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THE MAGAZINE OF THE UNIVERSITY OF UTAH

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Cover photo of U Lacrosse goalie Liam Donnelly by Dave Titensor





I will share this article with my family to help them understand the importance of my decision."

Body Donor Program

I thoroughly enjoyed the December issue of *Continuum*, specifically, the article discussing the importance of the Body Donor Program ["A Virtuous Circle," Winter 2018-19]. You see, I am not only a University of Utah alum... I also joined the body donation program this year while I finalized my end-of-life plans. Reading about Kerry Peterson and

his dedication to the integrity of the program was very reassuring. I will share this article with my family to help them understand the importance of my decision.

*Tiffany Anderson BS'04
Salt Lake City*

Kerry Peterson is one of those hidden treasures on this campus. I was lucky enough to know him peripherally when we worked in the same building. And I learned a lot from him about the Body Donor Program and can now represent it for all its compassion and importance. He is an outstanding example of an exceptional U of U employee.

*Jan Abramson
Salt Lake City*

I have had the honor of working with Kerry and the bodies that are donated as I have set up, planned out,

and coordinated multiple cadaver labs for [the U's] surgeons in training. I see the reverence in which bodies are handled, the respectful language that is used, the joy and fascination in the faces of doctors as they learn from these individuals. Each surgeon thanks the donor at the conclusion of our labs. It's a phenomenal experience, and I can't think of a better way to contribute to future generations.

*Ruth Braga BA'99
Salt Lake City*

My wife passed away last November after a near decade-long battle with cancer. She wanted to donate her body so that fewer people might die due to that horrible disease in the future.

The body donation people [at the U] I dealt with were all very respectful and honestly some of the most kind and understanding that I have ever met. They were truthful and honest and answered every question that we had. It was also a really nice weekend this last summer as the new names that were etched into the wall of panels were unveiled.

*Steven Martinez BS'82
Salt Lake City*

Chrony Goes Digital

["Old News is Good News," Winter 2018-19]
How fun to look up my old theater reviews!

*Walker Van Antwerp
BA'80
San Pedro, Calif.*

Giving Refuge

Dr. Nyawelo, thank you for the courage and work you have applied to fulfilling your vision and purpose in life. ["Finding Refuge in Education," Fall 2018]. Yours is an inspiring example!

Beth Braithwaite

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TRADITION

Some things don't change. A cap and gown, a feeling of deep satisfaction and relief, the joyful support of family and friends, and the excitement to start a new phase of life. As we celebrate the 150th commencement at the University of Utah in May, join us in reflecting on this memorable day that newly minted alumni experience year after year—making it all worthwhile. Pictured here is a commencement lineup circa 1925, a classic shot of new graduates with revealing glimpses of the styles of the period.



Visit continuum.utah.edu to see more photos of commencements over the years.



NEW FINANCING PROGRAM TO HELP STUDENTS FINISH DEGREES

In January, the U announced its newest initiative to help students graduate faster and launch their careers sooner. A new pilot program—Invest in U—is an innovative approach to helping students finance their last year of school. The program, the first of its kind in the Western region, will allow students in selected majors to borrow up to \$10,000. But instead of paying interest as with a traditional loan, students will pay 2.85 percent of their monthly income over a three- to 10-year period, depending on the amount and major.

Payments will go back into the Invest in U program, creating a perpetual fund to help future students. In addition, payments may be paused for students pursuing graduate degrees, engaged in voluntary service, or working full time but earning less than \$20,000 a year. “Through Invest in U, the University of Utah is investing in our students to help them succeed, recognizing

that many students start and stop their educations based on finances,” says U President Ruth Watkins.

Some students extend their schooling time or never graduate because they want to avoid excessive debt and work while going to school. Invest in U is designed to help them graduate and increase earning potential faster. The program is funded by \$6 million in donor, investor, and university money.

“We are excited to see the University of Utah leading nationally in piloting this innovative, flexible financing option to help more students graduate,” says David Buhler BS’83 PhD’14, commissioner of the Utah System of Higher Education. “In Utah, 27 percent of people who started college never graduated. This will help many more students get their diplomas, which we know is associated with higher earnings in the future.”

Civil Rights Leader to Speak at U’s 150th Commencement

Renowned civil rights activist, religious leader, former U faculty member, and U alum Rev. France A. Davis MA’78 will deliver the commencement address at the university’s 150th ceremony on May 2.

Davis has been pastor of Utah’s most prominent black church, Calvary Baptist, since 1974. His decision to devote his life’s work to ministry came

after marching with Martin Luther King Jr. in the March on Washington in 1963 and the Selma-to-Montgomery voting rights march in 1965. He also served in the U.S. Air Force, held faculty positions at the U in communication and ethnic studies, and is the chaplain to the U football team.

“Rev. Davis’ quiet dignity, tireless advocacy for respecting all individuals, and steady message on unity make him a welcome and timely choice to address our graduates, as well as our greater campus community,” says President Ruth Watkins.



1. **Identify the problem.** The first step in the problem-solving process is to identify the problem. This involves recognizing the issue, gathering information, and defining the problem.

U Art Students Dedicate Murals to City of Murray



To see photos of
all nine murals, visit
continuum.utah.edu



New Grant will Build Bridge with Pacific Islander Community and the U



Strong community, resilient history, and vibrant traditions are key elements of the Pacific Islands culture. These same elements are the foundation of a Pacific Islands Studies initiative at the U—and a new \$600,000 award from the Andrew W. Mellon Foundation will allow major acceleration of this effort.

The three-year grant will be used to expand and promote an “academic ecosystem” at the U focused on three goals: recruiting and retaining students who are Pacific Islanders, advancing interdisciplinary and humanistic approaches to Pacific Islander research, and building meaningful relationships with Pacific Islander communities in the Salt Lake City area.

“The Mellon grant provides us with a substantial infusion of resources, which allows the Pacific Islands Studies initiative to develop our holistic plan all at once rather than doing it piecemeal over time,” says Hokulani Aikau, an associate professor of both gender studies and ethnic studies. “We strive to make the University of Utah the premier institution for Pacific Islands Studies scholarship in the continental U.S.”

Congrats! U Finalist in National Challenge



With \$1 million on the line in a national competition to benefit the middle class, a proposal to boost financial prosperity in Utah’s Carbon and Emery counties was one of five finalists in the American Dream Ideas Challenge. This summer, the group from the U will make a final pitch in the competition funded by investment firm Schmidt Futures, to secure funding in an attempt to raise net income for 10,000 middle-class families by 10 percent by the end of 2020.

While job growth statewide has increased 17 percent since 2008, employment in Utah’s coal country has declined 16 percent; unemployment is 5 percent,

double the state’s rate. The Utah Coal Country Strike Team proposes building a tourism infrastructure, creating a Silicon Slopes eastern hub, revitalizing housing stock, and establishing customized economic incentives to spur development.

“We’ve all benefited from coal, but we face an economic, environmental, and moral imperative to combat global climate change,” says Natalie Gochmour BS’84 MS’88, one of the team’s co-chairs and director of the U’s Gardner Policy Institute. “The benefits of reducing our dependence on coal are widespread.”

Two other teams from Utah also made pitches in the national round. Neighbor helps people rent out unused storage space. And Mobility as a Service facilitates the use of public transportation options—transit, ride hailing, bike sharing, etc.—to help families with multiple cars use fewer vehicles.”

Researcher Receives \$2.5M to Study Alzheimer’s



Funding from the Chan Zuckerberg Initiative will give one U scientist the freedom to pursue new ideas in neurodegeneration research. Jason Shepherd, an assistant professor of neurobiology and anatomy, is one of just 17 recipients of the inaugural Ben Barres Award. The initiative’s goal is to support innovative work that may solve intractable problems. “For me what is most exciting is, this award gives my lab the freedom to pursue high-risk ideas that depart from the typical approach to Alzheimer’s disease,” Shepherd says.

U Student Awarded Churchill Scholarship



In an astounding streak of recognition, Cameron Owen is the fourth consecutive U student to receive the prestigious Churchill Scholarship to study at the University of Cambridge in the United Kingdom. He’s one of only 15 students in the U.S. to receive the award in 2019. Owen and Peter Armentrout, a Distinguished Professor of chemistry at the U, are studying more efficient methane activation, which could eventually be used to convert enormous amounts of methane from natural and shale gas into usable products.

STRENGTHENING SECURITY ON OUR CAMPUS



The university has moved swiftly to implement 30 recommendations made by an independent team that reviewed the U's interactions with Lauren McCluskey in the weeks before her tragic murder last fall.

Most improvements are now in place, with a few recommendations—adoption of new database systems and accreditation of the Department of Public Safety, for example—still in progress. The changes will provide better communication and coordination between university entities when responding to concerns raised by or about campus community members.

Key groups across campus have participated in information sessions and trainings to ensure they are aware of policies, response expectations, and relevant resources. And several new staff are being hired in critical areas, including a victim advocate, a detective who specializes in interpersonal violence in the Department of Public Safety, and a resident outreach coordinator in Housing and Residential Education. The full list of actions implemented is available online at safeu.utah.edu.

President Ruth Watkins enlisted the three-member independent review team after McCluskey's murder. The team includes two highly respected former commissioners of public safety in Utah and a former university chief of police who now serves as the head of the International Association of Campus Law Enforcement Administrators.

The review team released its report on Dec. 17, 2018. Watkins asked Jeff Herring BA'98, chief human resources officer, to work with campus leaders to ensure timely adoption of the team's initial 30 recommendations and to more broadly review additional changes to improve safety at the U.

