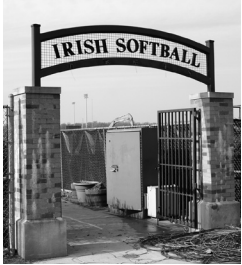


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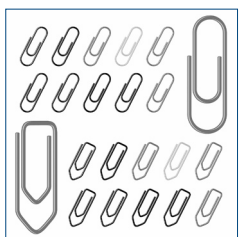


SPRIT
OF NOTRE DAME

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Information Commons updates library experience

By Gail Hinchion Mancini

On the first floor of the Hesburgh Library, there's a new venue with a very un-library-like vibe.

Students huddle in groups on adjacent couches, their feet on tables so they can prop up their laptops as they reach toward the finish line of a major project. At another grouping of comfy chairs, two students huddle over a paper, discussing its argument and grammar.

Is this a Starbucks? Where's the latte?

Actually, it is an experiment in creating an Information Commons, a vision for how college libraries should serve students as research is increasingly conducted on the Internet. While a team of professionals helps students through various research questions and presentation projects, this carpeted environment with movable

desks and chairs also encourages collaboration and teamwork.

The Information Commons is closing its inaugural year in time to inform deeper thinking about changes in the library. As part of a multi-year library renovation, the first floor is the next to undergo an update. And if this is to be the model, it's likely to attract a lot of satisfied customers.

The happiest will be faculty and librarians, all who are aware that the Internet has instant access to an awful lot of poor material. For librarian Cheri Smith, who works the reference desk in the commons during the day, her goal is to help students "distinguish between scholarly sources and 'other stuff.'" Her nighttime counterpart, Leslie Morgan, a reference librarian specifically assigned to first-year students, espouses the motto: "You're a scholar in the making. There's a process for getting the appropriate information."

Managing electronic information is a key part of the curriculum of the First Year of Studies composition classes taught by the Writing Program. Each

student does a research paper. Learning how to appropriately cite information from the Internet is itself a problem in what Writing Program associate director Connie Mick calls "a cut-and-paste society."

Learning to develop an idea into a research paper also should be seen as a social process, she says. "If you're not testing your ideas on a real audience, you may miss the mark." To encourage the discussion part of the process, first-year students make at least one visit to the Writing Center in Coleman-Morse, which works with any undergraduate or graduate student on any writing project at any stage in the writing process.

Mick arranged to assign a Writing Center tutor Sunday through Thursday evenings in the Information Commons on a drop-in basis. It's a perfect format for quick questions. But for longer discussions, the upholstered couch the tutor occupies just suggests "Let's talk." If a student sharpens his or her concept but has trouble starting the research, the reference librarian is only a few feet away, ready to offer assistance.



OIT student worker Ben Rowland, foreground, fields questions on software use while student reference desk assistant Aiden Gillespie and librarian Leslie Morgan stand ready to help students identify appropriate research resources.

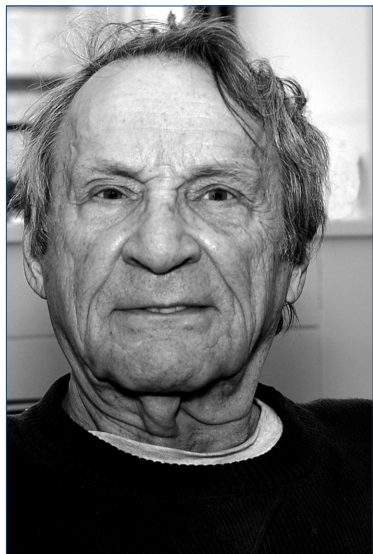


Writing Center tutor Tom Foley, a junior, does a line-by-line review of a paper with Law student Jean Marc Brissau. Foley is one of several tutors who staff regular evening hours in the Hesburgh Library's Information Commons. *ND Works staff photos.*

From Hiroshima to GPS tracking— Real life and the theoretical physicist

By Carol C. Bradley
See related story page 2.

As a youth in Richmond, Va., Walter R. Johnson recalls



After a 50-year career, physics professor Walter R. Johnson has left the classroom. But his research agenda remains ambitious. *Photo by Carol C. Bradley.*

going to the library, trying to understand what had happened with the bombing of Hiroshima. After 50 years in physics, he has no doubt solved that riddle.

Last month, scientists from all over the world gathered on campus for a special symposium recognizing the prominent theoretical physicist's retirement.

Physics department chair Mitchell R. Wayne calls his colleague "one of the top theoretical atomic physicists in the world." He considers Johnson's career remarkable for its longevity, for its contributions to theoretical atomic physics, and for the admiration he has earned among the international physics community. He has twice been honored with the Alexander von Humboldt Senior U.S. Scientist Award.

"As a colleague, he's wonderful," Wayne adds. "His advice is respected and trusted, and he's a great teacher—all in all, he's been a role model for the rest of the faculty in the department."

Johnson, the Frank M. Friemann Professor of Theoretical Physics, has supervised 22 dissertations, taught more

than 10,000 undergraduates, and wrote or coauthored 250 published papers.

"My father wanted me to be an engineer, and I wanted to be a mathematician," Johnson recalls. The University of Michigan, which he attended on the G.I. Bill after service in the Navy, had a program called engineering mathematics. "That was a compromise," he says.

But he found that he really enjoyed physics. "I didn't have the rigorous set of mind that mathematicians have. I was more interested in what was going on in nature. So I evolved into theoretical physics."

His area of research interest is the structure of heavy atoms. "We refer to it as atomic many-body theory," he says. "My own specialty is in relativistic effects."

Applications of Johnson's research, he notes, include the working of global positioning devices. "These devices, which tell you where you are on the earth, depend on satellite signals. The timing of those signals has to be very precise, in the parts per billion. How to make clocks stable enough to do that is our area of physics."

OIT manages the University's computer clusters, of which the Information Commons is one. An OIT student helper is on hand, offering to help students solve software puzzles involving PowerPoint, Excel and sophisticated graphics programs. Brian Burchett, one of several OIT staff members who helped launch the Information Commons, has noted that student workers are absorbing tips about Internet research work just by their proximity to the reference librarian. If they began to assist in research help, all the better, Burchett says.

By watching student use of the Information Commons evolve, OIT has itself learned that students use technology different in different settings. Looking toward a renovation of the LaFortune Student Center cluster, Burchett has greatly increased pre-design student input, even involving architecture students.

Sherri Jones, head of reference and instructional services, is very committed to the vision of the Information Commons to help students learn to find good information. But glancing around the now-popular setting, she muses: When the first floor is renovated, the location might be even more popular if they leave little space for that latte shop.

The field of atomic physics has changed dramatically over the years of his career, and at one juncture, it lost its luster, Johnson notes. "In the 1950s, people said atomic physics had just become a branch of chemistry—nothing new would come out of it, only applications."

With the advent of computers, "it's grown into a new discipline of its own. The whole field blossomed."

The area of atomic physics has assumed such importance, he notes, that nine Nobel Prizes have been awarded in the field in the past 10 years. "It's become an increasingly important branch of physics, because of the possibility of doing precision measurements on one side, and doing precision calculations on the other."

Johnson, 79, will move to emeritus status at the end of May. He didn't teach this semester. "The department chair suggested I take it off, ease into it," he says. But he's not exactly taking things easy—last year he published a book on atomic structure theory; he's published eight scientific papers since January, with two more to go to reach his goal of 10 by the end of the semester.

This summer, he'll be spending the month of July at University of Washington in Seattle, at the Institute for Nuclear Theory, where he's

Continued on page 2

Sharpening Father Heintz

By Michael O. Garvey

Oregenes Adamantius, to whom the academy has given the nickname “Origen,” was a second- and third-century Alexandrian monk and genius who became one of the most influential theologians and biblical scholars of the early Church. He was described by Saint Gregory of Nazianzus, one of his students, as “the stone that sharpens us all.”

Origen has undeniably sharpened Rev. Michael Heintz, rector and pastor of Saint Matthew’s Cathedral in South Bend, who will receive a doctoral degree in theology from Notre Dame at the May 18 Commencement ceremonies.

Father Heintz, already quite sharp in the knowledge of Latin and Greek, has completed and defended his dissertation on “The Pedagogy of the Soul: Origen’s Homilies on the Psalms” under the codirection of Rev. Brian Daley, S.J., Catherine F. Huisman, Professor of Theology, and John Cavadini, chair of the theology department at Notre Dame. His project required him to translate these homilies into English for the first time, and the resulting collection is soon to be published by Catholic University of America Press in its “Fathers of the Church series.”

By any measure, such scholarship would be an impressive accomplishment, but Father Heintz also has the unique distinction of having

pursued and earned his theological doctorate on a part-time basis. No one has ever done that before.

