Parents’ fighting affects children’s mental health

Conflict is inevitable, but need not be destructive, says psychologist

BY CAROL C. BRADLEY, NDWORKS

“People have the mistaken idea that conflict isn’t nice, and you should avoid it,” says Mark Cummings, Notre Dame Professor of Psychology. In fact, conflict is inevitable in marriage and other relationships—but handling conflicts in a destructive way can negatively affect both a marriage and children’s mental health.

Destructive conflict undermines children’s emotional security and contributes to problems in emotional, behavioral and cognitive wellbeing—with direct physiological effects including elevated blood pressure and heart rate, says Cummings.

Negative reactions to parental conflict can contribute to children developing conduct problems, academic and social problems in school, and increase their risk for depression and anxiety disorders. A nationally recognized expert on children’s emotional security, Cummings is principal investigator for the “Family Communication Project,” which seeks to teach married couples throughout Northern Indiana strategies to improve their parenting and relationships.

He is also a co-founder of Notre Dame’s Center for Children and Families, an off-campus research facility that brings scholars together to conduct interdisciplinary research in support of healthy families across the lifespan.

Cummings and University of Rochester psychology professor Patrick T. Davies recently published “Marital Conflict and Children: An Emotional Security Perspective,” a volume which pulls together different strands of research to investigate how and why parental conflict becomes harmful for children, and what factors make certain children more vulnerable. The research, Cummings adds, applies equally well to all relationships.

Cummings’ work has also advanced a new conceptual framework, Emotional Security Theory (EST), which explains the ways children respond emotionally, psychologically, cognitively and behaviorally when exposed to different types of marital discord.

“The book provides insight on handling conflict constructively, for the sake of the children and the marriage,” says Cummings.

While physical aggression is linked most clearly with the later development of mental health problems in children, parents might be surprised to find out that non-verbal expressions of hostility—withdrawal, stonewalling or giving a spouse “the silent treatment,” affect children just as negatively. So what does it mean to handle anger and conflict in a non-destructive way?

First, don’t hold anger in. It’s questionable, says Cummings, whether adults can hide anger from children simply by not verbalizing it. Over time, chronic non-verbal anger can pose even more problems than anger expressed openly—the conflict is never resolved, because the issues are never put on the table. Don’t go overboard when fighting and engage in physical aggression or verbal abuse. At one point in the history of popular psychology, catharsis or venting anger was viewed as positive, Cummings says. “That’s totally wrong. Catharsis leads to escalation, and distortions. The whole thing goes up in flames.”

In constructive marital conflict, spouses will show respect for each other, express or engage in physical affection, take a problem-solving attitude and be willing to compromise. “The emotional security of the relationship is far more important than whether you win a fight or not,” says Cummings. It’s also important to actually resolve conflicts, thereby reducing children’s negative emotional reactions. Children will benefit from hearing that a conflict is resolved, or even that the problem is not resolved but that the parents expect it to be.

EST can also be relevant to community and political conflicts and violence, notes Cummings, who is also a faculty fellow at Notre Dame’s Kroc Institute for International Peace Studies and the Nanovic Institute for European Studies.

After five years of research on the impact of political violence on children and mothers in Northern Ireland, he is expanding his research to include children and families in Croatia, where tens of thousands of people died in ethnic violence between 1991 and 1995. The goal of the research is to increase the understanding of the long-term effects of ethnic violence on children and families.

For those interested in learning better communication skills, the
HEALTH ADVOCATE: CONTACT INFORMATION

Those who want to call the new Health Advocate team for help on a medical issue, can reach this confidential service at 866-695-8622. The publication of this number as an “888” toll-free number was incorrect.

TOWN HALL MEETINGS, FACULTY ADDRESS PLANNED

Mark your calendar for the annual staff Town Hall Meetings and annual President’s address to the faculty. The faculty address will take place at 4 p.m. Tuesday, Sept. 14, on the Main Stage Theatre in the DeBartolo Performing Arts Center.

Three Town Hall Meetings are planned, at 2 p.m. Wednesday:

- Sept. 15, in the Leighton Concert Hall of the performing arts center, 10:30 p.m. Wednesday, Sept. 15, in the Eck Visitors’ Center, and 10 a.m. Thursday, Sept. 16, in the Leighton Concert Hall.

DESSERT TO DOME: WELCOME-HOME PARTY

After 2,200 hard-biking miles, College of Science Dean Greg Crawford and his wife, Renate (pictured below), are expected to return to campus a little after noon Monday, Aug. 23. A welcome-home party is planned in his honor, and every member of campus is invited. Join dignitaries such as University President Rev. John I. Jenkins, C.S.C.; former head football coach Ara Parseghian and Cindy Parseghian, co-founders of the Ara Parseghian Medical Research Foundation.

