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FROM THE DIRECTOR
PARENTS WEEKEND ‘06
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D O N ’ T F O R G E T !
Parents Weekend ’06
October 20–22

T U F T S

Parents news

A NEWSLETTER FOR PARENTS OF TUFTS UNDERGRADUATES

Fall 2006

Tufts UNIVERSITY
Whether you are a first-year parent, or have a child graduating this year, by now many of you know about the President’s Marathon Challenge and may have heard President Bacow talk about the experience of running the Boston Marathon to raise funds for health-related programs and research at Tufts. The Boston Marathon is the oldest continuously operating marathon in the world, and I have had the privilege to run it with the Tufts team every year since 2003 when the team was formed. A special pleasure for me is having the opportunity to meet many of your children who participate in the event—I am always impressed that students find the time to train during their demanding schedules. And though most students at Tufts will not run a marathon, the majority of them will attend this great historic event, which falls on the Massachusetts holiday “Patriot’s Day.”

The academic year is similar to the marathon in many ways—the energy and thrill in September…the second wind at the halfway mark after winter break…the exhaustion during finals—and the whirl of emotions when the year is finally over. Four years, like four marathons, go racing by, and before we know it our students have become accustomed to challenging themselves. Along the way, they pass through cities and even countries, are greeted by both new and familiar faces, and create reels of memories to replay in their minds long after they graduate.

President Bacow frequently says, “At Tufts, we like to lead by example,” and when he puts his running shoes on, we follow his lead. “Leading by example” has become a catch phrase of sorts at Tufts; our students have no problem taking the initiative in myriad situations. For many of your sons and daughters, this may be their best year at Tufts, their most challenging year, their most memorable year. For some, it will be their last year as an undergraduate at Tufts, and, thus, will be bittersweet. Best wishes to all for a good one and good luck to our students as they begin another year in pursuit of their personal best!
At first blush, the issue seemed both clear-cut and divisive: the USA Patriot Act was either an effective tool for combating the war on terrorism, or a sweeping attempt to curtail civil liberties. Sherman Teichman, director of the Institute for Global Leadership (IGL), knew otherwise. Teichman was not surprised that the Tufts students who participated in a mock Senate trial at the Law Library of Congress in Washington, D.C., last April found the Act to be more nuanced.

“Students from across the political spectrum participated,” Teichman said. “I knew this would be an important forum for them.”

The ten students were selected by a rigorous process through IGL’s Education for Public Inquiry and International Citizenship (EPIIC) program: Politics of Fear and the Law Library of Congress Exchange. Participants, who researched and played the role of committee members, explored possible improvements to the Act as well as whether it should be made permanent. Students also heard lectures from Professor Daniel Marcus, the senior counsel for the 9/11 Commission, and Louis Fisher, one of America’s top constitutional law scholars and the senior specialist in separation of powers for the Congressional Research Service of the Library of Congress.

The event was organized by Dr. Bryan Bachner, A84, assistant director of legal research for International, Comparative and Foreign Law, the Law Library of Congress. Bachner also arranged the cross-examination of witnesses and took the students for a rare books viewing, including a viewing of the library’s copy of the Magna Carta, the Dred Scott Decision, and the War Powers Act.

Ajaita Shah, A06, who organized the Hearing with Sarah Kafka, A06, played Senator Russ Feingold (D-WI). She initially felt both in her senatorial role and personal life there was not a sufficient excuse to block civil liberties. However, Shah, who is currently in India on a ten-month micro-finance fellowship, found herself no longer opposed to the Act. “There are certain sections that I see are essential, but still flawed. I am no longer against reauthorization. I can better see and understand the conflicts between the branches of government,” she said.

Kafka brought much experience to the Hearing: she participated in a Mock European Union while studying in Spain. “Learning this way is more tangible—we get to research, argue and think about all sides to an issue,” she said.

Samantha Karlin, A08, specifically asked to play Michael Chertoff, because “as a liberal Democrat, I wanted to see the other side.”