"We are acting on all the insights and recommendations in the review team's report, which identified gaps in our training, awareness, and enforcement of certain policies and offers us a roadmap

for strengthening security on our campus," Watkins says. "I am holding myself and my leadership team responsible for making these changes," Watkins says. "Our commitment to Lauren, her friends, and family—as well as our students, parents, staff, faculty, and community—is that safety will continue to be a top priority at the University of Utah."

Watkins also asked the independent review team to work with the Presidential Task Force on Campus Safety, which in January reconvened to conduct a second review of overall campus safety. The task force is looking at training practices; physical security; an ongoing organizational structure for safety-related issues; campus policies and best practices; and staffing and internal communication. New recommendations are expected by April.

Working Group on Healthy Relationships Formed

A new working group commissioned by President Watkins will focus on raising awareness and conversations about healthy relationships—and how to recognize and respond to problems, such as intimate partner violence.

"I am tasking this group to develop a plan to implement educational opportunities to broadly benefit U students, staff, and faculty," Watkins said in her charge to the group, which includes representatives from across campus and from the Utah Domestic Violence Coalition.

The group held its first meeting in mid-January and is considering campuswide initiatives that may include workshops, speakers, awareness campaigns, training, etc. The group also will look at programs offered by other institutions as well as opportunities to collaborate with organizations that promote healthy relationships.

Vice Presidential Reads

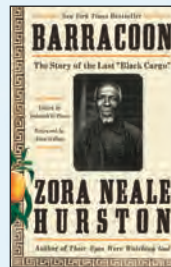
Heidi Woodbury BS'89 is the U's newest VP on the block. She assumed her role as the university's vice president for institutional advancement in February, but she certainly isn't new to campus.

Woodbury began her career at the U as chief advancement officer for KUER-FM, the U's public radio station, then joined the David Eccles School of Business in 1996, serving in various leadership roles before becoming the assistant dean for external relations in 2010.

Known for her team- and relationship-building skills, Woodbury is also an accomplished fundraiser. Under her leadership at the Eccles School, financial support from donors significantly increased, alumni connections flourished, and several new academic centers and facilities were built (her colleagues nicknamed her "Queen of Building").

Woodbury succeeds Fred Esplin MA'74, who retired. She says she is honored to have the opportunity to serve the U in this new capacity. "I'm excited to work with President Watkins and the leadership team in the years ahead as we strive to continue the university's momentum."

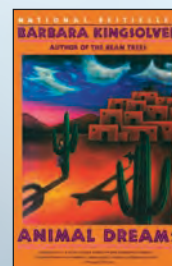
For the Woodbury family, campus is a second home. Woodbury's husband, Todd, is a classical guitar instructor at the U, and her daughter, Lauren, is a junior studying kinesiology. Outside of work, Woodbury enjoys designing jewelry, spending time with her Chihuahua named Ollie, and taking in a good book. Here are a few of her favorite reads.



Q. What is the best book you've read recently and why?

I had the opportunity to travel with the David Eccles School of Business and the university's Global Health team to Ghana, Africa, last July for the Extreme Affordability Conference. While there, we visited the Elmina Castle on the Cape Coast. The haunting tour of the slave castle compelled me to read *Barracoon: The Story of the Last "Black Cargo"* by Zora Neale Hurston.

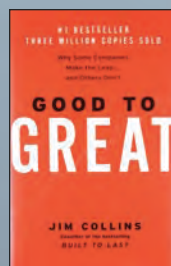
Written in 1927, the book features an interview with Cudjo Lewis, the last living survivor of the Middle Passage—the route slave ships took between West Africa and the West Indies. Reading this was a reunion with one of my favorite authors. In college, I read *Their Eyes Were Watching God* by Hurston and first discovered her amazing ability to transport readers across time and culture.



Q. What's your all-time favorite book and why?

This is impossible! I love to escape with good fiction. I don't think I can choose just one favorite, but I love *Water for Elephants* by Sara Gruen, a historical

fiction that follows a Cornell veterinary student who joins the traveling circus during the Great Depression. I also love *Animal Dreams* by Barbara Kingsolver, a novel about two sisters that beautifully interweaves themes of self-reflection, forgiveness, cultural identity, and social responsibility.



Q. Is there a book on philanthropy that you recommend?

My favorite business book, which touches on points relevant to both fundraising and leadership, is *Good to Great* by Jim Collins. The book focuses on the fundamental tenets of leadership and becoming what he calls a "Level 5 Leader." Leading at this level requires humility, taking responsibility, asking for help, developing discipline, finding the right people, and leading with passion—all qualities I am striving for in my new role at the U.

*"In college, I read *Their Eyes Were Watching God* by Hurston and first discovered her amazing ability to transport readers across time and culture."*

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MATCHMAKING THROUGH WARFARE

Photo by Kleverenrique via WikiCommons



War: What is it good for? Well, for one Amazonian tribal society in Ecuador, it turns out it was a good way to get married. Participating in raiding parties helped the Waorani warriors build relationships and make important marriage alliances for themselves or their children, according to a new study led by U anthropologist Shane Macfarlan.

Researchers visited and spoke with the Waorani about their raiding histories and collected one of only a handful of datasets in the world with detailed information about what warfare looks like in small-scale societies, prior to the intervention of the modern state, with reports on raids spanning 1916-70.

They found that Waorani were actively joining raids with a variety of people who could provide access to ideal marriage partners for themselves or their children. And sometimes, subtle coercion from in-laws appeared to be a factor in joining.

The relationships built through raiding resulted in meaningful bonds between the men, which could shed light on the evolution of friendship.

A common feature of friendship across cultures is that it promotes cooperation between people who are neither kin nor lovers, with friends providing benefits that kin and lovers cannot. One context where friendship is extremely important is helping people deal with conflict from other people and groups.

“The act of killing another human is a really traumatic act, which causes people to share something in common psychologically that establishes trust and fosters things like friendships,” says Macfarlan.

The study found that despite what some anthropologists previously thought, raiding groups have not always been limited to just kin; sometimes warfare was also about building strategic alliances.

Why Do Patients Lie to their Doctors?

When your doctor asks how often you exercise, do you give an honest answer? How about when the doctor asks what you’ve been eating lately? If you’ve ever stretched the truth, you’re not alone.

Sixty to 80 percent of people surveyed have not been forthcoming with their doctors about information that could be relevant to their health, according to a new study. Besides fibbing about diet and exercise, more than a third of respondents didn’t speak up when they disagreed with their doctor’s recommendation. Another

common scenario was failing to admit they didn’t understand their clinician’s instructions.

When respondents explained why they weren’t transparent, most said that they wanted to avoid being judged and didn’t want to be lectured about how bad certain behaviors were. More than half were simply too embarrassed to tell the truth. “Most people want their doctor to think highly of them,” says the study’s senior author, Angela Fagerlin, chair of population health sciences at University of Utah Health.



Illustration by Bradley Knickerbocker

How Low Can You Go? New Blood Pressure Target Could Help Millions

Achieving recently released blood pressure goals could help prevent more than 3 million cardiovascular disease issues in the U.S. in the next 10 years. The American College of Cardiology and American Heart Association's new blood pressure guidelines lower the hypertension threshold to 130/80 mm Hg from the previous 140/90 mm Hg.

After the new guidelines were released in 2017, Adam Bress, an assistant professor of population health sciences at the U, wanted to see how far-reaching the impact of following those new guidelines would be. After examining trials consisting of more than 140,000 participants, Bress found that the new guidelines had enormous potential. "Treating high blood pressure is a major public health opportunity to protect health and quality of life for tens of millions of Americans," he says.



Identifying Which Genes Impact Suicide Risk

Suicide is the 10th leading cause of death in the United States, claiming more than 44,000 people in the country every year, similar to the number of deaths caused by the opioid epidemic. And researchers at the U are closer to understanding one possible reason why. They have identified some underlying genetic factors that may increase the risk of people ending their own lives.

Researchers identified specific changes in four genes, and 207 genes that warrant further analysis to understand their potential role in people dying by suicide. Just 18 of these genes have previously been associated with the risk of individuals killing themselves.

"Past studies of families and twins informed us that there is significant genetic risk associated with suicide," says Douglas Gray, professor of psychiatry at the U and senior author on the paper. "Genes are like blueprints. The first step is to find the genes that increase risk. Identifying specific genes may lead to new treatments for those who suffer."

Did Humans Cause Ancient Animals to Go Extinct in Africa?

Despite what was previously thought, humans may not have been to blame for the demise of giant mammals in Africa over the last several million years. Instead, the culprit may have been falling atmospheric carbon dioxide levels. As the CO₂ levels dropped, grasslands expanded, and with fewer trees, there was less food for the large mammals to eat, according to a new study led by Tyler Faith, the curator of archaeology at the Natural History Museum of Utah.

Faith and his team looked at long-term changes in eastern African mega-herbivores (species weighing more than 2,000 pounds) using more than 100 fossils spanning the last 7 million years. The team also examined independent records of climatic and environmental trends and their effects.

What they found was remarkable. Twenty-eight lineages of mammals became extinct. But the decline began roughly 4.6 million years ago, and that rate of decline didn't change with the appearance of *Homo erectus*, a human ancestor often blamed for the extinctions.

Rather, Faith's team argues that climate is the more likely culprit.

And the loss of massive herbivores may also account for other extinctions that have also been attributed to ancient hominins.

