. Let your partner know that you're feeling flooded and need to take a break for at least twenty minutes, since it will be that long before your body physiologically calms down. It's crucial during this time to avoid thoughts of righteous indignation ("I don't have to take this anymore") and innocent victimhood ("Why is he always picking on me?"). Spend time doing something soothing and distracting, like listening to music or exercising.

Source: The Gottman Institute

knell for a relationship, Powell keeps a handout for his clients detailing each of them, along with suggested alternate behaviors. The Gottman Method is not the only one they use, but it's a tool they find both accessible and intuitive. And there's a bonus.

"It's helped me be mindful myself in my own relationship, too, with Beth," says Powell. "I think it's quite revolutionary, what the Gottmans have done."

SIXTY FIRST DATES

That's Gottmans, plural, because John Gottman finally met his match in 1986 in Seattle.

After earning a master's degree in mathematics at MIT in 1964, Gottman had every intention of continuing his studies with a PhD, until he found his roommate's psychology books "a lot more interesting." Gottman was more "turned on" by the softer curves of human relationships, and excited by the idea they could be scientifically measured. After a brief period as a computer programmer and mathematician at the Lawrence Radiation Lab in Berkeley, California, Gottman decided to point his sails in the direction of psychology — and he liked the way the wind was blowing in Madison.

"I picked Wisconsin because Harry Harlow was there," says Gottman of the controversial psychologist who was methodically measuring baby rhesus monkeys' need for their mother's touch by depriving them of it. Another draw was the statistics department, home to "giants" in a mathematics field called time series analysis, a method of measurement that Gottman eventually applied to measure change within people for his PhD thesis. Gottman had also become actively opposed to the Vietnam War during his time at Berkeley, and was pleasantly surprised to find the Committee to End the Vietnam War was based in Madison. It wasn't that he was anti-war per se — just anti-this one. "I would have fought in World War II," he says.

Gottman, classified 1A, gained conscientious objector status. He finished up his PhD in clinical psychology at the UW after two years of alternative service, directing a Wisconsin program for migrant workers who'd dropped out of high school. From there, he began teaching at Indiana University, where he famously teamed up with psychologist Robert Levenson and launched the first of seven longitudinal studies that spanned and defined his career.

In the lab, Gottman and his colleagues measured physiological arousal using markers such as heart rate, skin conductance, gross motor activity, and blood velocity, and drew direct correlations with marital satisfaction. Over the years, they studied couples of all kinds (old, young, married, unmarried, gay, straight, college students, rural, and urban) and identified patterns that Gottman later coined as "masters" and "disasters" of relationships.

THE SCIENCE OF SUCCESSFUL MARRIAGES

How is John Gottman able to predict with more than 90 percent accuracy whether a couple will make it or not? He uses empirical evidence drawn from multiple longitudinal studies of married couples over the last four decades. That work began in 1986, in an apartment laboratory at the University of Washington known as the "Love Lab." There, Gottman discovered how couples create and maintain friendship and intimacy and how it's related to conflict. In happy marriages, partners turn toward bids for emotional connection in everyday life twenty times more than couples in distress. Couples that divorced six years after their wedding turned toward bids for attention from their partner only one-third of the time, while those who stayed together turned toward bids for attention 86 percent of the time. Another of Gottman's studies found a link between change in marital satisfaction and physiological measures, including heart rate. The more physiologically aroused couples were, the more the happiness of their marriages deteriorated over a three-year period.

Their research allowed them to assess — with 94 percent accuracy — whether a couple would eventually divorce. Beyond scientific journals, Gottman made his findings accessible to a general public that was hungry for such guidance. Love had always seemed such a mystery, and here was a scientist saying it wasn't the ultimate outlaw — which surprised even him, at first.

Meanwhile, Gottman was experiencing less promising results in his own relationships. By the time he got to Indiana, he'd been married and divorced, and struggled to meet women his own age. After moving on to the University of Illinois, he took a job as a professor of psychology at the University of Washington. That changed everything.

He arrived in May, four months before the start of the semester, and decided to finally take a scientific approach to his love life. With characteristic precision, he embarked on an experiment. He answered every personal ad and went on sixty dates in six weeks.

"Julie," he says, "was sixty-one."

Julie Schwartz — who would become Julie Schwartz Gottman within the year — was also a clinical psychologist. In a dizzying whir of hormones and neurotransmitters, John and Julie connected instantly. It was love at first sight, and it was thrilling. It was also terrifying.

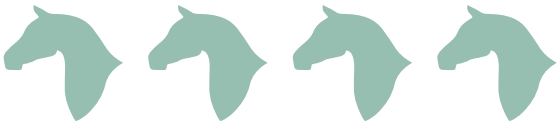
"It was kind of like your father," he says, referring to my own parents' fateful meeting at the UW. But as he explained the fear that accompanied such a powerful connection between two already-divorced forty-somethings, I thought of my own second marriage instead, and those heady, scary early days. We knew our union was incredible, good and right — inevitable. But we also each carried intimidating data points of our own. So I asked, was there anything about studying all those couples that informed or comforted him?

Falling in love with Julie "wasn't so much an intellectual decision based on research," he says. "It was just more, really, an emotional decision."

MASTERS OF LOVE

The couple settled in Seattle and founded the Gottman Institute, where they masterfully honed the practical applications that make their findings accessible. Over the past thirty years, they've amassed an impressive body of research, publications, training sessions for professionals like Powell and Wortzel, and tools for couples like my husband and me.

The Gottmans host packed couples' seminars in which they sit together on the stage and reenact any one of their ongoing private arguments, putting their own marriage on display, warts and all. That



The Four Horsemen (criticism, contempt, defensiveness, and stonewalling) predict an early divorce

5.6 YEARS AFTER THE WEDDING

Emotional withdrawal and the absence of positive affect during conflict discussions (shared humor, affection, empathy) predict an eventual divorce

16.2 YEARS AFTER THE WEDDING

1/2 of all marriages that end do so in the first seven years

85% of stonewallers in heterosexual relationships are men ♂

80% of the time, women bring up issues in heterosexual relationships ♀

Stonewalling occurs when the listener experiences a "fight or flight" response and heart rate exceeds 100 beats per minute

69% of conflict in relationships is about unresolvable, perpetual problems

Gottman is able to predict with **94% ACCURACY** which couples will divorce and which will stay together

In twelve longitudinal studies, Gottman has studied more than three thousand couples, following some of them for as long as

20 YEARS

The average couple waits **6 YEARS** before seeking help for marital problems

5:1

Gottman reports that stable marriages have a 5:1 ratio of positivity to negativity during conflict; in unstable marriages the ratio is 0.8:1

0.8:1

Source: The Gottman Institute

addresses one of the biggest misconceptions about this work, says Gottman: that successful relationships are those with no conflict whatsoever.

"We need conflict in order to keep learning how to love each other better as we grow older and change," he says. The Gottmans are not some uber-evolved gurus levitating upon the marital mountaintop — they are a real live couple committed to the hard work of progress, not perfection.

The real work of marriage takes the willingness and unwavering commitment of both partners, and not every relationship is worth saving. Gottman does not claim his methods work for everybody, but they are 75 percent effective for moderately distressed couples. In the future, the Gottmans want to study other factors that affect relationships, including substance abuse, domestic violence, infidelity, and past traumatic experiences.

"I'd say we're maybe 40 percent there in understanding relationships," Gottman says. "Sixty percent is still a mystery, and requires more research."

Take mate selection, for example. Although my husband and I are a Match.com success story (a modern version of Gottman's classified-ad experiment), Gottman says the algorithms used by modern data sites are faulty because they're based on finding someone just like you. "So that's part of the problem, I think, is that people are pairing up with the wrong person," says Gottman. "And not bailing out soon enough."

Although Julie turned sixty-five this year and John is now seventy-four, the Gottmans show no signs of slowing down. Both still see patients clinically, fund research, and publish books, including *The Man's Guide to Women*, released earlier this year.

Despite the comfort of having the Gottmans' scientific findings at my fingertips, I still feel baffled sometimes, when my husband and I are in the thick of it — when I'm "flooded," as the Gottmans say, and all my best tools and good intentions go right out the window. I look at my parents and how different they are — and their relationship still, at times, feels like a magical mystery to me. But I've never once doubted that they're on the same side, nor have I doubted this with my husband — something Gottman says is key to the whole deal.

And so I can't help but ask him: if you had to distill four decades of findings into one piece of advice, what would it be?

Don't get defensive, he says. "If I was going to summarize it all in one thing, I would say that, in great relationships, they operate as if they have the motto, 'Baby, when you're in pain, when you're hurting, the world stops and I listen.' "

Maggie Ginsberg '97 is a Madison-based freelance writer.

THE GOTTMAN METHOD FOR HEALTHY RELATIONSHIPS

Build love maps
How well do you know your partner's inner psychological world, his or her history, worries, stresses, joys, and hopes?

Share fondness and admiration
The antidote for contempt, this level focuses on the amount of affection and respect within a relationship. (To strengthen fondness and admiration, express appreciation and respect.)

Turn towards
State your needs, be aware of bids for connection and respond to (turn toward) them. The small moments of everyday life are actually the building blocks of a relationship.

The positive perspective
The presence of a positive approach to problem-solving and the success of repair attempts.

Manage conflict
Relationship conflict is natural and has functional, positive aspects. Understand that there is a critical difference in handling perpetual problems and solvable problems.

Make life dreams come true
Create an atmosphere that encourages each person to talk honestly about his or her hopes, values, convictions, and aspirations.

Create shared meaning
Understand important visions, narratives, myths, and metaphors about your relationship.

Trust
A person needs to know that his or her partner acts and thinks to maximize that person's best interests and benefits, not just the partner's own interests and benefits. In other words, this means, "my partner has my back and is there for me."

Commitment
Believe (and act on the belief) that your relationship is your lifelong journey, for better or for worse. (If it gets worse. you will both work to improve it.) It implies cherishing your partner's positive qualities and nurturing gratitude by comparing the partner favorably with real or imagined others, rather than trashing the partner by magnifying negative qualities, and nurturing resentment by comparing unfavorably with real or imagined others.

Source: The Gottman Institute

LLOYD BISHOP/NBC/NBCU PHOTO BANK VIA GETTY IMAGES

FLIGHTS *and* FLURRIES

The success of Lauren Groff's novel has put her at the heart of a whirlwind.

KATE KAIL DIXON '01, MA'07

Lauren Groff discussed her latest bestseller on *Late Night with Seth Meyers* last fall.

For **Lauren Groff MFA'06,** the last year has been marvelous. Unexpectedly thrilling. And exhausting.

The humble novelist, who tries not to read reviews and prefers to write at home, has spent months on a national tour: book signings, literary festivals, awards banquets, and numerous interviews, even matching wits with comedian Seth Meyers on his late-night talk show. And in early 2016, she was off again, this time with stops in Amsterdam and Australia, packing what she calls her event persona.

"Trying to be charming and clever — it's awfully difficult," Groff says. "I know that it's going to be many, many years until I have another tour, if I ever have another tour again, so I'm just trying to really, really love what's happening and be appreciative of it."

Groff is much in demand due to the success of her latest book. *Fates and Furies*, a duo of perspectives on a fiery marriage, has earned a legion of honors. The accolades include a nomination for the National Book Award for Fiction; the number-one

spot on Amazon's list of Best Books of 2015; and the endorsement of President Barack Obama, who revealed in a *People* magazine interview that it was his favorite book of 2015.

Like her previous best-sellers — 2008's *The Monsters of Templeton* and 2012's *Arcadia* — *Fates and Furies* showcases the lyrical prose Groff polished while earning her master of fine arts from UW-Madison's English department. She chose the UW to study creative writing with one of her all-time favorite authors, the award-winning Lorrie Moore, who was on the faculty at the time.

