SPRING 2016

THE MAGAZINE OF THE UNIVERSITY OF UTAH

CONTINUUM

PROVIDING A HOME

Utah's acclaimed Housing First program to eliminate chronic homelessness has strong University of Utah ties.

CULTURE IN LIVING COLOR ⁘ UNDERGRADS GET CLINICAL ⁘ AN ANTIDOTE FOR THE OVERDOSE EPIDEMIC

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VOL. 25 NO. 4

DEPARTMENTS

(Cover photo-illustration by Dave Titensor)

This ["When Bright Minds Turn Dark"] is a great resource for young adults or any individual who may be struggling with mental illness."

A LIFELINE

Thank you for writing this wonderful article focusing on mental illness and young adults ("When Bright Minds Turn Dark," Winter 2015-16). I'm impressed with the efforts that the University of Utah is displaying to help alleviate the stigma that can be attached to such topics. This is a great resource for young adults or any individual who may be struggling with mental illness.

Lisa Spencer, MLS
University of Utah Eccles Health Sciences Library

COLLEGE COSTS

I don't think there is any question that getting a college degree is a reasonable investment in one's future ("The Cost of College," Fall 2015). My career has certainly been benefited by my BSEE degree. However, given that the tuition when I graduated (not that long ago) was about $5,000 a year, it is disappointing to hear the U use, "At least we aren't as bad as the other guys!" as a defense for constant tuition hikes. I feel like the U is failing in its charter to provide good, affordable, accessible education to Utah students. Where do these rate hikes end? . . . For a public institution to follow the private model shows a profound disregard for the special trust it is given.

Zeb Fisk BS'07
Madison, Alabama

Given the current research showing that playing football causes brain damage, isn't it ironic that universities fund football teams and pay million-dollar salaries for coaches from the skyrocketing tuition of students? I love higher education, but I think legislators shouldn't give universities any more money until the Regents stop trying to make universities farm teams for professional sports that cause brain damage.

Sue Frenzel BS'94
Minneapolis, Minnesota

Ed. note: *We at the University of Utah care deeply about the safety of our student-athletes. The sports medicine team at the University of Utah is actively involved in concussion research. This research is contributing to the understanding, diagnosis, and prevention of these serious injuries. Policies on the awareness of symptoms of concussion and return-to-play protocol follow standards approved by the NCAA and the Pac-12.*

As far as salaries are concerned, please understand that state money and tuition do not fund the University of Utah's football program.

Professor Kam Leang works with graduate students in the U's DARC Lab.

PROGRESS

Dr. Leang's work is interesting, fascinating, and pioneering ("Man in Motion," Winter 2015-16). It will add significantly to humankind's progress.

Lawrence P. Bestmann PhD'75
Windermere, Fla.

We're eager to hear from you! Please go to continuum.utah.edu/contact-us/ *for our contact information.*

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GEORGIA DABRITZ
ONE OF 10 COLLEGE ATHLETES TO WIN NCAA AWARD

Utah gymnast Georgia Dabritz, who as a senior last year won the NCAA uneven bar championship while leading Utah to a runner-up team finish, received the 2016 NCAA Today's Top 10 Award. The award is given each year by the NCAA to honor 10 outstanding senior student-athletes across all divisions, male and female, from the preceding calendar year.

Dabritz received her award at the Honors Celebration during the NCAA Convention on January 15 in San Antonio. She is the third Ute to win the honor. The other Ute winners were gymnast Missy Marlowe BS'93 in 1993 and punter/kicker Louie Sakoda BS'11 in 2009.

Dabritz, a 16-time All-American, is the only gymnast in NCAA history to score a perfect 10.0 on the uneven bars in both the NCAA semifinals and Super Six. Winner of the AAI Award for Senior Gymnast of the Year, a team captain, and a three-time Utah MVP, she led Utah to back-to-back Pac-12 championships and captured six individual Pac-12 titles. She won every major Pac-12 award during her career, made three Pac-12 All-Academic teams, and held a 4.0 GPA her last semester as a competitor. She expects to complete her degree at the U this semester.

MATH WIZARD CHRISTOPHER HACON **WINS** PRESTIGIOUS PRIZE

University of Utah mathematician Christopher Hacon and three colleagues have won the 2016 American Mathematical Society E.H. Moore Research Article Prize—an honor so prestigious that it is awarded only once every three years. "It's definitely a big deal, and it's great they chose to recognize my field of research," says Hacon, who received the award January 7 at the Joint Mathematics Meetings in Seattle, Washington.

Hacon co-authored the prize-winning *Journal of the American Mathematical Society* research paper in 2010 with Caucher Birkar of the University of Cambridge, Paolo Cascini of Imperial College London, and James McKernan of the University of California, San Diego.

This is only the latest in a series of honors for Hacon. He was named a Simons Foundation Investigator in 2012. A year earlier, he won Italy's top math honor, the Antonio Feltrinelli Prize in Mathematics, Mechanics and Applications. In 2009, Hacon and McKernan received the American Mathematical Society's Frank Nelson Cole Prize in Algebra.

Hacon, a native of Manchester, England, graduated from Italy's University of Pisa with a bachelor's degree in mathematics, and later obtained master's and doctoral degrees in mathematics at UCLA. He has been teaching math at the U for 18 years.

U FORCES UNITE **TO BRING BASKETBALL** TO HARTLAND KIDS

Last summer, the University of Utah's College of Social and Behavioral Science and the local yogurt shop Ugurt, started by U alumni, joined together to raise the remaining funds needed for a great cause—kids and basketball. The children are mostly refugees and other minorities who live on the west side of Salt Lake City and attend the youth program at the U's University Neighborhood Partners (UNP) Hartland Partnership Center. Hartland is a program of UNP that brings together University departments, local nonprofits, and residents for reciprocal benefit. The kids had been yearning for a basketball court since 2008, when their old court was closed due to safety concerns associated with evening gang activity.

In spring 2013, the U held its first annual Community Engagement Day in which students, faculty, and staff are encouraged to participate in a one-hour walkathon around campus and donate to a U-related endeavor. Through the event, more than $8,000 was raised for a new court at Hartland—not quite enough to build it, but enough to begin planning. U architectural students submitted design ideas, which engaged their skills and is an example of the collaborative work UNP supports by aligning University and community resources.

In 2015, with the additional funds in place, UNP was able to install a lockable, fully fenced 20-foot-by-36-foot soft-surfaced half-court that addressed concerns about liability and loose balls. By last fall, kids were playing ball on the court every day—a dream come true and made possible by the generosity and thoughtful consideration of many.

Photo by Sarah Morton

U PROVIDES **STEWARDS** OF BONNEVILLE SHORELINE TRAIL

U students and Salt Lake City residents both love to recreate along the 100 miles of Bonneville Shoreline Trail that lie directly behind campus. On any given day, that can include hundreds of hikers, trail runners, mountain bikers, and/or dog walkers. Now, thanks to a partnership between the National Park Service and the U's Department of Parks, Recreation, and Tourism, students can volunteer as stewards of the trail as part of the Urban Ranger Program that debuted last fall.

Traveling by bike and foot between Hogle Zoo and the top of Dry Creek Canyon, the rangers provide visitor service information; educate trail users about responsible trail etiquette, ecology, and management; and help keep the area clean. Seven rangers manage about 10-14 student volunteers each week throughout the academic year. In total, the program plans to engage 40 rangers, 300 school-aged youth, and 400 U student volunteers over two years.

"The program perfectly aligns with our department's commitment to foster the next generation of resource stewards and outdoor health advocates," says Matt Brownlee, assistant professor of Parks, Recreation and Tourism and co-coordinator of the Urban Ranger program.

U CHEMIST HONORED BY CHINA'S PRESIDENT

Photo courtesy CCTV

U chemist Peter Stang shook hands with Chinese President Xi Jinping after being honored among six foreign scientists with China's 2015 International Science and Technology Cooperation Award. "I said 'thank you' to him in Chinese and he smiled," says Stang, recalling the January 8 award ceremony in the Great Hall of the People on Tiananmen Square in Beijing.

This is Stang's second big award from China in recent months. Last fall, he went to China to accept the 2015 China's Friendship Award, which is that nation's "highest award for foreign experts who have made outstanding contributions to the country's economic and social progress." And in 2011, he shook hands with our own current head of state, Barack Obama, when he received the National Medal of Science.

Stang is a pioneer in supramolecular chemistry—the spontaneous formation of large, complex molecules from predesigned building-block molecules. Such molecules have uses in cancer treatment, drug delivery, and oil refining. He has collaborated in research with Chinese scientists, worked closely with them as editor of the *Journal of the American Chemical Society*, and served as a foreign member of the Chinese Academy of Sciences.

A Distinguished Professor of chemistry and former dean of science, Stang joined the U in 1969, which makes this his 47th year on campus.

NEW DOWNTOWN MURAL SHOWS U PRIDE

U fans traveling to Salt Lake City via Interstate 15 will notice something new on their drive to campus. A painting celebrating the city as "Home of the Utes" has been created at 429 W. 600 South. The mural, 75 feet wide by 25 feet tall, took local artist Douglas Wilson BFA'09 about a month to design and paint. It is one of several initiatives of Utah Athletics to expand its brand into downtown.

U NAMES NEW DIRECTOR OF THE HINCKLEY INSTITUTE OF POLITICS

The University of Utah has named Jason Perry JD'99 the new director of the Hinckley Institute of Politics. In addition to becoming the institute's fifth director, Perry will continue to serve as the U's vice president for government relations.

U President David Pershing emphasized that the dual role will be a natural fit, as Perry's work in government relations will allow him to foster new learning opportunities for Hinckley Institute students. Perry became interim director of the Hinckley Institute in June 2015 following the departure of Kirk Jowers, who left his decade-long leadership post at the institute to pursue a career in private industry.

Perry became vice president for government relations at the U in 2011 and is also an adjunct professor at the U's S.J. Quinney College of Law. Prior to his arrival at the U, Perry served as the chief of staff to Utah Gov. Gary R. Herbert, helping guide a successful transition team and a landslide victory for the governor in the November 2010 election.

