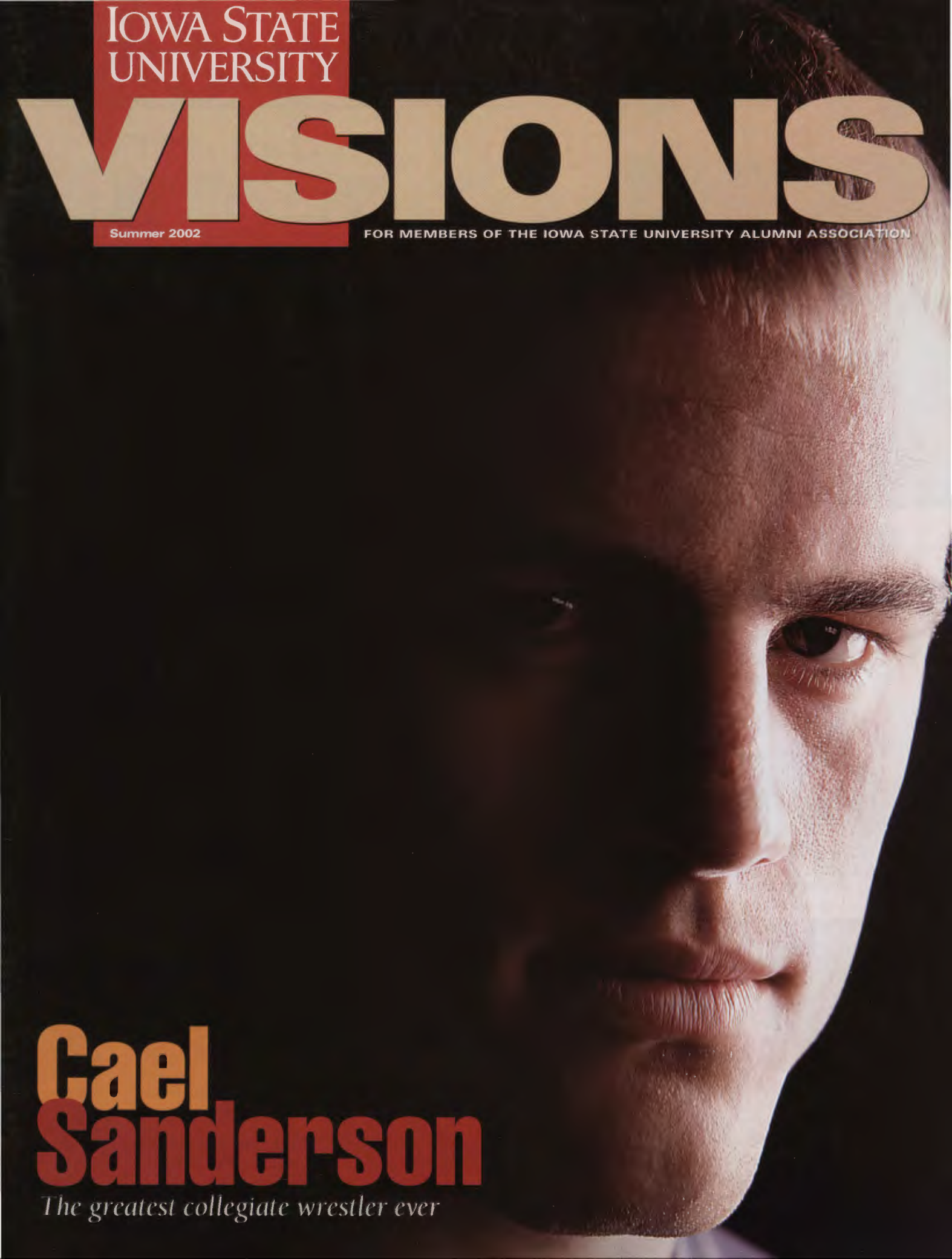
IOWA STATE UNIVERSITY

VISIONS

Summer 2002

FOR MEMBERS OF THE IOWA STATE UNIVERSITY ALUMNI ASSOCIATION



Cael Sanderson

The greatest collegiate wrestler ever

by Carole Gieseke

Becoming the best...at something

I have a hard time imagining how Cael Sanderson must have felt during the last four years, as he worked toward his goal of being the first undefeated collegiate wrestler in NCAA history.

I mean, what an incredible amount of self-imposed pressure to be the best. What drives some people to that level of achievement? What keeps the rest of us perfectly happy being average?

As the youngest of three children, I was sort of an academic overachiever as a kid. In elementary school, I got As in all of my subjects and always read more books than anyone else in my class. I was the spelling champion, and I was the best artist. The fact that I got picked last for every team didn't matter. The teachers loved me.

By the time I got to junior high, I was pretty much over it. Advanced math threw me for a loop. Gym class dragged me down. I became more interested in rock 'n' roll and all those other bad things we did in the '70s and less interested in social studies and home economics. Through the remainder of my academic career, my grades were good, but certainly not the best.

And now, at this point in my life, I'm not that interested in being Guinness-Book-of-World-Records Best at anything. What would be the point? I'm satisfied with being a terrible parallel parker, a dreadful singer, and a complete washout at competitive sports. I'm OK with having the messiest office, the least amount of patience, and absolutely no knowledge of ancient history. I know, deep down, that I'm really good at the things that count. In fact, I offer the following List of Things I'm the Best At:

1. I make the best cheesecake and the best guacamole dip in the entire world. Ask anyone.

2. I'm the best at sorting the food I buy at the grocery store when I put it up on the checkout counter. Dairy together, produce together, frozen together, beverages together, canned goods together, junk food together. My kids say I'm anal. I say I'm highly organized.

3. I write the best holiday letter. (Is there a competition for this? I'd like to enter.)

4. I'm the best at making lists. (See? Isn't this a great list?) Added bonus: I'm the happiest when I'm crossing things off my list.

5. I'm the best at finding my way around strange cities on foot. I've practiced in San Francisco, New York, Rome, Paris, Amsterdam, and New Orleans. I'm getting really good at it. I've never once had to hail a cab because I got hopelessly lost and couldn't find my way back to my hotel.

6. I'm the best at being on time.

7. I'm the best at saying "no" to telemarketers. I could give lessons.

8. I put together the best trip books. Some might argue this point; coming back from a vacation and putting together a travel book is a family tradition, and I admit that my sisters are good at it, too. We inherited the Trip Book Gene from our mom. But I still think I'm the best in this category, because even though Judy's books are Most Timely and Donna's books are Neatest and have the Best Use of Stickers, mine are Most Thorough and Largest.

9. I throw the best birthday parties. OK, this one technically should be in the past tense. I used to throw the best parties for my kids when they were little. And they had the best themes, too: The Bug Party, The Luau, The Under-the-Sea Adventure (with sharks!), The Doll Shower, The Cinderella Party, Under the Big Top, The '50s Diner and Sock Hop. Those were the good old days. Now we have sleepover, sleepover, sleepover. Sigh!

10. I'm the best at keeping things, and I'm also good at finding things.

11. I pack the best picnics.

12. I'm the best at cutting things out with an X-acto knife.

13. And I'm the best at accepting the fact that other people are better than I am at everything else. ■

ILLUSTRATION: ROBERT PRINCE

IOWA STATE UNIVERSITY
VISIONS
FOR MEMBERS OF THE IOWA STATE UNIVERSITY ALUMNI ASSOCIATION

Summer 2002
Volume 15 No. 2

Features

28

Diverse paths

In a world torn apart by conflict that is often driven by religious differences, the university community can be an oasis of respect.

by Karol Crosbie

18

Engaging undergraduates in research

The Freshman Honors Mentor Program gives bright freshmen the chance to become active research partners with faculty members.

by Karol Crosbie

10

Cover Story

Invincible

Cael Sanderson's last perfect season earned him a spot in the record book as the greatest collegiate wrestler of all time.

by Mike Krapfl

Departments

2	Getting Started
4	Letters
6	On Campus
22	Alumni Profile
27	Alumni Profile
36	Looking Back
38	Association News
44	Giving
46	Calendar

44

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On the cover:
Cael Sanderson's 159-0 collegiate wrestling record has placed him in an elite group of world-class athletes. Photo by Jim Heemstra

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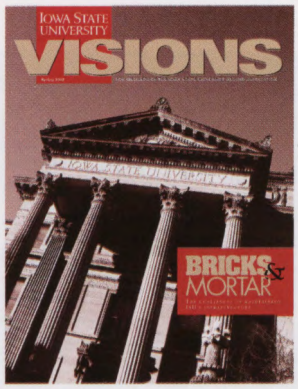
letters



VISIONS magazine encourages you, the readers, to express your opinions by writing letters to the editor. Please include your full name, class year, address, and daytime phone number. Letters chosen for publication may be edited for length and clarity. Additional letters may be viewed on the Alumni Association Web site: www.isualum.org/go/visions. Send letters to: VISIONS Editor, Alumni Suite, Memorial Union, 2229 Lincoln Way, Ames, IA 50014-7164; fax 515-294-9402, e-mail cgieseke@alumni.iastate.edu.

Bowl game thank-you

I am writing this letter to thank all of the Iowa State fans, players, parents, and coaching staff who came to Shreveport for the 2001 Independence Bowl and found their way into our establishment in downtown Shreveport. The Blind Tiger will celebrate its 10th anniversary this summer and has had the pleasure of being the Indy Bowl participants' favorite hangout for nine years now. I can say without fear of opposition that the Iowa State fans were by far the most polite, patient, and endearing fans. We were overwhelmed by the sheer number of fans that came to visit, yet surprised at the lack of the usual "problems" that a place like ours usually has to endure with large crowds. It was refreshing to see fans pull together in a united group without being rude, especially to opposing team's fans, and especially after such a close game. (We still think the field goal was good!)

"Iowa State fans were by far the most polite, patient, and endearing fans."

From now on, every team's fans will have to measure up to those from Iowa State. We will always pay a little more attention whenever we see ISU teams in action and root for them – unless, of course, they're playing LSU! Hey, we have our pride, too!

Here's hoping that your football program has continued success. In the event that you get another bid to the Independence Bowl, we welcome you with open arms and plenty of food, drink, and entertainment. Go Cyclones!

— Glenn M. Brannan
Richard Sloan
Owners, The Blind Tiger
Restaurant and Bar
Shreveport, Louisiana

Happy birthday, 4-H

I was pleasantly surprised to see a photo of my father and brother ("4-H celebrates its 100th birthday," On Campus, *Spring 2002*).

My father, Edward G. Uhl, grew up on a sheep farm in Wisconsin and gained a reputation as a sheepman by showing sheep for a neighbor of his. His performance gained the attention of Iowa State College, and he was hired in 1913 as the shepherd. He soon became in great demand as a sheep judge and showman and was recognized from coast to coast – he was rated one of the half dozen best sheep husbandrymen in the United States. He built up the college sheep herd to championships at state fairs and the International Livestock Show in Chicago as well as being involved with 4-H sheep clubs.

After my father came to Ames, he met and married my mother. To this union we seven children were born. We were born ON the campus and lived in a duplex that was located on the campus. We kids walked across the campus to Welch School. So we got to know many of the faculty, go up in the campanile while the bells were being played, see the bananas being grown in the greenhouse, and learn by name the different trees and flowers as well as learning about the livestock. All of this was part of our lives 12 months a year, and we all loved it. Most of us kids and our offspring into the fourth generation have gone to ISU.

— Anna Marie Uhl Carter,'43
Fort Collins, Colorado

Editor's note: The 4-H photo that appeared in the spring issue was published courtesy of the University Archives, ISU Library.

Thank you for including an article about the 4-H centennial. However, the excerpt of the 4-H pledge had an error. Members pledge their health to better living, not their heart. The full 4-H pledge is: "I pledge my head to clearer thinking; my heart to greater loyalty; my hands to larger service; and my health to better living; for my club, my community, my country, and my world."

— Mitchell Hoyer
ISU 4-H Youth Development Program Coordinator
Humboldt, Iowa

The feature on the 100th birthday of 4-H made no mention of the originator, Jesse Field Shambaugh, a rural schoolteacher in Page County, Iowa. She started 4-H in 1901, and she deserves credit. All the history and materials are available at the Nodaway Valley Museum in Clarinda, Iowa. 4-H is valuable to Iowa and to this nation; the early history needs to be noted.

— Laverne H. Sawyer, '47
North Hills, California

Readers respond to Iowa Stater announcement

Editor's note: The following letters were received by The Iowa Stater, *the alumni*

newsletter published since 1975 by the ISU Office of University Relations. In its February 2002 issue, it was announced that The Iowa Stater *would be discontinued due to rising publication costs, declining financial support, and university budget cuts. Readers were encouraged to keep up with Iowa State news online at www.iastate.edu/news/today.*

You are taking a big gamble with the last print issue of *The Iowa Stater*: a gamble of future loss of support of Iowa State in so many possible ways. There must be thousands of alumni who are not hooked up electronically who will lose touch with Iowa State. I think your electronic version of *The Iowa Stater*, with all its links, looks great. But my folks, who are staunch supporters of Iowa State, aren't [hooked up]. I don't like the idea of folks of my generation and older being left out.

Iowa State is a family and has done a beautiful job of keeping that feeling alive over the years. I know you have more expertise in these things, and I don't doubt your conclusion that it was too costly, and I know you might have surveyed the alumni, etc., but I think you made a mistake. It's a tough decision, I know, but I hope that feeling of family isn't starting to erode away little by little as finances take over even more of the university. I only hope Iowa has the vision not to leave the universities at the mercy of the corporations and foundations and government research funding agencies, though none of these groups see themselves as doing anything but assisting the education process.

I owe Iowa State an enormous amount. But the feeling I have for Iowa State goes back to the excellent education, the caring faculty, the vision, and the sense of family that was given to me. Don't let that slip away from folks my age and older.

— Forrest W. Thye, '63
Blacksburg, Virginia

We are indeed saddened to read that *The Iowa Stater* will no longer be published. Information in [this publication] has been of interest to us, and we certainly hate to see it end.

The future dissemination of alumni information is somewhat discriminatory. Iowa State is not alone in assuming that the entire population is computer oriented. We for one do not have a computer in the house but do have access to computers through the library and community center. We will not log on to these computers on a regular basis to read the news on the ISU homepage, so we will miss much of the information that we now enjoy reading in *The Iowa Stater* in the comfort of our home. I suspect even those who are computerized will not read the news on a regular basis.

— M. Dean Houston, '53
Nancy Houston
Asheville, North Carolina

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The online learning demo was developed by Continuing Education and Communication Services, Instructional Technology Center, Center for Technology in Learning and Teaching, and the Academic Success Center.

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ISU Tearoom gets a face-lift, a new kitchen, and a new name

David Stuart and Donald Simonson, associate professors of music, are aficionados of ISU's Tearoom. Every week for about the past 20 years, they have met for lunch at the only place on campus where attentive waiters and waitresses serve lunch the old fashioned way: They deliver it to your table, and ask if everything is OK. And it almost always is – especially lately. Simonson and Stuart – who have seen food trends evolve over the years – agree that renovations to the Tearoom have made the experience even better.

"We wanted the new decor to reflect the look of the Tearoom when it started in this room in MacKay back in the 1930s."

The Tearoom, renamed the Joan Bice Underwood Tearoom, recently received a decorating face lift and a new kitchen, made possible by a gift from Roger Underwood ('80 agriculture business) and Connie Underwood, in honor of his mother, Joan Bice Underwood ('52 home economics) who worked at the Tearoom when she was a student at Iowa State.

On this particular day, Stuart and Simonson's lunch is a beef wrap sandwich, potato salad, a drink, and a cream puff with blueberry sauce (all for $4.10), served by Kristy Larson, a junior in dietetics, who uses her experience at the Tearoom as course credit. The new tables, with their rose and green upholstered chairs, are upscale. New oak paneling and room divider, new moss-green drapes, large framed mirrors, and new light fixtures add elegance and intimacy.

The newly redecorated Joan Bice Underwood Tearoom.

"We wanted the new decor to reflect the look of the Tearoom when it started in this room in MacKay back in the 1930s," says Janice Dana, who directs the operation for the Department of Hotel, Restaurant, and Institutional Management.

Eleven new pieces of kitchen equipment, including a new oven that simultaneously steams and roasts, and a new range with a char-broiler, have added flexibility, ease, and efficiency to food preparation, says Dana. The Tearoom is open Tuesday-Friday, serves approximately 400 people every week, and always has a waiting list.