"We know there are also major extinctions among African carnivores at this time and that some of them, like saber-tooth cats, may have specialized on very large prey, perhaps juvenile elephants,"

says Paul Koch from the University of California, Santa Cruz, another member of the research team. "It could be that some of these carnivores disappeared with their megaherbivore prey."



Watch a related video at
continuum.utah.edu



Dark Skies

UTAH'S UNTAPPED NATURAL RESOURCE

By Lisa Potter | Photography by Bettymaya Foott



n a moonless night in Bryce Canyon National Park, you feel like you can reach out and touch the universe. Above the iconic sandstone hoodoos, the Milky Way stretches across the sky, a celestial rainbow arching from horizon to horizon. Visitors from around the globe come to the park to view stars undimmed by artificial light. In a world where excess artificial light, or light pollution, obscures the Milky Way from nearly one-third of humanity, Utah's night skies are a natural resource rarer than any mineral—and potentially worth much more.

Bryce Canyon is just one of many International Dark Sky Places—locales that make efforts to preserve dark skies and educate about their value—and Utah has more than any other state or even country besides the U.S. And preserving dark skies does more than improve star-gazing; visitors will spend nearly \$2.5 billion to see dark skies in national parks in the Colorado Plateau between 2013 and 2023, based on current trends, according to a report from Missouri State University. Light pollution also impacts public health, destroys wildlife habitat, and costs taxpayers—the U.S. alone wastes billions annually on inefficient lighting systems.

Worldwide, light pollution is growing twice as fast as Earth's human population. In response, a new field has emerged that explores the impacts of artificial light and the loss of the night skies through a broad range of disciplines. The University of Utah is an international leader in this global movement; the U-based Consortium for Dark Sky Studies (CDSS) is the first academic center in the world dedicated to discovering, developing, communicating, and applying knowledge pertaining to the quality of the night skies. The multi-institutional consortium researches the public health, economic, and environmental impacts of the so-called "disappearing dark."

"The importance of this issue reaches far beyond Utah's borders. The consortium addresses the global issue: how to preserve dark skies and reduce the planet's seemingly relentless increase, with multiple impacts, in light pollution," says Stephen Goldsmith, co-director of the CDSS and associate professor of city and metropolitan planning at the U, who serves as the project's principal investigator. "This makes the consortium a critically important resource for communities in the developed and developing world."

ILLUMINATING DARK SKY STUDIES


The U is uniquely positioned to host studies of the dark sky. Utah's vast tracts of public land provide substantial night skies unpolluted by man-made light, representing a boon of research opportunities. The consortium's official status has spurred international collaborations; the CDSS partnered with the leading international ALAN (Artificial Light at Night) conference-organizing committee to host ALAN 2018 in Utah last November, the largest global conference to date examining the many aspects and impacts of artificial light.

"The Wasatch Mountains form the dividing line between the Wasatch Front, as light-polluted as the Los Angeles Basin, and the backside of the Wasatch, which boasts multiple parks in the process of becoming accredited International Dark Sky Parks," says Dave Kieda, dean of the U's graduate school and co-director of CDSS. "We believe this geographical juxtaposition gives us one of the best possible natural labs in the world for dark sky studies."

In January, the W. M. Keck Foundation awarded \$250,000 to the U to establish a new undergraduate minor in dark sky studies, the first of its kind in the country. Housed in the College of Architecture + Planning, the minor is open to all students interested in exploring issues through multiple lenses: the sciences, including public health, urban planning, and engineering, and the humanities, from religion to history and philosophy.

Students will also participate in field-based research, including inventing a new tool for understanding the impact of artificial light at night. The device, called Sky Drone, will be the first of its kind. Existing tools require an individual to record measurements by hand while traveling on foot, often taking weeks to survey an area. In contrast, the Sky Drone will remotely measure and map light sources over a large geographic space. After its development, all students in the dark sky minor will use the Sky Drone to research the impact of light in communities throughout the Colorado Plateau. Additionally, the technology could be patentable and become a vital tool for the increasing number of communities looking to improve their night skies and boost astronomy tourism, aka astro-tourism.

The minor seeks to create a new interdisciplinary model for undergraduate studies. Fifteen faculty members from all corners of campus are collaborating to develop courses that break down the traditional silos between the different departments. These



A number of communities in Southern and Central Utah are seeking to transition from traditional industries to the clean economic growth afforded by dark skies.

course instructors will become a new cohort of scholars in dark sky studies, providing them a platform for working with peers from other institutions.

“Dark sky studies is a truly transdisciplinary field engaging disciplines ranging from the humanities, urban planning, and tourism to STEM and health,” says Daniel Mendoza, one of the minor’s core faculty members, who holds joint appointments in the Department of Atmospheric Sciences and the Division of Pulmonary Medicine. “The University of Utah has been leading the way since the inception of the CDSS, and, with the generosity of the Keck Foundation, we’re establishing the groundwork for continued educational and research opportunities.”

A DARKER UTAH, A BRIGHTER FUTURE

Dark sky studies provides opportunities for students to make real change as part of their undergraduate education. The Natural History Museum of Utah, a consortium member, recently mentored undergraduates studying multidisciplinary design to create an exhibit showcasing Utah’s unique exposure to the night sky. The exhibit was on display for many months, and due to its popularity, is being considered as a permanent installation. Illustrating how light pollution impacts the natural beauty and habitats of Utah, the interactive backdrop shows a silhouetted city against a night sky filled with stars. Visitors turn a knob that lights up the sky; the brighter the light, the fewer the stars.

The dark sky minor is training students for the emerging field of dark sky planning. A consortium partner, the International Dark-Sky Association (IDA), has worked extensively with Utah’s parks, monuments, and communities to preserve and protect their night skies. IDA provides guidance on implementing new lighting ordinances, retrofitting fixtures to reduce light pollution, and measuring light levels to ensure that starscapes are visible.

“You can’t ‘drive through’ dark skies; it requires an overnight stay plus two meals. That’s why astro-tourism is considered the most lucrative segment of the ecotourism market,” says Kelly S. Bricker, director of parks, recreation, and tourism at the U and a core faculty member of the dark sky minor.

“A number of communities in Southern and Central Utah are seeking to transition from traditional industries to the clean economic growth afforded by dark skies,” says Stephen Goldsmith. “Eighty percent of North America can no longer view the Milky Way and needs to travel to do so. The dry air of Utah and the superb public lands combine to make this one of the best geographies for exploring the night skies and our place in the universe.” 

—Lisa Potter is a science writer for University Marketing & Communications.



To see more photos and a video about dark sky research, visit continuum.utah.edu



LET US ENLIGHTEN YOU

Did you know that light pollution can damage your health?

Like nearly every living thing on the planet, humans have evolved to Earth’s 24-hour day-night cycle, adhering to the so-called circadian rhythm, or our biological clock. Dawn’s first light (or the appearance of it) kicks off a chain of physiological actions in every cell in our bodies. Darkness cues our brain to release the melatonin that lulls us to sleep, setting off more actions that keep us alive—changing hormone levels, and even turning on and off various genes. But light pollution doesn’t just affect human health; the loss of darkness is linked to increased energy consumption and disrupted ecosystems and wildlife.

THE DARK SIDE OF LIGHT

What harm can light pollution cause?

INCREASED RISK OF ILLNESS:



- Cancer
- Depression/anxiety
- Cardiovascular disease

WASTED ELECTRICITY IN THE U.S. ALONE:



- Some 30% of outdoor light is unnecessary
- Costs at least \$3 billion annually
- Releases more than 20 million tons of CO₂ a year

NEGATIVE IMPACTS ON NATURE:



- Artificial lights create a fatal attraction for insects, which impacts all animal and plant species that rely on them for food and pollination
- Light pollution affects migratory schedules, killing billions of birds every year
- Millions of sea turtle hatchlings die each year by following lights on land

BRIGHT SOLUTIONS

You can help.

- Use shielded dark sky-friendly exterior fixtures that point down
- Use long-wavelength lights with a red or yellow tint
- Minimize blue light—you’ll sleep better if you put away electronics about 2-3 hours before bed
- Install timers and dimmer switches
- Turn lights off when not in use



Visit darksky.org to learn more.

Adapted from International Dark-Sky Association materials.



*Photo by Dave Titensor, near Grand
Staircase-Escalante National Monument*



U MEDICAL STUDENTS VISIT REMOTE HIGH SCHOOLS AROUND THE STATE TO PROMOTE HEALTH CARE AS A CAREER.

By Stephen Dark

W

hen 15-year-old Kade Shumway Lyman told staff at San Juan High School that he wanted to be a doctor, their response was not the verbal high five he expected.

It had been 10 years since a student from the Blanding, Utah, high school had gone to medical school, they told him in 2004, and it was an expensive and demanding career. Consider podiatry or becoming a physician's assistant instead, was their advice.

A small town midway between red-rock tourism mecca Moab and the desolate beauty of Monument Valley and the Navajo Nation territory, Blanding struggles with poverty and isolation. Teen Lyman had to drive 90 minutes to Cortez, Colorado, just to buy a pair of socks. While now, more than a decade on, there are a few shops, other issues remain the same: with no specialist care, a serious medical problem still requires an AirMed flight to the University of Utah.

Two years after Lyman shelved his physician plans, several University of Utah medical students visited Blanding to meet with juniors and seniors. They were volunteers with the Utah Rural Outreach Program (UROP), which recruits medical students to crisscross the state during the winter and spring breaks. Their mission is to address a long-standing dearth of doctors in rural counties by encouraging local high schoolers to consider the rewards of health care careers.