"Politics matter. The activities of our elected officials and the work of government bodies impacts all Utahns," says Perry. "I'm honored to be in a position to continue to ensure the next generation of citizens is engaged and informed."


ANOTHER
STUDENT SUCCESS
STORY
Meet Juliet: A former refugee from the Democratic Republic of Congo, current psychology major, and Lowell Bennion Community Service Center volunteer. Thanks to a scholarship, she is working to fulfill her **dream of graduating** from the U and providing quality health care to those with limited access. Support **more student** success at *giving.utah.edu*.
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Culture in Living Color

Lenguaje de Esperanza (Language of Hope), a 1,500-square-foot mural designed and painted by students from Kim Martinez BFA'98's art class at the University of Utah, was unveiled in December at Esperanza Elementary, in West Valley City, Utah. The school has a student body nearly 98 percent Latino, and the principal, Eulogio Alejandre, wanted his school to not just tolerate its culture, but to celebrate it. The stunning result is a cultural tapestry reflecting the diverse symbols of identity of the students who inspired it.

Visit continuum.utah.edu *to see more photos of the mural.*

UNIQUE PIG-NOSED TURTLE DISCOVERED IN UTAH

Illustration by Victor Leshyk

In the 250-million-year known history of turtles, scientists have never seen anything like the pig nose of a new species of extinct turtle discovered in Grand Staircase-Escalante National Monument by a team from the Natural History Museum of Utah.

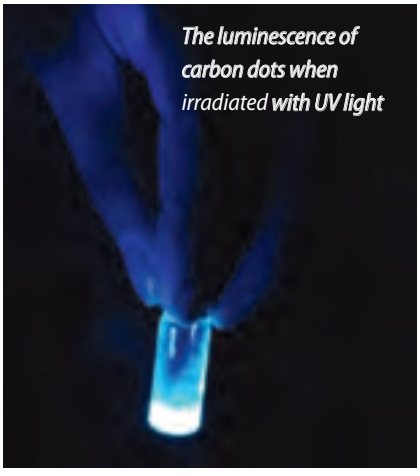
"It's one of the weirdest turtles that ever lived," says Joshua Lively MS'13, who described the new species in the *Journal of Vertebrate Paleontology*. Lively studied the fossil as part of his master's thesis at the University of Utah. He is now a doctoral student at the University of Texas at Austin.

The extinct turtle, *Arvinachelys golden* (or Golden's bacon turtle), was about two feet long from head to tail and had a broad snout with two bony nasal openings. All other known turtles have just one external nasal opening in their skulls; the division between their nostrils is only fleshy. When

LIGHT-EMITTING DIODES: FROM BREAD TO BULBS

TVs, Christmas lights, and flashlights of the future could be lit up using our leftover bread crusts. That's the finding of two University of Utah researchers searching for a more sustainable and less expensive way to make light-emitting diodes (LEDs).

LEDs have been a popular, more efficient alternative to fluorescent and incandescent bulbs for the past few decades. But LEDs are generally produced using quantum dots (QDs), tiny crystals that have luminescent properties. And many of these QDs are expensive to synthesize, as well as potentially harmful to dispose of. So some research over the past 10 years has focused on using carbon dots (CDs, or simply, QDs made of carbon) to create LEDs. Compared to other types of quantum dots, CDs have not only lower toxicity but also better biocompatibility,



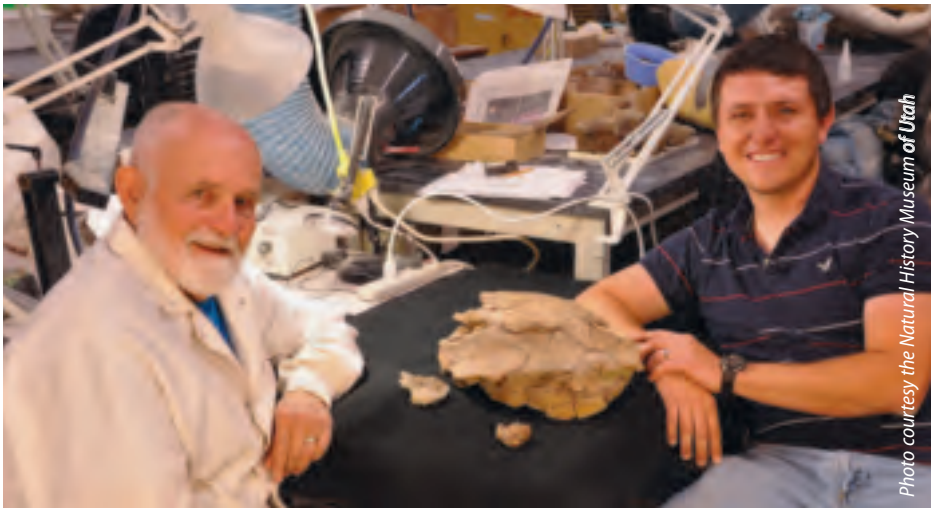
The luminescence of carbon dots when irradiated with UV light

Photo by Prashant Sarswat

meaning they can be used in a broader variety of applications.

U Metallurgical Engineering Research Assistant Professor Prashant Sarswat and Professor Michael Free have now successfully turned food waste such as soft drinks and discarded pieces of bread and tortillas into CDs, and subsequently, LEDs. They found sucrose and D-fructose dissolved in soft drinks to be the most effective sources for production of CDs. Currently, one of the most common sources of QDs is cadmium selenide, a compound composed of two toxic elements, leading to concerns over toxic waste. Using food waste could not only be nontoxic but actually reduce the waste stream.

Free and Sarswat's results were recently published in *Physical Chemistry Chemical Physics,* a journal of the Royal Society of Chemistry. Looking forward, the researchers hope to continue studying the LEDs produced from food waste for stability and long-term performance.



Jerry Golden and doctoral student Joshua Lively display the 76-million-year-old turtle fossil Arvinachelys goldeni.

it was alive, 76 million years ago during the Cretaceous Period, Southern Utah looked more like present-day Louisiana. The climate was wet and hot, and the landscape was dominated by rivers, bayous, and lowland flood plains. The turtle lived alongside tyrannosaurs, armored ankylosaurs, giant duck-billed dinosaurs, and other dinosaurs that left abundant fossil remains in the Upper Cretaceous Kaiparowits Formation of Southern Utah. But the vast majority of the many remains of crocodilians, turtles, lizards, and amphibians found in those fossil beds don't look much different from their modern relatives.

The pig-nosed turtle's scientific name, *Arvinachelys goldeni*, derives from *arvina*, a Latin word for pig fat or bacon, and *chelys,* Latin for tortoise. And *goldeni* honors Jerry Golden, a volunteer fossil preparator at the Natural History Museum of Utah, who prepared the new holotype specimen—and many others in the museum's collections.

"Volunteers are involved in every aspect of what we do, from field work and digging up specimens to preparing them," says Randall Irmis, curator of paleontology at the museum and associate professor at the University of Utah. "In 2014, volunteers provided 14,500 hours of work. It's a massive contribution. We couldn't do what we do without them. We really consider them key team members."

Most ancient turtle species are represented by fossil remains that often consist of nothing more than an isolated skull or shell. And, finds that associate skulls with shells are rare. The new specimen includes not only the skull and the shell, but also a nearly complete forelimb, partial hindlimbs, and vertebrae from the neck and tail.

DARWIN'S **FINCHES** MAY FACE EXTINCTION

The finches that helped inspire Charles Darwin's theory of evolution are in danger of going extinct, according to a new study from the University of Utah. But the U researchers also propose a solution.

Darwin's finches in the Galapagos Islands are being threatened by a parasitic fly that attacks their young. The new study "shows that the fly has the potential to drive populations of the most common species of Darwin's finch to extinction in several decades," says biology professor Dale Clayton, senior author of the study published in the *Journal of Applied Ecology*. But he adds, "Our mathematical model also shows that a modest reduction in the prevalence of the fly—through human intervention and management—would alleviate the extinction risk."

Several approaches may be needed, such as introducing fly-parasitizing wasps, removing chicks from nests for hand-rearing, and using insecticides, including placing pesticide-treated cotton balls where birds can collect them to self-fumigate their nests.

"Darwin's finches are one of the best examples we have of speciation," says the new study's first author, Jennifer Koop PhD'11, who did the research as a U doctoral student and now is an assistant professor of biology at the University of Massachusetts, Dartmouth. The finches live only in the Galapagos Islands, off the coast of mainland Ecuador, and started evolving into separate species some 3 million to 5 million years ago. One of them, the mangrove finch, already "is facing potential total extinction because it is present in only two populations on a single island, Isabela," Koop says.

The nest fly arrived in the Galapagos Islands in the 1960s. They first were documented in bird nests there in 1997. The new study is based on five years of data collected by Koop, Clayton, and colleagues.

AWARD-WINNING NEW VIDEO GAME COULD FIGHT LAZY EYE IN KIDS

Working with researchers at the University of Utah's John A. Moran Eye Center, a student team from the U created the game HealthX to help diagnose and treat lazy eye, which can lead to permanent visual impairment if left untreated. Fully controlled by eye movement, the game forces a child's lazy eye to move around the screen, which can strengthen and help find the right balance between the eyes.

HealthX won Best Student Game in the Serious Games Showcase & Challenge in Orlando, Florida, in December, marking the second year in a row that student video game developers from the U's Entertainment Arts & Engineering (EAE) have won the honor.

"Lazy eye is one of the most common eye disorders found in children," says Ahmad Alsaleem, a graduate student in game engineering and co-researcher on HealthX with game production graduate students Eric Allen and Daniel Blair BA'14. "Despite its prevalence, clinical treatments and current diagnostic tools are not designed with the child's nature in mind. As researchers in the gaming field, we are working to 'gamify' current medical procedures. Our solution provides an engaging experience, continuous feedback, and a cost-effective, automated tool for treating and diagnosing lazy eye."