Stuart and Simonson have a standing reservation, and never check to see what the menu is. They're pretty sure they can trust it. That one bad day, after all, was a long time ago. When they arrived, the Tearoom was only half full. "We received our lunch, and we saw why," remembers Stuart. "It was liver. We looked at each other, said, 'Let's do this for our moms,' and ate about half of it. That's all we could manage. But that was a long time ago. Liver has fallen out of favor."

But if liver is out, and wraps are in, some traditions remain constant: lasagna, chili, freshly baked rolls, and chocolate mousse. And always a fresh flower on the table, a welcoming smile, and an Iowa State student who will ask, "Is everything OK today?" ■

Hawthorn Court *becomes* Frederiksen Court

The Hawthorn Court student neighborhood has been renamed Frederiksen Court, in honor of Charles Frederiksen, who led the residence department from 1967 to 1996.

It makes sense to change the name, not only to honor Frederiksen, but also because the "new" Hawthorn Court bore no resemblance to the "old" Hawthorn Court. The original Hawthorn units for married students, first occupied in October 1956, were just a cut above Pammel Court and were named for Hawthorn trees. ("The Hawthorn tree," explained an *Iowa State Daily* article, "is noted for its compactness, sturdiness, and its brightly colored fruit.") The old units were razed in 1999, and the first apartments of the "new" Hawthorn Court opened their doors in fall 2001.

The sunny, modern, four-person apartments house 2,000 single, upperclass students. The apartments surround a community center, which includes a café and grill, cyber-lounge, computer lab, meeting room, and convenience store. ■

A Prairie Home Companion
comes to Iowa State

Ames was so absorbed with "A Prairie Home Companion" on the weekend of Feb. 23 that its citizens actually began to feel strong, good-looking, and above average. Garrison Keillor and his company broadcast their radio program live from the stage of Stephens Auditorium to a sold-out crowd and a radio audience of 3 million.

The popular radio show traditionally includes local musicians in its show (which annually receives more than 3,500 acts trying for only 52 slots). For this performance, the honor fell to the Barn Owl Band, whose foot-tapping, barn-dancing tunes fit well with the show's folksy style. The seven-member band includes five Iowa Staters: Mike Bell, associate professor of sociology, on mandolin; Marty Miller, retired professor of sociology, on bass fiddle; Roger Alexander, associate professor of math, on keyboard; Jason Huntley, ISU veterinary pathology student, on fiddle; and alumnus Merle Hall ('80 art and design) on guitar. Other players were Jon Duvick on guitar and Bettie Swarts on violin.

In addition to American folk, listeners also heard some 1930s jazz by Big Bill Broonzy, a jazz icon who had a short stay at Iowa State. Broonzy, who has been dubbed the "Father of Chicago Blues," was a janitor at ISU's Friley Hall from 1952-53. He joked that he was "fulfilling a lifetime dream to come to college." Broonzy died in 1958 and was inducted into the Blues Foundation's Hall of Fame in 1980.

PHOTO BY BOB ELBERT

Garrison Keillor's Prairie Home Companion broadcast live on Feb. 23 from ISU's Stephen's Auditorium. Featured on the program was the Barn Owl Band.

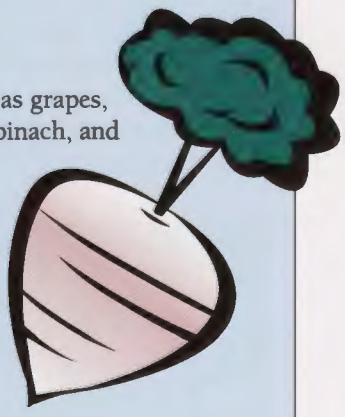
Iowa State's WOI was the first (and for many years, the only) station outside Minnesota to carry "A Prairie Home Companion." "Ames was the only evidence that 'A Prairie Home Companion' might be a Big Deal outside the borders of Minnesota," Keillor wrote in a letter to WOI. "And then around 1985, the show started to take off and became a hot topic among the swank element from the Coasts, an icon, a totem, a cultural antidote, an antimacassar, and we forgot about Ames. . . . But here we are, back again, hoping that Amesians can forgive and forget. . . . It's good to be here." ■

Two administrators leave ISU

Tom Mitchell, president and CEO of the Iowa State University Foundation, has been selected to head advancement activities at the University of California at Irvine, effective July 1, 2002. Since Mitchell arrived at ISU five years ago, he has directed a campaign that raised approximately $460 million – the university's most successful fund-raising campaign. The Foundation's board of directors will select a new president to replace Mitchell.

Rollin Richmond, who has served as provost and professor of zoology and genetics at ISU since 1999, has been named the new president of Humboldt State University, in Arcata, Calif. Benjamin Allen, interim vice president for external affairs and former dean of the college of business, will serve as interim provost. A 20-person search committee, chaired by Dick Seagrave, Distinguished Professor in engineering and professor of chemical engineering, hopes to have a new provost on campus in early 2003. ■

HAVE TURNIPS, WILL TRAVEL



Common produce items such as grapes, cauliflower, peas, broccoli, spinach, and lettuce travel an average of more than 2,000 miles before reaching Midwestern markets, according to an updated report from ISU's Leopold Center for Sustainable Agriculture. And, at least a third of the asparagus, cucumbers, eggplant, squash, and tomatoes shipped within the conventional U.S. food system comes from Mexico. ■

On the Web **Food, Fuel and Freeways report**
www.leopold.iastate.edu

80TH VEISHEA IS A SUCCESS

In spite of a gray, cold weekend, ISU's 80th Veishea was pronounced a success. Stars Over Veishea's *Grease*, attracted enthusiastic crowds, 9,164 cherry pies were consumed, and a historic sign commemorating Veishea as one of the university's oldest traditions was installed. The ISU Alumni Association held its second annual Veishea Alumni Barbecue, and the Student Alumni Leadership Council entered a float in the parade for the first time.

This was the fifth year the festival was alcohol-free, and arrests were down dramatically. In 1997, there were 410 arrests; last year there were 65; this year there were only 32. ■

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ISU President Gregory Geoffroy makes a guest appearance with the ISU Groove Drumline during a break in the Veishea parade.

Morrill Hall Update: Foundation explores fundraising potential

President Gregory Geoffroy's recent call for ideas about what the future might hold for Morrill Hall resulted in more than 600 e-mail messages. Most of the respondents (85 percent) suggested either restoring Morrill Hall or reconstructing a similar building, mostly on the same site.

In an open letter to the Iowa State community, Geoffroy wrote, "The uses most often suggested that we believe have the highest fund-raising potential are: campus museum, alumni center, faculty or student commons, multicultural center, and academic success center for students. Our next step is to work with the ISU Foundation on a fund-raising feasibility study around several of the suggested uses or a combination of them. . . . The primary purpose of the feasibility study will be to determine whether we can find and interest a sufficient number of private donors willing and able to support the Morrill Hall projects …." It is anticipated that the Foundation study will be completed sometime this fall. ■

On the Web **President's message**
www.iastate.edu/~president/morrill/update.html

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Cyclone fans

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If you have old *Bombs*, old student newspapers (the *ISU Daily, Iowa State Student,* or *Aurora*), beanies, scrapbooks, photos, or other artifacts, the ISU Alumni Association and the ISU Library Archives would love to become a caretaker of your treasures. The Association and the Archives are working together to help alumni make their own – and their ancestors' – experiences at Iowa State a part of a permanent Traditions Collection. ■

Questions may be directed to Tanya Zanish-Belcher at 515-294-6648. Artifacts may be sent to the Rm. 403 Parks Library, Iowa State University, Ames, IA 50011.

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Photograph of the 1932 baseball team.

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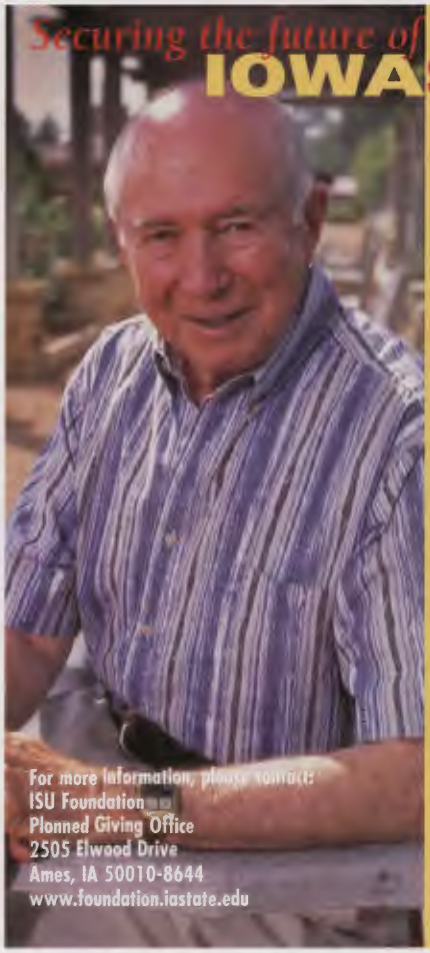

For more information, please contact:
ISU Foundation
Planned Giving Office
2505 Elwood Drive
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www.foundation.iastate.edu

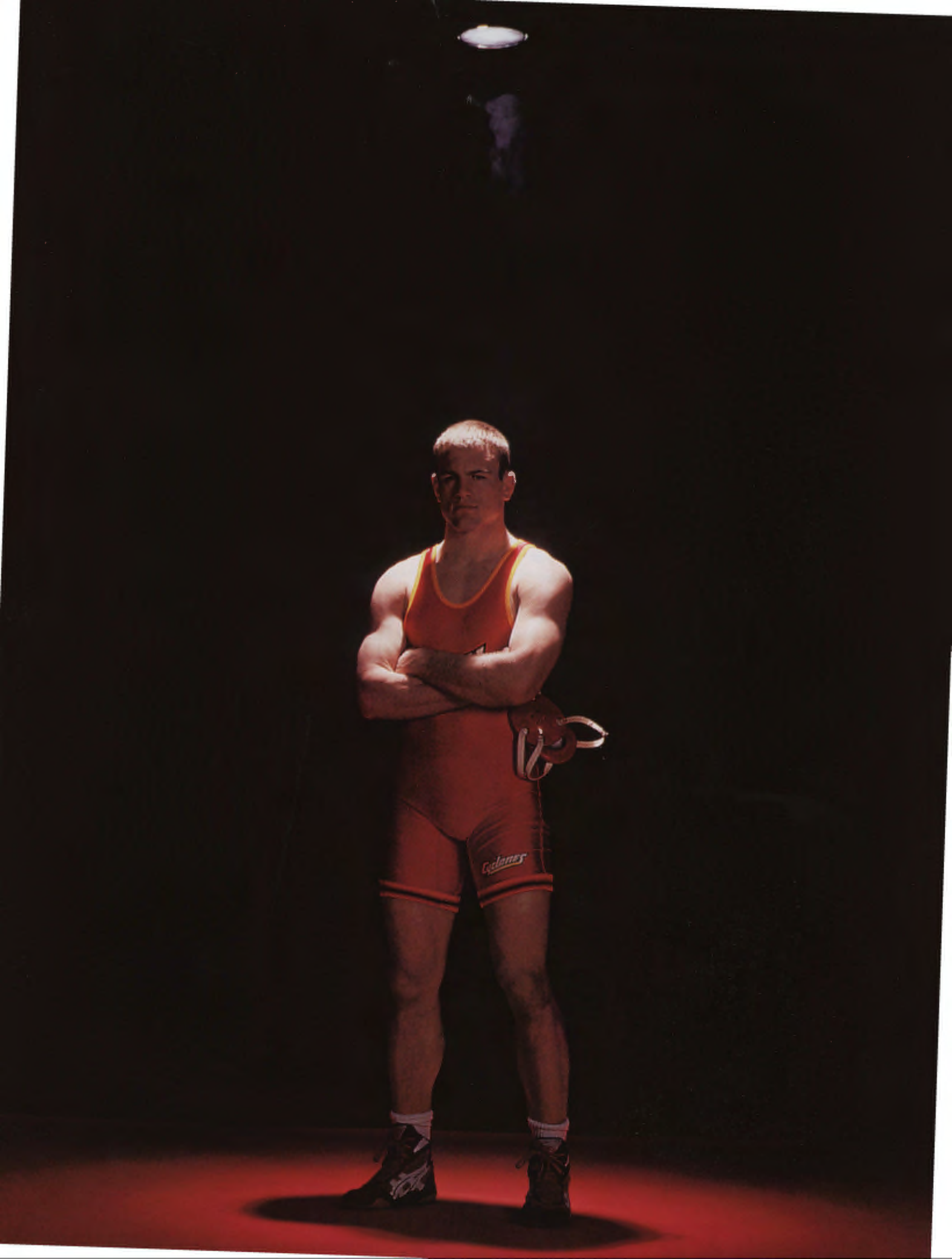
Iowa State volunteer Robert Stafford has strengthened many ISU programs with a variety of gifts, including a charitable gift annuity. This giving method may provide donors with income and tax savings while they support Iowa State and its students. For a free brochure on ways charitable gift annuities might benefit you, call the ISU Foundation Planned Giving Office toll-free, 1-800-621-8515, or at 515-294-6581.

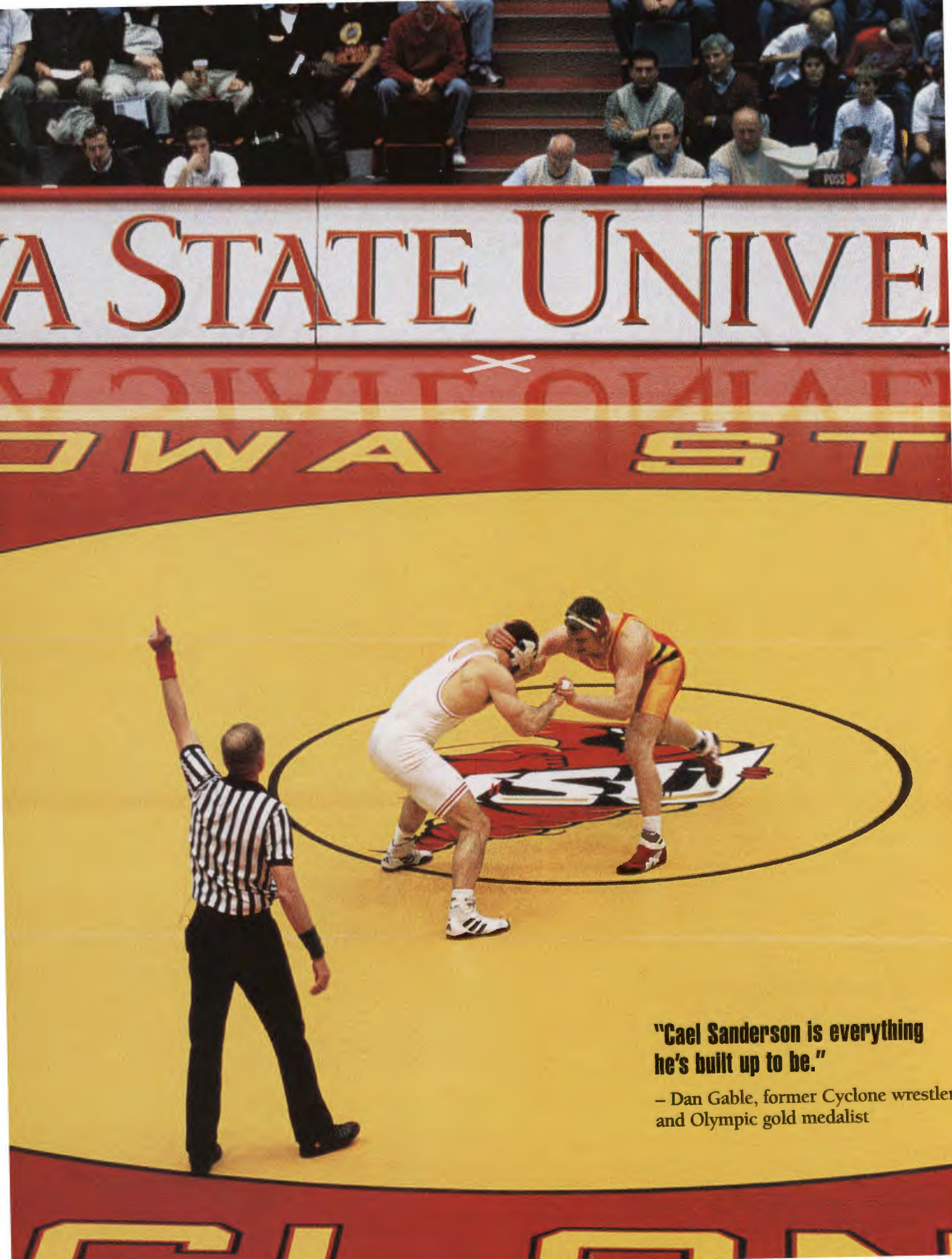
IOWA STATE UNIVERSITY FOUNDATION

Invincible

Cael Sanderson's last perfect season

After three undefeated seasons and three national championships, ISU senior Cael Sanderson headed into the 2001-2002 wrestling season knowing one thing: He could become the first undefeated four-time national champion in the history of the sport. All it would take was 40 wins and no losses. Hey, no sweat. **By Mike Krapfl Photos by Jim Heemstra**


Cyclones



"Cael Sanderson is everything he's built up to be."