In her earliest writing, Groff says she was trying to replicate Moore's style. "I was trying for her wry, hilarious voice, and I was trying for her devastating wit, and failing so terribly," she says. "So I kind of went in the opposite direction." She developed a narrative that led to a big break: Groff sold a short story, "L. Debard and Aliette," to *Atlantic Monthly* while in her first semester.

She treasures her connections with her UW professors, including Jesse Lee Kercheval, Judith Claire Mitchell, and Moore, who now teaches at Vanderbilt University. "They're the kind of incredible human beings you know are there no matter what," Groff says.

Although Groff said she'd retire after the leader of the free world praised her novel, her schedule proves she was joking. Her Twitter account often previews her next tour stops for *Fates and Furies*; she mentors an eleventh-grade writing apprentice; she teaches a residency at the MFA Program for Writers at Warren Wilson College in Asheville, North Carolina; and she says, with a bit of mystery, that in between her travels, more writing is in the works.

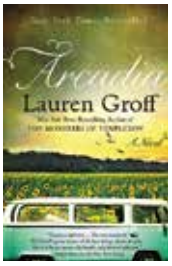
"I can only say that I've been working on three separate things, and one of them may end up working, or all three of them won't," she says.

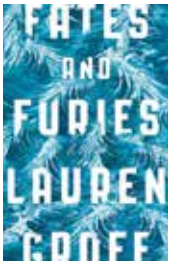
Groff does most of her writing at home in Gainesville, Florida, where she and her husband, Clay Kallman, live with their young sons, Beckett and Heath. She often bestows thoughtful nicknames upon her characters, such as a lead subject in *Fates and Furies* — Lancelot, known as "Lotto" — whom she's described as a personification of Florida's grandeur.

"I wasn't trying to go for subtlety," she says. "Names are really important — a micronarrative of who the person is." So what of a character reflecting Madison?

"Ooh, I don't know. ... I have yet to do that," Groff says. "I would think about the lakes ... because that's what sort of haunts me now, and that's what I miss the most. The lakes, and the spicy cheese bread at the Farmers' Market. And just the overwhelming sense of kindness and helpfulness that I felt there."●

Kate Kail Dixon '01, MA'07 is an independent writer and editor.





Fates and Furies is Groff's fourth book. *The New York Times Book Review,* which calls her "a writer of rare gifts," says it is "an unabashedly ambitious novel that delivers — with comedy, tragedy, well-deployed erudition, and unmistakable glimmers of brilliance throughout."

LAUREN GROFF ON MADISON

Recommended Reading:
Groff recalls her two-year MFA program as a "hermit phase," when she crafted short stories from the apartment near the Capitol Square she shared with her husband, Clay. "I spent almost every waking hour working," she says. "We had this little cocoon for two years of quiet and calm." Most of the stories she wrote there became 2009's little-read *Delicate Edible Birds,* a collection that remains her favorite. "The book that almost nobody has read," she calls it. "I don't think even my parents have a copy of that one."

City Escapes:
Music and dinners at the Orpheum Theater on State Street, mornings at the Dane County Farmers' Market ("my favorite thing"), and jogs around the lakes ("my happy place"): "It was an idyllic time in our lives, and I miss it."

Fateful Day:
A blustery March campus tour crystallized Groff's future as a Badger: "The lake had whitecaps, and then you could see a bit of the ice forming as the water came crashing over onto the lawns. It was just so majestic and beautiful. ... I made the decision to come to Madison, and I never regretted it for a second."

Badger Spirit:
Groff is taking a long-planned hiatus this summer to attend the Olympics in Rio de Janeiro and cheer on her sister, triathlete Sarah True, and her teammates, including world champion and fellow Badger Gwen Jorgensen '08, MAcc'09 (see Contender, page 20): "Badgers are amazing."

HAYLEY MURPHY

In Memory of Lou

Alzheimer's disease looms as an approaching health crisis for America's black and Hispanic families.

BY DENISE THORNTON '82, MA'08

Lou Holland '65 was a UW-Madison success story. A Badger Hall of Fame halfback who traded his jersey for a business suit after graduation, he went on to stardom in a new arena as an investment professional. Holland created a successful institutional management firm and became a regular guest on the PBS program *Wall Street Week*.

But there was ultimately one challenge Holland could not overcome: Alzheimer's disease. He passed away in February.

"My dad was competitive," says his son Lou Holland, Jr. '86, himself a former tailback who lettered for the Badgers. "He wanted to win, but right now there is no way to fight or cure Alzheimer's disease."

Diagnosing Alzheimer's disease can also be both difficult and emotionally painful for family members. "It's the little things that you don't want to see," says Holland. "You want to say it's stress or he didn't get enough sleep and deny what you are seeing. But things start to add up. My old college roommate who he'd known for years saw him on a plane, and Pop didn't remember him. There were times when he couldn't find his way back from someplace."

When his father's reading skills started to fail, Holland couldn't deny the signs any longer. "My dad would read countless papers very quickly every weekend," he says. "Then he started cutting out of family events earlier and earlier to take his papers upstairs to read. That just was not him. That's when we knew we had to step in."

As the U.S. population ages, Alzheimer's has become the sixth leading cause of death. And research shows that people who have relatives with the disease are at a higher risk of developing it themselves. Holland's grandmother and aunt also died of complications associated with the illness.

"I'm going on fifty-two," Holland says. "It's already in my system, if I am going to get it. This disease takes a foothold before it can be diagnosed. It may be too late for me. I've made my peace with that, but I have three kids. I want this thing to be stopped or slowed down in my generation."

Lou Holland, Sr., left, became a familiar face to many from regular appearances on PBS television's *Wall Street Week*.

50%
of people with Alzheimer's disease are not diagnosed.

Alzheimer's disease is the **sixth leading cause of death** in this country.

Holland is helping to accomplish this by participating as a research subject in the Wisconsin Registry for Alzheimer's Prevention study, or WRAP. As an African American, Holland's participation is critical. In the United States, Alzheimer's is twice as common among blacks as it is among whites, and one and a half times as common among Hispanics. It is often diagnosed at later stages among these groups, and later diagnosis limits the effectiveness of treatments that depend on early intervention. Some 50 percent of people who have been diagnosed with the disease are not treated appropriately, and this figure may be higher in minority communities.

Recognizing the approaching health crisis that Alzheimer's disease will impose on communities of color, the UW Alzheimer's Institute, with the support of Bader Philanthropies and the UW School of Medicine and Public Health, has developed a statewide outreach program centered in Milwaukee to recruit African Americans for WRAP. Milwaukee County is home to more than 240,000 African Americans, nearly 70 percent of Wisconsin's African American population.

WRAP, a long-term study of adult children of people with Alzheimer's disease that launched in 2001, stands out as the largest and longest-lived study of its kind in the nation. Its focus is to determine who is at risk for Alzheimer's. Researchers are compiling a wide range of information on more than 1,500 participants, assessing their background, medical history, and lifestyle, including exercise and diet. The study also collects vital signs, conducts brain imaging, and tests cerebral spinal fluid, searching for biomarkers that may be present long before the disease expresses itself. Researchers also collect blood samples to look for genetic risk factors.

"When I saw what we had at the university, it made perfect sense for [my family] to get involved," says Holland, whose older sister, Jeanette, is also

WISCONSIN ATHLETICS

Lou Holland, Sr., was a Badger Hall of Fame halfback who led the Big Ten in scoring in 1962 and 1963.

participating in the study. "I've been poked and prodded through my second or third round of testing so far."

Holland, who is also a national board member of the Alzheimer's Association, is so invested in finding a cure that he and his family have endowed the Wisconsin Alzheimer's Institute Holland Research Fund. But he is also commited to removing the embarrassment that Alzheimer's patients and their families feel.

"I know there is a stigma about being in public with a person who is hanging on your arm, and you can't turn your back from them, or they are drooling down their chin, but every Alzheimer's patient has a story," he says. In the early stages of the disease, he adds, patients know what's happening, and they feel the stigma their condition can carry. "We need to get past that," Holland continues. "There are prominent people today, from entertainment to sports to Fortune 500 companies, dealing with Alzheimer's, and I wish their families would speak up."

8

The number of years patients live, on average, after their symptoms become noticeable.

By definition, a long-term study of people who are at risk requires waiting years until symptoms appear. But the UW study is beginning to identify cognitive changes that may be early signs of Alzheimer's disease, and researchers hope this will provide the groundwork for early diagnosis and possible treatment. One example: last year *JAMA Neurology* published early findings that give scientists a better understanding of how insulin resistance or prediabetes changes the way the brain uses sugar, and suggests a possible link between high blood sugar and Alzheimer's.

Within twenty-four hours of announcing the study on television, WRAP had almost six hundred volunteers. But unfortunately, they did not initially include a representative number of people of color — a problem that plagues Alzheimer's disease clinical trials around the country, according to Consuelo Wilkins, the executive director of the Meharry-Vanderbilt Alliance, a partnership between Meharry Medical College and Vanderbilt University Medical Center that develops initiatives to integrate biomedical research and community engagement. "Nationally, less than 5 percent of participants in Alzheimer's disease clinical trials are nonwhite," she told an audience during a recent campus visit.

Speaking later to a community group on Madison's south side, Wilkins said that as the American population is graying, members of minority groups, who previously had lower life expectancies, are also living longer. "For some of us who might not have seen Alzheimer's disease in our families, we are going to start to see it," she says. "Eventually, today's minorities are going to be the majority. Are we going to have the treatments and strategies in place to address this?"

Fabu Carter MA'86, MA'81, outreach specialist for the Wisconsin Alzheimer's Disease Research Center, attributes the difficulty in recruiting African American volunteers partly to instances of abuse in clinical studies in the past. "Most people are very aware of the Tuskegee experiments and of Henrietta Lacks's treatment," she says.

The infamous Tuskegee University study, conducted from 1932 to 1972 in conjunction with the U.S. Public Health Service, observed the progression of untreated syphilis using six hundred rural African American men as subjects. None of the men were told they had the disease or treated with penicillin, even after the antibiotic became the standard treatment for syphilis.

Henrietta Lacks, an African American woman who was treated with radiation for a tumor, had two samples of her cervix removed without her permission. These cells were ultimately commercialized into the valuable HeLa immortal cell line without informing or compensating her family. Scientists have grown twenty tons of tissue from her cell line, and they have generated almost eleven thousand patents.

Carter cites other barriers to participation. Lower-income Milwaukee residents may have less access to health care in general. And, because African American culture has a tradition of rever-

UW HEALTHEMOTIONS RESEARCH INSTITUTE

Lou Holland, Jr., left, and his sister Jeanette Holland are participating in a UW research study to combat Alzheimer's disease, which claimed the life of their father, Lou Holland, Sr., right.

ing its elders, she says, it can be difficult for family members to admit that their loved ones are losing their faculties.

But staff in the Milwaukee Outreach Program have made significant inroads. Gina Green-Harris, director of the program, calls WRAP a microcosm of the Wisconsin Alzheimer's Institute. Since 2008, the number of African Americans enrolled in the study increased from seven to 158. Researchers want to include up to 500 within the next five years.

The Milwaukee outreach effort includes the Chorus Project, a choir led by professional musicians and made up of both Alzheimer's patients and their caregivers. The chorus provides both a support network and an environment that stimulates social engagement. The participants suggest songs that remind them of good experiences, such as singing in church or falling in love. The singers rehearse for thirteen weeks before presenting a concert to family and community that works to raise public awareness and help reduce the stigma associated with memory loss.