All you have to do is show up and cheer. But if you want to go the extra mile (as they do!), sign up suitably attired in an official Desert to Dome T-shirt, on sale at LaFortune Student Center’s information desk. They sell only $10, and proceeds go to support exciting research on campus to find a cure for Niemann-Pick Type C disease. Read all about the ride and the fight against Niemann-Pick Type C at deserttodome.nd.edu.

AWARDS ANNOUNCED

The Mendoza College of Business has been selected as a winner of a 2010 Belluschi Award for Excellence in recognition of its work to support the educational advancement and recognition of Hispanics and Hispanic communities across the nation. The National Society of Hispanic MBAs considers the annual “Bright Flame” award to be its most prestigious honor.

Steven W. Sones, associate professor and academic director of the School of Architecture’s Rome Studios Program, is the recipient of the annual Clint Labine Award, which honors an individual who, over an extended period of time, “has demonstrated a personal commitment of time and energy to the creation of public and communal settings in which the civilizing values of the humanistic Classical tradition can flourish.”

The Office of Public Affairs and Communication has received several national communications awards. John Nagy, associate editor of Notre Dame Magazine, was honored with a Council for Advancement and Support of Education (CASE) gold award for best article of the year for his story on a group of ND civil engineering students on a trip to New York City. The story appeared in the Winter 2009-10 issue of the magazine.

University photographer Matt Cashore took first place in the 2010 University Photographers’ Association of America annual competition in the multimedia category. His winning entry, “Passage to India,” disseminated the research and service performed by Notre Dame students in Kolkata. View the video at video.nd.edu/232-page-timela- india.

The Game Day website (gameday.nd.edu), designed by OOPA’s AgencyND, was recognized as the outstanding event-related site in the edublogs Higher-ed Web Awards competition. Edublogs also honored OOPA for best use of photography on a higher education website for the University’s new campus tour site (tour.nd.edu).

GRANTS, GIFTS SUPPORT THE WORK OF THE UNIVERSITY

Mayland Chang, of the Department of Chemistry and Biochemistry, has received a three-year, $5.5 million grant from the National Institutes of Health’s National Institute of Allergy and Infectious Diseases to conduct translational research aimed at the discovery and development of drugs to fight serious gram-positive bacterial infections, such as methicillin-resistant Staphylococcus aureus (MRSA).

James Parsons and Carrie Quinn, a married couple and Notre Dame graduates, have made a $5 million gift to endow the directorship of the University’s Center for Rare and Neglected Diseases. The first director is Kausturi Haldar, Julius Nielsenland Professor of Biological Sciences and a member of the faculty since 2008.

The Notre Dame Energy Center has received a $2.8 million U.S. Department of Energy stimulus grant for a research project aimed at dramatically improving how the country uses and produces energy.

The University has received a $657,000 grant from the Andrew W. Mellon Foundation for a study of how religious knowledge is to be integrated into the study and teaching of various disciplines. A team in the Advanced Diagnostics & Therapeutics (AD&T) Initiative has been awarded a grant of $359,281 for the development of a room-temperature, portable terahertz (THz) imaging system from the National Science Foundation.

Professor Grace Xing and Professor Patrick Foy of the Department of Electrical Engineering, the team is working to develop an imaging device and nano-scale detectors that would create such a system, one that would more affordably capture high-quality images in real time at room temperature.

IN MEMORIAM

The University community is saddened by the loss of former emeriti Res. Michael J. Murphy, C.S.C., and J. Robert (“Bob”) Wegs. Wegs, 73, was a professor of geology, administrator and residence hall rector, served for 16 years as chairman of the geology department. Wegs, 73, was a professor of history specializing, in modern European social and economic history. The Nanovic Institute for European Studies was founded in 1993 with Wegs as director, where he served until 2002.

REAGENCYOUST YOURSELF WITH THE INTEGRITY HONLINE

From the Office of Human Resources

Integrity is a commitment both for the University and each one of us. Our core values of integrity, accountability, teamwork, leadership in mission, and leadership in excellence lead us to a standard of principled behavior in our workplace that is a hallmark of ethical conduct. To that end, in 2008 the University implemented an anonymous, third-party reporting tool called ND Integrity Line. ND Integrity Line allows faculty and staff to report such issues as theft, violence or threatening behavior; harassment, substance abuse, safety issues, fraudulent accounting or financial reporting, and violations of law or regulatory compliance. The toll-free number is 1-888-991-9311. Online reporting can be accessed through integrity.nd.edu. The ND Integrity Line is available anytime of the day or night. No call-tracing or recording devices are used, and the report can remain completely anonymous.