According to health care advocacy nonprofit the Lown Institute, about 20 percent of Americans live in rural areas, yet only 11.4 percent of physicians practice in rural locations. And while in 2016, Massachusetts had 134.4 primary care doctors per 100,000 people, Utah had only 64.7, marginally ahead of Mississippi with 64.4.

One UROP volunteer visiting Lyman's class was from the central Utah town of Beaver and had played football against San Juan High. Talking to him, Lyman realized that medical students were, he says, "normal people, not geniuses. All medical school takes is dedication and hard work."

Lyman MD'16 went on to med school at the U, returning to Blanding himself as a UROP representative to promote medicine to students including his little brothers, sister, and friends. "I felt like I could really connect with students there because I knew their teachers, all the doctors that were providing them care, and even other students they knew who had been able to get into health care," he recalls.

The idea behind UROP, he says, is that contrary to Thomas Wolfe's famous dictum, you actually *can* go home again. While big city residents might turn their noses up at small-town practice, a fifth-generation

IT HAD BEEN 10 YEARS SINCE A STUDENT FROM THE BLANDING, UTAH, HIGH SCHOOL HAD GONE TO MEDICAL SCHOOL, THEY TOLD HIM IN 2004, AND IT WAS AN EXPENSIVE AND DEMANDING CAREER.

Blandingite like Lyman knows the beauty of rural life and the benefits of working in such locations: good money, a wide variety of procedures, and a broader scope of practice.

Indeed, Lyman is a poster child for UROP. He, his registered nurse wife, and their two small children currently live in Los Angeles, where he is a third-year resident at a Level 1 trauma center. He plans to return to Blanding as an orthopedic surgeon. “I want my children to grow up in the same close-knit and supportive community I did,” he says.

From a small basement office housed in the U’s Department of Family and Preventive Medicine building, longtime UROP advisor Bob Quinn BS’86 keeps a watchful eye on the 17-year-old program, which runs on an \$8,000 annual budget. In 2017, first- and second-year medical students visited 40 high schools in 15 different counties, accumulating more than 70 hours of classroom presentations for a total of 1,566 students. Medical students sign up for all sorts of reasons, ranging from wanting to go home for the holidays to seeing a national park.

In late 2018, 40 students signed up to spend much of their winter break visiting as many high schools as they could in the state’s rural and frontier counties. That included two first-year

students, Jen Christiansen and Kassie Amann. They picked visiting some of the state’s most isolated schools during a four-day road trip from Salt Lake City to the epic splendor of Monument Valley.

Christiansen and Amann’s journey in the latter’s silver SUV, with a cooler full of cow hearts and pig lungs in the trunk, revealed the challenges distance imposes on rural communities and the importance of UROP in terms of encouraging students to pursue medicine. Christiansen summed up the trip’s meaning for her and Amann over a late-evening burger in a family-run diner. “I just want them to look at Kassie and me and know that, ‘No matter what I want to do in life, regardless of if that is medicine, it’s worth the work.’”

A one-stop town

At 5 a.m. on Monday, Dec. 15, Amann had stopped to pick up Christiansen in Salt Lake. They needed to make Moab’s Grand County High before the 9:53 a.m. bell to meet their first class, anatomy students. There are two key elements to UROP’s pitch: one is a presentation, the other dissections.

Their presentation began by asking, “Why medicine?” Then they detailed the wide variety of health careers, comparing the



Kade Shumway



Jen Christiansen and Kassie Amann

average debt to become a doctor (\$161,000) against average salaries (\$189,000 for a family doctor, \$450,000 for a surgeon). When Christiansen and Amann pulled out the organs for dissection, excited students pulled out their phones to take pictures.

Afterwards, Christiansen and Amann drove to their lodgings at Bullfrog, Utah, near Lake Powell. Daylight revealed few houses but many dry-docked house boats. At Lake Powell, their class was seven male students from the seventh and eighth grade, half of whom were Navajo.

Next on the itinerary was San Juan High School in Blanding. And while it turned out to be larger than they expected, Blanding still amounted to a small town with one blinking red light swaying over the main intersection.

Money fears

"How did you want to handle this?" Christiansen asked Amann as 130 students filed into San Juan High's auditorium, a quarter from Tracy Johnson's anatomy class. After the seven students of Lake Powell, it took the visitors a moment to adjust to the shift in scale.

"The point we're trying to get across is, there's a shortage of medical practices across the state," Christiansen told the hall. "We're trying to inspire you guys to fill this need."

It turned out that some had already heard the call. When Christiansen asked how many wanted to be medical students, a dozen students raised their hands, citing career interests ranging from becoming a family practice doctor to an anesthesiologist.

Such ambitions reflected how many of them had relatives working for the 19-year-old Utah Navajo Health System (UNHS), which currently has multiple clinics and hospitals in the region.

"It has totally changed the landscape," says Monument Valley High principal Spencer Singer, whose mother, Donna, founded the nonprofit. "The majority of boys [on the reservation] aspire to be welders, or in the construction trade. Why? That's what dad does, what their uncle did. Now their aunts and uncles work for UNHS, and it's created a different avenue for jobs. 'I

can do that,' the students say. 'I can be a nurse or a doctor that works in the clinic.'"

Despite the burgeoning local medical industry, the value of UROP remains the same: letting high schoolers know medicine is within their reach.

Tugging on (a cow's) heart strings

When Christiansen and Amann put out cow hearts, 50 students lined up for the dissection. Amann struggled with the scalpel as she cut open the muscle. "They gave us the world's smallest scalpel to do this with," she laughed.

As teenagers pulled on purple plastic gloves, the quips came hot and fast. "They've stolen my heart," said a native student. "This is the definition of playing with someone's heart," joked another. One student was more concerned about his impending lunch. "This has ruined my appetite," he muttered.

Roughly half of those considering medicine thought they'd return to practice in Blanding. "I think there are deep family ties that make you want to come back," Johnson says.

Christiansen and Amann left for Whitehorse High in Montezuma Creek, 45 minutes away, to find 40 tired students who'd just finished their state exams. Once the organs came out of the cooler, eyes widened in interest, especially among the female students.

Amann enjoyed the buzz students got from the dissections. She had one question she wanted the students to take away from their visit: "Do you want to do this more than just today?"

Caring for their own

The U students stayed at a motel in Mexican Hat perched on the red-rock banks of the San Juan River. As they dined on beef stew and Navajo fry bread, they reflected on how the trip was "about giving these kids an intro to things," Amann said. "This is a slice of how cool medicine can be." Both valued modeling health care careers for young women. "You can't be what you can't see," Amann says.



San Juan High School



Monument Valley High School



*Photo of Kade Shumway (p. 20) by Kim Montella;
photos of UROP road trip (pp. 20–22) by Shara Lyman.*

COMMUNITY WAS THE THREAD THAT WOULD DRAW THEM BACK.

The next morning's drive out to Monument Valley High took them over the river and through a bleak landscape of black rock towering over tiny, one-story houses with concrete floors and wood stoves, standing unprotected against the weather. Very few of these homes have electricity or running water.

Despite the challenges of getting and keeping teachers in what is a deeply isolated, poorly resourced location, Monument Valley High has seen a dramatic turnaround under Principal Singer, going from a long-standing F to a C in the 2017–18 academic year. That's with a 220-strong student body of whom 70 percent are classified by the state as homeless and 60 percent with English as their second language. Many of them live in situations where trauma from abuse, alcoholism, drugs, and neglect is ongoing.

In the school auditorium, Amann and Christiansen made their last presentation to 12 Navajo students. None of the students had questions, but when they moved to the cafeteria for the dissections, their standoffishness dissolved into enthusiasm and inquisitiveness. Not that handling animal organs was necessarily novel to them. Recently, a live sheep had been brought to the school, its throat slit in front of the hogan and the students taught butchering so that every piece of the animal was used.

As the students passed a pig trachea from one fingertip to

another's, most said they wanted to go into medicine. For some, it was relatives pushing them to go into health care. For others, it was personal.

Kaelo Atene talked about being offered a football scholarship to Lewis & Clark College in Oregon. He was weighing whether that would help him achieve his long-term goal of studying medicine. His drive to become a medical provider is driven by illness within his family. His grandfather has Parkinson's, he says, and he'd like to know its cause. Another close relative has medical issues that mean he faces going into a nursing home. Atene plans to return post-residency to practice medicine in his own community so he can care for him at home.

In between palpating the memory foam-like texture of the pig's lungs, other students agreed that community was the thread that would draw them back. "This is our home," said one.

Third-year resident Lyman argues that, much like the rest of the state, there continues to be a deep need for UROP in San Juan County. "You don't have the same resources as a larger school," he says. "So, when a well-respected institution like the University of Utah decides to devote resources to you, I think it's really impactful." Especially since what Blanding high schoolers know about the U comes mostly from visiting relatives who've gone there by AirMed.

As the med students packed up the cooler for the last time, school counselor Jeff Fitzgerald asked them to pass on a message to future generations of UROP ambassadors.

"We appreciate it," he said, "every year. Please come." **U**

—Stephen Dark is a writer for University of Utah Health.

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MAJOR DECISIONS



Illustrations by Gail Armstrong



Tips for choosing a major and navigating the academic journey.

By J. Melody Murdock

“What’s your major?”