– Dan Gable, former Cyclone wrestler and Olympic gold medalist

Nov. 10, Cyclone Open, Fort Dodge, Iowa:
Technical fall, Josh Broadway, William Penn
Fall, Chad Wallace, Nebraska-Omaha
First place

Nov. 16, at Hofstra University, Long Island, N.Y.:
Fall, Chris Skretkowicz

Nov. 18, at Keystone Classic, Philadelphia:
Fall, Nick Thomas, Penn
Fall, Peter Mosley, Brown
Fall, Daegen Smith, Duke
Technical fall, Greg Sawyer, Rider
First place

Nov. 20, Cyclone Wrestling Room:

Cael Sanderson circled Iowa State's practice mats in a slow, easy jog. He ran on his heels, T-shirt tucked in, heavy strides trying to warm up shoulders and thighs full of muscles. He'd turn and shuffle sideways down the mats. He'd drop a shoulder and flip wrestling shoes over Superman chin. He'd swing his arms in big circles. It was the Tuesday before Thanksgiving – four months before the senior art and design major from Heber City, Utah, would cap his career with a perfect 159-0 record, four consecutive national titles, and live coverage on ESPN News – and Sanderson was beginning another afternoon of building another championship season. As it says on the west wall of the Cyclone wrestling room on the second floor of the Lied Recreation/Athletic Center, "The will to win is worthless without the will to prepare." And as Cyclone head coach Bobby Douglas barked at the wrestlers as they began the exhausting push-and-push-back that are one-on-one mat drills, "You have to practice it the way you do it in a match. If you practice it wrong, you do it wrong."

Douglas circled the mat that afternoon, making sure the Cyclones practiced it right. His eyebrows were flat. His eyes were intense. He circled and circled that mat, prowling for mistakes.

"Get your base!"

"Go get an ankle!"

"What are you supposed to do in the top position? Do that!"

"These are things you learned in high school. The problem is you never practiced them."

"When you're on your belly, what does that tell the referee? You've either quit or you're resting. What does it tell your opponent? You quit!"

Sanderson wasn't about to spend his practice on his belly. He was always out there doing something. Pulling. Pushing. Flipping. Head bobbing, looking for an angle.

Douglas wasn't yelling at Sanderson.

Nov. 25, West Virginia University at Hilton Coliseum:
Technical fall, Brent Miller

Nov. 27, Cyclone Wrestling Room:

Sanderson left the practice mats, where his teammates were joking and lounging, and went to the office next door. He turned on the stereo. That was the cue for everybody to get up and get another practice started.

Zach Thompson, a two-time All-American during his 1996-2001 Cyclone career, stayed behind to talk. He was in his first year as the wrestling team's strength and conditioning coach. He could spare a minute. But it wouldn't be long before he'd be on the mat himself, partnering with Sanderson, working to maintain position against Sanderson's quick, aggressive, and sometimes roly-poly style.

"That's not a tough assignment," Thompson said.

He, after all, had just wrapped up a college career that included a spot in the 197-pound finals of the NCAA Championships. Plus, he had seen all of Sanderson's Cyclone career.

And what did he think made Sanderson unbeatable on the mat?

"The will to win," Thompson said. "He has a good heart and a good mind. He's always looking for that extra point and position."

Sanderson, speaking later in the season, said he'd also been lucky to have good practice partners around the wrestling room.

There was, for example, Barry Weldon, who won the NCAA's 177-pound title in 1997. And there was Bart Horton, who's now an assistant coach at Missouri. And now Thompson was helping, too.

"Workout partners that push you and make you work out every day you're in here – that's when you get better," Sanderson said. "It's real important to try things and wrestle hard."

Dec. 1, Simpson Duals, Indianola, Iowa:
Fall, Aaron Granell, Augustana
Technical fall, Joe Compton, Cornell
Forfeit, Coe
Fall, Bart George, Simpson

Dec. 2, University of Wisconsin, Hilton Coliseum:
Fall, Jareck Horton

Dec. 9, University of Iowa, Hilton Coliseum:
Fall, Ryan Fulsaas

Sanderson signs autographs for young fans following a home meet.

More than anybody, Dan Gable knows what it means to carry an undefeated record through a long wrestling career. Gable finished his Cyclone career at 100-1, the only loss coming in the finals of the 1970 national championships.

Gable, who went on to win an Olympic gold medal and lead the Iowa Hawkeyes to 15 national championships in 21 years of coaching, was in Ames to analyze the ISU-Iowa meet for an Iowa Public Television broadcast. And like the rest of the crowd of 10,040 at the meet, he was impressed with Sanderson's latest pin.

"He scores all the time," Gable said. "He's good from all positions. He's fun to watch. He has a lot to prove yet. It's a long year."

But, he said, "Cael Sanderson is everything he's built up to be."

And Gable said Sanderson had sent a message to college wrestling by skipping the World Championships of Wrestling so he could concentrate on his Cyclone season.

Sanderson later admitted that skipping the world meet – which was pushed back into the collegiate season because of the Sept. 11 terrorist attacks – was a tough choice to make. He was excited about earning a spot on the team and testing his moves on a world stage.

"But this last season is real important to me," Sanderson said. "Not only doing the individual stuff, but I just feel like we have a talented team. If we could get the guys all on the same page, we could do some great things."

Dec. 29-30, Midlands Meet, Evanston, Ill.:
Fall, Jim Kassner, Eastern Illinois
Fall, Nick Curby, Illinois
Technical fall, Chris Skretkowicz, Hofstra
Major decision, Jon Trenge, Lehigh
First place

Jan. 6, University of Northern Iowa, Hilton Coliseum:
Fall, Jason Payne

Sanderson always attacks.

"It's just combat – one on one," he said of his sport. "It's up to you whether you're going to win."

So when he's bobbing his head in his wrestling crouch, he's always looking for an ankle or a leg or anything he can use to take his opponent down. Sanderson's first take-down against Payne, a wrestler with an 8-4 record going into their Hilton dual, almost put Payne's back on the mat. But it didn't, so Sanderson let him back up so he could take him down again. And again.

Halfway through the second period, Sanderson started Payne rolling over the mat, and it was Sanderson who came out on top and in control. He had Payne pinned after four minutes and three seconds of wrestling.

Alone in the Hilton locker room, Sanderson mentally prepares himself for a match.

After the meet, Northern Iowa coach Brad Penrith said Sanderson is a great kid who's awfully tough on his opponents.

"No one really wrestles like him at 197," he said. "You've got to wrestle all the time. If you stop, you'll get scored on. (Payne) relaxed a little bit and had a cradle slapped on him."

Does that make Sanderson invincible?

"I know I'm not invincible," Sanderson said later in the season. "I have my weaknesses just like everybody else.

"If I'm wrestling – like in the zone 100 percent mentally, just out there wrestling – I'd be tough to beat then. But the mental part of wrestling is such a big part of the game. It's what I fight with most of the time."

Jan. 19-20, National Duals, Columbus, Ohio:
Fall, Erik Gladish, Arizona State
Fall, Tom Grossman, Oklahoma
Fall, Bill Stouffer, Central Michigan
Fall, Will Gruenwald, Oklahoma State
Fall, Kyle Smith, Michigan
Forfeit, Iowa

Jan. 25, North Carolina State, Hilton Coliseum:
Fall, Jason Gore

It was Gore's first time on a mat with Sanderson.

The senior from Cary, N.C., was 8-10 for the year. This match was going to be a challenge. So he jogged in place, he flapped his arms, he rolled his neck, he bounced from heel to toe, all in preparation for what he hoped would be a good match.

It wasn't long before Sanderson had one of his legs and had him down.

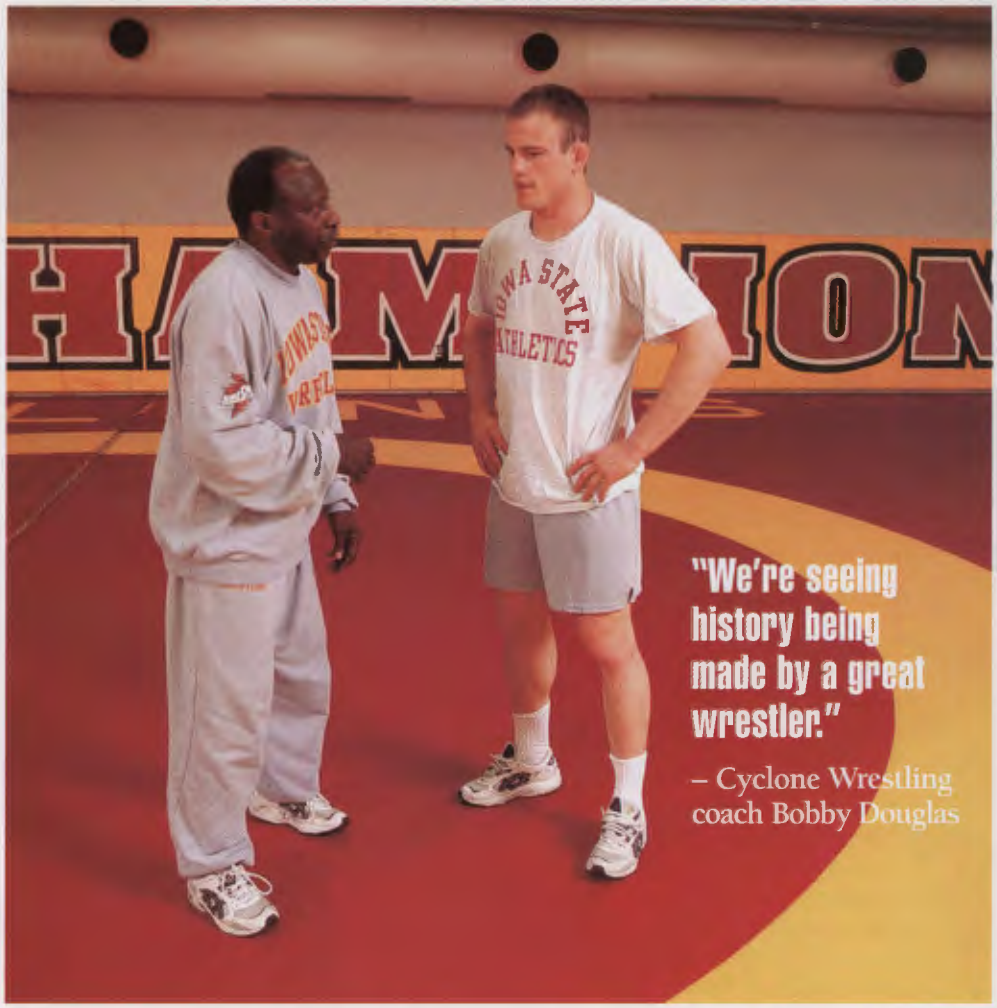
"You go into the match excited and with nothing to lose," Gore said a few minutes after his back had been pinned to the mat. "I consider myself to be an aggressive wrestler, and he takes that away. He has good position. He does everything right. And before you know it, you're down 10 points."

No, Gore admitted, this wasn't the match he wanted to wrestle.

"That's probably one of the reasons he's one of the best … I'm going to go ahead and say it: He's the best ever."

Sanderson knows he's a big target for every broad-shouldered 197-pounder in the country.

"It makes things interesting, I guess," Sanderson said. "Those are the circumstances you live for – being able to meet a big opponent and no pressure whatsoever. I've been in their shoes many times and will be again and again."



But those aren't the shoes he's in right now.

"I have to be ready for people to come out real hard and try to shake you up a little bit. I have to stay solid and focused and stick with what's gotten me here."

Jan. 28, All-Star Classic, Long Island, N.Y.:
Decision, Jon Trenge, Lehigh

Feb. 1, at Oklahoma State:
Fall, Will Gruenwald

Feb. 3, at Oklahoma:
Fall, Tom Grossman

Feb. 7, Missouri, Hilton Coliseum:
Technical fall, Scott Barker

Sanderson was nervous about this match.

At the time of the dual meet in Ames, Barker was the country's 6th-ranked 197-pounder. He had wrestled to a 16-1 record, and many of those wins were pins. The wrestling Internet sites were buzzing about the matchup.

But the match itself was all Sanderson. He attacked. He found ankles for takedowns. He tried to turn Barker to his back. He let him go when that didn't work and took him down and let him go again. Then Sanderson tried another ankle pick, took Barker down and turned him on his back again.

But there would be no pin, though there were some points for near-falls. And Coach Douglas would yell a little encouragement – something Sanderson usually doesn't need. The match ended with the score 22-7 and Sanderson breathing hard after a full seven minutes of wrestling.

"He looked good," said Sanderson's brother, Cody, a two-time All-American and two-time NCAA runner-up as a Cyclone who's now a graduate student working as the wrestling team's administrative assistant. "The guy was real strong. But [Cael] wanted to wrestle the whole seven minutes. He was either looking for a pin, or for seven minutes."

That's because Sanderson rarely gets five minutes into a match before he has another pin or another technical fall on his record. The biggest matches of the year were coming up, and he had to be fit. A few more minutes of wrestling would be good.

And what is it that keeps Sanderson going strong minute after minute, period after period, match after match, championship after championship?

"He loves to wrestle," Cody Sanderson said. "He loves the sport. And he understands the significance of what he's doing.

"Cael has a deep motivation that comes from within. He knows what he needs to do to win."

– Cody Sanderson, Cael Sanderson's older brother

Sanderson walks with fiancé Kelly Kinnard in an Ames park a week before their wedding. When they're together, Kinnard says, they talk about "anything but wrestling."

Cael has a deep motivation that comes from within. He knows what he needs to do to win. He's stayed focused now for 3 3/4 years.

"I think he's going to do it."

And then?

There are Olympic dreams, of course. But Cody Sanderson said his brother isn't totally driven by competition.

"He dreams of living off the land in Alaska," he said. "But I don't know what his wife will say about that."

Feb. 10, Arizona State, Tempe:
Fall, Scott Hollingsworth

Feb. 16, Nebraska, Hilton Coliseum:
Technical fall, Justin Ruiz

Kelly Kinnard wasn't Sanderson's wife yet.

That wouldn't happen until May 11. But Kinnard, an ISU senior from Estherville, Iowa, who's majoring in marketing and transportation logistics, was introduced to the crowd before Sanderson's last home meet. This would also be the meet Sanderson would try to win his 151st match and become the Cyclones' winningest wrestler.

The 8,119 fans in the stands greeted

Sanderson with a standing ovation when he took the mat. Then it was Sanderson's kind of wrestling: takedowns, quick attempts to get back points, allowing opponents to escape before the match drags into any stalemates.

The match ended at 25-9, and Sanderson had his record and an opportunity to come back and listen to some accolades and address the fans.

"We're seeing history being made by a great wrestler," Coach Douglas told the crowd from a microphone set up at center mat. And then Athletic Director Bruce Van De Velde turned to Sanderson and said, "Thank you for making Iowa State a better place."

Sanderson accepted the applause and a plaque and looked up into the crowd.

"It's truly been a great honor to be part of such an excellent wrestling tradition, such an excellent university," he said. "There are awesome people here."

And then Sanderson took the crowd back to his freshman year: "My goal was pretty much not to get pinned. That's what I heard most from Coach Douglas. He told me over and over I'd get pinned doing what I was doing."

Kinnard watched and listened and clapped from her seat behind the Cyclone bench.

"It's wonderful that this happened to him," she said. "He's on the road to what his bigger goals are."

There were, of course, the wrestling goals. But there were some life goals, too.