“It is truly astonishing to realize that such high quality work—a dissertation which is already contracted to be published—was accomplished without Father Heintz missing a pastoral beat in his ‘day job’ as rector of a diocesan cathedral,” Cavadini said. “Even the stream of postcards he is accustomed to write, congratulating the youth of his parish on this sports accomplishment or that academic achievement, and so warmly appreciated by their recipients, never stopped!”

Nor did the other and more demanding routines of Father Heintz’s parish priestly life—the confessions, the counseling, the visits to the sick, the deathbed vigils, the baptisms, the Masses, the preaching, the prayer and the popular spiritual reading groups he has organized.

Even while turning in this commendable performance at Saint Matthew’s, Father Heintz was at work on his translations and patristics studies, attending academic conferences nationwide and writing numerous articles for such journals as *Communio*, *Religious Studies Review* and *Thomist*. He also was teaching popular introductory theology courses at Notre Dame, for which he received a 2005 Kaneb Teaching Award, annually given to one graduate student teacher in each academic department. The following year, he received the even more competitive Alumni Association Teaching Award, which is annually given to one graduate student among all

the colleges of the University.

Not that Father Heintz, a congenially talkative man, seems terribly proud of all this. “I’m just so grateful that they were willing to take a chance on me,” Father Heintz said recently. “I couldn’t have been more blessed. Everybody in the theology department and on my committee has been so supportive, and so has my bishop.”

He shrugs, even squirms a bit, when acclaimed for his conspicuous academic and pastoral successes, and seems genuinely to regard them as unremarkable. When asked how he intends to celebrate the reception of his degree, he seems not to have thought very much about it, and shudders at the notion that his parishioners might want to honor him. “I suppose I’ll have dinner with a few friends,” he says vaguely.

Father Heintz insists that his intellectual and spiritual work are mutually invigorating and replenishing. “I know that my work as a priest is strengthened and enriched by my work in historical theology,” he says, “and I think I’m a better theologian because of my pastoral work as a priest.”

He pauses and smiles, contentment, but not a trace of fatigue, in his expression and posture. “I just love it here,” he says quietly. Asked if by “here” he means the University of Notre Dame or Saint Matthew’s Cathedral in South Bend, he just laughs.

“Both, obviously,” he says.



Rev. Michael Heintz, pastor of St. Matthew’s Cathedral, prepares second-graders for First Holy Communion a few weeks after defending his doctoral dissertation before members of the theology department. Flanking Father Heintz are his dissertation advisers, from right, Rev. Brian Daley, S.J., and John Cavadini. Theology professor and St. Matthew’s regular Joseph Wawrykow is at left. *Photos by Trina Koldyke and ND works staff.*



Rosa Escalante, left, is one of several employees listening as Morris Inn front office manager Shannen M. McKaskle explains the rules of a “Team M&M” scavenger hunt.



McKenna Hall staffer Chris Henderson searches as Lauren Rose, hostess at Sorin’s in the Morris Inn, checks off scavenger-hunt items. The event was a team-building exercise for Morris Inn and McKenna Hall staffers. *Photos by Carol C. Bradley.*

‘Team M&M’ unifies, recognizes staff contributions

By Carol C. Bradley

In March, the combined staffs of the Morris Inn and McKenna Hall assembled in the Morris Inn kitchens. They divided into teams and donned chef’s toques.

Each team had 30 minutes to prepare a meal—entrée, salad and dessert—from a basket of mystery foods assembled by Chef Ross Olling. Winners received prizes, but all walked away with a new appreciation of the kitchen staff and the work that they do.

McKenna Hall and the Morris Inn were unified in July 2007 under the direction of William J. Beirne, director of the Morris Inn. The unification created one operating entity with one set of operating procedures and practices. But in joining two separate building staffs, Beirne notes, “We found that people didn’t understand what other staffers did.”

Hence the new employee incentive program dubbed “Team M&M.” The program was developed

by banquet manager Mary Anne Pryde, Morris Inn assistant director David Konkey and Ila Bigford, Morris Inn administrative assistant.

Every month, staffers meet to celebrate the contributions of one of the departments.

In April, the event highlighted the work of the front desk staff of the Morris Inn. Employees met for hors d’oeuvres and a “Team M&M” cake in one of the second floor suites, then visited several rooms—including a corner deluxe room and a handicap-accessible guest room—in the course of a scavenger hunt.

“It’s the first time I’ve ever been in a room at the Morris Inn,” says McKenna Hall building support crew leader Chris Henderson. “It gives us a different perspective on what everyone else has to do to make things run smoothly.”

Combining the two staffs will make the both the conference center and the Morris Inn stronger, says Henderson. “That can only benefit the guests.”

Continued from page 1
Johnson

the co-organizer of a program on coupled-cluster theory. Then it’s on to the Lawrence Livermore National Laboratory in California for a month, where he’s collaborating on a plasma physics project.

Although he’s officially retiring

Three physicists recognized for lifetime achievement

ND Works staff writer

Physicists Jacek Furdyna and Neal Cason joined Walter Johnson as recent recipients of the Outstanding Referee Awards by the American Physical Society.

The highly selective, lifetime award recognizes scientists who have been exceptionally helpful in assessing manuscripts for publication in APS

from teaching, “retired” is clearly a relative term.

“I have lots of unfinished business to do,” he says, “projects that I’m already working on, and that I’ll continue working on.”

He may find time for the occasional New York Times crossword puzzle or movie, he adds, “But I don’t have time for much more.”

journals. Their work has helped maintain the high standards of the journals and helped authors improve the quality and readability of their articles.

Furdyna is Marquez Chair in Information Theory and Computer Technology. Cason, the former department chair and an emeritus professor, is a particle physicist.

New practice facilities, stadia planned

By John Heisler

The University has begun clearing the track, grass field and bleachers of Moose Krause Stadium to make room for three new football practice fields. The fields are expected to be ready for use by the time to Irish

football team begins practice in August.

The three fields, two of them artificial turf, comprise a \$2.5 million project that is based on the benefaction of John R. “Rees” LaBar, a 1953 Notre Dame graduate, and his wife, Carolyn, who reside in Cincinnati and in Long Boat Key, Fla.

The practice fields primarily will be used by the football squad, but also for lacrosse, soccer and RecSports players. They are being located side-by-side at the far north end of the current Cartier Field. Each field will be lighted and secured by an eight-foot fence, with an adjacent maintenance building to provide storage.

The new venue will meet the year-round demand for high-quality practice fields and also will reduce demand for the Loftus Center indoor field.

A new track will be constructed this summer just north of Edison Road, and east of Leahy Drive, and southwest of Eck Baseball Stadium.

These projects are part of a series of planned facility additions and changes that also includes construction of new stadia for lacrosse, soccer, track and field, and tennis, all within the large area east of the Joyce Center. The most recent addition, Melissa Cook Stadium for softball, was dedicated last month.



The former Moose Krause Stadium is being cleared to make way for football practice fields. *ND Works staff photo.*

NDWorks

ND Works, Notre Dame’s employee newspaper, is published by the Office of Public Affairs and Communication. The views expressed in articles do not necessarily reflect the views of ND Works or the administration. ND Works is produced semimonthly during the academic year when classes are in session, and once during summer session. Submit suggestions at ndworks@nd.edu or by calling 631-4314. To recommend a story, contact the editors at least 10 days before the following spring 2008 publication dates: Jan. 17, Feb. 7, Feb. 21, March 13, April 3,

April 28, May 8, May 22, June 19.

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Making a robot that makes up its mind

By Shannon Chapla

Psycholinguist Kathleen Eberhard studies spoken language production and comprehension, including how people consider one another's perspectives during conversation.

Not until last year did she begin applying her research to conversations of the non-human variety.

An associate professor of psychology, Eberhard is part of a team of researchers from Notre Dame and Indiana, Arizona State and Stanford Universities working to improve robotic technology by studying "Effective Human-Robot Interaction under Time Pressure Through Robust Natural Language Dialogue." The project is funded by a five-year, \$2.5 million Multidisciplinary University Research Initiative (MURI) grant from the U.S. Office of Naval Research.

Each institution is concentrating on a different component of the program. Eberhard's focus is natural language.

"Our goals are quite lofty," Eberhard admitted. "We're trying to create more autonomous, decision-making robots that can think, plan and prioritize, without being completely controlled by humans."

The Department of Defense is interested in the development of "smarter" robots for military missions, including surveillance, location of casualties, and detection and diffusion of explosives. Current state-of-the-art robots are remotely controlled by humans who get visual and other information from their cameras, then manually direct their actions.

Eberhard is working to help equip the machines to process language in human-like ways to facilitate their ability to take directions from humans, as well as learn from and be able to generalize those directions. To do this, she is conducting exercises designed to identify potential human-robot language barriers.