HealthX is a collection of eye-controlled games that require the players to constantly move their eyes across the screen at varied time intervals. This movement trains the eyes to work together. HealthX is now in clinical trials with selected patients at the Moran Eye Center, and the student developers hope the game will be available by the end of 2016.

In Orlando, the students were awarded software packages valued at $13,000 provided by Autodesk. The game also garnered a second-place prize of $2,500 in the Utah Game Wars in September.

The game HealthX has so far garnered more than $15,000 worth of prizes.

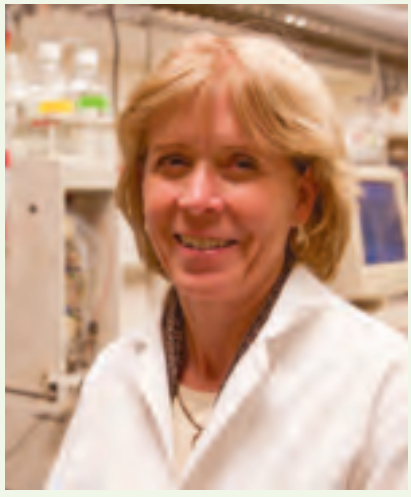
FINDING THE ROOTS OF DISEASE IN DNA

University of Utah chemists have devised a new way to detect damage to DNA that can lead to genetic mutations responsible for many diseases, including various cancers and neurological disorders.

"We're one step closer to understanding the underlying chemistry that leads to genetic diseases," says Cynthia Burrows, Distinguished Professor and chair of chemistry at the university and senior author of the new study published in the online journal *Nature Communications*.

Jan Riedl, a U postdoctoral fellow and the study's first author, says 99 percent of DNA lesions are repaired naturally. The rest can accumulate over time and can lead to mutations responsible for age-related diseases including colon, breast, liver, lung, and melanoma skin cancers; clogged arteries; and neurological ailments such as Huntington's disease and Lou Gehrig's disease.

"A method capable of identifying the chemical identity and location in which lesions appear is crucial for determining the molecular etiology [cause] of these diseases," Burrows and colleagues write. The research was funded by the National Institutes of Health. Burrows and Riedl conducted the study with U chemists Aaron Fleming PhD'09, a research assistant professor, and Yun Ding PhD'15, a postdoctoral researcher.



Cynthia Burrows

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PROVIDING A HOME

UTAH'S ACCLAIMED HOUSING FIRST PROGRAM TO ELIMINATE CHRONIC HOMELESSNESS HAS STRONG UNIVERSITY OF UTAH TIES.

Story and photos by Stephen Speckman

Amid the bitter cold of New Year's Eve 2015, Donald Roberts searches on his cell phone for a photo of his nine-year-old daughter, Natasha, as he stands outside Palmer Court, a converted Holiday Inn now used to house chronically homeless individuals and

Donald Roberts

families near downtown Salt Lake City. His goals for 2016 are to patch things up with the girl's mother, get a new job, quit smoking, and bring his severely autistic daughter back home to his small apartment inside Palmer Court. "I've slept under bridges and everything," Roberts says. "It's not something I'd recommend."

Taking care of basic housing needs greatly reduces the impact of a homeless person on hospitals, jails, shelters, and other services.

Roberts is one of hundreds of chronically homeless people in Utah no longer living on the streets, thanks to the state's highly successful decade-old Housing First program, which involves many Utah faculty, alumni, and students. *Mother Jones, The New Yorker, The Washington Post*, NPR, NBC, and *The Daily Show with Jon Stewart*, among many other media outlets, have all featured Utah's Housing First initiative for its huge strides toward solving chronic homelessness in the state.

This seems like a lot of attention when other housing programs in more populous areas were already under way. But consider the math. Utah has reduced the numbers of chronically homeless from about 2,000 ten years ago to less than 200 in 2015 and is on track to a very noteworthy zero as more housing units come online in the next few years.

"Chronically" homeless are defined as those who have lived on the streets consistently for a year or have had four episodes of homelessness over a three-year period. They also have a mental or physical disability and need for (though are not required to access) supportive services. And therein lies a key component of Housing First—the belief that the chronically homeless all deserve housing, regardless of circumstances in their lives that might otherwise prevent them from accessing permanent housing through other programs. The initiative essentially bypasses the long-prevailing idea of various "levels" to progress through. Instead, individuals go straight to stable housing and then work on addressing their other needs and issues, such as drug use or mental illness.

The theory, which research is proving true, is that by taking care of basic housing needs first, the impact of a homeless person on hospitals, jails, shelters, and other services is greatly reduced. The chronically homeless stay off the streets, and ultimately states save millions of dollars in the process. To be clear, no one with Housing First is getting a free ride. At Palmer Court and other places, the cost of housing varies. Clients can pay rent at a rate of 30 percent of their income or $25 per month, whichever is more and depending on which housing agency they use (in some cases it's $50 per month). The rest of the cost is covered by federal Housing and Urban Development (HUD) funds.

Palmer Court resident Richard Williamson and his dog Lucky take care of business on laundry day.

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ROCKY MOUNTAIN POWER

Let's turn the answers on.

Matt Minkevitch BA'91 MBA'13 is director at The Road Home shelter in Salt Lake City, where the impact of Housing First is felt on a nightly basis. On a cold day in January, Minkevitch estimates that more than 1,100 people—200 of whom are children—will be sleeping in three shelters, including The Road Home. Add to that number more than 1,700 people—or the former chronically homeless in permanent housing at that time—and the shelters would be overrun. "There's no way on this green earth we could handle all of that demand at three facilities without Housing First," Minkevitch says.

Housing First was spearheaded in 2005 by Lloyd Pendleton, director of the State of Utah's Homeless Task Force. He is the man behind the vision to functionally eliminate chronic homelessness across Utah within 10 years. A year into the initiative, Minkevitch got the opportunity to join forces with Claudia O'Grady with the Utah Housing Corporation and fellow alum Jonathan Hardy BS'02, then director of the Utah State Community Services Office, and others to negotiate acquisition of the Holiday Inn at 999 S. Main Street in Salt Lake City. The old hotel was purchased and renovated for about $21 million in public and private funds to create 201 studios and one- and two-bedroom apartments. But, as Minkevitch points out, there's more to the success of the program than just getting people off the streets.


Matt Minkevitch

Minkevitch credits two of his U professors, Mark Strand and Phillip Edward Sullivan (both of whom died in 2014), for teaching him how to listen and create a safe environment for people to speak their minds. These lessons have served him well while working with the homeless at St. Vincent de Paul and now

GIVING A VOICE TO PEOPLE WHO DON'T HAVE ONE

Mary Beth Vogel-Ferguson MSW'99 PhD'08, research associate faculty with the university's Social Research Institute, and others at the U have been conducting research into elements of Housing First in Utah, "giving voice to people who don't have a voice," she explains. Over the past 16 years she has been part of more than 9,000 interviews with homeless people, seeing trends emerge that paint a far more complicated picture of what factors into why people become homeless and, by default, creating a moving target as multiple agencies try to "solve" the problem of homelessness. "We come in with a clearer picture of homelessness," she says about her research.

Vogel-Ferguson was lead investigator into the Palmer Court Employment Pilot, culminating in a 28-page final report in 2013 that noted how the chronically homeless once comprised 13 percent of the homeless population—about 14,000—in Utah but consumed 60 percent of the resources directed toward homeless services. A recurring element in the report's findings—and in any discussion about how to help chronically homeless people—is the need for more time. Vogel-Ferguson notes that it can take more than 20 years before a homeless person who has suffered from physical and mental abuse can function at their fullest capacity.

Lunch is served outside The Road Home in downtown Salt Lake City, the state's largest homeless shelter.

Treating people with compassion, respect, and a sense of empathy are elements common among those on the front lines battling chronic homelessness.

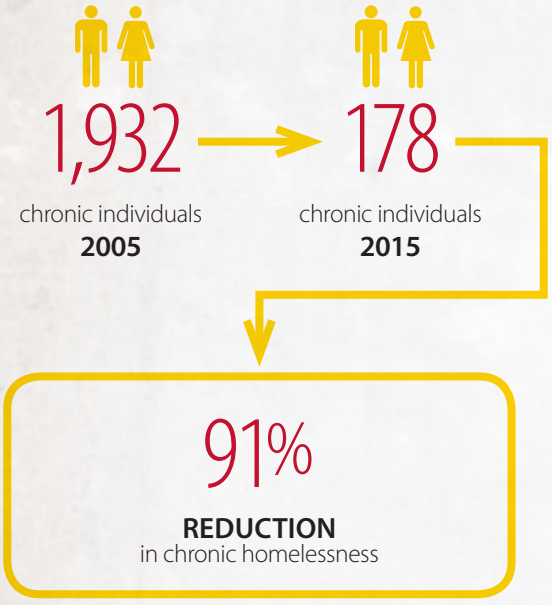
The Road Home. " 'I'm worth listening to. I'm important. I'm not just trying to get something from you. There was a time I was somebody.' These are recurring themes in countless conversations I've had with people," he says. "There's a beautiful thing going on here. It's a conversation and a dance, and this is where I listen. In the course of listening, they know it's safe to talk to me—about using drugs, alcohol, etc." One of the beauties of Housing First, he says, is that people can be who they are and know that they're welcome here. Treating people with compassion, respect, and a sense of empathy are elements common among those on the front lines battling chronic homelessness.

While the numbers are proof Housing First is working, it's people like Michelle Tschetter and Makyla Ordonez who embody the more empathic, compassionate elements of why "permanent supportive housing" works in Utah. Ordonez is a 23-year-old U student working toward her master's degree in social work. An intern at The Road Home, she says her passion for social work developed while going to Catholic schools and using social services, to help her cope first with her parents' divorce and then, a few years later, with the death of her stepfather. "I think it's just having that do-good attitude," Ordonez says. "I've had a lot of help, and I'm ready to give back." Ordonez has worked with many families and gets a little emotional thinking about a particular single mother, a construction worker who had never been homeless. "Initially, she seemed very determined but scared," Ordonez recalls. "She would call me multiple times a day just to talk to me." Finally, after moving out of the shelter, she called Ordonez to say, "I can't wait to show you my new house."