Karlin, a psychology major, also came away from the experience somewhat changed; she didn’t see the Patriot Act as too detrimental. “As Michael Chertoff, the Secretary of the Department of Homeland Security, I found myself arguing in defense of something I actually believed,” she said.

“The Patriot Act’s main accomplishment was that it broke down the walls between different branches of security in America,” Karlin noted.

Anna Gollub, A08, played the part of conservative Idaho Republican Senator Larry Craig, who voted for reauthorization. Gollub remains opposed to the Act. “I used a variety of sources for my research to develop a balanced picture of the issues. At the end of the day, whether you listen to Republicans or the ACLU, it is clear that the USA Patriot Act is problematic with its erosion of judicial review,” the international relations and women’s studies major said.

Louis Fisher was pleased with Tufts’ EPIIC students. “What a wonderfully talented, spirited and able group of students. Too bad it wasn’t televised so that America can see hope in the next generation,” he said.

Bryan Bachner was also excited with the caliber of students and IGL. “The students were thoroughly prepared and were able to think quickly and intuitively on their feet,” he said.

Teichman is working to make the Mock Senate Hearing an annual event. “The IGL will use the issues of habeas corpus, torture, military tribunals and the U.S. adherence to the Geneva Conventions as potential pertinent themes for the future,” he added. “I envision a campus wide discussion and debate.”

LINDA LEVIN-SCHERZ

“I got into this hearing because I saw this as an opportunity to take the next step in understanding government. We need to get our hands dirty.”

-AJAITA SHAH, A06
Consider the Freshman Fifteen, the Middle-age Spread, the general growth of our collective waistlines.

For Tufts’ students, staff and faculty, there is a plan to help make and keep people fit.

The Tufts Personalized Performance Program (TPPP) offers students, staff and faculty a multidisciplinary approach to the development of a healthy lifestyle. The program includes a health assessment, educational intervention, and health, fitness and wellness programming with personal trainers. The program’s personalized approach concentrates on factors that lead to an individual’s adherence to a healthy lifestyle, and integrates other Tufts programs, including Health Services, the Counseling Center, the School of Nutrition Science and Student Services. The Board of Overseers for Athletics played an important role in advocating for the development of this program, and it is funded, in part, through the President’s Marathon Challenge.

According to TPPP program director Jackie Desmarais, trainers have a total of between 30 to 70 one-on-one sessions per week, depending on the week. “Our trainers are also involved with all of our varsity team lifting programs here at Tufts,” she said. The first five sessions with a personal trainer are free for undergraduate and graduate students; staff and faculty are charged $100, Desmarais explained, and if clients want to continue, they are charged according to the level of certification their trainer holds.

Christine Economos’ Longitudinal Health Study, which began documenting the health and lifestyle patterns of the Class of 2002, inspired the Athletics Department to create TPPP. Before entering their freshman year, students are asked to fill out a health behavior survey, which asks questions regarding their physical and emotional health, their attitudes, and knowledge and perceptions about their lifestyle choices. In the spring, students are encouraged to attend an assessment day, where they receive personal measures of bone quality, body composition, aerobic fitness and blood cholesterol.

Economos, the New Balance Chair in Childhood Nutrition and assistant professor at the Friedman School of Nutrition Science and Policy, stated that nearly 600 students enrolled in September 2006. Students who were the first to begin the assessment in 1998 were contacted in 2003, one year out from their graduation; those results are not available yet.

“Students really like participating. They enjoy getting feedback and they feel good about contributing to a larger cause,” Economos said.

According to personal trainer Alia Hastings, A07, the two programs are interconnected. “The personal trainers help run the Longitudinal Study,” Hastings said.

Hastings, who became certified through the National Strength and Conditioning Association, noted that many students continue working with their personal trainers after graduation.

“Our overall goal,” she said, “is to get people healthier in college and they will hopefully continue that way when they graduate.”

One of Hastings’ clients, Rebecca Frank, A08, started the fall of 2005. She was motivated because “even though I went to the gym, I didn’t always feel that I knew what I was doing.”