"There are a lot of them," Eberhard said. "Speech is full of disfluencies in the form of hesitations, pauses filled with 'uh' or 'um' and speech errors, which may or may not be corrected, particularly when the speaker is under time pressure and stress. Speech also is rife with ambiguity, including words such as 'right' that have multiple meanings. Another source is phrase modifications, especially with regard to spatial descriptions. For example, the sentence 'Put the block in the box on the

chair' could be a command to either place the block that's in the box onto the chair or to put the block into the box that's on the chair."

Eberhard's research goals are enabling robots to ignore disfluencies and correctly resolve ambiguity and equipping them with the ability to provide evidence of correct understanding or request clarification in a timely fashion.

Since recruiting undergraduate and graduate students to complete a recorded search-and-rescue experiment last summer in the basement of Flanner Hall, Eberhard has compiled a list of speech disfluencies that could prove problematic for human-robot conversations and that will help construct a natural language processing architecture for robots.

Working under an unspecified deadline, pairs of students were told to locate hidden boxes and communicate findings, as well as ask for guidance via headset from an off-site director with a map of the locations. In the middle of the task, the students' directions were changed, and a clock began ticking to increase their urgency and stress levels. The exchanges indeed reflected an array of disfluencies associated with urgency.

We are analyzing the dialogues for factors that led to both effective and ineffective communication and coordination," Eberhard said. "Correctly interpreting spatial descriptions requires knowledge of the task goals, as well as the speaker's perspective. By studying these types of interactions, we hope to better gauge



Psychologist Kathleen Eberhard is using psycholinguistic research to create robots that can think, plan and prioritize. **Photo by Carol C. Bradley.**

what natural language capabilities a robot should be programmed with for it to effectively be able to work with a remote human director."

Eberhard and Matthias Scheutz, associate professor of cognitive science, computer science and informatics at Indiana University (formerly a Notre Dame faculty member), are co-authors of a report of preliminary findings currently under review for presentation June 12 and 13 at the 5th International Workshop on Natural Language Processing and Cognitive Science in Barcelona, Spain.

The next phase of Eberhard's testing will involve using a Notre Dame robot (named Rudy, of course) that—

unbeknownst to its director—will be completely controlled by a human in a new exercise designed to determine whether a human will talk differently to a robot simply because it's a robot, even if it is behaving exactly as would a human.

"One thing is for certain," Eberhard said. "Robotic technology is about to explode, which begs the philosophical questions, What are the ethical implications of creating 'thinking' robots, and how do we guard against the use of technology that is intended to benefit the human condition, from doing the exact opposite?"

Maybe we should ask a robot.

English professor elected to American Academy of Arts and Sciences

By Susan Guibert

Gerald L. Bruns, William P. and Hazel B. White Professor of English, has been elected to the American Academy of Arts and Sciences (AAAS). He will be formally inducted at a ceremony in October in Cambridge, Mass.

Founded during the American Revolution by John Adams, John Hancock and others, the AAAS is the nation's leading learned society. It recognizes individuals who have made outstanding contributions to science, scholarship, public affairs and the arts.

This year's newly elected fellows also include U.S. Supreme Court Justice John Paul Stevens, former White House chief of staff James A. Baker III, Pulitzer Prize-winning novelist Edwards P. Jones, and blues guitarist B.B. King. The 2008 class of new members includes 212 scholars, scientists, artists, and civic, corporate and philanthropic leaders from 20 states and 15 countries.

Bruns is an internationally renowned scholar and founder of the field of philosophy and literature. He specializes in modern and contemporary poetry and poetics, 20th-century experimental fiction, and the various European and American avant-garde movements that emerged after World War II. His scholarly publications include "On the Anarchy of Poetry and Philosophy: A Guide for the Unruly," "The Material of Poetry: Sketches for a Philosophical Poetics," and "Tragic Thoughts at the End of Philosophy: Language, Literature, and Ethical Theory."

A recipient of fellowships from the Guggenheim Foundation in 1974 and 1985, and the National Endowment for the Humanities in 1990, Bruns also was a faculty fellow at the Institute for Advanced Study at Hebrew University in Jerusalem in 1985 and at the Center for Advanced Study in the Behavioral Sciences at Stanford University in 1993. He currently serves as the Marta Sutton Weeks Fellow at the Stanford Humanities Center.

A member of the Notre Dame faculty since 1985, Bruns earned bachelor's and master's degrees from Marquette University and his doctoral degree from the University of Virginia.

Bruns is the 16th Notre Dame faculty member to be elected to AAAS. Others are the late George Craig, professor of biology; Roberto DaMatta, Rev. Edmund P. Joyce Professor of Anthropology; Rev. Gustavo Gutierrez, O.P., John Cardinal O'Hara Professor of Theology; Rev. Theodore M. Hesburgh, C.S.C., president emeritus and professor emeritus of the theology; Sabine G. MacCormack, Theodore M. Hesburgh, C.S.C., Professor of Arts and Letters; Alasdair MacIntyre, research professor of philosophy; Rev. Ernan McMullin, John Cardinal O'Hara Professor Emeritus of Philosophy; Mark Noll, Francis A. McAnaney Professor of History; Guillermo O'Donnell, professor of political science; Timothy O'Meara, provost emeritus and Howard J. Kenna Professor Emeritus of Mathematics; Alvin Plantinga, Rev. John A. O'Brien Professor of Philosophy; the late Philip Quinn, John A. O'Brien Professor of Philosophy; Lawrence Sullivan, professor of world religions; Eugene Ulrich, Rev. John A. O'Brien Professor of Theology; and Peter van Inwagen, John Cardinal O'Hara Professor of Philosophy.

A day of masterful presentations

By Gail Hinchion Mancini

The experience of Show and Tell becomes increasingly complex from kindergarten, when a student might bring a hamster, to presentations at a University undergraduate research conference. As some 200 students proved in the first such conference May 2, presentations require sound intellectual inquiry converted to oral explanation or creative performance, accompanied by PowerPoint, video and audio.

It was just deserts, then, that student presenters and their faculty mentors ended the conference by enjoying a demonstration of what Show and Tell looks like at an even more advanced level, where the peers are MIT and NASA engineers.

A 1986 graduate, Dava Newman lit up the stage in the Leighton Performing Arts Center with a presentation (PowerPoint included) on a rich professional life and the space suit she has conceived for a new generation of galactic travel. In the voyage her suit design anticipates—to Mars, perhaps—astronauts roam planets, climbing, rappelling, bending and sifting, all in the search for life.

Newman's opening slides delivered the inspirational message "Live-Act-Discover-Innovate," setting the upbeat tone of her address. But student Stephanie Doerries' nimble appearance in an actual prototype of the space suit delivered a message apropos of the art of presentation: a live model is a winning technique.

A space suit, and space travel, is inherently intriguing. Newman's design is, she says, is "like an uncomfortable wet suit" that applies pressure—it's like squeezing—to simulate the atmospheric pressure humans must have to survive. Italian designers executed the prototype in grey with crisscrossing black and red lines. They look fashionable but have life-saving practicality: the red ones provided the pressure; the black ones are biosensors that chart the wearer's well being.

Newman's work is proof that learning to explain and discuss scholarship is an important skill for the modern researcher, who should be ready to meet many publics. Earlier this week, for example, the Metropolitan Museum of Art opened an exhibit called "Superheroes," and a prototype of Newman's suit was one of the exhibits. Monday found her in Manhattan meeting the press; the fashion designer Georgio Armani underwrote the show.

Newman accepts the show with delight: "How often is my work going to be in the Met?"

That Newman, 22 years after graduating from Notre Dame, would claim a corner of the nation's most prestigious art museum is a great lesson about the road researcher-presenters may travel.



Dava Newman, a 1986 graduate, demonstrates major league research and presentation skills as the closing speaker for the Undergraduate Research Conference May 2. **ND Works staff photo.**

And that road started at the undergraduate research conference. It was a given that students' ideas would be smart. The additional challenge was to be engaging and memorable and sharp on one's feet.

Susan Ohmer, Carey Professor of Modern Communication, is in the business of knowing good presentation as an advisor of the University's debate team. The students "were wonderful," says Ohmer, who praised them for the strength of their ideas, and for their poise in front of audiences.

In recent years, the College of Arts and Letters has restructured courses to emphasize articulation and presentation specifically so students would be prepared to think and speak on their feet. Ohmer says she believes the conference proved that the investment had paid off.

"I don't know who of us (faculty) could have done so well at their age," she says.

There are more than 150 members of the Development department team, some who still are teenagers, some who live on the other side of the country. They have passed the 80 percent mark of a \$1.5 billion campaign goal, and chalk up their success to the care taken in developing lifelong relationships with donors.