“The first step to addressing any serious incident is to talk with your immediate supervi- sor,” says Robert McQuade, vice president for human resources, “If talking with a supervisor or other administrator is not an option in dealing with a workplace concern, the ND Integrity Line is a toll-free phone number to call and discuss concerns about questionable or unethical behavior.”

This month, the Office of Hu- man Resources will be delivering an Integrity Line training to faculty and contact information to each faculty and staff member, through campus mail, as a reminder that this resource remains available.

Opening Mass

At the picnic, balloon artists and magicians will be on hand to provide family fun. The popular local band Alligator Blackbird will provide musical entertainment.

Because a picnic buffet is provided, the dining halls are closed for the night.

Desert to Dome

The University photographer Matt Cashore took first place in the 2010 University Photographers’ Association of America annual competition in the multimedia category. His winning entry, “Passage to India,” disseminated the research and service performed by Notre Dame students in Kolkata. View the video at video.nd.edu/232-page-timela- india.

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Making the Honor Roll as a workplace

BY GAIL HINCHON MANCHI
DIRECTOR OF INTERNAL COMMUNICATIONS

Notre Dame has again earned the highest distinction—Honor Roll status—in the Chronicle of Higher Education's Great Colleges to Work For program. The Great Colleges program evaluates universities on the basis of a dozen criteria such as teaching environment, facilities, compensation and benefits, and the faculty and staff's sense of respect and appreciation. Participation in the program is voluntary. This is the second year Notre Dame has participated, earning Honor Roll distinctions both years.

The primary factor for awarding the Great Colleges designation is employee feedback on a survey about the workplace environment. The Chronicle of Higher Education uses the independent human resources consulting firm, ModernThink LLC, to conduct the survey. Faculty and staff respondents are selected randomly. According to those survey results, Notre Dame faculty and staff generally experience high job satisfaction. They give high marks to the quality of the teaching environment, facilities and security, and compensation and benefits.

New this year, faculty and staff gave high marks to a category called Confidence in Senior Leadership, which the Chronicle defines as believing that “leaders have the knowledge, skills and experience necessary for institutional success.” Satisfaction with supervision or departmental leadership also is high, according to results.

Survey results also indicated high scores for “respect and appreciation,” which measures how regularly employees are recognized for their contributions.

“Every day at Notre Dame we experience the power of our faculty and staff performing at their best, out of dedication to the University,” said Robert McQuade, vice president for human resources. “Particularly during a period when all workplaces have felt the impact of a difficult economy, we are gratified that our faculty and staff believe their individual contributions are appreciated.”

Every two years, the University reviews staff satisfaction in the context of the University’s values and goals through the survey ND Voice, and it is scheduled for administration again this fall. Past results have resulted in the introduction of the teaching performance management system, new education and training options, and an overhaul of the compensation and position structure.

“It’s great to receive validation of our efforts through a program like the Chronicle. But ND Voice is where we turn to determine which aspects of our working environment are critical to address in order to live up to our standards and goals,” McQuade says. “For that reason, I hope we’ll have high participation in ND Voice.”

This year, 277 institutions participated in the voluntary assessment, including 223 four-year institutions. Notre Dame was one of 39 four- and two-year institutions that achieved Honor Roll status.

A new and improved Game Day experience

Coach Kelly at pep rallies; more transportation services

BY CAROL C. BRADLEY, NDWORKS

The new football season is almost here, and this year’s Game Day experience brings many welcome changes.

On Friday, Sept. 3 (Purdue), Coach Brian Kelly’s first pep rally will be held on South Quad. Immediately in front of Dillon Hall, with Coach Kelly and the team in attendance. The Friday, Sept. 10, (Michigan), pep rally will be held the shoulders of two former players outside Gate B. Frank Leahy stands on the south side of the stadium, and Lou Holtz is depicted outside Gate D, instructing Hall of Fame receiver Tim Brown as Tony Rice looks on.

The Irish Green hospitality area is free and open to the public, offering a family-friendly environment for fans to hang out and enjoy multiple food and drink vendors on Fridays beginning at 4 p.m. and Saturdays at 11 a.m., with entertainment including the Notre Dame Cheerleaders and Glee Club, and activities for children such as face-painting, balloon twisting and yard games.

New this year, Food Services offers special catering options and Irish Green Bucks to be used for entertaining clients or other parties without going to the trouble of preparing food in advance. Options include traditional tailgate food such as pulled pork, brats, potato salad and cookies, with delivery, service equipment and paper products included. Delivery can be scheduled two, three or four hours before kickoff.

For information, contact Catering By Design, 631-7959.