Frank liked the ease with which she could schedule appointments and learn how to properly use the equipment. “I felt better,” she said. “Also, I know when I let out frustration I can focus well.”

Sarah Cochrane, A06, noted she became motivated to join TPPP to gain a healthier, stronger body.

“I have physically built muscle and lost a significant number of inches over...
Heading into the 2006 season, many Tufts University fall sports teams look to pick up where they left off a year ago. Jumbo teams in women’s soccer, volleyball, and men’s and women’s cross-country participated in NCAA events last fall to cap their successful seasons. Their performance helped Tufts finish sixth in the 2005–06 U.S. Sports Academy Directors’ Cup standings. The prestigious award is presented annually to the best overall collegiate athletics programs in the country.

Tufts women’s soccer reached the NCAA “final four” for the second time in its history and men’s cross-country earned a best-ever fifth place overall in ’05. Both teams expect to hold their ranking among the very best in New England again this year.

Volleyball and women’s cross-country return several talented student-athletes from last year’s squads and could be even better in 2006. Volleyball set a school record with 29 wins last year. The Tufts field hockey and men’s soccer teams are always competitive in the challenging New England Small College Athletic Conference (NESCAC) and look to move up in the standings this fall.

The football team expects to rebound from a 2-6 record last fall. They have four all-stars returning on defense. The Jumbo crew team, which will open its brand-new boathouse competitively this fall, joins sailing and tennis as teams that begin their year in the fall and continue it in the spring. Tufts also fields a competitive golf team that was fifth in NESCAC last October.

Paul Sweeney, Tufts Director of Sports Information
Community

A Winning Team

Tufts students, faculty up to the Marathon Challenge

Boston Marathoners are a hard-core bunch: training sessions are held when the cold bites through winter coats and gloved hands and, a few months later, the marathon itself is often run under a blazing sun. There are muscle cramps, stomach pains, stress fractures.

But, for the nearly 200 runners from Tufts who signed on to run as members of the President’s Marathon Challenge, there are things that transcend the obvious physical accomplishment: camaraderie, inspiration, mental endurance, and raising more than $424,000 to support medical, fitness and nutrition research at Tufts.

The team’s training, coaching and fundraising efforts reflect the collaborative efforts of Don Megerle, who coached the men’s swim team for 34 years and is now Tufts’ Marathon coach; Miriam Nelson, N87, director of the Center on Physical Activity and Nutrition at the Friedman School of Nutrition Science and Policy; and Eric Johnson, executive director of Development.

President Lawrence S. Bacow, who ran the marathon for the first time in 2003, cited the camaraderie the training inspires as a way to keep focused. “Running the marathon is an experience like no other,” he said on the President’s Marathon Challenge website. I plan to train again for another race,” he wrote, inviting others to join him.

Several students were so enamored with Megerle’s coaching, they were inspired to create a memory book for him, complete with personal testimonials and photographs. One contributor, Melissa Wachterman, M06, loved the first 18 of the 26-mile course. Then she hit the proverbial wall. “I don’t think I ever felt such desperation,” she wrote. Drawing on Megerle’s motivational lectures, she goaded her legs to keep running. “It became a mental fight,” she wrote. “I just relied on all the mental toughness Don inspired in me—the indoor pacing work, the lecture on mental preparation—that is what got me through.”

Two-time marathon runner Tara Vance, A05, echoed the importance of mental preparation, crediting Megerle for his inspiration and encouragement. “Along the way, I felt that I had something to prove to myself: I do have it in me to make myself better,” she wrote in Megerle’s book. Vance and a fellow runner scribed “Dig Deep” at the tips of their toes. “I felt as if I had dug some place I didn’t even know existed within me, and I know Don helped me find it,” she wrote.

Keeping a sense of humor is also a key component in successful training. Daniel Wellner, A61, who has run a total of 36 marathons, was distracted by fogged-up glasses during a snowy training run.