Stories by Gail Hinchion Mancini

A campaign needs a major general

Dan Reagan lives and dies these days by a seven-year calendar that schedules the many events he has planned as chief coordinator of the ongoing “Spirit of Notre Dame” campaign. But truth be told, a \$1.5 billion fundraising campaign has more moving parts than a calendar can express. It’s more like a three-dimensional board game, where one of the levels is all about heart and the emotional satisfaction of giving.

Reagan, associate vice president for University Relations, is in charge of principal gifts and campaign administration. He is the major general who begins as the fundraising goals are identified, assures that those goals are artfully articulated, investigates—through research—how attractive they are likely to be to donors, and orchestrates both communications and events that will allow donors to see, hear and almost taste how essential these projects are for Notre Dame’s future.

“Dan is an exceptional leader whose contributions we cannot exaggerate,” says Lou Nanni, vice president for University Relations. “A campaign mobilizes thousands of volunteers—alumni, parents, friends, faculty, students and administrators—who together with our development team have been equipped with a carefully articulated message about why and how Notre Dame needs to keep growing. Dan deftly orchestrates all that, and does so with amazing talent, wisdom and grace.”

The reference to “principal gifts” in his title acknowledges an important point: During a capital campaign, the University seeks large gifts that can transform its potential and direction. So far, the “Spirit” campaign has attracted 26 gifts of \$10 million or more, compared to a total of five in the last campaign.

This is the midpoint of the “Spirit” campaign, and late March and early April was a mini-marathon in itself. By Reagan’s multi-year calendar, this is the time when donors who are able to make significant contributions are brought to campus, or to venues near their home turf, to learn about Notre Dame in a retreat-type setting.

It is the Notre Dame way that these events provide a very intimate look at the University—President Rev. John I. Jenkins, C.S.C.; Executive Vice President John Affleck-Graves; Provost Tom Burish and Nanni dedicate weekend after

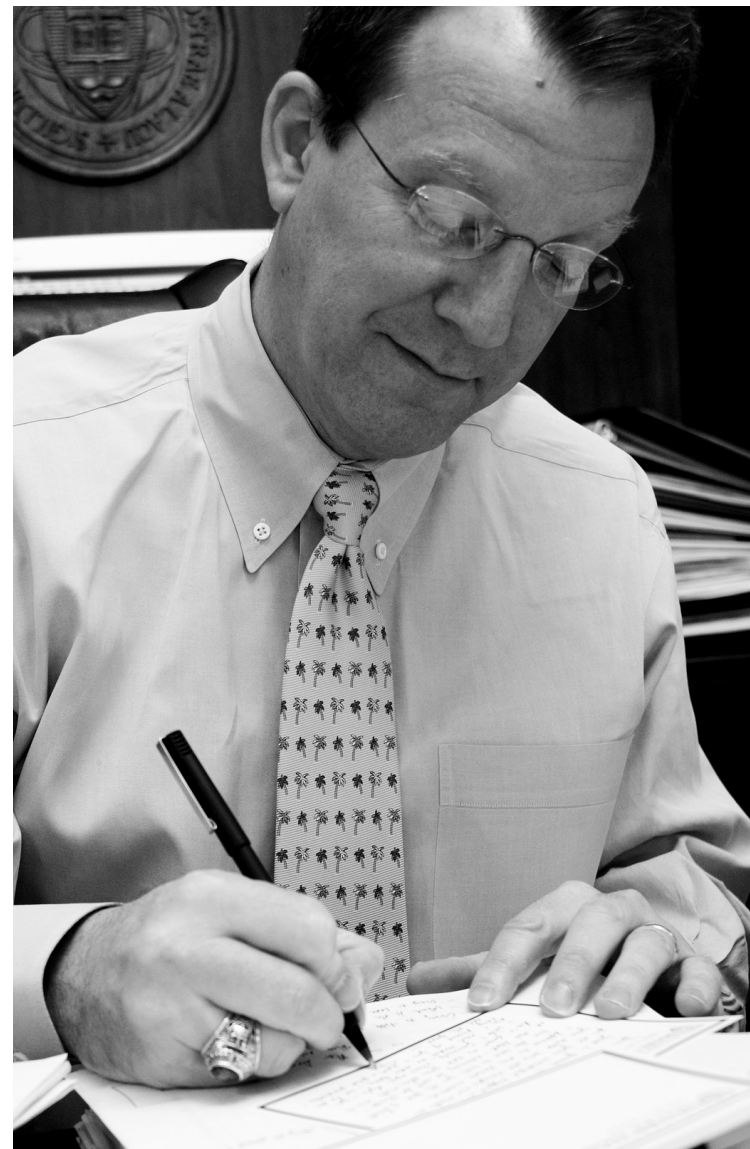
weekend to these meetings. These events are not organized as “asks”; those follow later. Rather, Reagan says, the University uses this chance to “educate, to articulate a vision, to motivate donors to want to help.”

“Most charitable contributions are an emotional decision. Understanding the heart of the donor is very important,” says Reagan, who joined the Development department 24 years ago. “We have to find out what their passion is, what their passion for Notre Dame is. We want them to have a real sense of satisfaction about their gift.”

One of the characteristics of those who can afford to give multi-million-dollar gifts is that they tend to be competitive. In the business arena, that’s part of their success. So beyond wanting to feel good, they want Notre Dame to succeed. Reagan’s best days are the ones when a donor agrees to fund something not so thrilling—buildings or athletic facilities are glamorous, scientific instrumentation and library books are more functional. But donors underwrite those goals because “they want to see Notre Dame be competitive.”

Among the three campaigns Reagan has worked with, this one is distinguished by “a much more specifically described set of priorities” than in the past. They include academic advances, and more basic needs, like scholarship funding. What he’s finding, though, is that donors are responding to the message that the University is a more complex place. “We have a very bright future because our constituency is still evolving as a wonderful, generous body,” he says.

Does that mean he’ll be around for a fourth



Dan Reagan writes notes to students who helped the Development staff frame the importance of the “Spirit of Notre Dame” campaign.

campaign? During spring, he hobbled through activities with a broken foot as the result of a basketball court run-in with a 30-something corporate relations director. So he says, “By then, I’ll be too old.” But it’s probably too soon to tell.

The front line of fundraising

On most evenings during the academic year, 20 students gather on the third floor of Grace Hall and start telephoning donors.

The students have been selected for what phone center veteran and assistant annual fund director Mark Seiler calls their calm, their self-confidence. Some developed their telephone skills during fundraising campaigns for their high schools. Others are highly involved in the University, and exude a sense of connection to the most exciting aspects of a beloved institution.

They are given the luxury of chatting with the donor as long as the donor might like—a successful call is a good conversation. They answer questions about life at the University, ask about the family (a sophisticated computerized database feeds them background information). And, unabashed, they ask for money.

All told, this team makes 400,000 such calls a year. And an average of 10,000 times, they get a pledge. To this group of ambassadors, it’s not the size of the gift that matters; it’s the act of giving. But surprises happen, and everyone can remember the look on senior Will Flanagan’s face the day someone pledged \$10,000.

“He was so excited,” says Seiler, who began making calls in 2002 as a freshman and, now graduated, has climbed the ranks to a full-time managerial spot. “He took his headset off and started making Rocky arms” like the movie boxer Rocky Balboa.

Mike Brach, a one-time phone center manager and now senior director of annual giving, defines their importance thus: “People think this is the bottom of the Development pyramid. It’s really the opposite. It’s the front line. They’re going to talk to more people than any individual Development officer could possibly talk to in their professional lifetime.”

If that seems a lot of responsibility to put on the shoulders of someone often not yet 21, a review of the system illustrates a program with deep supports. It begins with an application and, appropriately, a 15-minute phone interview. Before any student calls a donor, he or she has passed through a personal interview, a training session that briefs on the development process as a whole, and a mock telephone tryout.

Those who make it as student callers have proven they have more than a gift for gab. They have demonstrated the ability to follow a tried and true methodology about what each call should include: an “ask,” a possible negotiation, a gracious thank you and a verbal restatement of the promised check.

More importantly, as they do their calls, these students are never, ever without backup. Student monitors are in constant motion behind them, ready to answer a question. Those students can wave over a full-time call center manager like Matt Young, a 2006 graduate whose evening also involves attention to housekeeping duties as well. The center keeps mountains of records on giving trends, but also on the kinds of comments students have heard, or reasons why people decline to give.

All that backup helps in two ways. One is to inspire by incentive. There are team competitions and notes made of the student who got the first gift of the night. There are breaks called “mandatory fun.” Gift totals over time are rewarded. Flanagan, who got the



The third floor Call Center hums with activity most evenings during the academic year. **ND Works staff photos.**

\$10,000 gift, said he did so well one semester, he got a free semester of books and a gift certificate at LaSalle Grill.

The managers also help students work through those days when potential donors use their phone time to express unhappiness with the University. They are armed with University responses for any eventuality, but sometimes students have to “walk off” a tough call, Seiler says.