Sanderson and Kinnard met in Ames through mutual friends. They dated for about three years. And now, as even the non-wrestling world was starting to pay attention to Sanderson, they were planning a wedding.

Sanderson had picked a country club in Heber City for the ceremony. He was also going to have a say in what kind of wedding cake would be served (he likes white cake with white frosting). But Kinnard was taking care of most of the other details.

And the one part of their future they weren't talking about was the wrestling.

When they're together, the talk is about "anything but wrestling," she said.

"We don't talk about wrestling," Sanderson said. "We just have a good time."

Feb. 24, Northern Iowa, Cedar Falls
Technical fall, Jason Payne

March 9, Big 12 Championships, Norman, Okla.
Technical fall, Tom Grossman, Oklahoma
Technical fall, Scott Barker, Missouri
First place

March 21 to 23, NCAA Championships, Albany, N.Y.:
Fall, Eric Mausser, Clarion
Fall, Kyle Cerminara, Buffalo
Technical fall, Jason Payne, Northern Iowa
Major decision, Nick Preston, Ohio State
Major decision, Jon Trenge, Lehigh
National Champion
40-0 season record
159-0 collegiate record

Sanderson in the spotlight

After a perfect collegiate wrestling career, what's a guy supposed to do for an encore? Meet the president of the United States? Go on national television? Get his face on a Wheaties box?

As he approached his fourth national championship and undefeated collegiate wrestling career, Cael Sanderson had been riding a wave of adoring fans and media, who compared him to Superman, Michael Jordan, and Tiger Woods. After Sanderson's history-making feat, the media attention intensified. In the months following the national championships, Sanderson did, indeed, meet President George W. Bush (in Cedar Rapids, Iowa). He appeared on Fox Sports Net's "The Best Damn Sports Show, Period." His image appeared on the coveted Wheaties box, making him the first collegiate wrestler ever to be so honored. He was invited to sing "Take Me Out to the Ballgame" by the Chicago Cubs. And he was photographed by *Sports Illustrated for Women*, for the magazine's "Sexiest Men in Sports" feature.

Tom Kroeschell, media relations director for Cyclone Athletics, said he got an average of 20 "Cael calls" per week, not counting requests by e-mail.

The media heaped praise on the 22-year-old wrestler. *Sports Illustrated* listed Sanderson's perfect collegiate wrestling record as the second most impressive college sports achievement ever, behind track star Jesse Owens' four-world-record-setting day in 1935. The *Des Moines Register* proclaimed Sanderson as "The Greatest" on a life-size souvenir poster. Headlines from the *Iowa State Daily* called Sanderson "simply the best" and his achievements "monumental."

Cael Sanderson "bobblehead" dolls sold out. The bobbleheads were reportedly selling for as much as $122 on eBay.

The U.S. House of Representatives officially recognized Sanderson's achievements. ISU's Government of the Student Body passed a resolution declaring Sanderson "The Greatest Ever." The ISU Alumni Association honored Sanderson with a 2002 Impact Award.

Sanderson, who recently accepted a position at Iowa State as a special assistant to the athletics director, did not relish the media attention. He said he preferred to focus on national and international wrestling tournaments, including the Olympics. And to get ready for his wedding.

"I have a lot of things coming up," he told a *Des Moines Register* reporter. "If something is interfering, I'm not going to do it."

– C. Gieseke

March 24, Lied Recreation/ Athletic Center:

Several hundred fans gathered in the west end of the Lied Center to chant "Let's go State" and welcome the Cyclones home from the national meet. Sanderson, Joe Heskett and Aaron Holker had all won titles to lead the Cyclones to a second place finish behind the Minnesota Golden Gophers and two spots ahead of the Iowa Hawkeyes.

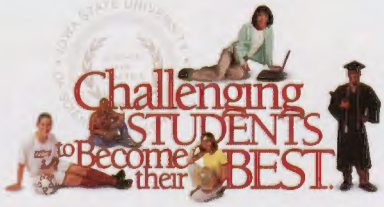
Sanderson, a red Cyclone cap snug on his head, was introduced to the crowd as the greatest college wrestler ever. When he was handed a microphone, he kept one hand in his pocket and thanked the crowd for showing up.

"I love Ames," Sanderson said. "I love being a Cyclone. I love our program. I love these guys. I know these guys will keep the tradition going. I know they'll continue on with our beating the Hawks.

"This was a perfect, perfect way to go out."

And in the end, like always, Sanderson quietly signed autographs for everybody who wanted one. ■

– Mike Krapfl is city editor of The Tribune in Ames.



Engaging Undergraduates in Research

By Karol Crosbie Photos by Jim Heemstra

Iowa State University is one of only a few universities in the nation that provides its freshmen with opportunities to conduct formal research with a mentoring major professor. The Freshman Honors Mentor Program, established in 1987, is open to all freshman honors students, and this year, almost half of ISU's 400 honors students chose to participate. The goal of the program is to give bright freshmen the chance to become involved with the concept of research and subsequently become active research partners with faculty members.

As Iowa State celebrates its year of "Challenging Students to Become their Best," VISIONS takes a look at three honors students who began conducting research in their freshman years.

AMY RADERMACHER

Understanding a unique protein

If you're a recruiter for a college or university, Amy Radermacher is the kind of student you'd love to land. Early in her high school career, she discovered that she was intensely interested in genetics, and by the time she graduated, she had accrued 55 college credits by taking classes at the University of Minnesota. She also had a research internship under her belt at the Parker Hughes Cancer Center in St. Paul, where she helped test asthma drugs during the summer after her senior year.

The 4.0 honors student could have gone to almost any college or university. She chose Iowa State for three reasons, she says. Having decided on a double major in chemical engineering and genetics, Radermacher valued ISU's status as one of the top 25 schools in chemical engineering. With a minor in Spanish, she valued Iowa State's extensive study-abroad program. And with the certainty that she loved doing research, she valued ISU's honors program that would team her with a faculty mentor, who would include her as part of a research team.

"If I'd gone to a different university, I wouldn't have been able to do research. As a second-semester undergraduate student, that's almost unheard of," says Radermacher.

Radermacher is now in her second year of research with Robert Thornburg, in a unique genetic/biochemical study. About five years ago, researchers at a Japanese institute discovered a plant protein called phytosulfokine-α (PSK), a plant protein that stimulates cell division. Implications for the protein could be significant, but the first step to harnessing its power is understanding its structure. "It looks like a unique protein that no one has ever described before," says Thornburg. "So we'd like to find out if it's unique and what it looks like. No one else in the world has taken the biochemical approach that we have [on this protein.] So Amy's work is unique." Thornburg intends to publish the results of his group's work in a scientific journal, and Radermacher will be listed as a co-author.

Ten hours every week, Radermacher works in Thornburg's lab, carefully growing the protein in a culture of e-coli, and then separating the protein from the surrounding culture. The genetic structure

"If I'd gone to a different university, I wouldn't have been able to do research. As a second-semester undergraduate student, that's almost unheard of."

of the protein has been manipulated so that it will bind to the plastic test tube. Amy and her colleagues "harvest" the purified protein from the test tube and then analyze its makeup.

Dripping cultures of e-coli through tubes, day after day, and recording processes in a lab book? Doesn't that get a little… tedious? "I love this," says Radermacher. Her mentor is more elaborate. "It's just the opposite of monotonous," says Thornburg. "No two days are alike.

"The experiments that Amy is doing now are generating new questions for us all the time. When we get to the conclusion of one experiment, we scratch our heads, and think a little bit, and say, 'That raises a couple of other questions.'

"Doing research the right way means to carefully mix solution 'a' with solution 'b,' and add that to protein 'c,' and that's how you get very, very careful results that can be interpreted. Amy is very good at that. She does things very carefully."

In fact, Radermacher has the two attributes that Thornburg says are essential for someone seeking a career in science: a willingness to work hard and a desire to know something new and interesting. "Amy has those qualities in spades."

This summer, Amy has an internship at St. Jude's Research Hospital in Memphis, Tenn., researching childhood diseases. Next year, she will study at the College of London. But she promises to return to Thornburg's laboratory during her senior year.

By then, if funding from the National Science Foundation is successful, her mentor may be working on practical applications of the PSK protein – possibly inserting the protein into fruits, to prompt earlier cell division, which could result in larger fruits.

Thornburg, who frequently works with undergraduates, says he couldn't do without them. "Amy is very gifted," he says.

MADISON DESHAY

Resurrecting a forgotten cultural identity

Growing up in Des Moines, Madison DeShay had heard about Center Street, a community that had once been a thriving center of African-American-owned businesses in the center of the city. But it wasn't until she conducted some interviews with a few Des Moines old-timers for an English paper that her interest was piqued. What had prompted the community's success? From 1920 through the late 1960s, Center Street was the locus of activity for not only African Americans, but also Jewish and Italian business owners. Minority-owned laundromats, drug stores, clubs, and restaurants thrived. Today, the business community has been replaced by a hospital complex.

What caused the demise of Center Street? DeShay had lots of interest – but few formal research skills. A member of ISU's Freshman Honors Program, she was eligible to participate in the Mentor Program. Her research proposal was accepted by Willis Goudy, university professor of sociology, whose area of expertise is census research.

DeShay will study census data, property abstracts, photographs, city records, and family records. She will also continue to interview community members who remember the Center Street renaissance. "The changes that have taken place over the past decades cast a shadow over all that was good; however, I believe that the shadow can be removed, and my generation and future generations will benefit greatly by what is revealed," DeShay wrote in her proposal.

"African American communities are struggling for survival; those that die take with them a rich and almost forgotten cultural identity and dignity that was the foundation of past progress and prosperity."

DeShay will graduate in December 2002 and will remain at ISU for her master's degree in sociology. She will continue to study Center Street.

HONORS STUDENTS RECEIVE A NEW HOME

Nestled in a grove of trees between the horticulture green house and Ross Hall on central campus, the new Martin C. Jischke Honors Building looks as though it has always been there. Inspired by the architecture of Frank Lloyd Wright, the low, prairie-style building, with its warm, brick tones and shingled roof, was designed to complement two important neighbors: Catt Hall and the Farm House.

"There was concern, at first, about the location of the building on central campus," says Liz Beck, director of the Honors Program. "But all I've heard are comments about how well-sited the building is. It's a phenomenal job."

Many of the building's design elements – created by Smith Metzger Architects from Des Moines – were driven by a unique natural feature: a huge Chinkapin Oak tree, less than 10 feet from the building. The specimen tree – which can live 200 years – is not common in central Iowa, and campus planners were committed to incorporating it, as well as the white pines that surround the building.

Created in 1961, the Honors Program has been housed in Osborn Cottage for the past 25 years. Although the staff and students won't miss the faulty toilets and cramped spaces of the old cottage, they valued the building's family feel, and the tradition of having staff and student spaces close together. The new building, which devotes the entire first floor to students and houses the staff on the second floor, is prompting the staff to be more creative and conscious about connecting with students, says Beck.

The building, which includes a kitchen, computer lab, project room, classrooms, and an inviting living room, is open to honors students 24 hours a day, seven days a week. With its moveable furniture and walls, the building reflects the philosophy of the program, which promises to offer students both structure and flexibility.

Art for the building is by ISU former honors student Mary Anne Beecher ('86 interior design), who has created a Mission-style cherry and maple table for the main floor reception area, and local artist Priscilla Sage, who created large, soft sculpture hangings.

BEN VANCE

Creating magic in virtual reality

It's a thin, nylon glove, with a few small boxes on the back. To Ben Vance, a senior majoring in art and computer science, it opened up new worlds. ISU's Virtual Reality Applications Center recently received the glove as an alternative way to navigate through its virtual environments, instead of the remote control wand used in the past. Instead of pushing buttons, how much better to point your finger, or gesture with your hand, to navigate through virtual reality?

But the glove arrived with only rudimentary software, and Vance, who works part-time as a programmer for the Center, started imagining. What if you could program the glove so that if you held it above your head, you could fly through your virtual reality environments, a la Superman? What if every time you moved your hand, a swipe of color appeared, as you walked through a cornfield, dessert, rain forest, or abstract "painting?"

"It could be a magical experience," says Vance, who submitted an honors proposal called "Improving Immersion in Virtual Reality Through Creative Device Use," and spent the last semester of his senior year working with mentor Steve Hernnstadt, associate professor of art and design, to create magic. "I'd like to send a person into the virtual reality laboratory and not give them any instructions," he says. "They would receive visual cues, as things began happening with color and sounds when they moved their hands."

Vance, who is considering a career in the movie or video game industry, believes an understanding of art brings something special to computer science. ■

"It could be a magical experience.... I'd like to send a person into the virtual reality laboratory and not give them any instructions."

by Carole Gieseke

The house on Gothic Street

There's a small white house that sits on a quiet street in a tiny town in southern Iowa. The only way you'd ever run across it is to follow the signs, and if one of the signs is missing, you're in big trouble.

But if you're lucky, you'll know to turn left at the green trailer and head up the hill.

And then, Bruce Thiher will burst through the front door and greet you in full tour-guide mode.

"Hey, I'm sorry I didn't tell you that sign was down. But I'm glad you made it. Now what you see here, this house, was actually built in two stages. The original cottage part here with the vertical battening was very typical of the Dutch pioneers who came to Iowa, and we think it was built by the man by the name of Dibble – we're almost certain he was of Dutch ancestry – and this part was completed in 1881, built entirely of material that was available here locally in the Des Moines River Valley." And on he goes.

Eldon, Iowa, is home to Grant Woods' *American Gothic* house, and to ISU alumnus Bruce Thiher.

Thiher, a 1969 ISU graduate with a degree in history and government, lives in one of the most recognizable houses in America: the house that Grant Wood made famous in his 1930 painting, *American Gothic*. The house's image has been used in countless parodies of the classic painting, ranging from a *Mad* magazine cover to Kermit-and-Miss-Piggy-with-a-pitchfork immortalized in stained glass.

Thiher has it all, displayed museum-like in the house he has rented from the Historical Society of Iowa since 1996: a poster of the *American Gothic* postage stamp, P. Buckley Moss paintings, light-switch plates, Cats Meow collectibles, and bisque porcelain statuettes.

As the postmaster for Eldon, Iowa, Thiher learned the house was up for grabs serendipitously: The woman who was living there came into the post office to file a change of address form.

"I got the inside track," he said. "I just had to submit letters verifying that I was of good character and would not destroy the place."

Today, Thiher is a one-man chamber of commerce for all things *Gothic*. He promotes tourism to the house, and doesn't mind a bit when people drop by.

"There's a sign that clearly indicates the house is generally not open to the public," he explained. "However, if I see people out there that look respectable, and they don't have small children with them, then I'll generally go out and greet them. I meet a lot of interesting folks."

Like the group that came by on a RAGBRAI tour five years ago. The day was blazing hot, and a sweaty young couple was being photographed in front of the house. And then suddenly, Thiher said, "Off came the T-shirts, off came the shorts, and we snapped the picture in the nude."

JIM HEEMSTRA

Thiher encourages visitors to let him take their picture in front of the house – normally with their clothes *on* – and he's eager to offer costumes and props, stored conveniently on the screened-in back porch. He has antique pitchforks, an old pair of farmer's overalls, a woman's smock, shirts, blouses, and hats.

"You can dress up as much as you want," he said. And he knows the exact place you should stand on the lawn so that the arched, church-inspired windows fall precisely in their assigned spot.

Goofy portraits aside, Thiher is serious about his devotion to Grant Wood, to the famous work of art, and to the house that has fallen into his care. He describes himself as the "looker-after" of the small frame house that not so long ago had fallen into such disrepair that it was in danger of collapsing.

American Gothic, and the house that is at its core, "conveys simple people living a simple life," Thiher said. "It hits a universal chord, not only in Iowa and America, but all over the world." ■

Alumni
THE COLLECTION

SUMMER / FALL 2002

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A great value! 50/50, 8 oz., lined hood with grommets and matching drawcord, muff pocket, rib cuffs and coverstitched waistband, screened "Iowa State" graphic. #AP155 S-XL $35 (2X-3X $38) **Member price $30 (2X-3X $33)**

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100% cotton, washed-out screened Retro Cy logo. Gray with cardinal/gold side stripe. #AP072 S-3X $30
Member price $27

ISU League Visor
New from Tailgate® Clothing, Inc. Adjustable back, 100% cotton twill, embroidered "ISU." Cardinal with gold. #AP031
One size $19 **Member price $16**

Cyclone Tailgate Chair
Sturdy, lightweight chair. Carrying bag, cup holder, mesh side pocket. **See special shipping note on order form.*
#AC600 $36 **Member price $32**

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Drop-needle Knit Polo
100% cotton drop-needle knit, striped collar, cuffs, and placket. Available with or without "alumni" embroidery. White. #AP153 Men's and women's sizes S-XL $40 (men's 2X $43) **Member price $36 (2X $39)**

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Show your ISU pride at work!