As director of services at The Road Home, Tschetter works with interns like Ordonez every year and says she has watched Ordonez "blossom" while learning the ropes. "We've been really lucky to get some great students from the U," Tschetter says. "They're bright, curious, open to new experiences, and passionate about social work."

Tschetter, too, believes Housing First is working. "It's a smart thing to do—it's the right thing to do," she says. "Everyone deserves a stable place to live." Like most people involved with helping the homeless, Tschetter has memories of clients who desperately needed help or who seemed hopeless. One, she recalls, was a prostitute who was also a drug addict and in and out of jail, but she eventually cleaned up her life, got into housing, and now works with other agencies for ongoing issues.

U intern Makyla Ordonez (left) enjoys getting to know residents at The Road Home in downtown Salt Lake City.



All 178 individuals are known by name and can be connected with housing resources, if they choose.

Source: *www.jobs.utah.gov/housing/homelessnessfactsheet.pdf*


Kelli Bowers

"Sometimes as a social worker, you don't feel like you make a difference," Tschetter admits. "But we care about our people. I think about her. I ask about her. You don't just turn that off because they're working with someone else."

Tschetter oversees Ordonez, who is patient, methodical, and soothing while talking to another female shelter resident on a typical day as a case manager at The Road Home. They talk about goals and plans, how Ordonez can help, and then she heads to the on-site food pantry to secure a few items for her client.

Some of the clients Ordonez helps end up at Palmer Court, where her classmate Samantha Pehrson, also an intern from the U's social work program, and her team take over.

Born and raised in Provo, Utah, Pehrson recalls that she rarely saw homeless people growing up and didn't need social services for herself. She says that, like a lot of people, she used to think most homeless people were just lazy drug addicts who preferred handouts. She didn't consider the trauma in people's lives or the intergenerational poverty that can lead to a cycle of homelessness. "My perceptions have changed drastically as I have learned more about the flaws in our community when it comes to assisting people with housing," Pehrson says. "It kind of made me frustrated at first—we don't provide enough services." In the classroom at the U, she's taught to imagine herself in the shoes of a homeless person, and at Palmer Court she sees it firsthand. "How would I feel if I didn't have a place to sleep every night or money for food or my family?" she says. "I've definitely developed more compassion working at Palmer Court."

Pehrson benefits from working alongside Kelli Bowers BS'92 MSW'99, director of support services at Palmer Court; Cerise Nord MSW'12, a case manager; and Alesia Wilson MSW'99, clinical director of housing. Wilson, like Minkevitch, has an answer for naysayers who believe so-called "handouts" are enabling certain behaviors or that Housing First will attract more homeless to Utah. She points to Maslow's hierarchy of needs, wherein homeless people, like anyone else, need to satisfy their physical requirements and feel a sense of well-being and safety before they can move on to areas of belonging, esteem, and self-actualization. "You can't find fulfillment in life if you're camping by a river and can't find warm clothes," Wilson says. "And when I explain that it's fiscally responsible for taxpayers to support Housing First, people are extremely receptive."

Bowers grew up poor in Chicago and pursued social work as a career after receiving "life-changing" help for depression. She recently turned over organizing a biannual resources fair to Pehrson, who ran with the task of gathering agencies in one place at Palmer Court to help residents with employment, mental health services, substance abuse treatment, and more. "If you expect people to be clean and sober, on their medications, and have their medical situations taken care of, you're really setting them up for failure to get into housing," Bowers says. "Permanent supportive housing gives them wraparound services to overcome barriers. It works. Sometimes it takes a long time to work. But we don't kick people out just because they don't use their medications or because they use drugs."

U intern Samantha Pehrson (holding the clipboard) learns on the job as she oversees a resource fair at Palmer Court.

In 2011, The Road Home used a grant for its Homeless Services and Housing project, which was tied to Housing First. U Senior Research Analyst Christian Marie Sarver MSW'10 was on the team that evaluated that project over a three-year period, producing a final report in September 2014. One "remarkable" finding was that incidents involving mental health or substance abuse issues that would typically have landed clients using permanent supportive housing back on the street instead did not result in evictions. Sarver points out that, in fact, 77 percent of people placed during the project period remained in housing. "This is a very labor-intensive service thing," she says. The report also notes that 22 percent of the housed clients did so well in the program that they were successfully discharged, while still housed, to a lower level of case management.

At Palmer Court, Nord is one of several case managers handling more than 40 clients (it's recommended each handle about 12 to 15). Nord grew up in a small town in Alaska, sometimes seeing homeless people in Anchorage. "I was always curious about why that is even happening," Nord recalls. She has been with The Road Home for nine years and at Palmer Court (which it manages) since 2009. "The advantage of Housing First is that I get to build a relationship with people," she says. "If you have to define my job, it's first to build a relationship of trust. 'Your value to me is not your sobriety or mental health. Housing is a right. You deserve this' is the message I try to convey."

Supportive services such as mental health and substance abuse counseling or employment assistance isn't mandated to qualify for placement with Housing First. But clients at places like Palmer Court, Grace Gary Manor in South Salt Lake, and Kelly Benson Apartments in West Valley City at least have access to those services.

On January 11, Donald Roberts and his ex-wife were sitting in the lobby of Palmer Court, surveying the services offered during the resources fair Pehrson organized.

Roberts, now 48, was a "hyperactive" child, put on Ritalin and in special education classes. He recalls graduating from high school, joining the Navy, receiving an honorable discharge for his arthritis, and eventually working for a carnival in Arizona for six years. He got married and divorced, had a child in that time, lived in a shelter in Las Vegas, found his way to Salt Lake City, had an apartment but then lost it, and ended up relying on The Road Home to house him and his daughter. Roberts also battles depression and says he has twice tried to end his own life.

But over the past three years, he has been living at Palmer Court, paying $50 per month rent for a two-bedroom apartment. He has held a job on site, has sought help for his depression, and is working with an agency to learn how to deal with his autistic daughter while getting her help at a separate facility. He finds a photo on his phone of the two of them. "She knows me—she's been asking for me left and right," he says. "She's my number-one priority. There's no one more important than her."

—Stephen Speckman is a Salt Lake City-based writer and photographer and a frequent contributor to Continuum.

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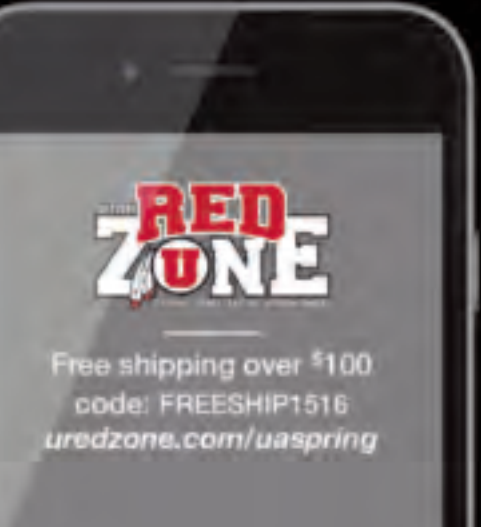


'Why should it be so hard to die?'

// BIOETHICIST PEGGY BATTIN PONDERS SOME OF LIFE'S MOST DIFFICULT QUESTIONS. //

Story by Elaine Jarvik // Photos by Austen Diamond

More than half a lifetime ago, before she was a renowned bioethicist—in fact before she had ever heard of the word "bioethicist"—Peggy Battin wrote a short story about a husband and wife who make a pact to end their own lives, together, when they get old.

It's a beautiful, chilling story, and the questions it raises go far beyond what we are now only marginally willing to discuss in America. This isn't about a physician writing a lethal prescription for a terminally ill patient. This is about what bioethicists call "preemptive suicide." If you want a close-up look at the kind of unflinching ethical questions Margaret Pabst Battin thinks we should ponder, her story "Robeck" is not a bad place to start.

Battin is Distinguished Professor of philosophy and adjunct professor of internal medicine in the Division of Medical Ethics and Humanities at the University of Utah. It was only after she moved to Utah in 1975 that she began to steer her career toward issues of death and dying, but in the short stories she wrote while still in graduate school, she had already begun to grapple with end-of-life issues, spurred in part by a question her own mother asked in the last, debilitating stages of cancer: "Why should it be so hard to die?"

BATTIN HAS COME FACE TO FACE WITH HOW COMPLICATED LIVING AND DYING CAN BE.

In "Robeck," the elderly wife—faced with the prospect of an even older age filled with "despair, decay, continuing loneliness"—still wants to follow through

with the suicide pact she and her husband had made when they were younger. The husband—faced with the realization that dying as an abstract concept is not the same as actually dying—changes his mind.

"Robeck," written in the 1970s, wasn't published until 2005, when it appeared among the philosophical essays in Battin's book *Ending Life: Ethics and the Way We Die*. On a November afternoon three years later, Battin's husband, University of Utah English professor Brooke Hopkins, was riding his bike down City Creek Canyon and collided on a blind curve with another biker heading uphill.

Suddenly, like the characters in her short story, Battin came face to face with how complicated living and dying can be, much more complicated than even a philosopher can imagine.

Here's how she once opened a talk to a group called Compassion & Choices, which focuses on planning for end-of-life: by drawing a line that went straight across a chalkboard for a few inches then sloped relentlessly downward, dragging on and on until it thinly petered out. This, she told the group, is our typical life trajectory. In the modern world—with its ventilators and pacemakers, feeding tubes and chemotherapies—our deaths are often a slow decline, full of protracted suffering.

After Battin's talk, a woman with ovarian cancer spoke up. She explained that she had done a dress rehearsal of her future death, using a method she had found on the Internet: Placing a turkey baster bag over her head. The practice run was awful, she said, so instead she had bought a gun.