Fan Assistance Texting will help offer guests a safe and enjoyable game experience. For immediate assistance on game days, text “IRISH” <space> and the problem to 69950.

New this season, a fleet of golf carts will be available for one-way rides through the heart of campus. Flag down a Courtesy Cart, or approach a green-jacketed member of the Guest Services Team for assistance.

A complimentary shuttle service will again be available throughout the day from White Field to the Hesburgh Library Circle. An additional campus shuttle will run on Friday afternoons and Saturday per game. Visit the Game Day website for route information.

The Office of Sustainability and Game Day have partnered to bring three human-powered pedal cabs to campus. Student clubs will operate the cabs, which can carry two adults at a time. All proceeds of the $10 one-way fare benefit the clubs. Owners will include the ND Cycling Club and the GreenND student club.

Parking for faculty and staff is available free of charge with your ND parking permit in White Field located north of campus. Weather permitting, Game Day parking will also be available on the Burke Memorial Golf Course. The entrance fee is $40 per vehicle, cash only. Football game tickets must be shown for entrance to the parking areas on the course. Tailgating is invited, but Burke parking is limited to passenger cars.

For information, contact Catering By Design, 631-7959.

Shawn Thomas, at right, and Mark Lesiuk, both material handlers in Warehouse and Delivery Services, demonstrate the new pedal cabs that will transport fans on game weekends. The $10 one-way fare will go to the various student groups operating the cabs.
Notre Dame biologist believes Florida dengue cases merit close attention

Disease was absent from U.S. for decades

BY WILLIAM G. GILROY, PUBLIC RELATIONS

A new Centers for Disease Control and Prevention (CDC) report presents evidence that dengue fever, largely absent from the United States for decades, has reemerged in Florida. David Severson, a Notre Dame biologist and director of the University’s Eck Institute for Global Health who was instrumental in mapping the genome of the Aedes aegypti mosquito that transmits the dengue virus to humans, believes that the report signals a possible significant public health concern that deserves increased public awareness.

The last dengue fever outbreak in Florida occurred in the 1930s. However, the Caribbean region and Central America are experiencing one of their worst public health outbreaks in decades and public health officials theorize that an infected visitor from those areas may have passed the virus to mosquitoes in Florida or that mosquitoes infected with the virus may have arrived in Florida on cruise ships or airplanes.

The CDC report indicated that 5 percent of Key West residents show evidence of exposure to the dengue virus. Dengue fever usually starts with a high fever and chills and may include headaches, backache and muscle and joint pain. Dengue hemorrhagic fever, a potentially deadly disease characterized by a high fever and may be accompanied by loss of appetite, nausea, vomiting, abdominal pain and nose or gum bleeding.

Severson feels that the Florida cases could signal a reemergence of dengue fever along the East Coast of the United States. “Diseases such as dengue and malaria are reemerging nearly everywhere on the planet where it is warm and humid enough for the mosquito vectors to breed,” he said. He points out that there was a history of mosquito-borne diseases, including yellow fever and malaria as well as dengue, in the U.S. up to the early 1900s in areas as far north as Philadelphia. He notes that public health measures such as better sanitation and initiatives such as the Tennessee Valley Authority project that included efforts to modify or eliminate aquatic habitats for mosquito breeding were instrumental in bringing many mosquito-borne illnesses under control in that region. “Two things that also likely contributed to this decline were air conditioning and television,” he said. “Before their widespread use in the South, people would typically sit on their front porches in the evening—during prime feeding times for infected mosquitoes—socializing and seeking relief from the heat and humidity. Eventually, they remained indoors in air conditioning watching T.V. which reduced their risk of exposure.” Although cognizant of the concerns of Florida tourism officials already facing worries that the oil spill in the Gulf of Mexico may be scaring away visitors, Severson feels that the significance of the dengue cases should not be underestimated. “I collaborate on a regular basis with officials in Trinidad where deaths have already occurred due to an ongoing dengue outbreak,” he said. “Mosquito-borne diseases are a significant public health concern that people need to be aware of so they can take appropriate measures to avoid exposure to mosquito bites.”

FREE HEALTH SCREENINGS

Free screenings of common health readings such as cholesterol, triglycerides, glucose, height and weight are being conducted Wednesdays from 7 to 11 a.m. in the Lower Level of Grace Hall through Sept. 15. This screening information is the first step toward participating in the annual WebMD Health Quotient, which annually provides faculty and staff with a confidential report on the state of their health and risks they should be addressing.

Further screenings will be scheduled during the fall. The WebMD Health Quotient is administered in October. Faculty and staff who participate in the Health Quotient will receive a $10 per month credit to their medical plan contributions. Insured spouses who participate earn an additional credit of $5 per month.