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Long-sleeve Shirt
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100% medium-weight cotton denim. Available with or without "alumni" embroidery. #AP001 Men's sizes XS-XL Women's sizes S-XL $44 (2X-4X $47) **Member price $39 (2X-4X $42)**
#AP002 Youth sizes S (6-8), M (10-12), L (14-16) $33 **Member price $29**

Crazy for Cy

Kids' Old School T-Shirt
100% heavyweight cotton jersey. Embroidered felt applique. Gray with cardinal. #AP070 Toddler and youth sizes 6-12 mo., 12-18 mo., 18-24 mo., 7-8, 9-10, 11-12 $26 **Member price $22**

Kids' Old School Sweatshirt
Oversized fit, relaxed bottom and cuffs, felt embroidery. 13.5 oz. heavy fleece, 90% cotton, 10% polyester, pre-shrunk. Cardinal. #AP020 Toddler and youth sizes 6-12 mo., 12-18 mo., 18-24 mo., 7-8, 9-10, 11-12 $50 **Member price $40**

Kids' Hat
100% cotton twill. Weathered wash. Adjustable back. Cardinal. #AP030 Toddler (age 1-4) or youth (5+) $19 **Member price $16**

Denim Overalls
100% cotton denim overalls. In infant and youth sizes. Infant sizes feature inseam snaps. #AP003 Youth sizes 2, 4, 5-6; Infant sizes 6 mo., 12 mo., 18 mo. $34 **Member price $29**

ISU Blanket
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Oversized fit, relaxed bottom and cuffs, felt embroidery. 13.5 oz. heavy fleece, 90% cotton, 10% polyester, pre-shrunk. Cardinal or fall gold. #AP020 S-3X $70 **Member price $60**

Letterman's Hat
100% cotton twill. Weathered wash. Exclusive "Alumni" insignia. Adjustable back. Cardinal or fall gold. #AP030 $22 **Member price $18**

Old School T-Shirt
100% heavyweight cotton jersey. Embroidered felt applique. Gray with cardinal. #AP070 S-3X $27 **Member price $23**

ISU Events Calendar
The 2002-03 calendar (Aug.-Aug.) features striking full-color photographic images of Iowa State. 12 3/4" x 9 3/4." #AC060 $10 **Member price $8**

Brass License Plate Frame
Solid brass license plate frame. "Alumni" at top, "Iowa State University" at bottom, with Cy at each lower corner. #AC055 $35
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Campanile print
Art-quality lithograph print of a watercolor painting by ISU alumnus Bradd Brown. Frame, matting not included. Trim size 18" x 24." Image size 8" x 21." #AC010 $40 **Member price $35**

Also available online: Marston Hall and Catt Hall prints (www.isualum.org/go/merchandise)

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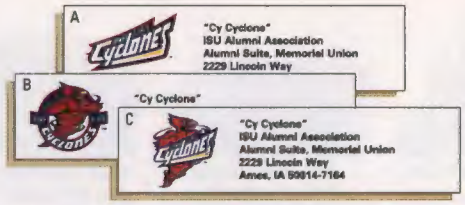
3' x 5' flag made of 200 denier, UV-resistant nylon, lock-stitched for durability. #AC052 $57 **Member price $50**



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by Carole Gieseke

Advocating for 9-11 victims

On the morning of Sept. 11, 2001, Andrea Hammes was sleeping late. A May 2001 graduate in journalism and mass communication, Hammes had just returned home to Sigourney, Iowa, from a summer job in San Diego, and she was taking it easy.

And then, everything changed. Hammes' mother called and tearfully told her daughter to turn on the television. The World Trade Center's towers had just collapsed.

"As I sat there, watching the TV, it just kind of hit me," Hammes said. "Something came over me and I thought, 'I have to help.'"

So she called the Red Cross to volunteer. But the Red Cross was already inundated with offers, and in Iowa, there wasn't really that much to do. Soon after, Hammes learned about Americorps (the U.S. equivalent of the Peace Corps). Her application was approved, and she began working as a volunteer with the organization in November. Her first assignment: Red Cross case worker with survivors of the Sept. 11 disaster, at the New Jersey headquarters.

She worked the hot line. She made house calls. She became an advocate for people who had fallen through the cracks of the system.

"It was horrible," Hammes said. "My very first client was a woman who could not leave her home. She was one of only two survivors from her company, in Tower Two. If she heard the word 'Manhattan' or 'World Trade Center,' she would just flip out. She couldn't be around tall trees, buildings that were higher than two stories, staircases, or elevators. She needed mental health counseling, and she needed help paying her bills."

Hammes said she worked with "a ton" of clients in the short time she was assigned to the New Jersey office: A woman who called Hammes' cell phone 24 hours a day. A lawyer who worked across the street from the World Trade Center and witnessed bodies falling from the upper floors. Fire fighters. Limo drivers.

Each was in need of support – financial, emotional, physical, mental, or a combination. The Red Cross provided access to counselors, medical professionals, and financial assistance. But most of all, Hammes and the other family services technicians provided the one thing people needed most: someone to talk to.

"One of the hardest things that people were going through was that they couldn't turn to anybody because everybody else was going through the same thing, everybody else had their own problems. There wasn't a whole lot of support," she said.

Even the case workers needed counseling. During her time at the New Jersey office, Hammes said the staff participated in a daily debriefing at 5 p.m., where everyone was required to talk about what they had experienced during the day.

"Coming from Iowa, where nothing really bad happens, [this disaster] was the most awful thing I've ever dealt with," Hammes said. "That was the biggest personal challenge."

Hammes left the New Jersey headquarters in December and moved to her new Red Cross assignment in Baltimore, Md., where she coordinates fundraising events and communications for local disaster relief. She said her academic training in journalism and mass communication and her internship with the ISU Foundation prepared her for that position, which will end in November 2002.

"After that, I think I'll stay in the Baltimore or D.C. area," Hammes said. "I did my internship at the Foundation, so I've been in non-profit fundraising for three years now, and I really enjoy it. I know this is my field." ■

When new graduate Andrea Hammes heard about the World Trade Center collapse, she knew she had to help.

Diverse paths

Toward a philosophy of being

By Karol Crosbie Photos by Jim Heemstra

If you're a young person growing up in Small Town, Iowa, chances are good that folks believe pretty much as you do. There are differences, of course. The Baptists baptize differently from the Methodists. The Catholics say the "Lord's Prayer" differently from the Presbyterians. Some folks use wine for communion, and others use grape juice.

And then you come to a university, and everyone isn't the same anymore. There's a guy in your fraternity who is Muslim, and says a prayer you've never heard before. Your Midwestern neighbor is a Buddhist, and chants words you don't understand. You hear about a professor of religion who is an atheist.

In a world torn by conflict that is often driven by religious differences, the university community can be an oasis of respect, providing fertile ground for new understanding. When a new Muslim mosque opened its doors in Ames last winter, its members were moved by the outpouring of community support. When ISU's Buddhist community sponsored a booth at Veishea, the campus community stopped by to learn more. Following Sept. 11, hundreds of ISU students met to debate theological issues.

VISIONS has chosen to feature six spiritual paths that are active on campus, and to tell the story of one Iowa Stater from each path.

Buddhism

Siddhartha Gautama should have been content. He was heir to an Indian kingdom, he was handsome, and life was luxurious. At least for him. One day, when he was about 20, he left the palace unattended for one of the first times in his life. He saw an old man, decrepit with age; he saw a diseased beggar, wracked with pain; and he saw a corpse. Suddenly, he understood that age, disease, and death were inescapable. What followed was his search for answers, and the birth of a new religion: Buddhism.

For 40 years – from about 440-480 BC – the great teacher spread the word of a new philosophy. He was so revered that his disciples wondered what sort of being he was. "What are you?" they asked. "Are you a god? An angel? A saint?" "No," Gautama answered. "I am awake." His answer became his title, for the root of the word Buddhism means "to awake and to know."

Unlike many religions, Buddhism does not include the concept of a creator God or a supernatural God, with whom mortals can have a personal relationship. Instead, power lies within. This highest state of life – called Buddhahood – can be tapped through faith, practice, and study.

Buddhism – above almost anything else – is a religion of personal responsibility. Buddhists believe that everything they have done adds up to who they are. Humans create hundreds of causes every day through their thoughts, words, and deeds, and for each cause they receive an effect. This law of cause and effect is called *karma*.

Caylynn

On alternate Wednesdays, Kar-Ting Suen (who goes by the name Caylynn) meets with five other Buddhists on campus to study her religion – illustrating an important tenet of Buddhism: that it is a philosophy of self effort, and that it must constantly be studied, debated, and evaluated. Three members of the "club" (for that's what they call it) come from Des Moines, and two are fellow Iowa Staters. They are five of 150 million Buddhists worldwide. Caylynn, an ISU senior in management information systems from Malaysia, has been a Buddhist since she was 7 years old.

In a small room in the Memorial Union, the five Buddhists discuss their religion over rice cakes and tea. "Every one of us has a Buddha nature within us," says Caylynn. "Through chanting, we can manifest the Buddha in our nature."

Kwangsig Lee, an ISU graduate student in economics, says that the words they chant, *Nam-myoho-renge-kyo,* are effective for a number of reasons. The meaning is powerful, he says, but so are the sounds. "The power of sound is amazing. The wave length, the vibrations of these words are powerful."

A drawback to karma (that inescapable law of cause and effect) is that sometimes people "get stuck." The same patterns continue over and over. Humans can interrupt this cycle and get "unstuck" by chanting. "Chanting helps us stop what we're doing and focus on our life, and think about life's repercussions," says Gary Hackbarth, assistant professor of logistics and management information systems, and the club's faculty advisor.

The first Sunday of every month, Buddhists throughout the world pray, or chant for world peace. "The first time I went to a member's home in Des Moines [to chant] I didn't feel like I was an outsider. There was the feeling of coming home," says Caylynn.

World peace seems a tall order. But Caylynn explains it simply. "We believe that world peace starts in us, in our community, and in our family. If we are not peaceful in our own community, how can we achieve world peace?"

"Through chanting, we can manifest the Buddha in our nature."

Hinduism

Unlike most religions, Hinduism has no founder and no common creed or doctrine. But perhaps its most important tenets spring from a very simple but powerful understanding: people are different. And because they are different, they need different ways to reach God.

These paths or *yogas* have union with God as their ultimate goal. Four different paths – using love, knowledge, work, or exercise – appeal to different personality types.

People are not only different from each other, they are also different at various points in their individual lives, and at different points in history. Hindus believe there are critical times when humankind is ready to receive important truths. On nine occasions, God has been incarnated (given bodily form) on earth, to reveal these truths. Buddha, Krishna, and Christ are all incarnations of God. The tenth incarnation, which will appear as the divine mother, has not yet come.

Hindus also believe that all religions refer to the same God. Because God gives humans different religions at different times, all religions are valued.

Manjit Misra

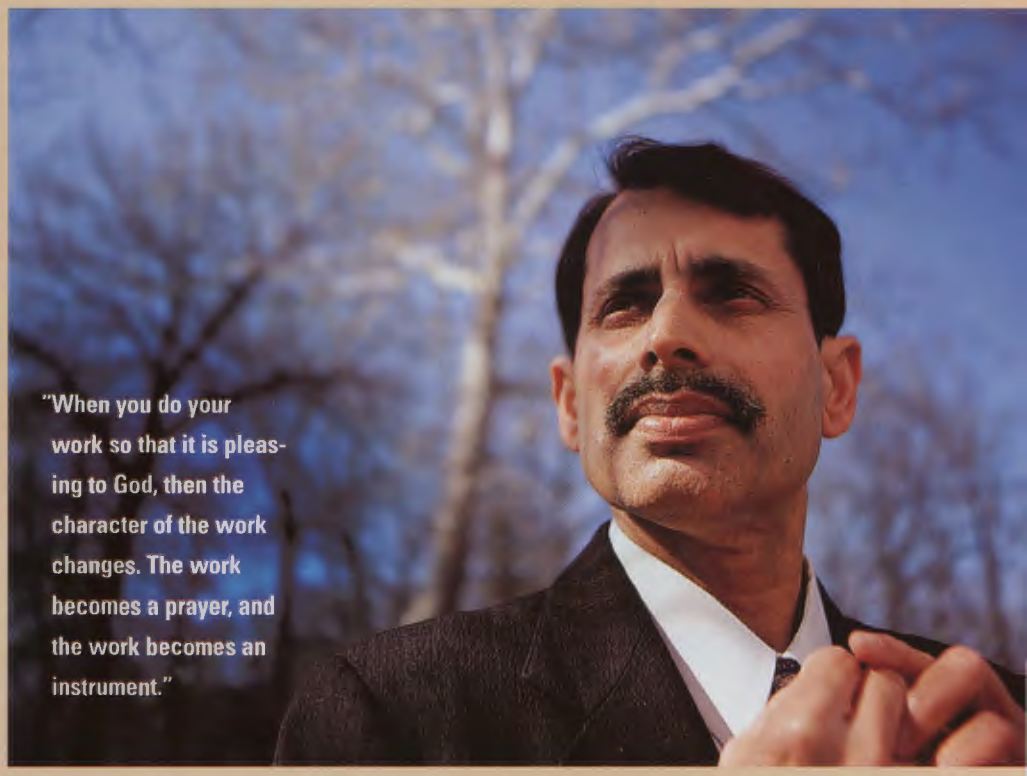
One of the most widespread misunderstandings of Hinduism, says Manjit Misra, is the belief that Hindus worship many gods. "God manifests himself in many ways. He may manifest to someone as the god of knowledge, or the god of beauty, or the god of strength. But these are gods with a small 'g.' There is only one God with a big 'G.' These 'small-g' gods are equivalent to angels in Christianity.

"When a complete transformation of an ideal is needed, God sends an incarnation. For example, he sent Jesus to bring the idea of love. But at an individual level, if somebody needs help, then God may send a small-g god, or an angel.

"God gives us truth as we are ready. He constantly prepares us to break out of our ego and change toward a beautiful daily living."

Misra, director of the ISU Seed Science Center, tells a story about himself that illustrates important tenets of his faith. His wife, Jayne, is Catholic, and as their children began growing up, conflict began edging its way into their marriage. Misra thought his children should be brought up with an understanding of both Hinduism and Catholicism. Jayne thought that learning about two religions at such an early age would be confusing.

"We had quite a bit of problems," remembers Misra. "So I wrote a long letter to my spiritual teacher asking what is the right thing to do. My teacher responded very succinctly; 'My dear Manjit: I fully understand the situation. What you need in your family is not more religion, but more love. So you will please let your wife bring up the children the way she wants to.'



"When you do your work so that it is pleasing to God, then the character of the work changes. The work becomes a prayer, and the work becomes an instrument."

"I still have the letter," says Misra. "It was difficult for me to swallow, but he was absolutely right. Jayne follows her path, and I follow my path, and my children learn from that. We have brought them up with lots of love."

Because Hindu practices are so flexible, humans need all the help they can get to achieve understanding, be it from spiritual teachers, God, God's incarnations, or angels, says Misra.

"There is so much flexibility in Hinduism that one can go astray."

One place Hinduism has gone astray, says Misra, is in the caste system, which forces people to remain in the social order in which they were born; this can result in cruel inequities. "These practices have corrupted the religion, but they aren't spiritual; they are sociological. Hindus believe that all religions need reformation."

But all religions become nothing more than mental gymnastics, unless they are translated into day-to-day living, says Misra. "To be good is more important than to be religious." In this journey, Misra is both passionate and disciplined. Every day, he tries to give one hour of his time to something that doesn't directly benefit himself.

Misra considers his work his ultimate gift to God and to humanity. "Success is asking, 'Did I do the work in a way that is pleasing to God?' When you do your work so that it is pleasing to God, then the character of the work changes. The work becomes a prayer, and the work becomes an instrument."