The trajectory and the turkey baster bag: this, in some form or other, is the backdrop for current battles over physician-assisted suicide and other "right to die" legislation as we try to sort out our 21st-century deaths. It's an issue that has become more pressing as technology has become even more advanced and the percentage of elderly people and health care costs rise.

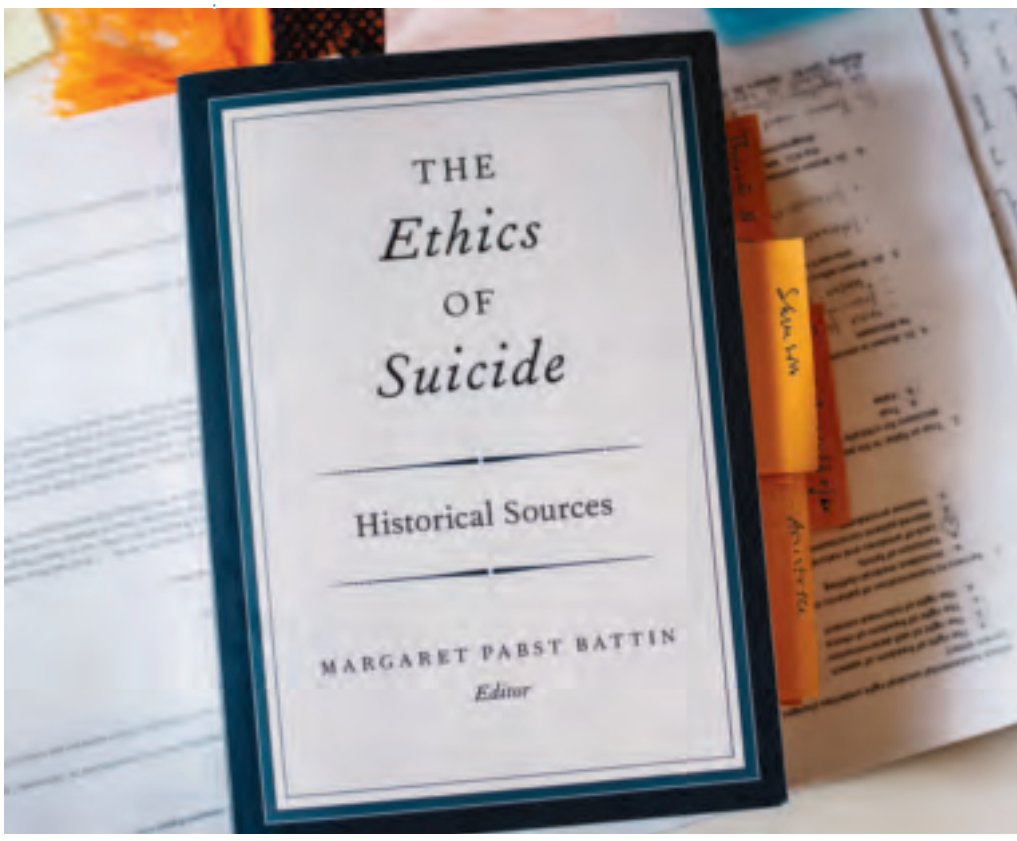
BATTIN HAS LONG BEEN A PROPONENT OF "DEATH WITH DIGNITY" LAWS.

Battin has long been a proponent of "death with dignity" laws that give people some degree of autonomy in how and when they die. That's what made her husband's accident, as she says, "so overwhelmingly ironic"—because the accident left Hopkins paralyzed from the neck down, and the bioethicist who had championed the right to die had to let the husband she deeply loved make up his own mind about whether he wanted to go on living.

"I don't think anybody said this to my face," Battin says of people on the other side of the right-to-die issue, "but I'm sure they thought it: she deserves this, this will teach her."

But Battin has not changed her view that people should have a choice in the manner and time of their own death. Instead, she says, what Hopkins's ordeal taught her was that the choices are "much more complicated than I thought."

During the nearly five years that Hopkins lived following his accident, Battin witnessed a series of vacillating emotions and experiences: his gratitude at being alive, his pleas to let his life be over, courses in great literature that he continued to teach from their home, moments of excruciating pain, moments of transcendence, and eventually his final decision that he couldn't go on any longer. She realized firsthand that a severely restricted



THE BOOK, SHE ARGUES, "CHALLENGES MONOLITHIC THINKING ABOUT SUICIDE."

life can also have many moments of joy, and that a loving wife might in subtle ways encourage her husband to keep on living when he might want to die.

When, on the last day of July 2013, Hopkins finally asked his doctors to turn off the five technologies that were keeping him alive, Battin lay next to him as the ventilator was dialed down and his breathing eventually stopped.

"As hard as it was for me to have him make this choice to die, you have to respect it," Battin says in her soft, measured voice. "That's what it is to love somebody, to try to see it through their eyes."

How many philosophers does it take to change a light bulb? It depends on how you define "change."

Philosophers are notoriously parsers of language and logic, and this intellectual rigor is what first drew Battin to the discipline, from the very first class she took as an undergraduate at Bryn Mawr College in 1959.

The first day of class, the professor walked in, sat on the edge of his desk, and said "You know, I look around at the world and I think, 'all is water.' " He went on at great length and was very persuasive that water is the material substrate of everything, Battin remembers. At the next class, he walked in, sat on the desk, and said "You know, I think I was wrong. I think it's air." On the third day it was fire.

"What he produced," Battin says, "was a skeptic. It was one of the best and most engaging intellectual lessons you could possibly have."

After college, she worked, married, had a first child, and moved to California. Two weeks after the birth of their second child, in 1969, she entered the University of California, Irvine, to get her doctorate in philosophy—and, simultaneously, an MFA in creative writing.

She explains the dual degrees this way: "I liked the intellectual rigor of philosophy, but you can't read Spinoza all day long. I liked the inventiveness of fiction, but you have to make it meaning-rich and rigorous; you can't just feed on someone else's struggles with their inner confusions."

She sent her fiction to literary magazines and got lots of rejection letters. So, with typical moxie, she flew to New York and began the rounds of publishers and agents in person. At first she still had no luck. Then she called *The New American Review* (publisher of literary giants like Gabriel García Márquez and Sylvia Plath) and asked to speak to the editor.

"After a few minutes of silence, the voice on the other end

of the phone said 'Mr. Solotaroff will be happy to see you. He has four minutes,' " Battin recalls. Luckily, she was calling from the phone booth in the lobby. Later that year, M. Pabst Battin's "Terminal Procedure" was published in *The New American Review*. And the next year it was published in *Best American Short Stories 1976*.

By then, Battin was divorced and living in Salt Lake City, hired by the University of Utah's philosophy department for a one-year appointment. She had written her doctoral dissertation on Plato's theory of art, and she thought she was headed toward a career focused on the ancient philosophers and aesthetics. But as a new, temporary hire, she was assigned to teach Intellectual Traditions of the West (ITW). One of the other new hires for ITW was Brooke Hopkins, who had joined the U after five years of teaching at Harvard.

And then, three things happened: she fell in love; she gradually began merging her prior literary interest in issues of death and dying with her academic pursuits; and she won a National Endowment for the Humanities Fellowship for Independent Study and Research, one of just six in the country, for work on the ethics of suicide. Within a week of the award, her temporary job became tenure track. She would eventually win the U's most prestigious award, the Rosenblatt Prize.

"You know, people have been dying for a long time," Battin deadpans. "And such a large percentage of them, too. So I'm not the first person who ever thought about death and dying." But she was among the first, and the most prolific, thinkers in the emerging field of bioethics—a mash-up of theoretical ethics with the practicalities of day-to-day medicine and science.

Battin's personality dovetailed with this practical approach. "She's by no means an ideologue or inflexible," says Arthur Caplan, founding director of the Division of Medical Ethics at New York University. "She's always been a person who's been tuned in to the specifics of a case."

At the New York-based Hastings Center, which is often credited with starting the field of bioethics and where Battin is a Fellow, president Mildred Solomon describes her this way: "She has comprehensive talents you rarely see all in one mind." Philosophers are well known for being analytical, Solomon says, and Battin is "deeply analytical." But she is also able to see how logical arguments "play out in messy and emotionally rich human contexts. That's very unusual."

"AS HARD AS IT WAS FOR ME TO HAVE HIM MAKE THIS CHOICE TO DIE, YOU HAVE TO RESPECT IT."

If you could look inside Peggy Battin's brain, perhaps it would look something like the inside of her house.

There are stacks of paper on each of her six desks (seven desks if you count the dining room table). On the stacks there are sticky notes, and there are sticky notes around every inch of the doorframe in the kitchen and inside each kitchen cabinet. Upstairs there are stacks of paper leading from one bedroom to another, a trail of research and pondering.

She keeps paper copies of every draft of everything she is writing or has written. In a stack on the windowsill is the 16th

draft of a chapter she began in 1995; eventually it will be a book about the ethics of reproduction, tentatively titled *Sex & Consequences*.

"Sometimes I joke that what I really need is to move into an old motel," she says, "so I could have a different room for each project."

The topics she has published about include: death and dying, age-rationing of medical care, ethical issues in organized religion, the ethics of religious refusal of medical treatment, drugs and justice, disability, aesthetics, and ethical issues about infectious diseases. That's a total of 20 books authored, edited, or co-edited.

Battin's latest book is *The Ethics of Suicide: Historical Sources*, published in the fall of 2015. It's 720 pages in teeny type—but even that wasn't enough to handle all the research amassed by Battin, her 46 consulting editors, and 27 research assistants. So she proposed a partnership between the book's publisher, Oxford University Press, and the University of Utah's Marriott Library in what became a first-of-its-kind publishing venture. While many books have associated digital archives, this is the first time QR codes have been embedded in each entry in the print edition, linking directly to expanded primary sources and interactive features online.