The Web @ ND will provided continued information about this service, and a link to a brochure that gives more details about the value of screenings.

FOR REGULAR UPDATES ON CAMPUS EVENTS AND ACTIVITIES, SEE THE WEEK @ ND, DELIVERED TO YOUR E-MAIL BOX MONDAY MORNINGS.
Father Doyle returns to campus

BY CAROL C. BRADLEY, NDWORKS

“When I was a first-semester freshman, I was afraid that I wouldn’t qualify for a second semester,” says Rev. Thomas P. Doyle, C.S.C.

Father Doyle returned to campus earlier this summer as vice president for student affairs, after serving most recently as executive vice president of the University of Portland. He grew up in Cahokia, Ill., a small town with a population of about 4,000. When he arrived at Notre Dame as a student in 1985, he notes, the size of his hometown more than doubled.

Notre Dame was a large and exciting place. I’d never been around so many remarkably talented people—smart, well-read, great athletes, intellectually engaged. The biggest thing for me was that they were Catholic.”

His fondest memory of Grace Hall was The Pit, where Cafe de Grazia is now, crammed in “300 people for Mass on Sunday night.” “I was touched by all the kids in church, a church like I’d never seen before. I felt like it was relevant, and my life was there with me. When I learned as a student was how much the University cares about its students and their growth and development, and how much they wanted to see us succeed.”

Father Doyle served as student body president his senior year, graduating in 1989 and completing his M.D. in 1996. He was ordained at the Solemn High Mass of the Sacred Heart in 1998 and later completed an MBA at the Harvard Business School.

Father Doyle, who spent his early years as a priest as the first rector of Keough Hall, now oversees 11 departments and 29 dorms. In his new role, what he cares about is helping create and support the same sort of environment he experienced as an undergraduate—one that facilitates and enhances the integration of each part of a student’s life.

“We live in an age of specialization—we want to be expert, but we can’t afford to cultivate only one part of ourselves. As humans, we’re physical, intellectual, emotional and spiritual. Part of the role of Student Affairs is to make sure we create an environment where each part of a person—and the community as a whole—develops and flourishes while they’re with us.”

Although he’s asked about it a lot, student discipline is a small part of the job.

“Oftentimes parents will say, ‘I hope you don’t meet my son.’ I say, ‘I hope my job is to help that happen’—on a retreat, at one of the great student activities programs, at a lecture, in the dining hall or at half Mass.”

Notre Dame has the opportunity and responsibility “to do the best we can to help form the character, solidify the good judgments of young people, so they are equipped to be people of good values.”

“What I want to be for students, staff and faculty...” he says, “I hope we are the same face of affection, respect, wisdom and empathy that I experienced from the administration when I was a student.”
The University congratulates the following employees who celebrate anniversaries in August, including 40-year employee President Rev. John I. Jenkins, C.S.C.

30 years

Harriet E. Baldwin, College of Arts and Letters
Thomas Bykynsk, stadium grounds
Carolyn L. Gambling, theology
Larry L. Grant, Joyce Center Ice Rink
Leen L. Jordan, Hesburgh Libraries
David M. Morrison, University relations

25 years

Marlene Carten, John J. Pechowski and Debra A. Walters, Custodial Services
Christine M. Coleman, Physical Sciences
Ivan D. Dunicson, Radiation Laboratory
Kent Emery, Program of Liberal Studies
Michelle Gehman, physical education
Christopher S. Hamlin, history
Michael L. Hardrick and Jerry L. Watson, South Dining Hall
Mary E. Hazzard and Ronald J. McFarlane, grounds
Paul W. Habel, chemistry and biochemistry
Robin L. Kramer, St. Michael’s Laundry
Thomas E. Lehman, Hesburgh Libraries
Ricky A. Milliken, locksmith services
Deborah M. Smith, biological sciences
Robert D. Stewart, security
Patricia A. Trout, Alumni Association
Timothy F. Welch, men’s swimming
Frederick J. Xavier, mathematics

20 years

Mark S. Abe, mathematics
Matthew J. Barrett, Law School
Cindy S. Bergeman, psychology
Beth A. Bland, Kenon-Naughton Services for Irish Studies

James P. Paladino, Center for Social Concerns
Taniao B. Perry, Fatima food services
Roberta S. Porter, Custodial Services
Nonka E. Sevova, chemistry and biochemistry
James Smyth, history
Ann E. Tenbrunsel, management
Victor M. Timkan, College of Arts and Letters
James C. Turner, history
Julianne C. Turner, psychology
Peter van Iwangen, philosophy
Marlene A. Wasiakowski, Olaf G. Wiest and Joseph W. Wilk, chemistry and biochemistry
Caining Xie, men’s swimming