Other programs include Breaking the Silence, a community dialogue started two years ago to address Alzheimer's and communities of color. "We identify well-known people from across the country who have dealt with Alzheimer's disease directly to come and talk," says Green-Harris. The first event drew 250 people, and one held last year in Milwaukee and Racine attracted more than 500. "It tells us that people want to hear more about this," she says.

Unique to the Milwaukee program is an outreach specialist who goes into people's homes and helps them get started with the diagnostic clinic. "We do not charge for this," says Green-Harris. "That helps build credibility with providers and helps families accept the diagnosis. Then as they transition to care services, we have a support person to undergird them."

That support person is outreach specialist Stephanie Houston, who enables the program to stay connected with the families who participate in the study.

"We knew we could not just come into the community and say 'You should participate in research,' " says Houston. "First we listened to what the community was saying." To accomplish this, Houston developed an advisory board made up of legal experts, social workers, caregivers, and professionals from local organizations.

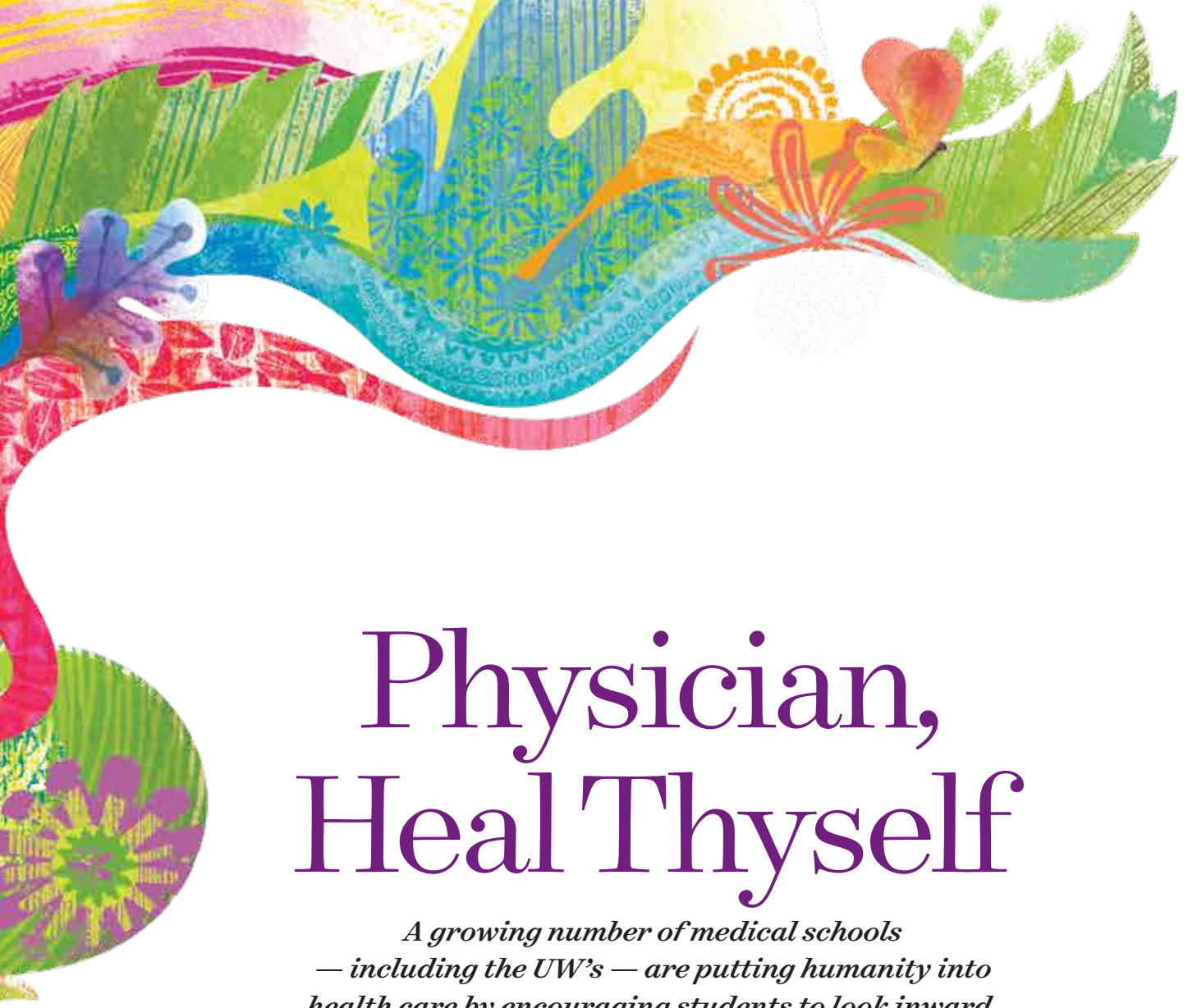
The board learned that what the community wanted was information. The Wisconsin Alzheimer's Institute now hosts workshops on requested topics such as finances, dealing with challenging behaviors, and establishing power of attorney. "We also hold workshops within our faith communities," says Green-Harris. "The church is a valuable social network that helps us let people know what is happening with aging."

This outreach to people in their churches and community support groups is crucial, says Houston. "We have to reach them where they are. ... Our goal is to be a community resource as well as responsible researchers because at the end of the day, we know we are going to be accountable, and we see the need."

Meanwhile, Holland will continue the fight. Watching his father struggle has given him a keen appreciation of the ravages of Alzheimer's. "The cost is immeasurable to your being as you watch your parent become a child. When you have to help him go to the bathroom, the effort is emotional. It challenges your faith and your family. ... It pulls on your heart," he says. "Research is playing catch-up with a disease that is an Olympic gold-medal champion. Alzheimer's has never lost. We are behind for now, but we are gaining on it." ●

Denise Thornton is a freelance writer based in Wisconsin's Driftless area.

JING JING TSONG



Physician, Heal Thyself

A growing number of medical schools — including the UW's — are putting humanity into health care by encouraging students to look inward.

BY DAVID LEWELLEN

In a nondescript classroom in the Brogden Psychology Building, David Rakel tells about fifty UW medical students to take a deep breath and slow down. Feet on the ground, eyes closed, breathe in, let it go. Focus on a time of grief and loss. Think about a person who made you feel better. Now focus on a person who, probably unwittingly, made you feel worse.

Rakel then asks, "What helped?" Hands are raised, answers are offered. "A hug." "No words, just presence." "They listened to me talk."

What didn't help? "Trying to relate their own story." "Minimizing the situation." "Trying to fix the problem, telling you what to do or think."

What's the difference, he asks, between the helpful responses and the hurtful ones? Discussion flows during The Healer's Art, a course that Rakel has led for thirteen years as an associate professor of family medicine at the UW School of Medicine and Public Health. Before saying anything, he tells his students, a physician must be present with a patient, fully engaged, and sympathetic. "Most people's intentions are good," he says. "But remember this when you have to go and tell someone their loved one has just died."

Nearly half of medical school students experience burnout. Wellness programming such as the Healer's Art course offers one option to help them cope.

The course, now offered at some ninety medical schools in the country, is helping to create a generation of more reflective physicians. Knowing themselves better can help physicians to understand their patients better — going beyond the symptoms to explore hopes and fears. And that, in turn, can lead to improved health and longer lives.

"Where do you carry your stress?" Rakel asks as he continues to push his students to be more aware.

Carlson sees The Healer's Art as a critical counterpoint to the hierarchical, high-tech model of medicine that developed over the past century. ... The class "put names on the reason I had been drawn to medicine in the first place," she says. "I felt like I had a place, like I belonged in medicine."

"In your neck? In your head? Turn toward it. Don't ignore it. Turn toward it. This is evidence-based medicine. This process improves fibromyalgia by about 35 percent. Learn from your symptoms. Don't just take an ibuprofen to mask the pain."

For Rakel, a long-term goal for the class is producing "healthier physicians, less burnout, less suicide, and stronger relationships."

The course "has shaped most of the ethics in my career," says Jensena Carlson '06, MD'10, an assistant professor of family medicine who now teaches the class with Rakel. Being exposed to these concepts as a first-year student "put names on the reasons I had been drawn to medicine in the first place ... I felt like I had a place, like I belonged in medicine."

Each year, about one-third to one-fourth of the entering class signs up for the course. There have been periodic discussions about making it mandatory, but faculty have concluded that the class means more when students choose to participate in it.

As she works with patients, Carlson keeps an eye out for other physicians wearing a small gold lapel pin with a heart on it that signifies they've completed the course, knowing they will share her focus on the bigger picture. Physicians can also continue class discussions through an informal national network, allowing them to reinforce the concepts they learned in the course.

This community of practitioners is a relatively new movement, says Christina Puchalski, director of the George Washington Institute for Spirituality and Health in Washington, DC. Although she has been teaching about spirituality in medicine since the early 1990s, she says the topic gained national momentum in only the last five years or so. The Healer's Art course is one instance of a broader movement to form more self-aware, integrated physicians and to build a community around the shared values of being in a service profession.

"A lot of patients feel very lonely," Puchalski says. "We take care of their physical needs, but do nothing for their spiritual or existential distress." Physicians who are attuned to that distress can help patients to better cope with their illnesses, she says.

The growing interest in integrated care for the whole person is also connected to the Affordable Care Act, Rakel says. Since Medicare and Medicaid are beginning to pay health care providers based on results, rather than on services rendered, the industry has had to reassess how it delivers care and how best to measure wellness rather than illness.

11%
of medical school students have had suicidal thoughts.

Medical students with burnout are more likely to have

- suicidal thoughts
- serious thoughts of dropping out
- lower empathy
- lower professionalism
- a higher risk of alcohol abuse and dependence.

Physicians have more burnout than other U.S. working adults — a finding that persists after controlling for work hours.

When Rakel was a medical student in the 1980s, he felt that something was lacking. After a full day of filling his brain with random facts, he remembers, he turned on the TV and found *The Sound of Music*. "I had seen it like thirteen times," he says, "but this time, when the von Trapp family got over the mountain at the end, I was crying like a blubbering idiot. I was out of balance."

Being in balance, for a doctor, still means a large main course of science and rigor, but awareness is growing that the humanities and other disciplines are an important side dish. Rakel believes that in recent decades, medical schools have improved at acknowledging self-care and holistic well-being, but that the profession as a whole still needs to do a better job of recognizing emotional intelligence. If practitioners are aware of their patients' emotions, for instance, they might notice when a patient is withdrawn or scared and alter their words and tone accordingly.

Part of wellness rests in patients becoming active participants in their health care. Along with the typical approaches of improving diet and exercise, nurturing a healthy emotional state — such as forgiving someone who hurt you — has also been shown to lengthen patients' lives.

Yet, Rakel notes, "It's harder to reimburse better health. It's not black and white; there are no widgets to count." Eventually, he says, the profession must figure out how to treat people as "bio-psycho-social-spiritual beings."

Carlson, for one, sees The Healer's Art as a critical counterpoint to the hierarchical, high-tech model of medicine that developed over the past century. Every year, hundreds of the course's graduates across the country receive MDs or move from residency into private practice. But changing the U.S. health care system is considerably slower and harder than, say, turning around an aircraft carrier.

Back in the classroom, Rakel asks students to consider, *Why* do you want to be healthy? If you

have your health, what are the most important things that will enable you to do?

That sense of meaning and purpose in their lives is their spirituality — an idea that is clinically separate from religion. Some people find fulfillment in church or prayer, some in family, and others in nature or in a hobby. Having a purpose "is what gets people to get up and move," Rakel says. "You can't do health without that. You *can* do disease. Health unites; disease segregates."

Kristin Brown Lipanot MDx'18, a second-year student who took the class last year and is now a teaching assistant, says the class helped her answer a critical question: What are the things in life that keep me going when things get hard? For her — aside from helping others — the list includes family, nature, exercise, and a sense of balance in life.