As a student caller, Seiler worked with Moira Madden and Julia Kelly, all three of whom Brach ultimately hired after graduation, and who are moving up the ranks in the department. To Seiler, the experience is portable and valuable to any career.

“They’ve had an experience that gives them professional skills they’re going to use when they graduate,” he said. “Interviewers zero in on this. They know they’re talking with someone who’s dealt with difficult situations.”



An annual development including, Duke and Schnur, Cl Tony Sube department

Have a candy with those 90,000 transactions

Carol Hennion has a tidy desk with mostly feminine touches. So the Pez dispenser, with a football-helmet top, seems a bit out of place. It's a nice hold-in-your-hand symbol of the many human stories that touch this numbers- and data-oriented team.

At its most basic, this is the department that opens the envelopes with checks in them. Its 24 employees, therefore, are the ones we should think kindly of during Christmas break.

The staff comes in at least three days between Christmas and New Years to deal with an avalanche of phone calls, voice-mail messages and e-mails. "We set up a war room with computers, a phone bank," Hennion says. If you can believe it, one of the most common calls is from donors who can't remember if they've already given during the year.

About 40 percent of gifts are processed during December and January, and every gift over \$1,000 must be processed the day it is received, she says.

Hennion's team manages more than 90,000 transactions a year. They accept gifts, pledges and matching gifts. A letter shop staffed by three full-time and one part-time employee prepares donor acknowledgement letters, tax statements, invitations for major gift functions and monthly pledge reminders, to name a few tasks. Other donor services staff members maintain a database of those who have given, as well as those who may, such as incoming students, alumni, parents, friends, corporations and foundations. They update addresses and employment information and note marriages and deaths.

In processing gifts, they manage cash, checks, credit card transactions, wire transfers and, with the Investment Office, stocks and bonds. And then there are items. Hennion began working part-time for the University 30 years ago, and has a vague memory that someone once, literally, tried to give swampland in Florida. She's also seen gifts of jewelry, art, composed music, books and monographs, land and condos. Her department assists in setting a dollar value to non-cash gifts and sometimes in deciding it might be unwise to accept. (At one point, there was talk of accepting a horse, but it seemed too complicated, once boarding, food and other expenses were factored in.)

Sometimes the staff solves mysteries. For example, the donor of a wire transfer is not always clear, and the staff must track down the name by contacting the bank. Envelopes arrive in the mail in pieces and the donation must be assembled like a puzzle.

Over time, some donors have become so familiar with contacts from Donor Services that they consider the department a place to

turn for a myriad of requests, inquiries and thoughts. "People include letters, news articles and pictures with their gifts," she says. "We have even had a donor write

a brief letter right on the face of the check." She has received letters from people who give \$5 or \$10, but write just to say they're sad they have so little to donate, but they love the University very much. "The love the alums have for this place is just unbelievable," Hennion says.

And then there's the Pez dispenser. A donor who sells them thought Hennion should have a little positive reinforcement, a little smile. She opened the envelope of his donation, and out it popped, along with an ample supply of Pez candy.



A Pez dispenser is just one example of the thoughtfulness of donors that Carol Hennion has experienced as director of donor services. **ND Works staff photo.**

Criss-crossing the country, day by day

Here's a logical wall hanging for the director of a regional development operation: a U.S. map, with red pins dotting the locations of regional offices.

Bill Doyle doesn't have a map in his office. And if you talk to him for a while about what regional development directors do, you realize why not. Their work could not be illustrated by red pins. These directors move all the time, zigzagging across their regions, cutting swatches like an airline route map.

And while they're on the road, their assistants maintain constant contact with dozens of other donors. Although primarily office bound, the assistants make a deep contribution, says Doyle.

The regional development office model was introduced in the division some 30 years ago, and its purpose is simple. "It's getting to know people,"

says Doyle. To do that, it's important to be in close enough proximity to build and maintain those relationships—with alums, parents of current and former students, parents of prospective students and people who just admire and might want to invest in the kinds of values Notre Dame represents. "It's ease of access to the people and the programs that happen every day inside a region."

How close are these relationships? So close that you want to pat Doyle on the shoulder as he talks about funerals he's attended of benefactor-friends or their spouses. This team doesn't just make friends, it makes families. Regional directors are an intrinsic part of fundraising among the University's most generous donors. But their success may more aptly be measured by how many relationships they build, and how long they endure.

The division is comprised partly of directors who run offices in specific cities or regions—three in Chicago, three in New York, one in California, more in the Northeast and Boston and two in Atlanta serving the Southeast. Their work is complemented by regional directors located here in South Bend but who are assigned to territories—for example, Doyle still attends to a small group of benefactors in the southeast; John Hannan, one of the team's leaders who has been with the department for more than 13 years, has an office in Grace Hall, but his territory is the central west.

As often as possible, the regional directors can choose where they'd like to live. Seán Farrell, who oversees California and Arizona, lives in La Jolla, Calif., but could as easily live in Phoenix or San Francisco. Boston regional development director George Duke lives in a nearby New Hampshire town. Pat Hickey was lived in Stroudsburg, Pa., most of his life, and has maintained his Notre Dame regional office there for the last 15 years. Some of that flexibility offsets the drain of the constant travel, Doyle says.

Those who head the regional offices have to be assiduous students of Notre Dame activities—generalists who can always answer a question about what's happening on campus. "Our team is made up of great people who speak to everything that Notre Dame is, and that comes from time spent on the campus and with our varied campus leaders," says Doyle. From Atlanta, he used to visit campus between a dozen and 18 times a year. If there's a new performing arts center or science building, these directors make sure they've experienced it. When a donor speaks, or supports a program, they're part of the family that shows up to celebrate.

A Notre Dame graduate, as are most of the regional development directors, Doyle was in sales and served as a branch and senior sales manager for Montgomery Elevator, whose units daily take Development personnel to the third, 10th and 11th floors of Grace Hall. Most of the directors are like him: people who started not in development, but in business, as members of sales teams, product and project leadership, where they gained the kind of sales management and relationship skills that serve them well.



meeting and Christmas party assembles regional development directors and assistants from a variety of venues seated from left, Peggy Jewett, Pennsylvania, and George Judy Furlong, New England. Standing, from left, are Chuck Chicago; Eileen Gieselman, Atlanta; Pat Hickey, Pennsylvania; Greg Dugard, the campus Planned Giving Center, Atlanta; Greg Dugard, the campus Planned Giving Center, and Tom Gibbons, New York. **Photo by Mindi Dugard.**



Rev. Theodore M. Hesburgh, C.S.C., crosses campus during the early days of his presidency. A scholarship honoring Father Hesburgh's devotion to Our Lady will begin helping undergraduates this fall. **Photo provided by Elizabeth Hogan, University Archives.**

Father Hesburgh still a factor in fundraising

Much of the University's most successful fundraising is accomplished by people not on Notre Dame's Development staff. Officers, deans, faculty, heads of centers and institutes, financial aid representatives, all can be found meeting and greeting potential donors.

Few of them will ever make the impact of President Emeritus Rev. Theodore M. Hesburgh, C.S.C. During his tenure as President, from 1952 to 1987, the endowment grew from \$9 million to \$350 million. At almost 91 years old, he's still helping out.

The most recent example is the Notre Dame Our Mother Scholarship, inspired by Father Hesburgh's devotion to the Blessed Mother. Funds to this account will be directed to the University's top fundraising goal: \$250 million for undergraduate aid is the single largest priority of the campaign. The goal is to reduce the amount of debt students take on as they enroll here. Already, more than 1,000 gifts have been received totaling more than \$140,000. These scholarships will begin helping students as early as fall semester.

Katherine Rosswurm, senior development director for communications, marketing and stewardship, wished to speak of nothing more than the new scholarship when interviewed by ND Works for this series of stories. And that would appear to be stewardship at its best. Her team, working with the Annual Fund team, developed the communications materials that emphasized the impact of a gift to this program. Articulating impact and encouraging donor commitment to continued support, as stewardship materials do, provides essential support to the fundraising process.

The scholarship was created because the Development

department recognized that donors are most comfortable giving to something specific, "especially our younger alums," Rosswurm explains.

"The neat part is we're connecting these donations to our greatest need—scholarship. And it's honoring Father Ted," she says.

In Rosswurm's view, the scholarship program also presents an interesting opportunity for faculty and staff who choose to make donations to the University. Many businesses have a matching program that doubles the value of an individual's gift to a charitable organization. Notre Dame could hardly match gifts to itself. But a donor could do that, and one has. Trustee Bill Shaw, '67, with help from a few others, will match a gift to the scholarship up to \$100 for those donations made by June 30.