10 years

Maud L. Austin, Joyce Center housekeeping
Roderick A. Balanis, men’s basketball
Terri L. Bays, Kueh Center Kathleen A. Beaton, Career Center
Edward N. Beatty, history
Christine A. Becken, film, television, and theater
Anthony J. Bellia and Patricia L. Bellia, Law School
Susan D. Blum, Meredith S. Chesnon and Ian Knuij, anthropology
John E. Buttkow, development
William J. Carbonaro, sociology
Shane A. Corwin, finance
John D. Darby and John B. Lederach, Kueh Institute
Julie F. Dreyer, public relations
Juan Fu, Center for Translational Research
Thomas A. Greick and Richard A. Jensen, economics
Daniel G. Groody, theology
Kristen M. Hager, Hopkins
Hollister and Jennifer L. Tank, biological sciences
Ben A. Heller, Ivis Menes and Andrea L. Topash-Rios, Romance languages and literatures
Rodney E.Hero, political science
Richard K. Hind, mathematics
Vicky L. Held, development
Jeffrey S. Miller, accounting
Roger D. Huang, finance
Pamela E. Jackson, Center for Law
Boldizar Janko, physics
Lionel M. Jensen and Chengyu Yin, East Asian languages and cultures
Lynn J. Joy, philosophy
Sharon L. Keiper, Executive MBA J. Parker Ludwig, Hesburgh Libraries
Jennifer E. Lefever and Darce E. Pavlas, psychology
Qingming Liu, Midwest Academy of Nanoelectronics and Architecture
Troy L. Marshall, food services administration
Timothy M. Matovina and Paulina F. Ochoa, theology
Patricia A. Maurice, civil engineering and geoscientific laboratories
Sharita A. McFadden, student activities
Orlando K. Menes, English
Connie L. Mick, Center for Social Concerns
Edward J. Magen, chemical and biomolecular engineering
Collin Meissner, American studies
Rox Martin Lam Nguyen, C.S.C., art, art history, and design
Martin J. Orlofski, fire protection

The University welcomes the following employees who began work in July:

Mikie Aski, baseball
Edward Barnett, performing arts administration
Jacob S. Banka and Eileen M. Zander, admissions
Edward B. Beven, Rolf’s Sports and Recreation Center
Jennifer A. Binder and Melanie E. Davis, Mary E. Lehman, and Lauren R. Freda, customer support services
Kathryn R. Bossler, human resources
Kevin J. Burke, Kelley Seeger and Amy M. Euler, Alliance for Catholic Education
Camelia Cantu, Joel D. Thomas and Nicholas Triest, custodial services
Alex E. Chavez, Institute for Latino Studies
Robert E. Chlebek and Yongtian Liu, aerospace and mechanical engineering
James Coloso, biological sciences
Rabbi Cooley, athletics
Mary K. Dal and Aimee A. Sheibo, Institute for Church Life
Kevin A. Drew, College of Engineering

Karine L. Epperson, biological sciences
Cristal E. Foote and Nicholas A. Williams, varsity lacrosse
Mary Jane Hahner, Maria D. Hinton, Layla A. Karst, Robert J. Loughery and Ann C. Selik, residence hall staff
Phillip L. Hambrock and Raghshid Norudas, Knoc Institute
Anne E. Hayes, off-campus programs
Kara L. Hertz and Brian M. Smith, recreational sports
Laura L. Hollis, Gigter Center
Michael T. Hom, Law School
Yurianna Kim and Dea Lalli, University relations
Eric D. King, Joyce Center
Danielle Kish, sociology
Mark LaFrance, athletic administration
Robert J. Malone, Reilly Center
Anne T. Mantey, Alumni Association
Sarah Martin, Saint crunches
Maria P. Miglietta and Jennifer D. Robichaud, biological sciences
Ralph Milliken, civil engineering and geological sciences
Carol A. Mullaney, Process Engineering
Mary E. O’Callaghan, Irish Language and Literature
Saurav Pandit, computer science and engineering
Ricardo Ramirez, political science
Kristen L. Russell, physical therapy
Lauren Scalf, Fireman Animal Care Facility
Cheryl A. Scharper, SPAC project
Heather B. Spaulding, School of Architecture
Katie Spencer, applied and computational math and statistics
Timothy Sinn, Center for Research Computing
David S. Sullivan, Hesburgh Libraries
Mike Welker, College of Arts and Letters
Matthew R. Willmore, AtIC Computing

Registration begins Thursday, Aug. 26 for RecSports fall fitness classes, including F.A.S.T. (Faculty and Staff Training) classes. A complete schedule of classes is available at recsports.nd.edu. Register online via RecRegister or stop by Rolf’s Sports Recreation Center to register by computer or pay with cash or a check.