"It's very easy, in a busy medical student's schedule, to not take time to reflect on what brought me to medical school, and the parts of me that are not science- and medicine-driven," she says. Those parts of the psyche are fully engaged in a class session on mystery and awe, which concentrates on "what science can't explain," she says. "Honor that, and be okay with it. Some things just happen."

That is an important lesson when a patient doesn't respond to treatment. It's easy for a physician to get frustrated in that situation, possibly even to the point of wanting to avoid the patient, Carlson says. Remembering mystery, in more prosaic terms, may help a doctor to say, "Here's what could be going on, but it's possible I'm missing something."

Medical education can be dehumanizing, says medical student Katharine Kelly MDx'17, who also is a teaching assistant in the class. The Healer's Art gives students a chance to explore their emotions and "maintain a sense of wholeness and humanity alongside our newfound clinical medical knowledge." Kelly particularly values the small-group discussions that conclude every session. When a few students and a faculty member or community physician talk in a confidential setting, "you're not trying to fix other people, but you listen and support your peers," she says. "It's a warm environment. It's really welcoming."

Away from class, as students go about their days, learning to become healers, they carry with them tangible reminders of the concepts they are learning. When they reach into the pockets of their white coats, they find a small stone — what Rakel calls "a meanings anchor" — passed out during the first class session to remind them of what gives them strength in the face of difficulty. They also find a colorful plush heart that nudges them to remember what to call upon as they greet the next patient: empathy. ●

David Lewellen is a writer in Glendale, Wisconsin, who often covers health and spirituality.

THE DARK SIDE OF MEDICAL SCHOOL

Nearly half of medical school students experience burnout, and 11 percent have had suicidal thoughts, according to Liselotte Dyrbye MD'96, a physician at the Mayo Clinic and the primary investigator on a longitudinal study of quality of life and depression among future physicians. Dyrbye also found that as rates of burnout increase, professionalism and empathy for patients drop.

"Really, for medical students, it's a constellation of being emotionally exhausted — 'I feel like I'm at the end of my rope' — and then what's called depersonalization," she says. "It's like being callous or detached toward patients."

Dyrbye believes that the stress of medical school has gotten worse than when she was a student. In addition to the sheer volume of academic material that must be mastered and tough competition for residencies, students also have a lot more debt. "Over the last decade, the average cost of attending a public medical school has increased by 286 percent," she says, "and this debt load is contributing to burnout."

Would-be physicians enter medical school with better mental health profiles and quality of life than other U.S. college graduates, Dyrbye says. But after they're enrolled, the prevalence of burnout and depression is much higher when compared with peers in their age group.

Many medical students are aware of tools for coping with stress, such as meditation or exercise, Dyrbye says, "but nonetheless, courses like The Healer's Art help remind them of some of those self-care skills. It also helps remind them of why they went to medical school, and helps them to keep their eye on the ball and really maintain a patient-centered, empathetic sort of viewpoint."

At the same time, Dyrbye says medical schools should pair wellness programming with a critical look at the curricular pressures that are driving the high rate of burnout. She suggests that schools consider adopting measures such as converting to a pass-fail grading system in the first two years, evaluating courses to see how they can be improved, and optimizing faculty support and supervision of students.

NIKI DENISON

On Alumni

Alumni News at Home and Abroad

DANA CRARY

Thank a Badger Day

Students send shout-outs to their favorite alumni.

Students don't always get a chance to thank the alumni who fund scholarships and help keep the university running. So WAA, the UW Foundation, and six campus partners recently set up thirteen stations where students could write postcards to thank donors who gave $100 or less. The students downed some two hundred gallons of free coffee and recorded their gratitude on more than 3,500 postcards. Some of them included drawings on their notes, such as the undergrad who used a heart for a signature, writing simply, "Thank you so much for investing in my dreams!"

Thank you for supporting our wonderful university. Your contributions create opportunities for many students such as myself. Basically, you're like a superhero.

Proud to be a Badger!
Nathaniel Boehler

Thank you so much for all that you do for our school. I am seeing my dreams come true before my eyes. I appreciate your support of my education and hope I, too, can pay it forward one day.
Jordan

UW-Madison is a special place. Thanks to alumni and their gifts, I will be the first in my family to graduate from college next year. I thank you sincerely and wish you well.
Meg Volgren

At a time when so many have so little, it is so wonderful to know that there are generous people out there willing to support higher education! Thank you for your generosity.
Adam Lieberman

Rather than spend all my time working to support myself, my scholarship allowed me to become involved in research, tutor, and take an active role within the student community, as well as studying abroad.
Colin Korlesky

Thank you very much for your gift. I am proud to be part of the UW community and realize the tremendous importance of the generosity of good people like you! If I ever finish this PhD, I will be happy to pay it forward.
Anonymous

1,400
Attendees expected for Grandparents University this year

1,032
Grandparents University guests who are repeat attendees this year

29
Number of states, plus 297 towns and 5 countries, represented by GPU attendees

923
Babcock ice cream sundaes, along with 427 root beer floats, consumed at last year's Chill with Bucky GPU social

Building Badger Leaders

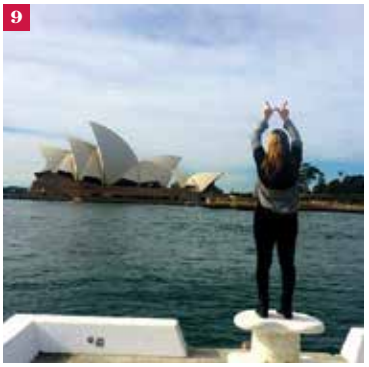
Could you use new tools to enhance your personal and pro- fessional life? Return to campus October 27–29 for Building Badger Leaders. F. King Alexander PhD'96, president of Louisiana State University, will be the conference's keynote speaker. Visit uwalumni.com/events/badger-leaders-conference for more information.

CHRIS HOWARD

San Francisco Treat

More than 300 alumni celebrated the All Ways Forward campaign at San Francisco's historic Palace Hotel in March, enjoying a strolling supper, interactive exhibits (including the robot station shown above), and the chance to pose for a photo in front of a Bascom Hill backdrop. John '55 and Tashia '55 Morgridge kicked off the program. The event also featured William Cronon '76, professor of history; Richard Davidson, founder of the Center for Healthy Minds; and Chancellor Rebecca Blank, who announced that the university is nearly halfway to its campaign goal of $3.2 billion.

Exhibition Ws *Around the World*



1 Rome, Italy
2 Quito, Ecuador
3 Brisbane, Australia
4 Shanghai, China
5 Lima, Peru
6 Seville, Spain
7 Delhi, India
8 Legon, Ghana
9 Sydney, Australia
10 Budapest, Hungary
11 Paris, France
12 London, England

Source: International Academic Programs social media accounts

It's become a signature display of UW pride: Badgers hold up both hands with thumbs touching and index fingers pointing outward to form a *W*. Jubilant fans "throw up the *W*" for TV cameras or while posing for photos. Former UW football coach Bret Bielema takes credit for popularizing the gesture when the Badgers played Miami in a bowl game in 2009. While Miami fans formed a *U* for university, Bielema had the idea to change the *U* into a *W*. "When we won that game, the kids flashed the *W* all over the place," he says. The symbol took off after Bielema used it in a Big Ten Network commercial and popular defensive end J.J. Watt x'12 made it a regular habit for the cameras. Now the familiar hand sign can be seen around the world, thanks to study-abroad students and other far-flung Badgers.

BRYCE RICHTER

For most Badgers, it's the first time to meet other new students. It's the first chance to schedule classes. And it's the first opportunity to learn the lyrics to "Varsity."

Each summer, Student Orientation, Advising, and Registration — better known as SOAR — introduces incoming students to university life.

"We want students feeling like they're coming to an institution where they can really see themselves fitting in and having an impact," says **Carren Martin,** director of the Center for the First-Year Experience (CFYE), which runs the program. "SOAR has a concrete, practical nature. But it also needs to inspire a connection to campus that's comforting and engaging and encouraging active participation."

WHAT'S YOUR FAVORITE UW TRADITION?

Tell *On Wisconsin* at onwisconsin@uwalumni.com, and we'll find out if it's just a fond memory or if it's still part of campus life today.

SOAR started when the UW ended in-person registration in the late 1980s. The program saw big changes in 2012, expanding academic advising across two days to give students more time to process new information.

Freshmen, transfer students, and international students attend sessions at Union South that cover academic and extracurricular opportunities, guided by student leaders from CFYE. Campus departments also set up shop to inform new students of their services.

During evening sessions, students gather in small groups, meeting people who will live in their residence halls, and starting conversations about topics including alcohol, sexual assault, and diversity issues. The night wraps up with the chance to bowl, scale Union South's climbing wall, or play air hockey inside The Sett.

Parents of new students can attend sessions tailored specially for them that discuss campus safety and how relationships with their students may change during the next four years.

For **Aaron Nichols '16,** leading SOAR sessions has given him the chance to get students excited about being Badgers. "I just like to see the potential that a new student has to succeed at this university and the person that they can become," he says.

"On a really large campus like this," says Martin, "some common experiences and something that students can use to relate to one another on a real basic level make it a really important tradition."

DANIEL MCKAY '16

Early Years

Belated happy-birthday wishes go out to two Badgers — **Paul Weber '39** of West Grove, Pennsylvania; and **Marvin Creamer MS'53** of Pine Knoll Shores, North Carolina — who became centenarians in January. Weber was a longtime DuPont engineer and a dedicated leader of the Wisconsin Alumni Association's Delaware Valley chapter. **Robert Kohn '56,** also of West Grove; and **Richard Brown '79** of Garnet Valley, Pennsylvania, teamed up to share Weber's birthday news. Creamer put his substantial long-distance-sailing experience to the test when, in December 1982, he embarked on a journey to circumnavigate the globe using no navigational instruments — and returned triumphantly in May 1984. His adventure is chronicled at globestar.org.

50s

"I may be the oldest active [scuba] diver, averaging two to four dives per month," wrote eighty-eight-year-old **Wilton Nelson '54** in November. "On the Indonesian live-abroad trip I just returned from, I did twenty-one dives. ... I have logged 2,106 dives to date." A General Motors safety engineer, sheriff's department deputy, and deputy medical examiner in Michigan before retiring in Leesburg, Florida, Nelson dives in his state and worldwide. "It's like you're floating on a cloud," he explains. He's also a longtime painter who incorporates some of the underwater creatures he's photographed into his canvases.

Psychiatrist and world-renowned autism and savant-syndrome expert **Darold Treffert '55, MD'58** was delighted to announce the spring 2016 opening of the Treffert Center in Fond du Lac, Wisconsin. It houses an autism/savant library with state-of-the-art technology, a children's academy, and the Agnesian Autism, Behavior, and Communication Center to work with children, carry out research, and serve as a worldwide institute on savant syndrome. "The challenge," he told the *Fond du Lac Reporter*, "is how to tap into the potential and hidden talent within all of us." Treffert is currently focusing on acquired savants: ordinary people who become sudden geniuses following an injury or central nervous system event.

The new Fruzen Intermediate School — which opened in Beloit, Wisconsin, this fall — is a "work of art," according to its namesake, **Francis Fruzen MA'58.** It honors his career as an army veteran, teacher, Wisconsin Education Association president, principal, and school district administrator. "It's a fulfillment of the American dream to come to Beloit to teach, doing my job," he told the *Catholic Herald*. "Then fifty-five years later, [to] be recognized by the school district and the community — and get a school named after me."