Father Hesburgh has personally encouraged would-be donors not to worry about being able to reach that \$100 level. "There is no such thing as an insignificant gift," he wrote to potential donors in a series of letters and newsletter information generated by Rosswurm's shop. "Every gift to Notre Dame is a great one, as far as I am concerned."

Creating the marketing campaign for this scholarship has been an especially pleasant task because it allowed her to work closely with the President Emeritus.

"He's everyone's hero," she says. "Working on the video, the students just brought a twinkle to his eye. He was just delighted to meet with them and find out what they were up to."

"He truly believes these students and our alums are making a difference for the future, that we are educating the future leaders of the world."

The video can be found at ourmother.nd.edu where one learns that if they wish to make a donation, they can do so online, or they can call Julie Kelly, at 631-7938.

Disabled veteran skis again

By Carol C. Bradley

Terry Hanyzewski went skiing in April—courtesy of the National Disabled Veterans Winter Sports Clinic.

“It was amazing, the number of veterans,” Hanyzewski says. “I’ve never seen that many wheelchairs in a row, ever.”

Hanyzewski was one of nearly 400 disabled military veterans and active-duty service personnel from around the country who attended the 22nd annual sports clinic in Snowmass Village, Colorado.

The program is cosponsored by the Department of Veterans Affairs and Disabled American Veterans, with financial assistance from sponsors and individual donors.

The clinic promotes rehabilitation by teaching downhill and cross-country skiing to veterans with significant physical disabilities and visual impairments, including traumatic brain injuries, certain neurological conditions, spinal cord injuries and amputations.

Hanyzewski was retired from the Navy on disability in 1997 after being

diagnosed with multiple sclerosis. He transferred his skills as a Navy cryptologic technician into his job at Notre Dame, where he’s worked for the past eight years for the Office of Information Technologies—first for the campus workstation program, and more recently as a senior field service technician, handling problems with student, faculty and staff computers.

He found out about the winter sports clinic from a TV show on HBO, he says. “But I didn’t know what to do to get involved.”

A recreational therapist at the Indianapolis Veterans Administration hospital, where he receives treatment, helped him fill out the paperwork. “Then she came and said, ‘You’re going!’ And I went.”

The trip took place the first week in April. “It was one of the best times I’ve had for a while,” Hanyzewski says. “It was amazing, not just being able to ski again, but the beauty of the environment, and being outdoors again.”

He was able to participate in other events as well—a fly-fishing trip, and snowmobiling. Other events open to the veterans included activities such as scuba diving, sled hockey, rock

climbing, trap shooting and fencing. The U.S. Secret Service also offered a course on self-defense for people with disabilities.

“The amazing thing is the number of volunteers that help with the program. They pay for their own accommodations and everything,” Hanyzewski says. “They’re some of the world’s best mono-ski instructors.”

A mono-ski is a fiberglass shell mounted on one ski. The skier uses forearm crutches with ski tips attached to steer. The clinic offers a variety of innovative and technologically advanced adaptive equipment to accommodate those with a wide range of injuries—including paraplegics.

Instructors for the clinic include more than 200 certified ski instructors for the disabled, and several current and former members of the U.S. Disabled Ski Team. Under an agreement between the Veterans Administration and the U.S. Olympic Committee, clinic participants can also set their sights on qualifying for the U.S. Paralympic Team.

While the sports clinic gives priority to veterans who receive care at VA medical clinics, last year 124 newly injured military personnel participated in the program.

“I met veterans from Desert Storm, Iraq and Afghanistan,” Hanyzewski says. “It helps people who’ve just become disabled to understand that it’s not an end to your life, because you’re in a wheelchair or have a prosthesis. And that’s true not just for veterans, but for everyone.”

For more information on the National Disabled Veterans Winter Sports Clinic, visit wintersportsclinic.va.gov.



OIT’s Terry Hanyzewski skis down a mountain in Snowmass Village, Colo., during the National Disabled Veterans Winter Sports Clinic. The clinic is staffed by more than 200 certified ski instructors for the disabled, and offers a range of adaptive equipment such as this mono-ski, a fiberglass shell attached to as single ski.



Terry Hanyzewski fly fishes during a winter sports clinic for disabled veterans. Photos provided.

Such a deal

ND Works staff writer

The University and Bob Miller Appliances have reached an agreement related to the purchase of appliances for an initial two-year term. And they’re extending the benefits of this deal, including discounted pricing, to employees.

The University negotiated the contract to include both competitive pricing and timely delivery on a wide range of appliances, including microwaves, refrigerators, freezers, ranges and dishwashers. The South Bend store will deliver items to campus locations, lightening the delivery load of General Services. There is no charge for delivery and installation. In addition, if an existing appliance needs to be removed, it can be done so by Bob Miller Appliances at the time of delivery, again at no charge. Orders for office equipment may be placed by requisition through the online *buyND* system.

“The University is receiving the deepest discounted pricing from them for both campus and personal purchases,” says Tom Rogers, procurement services specialist who

helped organize the arrangement.

Under the agreement, employees may purchase most appliances at the same pricing level. Small appliances should be picked up at the store by the buyer. However, larger units, such as refrigerators, ranges and dishwashers, will be delivered by Bob Miller Appliances to local residences at no charge. To qualify for a personal purchase, you need to present your ND employee photo ID card at the time of your visit to the store, located at 2700 S. Main Street in South Bend, with daily hours except for Sunday.

The University, itself, might not purchase all its appliances from the store—washers and dryers, for example, are generally purchased from a commercial-grade manufacturer. But the employee discount will be extended to all appliances, Rogers says.

The Procurement Services Web site carries a catalogue of commonly requested appliances https://buy.nd.edu/buying_help/buying_guide/bobmillerscatalog.shtml. The catalog includes the manufacturer’s name, model number, dimensions, color choices, unit prices, features and product warranty information. For any further questions, please contact Procurement Services at 1-4289 or by e-mail at buy@nd.edu.

Tennies for Tanzania

Senior Jennifer Korzan of Granger is heading to Tanzania in June as a volunteer with Hope Runs, a nonprofit organization that uses athletics, education and social entrepreneurship to help AIDS orphans. She would like to bring at least 1,000 pairs of tennis shoes with her and is accepting donations.

The shoes should be new or gently used and appropriate for children ages five to 18. The children run daily, and several of the older ones compete in the Mount Kenya marathon. Reach Korzan at jkorzan@nd.edu or by calling 276-3046 to donate shoes or to learn about other ways to help the organization.

DISTINCTIONS

Rachel L. Karnafel, Mendoza College of Business

Kimarie Merz-Bogold, provost’s office

Vincent A. Mier, security

Jennifer L. Souders, psychology

Kristal A. Tinkham, athletics

Nineteen faculty members have received teaching excellence awards on the strength of faculty and student nominations, while three faculty and staff with strong dedication to student advising also are being honored.

Eighteen faculty members are recipients of Rev. Edmund P. Joyce, C.S.C., Awards for Excellence in Undergraduate Teaching, and another is being lauded for excellence among international and off-campus teaching. Student advisors are being honored with Dockweiler Awards for Excellence in Undergraduate Advising.

The awards are presented by the Provost Office, but recipients are selected through a process that includes peer and student nominations.

Dockweiler Award winners are Paul Grimstad, associate professor and assistant chair of biological sciences; Catherine Pieronek, director of academic affairs for the College of Engineering, and Holly Rivers, academic coordinator for the Kellogg institute. The Dockweiler Award recognizes faculty and staff who have demonstrated a sustained commitment to undergraduates through mentoring, academic advising or career counseling services.

Cornelius O’Boyle, associate director of the London Undergraduate Program, has been named recipient of the International and Off-Campus

Teaching Award. The award recognizes the pedagogical excellence of a faculty member who teaches for the University’s abroad or off-campus programs administered by the Office of International Studies.

The 18 winners of Joyce teaching excellence awards represent faculty who have had a profound influence on undergraduate students through sustained exemplary teaching. Faculty committees in each of seven disciplinary areas review the peer and student nominations.

Recipients are: David E. Campbell, political science; Laura A. Carlson, psychology; James Collins, film, television, and theatre; Lawrence Cunningham, theology; Alan DeFrees, architecture; Jeffrey Diller, mathematics; Malgorzata Dobrowolska-Furyna, physics; John Duffy, English; J. William Goodwine, aerospace and mechanical engineering; Michael Hildreth, physics; Edward Hums, accountancy; Yahya Kurama, civil engineering and geological sciences; Timothy Loughran, finance; Julia Marvin, Program of Liberal Studies; James J. McKenna, anthropology; Thomas Noble, Medieval Institute; Catherine Schlegel, the Classics; Hannelore Weber, German and Russian Languages and Literatures.

Rewarding teaching excellence is a long Provost Office tradition. However, the selection process was revised last year to welcome nominations from students. The undergraduate teaching award is supported by a gift from the late Father Joyce’s classmates in the Class of 1937. This is the second year that advisors and student mentors are honored through an award supported by the Julia Stearns Dockweiler Charitable Foundation.