Secular Humanism

Secular humanists do not believe in the existence of any god or supernatural power. There is no divine purpose in the universe. All phenomena can be explained by nature and the physical world and through scientific inquiry. There is no afterlife, and there is no eternal soul. Human beings are composed entirely of physical matter, which dies at the end of each individual life.

Human beings can live ethically and lovingly – not because they are empowered to do so by a supernatural force, but because that is the essence of their humanness. Humans devise their own moral systems by an intellectual understanding of known causes and consequences.

Hector Avalos

Hector Avalos, ISU associate professor of religious studies, is a secular humanist. Avalos' specialty is biblical studies, and he holds degrees in anthropology, theological studies, biblical history, and Semitic philology. In 1999, he founded ISU's atheist and agnostic society.

"My philosophy of humanism means I place my value system on the well-being of human beings. I think that all values are generated by humans. One of the great illusions of religions is that you need a god to make absolute moral values."

Humans, says Avalos, are fully capable of creating values that include peace, love, and altruism. "You don't need a mythology for these values. I think that people one day will learn – just like the characters in the Wizard of Oz – that they had this capability within them all along. The reason people don't trust in themselves is because that's all they hear – that you need Jesus to help you. Or you need God to help you. It's never been true."

Avalos' philosophy is utilitarian, pragmatic, and people-focused. "Eventually, everything has to return to relationships, and to me that's really the ultimate," he explains. "No matter how much we know, eventually all knowledge has to be put into the service of relationships."

If hardship is a test of the usefulness of a life philosophy, Avalos' humanism has surely been tested. In 1980, at age 20, he was diagnosed with Wegener's Granulomatosis, a rare disease in which the immune system attacks its own organs. In 1986, he was told he had two years to live. In 1995, he nearly died when a tracheal web clogged his breathing passage. He underwent surgery, and by 1996, he was back in stride, and was named Veishea Professor of the Year.

Avalos, born in 1948 in Ngales, Mexico, was raised in the Pentecostal church. By age 7, he was preaching at area churches and on street corners. At age 10, he spoke at a Church of God convention and performed faith healings. In high school, he taught himself Hebrew and ancient Greek.

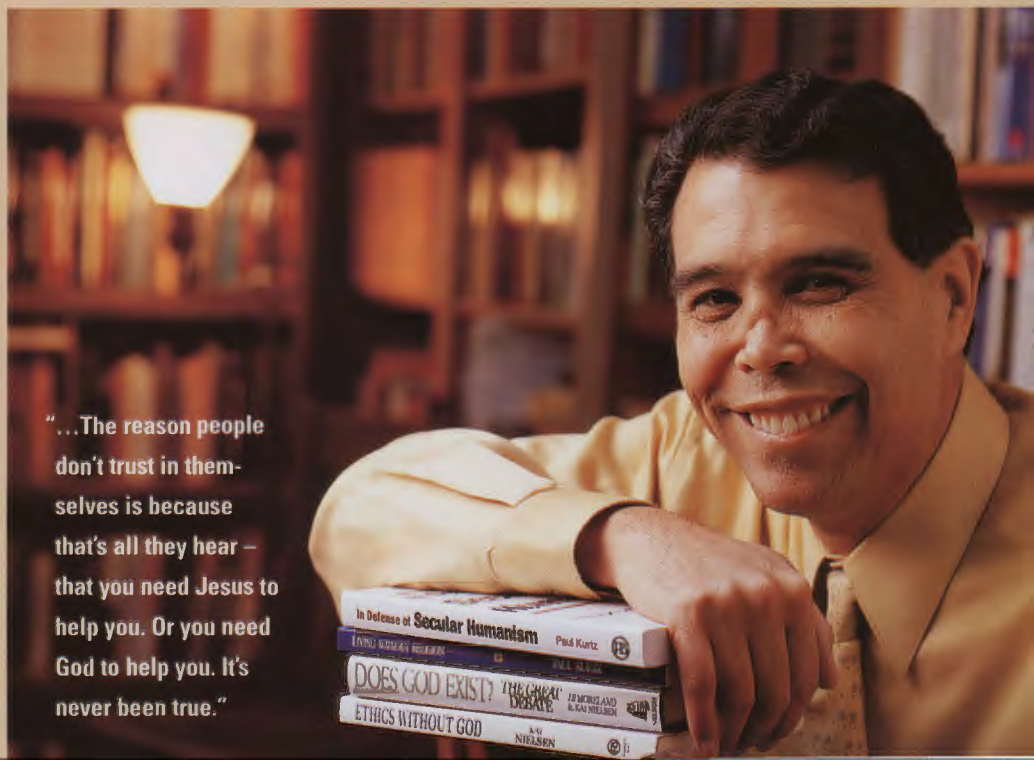
By the time he was in college, he began to understand that all religions used the same arguments to support claims of absolute truth. The absolute truth of his own personal theology began to make less sense. He continued his pursuit of knowledge, becoming the first Mexican-American to receive his Ph.D. in biblical studies from Harvard.

Although he says he respects followers of the world's many religions, he believes that religion has done more harm than it has done good. "Conflict arises from scarcity – not enough land, not enough love, not enough resources, not enough justice. With religion, what happens is that you create new scarce resources to fight about: access to divine will, salvation, the priesthood. It's bad enough to fight about things that really *are* scarce – like land and water. It's even worse to fight about things that are not scarce, or things for which you can't verify their existence in the first place.

"Some people may be better for religion, but I think the price is too great. Religion does not give you anything new; it just creates new resources to fight about. It creates scarcity."

Although Avalos believes humanists and atheists are universally discriminated against, he feels well accepted in Ames. "Reactions to my views are more good than bad. More people are saying 'I'm glad you're here.' Even if they're Christian, they say, 'We need another voice; diversity is good; let people make informed choices; we're glad to hear this other side.'"

"There are a lot of religious people in Ames, but there are a lot of people on the fence, people who are still searching. These are people more amenable to listening about secular humanism as an alternative."



"...The reason people don't trust in themselves is because that's all they hear – that you need Jesus to help you. Or you need God to help you. It's never been true."

"It's very important to me that the Jewish people continue to exist into the future."

Judaism

Begun more than 4,000 years B.C. in Mesopotamia, the world's first monotheistic religion was born in a time when other religions viewed their gods as amoral and unconcerned about humans. The God of the Jews was different because he cared about humans and cared that they lived their lives ethically. While the multiple gods of Olympus chased beautiful female mortals, the single God of the Jews watched over widows and orphans.

A code of behavior prescribed by God, his prophets, and his interpreters has always been the center of the Jewish religion. One of the most important uses of the Jewish holy book, the *Torah* (which is the same as the first testament of the Christian *Bible*) is its detailed rules for living. Six hundred and thirteen commandments cover most of life's exigencies, including how to prepare food, how to treat animals, how to care for the land, how to treat a stranger, and how to observe religious holidays.

It is this code of behavior, ancestry, and a shared history that binds Jews together, rather than shared beliefs about the specific nature of an unknowable God, or of an afterlife. Each Jew is free to define God in a personal way, and Jewish beliefs and synagogues run the gamut from conservative orthodox to liberal reform.

Barbara Pleasants

Growing up in the New York area in the 1950s, the daughter of an immigrant Polish mother and American Turkish father, there was no question in Barbara Yohai's mind, that she was Jewish. It did not matter that her father, with his scientific mind, rejected concepts of God, and that they did not attend synagogue. They were Jewish. So were their neighbors, teachers, and Barbara's schoolmates. On Jewish religious holidays, the school closed.

Today, Barbara Pleasants, assistant professor of zoology and genetics, attends synagogue and teaches religious education classes. Her husband is a cantor (singer) at the Ames synagogue. But in some ways, her personal theology is not so different from her father's, whose scientific mind bumped up against human constructs of God. Her involvement in the synagogue has everything to do with an opportunity to give her children Jewish experiences in a community where they are a minority – and less about relating to a deity.

"I'm not the kind of person who prays. Some would say to me, 'Do you think there's a God?' I'd say, 'I'm not sure. I like to think so.' It's been said that it's not a bad idea to behave as though there is a God. If this is a human invention, it's not a bad one."

Judaism is as much about the identity of a people as it is about the relationship between God and humankind. It is significant, says Pleasants, that when her husband, John, converted to Judaism, he was required to affirm two beliefs. "First, he was asked to affirm that he believed that the 'Lord our God is one God.' And then he was asked to say, 'I tie my faith to the Jewish people,' You cannot separate this people concept from the religion; you just can't. John linked himself to a people. And given the things that have happened historically to the Jewish people, when you became Jewish, it has meant that things might not be so good for you."

Conversion to Judaism, particularly because of marriage, is both accepted and encouraged in a religion whose numbers were dramatically reduced during the Holocaust. "The big worry is, if your child doesn't marry Jewish, then your grandchildren will not be Jewish. [We worry] that Jews will simply be assimilated out of existence.

"It's a pretty big concern. There is a lot of conversation in the Jewish community about what we can do to make our children want to stay Jewish. I don't know what it's been like for my children to grow up Jewish in Ames, one of only a few Jewish children in their class."

Ames has been a welcoming community, but sometimes a complacent majority causes unintended hurt. For example, a few years ago, when the high school scheduled the prom on the first night of Passover and resisted changing the date, the tension resulted in negative letters to the editor about Judaism. "But these things happen more out of ignorance than anything else," Pleasants says.

"My children have grown up much more involved in a synagogue and have had a lot more formal Jewish education than I did. My hope is that they're going to feel it's valuable to them and want to continue.

"It's very important to me that the Jewish people continue to exist into the future."

Church of Jesus Christ of Latter-day Saints

Joseph Smith was only 14 years old, but he was troubled with a very adult question: Which church should he join? It was the spring of 1820, and the boy went into a grove of trees near his home in Palmyra, New York, to pray for an answer. Christ, the Christian son of God, appeared to him, and told him that the church he sought no longer existed; he would have to restore it. In the next 10 years, Smith translated the *Book of Mormon*, and organized the Church of Jesus Christ of Latter-day Saints.

Like Christians of other denominations, Mormons base their beliefs on the old and new testaments of the *Bible*. But they also consider another book sacred. *The Book of Mormon* tells the story of a family of Jews living in about 600 B.C., whose ancestors developed a civilization somewhere in the western hemisphere. After Christ's death and resurrection in Jerusalem, he returned to this group of people and taught them more truths. For 200 years after his coming, they lived in perfect peace and harmony, until civil wars wiped out the civilization. The *Book of Mormon* is a collection of the writings of these people and their teachers, including Mormon, the last of their ancient prophets.

Mormons share their most important belief with other Christian denominations: that Christ was the son of God, and that through his death and resurrection, humans are given eternal life. But the Mormon faith includes some unique beliefs, not shared by other Christian denominations.

Betsy Schafer

A unique Mormon belief that holds particular joy for Betsy Schafer, recently retired ISU professor of food science and human nutrition, is that all humans will be resurrected, in the same way Christ was. Their souls will be reunited with a perfect human body, and they will live eternally.

"We believe that we humans lived with God before we were born on earth, in a spirit form. Being born to the earth means that we received a physical body that's subject to disease and death. After death, our spirit returns to live with God again, until [our] resurrection, at which time we receive a perfect body. This immortal, eternal body will be joined to our spirit again and we will continue to live forever for eternity, and we will continue to grow and learn just as we're doing on earth.

"I find this doctrine of progressing forever very appealing. We believe in an afterlife where we're busy and active. We're not sitting on a cloud with a harp."

Because they believe in a loving God, Mormons believe that this eternal afterlife will be populated not just by Mormons, but by all humans, regardless of their religion. Mormons, however, will have a kind of edge-up.

"Opportunities that are available for progression after this life depend on things that are done during this life," explains Schafer. "So we believe that you have to be baptized in order to have the best opportunities for this progression. You're still going to be happy [without a Mormon baptism] and you're still going to progress, but not as fast. That's very different from other religions, I think."

"... I cannot in good conscience sit here in my luxuries. I have to go out and help others who have not had the richness that we have."

Because their religion is a relatively new one, Mormons have devised a way for ancestors to be baptized after their death (and have become well-known for their skills in geneology). "My grandmother, for example, died without ever hearing about the Mormon church," says Schafer. "So I can go to one of our temples and be baptized in her name and that would count for her, if she wished."

Schafer's three sons have all participated in the two years of mission work required of all male 19-year-old Mormons. One lived among the Spanish-speaking people of northern California, another went to southern France, and the other to Korea. Mission work is not required of young women.

The religion's exclusion of females in its priesthood and leadership is a personal source of sorrow for Schafer. "We're imperfect in this world, and things are not necessarily run they way they should be. I don't believe this practice is based on doctrine, but is a social flaw, based on history and tradition."

Her religious belief that humans should model their life after Christ's, and be concerned about the welfare of others, helped her choose her profession in human nutrition, says Schafer. And it also guided her in her decision to retire from ISU this past June, at age 57, so that she can work in the areas she understands best: human health and nutrition. "When people don't have food, shelter, clean water, and some amount of security and peace in their lives, they're not able to think of spiritual things.

"Our life is so rich here; we have had so many privileges. I cannot in good conscience sit here in my luxuries. I have to go out and help others who have not had the richness that we have. I have to do this."

Islam

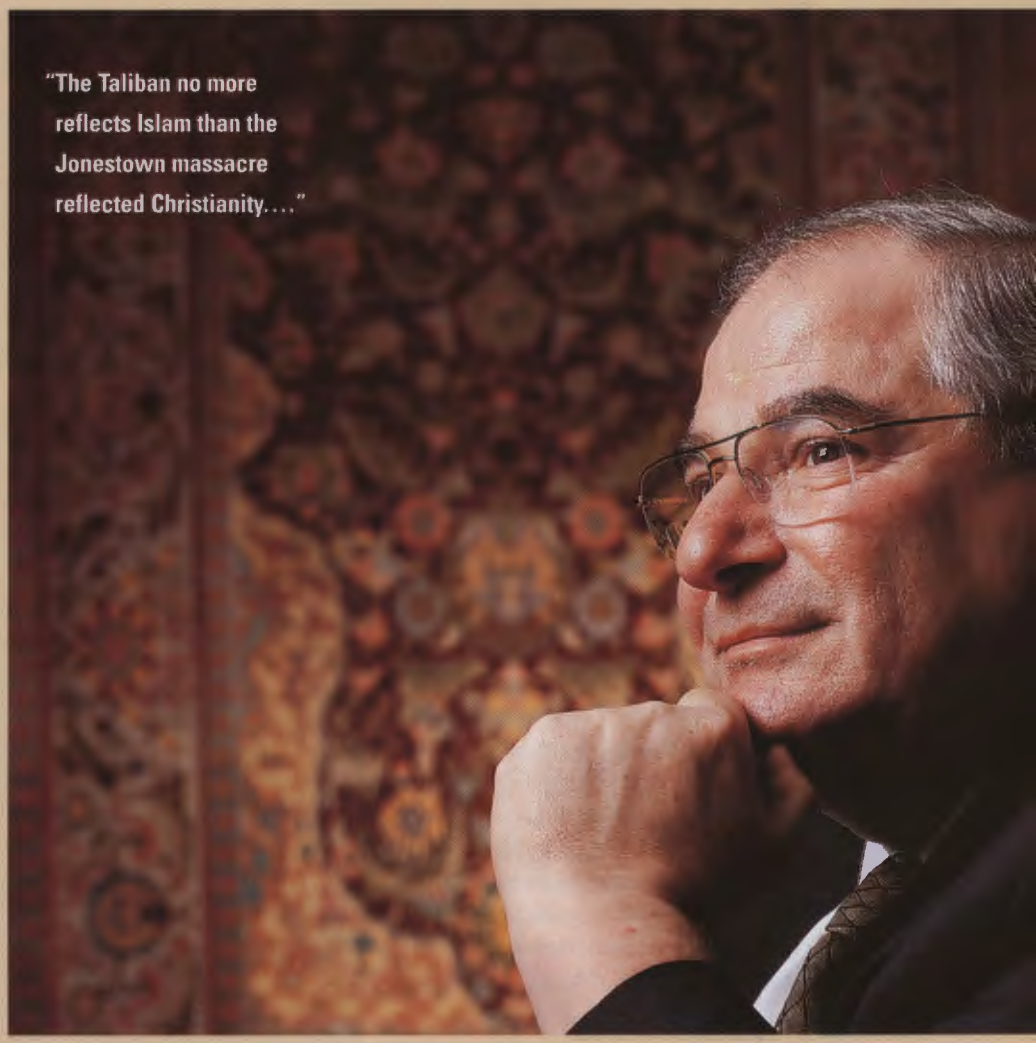
About 570 years after Christ was born, a man named Muhammad was born in Mecca, Saudi Arabia. As he grew up, he became known for his truthfulness, generosity, and sincerity. When he was 40, Muhammad received his first revelation from God through the angel Gabriel. For the next 25 years, he continued to receive God's messages. The revelation and the holy book that records Gabriel's words are both known as the *Qur'an.* The religion that is now practiced by approximately 1.2 billion people is called *Islam,* and the people who practice it are called *Muslims.*

Muslims believe that Muhammad was the last great prophet to bring the word of God to earth, preceded by Moses and Jesus, both descendants of Abraham. While Muslims revere both Jesus and Muhammad as messengers of God, they do not believe either man was a son of God.