Milwaukee business attorney **John Galanis '59** is having a whirlwind year as president of the American Hellenic Educational Progressive Association (AHEPA). In January, for example, he was part of a Greek American and Jewish American delegation that met with the prime ministers of Greece and Israel and the president of Cyprus. AHEPA was founded in 1922 in Atlanta to help Greek Americans assimilate at a time when immigrants were threatened by the Ku Klux Klan. Today the mission of its five hundred–plus chapters, says Galanis, is to "promote Hellenism (ancient Greek ideals and culture), education, philanthropy, civic responsibility, [and] individual and family excellence."

From **Joe Nyiri '59, MS'61** came the good news that KPBS in San Diego has commissioned a half-hour documentary about him called *The Art of Seeing*, which debuted in December and will be rebroadcast eight more times during 2016. Why does he merit his own documentary? Nyiri has made a name for himself — obviously! — as the San Diego Zoo's beloved, longtime art instructor extraordinaire; a teacher and art consultant for the San Diego Unified School District; and the creator of inventive, Modernist sculptures.

"Better late than never" is how Milwaukeean **(Andrew) Andreas Wesserle MS'59** sums up his submission. Starting in 1986, he taught courses on American politics and the history of U.S. foreign policy in the political science college of Ludwig-Maximilians-Universität in Munich. He recollects that, while lecturing, he rarely missed the chance to describe the goings-on at Badger football games and to sing — "to a stunned or fascinated student audience — [a] rip-roaring 'On, Wisconsin!' " He continues to write and publish, mostly in German.

60s

Joan Baier Peterson '61, MS'72, PhD'75 and her Eat Smart Culinary Tours are bound for Indonesia in August and Turkey in September. As the creator of the *Eat Smart* series of culinary travel guidebooks and the author of many, she worked closely with her Indonesia-trip coleader — chef, restaurateur, TV host, and Indonesian "national treasure" William Wongso — while researching her guide about that country. Peterson is also the president of Madison's Ginkgo Press.

Seattle King County Realtors (SKCR) has presented its 2015 Lifetime Achievement Award to Bellevue, Washington, attorney and writer **Alan Tonnon '63, JD'66** for his "myriad contributions to the real estate industry" since his initial involvement with SKCR in 1977. Tonnon's many leadership roles include

BOOK NEWS
After authors or publicists complete and submit our book-news form at uwalumni.com/go/bookshelf, we post the submissions to the Wisconsin-alumni section of the book website Goodreads at goodreads.com/wisalumni. A handful of the books posted there also appear in each issue of this print magazine.

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classnotes@uwalumni.com

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alumnichanges@uwalumni.com

Alumni Changes, Wisconsin Alumni Association, 650 North Lake Street, Madison, WI 53706-1476

608-308-5420 or toll free 888-WIS-ALUM (947-2586)

Recognition *Thomas Kalil '85*

JAMES KEGLEY

THE NEXT BIG BET

When you ask **Thomas Kalil '85** the customary Washington, DC, question — "What do you do?" — the simple answer is that he advises the president and his senior advisers on issues related to science and technology. Some days that means welcoming kids to the White House Science Fair, and other days it means visiting the nation's newest innovation center.

But the reality is much larger than that: as deputy director for policy for the White House Office of Science and Technology Policy, Kalil tackles moon shots, grand challenges, and thinking broadly about which big research bets the federal government should make. As an example, he cites the early exploration of the Internet: "What are the investments we should be making today so that the United States leads in the industries and the jobs of the future?"

Under former president Bill Clinton, Kalil worked on the National Nanotechnology Initiative and a range of other issues as deputy assistant for technology and economic policy and deputy director of the White House National Economic Council (NEC). While at the University of California, Berkeley, he launched Big Ideas@Berkeley, which provides support for multidisciplinary student projects aimed at solving economic and societal challenges.

That multidisciplinary approach informs his current work, which includes serving as senior adviser for science, technology, and innovation for the NEC. On major initiatives — such as the vice president's "cancer moon shot" and NASA's Asteroid Grand Challenge — the goal is to bridge efforts in the private and public sectors to solve big societal problems.

"I think it's very powerful when you can line up two things: one is an ambitious goal, and the second is a story about why now," Kalil says. He points to the cancer moon shot: recent advances have engineered white blood cells that can destroy tumors but leave healthy cells untouched. This has led to longer survival times and provided a way to capture the public's imagination. Instead of using scientific jargon, Kalil likes to translate research by emphasizing things like the fact that we are now "storing the Library of Congress on a device the size of a sugar cube" or "detecting cancerous tumors before they [are] visible to the human eye."

Given how rapidly technology changes, the overarching question about where to put our resources has also changed. "As science, technology, and innovation become increasingly powerful, in a lot of cases, the relevant question is no longer 'What *can* we do?' — because we can do a lot," he says. "The question is, 'What *should* we do?' "

MELANIE FONDER KAYE

creating the Washington Center for Real Estate Research, the Commercial Brokers Association, and the Washington Realtors' Legal Hotline.

Jay Ross '64 — a longtime Chicago entertainment attorney who's represented some big names in the biz and calls himself the city's "oldest rappin' lawyer" — doesn't need *On Wisconsin* to do his talking for him! See what we mean in his YouTube video, "Rappin' Lawyer."

Like other students of the late sixties, **Josephine Donovan MA'67, PhD'71** will never forget those turbulent times on the UW campus, and she's now captured them in a fictional, short-story account of the anti-war movement based in part on her experiences and viewpoint as a TA at the time. Her piece, "The Problem of Evil: Campus, 1968," appeared this fall as part of *Tikkun* magazine's online content. Today Donovan is a University of Maine professor emerita of English who lives in Portsmouth, New Hampshire.

Elaine Seidel Cusker '68's spouse of forty-seven years, Joseph Cusker, said he'd risk a nepotism accusation — and we think he did the right thing — to tell us that the State University of New York (SUNY) has honored Elaine with a 2015 SUNY Chancellor's Award for Excellence in Professional Service. It recognizes her current work as the associate dean for academic affairs and undergraduate education at the University at Buffalo and her twenty-year career there as an administrator and leader of university initiatives.

The National Academy of Public Administration has been enriched by the induction of **Robert Strauss MA'68, PhD'70,** a professor of economics and public policy at Carnegie Mellon University's Heinz College in Pittsburgh. He's also earned the Steven Gold Award from the Association for Public

Policy Analysis and Management, the Southern Economic Association's Georgescu-Roegen Prize, and presidential pens from former presidents Richard Nixon and Gerald Ford.

70s

Alumni of the Farm and Industry Short Course (FISC) — an intensive, fifteen-week program that's now in its 132nd year at the UW — toasted FISC's proud history at their January reunion and gave Wisconsin state representative and former farmer **Lee Nerison FISC'70** of Westby their Service to Agriculture award. He chairs the Wisconsin Assembly Committee on Agriculture. **Gail Hill '71** and her husband, Jim Brown, received the Friends of Short Course honor. Hill's father and grandfather were both FISC alumni, and the couple contributes generously to the FISC scholarship program. They live in Kent, Washington.

"He's back ... and *crazier* than ever!" This could refer to a lot of people, actually, but it comes from ad copy about the comic-book superhero Badger. As one of the personalities of a man who has multiple-personality disorder, Badger is a snarling, unhinged hulk whose hair could do with a bit of combing. Writer **Mike Baron '71** of Fort Collins, Colorado, began publishing Badger's adventures — set in a faithfully depicted Madison — in 1983. The character vanished for a time but reappeared in February in both resurrected and new forms. Fans of Badger, rejoice!

Election to the American Institute of Architects' College of Fellows recognizes architects' achievements as individuals and their contributions to architecture and society nationally — and **Allen Swerdlowe '71** is now among this august group. The former *Daily Cardinal* associate editor has helped to build the 9/11 Memorial Museum, served as a founding trustee of Brooklyn Bridge Park, and participated on many boards and committees in his home community of Weston, Connecticut.

CK (Chung-Kong) Chow '72 received a helpful tip before he was knighted by Britain's Queen Elizabeth II: despite what people do in the movies, look up, not down. Named one of the most powerful Chinese men in the West by Hong Kong media, the Hong Kong native and current Londoner has become *Sir* CK Chow for his contributions to industry in the UK — which now include chairing the Hong Kong Exchanges and Clearing stock exchange.

Mark Larson MS'72, PhD'80 joined the faculty of Humboldt State University in 1975 and has now joined the ranks of its journalism professors emeriti. He's also a photographer in Arcata, California. Happy trails!

The Humboldt Foundation in Bonn, Germany, grants its Humboldt Research Award to academics whose discoveries, theories, or insights are significantly enhancing their disciplines. As one such award recipient and the inaugural holder of the University of California, San Diego's Endowed Chair in Modern Chinese History, Distinguished Professor **Paul Pickowicz PhD'73** will work with scholars at the University of Heidelberg's Institute of Sinology to explore the impact of the silent-era movies that were produced in early-twentieth-century Shanghai.

What correlates with women who have four or more tattoos? According to research coconducted by **Jerome Koch '75,** they report having the highest levels of self-esteem but were also four times more likely to say they had attempted suicide. These paradoxical results — gleaned from surveys of nearly 2,400 college-aged people at six American universities — appeared in a 2015 *Social Science Journal* article by lead author Koch. The conclusion? Four or more tattoos may convey some women's inherent high self-esteem and others' empowerment following adversity or trauma. Koch is a professor of sociology and associate chair at Texas Tech University in Lubbock.

Mark Stromberg MS'75, PhD'79 put his zoology degrees to work as the director of the Wyoming Natural Heritage Program, as the Nature Conservancy's Rocky Mountain land steward, at Audubon's Research Ranch, and as the resident director of the Hastings Natural History Reserve. He's also served on the Organization of Biological Field Stations' board and as a University of Arizona adjunct professor, and he's written extensively on native grassland ecology. Now retired in Sonoita, Arizona, Stromberg is involved with research at the Southwest Research Station. "The UW and the people of Wisconsin gave me such a great training; it was critical to my career," he says. "I will always have a Bucky T-shirt hiding under there somewhere."

The world's largest scientific society — the American Chemical Society — can now boast **Lee Latimer PhD'76,** the head of chemistry at NeurOp in Oakland, California, as a director at large. "The transformations in the employment landscape for chemists at all stages of their careers are critical issues," he says.

For her work as a PR professional for thirty-plus years, a longtime mentor, and a generous volunteer, **Barbara Arnold '77** of Eau Claire, Wisconsin, has become one of only thirty-six people to earn the Public Relations Society of America's Lund Public Service Award. "Volunteering is in my DNA," says Arnold, but she shares the credit with those who have "supported me in my efforts to touch lives and build bridges in the communities I call home."

Nozomu Miyajima '78

WELCOME, ALL!
The Wisconsin Alumni Association (WAA) encourages diversity, inclusivity, nondiscrimination, and participation by all alumni, students, and friends of UW-Madison in its activities.

WISCONSIN ALUMNI ASSOCIATION (WAA) MEMBERSHIP
Thank you, loyal members, for, well, being loyal members. You know that we love you! Nonmembers may wish to consider all the swell reasons to become members at uwalumni.com/membership/benefits, then join our merry band at uwalumni.com/membership.

has been a cheesemaking pioneer in Japan since the late 1970s. After studying French production methods, he strove to create original, natural cheese products with local roots and global appeal through his Hokkaido-based Kyodogakusha Shintoku Farm. His international-award-winning Sakura — a white mold cheese garnished with a pickled cherry blossom — was served at a G8 summit in Japan and joined Japan Airlines' first-class in-flight meals in 2012. Miyajima employs many workers who have physical and mental challenges to handcraft his cheese and offers events and classes to his community.