If there is a most frequently asked question among college students everywhere, this has to be it. It’s a simple enough inquiry yet can create a lot of angst. Teens today start getting pressure as early as junior high to think about what they want to study in college. Yet data shows that among high school students who note an intended major when they first take the SAT or ACT, more than half change their mind before applying to college. And after they get to campus, the majority of undergraduates change their major more than once.

“Every student’s journey is so different,” says Julia Vincent BS’13 MS’15, academic advisor and director of major exploration at the University of Utah. “Some students come to us very confident in their decision, some agonize over it, and some don’t stress enough.” Then there are those who get derailed trying to please others, realize late in the game that they dislike what they’re studying, or really just have no clue.

Yet the inevitable truth is that students must declare to graduate.

TOP 10

attributes employers
are looking for

1. Problem-solving skills
2. Ability to work in a team
3. Written communication skills
4. Leadership
5. Strong work ethic
6. Analytical/quantitative skills
7. Verbal communication skills
8. Initiative
9. Detail-oriented
10. Flexibility/adaptability

Source: *Job Outlook 2018*,
National Association of Colleges
and Employers

And with 88 majors to choose from at the U, the choice can be daunting. Not to mention, there are a lot of misconceptions out there that only complicate things more. In an effort to make this decision process as successful as possible for everyone involved, this guide dispels common myths and shares experiences, trends, and advice from U academic advisors, career coaches, recruiters, students, and alumni.

Major Myths

I'm already behind schedule.

Stan Inman, director of the U Career and Professional Development Center, likes to nip this one in the bud. "You are where you are," he assures. "You're in a better position than you think to make this decision." He says many students are undecided simply because they haven't purposefully explored their interests and values.

Advisors recommend starting the "discovery" process as early as possible, allowing time later for a "rediscovery," if needed. But when it comes to actually declaring a major, there is no magic deadline. The U requires all students to visit with an academic advisor their freshman year and loosely encourages them to declare a major by the third semester.

"I like to assess timing on an individual basis," says Vincent. "If a student is interested in a shorter major, I don't rush them. If they're interested in a more technical program with a linear four-year schedule, I suggest starting the major sooner." She also recommends mapping out a parallel plan. That way, if students don't get into a competitive major or want to shift gears, they have another path already in the works.

Once I've chosen a major, I have to stick with it.

For a variety of reasons, students often feel like they have to stay loyal to their declared major. They may have concerns about spending more time and money or about other losses such as disappointing others or giving up an identity they've held onto since childhood. ("But I've always wanted to be a teacher and everyone thinks I'd be good at it.")

It's reassuring to note that, according to a data analysis by the Education Advisory Board, students can switch majors any time before their sixth semester without impacting the time it takes to graduate—and they found that up to 85 percent of undergrads do change their major at least once.

Itzel Hernandez BA'16 was only six classes away from graduating when she realized that she didn't like her science major and no longer wanted to become a dentist—a career she had been preparing for since high school. "As a first-generation college student, I selected my first major by seeking a future job title rather than my passions," she explains. "As I neared the end of my third year, I dreaded being in the classroom."

After some self-reflection, Hernandez decided to add a second major that she was more passionate about (political science), even though it meant adding three more semesters. "I didn't want to finish college disliking the main purpose of why I was there," she says. "I wanted to leave the U with career options I would enjoy." Three years later, she now works at a job she loves with the Congressional Hispanic Caucus Institute in Washington, D.C., and is preparing for law school.

Vincent says she often works with students like Hernandez who realize later in their academic journey that they aren't happy with their major. She helps them take a closer look at alternatives to changing majors, such as shifting gears after graduation or adding skills through a work experience. And if additional time in school is required, Vincent says they have to ask themselves, "Is this extra

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Big data

Machine learning and AI

Social impact/entrepreneurship

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semester or two worth it if it makes me happier in the long run?”

My major will define the rest of my career.

“There isn’t always a direct link between your degree and your career,” explains Beth Howard, director of the U’s Academic Advising Center. “Many students graduating today will likely end up in jobs that don’t even exist yet. The key is to make your education a foundation from which you can continue to grow throughout your career.”

U career coach Lindsey Kass-Green agrees. “While a major doesn’t necessarily equal a career, exploration for both a major and a career should happen in tandem.” She points out that, with the exception of specialized fields, most degrees have more career flexibility than people might think. Take English graduates, for example. “Contrary to stereotypes, they don’t all end up as starving authors,” she says. “According to our data, a large number of English grads from the U have gone into law, computer science, finance, medicine, and even electronic gaming.”

And from a recruiter’s perspective, Casey Peay MA’07 agrees that a major doesn’t lock you into a career. “You may be a self-taught coder with a degree in psychology and still qualify for a tech job,”

says Peay, a principal director of program management at Microsoft. “Recruiters look for experiences gained in school and the ability to translate those experiences into a future job.”

If I major in liberal arts, I won’t get a job.

Inman, who’s been in the career coaching business for 20-plus years, says that liberal arts majors shouldn’t be underestimated. “Successful graduates come from all disciplines,” he says. “Over time, our liberal arts, humanities, or social science graduates can sometimes professionally and economically outpace some of our technical majors.”

A 2017 study by David Deming, an associate professor of education and economics at Harvard, found that jobs requiring both the so-called soft skills and thinking skills have seen the largest growth in employment and pay in the last three decades. In addition, the National Association of Colleges and Employers identifies the top competencies that recruiters look for above all else in college graduates, such as problem solving, teamwork, communication, leadership, and so on (see sidebar on p. 28).

Vincent reminds us that these are precisely the skills that are honed and developed in liberal arts classes (which include literature, philosophy, arts, language, history, and social sciences). But she also advises students in these majors to supplement with some type of technical skill, which might mean extra classes, a minor, or even grad school. She calls this the “T professional” model. “You have a broad base of skills as the top stroke of the T,” she says. “And then go deep in a technical or niche area of expertise for the stem of the T.”

Major Do’s and Don’ts (for family, mentors, and other influencers)

Don’t assume college is like it was when you graduated.

Was gaming a major when you graduated? Was blogging a career? “Your college experience was likely vastly different than that of today’s students,” says Howard. “Applying today’s circumstances to a different era isn’t always a fair assessment.”

For example, fields that used to be higher paying and more secure may now be at higher risk of becoming obsolete. And jobs that didn’t exist when you were a student are now driving new majors.

Do your homework, too.

Your job as a parent, spouse, or mentor is to help students “imagine themselves in a spectrum of possibilities,”



says Howard. And to do that, you need to read up as well.

Vincent points out how many misconceptions are out there about salaries, for example. “Careers that you might think make less, might not, and vice versa,” she says. She recommends looking online at the lifetime earnings of careers. “You’d be surprised by what you find. The fields with higher starting salaries often don’t keep up with the more flexible career options that offer bigger pay jumps.”

Encourage students to try new things and have fun.

Howard says the discovery process doesn’t just magically happen; students need to “own it” and start meaningful exploration as early as possible. She highly recommends the UGS/LEAP Major Exploration course, a one-credit class dedicated entirely to examining yourself, majors, and careers.

Vincent adds how important it is to be supportive of all the classes students choose. “Let them try it out and find out if they like it or not,” she says. And this includes fun classes, too, such as ceramics and skiing. “We see students be more successful when they can switch gears and take classes they really enjoy attending.”

Ask helpful questions.

If your grandson tells you he wants to major in, say, modern dance instead of economics and you feel trepidation, what should you say? Vincent says this is when it helps to be prepared with useful questions to better understand the reasons behind choices. So rather than asking, “What are you going to do with that?” you could perhaps ask, “What interests you about that major?”

And even further, she recommends asking students about what they value. “They often know their interests and have a good idea of abilities but haven’t thought about what’s important to them,” she says. Students commonly say they “want to help people” in their profession. She follows that up with, “Who do

you want to help, and how do you want to help them?” She points out that in addition to doctors and nurses, other professionals—financial planners, for example—also help people.

Support internships and work experience.

How does a student stand out when hundreds of others are vying for the same job? “Through experience, academic achievements, and persistence,” says Peay, who in hindsight wishes that he would have pursued more internships in college. “More hands-on experience could have really helped me determine what I liked and wanted to go into after I graduated.”

Kass-Green confirms that work experience is more important than ever, getting more weight with recruiters than the choice of major or GPA. “Early experience is important, even if it’s a campus job,” she says. “As students get farther along, career-related experiences such as internships and capstone projects become invaluable career-building opportunities.”

TRY THIS INSTEAD

Rather than asking a student “What are you going to do with that?”, ask:

- What classes are you enjoying? What do you like about them?
- What’s important to you?
- What kind of lifestyle do you want?
- Why does that (class, career, or major) interest you? Tell me more.

HOW TO STAND OUT

What influences recruiters when deciding between two otherwise equally qualified candidates?

	Rating*
Has completed an internship with their organization	4.6
Has internship experience in their industry	4.4
Major	3.8
Has held a leadership position	3.7
Has general work experience	3.7
Has no work experience	3.4
High GPA (3.0 or above)	3.4
Has been involved in extracurricular activities	3.3
School attended	2.8

*5-point scale where 1=No influence at all; 2=Not much influence; 3=Somewhat of an influence; 4=Very much influence; 5=Extreme influence.
Source: *Job Outlook 2018*, National Association of Colleges and Employers

MAJOR TRENDS

Most popular majors over the past four decades:

1980s

Psychology
Banking and finance
Economics
Political science
English
Accounting
Communication
Sociology
Journalism
Nursing

1990s

Psychology
Sociology
Political science
Accounting
Economics
English
Biology
Finance
Communication
Speech & rhetorical studies

2000s

Psychology
Economics
Finance
Sociology
Communication
Political science
Accounting
Human development & family studies
English
Nursing

2010s

Psychology
Economics
Human development & family studies
Business administration & mgmt
Kinesiology & exercise science
Nursing
Communication
Accounting
Biology
Political science



Major Advice from Alumni

"I think every student should take these four courses: (1) Excel, (2) computer programming, (3) technical writing, and (4) basic finance. You will build upon these subjects in all workplaces regardless of your major."