He asked Megerle to hold them. When runners gathered after the run at the president’s house, Wellner was missing and Megerle was growing concerned. “I was just about to start looking for him when he showed up,” Megerle said. “He had gotten lost because he couldn’t see. We just laughed and laughed.”

Wellner’s training consists mainly of running 5Ks, 10Ks, and half marathons. “Lately, I have been winning a lot of age-group awards,” he said. “It’s not because I’m fast, but because there are not many runners my age. When I’m the only one in my age group, I automatically get first place! If I come home with a second-place age-group award, the first thing my wife asks me is: ‘How many were in your age group?’ and I usually have to admit: Two.”

LINDA LEVIN-SCHERZ
The same technological advances that are changing the way the world communicates are bringing Tufts students face to face with the cradle of civilization. Since the fall of 2003, Tufts’ Experimental College has offered a student-led class enabling Tufts students to connect with their peers in the Middle East. Three years later, that class is becoming part of the political science curriculum at Tufts.

“It gives you the opportunity to talk with actual human beings who live in that part of the world, to change your perspectives on the relationship, to hear from them, for them to hear from you, and to learn from people who are living through this time in history,” explained Matan Chorev, A05, F07, who helped launch the course with the support of the Institute for Global Leadership and the student-led New Initiative for Middle East Peace.

The class is part of the Connect program run by Soliya, an organization that links American and Middle Eastern students via web-based video-conferencing technology.

Repackaged as “Encounters with the Middle East,” the Tufts course is being taught this fall by Associate Professor of Political Science Malik Mufti and will comprise two lecture classes per week in addition to the weekly webcast component.

“I was impressed … that it allows students in the United States and the Arab world to interact online on common projects,” said Mufti, who also chairs the international relations program. “It really fits in perfectly with the vision of Tufts as a platform for international interaction.”

Negar Razavi, A06, who facilitated the course during her senior year, said Soliya fosters an important dialogue that enables students to rethink many of the perspectives they’ve encountered in other courses about the region.

“Just hearing from young people and hearing their concerns and their perspectives adds so much depth to what you learn in the classroom,” she said.

Razavi interned with Soliya in the summer of 2005, helping refine the curriculum and training as a facilitator for the course.

“People come into it with their own preconceptions and we want them to be aware of those preconceptions and then try to deconstruct why we think that way—how much of it is based in fact and how much of it is based on just what we’ve heard?” Razavi said.

“So we start very personal, and then try to grow out from there and build more of an academic background behind it.”

For Mufti, the course provides more than a valuable opportunity for cross-cultural dialogue.

“This is a beautiful way for students not just to learn about the Middle East, but to actually engage with Middle Easterners in a collaborative effort,” Mufti said.

Elizabeth Hoffman, A08
This article first appeared August 16, 2006, on tufts.edu.

“The class reflects the university wide commitment to really deepening our international [character]—not just in academics, not just in international education, but also the active participation component of it as well.”

—Associate Professor of Political Science Malik Mufti
Philadelphia January 18, 2006
Wynnewood, PA, a suburb of Philadelphia

A reading by novelist and Tufts Professor Jonathan Wilson, at the home of Parents Committee members Norman and Brenda Johanson, A06P

Los Angeles January 27, 2006

Tufts Parents attended a gathering with Barbara Grossman, chair of Tufts Drama and Dance Department at the home of Saul and Jann Berman

San Francisco January 28, 2006

A breakfast with Tufts parents and President Lawrence S. Bacow was hosted by Parents Committee West Coast Chairs, Susan Rothstein, J71 and John Koeppel, FG70, E05P, A08P.
Washington, D.C. April 28, 2006

It was a day steeped in history, culture and politics. Parents in the Washington, D.C., area were treated to a presentation by Tufts Provost and Senior Vice President Jamshed Bharucha on his pioneering research on the brain and music. Later, the provost gave a very brief performance on a violin made by Giuseppe Guarneri in 1733, which was played by the great violinist Fritz Kreisler, 1875–1962. Many thanks to Carol Lynn Ward Bamford, J85, who made this possible.
1. Deborah Leibow and Kenneth Snider, with their daughter Chloe Snider, A06 (center)