New to the board of Financial Fitness Group — a company that offers employers online tools to help their staffs better manage their personal finances and investments — is **Patrick Quirk '79** of Lake Oswego, Oregon. A software-industry executive and CEO for three-plus decades, he's currently the founder and general partner of the angel investment firm ORCA Equities. Quirk enjoys mentoring Badger entrepreneurs, and the UW's College of Engineering honored him with a 2015 Distinguished Achievement Award.

80s

Bill Reilly '84 is using his agricultural economics degree to manage price risk as the Schwan Food Company's chief procurement officer. He also works with nonprofits; chairs the Marshall [Minnesota] Municipal Utilities board; and is a hobbyist beekeeper who teaches children about the benefits of pollinators.

After thirty years in the apparel industry, **John Mills Jr. '85** sewed up that career and became the chief marketing officer at the independent mortgage-brokerage firm South Bay Equity Lending in Redondo Beach, California. And — we love this! — he's the new president of the Wisconsin Alumni Association: Los Angeles Chapter.

Contributions to liability law and tort reform have earned **Mark Behrens '87** the 2015 Individual Achievement Award — and a crystal gavel — from the U.S. Chamber Institute for Legal Reform. He's a partner with the Shook, Hardy & Bacon law firm in Washington, DC. Duly proud dad **Edwin Behrens '60, MS'61** of Great Falls, Virginia, shared this good news.

Peace of mind can come from being in the hands of a great physican, and **Kelli Kellbach Heindel MS'87, MD'90** is one of them: she's earned the Wisconsin Academy of Family Physicians' 2015 Family Physician of the Year Award. Heindel sees patients at and is the assistant medical director of ThedaCare Physicians–Appleton North. She also volunteers at a local clinic for underserved patients, mentors students who are interested in a medical career, and is an advocate for work/life balance for physicians.

The initials *CFRE* follow the name of **Susan Berse Nieberle '88** now that she's become a Certified Fund Raising Executive. She's putting her new credential to work as a major gifts officer for Mount Mary University in Milwaukee and says, "I am committed to the highest standards in philanthropy."

As the new associate VP for research planning in Virginia Tech's Office of the Vice President for Research, **Elizabeth Tranter MA'88** works with university researchers and funding partners to expand the Blacksburg university's research portfolio and optimize the role of research in regional economic development. Tranter has stepped up from her latest post as chief of staff in the same office, and she's taught at the University of Wisconsin and Indiana University.

Serving most recently as senior vice president and road and highway division manager, **Patrick Cassity '89** of Winfield, Illinois, has been promoted to group executive VP of Parsons Infrastructure, a business unit of Parsons Corporation. It offers engineering and management services in the aviation, rail and transit, transportation systems, and bridge and tunnel markets.

Jay Ross '64 is a longtime Chicago entertainment attorney who calls himself the city's "oldest rappin' lawyer."

"It's like you're floating on a cloud."
Wilton Nelson '54

CK Chow '72 received a helpful tip before he was knighted by Britain's Queen Elizabeth II.

90s

A 2015 National Endowment for the Humanities Public Scholar grant is giving **Aaron Cohen '91** an uninterrupted 2016 to work on his book, *Move On Up: Chicago Soul Music and the Rise of Black Cultural Power*, which is slated for publication in 2017. The grant program supports authors while they research and write nonfiction works that "demonstrate the importance of the role of the humanities in public life." Cohen is an adjunct professor of English with the City Colleges of Chicago's Truman College.

Here's what's up with some Badger attorneys from the '90s — and beyond. Felicitations to new partners **Chandra Flint '91** at Neal & Harwell in Nashville; **Sarah Estreen Bunce '97** at Tucker Ellis in Cleveland; **Patrick Gallagher '97** at Duane Morris in Chicago; and **Daniel Glass '08,** whose partnership changed the name of his Lancaster, Wisconsin, firm to Urban, Kussmaul, Muller & Glass. **Rachel Clark Hughey '00,** a shareholder with Merchant & Gould, is one of the *Minneapolis/St. Paul Business Journal*'s 40 Under 40 for 2016. And, congrats to these new associates: **Bryna Shmerling '06** in Ober Kaler's Washington, DC, office; **Samantha Overly Amore '10, JD'14** at O'Neil, Cannon, Hollman, DeJong & Laing in Milwaukee; and in Chicago, **Joyce Williams '10, JD'15** at Segal McCambridge Singer and Mahoney, and **Alison Scheffert '12** at Gould & Ratner.

Does Wisconsin provide

an appealing environment for businesses? The Wisconsin Alumni Research Foundation has explored this question through its Entrepreneurons program. A January panel discussion about mergers and acquisitions featured **Kaz Hirao MBA'91** of Cellular Dynamics, **Nicholas Caruccio PhD'96** of Epicentre, and **Scott Johnson PhD'97** of Luminex Corporation. The February discussion — about choosing the Badger State as a business home — included Gilson's **Kevin Barrett '81, MA'98, PhD'04;** Starting-Block's **Scott Resnick '09;** Understory's **Alex Kubicek '10, MS'13;** and Zendesk's **Jillana Peterson '10.** BioForward CEO **Lisa Leemon Johnson '83** moderated both events.

Shawn Folz '93 is a fellow of the Northern Manhattan Fellowship, a nine-month program that's part of the Jewish Community Relations Council of New York. The fellowship seeks to advance the next generation of community-organizing and nonprofit leaders and to challenge participants from a multiplicity of ethnic, cultural, and religious affiliations to broaden their coalitions. Folz has been involved in nonprofits in her NYC community as a copresident of Friends of 187, a consultant for the Fort Tryon Park Trust, and a former staff member of two film festivals.

Don Smithmier '93 — a vocalist and keyboardist who created the country-rock band Rocket Club — originally moved to Minnesota to become a history teacher, but ... three top-100 *Billboard*-charting songs later, he's also an entrepreneur in charge of three (so far) Minneapolis-based companies: Rumble, a recording studio that primarily produces commercials; The Big Know, an online-learning company; and GoKart Labs, a digital-innovation enterprise.

We heard about **Tony**

Recognition *Nicole Rocklin '01*

JORDAN STRAUSS/INVISION/AP

IN THE SPOTLIGHT

It's just a short time after winning an Oscar, but life isn't all that different for **Nicole Rocklin '01** (second from right).

"I woke up and had to make my kid breakfast and sweep the floor," Rocklin says. "Day-to-day life doesn't change that much."

Yes, many things remain the same, but there is a bit more of a spotlight, thanks to the movie *Spotlight.* Rocklin was one of the producers of the film, which won Best Picture at the Academy Awards in February. *Spotlight,* starring Michael Keaton, Mark Ruffalo, Rachel McAdams, and Liev Schreiber, tells the story of the *Boston Globe* journalists who uncovered sexual abuse in the Roman Catholic Church. The movie received six Oscar nominations and also won for Best Original Screenplay.

Rocklin grew up in California and graduated with honors, double-majoring in history and Afro-American studies.

"My college experience was one of the highlights of my life. It's the only time in life [when] you have that much freedom to explore so many things," she says. "I miss it."

After graduation, Rocklin moved back to California. She knew she wanted to work in entertainment but wasn't quite sure in what way. After working for an entertainment law firm, she took a job with Jerry Bruckheimer Films. She then started her own production studio and partnered with fellow producer Blye Faust.

"We've been focused on smaller sorts of projects," Rocklin says. "Some people put twenty things out there. We don't do that. It's not who we are. We want to tell stories about real people."

It took seven years to bring *Spotlight* to the screen. "It was never a question of whether we were going to tell the story," she says. "We had to tell the story."

In an era of shrinking newsrooms, Rocklin hopes the movie reminds people of the importance of journalism. She sees the Flint water crisis as another example of why good journalism is necessary and says that the best thing people can do is buy their local newspaper.

"If the *Boston Globe* didn't have an investigation team, we might not know the story. As we all know, knowledge is power. This story spread throughout the world," Rocklin says. "There are still so many stories to tell. If we don't have reporters investigating, who is going to tell them?"

KÄRI KNUTSON

Recognition *Carey Dunai Lohrenz '90*

MAGENTO

FLYING HIGH

Carey Dunai Lohrenz '90 knows you've been afraid sometimes. She has been, too.

She also knows the life-or-death meaning of teamwork. On the deck of an aircraft carrier. In the pitch-black night. In the middle of the Pacific Ocean.

And, she knows that with grit and honor, you can work through that fear — even at thirty thousand feet. Lohrenz made history as the first female F-14 Tomcat fighter pilot in the U.S. Navy. She navigated a path through military service with nearly every kind of fear-inducing challenge: physical, mental, legal, political.

"People think that fighter pilots aren't afraid of anything, and yet that's not true," she says. "It's that we've learned and developed the ability to work through fear, and flip it, and make it actionable, so that it works for us, and not against us."

Lohrenz left the navy in 1999. Today, as a speaker and consultant for the business world, she translates the soaring highs and lows of her aviation career into powerful insights about teamwork and leadership. In her book *Fearless Leadership*, she offers clues to her motivation: she's a former UW varsity rower and a native of Green Bay, Wisconsin — "a place where people tend to have a tremendous work ethic," she writes.

Through her travels, Lohrenz has discovered that this "Midwestern stoicism ... that ability to just do the work with no fanfare" may be uniquely Wisconsin. But, she warns, that attitude may actually be an unexpected disadvantage in today's workforce, filled with noise and often-unwarranted self-promotion.

"Those of us who grow up in a system thinking, 'All I have do is perform, and my performance will speak for itself' can actually be left behind," says Lohrenz, who's embraced social media as one way to tell her own story.

The mother of four loves to visit UW-Madison, where her eldest child, **Alexandra Lohrenz x'17,** is the newest Badger in a family of grads that also includes Lohrenz's father and brother.

Back home in Memphis, Lohrenz is, unsurprisingly, flying fast. Her consultancy takes her worldwide; she's launched her debut audiobook; her second book is due out this fall; and she's pursuing an MBA with the ultimate goal of a PhD in organizational psychology.

"Anything great that you're going to want to accomplish is going to involve fear and discomfort, and making other people uncomfortable," she says. "But you have to go for it anyway. That's how you make a difference."

KATE KAIL DIXON '01, MA'07

Capriolo '94 from his wife, **Sky (Skyann) Ziskin Capriolo '95,** who says, "He's taken his degree from the UW and ... become a well-respected leader in the Chicago market. His career has touched sports, cameras in the courtroom, news management, politics, and special events." Currently the executive producer of sports and special projects for NBC Universal, Tony won his second regional Emmy in November, and Sky works in marketing. "We are proud UW alums to this day," she says, "and are grateful for our experience at the J-School."

If you've seen Disney's *Zootopia*, then you've seen the work of screenwriter and producer **Phil Johnston '94** writ large — and animated. He began his career as a TV news reporter but eventually followed his heart to study filmmaking and got his first big break with *Cedar Rapids*. Johnston, of Los Angeles, has also been a story and screenplay writer for the Oscar-nominated *Wreck-It Ralph*, *The Brothers Grimsby*, and many other projects.

If you have colleagues or friends at Philadelphia University, encourage them to welcome **(Siuwa) Monica Lam PhD'94** when she assumes her new post as dean of the School of Business this fall. Lam has been the associate dean for graduate and external programs in the College of Business Administration at California State University, Sacramento since 2009.

Congratulations to **David Padget '94**! The UW Actuarial Alumni Club's founder and president, the Wisconsin Alumni Association: Houston Chapter's past president, and the Society of Actuaries fellow has been promoted to VP of financial planning and analysis in AIG's consumer insurance division in Houston.

ESPN's vice president of corporate communications, **Katina Vlahadamis Arnold**

'95 (@KatinaESPN), is now following *On Wisconsin* on Twitter (just sayin'), where she describes herself this way: "Wisco grad & lover of WI sports. ESPN PR biz, espn around globe, digital. News & entertainment junkie. Greek American. Mom of two LAX girls. wannabe runner. Bristol, Connecticut."