—Gus Gochnour BA'17

"Go to online job boards and look at the job market, openings, salaries, duties, and skills required. Then pick a major."

—Tram Patterson MS'17 PhD'18

"Jobs are not designed to entertain you. That's why they call them jobs. However, getting a good education in a marketable field will give you the most options and benefits, thus allowing you to spend time on what you do love."

—Scott Soward BS'04

"With a strong ability to learn new things, you can always pivot to a new field if you find you don't want to stay where you are. Focus more on that than the exact major (or better yet, choose a major that will help you develop those skills)."

—Joshua Wallace BS'14

"Most of us pick a major/career based on income potential, ability to get a job, perception, etc., and we end up miserable in the process. Figure out the things you refuse to compromise on and tie that into your interests, and you'll find a career that will make you happy."

—Jim Higgins BS'04



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CROSSE

By John Coon

Photography by Dave Titensor

UTAH LACROSSE BLAZES A NEW TRAIL
AS A DIVISION I PROGRAM.

FIT





Seth Neeleman feels like he's been living out of his car the past two years. It's a feeling the entire University of Utah men's lacrosse team is familiar with. "We'd just pull up, put all of our gear on, and come to practice," he says. "After, we'd have to

pack all our stuff back in our cars and just leave it in there, then go home or try to find an open shower."

As a club team, the lacrosse athletes haven't had the amenities and assistance available to their peers sponsored at the NCAA level—like team locker rooms,



Seth Neeleman

for example. The players have been responsible for everything from buying their own equipment and uniforms to arranging their travel.

Neeleman embraced the personal sacrifices to play at a school he loves. He grew up in Connecticut and originally committed to play lacrosse for Loyola Maryland. But after serving a two-year church mission, he decided to transfer to the U, a school where his uncle Danny Vranes ex'81 made a name for himself as a basketball star nearly four decades ago.

Like many of his teammates, Neeleman came to the U with no promise of anything more than a club team. Yet here he is two years later forging new ground for U lacrosse as they join the ranks of NCAA Division I programs. The Utes began their inaugural NCAA season on February 1 when they opened to a crowd of more than 3,200 fans against Vermont in Rice-Eccles Stadium.

Gone are the days of living out of their cars. The team now has access to all the perks that come with

being a Division I athlete—their own locker room, a training facility, help with class scheduling, scholarship opportunities, and access to nutritionists, trainers, and sports medicine specialists. And while these benefits will help, these players are all sports pioneers in a sense and have a lot to prove. Utah is just the third university west of the Mississippi River—joining Denver and Air Force—to sponsor men's lacrosse at the NCAA Division I level.

BUILDING A PROGRAM

Starting a new men's Division I sports team is becoming rare in an era when Title IX concerns and start-up expenses often eliminate such ideas from consideration. It becomes an even bigger challenge when a school's conference does not sponsor the sport. Utah overcame many of these obstacles thanks to a big-time assist from a major gift.

Alum David Neeleman ex'81, founder of JetBlue, wanted his son Seth to have a chance to play lacrosse at the highest level. To that end, he got the ball rolling on shaping Utah's club team into a program that could transition upward. David personally convinced Brian Holman, an assistant coach at North Carolina, to come to Salt Lake and coach the Utes. He rounded up donors who helped fund a \$15.6 million gift that endowed the lacrosse program—a gift that cleared the way for the university Athletics Department to decide in 2017 to begin sponsoring the lacrosse team at the NCAA I level in 2019.

"My dad loves the U, and he really loves the sport of lacrosse and thought there was a need for it [at a higher level] here," says Seth. "It just shows that when he has an idea, he'll chase it in any aspect of life."

Already, the Utes are drawing serious interest from student-athletes and fans alike, with healthy sales of their 2019 season tickets. Following their Rice-Eccles debut, the remaining five regular season home games—concluding on April 27 against Detroit Mercy—have been at the 1,600-seat McCarthy Stadium on the Judge Memorial High School campus. And the Utes have drawn in a mix of talented freshmen and transfers from universities including Massachusetts, Rutgers, St. John's, Robert Morris, and Bellarmine who are excited to play a part in building a new lacrosse program.

"It's definitely a unique experience, something really special," says redshirt junior Jimmy Perkins, a Robert Morris transfer. "It's something I took into consideration before coming here. It's a really special opportunity for the sport of lacrosse, too, being the first Pac-12 school to have a program. This coaching staff is awesome. There are a lot of people who would want to play for them, and I'm just lucky to be part of helping to build this program."

CHANGING A CULTURE

For Cam Redmond, a senior, the change in the program is as different as night and day from what he first experienced when he joined the club team as a freshman in 2015 after graduating from Utah's Bountiful High. "Before, we never did anything as a team outside of games or practices," he says.

Now, Coach Holman insists that from the moment players set foot on campus in fall until the final week of the spring season, the team gathers weekly on Wednesday nights. Activities can entail anything from watching movies to having cookouts. The players sometimes discuss serious topics and other times crack jokes—all the while building camaraderie and brotherhood.



WE HAVE TWO GOALS. ONE IS TO BE THE BEST PROGRAM IN COLLEGE LACROSSE. THE OTHER IS TO COMPETE FOR AND WIN NATIONAL CHAMPIONSHIPS.



Holman brings with him an impressive track record of knowing what makes a successful lacrosse athlete and team. He first made a name for himself as a three-time All-American goalkeeper at Johns Hopkins from 1980 to 1983 and helped Hopkins win the 1980 NCAA championship. He began his coaching career at Johns Hopkins as a goalkeeper coach and defensive coordinator. Holman had two stints at Hopkins, from 1986 to 1991 and 1998 to 2000, before joining North Carolina as an assistant coach in 2009. During his stint with the Tar Heels until 2016, Holman helped coach his team to the 2013 ACC Championship and the 2016 NCAA Championship.

Attracting a top-tier coach is a game changer. "The whole program literally did an upside-down turn," Redmond says. From day one, Holman placed an emphasis on building the student-athletes on his roster into better people, not just better players.

Five pillars guide the Utah lacrosse program under his watch—humility, honesty, passion, gratitude, and trust. These pillars impress upon the entire roster the importance of being good students and outstanding members of the community. They form the backbone of Holman's efforts to help his players shape what he believes are critical physical, mental, tactical, and spiritual aspects related to lacrosse. "Everything in a

program starts with the culture," Holman says. "For us, it starts with our pillars. There's got to be a foundation."

Holman pushed his team to get ready for graduating from club sport to the NCAA both on and off the field. Practices became more structured, disciplined, and rigorous. And players were encouraged to become more visible in the local community, from simple things like going to class in a Utah lacrosse shirt to organizing free clinics with local youth participating in the sport.

Holman estimates that they interacted with more than 750 kids in his first year at Utah. The team went to high schools, recreational games, and club practices to hang out with younger athletes and coach them in facets of the game. These efforts have given

Utah lacrosse players a sense of pride that they're building something special. "It's kind of cool watching everything that's

Brian Holman





Jimmy Perkins

happened, being here from the start to when they launched the program this year,” says Redmond, who is graduating this May.

GETTING ON THE MAP

Racking up frequent flyer miles comes with the territory for Utah in the school’s first NCAA Division I foray. The team will travel a total of 23,219 miles during a 15-game regular season. The Utes play nine of those 15 matches on the road, with seven road trips to the East Coast. Their closest opponent, Denver, is 496 miles from Salt Lake and is one of only two competitors less than 1,900 miles away from campus.

In some ways, it is a jarring introduction to what this new chapter for Utah lacrosse will entail. “This is a DI program,” says Mark Harlan, Utah’s athletics director. “I remember when I met with the team this summer, I said, ‘On July 1st, everything changed, guys. Although we appreciate club sports, this is a whole different level. This is not high school to college. This is elementary to pro.’”

Distance isn’t the only consideration in Utah’s schedule. The Utes’ 2019 slate features four road games against teams who made the 2018 NCAA

Tournament—including national runner-up Duke. Those types of games aren’t going away, either. Utah has embraced a philosophy of playing with the best teams anytime and anywhere. “Coach [Holman] did a great job of putting together a challenging schedule for us, especially for a first-year program,” says Perkins. “We get to play the big dogs right off the bat. It will be awesome getting to go to some of those venues.”

Utah’s goals aren’t simple or modest for a first-year Division I program—they aren’t just happy to be here. They want to be a program that carves out a spot among the sport’s elite and stays there.

It shows in the approach to both scheduling and recruiting. Holman casts a wide net and works to fill out his team with talent drawn from across North America: Utah’s 45-man roster consists of student-athletes from 15 different states and British Columbia, Canada. The U, he believes, is uniquely positioned to take a leap forward in lacrosse and wants nothing less than for the Utes to stand toe to toe with other schools on the national stage. “We have two goals. One is to be the best program in college lacrosse. The other is to compete for and win national championships,” says Holman. “How do you do that from scratch? You recruit the right players.”