Monday: Morning Cycle, 6:15-7:15 a.m. (S45), Rockne B026
Cycle Express, 12:15-12:45 p.m. (P45), Rockne B026

Tuesday: Cardio Sculpt, 9:15-10:15 a.m. (S21), RSRC AR 2; Heat N-Tone, 12:15-12:45 p.m. (P18), RSRC AR 2; RecSports 12-12:45 p.m. (P45), Rockne B026

Wednesday: Yoga, 9:15-10:15 a.m. (468), RSRC AR 1; Cycle Express 12:15-12:45 p.m. (P45), Rockne B026

Thursday: Power Yoga, 6:05-7:10 a.m. (871), RecSports 1; Cardio Sculpt, 9:15-10:15 a.m. (519), RSRC AR 2

Friday: Morning Cycle 6:15-7:00 a.m. (454), Rockne B026; Cycle Express, 12:15-12:45 p.m. (516), RSRC AR 2
Studying ties between blood clotting, immunity

BY RENEE HOCHSTETLER, OFFICE OF COMMUNICATIONS

What role does blood clotting play in human diseases? That question spurred the research conducted at the College of Science's W.M. Keck Center for Transgene Research. When Francis J. Castellino, the center's director, came to Notre Dame, the identification and function of components of the blood coagulation system, also known as hemostasis, were just being explored. Now, 40 years later, researchers at the Center investigate how the genes involved in blood clotting processes are related to immunity—specifically how they function in inflammatory diseases like sepsis, atherothrombosis, and asthma.

“One big thing that we've learned over the years is that genes and proteins of the hemostasis system are involved in much more than blood clotting, and one important area that they are involved in is innate immunity. So innate immunity includes coagulation and importantly inflammation,” says Castellino. “One big thing that we've learned over the years is that genes and proteins of the hemostasis system are involved in much more than blood clotting, and one important area that they are involved in is innate immunity. So innate immunity includes coagulation and importantly inflammation,” says Castellino.

To study these complex relationships, researchers look at proteins, some of which regulate cell functions. Over the years, scientists have identified proteins and how they function, isolated genes that encode these proteins and developed methods for changing genes in mammals.

It's a huge system with a lot of components,” says Castellino. “If you think about blood clotting, which is a dynamic process, it's not just a process where you have clot formation. You also have inhibition of clot formation and clot dissolution. All of these events have to be working synergistically so you don't have too much or too little clot formation.”

Why the need to alter genes? Abnormal proteins cause the body to malfunction, and altering genes is the process whereby proteins are altered through translation of the altered gene, says Castellino. It's a way to find out what genes do, and when researchers know the genetic change that causes a disease like hemophilia, for example, they can model that disease in mice and study its progression.

That's exactly what the Center does to study the blood clotting system: They alter one or two genes at a time to model human inflammatory diseases. They ask questions like whether altering genes that are involved in clot dissipation alters the development and progression of atherosclerosis and test tissues to see what malfunctions occur at various stages of the disease.

Castellino describes the Center's researchers as basic scientists who work in molecular medicine. But their work directly impacts the medical field. “We're working on medically relevant projects that have translational outcomes,” he says, “and they also have translational outcomes not necessarily with regard to a product you can sell, but on a diagnostic basis, on an outcome basis for the patient.”

In addition to its work on campus, the Center participates in the broader scientific community and will in June 2013 host a biennial conference that will bring leading researchers from around the world to Notre Dame. The conference provides an opportunity for scientists to present their research and exchange ideas.

WHERE DO OUR RECYCLABLES GO?

Staffers visit Chicago-area facility to see firsthand

BY MEREDITH ROWLAND, FOR NDWORKS

In an effort to fully understand what happens to items recycled on campus, representatives of Notre Dame's Office of Sustainability, Food Services, and Warehouse and Delivery Services recently visited the CID Recycling & Disposal Facility, where all of our campus recycling is sent. The facility, one of the region's largest recycling centers, is located south of Chicago in Calumet City and receives residential, commercial and industrial waste from large parts of Chicago and northern Indiana.

“Our delegation was on a mission to obtain firsthand confirmation on many aspects of single-stream recycling that are frequently questioned,” explained Heather Song, director of sustainability. “The visit confirmed that every container we use on a daily basis should be thrown in recycling after removing excess food and liquid. Based on our observations, Stroham really is recyclable and you do not need to take the caps off plastic bottles.”

The group learned that the recycling center has the ability to receive a wide variety of materials, sort them efficiently, and sell them. “According to the plant manager, the only substances that can pose problems for loads of single-stream recyclables are foods and liquids,” said Sustainability Programs Manager Erin Hafner. “Some food residue on containers is acceptable, but large quantities of food and liquid can cause an entire load to be deemed contaminated and sent to a landfill.”