New Yorker **Stephen Palgon '95** and his TV production company, Star Crossed Pictures, have produced documentaries, features, and branded entertainment for a variety of TV networks. Of late, he's collaborated with Smokehouse Pictures on *America's Game and the Iran Hostage Crisis*: a documentary chronicling how an American reporter stationed in Tehran made and smuggled a crude audiotape of the 1980 Super Bowl to the hostages in the American embassy. Directed by Tate Donovan and narrated by George Clooney, the film aired on the NFL Network in December and hit prime time in January.

There isn't a small-business owner alive who wouldn't want word-of-mouth referrals, right? That's what three Badgers are banking on. **Martin Machtan '98, JD'02; John David Lee '02, MS'14,** both of Marshfield, Wisconsin; and current UW student **Killian McKiernan MBAx'17** have developed the Has Karma web app, which they call the "simplest offline referral program." Through it, business owners send promotion offers to current customers who can, in turn, share them with others from any device.

For her exemplary volunteer service, **Jennifer Mikulina '98, JD'01** has earned the Pro Bono Services Provided by Individuals award from the International Trademark Association. She's a partner in the law firm of McDermott Will & Emery who's based in Chicago. Mikulina heads the firm's global trademark prosecution practice and cochairs its gender diversity committee.

CPA **Brad Netzel '99, MAcc'00** has been elected a partner at Sikich, which offers accounting, audit, tax, technology, and investment-banking services. He specializes in accounting and audit matters in its Milwaukee-area office.

The Baltimore-based public accounting and business consulting firm Ellin & Tucker is where CPA **Jared Rosen '99** leads the employee benefit plan services group and has been promoted to director. He also chairs the employee benefit plan committee of DFK, a global association of accounting firms and business advisers.

New to the Madison office of Cedar Corporation is **Josh Weiss '99,** a project manager in its structural/transportation group. The company provides engineering, building and interior design, surveying, landscape architecture, and other services.

ALUM *WHAT*?
Have you ever wondered what to call yourself as a graduate of this fine university? Here are some choices: one female grad is an *alumna*; one male grad is an *alumnus*. The plural *alumni* is often mistakenly used in a singular context, but it actually refers to the members of an all-male graduate group or a mixed group of male and female grads. The members of an all-female graduate group are *alumnae*.

X-PLANATION
An *x* preceding a degree year indicates that the person did not complete, or has not yet completed, that degree at UW-Madison.

00s

Civil-engineering firm Manhard Consulting is brimming with newly hired Badgers. **James (Matt) Nelson '01** is a senior land planner, and **Paul Fredrickson '15** is a staff engineer in its Lombard, Illinois, office, while **Katie Bolger '15, Christopher Shandor '15,** and **Daniel Singer '15** are staff engineers at Manhard's Vernon Hills, Illinois, headquarters.

About half of all women who are diagnosed with cancer experience sexual problems after treatment, yet there are few programs to help them. That's why **Joanne Rash '01, MPA'15** and her colleague **Lori Seaborne,** a 1999 graduate of the UW's physician assistant (PA) program, have created the Women's Integrative Sexual Health program in Madison. It offers clinical consultations, resources, education, emotional support, and referrals. Rash is a PA in the gynecologic oncology division of the UW's Carbone Cancer Center, and Seaborne is a PA in the UW Hospital and Clinics' Breast Center.

After **Ben Schumacher '02, '08** and his wife, Jessica, became foster parents in January 2013, they learned of five siblings in need of foster care. They welcomed three in April 2013 and soon advocated for the other two to join them. That summer, the children were reunited. When their birth parents had another baby, he joined the Schumachers as well — making six little ones by the end of 2014 — and all of the adoptions were finalized in November 2015. The large, happy family lives in Cincinnati, where Ben works for GE Aviation.

"For leadership in standardization of cellular systems," **Jianzhong Zhang PhD'03** of Samsung Research America has been named an IEEE fellow: an honor conferred on a select few each year by the "world's leading professional organization for advancing technology for humanity." He lives in Plano, Texas.

One in seven adults in Dane County, Wisconsin, struggles with low literacy — and the problem has worsened — but **Jeff Burkhart MS'04** is working hard to improve that statistic and the lives behind it. As the executive director of the Literacy Network of Dane County, his current focuses are recruiting more volunteer tutors and carrying out a capital campaign. Burkhart's career includes program-management experience in government, health care, education, and not-for-profit organizations.

Que (Qaiyim) El-Amin '05 and his brother, Khalif, work with inner-city Milwaukee teens through Young Enterprising Society, which they cofounded. It runs STEAM (science, technology, engineering, art, and math) workshops; plants apple orchards in the city; and has now launched WERCBench JV

workshops. The top teams from these workshops attend a fourteen-week summer camp, where they meet new role models and learn about the tools and technologies of building a business.

Le Ondra Clark Harvey MS'05, PhD'10 is a *Sacramento Business Journal* 40 Under 40 award winner and has completed a science and technology policy fellowship in California's capitol. Run by the nonpartisan, not-for-profit California Council on Science and Technology, the fellowship program mentors PhD scientists and engineers, trains them in the policymaking process, and places them in state legislators' offices to experience a year of public service and leadership training. Clark Harvey is now the chief consultant for the California State Assembly Committee on Business and Professions.

The Second International Brass Festival/Guanajuato 2016 took place in January thanks to **Claire Hellweg '05** — the Guanajuato [Mexico] Symphony Orchestra's principal horn player and a University of Guanajuato horn professor — and her husband, who plays trumpet in the orchestra and is a trumpet professor. Students and young professionals from all over Mexico convened for five days of master classes, rehearsals, performances, conferences, and social events with guest artists.

One of the *Milwaukee Business Journal*'s 40 Under 40 award recipients for 2016 is **Sylvestra Ramirez '05,** a bilingual, bicultural doctor of physical therapy and certified ergonomics assessment specialist. She's founded and directs Physical Therapy of Milwaukee to provide personalized rehabilitation care to the Spanish- and English-speaking communities.

Chalk up another accolade for the progeny of the School of Journalism and Mass Communication: **Brad Ross '05** was an editor on *Cartel Land,* which was nominated for an Academy Award in the documentary feature category. The New Yorker is an Emmy-nominated producer and award-winning editor who's also worked on content for Showtime Networks, MTV, and Amazon Studios, and he's cofounded Manhattan Productions to create commercials, trailers, network promos, TV series, and feature films.

In his new role as associate athletic director for business operations in the UW Department of Intercollegiate Athletics, **Mario Morris JD'06** is overseeing all aspects of the business office and joining the senior staff of athletics director **Barry Alvarez.** The environment is nothing new, though: Morris has stepped up from previous roles as director of financial operations and director of budget and camp administration. He was also a member of the University of Alabama's 1992 national-champion football team, and he's earning a PhD at UW-Madison.

John O'Horo '06, MD'09 is a clinical fellow in infectious diseases, and **Alexandra Reynolds '10** is a cytogeneticist — both at the Mayo Clinic in Rochester, Minnesota. But it gets better: O'Horo proposed marriage to Reynolds in the UW Arboretum in November.

Which Badger did *PR News* choose for its list of 2015 Rising PR Stars 30 & Under? She's Chicagoan **Katie Rowley Milgrom '07,** an associate director and health care–account project manager at APCO Worldwide: a global, majority-women-owned firm that offers communication, stakeholder engagement, and business strategy services. Milgrom will also be a Northwestern University alumna after finishing her master's in public health there.

Readers of the *Sheboygan* [Wisconsin] *Press*, a Badger is at the helm of your newspaper. **Jason Smathers '09** has been named to the top editor's spot after serving as the *Press*'s government-watchdog reporter. He's also worked for the Wisconsin Center for Investigative Journalism, Wispolitics.com, and the Associated Press.

"The challenge is how to tap into the potential and hidden talent within all of us."
Darold Treffert '55, MD'58

"I will always have a Bucky T-shirt hiding under there somewhere."
Mark Stromberg MS'75, PhD'79

OBITUARIES
The great majority of death notices for Wisconsin Alumni Association (WAA) members and friends appear in the *Badger Insider*, WAA's thrice-a-year magazine for its members.

10s

Kelly Heller '10 took part in a grand experiment when she moved to Somaliland to participate in the first years of the Abaarso School of Science and Technology, a new boarding school for the nation's top students. She taught chemisty and eventually became its dean of students for girls. Now in New York City, Heller keeps in touch with many of the school's first graduates, some of whom are attending American universities. Meanwhile, Abaarso's experiment continues: will its alumni return to Somaliland to invest their education and talents there?

Even before **Brian Phelps '11** graduated from Harvard Law School this spring, he'd already won a big case: in November, his six-member team was deemed the winner of the Harvard Law School Ames Moot Court Competition by a trio of judges that included Supreme Court associate justice Elena Kagan. The team's mock appellate case featured legal questions surrounding the Americans with Disabilities Act and medical marijuana.

The new voice of the Democratic Party of Wisconsin (DPW) is communications director **Brandon Weathersby '11.** His background includes work on the 2012 campaign of U.S. Senator **Tammy Baldwin JD'89** (D-WI) and the Fight for 15 campaign in Milwaukee; and as the DPW's deputy communications director and a legislative aide to state representatives Mandela Barnes (D-Milwaukee) and **Cory Mason IV '03** (D-Racine).

Foreign Policy magazine

has named **Zainab Ghadiyali MS'12, MS'12** and Erin Summers, both software engineers at Facebook, to its 2015 pantheon of Leading Global Thinkers for "cracking the STEM ceiling." They've cofounded wogrammer: a Menlo Park, California–based movement to end the "brogrammer" stereotype and applaud the technical achievements of their female peers. In its first year, wogrammer shared the stories of fifty-some women engineers from around the globe and in diverse industries.

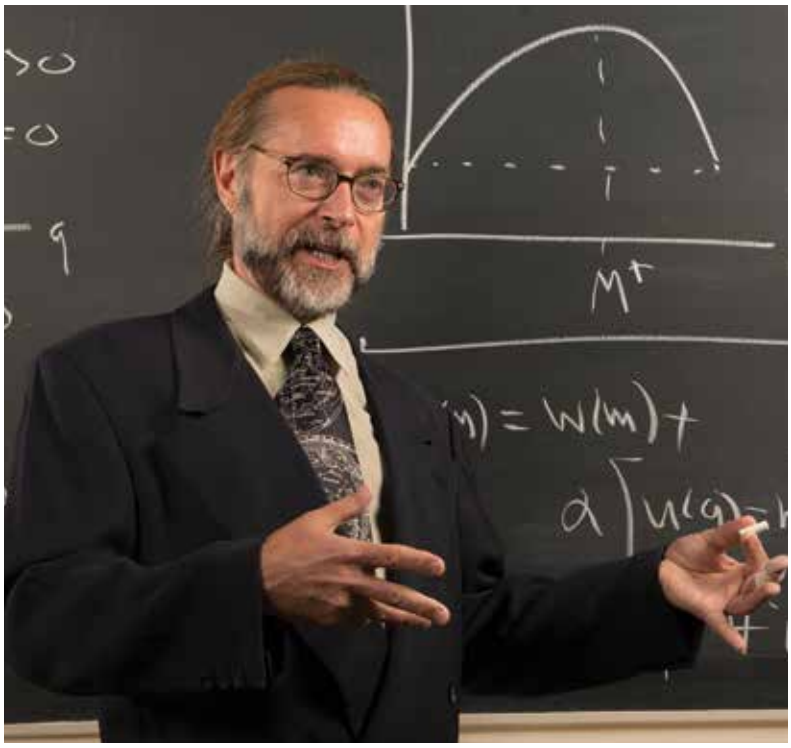
Tim Poellmann '13 served the UW-Madison chapter of the Delta Tau Delta fraternity as its president; he's greatly assisted the fraternity's Zeta Alpha Crescent Colony at Marquette University; and now he's been honored with the international fraternity's Outstanding Alumni Advising Award. Poellmann is an assistant buyer and merchandise analyst for Kohl's department stores in Milwaukee.