Battin didn't set out to write such an exhaustive investigation of suicide. When she started the project four decades ago, she was simply filing away photocopies of interesting historical references. "You can't just throw them away—they're too interesting and too hard to get ahold of (this was, of course, pre-Internet)—so you put them in a file drawer," and eventually the file drawer goes from ancient Egypt to the present. "And then you say, well, what about Hinduism, Buddhism, Jainism, Confucianism, Islam? So now there are more file drawers. And then you say, what about these oral cultures that didn't have written records, the Maya, the Aztec, the Inca?"

IF YOU COULD LOOK INSIDE PEGGY BATTIN'S BRAIN, PERHAPS IT WOULD LOOK SOMETHING LIKE THE INSIDE OF HER HOUSE.

The book, notes Battin, "takes no sides" in these historical debates about suicide, instead presenting primary sources that give a variety of pros, cons, and neutral discussion on topics that include suicide as sin, suicide as heroic choice, physician aid in dying, Buddhist monks who immolate themselves to protest a war, and jihadists seeking martyrdom. The book, she argues, "challenges monolithic thinking about suicide."

Battin has spent 39 years, off and on, working on this book, and even longer immersed in thoughts about death and dying. She has never been suicidal herself, she says, which makes it possible to devote so much time to thinking about what others might consider morbid topics.

She is, she says, an optimistic person. More than four decades after writing "Robeck"—which has now been turned into a play by Salt Lake City playwright Julie Jensen and will be produced by the Salt Lake Acting Company in the fall of 2016—she can imagine an America in which everyone "has a full range of choice about how they'd like their own deaths to go."

Or, at least, "that such an outcome would in principle be possible."

—Elaine Jarvik is a Salt Lake City-based journalist and playwright and a frequent contributor to Continuum.

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UNDERGRADS GET CLINICAL

Mike Dela Cruz

A NEW MINOR GIVES UNDERGRADUATES VALUABLE CLINICAL RESEARCH EXPERIENCE.

STORY BY PEG McENTEE
PHOTOS BY RANDY COLLIER

It makes sense that Mike Dela Cruz BA'13, an American who grew up in the Middle East, would have pursued an undergraduate degree in Middle East studies at the University of Utah. But along the way, he chanced into a program that is shaping his future: a minor in pediatric clinical research through the University of Utah's Academic Associate program. As an academic associate, he got firsthand experience with clinical research at Primary Children's Hospital.

And now Dela Cruz is a full-time research coordinator in the emergency department at Primary Children's, guiding other student researchers as they enroll pediatric patients, with their parents' permission, in studies that will be used by physicians to hone their craft. "We're doing the grunt work, you could say, for doctors who have upcoming or established research," he explains. "We approach families and say, 'There's this voluntary research going on, would you be interested in participating?' "

At present, Dela Cruz is involved in a Phase II study on therapeutic hypothermia after pediatric cardiac arrest (or THAPCA), a high-stress research study. Last summer, *The New England Journal of Medicine* published the Phase I results of the study. "This study was a collaborative effort between me, the doctor, and other members of the team," he says. "A physician, a resident, a nurse, and a tech will all go into the room at the same time, so the patient (or parents) tell their story just once." And, Dela Cruz adds, the physicians value the parents' observations and opinions. U doctors know that the parents are with their children a lot longer than they are.

Now, Dela Cruz and other researchers are in the Phase II, which involves studying the cardiac arrests that occur in the hospital.

The catalyst for the program, which began in 2008, was Dr. Maija Holsti, an associate professor of pediatrics who works in the Division of Pediatric Emergency Medicine at Primary Children's and is director of research in the U's Department of Pediatrics. After a year of pre-med at Duke University, Holsti joined the Peace Corps and became a teacher at a boy's school in Malawi, Africa. There she encountered Doctors Without Borders, a global organization that delivers emergency medical aid to people affected by conflict, epidemics, disasters, or exclusion of health care.

After returning to the U.S., Holsti obtained her medical degree and a master's in maternal and child health at the University of North Carolina in 1999. She completed her residency at UNC in 2002, followed by a fellowship in pediatric emergency medicine at the University of

Utah. "I'd been interested in education and community, and also did a lot of work with domestic violence in medical school," Holsti explains. Along the way, she learned about a program in a Philadelphia children's hospital that let students help enroll patients in clinical studies.

As an attending doctor, she decided there was a "great opportunity" to establish a similar program at the U, which now offers a two-year program that awards students a minor. This spring semester, 53 students are enrolled in the program. It's a win-win for the students, Holsti says, because the students actually participate with medical teams—helping the professionals while getting important experience in medicine.

Students enrolled in the program's Clinical Research Methods and Practice I course (PED 5900) are required to work six to 12 hours a week enrolling patients into research studies. During those hours they'll also learn and practice important skills such as how to record vital signs, conduct patient surveys, get proper consent, read scientific journals, and organize research specimens. The shifts span every day of the week between 6 a.m. and midnight. For the first seven years of the program, students were stationed primarily at Primary Children's Hospital. But recently, the program expanded into obstetrics, outpatient clinics, and women in labor, which, Holsti says, could make it a little tough for students who'll walk into a room and "wonder what they've gotten into." But

> *"THE EXPERIENCE OUR STUDENTS GET WORKING AS CLINICAL RESEARCHERS OPENS DOORS FOR THEM."*
>
> Dr. Maija Holsti

Dr. Maija Holsti and Mike Dela Cruz

> *"WE'RE DOING THE GRUNT WORK, YOU COULD SAY, FOR DOCTORS WHO HAVE UPCOMING OR ESTABLISHED RESEARCH."*
>
> Mike Dela Cruz

one critical element of the program is that the students help each other, and "that's what I wanted it to turn into," Holsti says. "Intermountain Health Care doesn't want students free-roaming in the emergency or obstetric rooms."

Students are subject to background checks and are pre-screened before joining the Academic Associate team, after which they undertake two weeks of training. The goal is to endow them with competency and confidence as they begin their work. Still, even with that training, students can be intimidated, as happened with three students who witnessed the death of an infant in a resuscitation room. To ease their distress, Holsti explained what had happened, and how, and assured them that nothing could have been done to save the child. "So, there's an emotional development that takes place as our students see what happens in a busy ER, for example," Holsti explains. "They also grow each time they have to enter a room, introduce themselves, and present research in a confident and professional manner."

John Anderson BA'15, another graduate of the program, got his first taste of the hospital experience when he volunteered to work in the emergency room at the Intermountain Health Care hospital in American Fork. Once he got to the U, the experience led him to the Academic Associate program. Having graduated with a degree in chemistry and the program minor, he, too, is now a research coordinator at the U medical school's clinical trials office, as well as the administrative assistant for the Academic Associate program.

But his sights are set on becoming a pediatrician. "At Primary Children's, you see a lot of cancer patients, and it makes a huge difference to help a lot of these kids." And there's the fact that Anderson's partner was diagnosed with leukemia as a very young child. She was treated at Primary Children's and has been in remission since she was five years old. "She's very thankful to have had those doctors to help treat her cancer and overcome it," Anderson says. "I'd love to play a similar role in patients' lives."

But not all involved with the Academic Associate program are bound for medical school. Elizabeth Arrigona BA'13, who graduated with an English degree, is the program's coordinator. She made her way there after seeing the program's brochure. "It completely changed my life," Arrigona says. "I knew what I was to do." She says the program has a lasting impact on the students. "I think the great majority will go into the medical field," she says. "Enrollment was through the roof for the winter semester."

Dela Cruz, the program's full-time research coordinator, sees a two-fold future: earning a medical degree that will coordinate with his clinical pediatric research. "I thought I'd only be a doctor, but now I have to be part of research," he says. "The only way for science to advance is research, and interacting with parents and kids, families." For a profession that takes care of people, Dela Cruz believes there's not enough personal connection. "You have to keep interactions human," he adds.

Educational interactivity is crucial to the Academic Associate program. The students' training includes lectures from physicians, including Holsti, and meetings with doctors, scientists, and researchers. "I think it's neat that the students are surrounded by all these people in health care and scientific efforts,"

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Elizabeth Arrigona and John Anderson

Arrigona says. "Later, they can reflect on those presentations. There's a little bit of everything, really."

For Holsti, the reward for all the students' work is what they'll learn and participate in as they attend classes and discover what's going on in medicine. They are exposed to global perspectives, new research, ethical questions, and good patient care. "There are a lot of aspects that we cover," she says. "Ethics, how to design a good study, how to read a scientific paper. This is all clinical research." She says the students also love getting to see firsthand what it's like to be a physician.

Still, not all academic associates will go into this particular type of clinical research or into medicine at all. "Some of the students do this and figure out, 'this isn't for me,' " Holsti says. But those who choose other fields of medicine get the advantage of having clinical research experience under their belt. And those who end up in nonmedical roles still benefit from the volunteer, leadership, and research experience they gain in the program. "Not all degrees prepare you for a job right out of college," Holsti says. "But the experience our students get working as clinical researchers opens doors for them."

—Peg McEntee is a former longtime journalist with The Salt Lake Tribune *and Associated Press who now works as a Salt Lake City-based freelance writer.*

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1950s

Photo by Stephen Trimble

Lily Yuriko Nakai Havey BFA'55 MFA'55 received the 2015 Evans Biography Award for her book *Gasa Gasa Girl Goes to Camp: A Nisei Youth behind a World War II Fence* (University of Utah Press, June 2014). Presented by the Mountain West Center for Regional Studies at Utah State University, the award carries a prize of $10,000 and is designed to encourage fine writing about the people who have helped shape the growth and character of the Interior West.

In the book, Havey combines storytelling, watercolor artwork, and personal photographs to recount her youth living in two Japanese American internment camps during World War II. The American Library Association also named the book one of the "Best of the Best" University press books for 2015.

Robert Bennett BS'57 was inducted in January into the Hinckley Institute of Politics Hall of Fame, which honors distinguished individuals who have made an outstanding contribution to politics and public service in Utah. Bennett served three terms in the U.S. Senate from 1992–2011 representing the state of Utah.