Muslims strongly believe that the God of the Jews, the God of the Christians, and the God of the Muslims, is the same God. In fact, many of their most important beliefs spring from stories of Abraham – the same stories that appear in both Christian and Jewish holy books.

Riad Mahayni

If it is possible to find a ray of sunshine through the dark cloud of Sept. 11, Riad Mahayni, ISU professor of community and regional planning, believes he has found it. The attack prompted a blossoming of interest in Islam and what Mahayni sees as a sincere attempt to understand more about the religion. When the first mosque in Ames opened in doors in January 2002 and gave an open house for the community, 1,000 people showed up. "It was spiritually uplifting," said Mahayni. "I don't think people will bother to seek things if they are not really interested in understanding. They really wanted to know more about Islam."



But in spite of the genuine interest he senses locally, Mahayni believes Islam is one of the most misunderstood religions in the world. A damaging misconception is the notion that Muslims believe in the inferiority of women and that Islam sanctions their subjugation. Part of the problem, he says, is that people think that Islam is the religion only of the Arabs, and that social practices in Arabic countries reflect the way the religion is practiced in other parts of the world.

In fact, only 18 percent of Muslims live in the Arab world. The largest Muslim community is in Indonesia; substantial numbers live in Asia, India, China, Russia, North and South America, and Europe.

"The Taliban no more reflects Islam than the Jonestown massacre reflected Christianity. If a particular society oppresses women, it does so in spite of Islam, not because of it," says Mahayni. He points to the fact that the president of Indonesia, the premier of Bangladesh, and the former premier of Pakistan – all Muslim countries – are women.

The misconception is especially hurtful for Mahayni, because one of the most important precepts of Islam for him personally is its belief that all people – regardless of race, gender, or social status – are equal in the eyes of God and society. The belief is dramatized every year when approximately two million pilgrims from throughout the world visit Mecca. Before they enter, they are required to dress in special garments.

"Who is rich? Who is poor? There is no way of knowing," says Mahayni. "The Arab, the Indonesian, the Nigerian, the Turk, the Iranian, all are praying together and all are equal in the eyes of God."

Mahayni is optimistic that understanding of the true nature of Islam will grow as the religion spreads. Born in Syria, he has been in the United States for 40 years. "It used to be there weren't many Muslims in this country. Now, every major city has a mosque. Islam is becoming more known, and with time, these misunderstandings will disappear." ■

by Karol Crosbie

The Martin house: Honoring kindness

Documenting prejudice: The fact that Iowa State's black students in the late 1800s and early and mid-1900s needed the kindness of Archie and Nancy Martin is a shameful chapter of Iowa State's history. But ISU and the Ames community are grateful that the Martins were there, and today the couple is honored.

It would have been understandable if Samuel Massie had expected no discrimination when he came to Iowa State in 1944 for a Ph.D. in chemistry. After all, wasn't Iowa State the home of George Washington Carver? Massie knew that 50 years earlier, Iowa State had opened its doors to embrace its first African American student, and had opened them even wider to employ its first African American instructor.

"My grandparents believed that education was the key to getting ahead. I think that's why they made room for students."

But Carver's legacy was not enough to assure fair housing for Massie. In a 1998 interview with VISIONS, Massie recalled the exact words of the director of the YMCA, when he told Massie that he couldn't live at the YMCA. "He told me it 'wouldn't be the Christian thing to do.'"

Massie was one of many African Americans hurt by Iowa State's unofficial policy that students of color were required to room with other students of color. In a 1910 letter, Iowa State President Raymond Pearson responded to an inquiry about blacks at the college: "Negro students are entirely welcome at this institution; they have no discourtesy whatever shown them by fellow students or others. It is not always easy for a Negro student to find rooming and boarding accommodations except where there are enough to room and board together, as is the case with Filipinos and with students of other nationalities."

But hurt sometimes provides an opening for kindness. Such was the case with Archie and Nancy Martin. When the couple arrived in Ames from Georgia in 1913 to find better jobs, they learned of the problem that black students were having finding housing. In 1919, the Martins built a house at 218 Lincoln Way and opened the second floor, which had three bedrooms and a bath, as a rooming house for black students. The Martin house became home to 20 African Americans – including Sam Massie – until Archie Martin's death in 1960, at the age of 112.

Archie Martin

Nancy Martin

After leaving ISU, Massie went on to become one of the world's most prestigious chemists. "My grandparents believed that education was the key to getting ahead," says Barbara Crawford, the Martins' granddaughter. "I think that's why they made room for students."

The Martin house wasn't just any old rooming house, remembers Crawford. "Grandma served first-class meals – formal dinners on pink Depression glass serving plates and ruby red glasses. And she always had dessert. O'Neal's lemon custard was her favorite."

The Martin house still stands, and is used as a rental property. But Lincoln Way has become a different place. Today, the house is flanked by a Goodyear Tire outlet and a vacant video store and is the only house still standing in the busy business district.

JIM HEEMSTRA

As children, Pauline Martin (left) and Barbara Crawford used to sit on their grandparents' porch and watch the world go by on a two-lane Lincoln Way. Their grandparents, Archie and Nancy Martin, were recently honored by the Ames community for providing housing to students from 1919 until 1960, during a time when it was difficult for Iowa State's African American students to find housing. Ames citizens are working to place the house, which still stands at 218 Lincoln Way, on the *National Register of Historic Places*.

But in yesteryear, when Lincoln Way had only two lanes, the Martin house was surrounded by a church, rectory, trees, and other houses. Crawford, who attended Lincoln Elementary School directly behind her grandparents' house, would visit the Martins at least once a day. She remembers a place that was "surrounded by love."

"I thank God that I had the grandparents that I did. There wasn't a mean bone in Grandpa's body. The students and townspeople called him 'Dad Martin,' or 'Shorty.'" (He was only about 5 feet tall.)

Her gentle grandfather didn't speak of the slavery he was born into until he thought his grandchildren were old enough to hear it, says Crawford. He told of being freed at the age of 7, and of seeing Abraham Lincoln. He told Barbara of being barred from entering the veteran's hospital canteen, when he served in World War I.

Twice between 1912 and 1926, Archie visited Iowa State president R.A. Storms, to lobby for nondiscrimination in housing. In *Ames, The Early Years in Word and Picture: From Marsh to Modern City,* Ames historian Farwell Brown relates Archie's experience. "Pearson agreed to see that black students would be admitted to college dormitories on an equal basis with white students. But that fall, black students came to Martin telling him that their difficulties in getting rooms on the campus still existed. It was not until Archie Martin returned to Pearson's office, that black students began to find it easier to find lodging in campus facilities."

In February 2002 the Ames community honored Archie and Nancy Martin with a terra cotta brick pillar, one of 16 pillars in downtown Ames, commemorating the city's unique history. "It just tears me up to see the column," says Crawford. "My grandparents were just such God-fearing, God-loving people. They wouldn't believe this." ■

Martin House Reunion

The Martin Foundation – a group of Ames citizens responsible for raising funds for the commemorative pillar installed in downtown Ames – is seeking a reunion of former Martin house tenants, or their descendants. But few names are known. Anyone with information about Martin tenants are encouraged to contact Joanna Corteau at courteau@iastate.edu.

by Jeffery W. Johnson

Focus on feedback

As a kid, I enjoyed school — all of it. I enjoyed my friends. I enjoyed my teachers. I enjoyed being involved in the band, track, student government, homecoming, and everything else. I enjoyed finding my passion and exploring new things.

I also managed to get good grades, and one way I did that was by using mnemonic devices to help me remember things. (To this day, I can only remember all the names of the Great Lakes by thinking of them as HOMES!) Working in a university setting, I often find myself thinking about things in this way, and it helps me remember the names of the many people I meet.

When I look at the priorities of my job, I remember that one of my former bosses told me that 90 percent of my job is to listen. As ISU alumni, students, and friends, one of the most important things you do is provide FEEDBACK, and this word lends itself to a number of recent topics of interest at Iowa State:

F ocusing on our best and brightest faculty, staff, and students through the "Investing in People" initiative

E xcellent performances of student athletes: Cyclone football at the Independence Bowl, ISU women in the NCAA basketball tournament, and Cael Sanderson's record-breaking career, just to name a few

E valuation process on the future of Morrill Hall

D r. Geoffroy and his wife, Kathy, are right for Iowa State

Jeffery W. Johnson

B ecoming the best is becoming a reality, but future budgets must keep pace for continued progress

A cademic and leadership opportunities are challenging ISU students to become their best

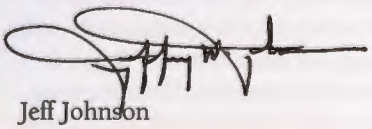
C hair Les Omotani and the Association Board of Directors have worked hard on your behalf during the past year, and Martha Lagomarcino Gleason is providing excellent leadership as we enter a new board year

K eeping you connected for a lifetime is our ultimate goal

We'll keep listening to your feedback, and we pledge to follow up. So tell us what we're doing right and what areas need improvement, both at Iowa State and in the Alumni Association. Let me hear from you on what you think we can improve so that we can be more helpful to you, and to our students.

Becoming the best it up to all of us! And that's an easy one to remember.

Yours for Iowa State,



Jeff Johnson

Association welcomes new staff member, Ellen Dunseth

Ellen Dunseth recently joined the ISU Alumni Association staff as assistant director for student programs, where she serves as staff advisor for the Student Alumni Leadership Council, as well as other student programs. Dunseth comes to the Alumni Association from the ISU Office of Admissions, where she served as an enrollment services advisor. Dunseth received her B.S. in public communication and human relations from Western Illinois University and her M.S. from ISU in Educational Leadership and Policy Studies.

"Ellen brings to the Association a deep respect and genuine affection for students. We are glad to have her investing her talents in these future leaders," said Jeffery Johnson, president of the ISU Alumni Association.

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3 little reasons

Some of the best reasons for making a smart career move to Iowa stand less than three feet tall. In a recent annual national comparison called Kids Count, Iowa ranked among the **top five states for overall well-being of children.**

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ISU ALUMNI ASSOCIATION BOARD OF DIRECTORS

Board of Directors' Report

The ISU Alumni Association Board of Directors met for its regular winter meeting Feb. 8, 2002. During the meeting, the board took action on the following resolutions:

- Accepted the Impact Award Committee's recommendations to continue to present the Impact Award at the annual meeting and to establish an ongoing committee for the award. Additionally, the board approved the following individuals as recipients of the 2002 Impact Awards: Christina Hixson, philanthropist; Lynette Pohlman, director of University Museums; the late Joe Christensen, former director of ISU bands; and Cael Sanderson, student athlete.
- Approved the Nominating Committee's slate of candidates for 2002-2007 terms on the ISU Alumni Association Board of Directors. They were Scott Braucht, Verona, Wisc.; Martha West Krone, Sioux City, Iowa; Martin Roepke, Oskaloosa, Iowa; and Jeffrey H. Whiton, Castle Rock, Colo. (The slate of candidates was later presented to all members of the Alumni Association for their approval.)

Additionally, updates were presented on the work of the Facility Feasibility Task Force, on constituent outreach research, and on the progress of the 2001-2006 strategic plan. ISU President Gregory L. Geoffroy gave a university update, and interim Vice President for External Affairs Ben Allen and ISU Foundation President Tom Mitchell presented reports from their units.

A message from the chair

Six years ago, Carlie Tartakov asked me to join the Alumni Association Board of Directors and attend "only two or three meetings a year." Little did I realize how my commitment and service to ISU would grow. On May 17, I conducted my last meeting as chair of the board of directors. That evening, I transferred my leadership responsibilities to Martha Lagomarcino Gleason.

As my term of service concludes, I want to share three specific thoughts with you as our board moves forward:

First, don't pass up the chance to interact with other Iowa Staters. I have been given many opportunities to meet and interact with ISU students, alumni, and friends all around the world. They're everywhere! And they truly love Iowa State.

Second, get involved. Included in this mailing of VISIONS is a form listing areas of interest in which you can volunteer your time. I hope you will submit this form and give us the chance to get to know you better. You will benefit from the experience, and ISU will benefit from your expertise.

Third, be sure to personally invite your Iowa State friends to join the Alumni Association. When someone tells you they graduated from ISU but have been detached from the university, take the time to reconnect with them. It only takes a few minutes. Send the alum's name, address, phone number, and e-mail address to the Alumni Association, and the staff will follow up from there.

This year has opened my eyes to the important role our Association plays in keeping ISU alumni, students, and friends informed and prepared to represent Iowa State externally and to provide feedback to the university. I continue to be amazed at Iowa Staters' fierce loyalty to Iowa State. It's great!

Thank you for allowing me this opportunity to serve Iowa State and the ISU Alumni Association. Please remain a member, remain involved, and forever be engaged with Iowa State University.

Take care,
Les Omotani, Ph.D. '92
Outgoing chair, ISU Alumni Association Board of Directors

Senior award honors leadership

The first Senior Leadership Recognition Award, sponsored by the Senior Class Council (SCC) and the ISU Alumni Association, was given this spring. The award honors top graduating senior student leaders who have dedicated their energy and talents to improving campus life at Iowa State, participated in a variety of on- and off-campus experiences, and demonstrated growth and learning in leadership and community service. These students were recognized formally on April 16, at the Veishea Leadership Recognition Banquet:

- Kathleen Bartlett, Denison, Iowa, interdisciplinary degree program in American Indian studies
- Megan Breen, Denison, Iowa, exercise and sport science
- Kelli J. Bormann, Charlotte, Iowa, animal science
- Nate Brinkley, Hampton, Iowa, sport management
- Terry L. Demmer, Dyersville, Iowa, graphic design
- Ryan F. Guard, Radcliffe, Iowa, history
- Deborah Kuhn, Waverly, Iowa, biology
- Adam Lane, Sycamore, Ill., elementary education
- Jhonson Sahlan, Ames, Iowa, industrial engineering
- Erica Simbro, Baxter, Iowa, entomology
- Suzanne Stockman, Oxford, Iowa, architecture
- Kipp Van Dyke, La Porte City, Iowa, child and family services

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EQUAL HOUSING OPPORTUNITY

Volunteerism: A win/win strategy for employers, employees, and the community

There is little question that everybody wins when employers and employees collaborate to develop ways to serve the community. Community service enhances employees' educational, personal, and professional development, and companies gain from their employees' enhanced skills. At the same time, the community gains resources and services that are otherwise unavailable, and companies and institutions gain new visibility with their leadership roles.

Beth Cross ('79 journalism and mass communication), vice president and general manager of Innova Ideas and Services in Ames, volunteers because she believes she can simultaneously make a difference to others, and grow personally. "I have had the opportunity to volunteer with people who otherwise I might not have met," says Cross. "They have become wonderful friends because of our work together."

Increasingly, employers are recognizing the mutual benefit of having their employees volunteer, according to Charidy Wright, career adviser in the ISU Business and Liberal Arts and Sciences Career Services office. In fact, many companies now have their own volunteer coordinators and employee committees.

Cross' company has a charity committee that devises ways employees can become involved in philanthropy. On Fridays, for example, employees may wear jeans to work if they pay $5. At the end of the quarter, the pooled money is donated to a charity, voted upon by employees, or decided by the committee. "Jeans pool" recipients have included the American Heart Association, the Leukemia Run, the American Red Cross, and the American Cancer Society.