Editor’s Note: Because the names of three teaching excellence award recipients were omitted in the last issue of ND Works, we are running the list again in its entirety.



Widawski

The University congratulates the following employees who celebrate significant anniversaries in May, including 30-year employee Bob J. Widawski of preventive maintenance.

20 years

Peter H. Bauer, electrical engineering

Melanie E. DeFord, Center for Transgene Research

James P. Malloy, financial aid

15 years

Shelly A. Goethals, physics

Linda L. Klaybor, development

Charles Konopinski, integrated communication services

Michelle A. Whaley, biological sciences

10 years

Alice M. Barnes and Shelia M. Britton, library

WHAT THEY DO



Landscape crew members, from left, Annie Pugh, Cheryle Thompson and Matt Brazo unload flats of flowers for campus plantings. The grounds crew will plant 960 flats of annuals and 1,000 potted geraniums before Commencement. Photo by Carol C. Bradley.

It's not about the food: The key to losing weight isn't dieting

By Carol C. Bradley

Does the thought of dieting bring on cravings for ice cream and potato chips? Are you "good" when you eat a salad for lunch, but "bad" if you eat a cookie?

You're not lacking in "willpower"—you're a victim of dieting, suggests Lora Smitham, a doctoral candidate in psychology.

"Diets don't work, and dieting hurts people in the long run, physically and psychologically," Smitham says.

Forbidding certain foods and strictly controlling portions leads to feelings of deprivation—and feeling deprived triggers overeating. "Counselors understand that it's not about the food," she says. "It's what's going on underneath."

As a doctoral candidate, Smitham recently conducted therapy groups for those diagnosed with binge eating disorders. What she's learned applies to anyone interested in losing weight and developing a healthy attitude toward food and eating.

The key, she says, is "intuitive eating," a strategy she based on the book "Intuitive Eating," by Evelyn Tribole and Elyse Resch



Psychology graduate student Lora Smitham conducts therapy groups for those with eating disorders, but her work is applicable to anyone who wants to develop a healthier relationship with food. She recently began balancing her doctoral studies with care for her three-month-old son, Reese. *Photo by Carol C. Bradley.*

(intuitiveeating.org). "It seemed like a really different way of dealing with eating disorders," she says.

The basic premise is that you eat what you want. It's that simple.

"If you eat what you want without guilt, eat that food when you're hungry, stop when you're full and eat mindfully—savoring every bite—you'll find you're not only satisfied with food, but you eat less food."

But wait a minute...don't people go crazy with cheesecake and French fries?

Some people do go overboard at first, Smitham acknowledges, particularly those who are used to living by lots of "food rules"—no chocolate allowed, no carbohydrates, no snacks between meals, no eating after 6 p.m.

"But surprisingly quickly, you get over it," Smitham says. "Food tends to lose that magical, forbidden power. Once you 'legalize' all those forbidden foods, even if you overdo it a little at first, you really are able to eat in moderation. You can learn to trust yourself around food."

For her research project, Smitham recruited those who would qualify for a diagnosis of binge eating—behaviors that include bingeing on average more than twice a week, feeling out of control while eating, eating even when not hungry and feeling depressed or guilty after eating.

The results have been remarkable: According to her preliminary calculations, out of a total of 25 participants who've completed the eight-week program so far, 84 percent of participants would no longer qualify for a diagnosis of a binge eating disorder. She'll be checking in six months from now to see how participants are doing.

A healthy relationship with food is all about moderation, Smitham says—a lesson she learned early from her dietician mother. "If you eat a doughnut, you'll want something healthy later in the day," she says. "If you crave a piece of cheesecake, and you eat it slowly and mindfully—rather than eating 10 Snackwells cookies—your palate is more satisfied. The fat makes it stick longer. You're more likely to want a salad or something light later."

While these strategies can be used

by anyone, those with eating disorders should seek out counseling as well, Smitham advises. Both the book and her therapy groups address the issue of dealing with emotions without using food as a coping mechanism.

"If you can trust that your body knows what it wants and needs, you'll find out that you have a much less stressful and more pleasurable relationship with food—you're responding to biological rather than emotional hunger," Smitham says.

Health news in brief

Two gains on the Wellness front....

A new round of Weight Watchers classes begins Thursday, May 22, and this time, the University will underwrite its cost by offering a \$50 incentive to join the program. The

incentive is intended to encourage those who reported on the WebMD Health Quotient that they were ready to address their personal weight issues.

Those who would like to sign up should call askHR at 631-5900. The 17-week class will take place Thursdays during the lunch hour in the lower level training room of Grace Hall. The incentive will reduce the program's cost from \$186 to \$136.

The University has sponsored several types of weight control programs. Weight Watchers seems to be the one employees commit to most successfully, says Jessica Brookshire, Office of Human Resources spokesperson.

To encourage weight loss by walking the campus, the University will give each new employee a pedometer as an orientation gift. Pedometers are counters, often worn on a waistband, that register how many steps one takes during day-to-day walking. Brookshire says the Human Resources office is exploring ways to offer pedometers to all employees, as it did several years ago.

RecSports summer signups begin

Online registration for RecSports summer fitness classes begins at 7:30 a.m. Thursday, May 22. Classes run from Tuesday, May 27 through Friday, August 15; no classes will be held on Memorial Day, May 26. Classes include cardio express, yoga, Pilates/yoga fusion, aquacise, interval training and cardio box.

RecSports instructional classes begin Tuesday, June 17, with online registration opening at 7:30 a.m. Monday, June 16. Dance class offerings include ballet, Brazilian and jazz/hip hop fusion. Other classes include martial arts, aikido, Tai Chi, sailing, scuba and a beginner's level squash class.

For more information, visit recsports.nd.edu or call 631-6100.

For Your Health explores programs that promote health and well-being and the people whose lives have been enriched by them.

Summary annual report of Notre Dame's employees' pension plan

This is a summary of the annual report for the University of Notre Dame Employees' Pension Plan, employer number 35-0868188, for the plan year July 1, 2006 through June 30, 2007. The annual report has been filed with the Employee Benefits Security Administration, U. S. Department of Labor, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Basic Financial Statement

Benefits under the plan are provided by a trust. Plan expenses were \$4,280,233. These expenses included \$373,081 in administrative expenses and \$3,907,152 in benefits paid to participants and beneficiaries. A total of 3,772 persons were participants in or beneficiaries of the plan at the end of the plan year, although not all of these persons had yet earned the right to receive benefits.

The value of plan assets, after subtracting liabilities of the plan, was \$95,299,244 as of June 30, 2007, compared to \$84,205,214 as of July 1, 2006. During the plan year the plan experienced an increase in its net assets of \$11,094,030. This increase includes unrealized appreciation or depreciation in the value of plan assets; that is, the difference between the value of the

plan's assets at the end of the year and the value of the assets at the beginning of the year or the cost of assets acquired during the year. The plan had total income of \$15,374,263, including employer contributions of \$3,399,053; gains of \$3,022,705 from the sale of assets, and earnings from investments of \$8,952,505.

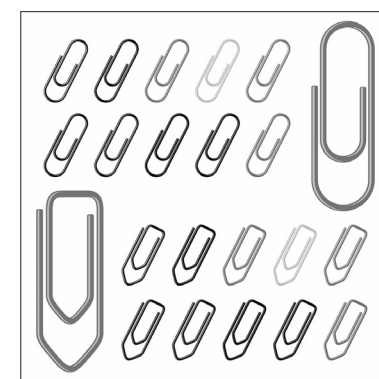
Minimum Funding Standards

An actuary's statement shows that enough money was contributed to the plan to keep it funded in accordance with the minimum funding standards of ERISA.

Your Rights to Additional Information

You have a right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

- (1) an accountant's report;
- (2) financial information and information on payments to service providers;
- (3) assets held for investment;
- (4) transactions in excess of 5 percent of plan assets;
- (5) information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which a plan participates, and



(6) actuarial information regarding the funding of the plan.

To obtain a copy of the full annual report, or any part thereof, write or call the office of the plan administrator: Associate Vice President for Human Resources, University of Notre Dame, Office of Human Resources, 100 Grace Hall, Notre Dame, IN 46556; 631-5900. The charge to cover copying costs will be 5-cents per page.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan, a statement of income and expenses of the plan and accompanying notes. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report. The charge to cover copying costs given above does not include a charge for the copying of these portions of the report because these portions are furnished without charge.

You also have the legally protected right to examine the annual report at the main office of the plan administrator, which is the University of Notre Dame, Office of Human Resources, 100 Grace Hall, Notre Dame, IN 46556; and at the U.S. Department of Labor in Washington D.C., or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department of Labor should be addressed to: Public Disclosure Room N1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Ave. N.W., Washington, D.C. 20210.