At first sight (and smell), the large piles of recyclables at the facility’s initial receiving point are overwhelming. The piles of recyclables are hauled onto a large conveyor belt, which carries the items through the facility. Disc screens, magnets, optical sensors and people all work to separate the commodity items on the conveyor belt into homogenous piles.

Disc screens sort materials by size by allowing larger items such as cardboard to be pushed along while smaller items are permitted to fall through. A magnetic eddy-current separator is used to extract aluminum, while advanced optical sorting technology is used to separate various types of plastic.

“The efficiency of the sorting process is truly impressive,” said Julie Zorb ’11, an intern in the Office of Sustainability. “Now that we have seen the process in person, we can be better resources for members of the campus community who have questions about recycling.”

Keck Center advances research on hemostasis

By Renee Hochstetler, Office of Communications

When Francis J. Castellino, the center's director, came to Notre Dame, the identification and function of components of the blood coagulation system, also known as hemostasis, were just being explored. Now, 40 years later, researchers at the Center investigate how the genes involved in blood clotting processes are related to immunity—specifically how they function in inflammatory diseases like sepsis, atherothrombosis, and asthma.

“One big thing that we've learned over the years is that genes and proteins of the hemostasis system are involved in much more than blood clotting, and one important area that they are involved in is innate immunity. So innate immunity includes coagulation and importantly inflammation,” says Castellino. “One big thing that we've learned over the years is that genes and proteins of the hemostasis system are involved in much more than blood clotting, and one important area that they are involved in is innate immunity. So innate immunity includes coagulation and importantly inflammation,” says Castellino.

To study these complex relationships, researchers look at proteins, some of which regulate cell functions. Over the years, scientists have identified proteins and how they function, isolated genes that encode these proteins and developed methods for changing genes in mammals.

It's a huge system with a lot of components,” says Castellino. “If you think about blood clotting, which is a dynamic process, it's not just a process where you have clot formation. You also have inhibition of clot formation and clot dissolution. All of these events have to be working synergistically so you don't have too much or too little clot formation.”

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Colleges Colors Day celebrated nationally since 2005; makes its first appearance at Notre Dame on Friday, Sept. 3.

Organized by The Collegiate Licensing Company, Notre Dame's licensing agent, and its client colleges and universities, College Colors Day promotes awareness of higher education in the United States by encouraging fans, students and alumni to wear their school colors on Friday, Sept. 3.

Promoted by Notre Dame's licensing department, the event has the support of Mayor Stephen Luecke, who signed a proclamation officially declaring Friday, Sept. 3, 2010, as College Colors Day in the city of South Bend. Additionally, several key local retailers, including J.C. Penney, Sports Authority, MC Sports, Lids, Kohl's and Meijer's, will be displaying specific Notre Dame signage supporting College Colors Day.

"I am excited about Notre Dame participating in this fun celebration of college spirit," says Tomi Gerhold of the Notre Dame licensing department, is located south of Chicago in Calumet City and receives residential, commercial and industrial waste from large parts of Chicago and northern Indiana.

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Brownson Hall through the years

A panoramic photo taken from Saint Mary’s Lake circa 1916-19 shows Brownson Hall, at left, the Main Building and the Basilica. The building, constructed in 1855 as part of the convent of the Sisters of the Holy Cross, was designed by Rev. Edward F. Sorin, C.S.C., and Brother Patois, C.S.C., and named for Vermont native Orestes Augustus Brownson, the leading Catholic layman of the 19th century. Over the years, the building has housed a chapel, gymnasium, kitchen and dormitory, in addition to Ave Maria Press—and also stabled the University’s farm horses.

A view of the east side of Brownson Hall shows horses exiting through the building’s arch.

The interior of the Ave Maria Press mailing department in the 1890s. Brownson Hall also housed the offices of the University Press.

(Above) Brother Leo Donovan holds one of the University’s farm horses outside Brownson.

(Right) Sister Carla (Victoria Kerbl) mends laundry in the Sisters’ convent chapel. Sister Carla, who was born in Germany, made Final Profession on Aug. 15, 1910, at Saint Mary’s, and became a United States citizen in 1923. She was assigned to Ancillary Services at Holy Cross Convent for 53 years. She died at Saint Mary’s Convent in 1966, and is interred in Our Lady of Peace Cemetery.

A 1958 Mass of thanksgiving in the Sisters’ convent chapel marked the departure of the Sisters of the Holy Cross from the Notre Dame campus. Just visible at far right is Rev. Theodore M. Hesburgh, C.S.C.