While **Kate Chybowski MD'15** was interviewing for a residency placement following medical school, she made use of the network of UW School of Medicine and Public Health alumni who welcome fellow Badgers into their homes to help interviewees reduce accommodation costs while they travel. Now she and **Nick Penzenstadler '10** — a *USA Today* Network National News Desk reporter — are paying it forward by hosting medical-school students in their Denver abode.

New to Vehicle Security Innovators in Green Bay, Wisconsin, is supplier quality engineer **Clay Selsmeyer '15.** The firm supplies fleet security and mechanical locking systems to the original-equipment-manufacturer heavy-truck market.

Class Notes/Diversions editor Paula Wagner Apfelbach '83 has a fluffy nougat center.

Contribution *Randall Wright*



THE WRIGHT STUFF

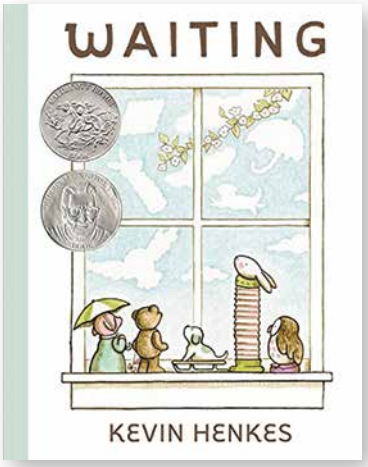
Most economists don't debate the purpose of money. But **Randall Wright,** the Ray B. Zemon Chair in Liquid Assets at the Wisconsin School of Business, isn't like most economists. A thought leader in his field, Wright is known for breaking complex issues into simple terms — using pizza and beer, for example, to explain intricate sets of equations.

Wright makes real-world issues understandable by analyzing and exploring such questions as "What purpose does money serve?," "Why do banks exist?," and "How can unemployment and job vacancies coexist in the same economy?" Ultimately, his research may help us understand how to build connections between job openings and job seekers, making the process of reducing unemployment more seamless and improving the efficiency of our economy.

Wright is changing the lens through which students view the world, and his impact on teaching and applying economics is immeasurable. He is a consultant for the Federal Reserve Banks of Minneapolis and Chicago and is a research associate at the National Bureau of Economic Research. From 1998 to 2008, he was the editor of the *International Economic Review,* and he has won several awards for his work.

His ideas are heard by fellow teachers, researchers, and more than twenty-five thousand students across the globe via a massive open online course. By presenting his material — which isn't available in textbooks — without the constraints of standard classrooms or a traditional syllabus, Wright is able to create a rare case of limitless supply actually increasing demand.

For more information about supporting UW-Madison's tradition of faculty excellence, visit allwaysforward.org.



WAITING

The picture book *Waiting* has earned **Kevin Henkes x'83** two of the highest accolades in children's literature for 2016: designations as a Caldecott Honor Book and a Geisel Honor Book. This is only the second time that anyone has won that combination, and these wins make Henkes the sole author/illustrator to have earned honors across the Caldecott, Geisel, and Newbery categories.

These are just the latest manifestations of literary praise and reader love that Henkes's nearly fifty picture books and youth novels have garnered. Some of his best-known titles include *Kitten's First Full Moon, Owen, Penny and Her Marble, Lilly's Purple Plastic Purse, Chrysanthemum, Olive's Ocean,* and *The Year of Billy Miller*.

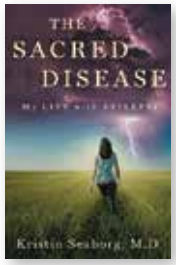
The congratulatory phone call prompted a reaction of "great joy," Henkes told the *Wisconsin State Journal*. "I've been done with the book for a long time," he said, and "my heart and soul are thinking about what's next. So when something like this happens, it's a nice bit of frosting on the cake."

The stars of *Waiting* are figurines of an owl, pig, bear, puppy, and rabbit sitting on a child's bedroom windowsill. They're all waiting for extraordinary things to happen — and they do: outside, inside, instantly, over time, spectacularly, quietly, frequently, and seldom. The book addresses the waiting that kids regularly experience and Henkes's notion that, while waiting, "often life throws unexpected joys and sadnesses one's way."

The hundred-some little animal sculptures that he's made at a clay studio near his Madison home were the spark for *Waiting*'s characters: those that sat on his own studio windowsill looked as if they were waiting for something.

Henkes's latest work — illustrated by his wife, **Laura Dronzek '82, MFA'93** — is *When Spring Comes*, and look for his next book, *Egg*, in 2017.

YO, BIBLIOPHILES! Check out goodreads.com/wisalumni — our UW-Madison section of the book website Goodreads — for so much more about books by Badger alumni and faculty.



Douglas Little '72's *Us Versus Them: The United States, Radical Islam, and the Rise of the Green Threat* offers a lively exploration of U.S. policymakers' shift from containing Communism to combating radical Islam, analyzing the latter through an ideological framework that has often pitted this nation against others. Little is the Scotland Professor of History and International Relations at Clark University in Worcester, Massachusetts.

Inspired by a 2008 incident in Madison, the sobering documentary *One Punch Homicide* includes interviews with people who have killed with only one hit and others who have lost loved ones in this way. "Who thinks they're going to kill someone with a single punch?" says the film's creator, Madisonian **Steve Kokette '79.** "But isn't that the problem? Ignorance?"

A rundown Santa Fe neighborhood is home to the struggling but resilient characters in **Carla Trujillo MS'81, PhD'84**'s humane and funny novel *Faith and Fat Chances*. When an entrepreneur plans to replace the community with a winery, he triggers a rollicking revolt and an epic result. Trujillo is a University of California, Berkeley writer and administrator.

Entrusting leaders to effect great change simply because of lofty job titles is foolish, contends **Emil Kresl '93** in *Self-leadership: The Art & Science of Control*, and he shows how those who get the work done — wherever that may be — can spur the most innovation by being their own leaders. The Austin, Texas, consultant has also created the personal-mission app Raison and authored the fiction work *On Cedar Hill*.

Julie Halpern '96 of Gurnee, Illinois — the author of a picture book and five young-adult novels — has written her first adult novel, *Maternity Leave*. It's the "profane, profound, and just plain funny" story of a career woman who learns that it's hard to have a baby, but also that finding her own way to love her family and herself is well worth the effort.

When an epilepsy diagnosis threatened **Kristin Seaborg '97, MD'01**'s health and career, her fear that seizures would prevent her from practicing medicine led to a secret double life as a patient and physician. Her memoir, *The Sacred Disease: My Life with Epilepsy*, shares wisdom gained as a Madison pediatrician, mother, patient, and epilepsy-awareness advocate. Royalties go to Citizens United for Research in Epilepsy.

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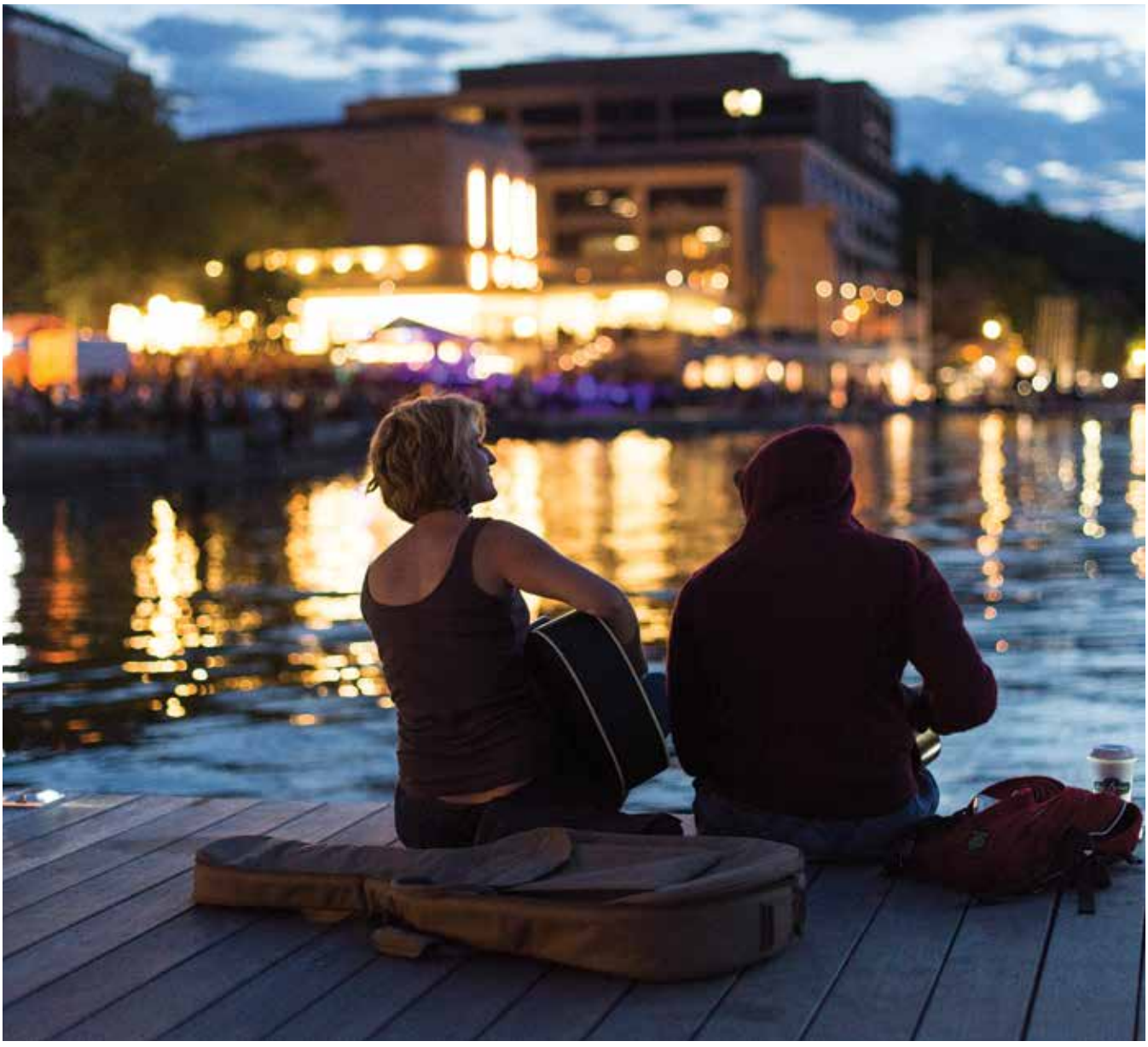
Destination *Goodspeed Family Pier*

JEFF MILLER (4)



Swimming isn't permitted near the pier (the Memorial Union has a swimming pier nearby), but these two undergraduates still used it as a jumping-off point to greet the sunrise over Lake Mendota last summer.

Up to seventeen boats can tie up at the dock, made of massaranduba — a hard, reddish wood from Central and South America that's also known as bulletwood. In season, the pier is open from six in the morning to midnight.

A magnet for nighttime relaxation since opening in 2013, the pier honoring the family of Mary Sue Goodspeed Shannon '81 replaced the aging stone-and-concrete structure below the Alumni Center.

The pier has more than 330 feet of boardwalk and will link the future Alumni Park — a gift to the campus from the Wisconsin Alumni Association — with Lake Mendota when it opens later this year.

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