Additional Explanation

The audited Financial Statements provide additional detail of the gains and earnings to support the information provided above in the "Basic Financial Statement" section, specifically, realized gains of \$5,351,569 from the sale of assets. Unrealized appreciation of the assets for the period was \$5,226,429 and earnings from investments totaled \$1,397,212.

FROM THE ARCHIVES



1938 graduate Charles "Chuck" Borowski played on the Notre Dame baseball team from 1936 to 1938. Baseball was played as a club sport at Notre Dame from the time of the founding of the University—the first games played against outside opponents began in 1892. *Photo provided by Elizabeth Hogan, Notre Dame Archives.*

FYI

Film at the Browning Cinema

Upcoming films at the Browning Cinema, DeBartolo Performing Arts Center include "Paranoid Park," 7 and 10 p.m. Thursday, May 15 and "The Duchess of Langeais," 7 and 10 p.m. Thursday, Friday and Saturday, May 22 through 24.

Films at the Browning are \$5 for faculty and staff, \$4 for senior citizens and \$3 for students. To purchase tickets for more information on these or other events, visit performingarts.nd.edu or call the box office at 631-2800.

Old2Gold sale approaches

From Old2Gold, the year-end campus yard sale, will be held Saturday, May 24 at Notre Dame Stadium. All proceeds of the sale benefit participating nonprofit organizations in St. Joseph County.

Entry to the sale is through Gate C. Early-bird admission from 7 to 9 a.m. is \$5 per person for those over age 12; admission is free from 9 to 11 a.m. Purchases are cash and carry, with no checks, credit or debit cards accepted. All purchases must be removed by 11 a.m. the day of the sale—gates close promptly at 11 a.m. For more information, visit Old2Gold.nd.edu or call 574-287-4204.



A ministry in wood

By Carol C. Bradley

When Rev. Herbert Yost, C.S.C., took up woodworking, his sister asked him to make her an end table. “Then she asked me to make an entertainment center,” Father Yost recalls. “One thing followed another, and I have not been out of a commission since 1991.”

He’s currently working on his largest project to date, the furnishings for the chapel at the new St. Joseph Regional Medical Center in Mishawaka. “I’m making the altar, pulpit, presider’s chair, tabernacle altar, holy water font, all the candlesticks and the crucifix,” he says. “Plus anything else I can think of.”

In all, he’s making 16 pieces for the chapel—but not the chairs. “The seating they’re contracting out,” he says. “That’s production work, and I’m not set up for that.”

The hospital chapel will be “green” or environmentally friendly, which ruled out using exotic woods for the chapel furnishings. He chose traditional American bird’s-eye maple and red gum. The red gum sample he took to the committee was pretty, he says, but not spectacular. The red gum wood he picked up in Memphis looked plain in its raw state, he notes. “But when you add varnish, it explodes into fire. I wasn’t prepared for that.”

In his elegant design for the chapel furniture, what he was after was curves and soft edges. “I felt that would provide the right atmosphere for a hospital chapel. What hospital patients are looking for is serenity, peace. Traditional squares and rectangles don’t give that.”

Father Yost took up woodworking as a hobby about 18 years ago. At the time, he says, he was busy in the summer with gardening at St. Joseph parish, but



The sign on Father Yost’s shop at the Holy Cross Annex proclaims him to be a “maker of fine firewood.”

winter seemed to hang heavily on his hands. A friend suggested he take up woodworking. “Then I went nuts,” he says with a laugh.

Father hasn’t had a lot of formal training in carpentry. He picked up some knowledge by watching his father and some of the Holy Cross brothers working—and he learned a lot from watching master carpenter Norm Abram on public television, he adds.

Father also took a couple of classes at the Center for Furniture Craftmanship in Rockport, Me.—He’ll be back there in August for a two-week workshop on wood finishing. Mostly, he says, he learned by doing. “And making mistakes, and learning from the mistakes.”

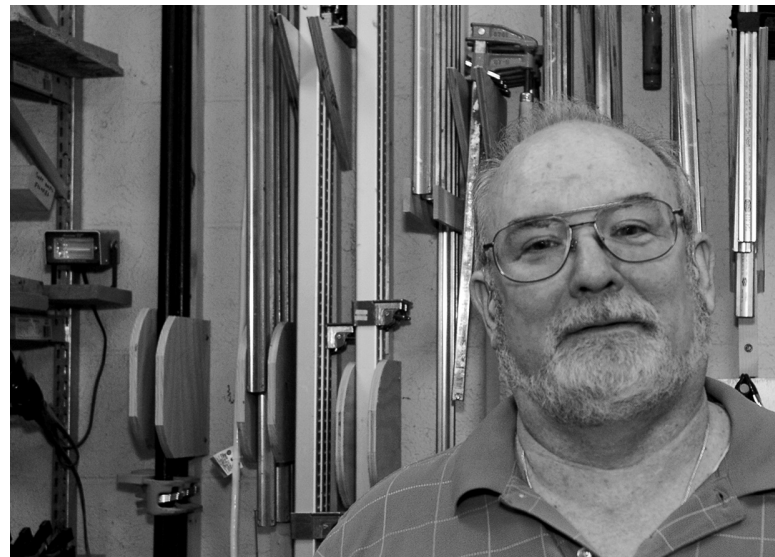
His workshop is in the Holy Cross Annex, on the western end of campus near Columba Hall. A sign outside the door reads “St. Joseph’s Shop,” and proclaims Father Yost “Maker of Fine Firewood.”

He enjoys woodworking, he says, because “I’m using my hands. It gets me out of my head. It’s almost a Benedictine way of life. I have to do some manual labor every day to keep on an even keel.”

It’s also a ministry, Father Yost notes, which enables him to be a better minister to others. And it’s a good hobby for retirement, he adds, “Making things for people I love.”



The pulpit, built of bird’s eye maple and red gum, lacks only a few more coats of varnish. In all, Rev. Herb Yost, C.S.C., is building 16 pieces of furniture for the new chapel, including the pulpit, altar, holy water font and crucifix.



Woodworking artist Rev. Herb Yost, C.S.C., pictured here in his workshop in the Holy Cross Annex, also may be known by visitors to pray.nd.edu, an Alumni Association-sponsored Web site for which he writes a daily prayer. His primary ministry with the Order of Holy Cross is with the Indiana Province Development office, running a direct-mail fundraising operation. He also coordinates Mass intentions for the Province.

Left: The altar for the new St. Joseph Regional Medical Center chapel is readied for moving by Steve Nixon, left, and Steve Emmons of Wiltfong Moving and Storage. The altar was designed and built by Father Herb Yost, in rear.

Photos by Carol C. Bradley.



Leprechaun Juan Muldoon and Payton Lewandowski cheer on participants of Relay for Life. Payton, a Christ the King student and son of RecSports employee Matt Lewandowski, has been battling cancer. Photos provided.

Relay for Life stays dry

ND Works staff writer

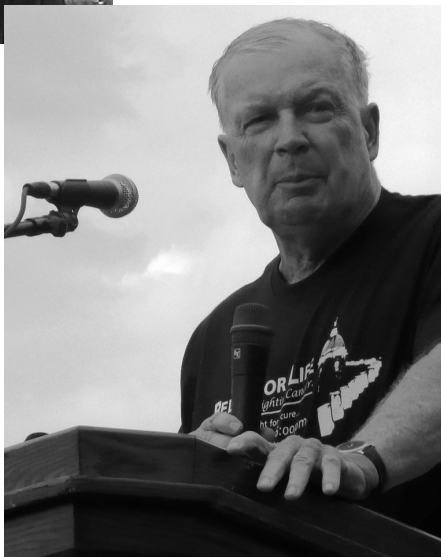
Weather forecasts to the contrary, Relay for Life walkers suffered through no rain during the annual event April 26 on the South Quad. But with only 90 minutes to go, the fundraiser was called due to lightning.

No tallies have been prepared yet on the total number of dollars raised. But stories are free, and a few of them have to do with the Women’s Soccer Team.

“They were so motivated,” says organizer Jessica Brookshire. When the event was called

at 11:30 p.m., most walkers cleared the field, went home, or pitched in with clean-up efforts.

“But these two soccer players just kept going and going,” says Brookshire. When I left, about 1:30 a.m., they were still going.” Word among Relay participants was that the team would be a contender for most successful student group fundraiser.



Former Notre Dame basketball coach Digger Phelps delivers a pep talk to Relay teams during an early evening ceremony. At left, Naval Midshipmen add a patriotic touch to the ceremonies.



As the signage on the main tent indicated, the annual Relay for Life is more than an American Cancer Society fundraiser. It’s a chance for cancer survivors and their friends and family to celebrate life and to fondly remember those who have died.