The next big step in growth for the Utah lacrosse program will come with the completion of the relocated soccer field. Both the women’s soccer team and the lacrosse team will use the field for their home games starting in the 2019-20 season. The new natural grass field is being constructed next to the U’s Dumke Family Softball Stadium. It will feature a stadium of its own that can be expanded with additional seating capacity, a press box, locker rooms, and coaching offices.

An adjacent practice field will also be constructed for the lacrosse team to use. Currently, the team holds practices on an artificial turf field atop the Central Parking Garage on the business loop section of the campus and at the infield of the McCarthy Family Track & Field Complex.

These are small steps in a journey that Utah hopes will serve as a blueprint for other Pac-12 schools considering adding lacrosse to their Division I offerings. The Utes embrace having an opportunity to be pioneers in a growing sport. “It’s an innovative move that the university made to bring it in,” Harlan says. “We are trailblazers in that regard.” **U**

—John Coon is a Salt Lake City-based freelance writer.



1 Enhance Our Exceptional Student Experience

One of the five aspirations of the University of Utah's *Imagine New Heights* campaign, which strives to unleash the U's full power and potential, is to Enhance Our Exceptional Student Experience.

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Passion for Pedaling

THIS U ALUM MAKES BIKES HER BUSINESS.

By Ann Floor

Ask Angela Wright what kind of bike she rides and she answers, “Oh boy, who has just one bike?” Her current “quiver” includes a Tern GSD electric cargo bike, Specialized S-Works Diverge gravel bike, a Specialized Epic Pro, and a Specialized S-Works Stumpjumper. “I may have a few community cruiser bikes in my fleet as well,” she adds.

A Utah native, Wright MBA’14 has been riding bikes for more than 25 years and says cycling has impacted every aspect of her life. As majority owner of Bingham Cyclery, with locations in Salt Lake City, Sandy, Sunset, and Ogden, she has gained a strong community of friends and had some incredible biking experiences. With her 5-year-old daughter in tow, she loves exploring Salt Lake on her cargo bike. “We make an adventure out of each ride,” she says. She also enjoys biking the Wasatch Crest Trail, Corner Canyon in Draper, and other trails in Park City, Moab, and St. George. “Honestly, we truly live in the best place to ride,” she adds.

Raised in Pleasant Grove, Wright remembers riding her Big Wheel with her brother and sister in the family garage. “Once we graduated from that, the rest is history. We rode our bikes everywhere!” One of her childhood favorites was the Canal Road, which is now a paved multi-use path called the Murdoch Canal Trail that runs along the base of Mount Timpanogos. “Bikes have shaped my life since then. I love the freedom and joy I feel when I’m pedaling,” she says.


Wright’s first job, at age 16, was at the Broken Spoke bike shop in Orem. After graduating from high school, she attended Utah Valley University, then Utah State University, where she earned an undergraduate degree in geography and spent her senior year

in a national student exchange program in New Hampshire. She lived in the area for about eight years before moving back to Utah, where she had the opportunity to buy Bingham Cyclery.

“Because of my lifetime passion for riding, I realized that owning a chain of stores would allow me to utilize all my skills and life experiences to create the dream profession for myself,” she says. But there were challenges. She had to find investors who were willing to take a risk on her. “I worked with my lawyer to build the investment framework and then talked with maybe four dozen people about it—all of which had to be done before the purchase could be made. Needless to say, there were many moving parts to make it all come together.”

She also realized that getting an MBA would provide her with extra skills to ensure her success, so she applied and was accepted to the U’s program. The experience gave her the tools and resources she relies on every day to run her business. “But the most unexpected outcome of the MBA program was the increase in my self-confidence, which I use to my advantage as often as possible,” she says.

Busy as she is, Wright finds time to serve on the boards of several bike-related nonprofits and has created a formal giving program to provide bikes for kids, as well as women-specific clinics to bolster confidence, form friendships, and build community.

“I love where I live,” says Wright. “Access to the mountains and desert and hundreds of miles of single track, dirt roads, paved roads, and wilderness—it’s genuinely hard to beat.” 

—Ann Floor BFA’85 recently retired as associate editor of *Continuum* and is now freelance writing.

PHILANTHROPY. FAMILY STYLE.



A YEAR AND A HALF AGO, Craig Judd, a financial advisor, created a Deseret Trust Company donor advised fund as a way to set aside some funds tax-free. But he says that what started off as just “a good tax play” turned into his family’s “most charitable year ever” and has blossomed into a charitable awakening.

Through their donor advised fund (DAF), Craig and his family have been able to receive immediate charitable-giving tax deductions on money invested while letting them decide later which charities to support.

“I can’t imagine any DAF that doesn’t make the world a better place. We’re all more compassionate if we engage in helping others. Take the step and open a DAF. You’ll never regret it.”

If you would like information on how to use a Deseret Trust donor advised fund to facilitate your charitable giving, contact LDS Philanthropies Gift Planning Services at 1-877-650-5377 or giftplanning@ldschurch.org.

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Striking A Chord

ONE ALUM HAS BEEN BRINGING SILENT FILMS TO LIFE FOR MORE THAN 30 YEARS.

By Seth Bracken



The silent films shown at The Organ Loft—an event space tucked into an unassuming side street in South Salt Lake—transport moviegoers back to the '20s and '30s. But it's not just Charlie Chaplin or Laurel and Hardy who take center stage. It's the live accompaniment on a theater organ that makes this experience so unique.

Blaine Gale BS'58 MS'79 has been playing the Loft's namesake instrument—with its five keyboards and more than 2,400 pipes, bells, and whistles (not to mention drums, clackers, and buzzers)—for more than three decades. He studied commercial art and advertising at the U and founded his own company for his day job—Gale Videofact Productions. But playing organ on the weekends and in the evenings for movies and events is his passion.

When Gale sits down at the organ at the start of a film, he's got the basic themes of the movie ready (after watching it on YouTube eight or nine times the week before), and he never misses a cue when there's an important part to synchronize—like the slamming of a door, or a car horn honking. But for most of the movie, he's responding to the crowd. He doesn't even use sheet music. "It's a conversation between me and the audience," Gale says.

Getting lost in the music and the film and forgetting there's even an organ in the room is the beauty of silent movies, says Larry Bray, owner of The Organ Loft (also known as Edison Street Events). "And no one does that better than Blaine," Bray says. "No one."

Organ enthusiast Caye Reams, who's been going to the Loft for 35 years, says Gale is a master at bringing you into the movie with music, and no two performances are ever the same. "The pipes and all these wonderful sounds fill the room and are all around you," she says.

Back in 1946, Bray's uncle fell in love with theater organs and installed one in an old chicken coop, which became known as The Organ Loft. The space now also hosts private events and monthly dinner-dances, all with live accompaniment. The Wurlitzer there now was purchased from the Paramount Theatre in Staten Island in 1956. Despite never showing the latest blockbuster, or even a movie made in the last 80 years, attendance at the films is stronger than ever, attracting people of all ages, and some showings even sell out, Bray says.

Gale's been playing music since he was a 7-year-old boy in Payson, Utah. But now he's 85 and wants to pass the torch to the next generation of organists. Preserving and showing these films connects people to music, art, and history. And for musicians, there's a lot to be learned from playing the theater organ, he says.

"Music is important. It's more than just reading notes on a page. It's more than just entertainment," Gale says. "It heals the soul and keeps the mind sharp. We have to keep the art alive." **U**



Watch Blaine Gale in action and see more photos of The Organ Loft at continuum.utah.edu

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'40s



Wat Misaka BS'48 (pictured top) and **Arnie Ferrin** BS'66 were recognized with Lifetime Achievement awards from U Athletics during a basketball game at the Jon M. Huntsman Center in December. Ferrin and Misaka helped the U take its first NCAA



basketball tournament game and title, a Cinderella story win, at Madison Square Garden in 1944, and both went on to play professionally. Misaka was drafted by the NY Knicks, becoming the first person of color to play in what became the NBA. The only four-time All American at Utah, Ferrin joined the Minneapolis Lakers in 1949 before later returning to the U to finish his degree, then served as the Utes' athletic director from 1976 to 1985. He and Misaka were also honored at the Dec. 1 game by the Marriott Library for their contributions of personal papers, scrapbooks, and photographs to Special Collections.

'70s



Robert P. Milich MS'73, retired municipal court judge, has been inducted into the Ohio Veterans Hall of Fame. In the

Vietnam War era, Milich interrupted his law school studies to join the Air Force. He later served during Operation Desert Storm, retiring as a lieutenant colonel. Milich pioneered the Youngstown Veterans Treatment Court, in which nonviolent charges can be dismissed if participants complete monitored, court-ordered mental-health or drug-treatment programs. He completed his law degree at the University of Akron.

2019 Founders Day Honorees

DISTINGUISHED ALUMNI

**Lana Dalton MSW'13**

Dalton is currently piloting new initiatives as programs manager for the Criminal Justice Advisory Council of Salt Lake County and previously served as the first social worker to be embedded in the Salt Lake City Police Department, where, as program manager for its Community Connection Center, she helped officers better understand mental health issues and substance use in connection with their work. Dalton's colleagues at the SLCPD quickly came to realize the value of embedded social workers, as she aided them in navigating systems previously unfamiliar to them. Dalton was named SLC's Humanitarian of the Year and the SLCPD Chief's Civilian of the Year in 2017. She also received the Utah Homeless Summit's Community Connection Center Innovator Award that year. She currently serves on the Community Advisory Board for the U's College of Social Work and Salt Lake County's Behavioral Health Advisory Council.