Over his 18-year tenure, Bennett garnered the respect of his colleagues and a reputation as a lawmaker who offered creative and common-sense solutions to issues important to both Utah and the nation. He also served as a senior member of the Senate Banking Committee, the Energy and Natural Resources Committee, and the Appropriations Committee. He is now a senior policy advisor at Arent Fox and advises clients in the areas of tax, transportation, and energy.

ALUMNI HONORED WITH 2016 FOUNDERS DAY AWARDS

On March 3, the University of Utah awarded its highest honor, the Founders Day awards, to four outstanding graduates and one honorary alumnus. The awardees were recognized for their exceptional professional achievements and/or public service, as well as for their support to the University.

DISTINGUISHED ALUMNI

Deneece G. Huftalin

Deneece G. Huftalin BS'84 PhD'06, president of Salt Lake Community College since 2014 (and the presidential sponsor for the Utah Women in Higher Education Network), is known as an inspirational mentor and imaginative leader with a passion for quality and accessible higher education. She previously worked in higher education at William Rainey Harper College, Northwestern University, the University of Utah, Stanford University, and the University of California, Los Angeles. Huftalin holds a bachelor's degree in communication from the U, a master's degree from UCLA, and a doctorate in education, leadership, and policy from the U.

Patricia W. Jones

Patricia W. Jones BS'93 served 14 years in the Utah State Legislature and was the first female leader in both houses. She cofounded and served 34 years as president of Dan Jones & Associates, a well-respected public opinion and market research firm. Today she is CEO of the Women's Leadership Institute, which aims to elevate the stature of female leadership in Utah. Her many awards include recognition from various organizations as Legislator of the Year, a Hero on the Hill, Friend of Children, and a Public Health Hero. She has a bachelor's degree in mass communication from the U.

Fred P. Lewis

Fred P. Lewis PhD'79, a retired brigadier general and renowned meteorologist of 30-plus years with the U.S. Air Force, now serves as a senior vice president for Sutron Corporation, where he develops doctrine, policy, and standards for the weather career field to support the armed forces and the national intelligence community. Lewis's numerous awards include a Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit Award, Meritorious Service Medal with four oak leaf clusters, and an Air Force Commendation Medal.

Harris H. Simmons

Harris H. Simmons BA'77 is chairman, president, and chief executive officer of Zions Bancorporation, a $56 billion-asset bank holding company that operates nearly 500 full-service banking offices throughout the western United States. Simmons got his start in the industry at age 16, working as an intern for Zions Bank. He's now spent more than 30 years with the company. Simmons shares his time and expertise with community organizations including the Utah Symphony, Pioneer Theatre Company, Shelter the Homeless, and Utah Youth Village. In addition to his bachelor's degree, he holds a master's degree in business administration from Harvard Business School.

HONORARY ALUMNUS

Marion A. Willey

Marion A. Willey is currently in his 21st year as executive director of Utah Non Profit Housing Corporation and is board president of the Western Region Nonprofit Housing Corporation. His efforts have benefited more than 21,000 households and helped preserve and build more than 2,200 units of affordable housing for Utah's special needs populations and another 2,000-plus units in eight different states. He has received many awards and professional appointments ranging from the Zions Bank Community Reinvestment Act Committee and the Governor's Blue Ribbon Committee on Affordable Housing to Salt Lake County Aging Services and Salt Lake County Board of Adjustments.

FOUNDERS DAY **SCHOLAR:** YUDKO TSOGDELGER

Chimedyudon "Yudko" Tsogdelger, a University of Utah student studying metallurgical engineering, is the 2016 Founders Day Scholarship recipient. The Alumni Association awards the Founders Day Scholarship annually to a student who has overcome difficult life circumstances or challenges and who has given service to the University and the community

A native of Mongolia, Yudko studied mineral processing at the Mongolian University of Science and Technology before receiving a Rio Tinto Scholarship that allowed her to transfer to the U in 2012. She adapted quickly to Utah and thrived during her first three years at the U. But in January 2015, she learned her father had stage IV lung cancer. "That day changed my life," says Yudko. "Everything turned upside down."

Yudko arranged for her father to come from Mongolia and get treatment at the Huntsman Cancer Institute in Salt Lake City. For the next six months, she carried a full course load in a demanding major while caring for her father. "At least once a day I stepped outside just to cry," she says. In June 2015, her father passed away.

Facing her father's cancer gave the young engineer new purpose for her work.

She made sure his remains were shipped back to Mongolia and returned to help with the funeral. While there, she visited families of cancer patients in Mongolian hospitals and tried to pass on advice and hope. "Life is unpredictable, so you always have to be prepared and keep fighting," she says.

Yudko has been determined ever since to help make a difference in cancer prevention and treatment. She recently joined an engineering research team to help develop a cancer detection sensor—a project that gives her a profound sense of meaning.

1970s

Joe Marty MS'76, a retired U medical technologist who discovered a new mineral called ophirite, received the inaugural Mineral of the Year award from the International Mineral Association. He discovered the winning mineral roughly 25 years ago at the Ophir Hill Consolidated mine of Utah located in the Oquirrh Mountains.

Marty's discovery of ophirite is one of the approximately 60 new mineral species he's discovered or participated in the discovery of—a record number for an amateur collector. Early last year he also received the 2015 Pinch Medal from the Mineralogical Association of Canada for his significant contributions to the advancement of mineralogy.

Marc Jonathan Sievers BA'78 has been appointed by President Barack Obama as U.S. ambassador to the Sultanate of Oman. He is the first person to be named to the position and assumed the post in January.

A career member of the Senior Foreign Service since 1981, with the rank of Minister-Counselor, Sievers had previously served as visiting diplomatic fellow at the Washington Institute for Near East Policy since fall 2014. Before that, he was U.S. deputy chief of mission and chargé d'affaires in Cairo for three years. His prior posts in Washington and across the Middle East included serving as political minister-counselor at the U.S. embassy in Baghdad, Iraq; counselor for political affairs in Tel Aviv, Israel; and deputy chief of mission in Algiers, Algeria.

Sievers holds a bachelor's degree in history from the U and a master's degree from Columbia University.

AMICONE AND HIS BEES Create A Buzz

By Ann Floor

Marc Amicone (center) proudly displays the 2015 Bob Freitas Award with Gail Miller, owner of the Larry H. Miller Group of Companies, and Jim Olson BS'92 MS'93, COO of Miller Sports Properties.

When asked why he loves his job so much, Marc Amicone's response is simple: the fans and his coworkers. "We're fortunate to have some of the most dedicated employees in the business," says Amicone, vice president and general manager of the Salt Lake Bees Triple-A baseball team since 2005. "They love coming to the ballpark, they love the Bees, and they take ownership in our product and how we interact with our fans." And, their efforts are paying off.

Amicone BS'80 MS'94 and his Bees (an affiliate of the Los Angeles Angels) were named the top Triple-A franchise last year when they received the 2015 Baseball America Bob Freitas Award. Freitas was a longtime minor league baseball operator, promoter, and ambassador, and the award recognizes excellence in the operation of minor league baseball franchises with a focus on business success, operational practices, and community involvement. The award was presented to Amicone and the Bees on December 8, in Nashville. "This award is a testament to the combined efforts of every employee on our staff," says Amicone, with characteristic generosity.

Amicone first became interested in baseball in high school, when he played for the Granger Lancers. He went on to play four seasons with the Utah Utes baseball team and majored in sports management. During the summer months, he played on a fast-pitch softball team with some of the Golden Eagles, Salt Lake's first minor league hockey team. That led to an internship opportunity, and by the time he graduated from the U, he was already working for the Golden Eagles. By 1986, he was general manager of the team. Under his leadership, the hockey franchise won four league titles, and in 1987 and 1988, the International Hockey League named him Executive of the Year— making him the first and still the only person born in Utah to receive the title in both professional baseball and hockey. He was also named the Triple-A Pacific Coast League's Executive of the Year in 2009.

After the 1988 season, Amicone left the Eagles and returned to the U, where newly appointed Athletics Director Chris Hill MEd'74 PhD'82 hired him to run the sports marketing department. The two had first met when Hill was the basketball coach at Granger High School, after Amicone graduated. At the U, "I ended up doing a little bit of everything over the years," Amicone said in an interview with Lee Benson for the *Deseret News* in August 2014. "I did ticket sales, football team travel for awhile, supervised baseball, golf, and swimming. I was tournament director for the men's basketball tournament a couple of times, and did some gymnastics nationals and regionals." Ultimately, he was promoted to assistant athletics director and spent 16 years at the U, where he found time to obtain a master's degree in health. "My best friends to this day are those I met as a student at the U and during my time in the athletics department," he says.

Today, as Amicone celebrates more than a decade with the Bees, he seems to enjoy his job more than ever. He and his staff work hard to ensure that those with simply a casual interest in baseball can have a great time. "We like to say 'It's better at the ballpark.' The games are affordable, fun, and provide what I consider to be the best gathering place for all members of our community. . . .I know that the Bees and the experience at Smith's Ballpark have enriched the lives of millions of fans over the years, and I'm proud and humbled to be a part of that."

—Ann Floor is an associate editor of Continuum.

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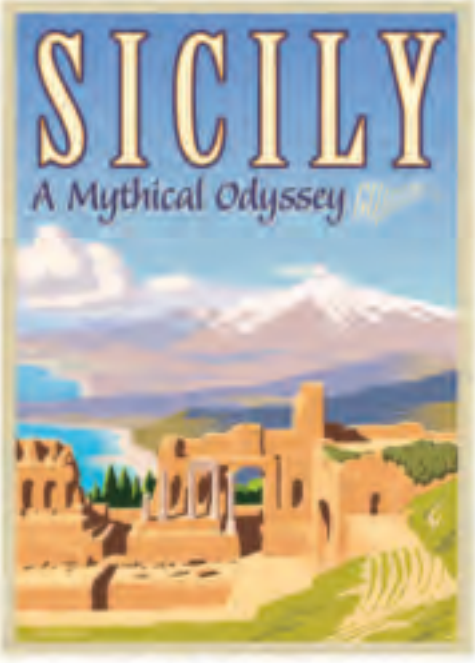

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Sam and Jennifer Plumb

SIBLINGS UNITE TO CONFRONT THE Overdose Epidemic

By Ann Floor

Twenty years ago this spring, Andrew Plumb, an exuberant 22-year-old affectionately known by family and friends as The Eternal Kid, was found unresponsive from a heroin overdose in a Salt Lake City basement. Fearing reprisal, friends who were with him at the time, instead of calling 911 for help, left him alone, buried the paraphernalia in the yard, and fled the scene. He died alone, a victim of addiction.