Following are the ways that everybody gains, when employers and employees collaborate and take a leadership role in volunteering:

Benefits to volunteers

- enhanced leadership skills
- heightened awareness and understanding of community's challenges and opportunities
- expanded network of contacts
- a role in creating a stronger, more vibrant community
- personal fulfillment that may not come from a paid position
- personal recognition for involvement

Benefits to community

- source of potential board members and volunteers for community organizations
- creation of a highly motivated and committed network of community leaders – some who may be motivated to run for public office
- deeper understanding of community issues and innovative solutions to meeting challenges
- greater collaboration between diverse groups to achieve a community vision

Benefits to employers

- networking opportunities that can help with business solutions
- opportunity to demonstrate a corporation's commitment to its community
- employee leadership skills
- contribution toward the creation of a shared community vision
- increased business because of the good reputation within the community

"Catch the Cyclone Craze"

Homecoming 2002 is Oct. 7-13. Don't miss the **Alumni Tailgate Party** on Saturday, Oct. 12, followed by the **Homecoming football game** against Texas Tech. Alumni are also invited to attend the third annual **Fall Gala** dance on Saturday night and the **Alumni Golf Outing** on Sunday, Oct. 13.

For more information or to register online, go to www.isualum.org/homecoming. Or call toll-free 1-877-ISU-ALUM.

IOWA STATE UNIVERSITY ALUMNI ASSOCIATION

by Debra Gibson

Big returns on powerful investments

Donors to Iowa State's "Investing in People" initiative are using their money to produce some very big returns. They're taking a gamble of the best kind – sinking money into scholarships and endowments that will pay off big for teaching, research, and outreach.

"I know the value of service to others – someone stepped up to help me when I needed it."

The two-year initiative of Iowa State and the ISU Foundation focuses on increasing private support for undergraduate scholarships, graduate fellowships, and endowed faculty positions. By helping Iowa State attract and retain outstanding students and faculty, the initiative also will help the institution achieve its aspiration of becoming the nation's best land-grant university.

As of April 30, ISU Foundation donors had committed nearly $19 million to the $50 million initiative. Their "investments" are having a big impact on Iowa State and its people – in some cases, individuals who, thanks to donors, are beating the odds.

Sanja Pudar

Most Iowa teenagers revel in the day they receive the ultimate passport to freedom – their drivers' licenses. For Sanja Pudar, liberation came in the form of a green card.

Born in Serbia, Pudar watched as her country's political turmoil made her own future less secure. Shortly before Pudar's senior year of high school, she, her brother, and their parents received approval to leave their native land. They settled in West Des Moines. At Valley High School, Pudar was a good mathematician and loved the sciences, so her brother convinced her to enroll at Iowa State.

During her first year, Pudar took a chemistry course from Mark Gordon, distinguished professor of chemistry, who instantly sensed her promise. "She is one of the most talented and motivated undergraduate students I have worked with in more than 30 years," Gordon says. For the past year, Pudar has worked with Gordon on a U.S. Air Force-sponsored research project to create a more efficient rocket fuel. This summer, she will travel with Gordon and his graduate students to a national chemistry conference, where Pudar will make a poster presentation.

Her work as a chemistry undergraduate has netted Pudar the $3,000 Glen Russell Academic Scholarship. Because she is funding her own education (both her parents are unemployed due to medical problems), the scholarship is what keeps Pudar on the path to a graduate degree and a career as a chemistry professor.

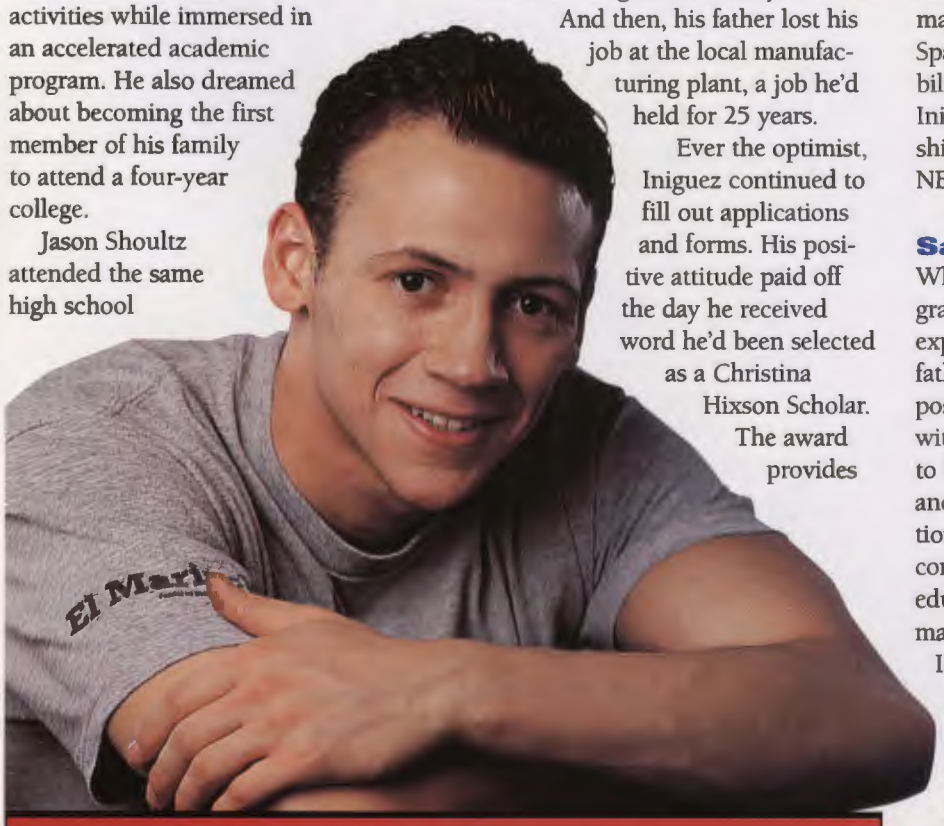
"I would like to be like my professors who work with students, teach, and conduct research," she says. "Research lets you learn all your life; there's so much to explore. And it's important to pass on that knowledge to others."

PHOTOS BY JIM HEEMSTRA

Mario Iniguez

Though he laughs that "there's not a lot to do" in his southeast Iowa hometown of Grandview, Mario Iniguez had a full dance card while a student at Louisa-Muscatine High School. He participated in wrestling, baseball, show choir, theatre, and volunteer activities while immersed in an accelerated academic program. He also dreamed about becoming the first member of his family to attend a four-year college.

Jason Shoultz attended the same high school as Iniguez and went on to graduate from Iowa State with a degree in broadcast journalism. While employed at the NBC-TV affiliate in the Quad Cities, Shoultz agreed to let Iniguez follow him around on the job. Shoultz made a strong pitch for attending Iowa State, and Iniguez was ready to enroll.



And then, his father lost his job at the local manufacturing plant, a job he'd held for 25 years.

Ever the optimist, Iniguez continued to fill out applications and forms. His positive attitude paid off the day he received word he'd been selected as a Christina Hixson Scholar. The award provides a $10,000 scholarship ($2,500 each year for four years) to 100 Iowa high school seniors each year and continues the assistance for subsequent years if the students maintain satisfactory academic progress.

Iniguez just completed his sophomore year at Iowa State, with a double major in broadcast journalism and Spanish. With an eye on becoming a bilingual television reporter or anchor, Iniguez proudly awaits his first internship this fall – at the Quad Cities' NBC-TV affiliate.

Sally Beisser

When Sally Beisser was an undergraduate at ISU in the late 1970s, she experienced the double grief of her father's sudden death and the grim possibility that she would have to withdraw from the university. Thanks to her mother's encouragement and an anonymous donation from an educational foundation, Beisser was able to complete her undergraduate degree in education. She went on to earn her master's and doctoral degrees from Iowa State, too. Her gratitude toward ISU motivated her to fund an annual service learning award in the College of Education for students who provide service to others and have an interest in continuing philanthropic activities.

"I know the value of service to others – someone stepped up to help me when I needed it, and I will never forget that benevolence," says Beisser, an assistant professor of education at Drake University. She recently increased her support of the award.

"With tuition going up, I knew I needed to give more in order to make a difference," she said. ■

– Debra Gibson is a staff writer for University Relations.

Welcome to the new ISU Advancement Center!

The Iowa State University Foundation has moved from the Memorial Union to a new home to better serve its mission of securing and managing private gifts to support Iowa State University. Located at 2505 Elwood Drive just south of the Highway 30 intersection, the new center will help the Foundation respond to Iowa State's increasing need for private gift support.

Foundation development officers who serve Iowa State's colleges and other units continue to have offices in the units they serve. Phone numbers for all Foundation staff remain the same.

On the Web **ISU Foundation** To learn more about the "Investing in People" Initiative, see www.foundation.iastate.edu

Here's a sampling of upcoming events on the ISU campus and of alumni events across the country and around the world. Events are subject to change. For more information, visit the Alumni Association Web site: www.isualum.org or call toll-free 1-877-ISU-ALUM.

July

4 University Holiday

4 Family Day at the Farm House Museum

14 Alumni Travel: Alaska (through July 27)

15 Alumni Travel: Alumni College in Normandy (through July 23)

August

10 Summer Commencement

16-17 Alumni Association Board of Directors meeting

22-24 Destination Iowa State (new student days)

23 Westport After Hours

24 **Eddie Robinson Classic (Cyclone football vs Florida State), Kansas City, Mo., with Alumni Association Spirit Booth**

26 Fall Semester classwork begins

28 WelcomeFest

31 Cyclone football vs Kansas

September

1 Alumni Travel: Danube to the Black Sea Cruise (through Sept. 16)

1 Alumni Travel: Grand Europe Cruise (through Sept. 18)

2 University Holiday

6 Legacy Migration

6 Athletics Hall of Fame banquet

7 Cyclone football vs Tennessee Tech

7 College of Engineering Tailgate

7 Alumni Travel: Alumni College in Sicily (through Sept. 16)

14 Cyclone football at Iowa, with Alumni Association Pregame Party

16 Alumni Travel: Great Lakes Cruise (through Sept. 23)

20-22 **Family Weekend**

20 Order of the Knoll Fall Celebration

20 Alumni Travel: Legendary Passage: Rhine and Moselle Rivers (through Oct. 2)

21 Cyclone football vs Troy State

21 Family Weekend Tailgate

24 Engineering Career Fair

28 Cyclone football vs Nebraska

October

3 Georgian State Dance Company (Stephens)

6 Venice Baroque Chamber Orchestra (Stephens)

7-13 **Homecoming Week**

10 Shanghai Ballet (*Coppélia*) Stephens

11 Alumni Association Board of Directors fall meeting

11 Alumni Association Honors and Awards ceremony

12 Homecoming Game: Cyclone football vs Texas Tech

12 Alumni Association Homecoming Tailgate Party

12 Family of the Year Society Reunion

12 Educators Day

13 Alumni Golf Outing

15-16 *The Music Man* (Stephens)

19 Cyclone football at Oklahoma

26 Cyclone football at Texas, with Alumni Association Pregame Party

Mark your calendars now!

May 15-17, 2003 Alumni Days (Class of honor: 1953)

May 20-22, 2004 Alumni Days (Class of honor: 1954)

May 19-21, 2005 Alumni Days (Class of honor: 1955)

Kansas City, here we come!

Eddie Robinson Football Classic
ISU Cyclones vs Florida State
Aug. 24, 2002 (game time 7:30 p.m.)
Arrowhead Stadium, Kansas City, Mo.

The ISU Alumni Association will be there, and we want you there, too! For details on Eddie Robinson Classic weekend events and activities in Kansas City, visit the ISU Alumni Association Web site at www.isualum.org, or call toll-free 1-877-ISU-ALUM.

To order tickets to the game, call Ticketmaster at 515-233-1888, or order online at www.ticketmaster.com.

INVESTING *in* PEOPLE

Professor Daniel Armstrong, the Carlyle Caldwell Chair in chemistry, is one of the most frequently cited chemists in the world. Graduate student Loretta Crook, recipient of the Damaris Pease Family and Consumer Sciences Fellowship, plans to pursue a career in food product research and development. Mario Iniguez, a double major in journalism and mass communication and Spanish and recipient of a Christina Hixson Opportunity Award, aspires to become the first person in his family to earn a college degree. You can have a direct impact on Iowa State students and faculty like these when you give to "Investing in People," an initiative to increase scholarships, fellowships and faculty support. For information, contact the ISU Foundation at 515-294-4607.

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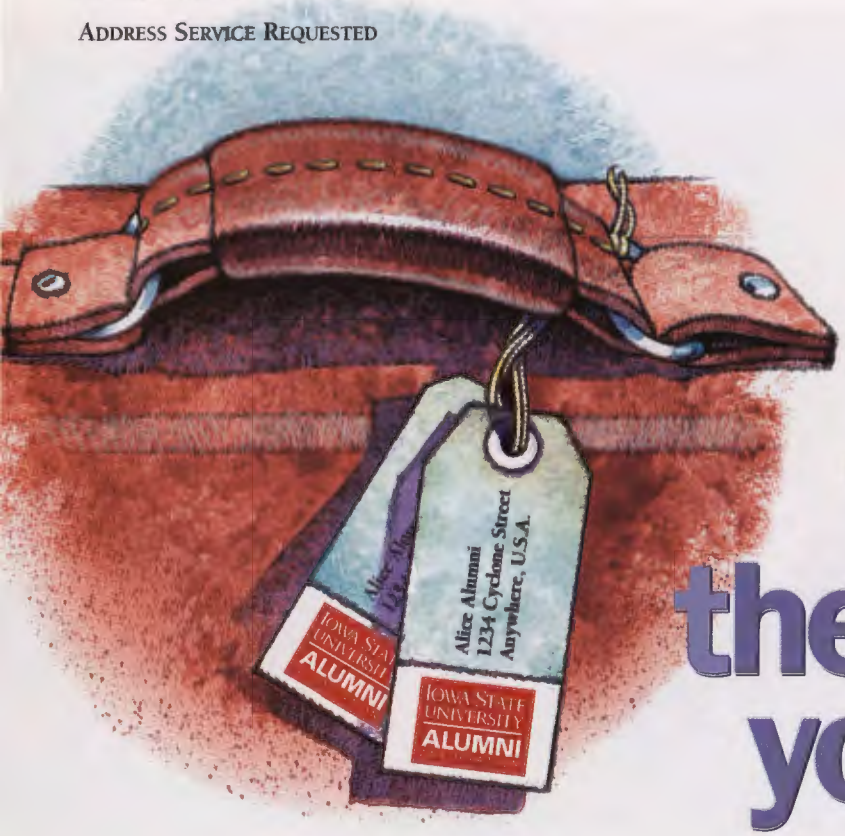

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Discover the wonders of the world on Iowa State University Alumni Association's 2003 travel tours! We have 24 opportunities for you next year, from Panama to Prague. And you know you can trust the Alumni Association to plan your travel right. We've been in the business of alumni travel for 30 years. So let us plan your itinerary, book your hotels, and arrange your transportation. You just say when ... and where.

2003 Alumni Association Travel Tours

- Eastern and Oriental Express: Vietnam, Singapore, Malaysia, Thailand (Jan. 11-26)
- Mysteries of the Earth (Feb. 16 - March 11)
- Panama Canal (Feb. 24 - March 11)
- Prague Escapade (Feb. 28 - March 7)
- Antebellum South (April 12-19)
- Alumni College in Sorrento, Italy (May 1-9)
- Alumni College in Scandinavia (May 12-20)
- Waterways of Russia (May 14-27)
- Elbe Passage: Germany/Poland/Czech Republic (June 4-19)
- Europe's Magical Waterways and Prague (June 7-21)
- Alumni College on the Danube River (June 17-25)
- La Dolce Dozen: Twelve Fabulous Days in Rome with the ISU College of Design (June 30 - July 11)
- Alaska's Coastal Wilderness (July 12-19)
- Alumni College in the Loire Valley, France (July 14-23)
- Wizard England (July 11-21)
- Village Life in Canterbury, England (Aug. 3-11)
- Migration Safari to Tanzania and Kenya (Aug. 8-21)
- Scandinavian Sojourn: Norway/Finland (Aug. 18 - Sept. 1)
- Village Life along the Adriatic (Sept. 9-17)
- Alumni College in Italy's Magnificent Veneto District (Sept. 15-23)
- Treasures of the Seine (Sept. 19-29)
- Canada and New England (early October)
- Voyage of Lewis and Clark: Washington/Oregon (Nov. 5-11)
- Germany's Legendary Holiday Markets (Nov. 28 - Dec. 6)

Dates and destinations are subject to change

For more information on Alumni Association travel programs, visit our Web site **www.isualum.org/go/travel** or call toll-free **1-877-ISU-ALUM.**