Lily Eskelsen García BS'80 MEd'86

Eskelsen García is president of the country's largest professional union, the National Education Association, and serves on the U.S. President's Advisory Commission for Educational Excellence for Hispanics. She is also a board member for the Congressional Hispanic Caucus Institute, an executive committee member of the National Board for Professional Teaching Standards, and a regional vice president of Education International. Eskelsen García began her career in education as a school lunch lady and had only been teaching for nine years when she

was named Utah Teacher of the Year in 1989. She then won election as president of the state education association, won her party's nomination for U.S. Congress, and served as president of the Utah State Retirement System. Eskelsen García and her husband, Alberto García, are author/illustrator of the bilingual book *Rabble Rousers: Fearless Fighters for Social Justice*, published to raise funds for undocumented Dreamers.





Robert Grow BSEE'73

Melding his engineering and legal educations, Grow has practiced law, was president of Geneva Steel, chaired the American Iron and Steel Institute, and was then the founding chair and primary architect of Envision Utah. In the 1990s, Grow directed all facets of Geneva's operations, including its modernization. He was eventually awarded the

Gary Medal, the American steel industry's

highest honor, for his national leadership on trade, environment, and technology. In 1997, Envision Utah was created as a public/private partnership to "envision" and strategize for quality growth in Utah. During the last two decades, Grow has shared Envision Utah's dynamic, values-driven, public process in more than 80 metropolitan regions. Currently CEO of Envision Utah, Grow was recently named a Leader for a Livable, Equitable, and Sustainable America, a lifetime achievement award given to individuals who have dedicated their careers to building a better U.S.



Dr. Raymond Price BS'83

Dr. Price's work highlights the dramatic impact surgery can have on communities, economies, and individuals. Recognized as an international leader and pioneer in expanding the role of surgery in public health, Price co-founded and is director of the Center for Global Surgery at the U (where he is a clinical professor) and directs graduate surgical education at Intermountain Medical Center.

With a bachelor's degree in chemistry from the U and his M.D. from Harvard, he has participated in or led more than 40 medical expeditions to Asia, Latin America, and Africa and has held leadership positions with the World Health Organization and several medical societies. Prior honors include the Presidential Friendship Medal of Mongolia (the highest medal that country gives to foreigners), the American College of Surgeons-Pfizer International Volunteerism Award, recognition as a Utah Medical Association Physician of the Year, and multiple teaching awards.

HONORARY ALUMNA



Gail Miller

Miller owns the Larry H. Miller Group of Companies (including car dealerships, the Utah Jazz, and much more) and chairs the LHM Management Corporation board of directors. She presides over the Larry H. Miller Education Foundation and the Larry H. & Gail Miller Family Foundation, which support a wide range of charitable, educational, and humanitarian causes. Gail and her late husband established the U's Larry H. and Gail Miller Enrichment Scholarship, and she personally ensures that many young women receive college scholarships. A strong advocate of health and wellness for women and children, Miller has also long donated generously to University of Utah Health. On the National Advisory Council at the U and the President's Leadership Council at BYU, she also serves as the chair of Intermountain Healthcare's board of trustees, on the Shelter the Homeless board, and on the Zions Bank advisory board.



Watch a video about each honoree at continuum.utah.edu

'80s

**Phyllis J. Vetter**

BS'84 JD'87 was recently appointed general counsel for the U, where she has worked as an attorney for 20 years.

Vetter graduated from law school Order of the Coif (top 2 percent), was an editor for *Utah Law Review*, and completed a Utah Supreme Court clerkship with the Honorable Michael D. Zimmerman BS'67 JD'69. "It is an amazing privilege to lead one of the strongest legal teams in Utah and in higher education nationally," she says.

'00s

**Brad L. Mortensen**

PhD'09, longtime vice president of university advancement at Weber State University, was selected as its 13th president. Mortensen

previously worked for the Utah System of Higher Education, Utah governor's office, and Arizona Legislature. He joined Weber State in 2004 and served 11 years in his most recent role. He holds a bachelor's from Utah State and a master's from Syracuse University in addition to his doctorate from the U in educational leadership and policy.

'10s

**Stephanie Hunt**

BS'10 of Clayton Middle School in Salt Lake City is the Utah recipient of the first-ever National University System-

Sanford Teacher Award, receiving \$10,000 for demonstrating commitment to creating inspirational and harmonious classrooms that support student development and achievement. Hunt holds endorsements in ESL and Language Arts, along with two master's degrees, including in talented and gifted education. She was also recognized with a Huntsman Excellence in Education Award for teaching in 2018.

Happy Trails

By Brooke Adams

Surely there is a "Fredism" that fits this occasion. You know, one of those cowboyesque sayings that Fred Esplin MA'74 is known to have at the ready to sum up any situation. Maybe: "Well, there's an embarrassment of riches here." Or: "Looks like the cow finally got out of the barn."

At the end of January, Esplin stepped down as vice president for institutional advancement, the capstone of his 40 years at the U. He joined the university in 1979 as director of marketing for KUED Channel 7; in 1981, he was named general manager of KUED, and he later also served as associate director of media services and the Utah

Education Network (UEN). Esplin was appointed a vice president in 1999. He is now continuing to work on a handful of projects for the university on a part-time basis.

A native of Cedar City, Esplin has a barnful of accomplishments at the U. Among them: helping to conceptualize UEN; raising the profile and production quality of KUED; establishing a professional marketing operation and consistent branding for the U; helping convince the state legislature that Utah should adopt an educational pathway for undocumented students; and leading a \$1.65 billion capital campaign for the U and launching a second.

Esplin leaves the U wistful, perhaps surprised at how quickly 40 years flashed by, and, most of all, grateful. "I never imagined in my wildest dreams I would have the opportunities I have had," he says. "I feel very fortunate. I really do."



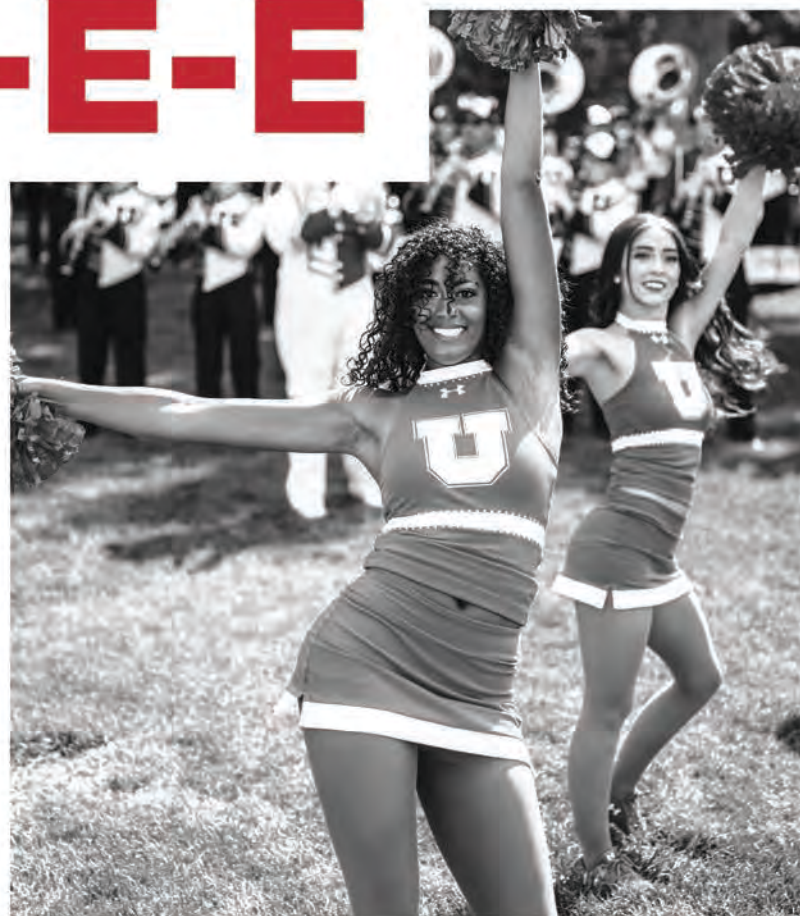
Welcome to the Club! All Graduates Now Members of the Alumni Association

All U alumni are now members of the Alumni Association! Membership is automatic and dues-free, thanks to a decision made by the Alumni Association Board of Governors. Alumni can connect with their alma mater and fellow alums as full-fledged association members—eligible for a number of benefits, such as discounts on many campus events and services, including Utah Red Zone gear and tickets to select cultural and athletics events. Alums can also access special U alumni discounts at more than 150,000 restaurants, service providers, and retailers across the country using the free *Utah Alumni* app. **Visit alumni.utah.edu/membership**

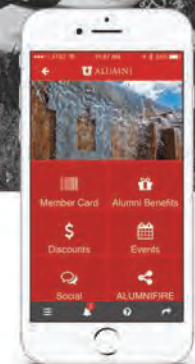


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Strength & Grace

Central campus is home to a new work of art honoring one of the most successful programs in the history of college sports—U women's gymnastics. The statue stands atop the highest of 10 bronze pillars balanced solidly on three concrete blocks symbolizing the program, the university, and the state. The pillars represent the team's national championship wins, while the bronze gymnast poised on top is a tribute to all past, present, and future U gymnasts. The piece was created by former assistant coach Jim Stephenson and was donated last summer by Zeke (BA'50) and Katherine Dumke (BS'51).



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