"After Andy died, I heard from a friend in Emergency Medical Services who said he wished naloxone had been present when Andy overdosed," says Jennifer Plumb, who is Andy's sister and an emergency medicine pediatrician at Primary Children's Hospital. "His words stuck with me." Last summer, Jennifer MPH'96 MD'00 and her brother J. Samuel Plumb HBA'09 MPH'15 MPA'15 founded the nonprofit Utah Naloxone.

The medication, also known as Narcan, is used to reverse the effects of opioids, especially in overdose. When given intravenously, naloxone works within two minutes. When injected into a muscle, it works in two to three minutes. It also can be sprayed into the nose. The drug is safe and has no side effects. According to Sam, 37 states, including Utah, now have laws allowing individuals to carry and administer naloxone.

Over the years since Andy's death, Jennifer and Sam, with their parents, have been frustrated by the well-meaning talk of those wanting to help loved ones in trouble with heroin but at a loss for knowing what to do. Then, one evening last summer, when Jennifer and Sam were attending their first family support group at Utah Support Advocates for Recovery Awareness, known as USARA, something changed.

"We listened to heartbreaking stories from parents who had watched their children nearly die from opiate overdoses—powerless to do anything but hope," says Jennifer. "Some had been denied access to naloxone by multiple medical providers

and shamed for even asking. Attending that session made it clear to us that we had to charge forward."

Newly motivated and inspired to formalize their efforts, they founded Utah Naloxone on July 1, 2015, with a goal to reduce the social stigma around opioid addiction and make naloxone available to as many people as possible, whether they are active opiate users or not—and that user number is growing fast.

U. S. attorney for Utah John Huber joined other local, state, and federal law enforcement officers last winter in warning of an impending "heroin tsunami" based on a serious increase in arrests and confiscations of the narcotic in Utah in the past three years. "The amount of heroin seized by law officers in Utah reflects the increase in usage—46 pounds in 2010 compared to 244 pounds last year [2014]," Huber said in a December 12, 2015, *Salt Lake Tribune* article.

Determined to stem the tide, the Plumbs are taking action. They come to the task well-prepared: Jennifer received a master's degree in public health and her medical degree from the University of Utah, and Sam has master's degrees from the U in public administration and public health.

"We started going out into the community to educate family members, active users, and at-risk youth about overdose recognition and to distribute free naloxone kits and demonstrate how to use them," says Sam. They also work to educate health care providers at all levels and those who work in the substance use disorder community to increase awareness of and access to naloxone. "From July 1, 2015, to January 21, 2016, Utah Naloxone has distributed more than 1,100 naloxone rescue kits, with 20 documented overdose reversals that we know of," says Sam.

Their work includes regular visits to Pioneer Park, where many drug dealers and users hang out, and where, in the summer of 1996, a plum tree was planted by the Plumb family to honor Andy. "Despite multiple park renovations, and huge crowds using the park, it is by far the largest and most beautiful plum tree I have ever seen," says Sam.

Experiencing firsthand the reactions of people who have been equipped with naloxone has been life affirming for Jennifer and Sam. "These are people who many times feel that no one cares if they die, and hearing from us that their lives matter has brought palpable gratitude, relief, and inspiration to them—and to us, honestly," she says. "We know what it feels like to face the stigma of addiction, and we know that it is simply not acceptable for that to remain the status quo."

Housed in the U School of Medicine's Department of Pediatrics, Utah Naloxone has many partners who are advocating for its cause and working to increase public awareness about opiate addiction and overdose-related issues. "But Utah Naloxone is the only organization in the state of Utah that is distributing, educating, and training people to administer naloxone," says Sam.

In the end, Jennifer says this project is allowing her family to find some peace from the pain they have experienced since Andy died. "Knowing that we are saving other families from the heartache and loss that we experienced has been tremendously healing."

—Ann Floor is an associate editor of Continuum.

1980s

Timothy McCuen Piggee BFA'85, professor of theater at the Cornish College of the Arts in Seattle, was honored as the 2015 Gregory A. Falls Sustained Achievement recipient. Piggee was acknowledged at the Gregory Awards as a vital part of the Seattle theater ecosystem. In addition to teaching and directing at Cornish College of the Arts for 21 years, he has taught classes for the Seattle Children's Theatre, Freehold Studio Theatre, and Seattle Repertory Theatre, and served as artistic director of Langston Hughes Cultural Arts Center Theatre Camp.

He's been honored with dozens of local and national awards, including the 2015 Lunt-Fontanne Fellowship and a 2012 University of Utah College of Fine Arts Distinguished Alumnus Award. As an actor, he has appeared with more than a dozen regional companies, including Pioneer Theatre Company at the U.

Michele Mattsson HBA'85 JD'88, chief appellate mediator for the Utah Court of Appeals and president of the University of Utah Board of Trustees—the first woman to hold that position—received the 2015 Peacekeeper Award from the Utah Council on Conflict Resolution. The award is presented annually to an outstanding member of the community who has exemplified a superior commitment to the process of peace and conflict resolution.

Mattsson has dedicated herself to the advancement of collaborative resolution of conflicts in Utah for many years, serving as vice president of the board of trustees for Utah Dispute Resolution, a member of the Alternative Dispute Resolution Committee with the Utah State Courts, and on the executive committee of the Dispute Resolution Section of the Utah State Bar.

At the U, she has served as president of the Alumni Association and has participated on the boards of Red Butte Garden, the Utah Museum of Fine Arts, and KUED-7.

1990s

John A. Pearce BS'92 has been confirmed by the Utah Senate as a justice on the state Supreme Court. Pearce was nominated by Utah Governor Gary Herbert to fill the vacancy created by the departure of Jill Parrish, who is now a federal judge. Pearce was appointed to the Utah Court of Appeals by the governor in October 2013.

Before joining the appeals court, Pearce was an associate at Wilson Sonsini Goodrich & Rosati in Palo Alto, California, and a shareholder at Jones Waldo in Salt Lake City. He served as general counsel to Herbert, and is a professor at the U's S.J. Quinney College of Law.

Pearce holds a bachelor's degree in economics from the U and received his law degree from the University of California, Berkeley.

Nicole Stanton BS'95, managing partner at the Phoenix office of Quarles & Brady LLP, has been elected to the American Law Institute, which works to clarify, modernize, and improve the law. As a member of the institute, Stanton will have the opportunity to influence the development of the law with fellow judges, attorneys, and academics through legal reform projects.

In the Phoenix community, Stanton serves as a founding board member and past president of the Women's Metropolitan Arts Council of the Phoenix Art Museum as well as a member of Charter 100 Women. She was named a "Philanthropic Leader of the Year" at the 8th Annual Positively Powerful Woman Awards. She also was honored as one of the "50 Most Influential Women in Business" by *AZ Business Magazine*.

Stanton received her bachelor's degree from the U and her law degree from the James E. Rogers College of Law at the University of Arizona.

Alumni Jay Mumford BA'87 MBA'93, Sean Tillery BS'08, Kevin Stoker BA'06 MBA'09 (UUAA liaison), Scott Hellstrom MBE'83, Bob Livsey BS'62 JD'65, and Riley Smith BS'06 met to plan a fun-filled 2016 for the Bay Area Chapter.

ALUMNI ACTIVITIES SPAN THE GLOBE

University of Utah alumni have recently gathered in far corners of the world from Brazil to California to South Korea. In January, the U hosted a dinner in São Paulo, Brazil, to reach out to U alumni in the country. The Brazil Alumni Club formed in spring 2015 to help increase the university's connections there. The U has about 150 Brazilian alumni, and some 60 students from the country are enrolled at the University this year.

Across the world in South Korea, the U hosted another alumni dinner in January that was well attended by U alumni and friends. The U has a growing presence in the country since the U's Asia Campus opened as part of the Incheon Global Campus in Songdo, South Korea.

Closer to home, the Bay Area alumni chapter also met that month in San Francisco for their annual planning meeting. The chapter is offering multiple scholarships with a value up to $3,500 and has openings for a vice president and board members. Other recent chapter events have included a Utah coach talk in Seattle, a social in New York, and a night at the ballpark in Arizona.

AT THE HELM OF THE MIGHTY MUSS

The Mighty Utah Student Section (MUSS), which is now 6,000 strong, is under new leadership as of February. The MUSS welcomed new president Daniel Rueckert (pictured center) and vice presidents Madison Estes and Nick Eixenberger, and said goodbye and thank you to former president James Gabour and vice presidents Ally Dieryck and Carter Bruett.

MARK YOUR CALENDAR

May 5: Commencement
Work-life thought leader Anne-Marie Slaughter will deliver this year's commencement address. Watch the live stream or posted video on the web at *utah.edu*.

May 14-15: European Alumni Reunion
Network and sightsee with fellow U alumni in Trier, Germany, and Luxembourg. See if you can beat last year's turnout of 40 alumni from eight countries.

June 4: Corporate Cup 5k
Engage in a little friendly competition at the Alumni Association's annual corporate walk/run event. Register your team at *corpcup5k.com*.

EXPECT MORE EVERY DAY

CBS 2 NEWS | EXPECT MORE

Bust a Move to Fight Cancer

Rock the U, one of the biggest student philanthropy events on campus, celebrated its tenth anniversary in January. Students pledge money for cancer research and show up ready to dance the night away in the 10-hour event, held this year at the Tower at Rice-Eccles Stadium. In the past decade, students have raised more than $400,000 for the Huntsman Cancer Institute and now additional partner the Children's Miracle Network.

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