2. President Lawrence S. Bacow (center) with Robin and Matthew Stone (left and right), A06P, Jacqueline Stone, A06, and Jessica Papatolicas, director of the Parents Program

3. May 21, 2006: Lance Armstrong, commencement speaker, unveils a new look at Tufts’ graduation

Tufts Commencement 2006

Tufts University Academic Quad and Ballou Hall, May 2006

CONTINUED

1. Ines Garcia-Thoumi, AG74, A08P, Eleanor Schreiber, A08P, and Marianne Wingee, A08P.

2. Sue Vita, acting chief of the music division, Library of Congress; Jamshed Bharucha, Tufts provost and senior vice president; Carol Lynn Ward Bamford, J85, and Jessica Papatolicas, director of the Parents Program

3. Nancy Deck, A08P, and Susan Filocco, A09P

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Richard E. Snyder President’s Lecture Series
September: One of the world’s most celebrated and controversial novelists, Salman Rushdie, explored freedom of expression, religion and its relationship to popular culture and modern society, at the Fletcher School.

November: Paul Rusesabagina, whose story is chronicled in the movie Hotel Rwanda, spoke about the genocide of more than one million people in his country. He was the inaugural speaker in the Merrin Distinguished Lecture Series; his lecture was part of a program called “Moral Voices on Genocide,” sponsored by Tufts Hillel.

March: Sir Tim Berners-Lee, inventor of the World Wide Web, spoke out against censorship and the opportunities the web creates in facilitating open discussions and debates.

Education for Public Inquiry and International Citizenship Symposium
The Institute for Global Leadership, known for its provocative investigation of global issues, examined “Dilemmas of Empire and Nation Building: The United States’ Role in the World” in last winter’s Norris and Margery Bendetson EPIIC International Symposium.

Research Days
The Office of the Vice Provost hosted three Research Days, showcasing Tufts’ innovative scientific research. The series, which featured dozens of faculty members from all of Tufts’ campuses, was designed to inspire collaboration.

Infectious Disease and Pathogens Faculty tackled issues ranging from “Diseases of the Developing World” to “Food and Waterborne Diseases: Expected and Unexpected Challenges.”

Cardiovascular Disease, Obesity and Diabetes Lecturers examined coronary artery disease and diabetes, including “Through Obese and Thin: Metabolic Disease, a Paradigm Shift and an Epidemic for the 21st Century” and “Translational Cardiovascular Research Programs in the MCRI at Tufts-New England Medical Center.”

Shining a Light on Environmental Scholarship Faculty looked at the relationship between global environmental policies and their impact on climate, health and ecology.

The Edward R. Murrow Symposium
What Would Murrow See Now—The U.S. Press and the World
Ted Koppel, former longtime anchor of ABC-TV’s Nightline news program, and current managing editor of the Discovery Channel, moderated an all-star panel, which examined how broadcast and print media cover world news. Neil Shapiro, A80, former president of NBC News, joined Louise Lief, deputy director of the International Reporting Project at Johns Hopkins University; Keith Richburg, foreign editor of the Washington Post; and Crocker Snow, director of the Edward R. Murrow Center of Public Diplomacy at the Fletcher School, at the standing-room-only event.

Entrepreneurial Success
Tufts alumnus Steven Tisch, Hollywood producer and philanthropist, spoke about his entrepreneurial approach to the movie business and how his entertainment career began while he was an undergraduate. Tisch is the producer of Hollywood movie and television hits including Forrest Gump, Risky Business, and The Burning Bed. Tisch is also the chairman and executive vice president of the New York Giants, and is a partner in Escape Artists, an independently financed film production company based at Sony Pictures.

Commencement 2006
Lance Armstrong, seven-time Tour de France winner, cancer survivor and inspiration to millions, delivered the address at Tufts University’s 150th commencement. It was the first commencement speech ever given by the athlete.