

[NEWS BRIEFS](#)[EVENTS](#)[NOTABLES](#)[SEARCH](#)[PRINT THIS ISSUE](#)[PRINT PAST ISSUES](#)[FEEDBACK](#)[SUBSCRIBE  
\(ENTER E-MAIL\)](#)[UVM HOMEPAGE](#)

## [It Takes a 'Village'](#)



A recent evening of African drumming and dance drew a large crowd to Living/Learning's Global Village. (Photo: John Sama)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

[FULL STORY ►](#)

### CURRENT NEWS BRIEFS AND EVENTS

[Competition Asks Campus to Recycle and Win](#)[Students Help 'Winter Festival' Continue](#)[UVM Researcher Part of Study Connecting Diet with Vascular Disease](#)[Web Redesign Report Available Online](#)

### [Parking Lot](#)

[Confidential](#) We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.

### THE WEEK IN VIEW

*February 8-10, 8 a.m.*  
Board of Trustees:  
Committee of the Whole.  
Memorial Lounge,  
Waterman. Information:  
656-7898.

*February 10, 9-11 a.m.*  
Event: Burlington  
WinterFestival 2007.  
National snow sculpting  
competition, ice carving  
displays and other  
student activities.  
Downtown Burlington  
locations. Information:  
(508) 776-0165.

*February 12, Lecture:*  
The College of  
Engineering and  
Mathematics presents  
"Theory and Strategy of  
Coding in Microbe  
Genomes: Case Studies in  
Informational  
Evolutionary Theory"  
with Dr. David C.  
Krakauer, Santa Fe  
Institute. Information:  
656-8748.

NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## It Takes a 'Village'

By Tom Weaver

*Article published February 2, 2007*

A recent evening of African drumming and dance drew a large crowd to Living/Learning's Global Village. (Photo: John Sama)

Internet, the environment and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

Dennis Mahoney — genial, enthusiastic, exuberantly bearded — is the faculty director at Global Village in Living/Learning's B Building. The German and Russian professor's experience at the university stretches across more than two decades, and it all started at Living/Learning, where he and his wife lived in a faculty apartment for three years while he was faculty director of German House. "I have a deep affection for the place," Mahoney says.

That connection drew him back to L/L when John Sama, the center's director, asked him to help develop the internationally themed residential learning program. Mahoney agreed and went one better, postponing a planned sabbatical for a year to be the village's first director during 2006-07.

### Cross-cultural connections

Sama has been involved with UVM's effort over the past several years to create residential learning communities. In addition to the programming in the Honors College residence hall, RLC's at UVM include the new environmentally themed GreenHouse at University Heights and a health and wellness-themed house in planning for next year in Patterson Hall.

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in *The New York Times'* international section lately. But just as the global economy, the

PRINT | EMAIL THIS PAGE  
Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [Parking Lot Confidential](#)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

#### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.

When it came to a global focus, Sama didn't have to look far from his L/L office to see a fine place to start. "We thought, let's not throw out years of history," Sama says. "Let's use the cultural houses of Living/Learning as the nuclei, then try to facilitate connections and build from there."

Nine language/cultural houses (Africa House, Canada House, Casa Italiana, Chinese House, German House, Japanese House, La Casa Hispanica, La Maison Francaise and Russian House) and 120 students united to form one Global Village with the opening of the fall semester. Mahoney and faculty directors within the individual houses have created new options and helped students find opportunities to fulfill a one-credit, self-paced course in which they attend a variety of internationally themed events — art exhibits, lectures, performances, etc. — and write about them.

Running through a highlight reel from the village's first semester, Mahoney mentions some of the rare opportunities offered to students — a personal meeting with Russian poet Yevgeny Yevtushenko, lunch with Dolores Huerta, co-founder of the United Farm Workers Union, and a moving concert of gospel music by Francois Clemmons that came in the dark days following Michelle Gardner Quinn's death.

"He spoke to the idea that gospel music has within it pain, living through pain," Mahoney says. "At a time when so many of us were still hurting very much, that was a wonderful event."

#### **Student-led expansion**

Heidi Shimada, a junior from Kapolei, Hawaii, says that on the strength of the Global Village the Japanese House has flourished this year, growing to 14 students from last year's four. Shimada attended more than 20 internationally themed events last semester as part of her Global Village activities and, through her house, is at work on helping to plan at least that many for this winter and spring.

Amanda Hower, a first-year student from Salisbury, Conn., lives in Canada House and is studying both Chinese and Spanish at UVM. Deeply interested in the study of language and culture, she says Global Village has been a perfect fit. Beyond planned events, Hower says that the daily stuff of conversation with fellow Global Villagers in the laundry room or over a cup of tea has greatly enriched her experience. Enthused about the potential such a place offers, Hower offers up an example of the multiplier effect when Global Village residents gather. Say a student of Chinese who grew up in France and lives in Africa House is speaking with another student who studies Spanish and Russian and lives in Canada House. "It's almost like having six people's worth of experience that can be shared and learned from," Hower says.

Sama, Mahoney and the students themselves are in agreement that the future of Global Village rests in the hands of the residents. "I like the sense that the more the students see this as originating from them rather than being imposed from above, the better," says Mahoney. "Who can

disagree with that?" Continuing to break down walls between houses to create cross-cultural events will be key to Global Village's future and that scenario appears promising. When Amanda from Canada House promotes the great idea that Heather from La Maison Francaise has for a "No English" dinner, it points to the sort of imagination and cooperation that should make for a harmonious world within a residence hall.

It's all about reaching out and getting involved down at the Global Village, where extracting a discouraging word from Director Mahoney would seemingly require a set of 19th-century dental implements. Yet, early in the semester after perusing a schedule of events and seeing an African dance evening, even he offers a word of warning. It seems that Mahoney shook it a little too vigorously at a previous appearance by the same group and his meniscus paid the price. "My private tip," he counsels, "— if you dance, watch out for your knees."

theview

University Communications  
86 South Williams Street  
Burlington, Vermont  
05401-3404

pho 802.656.2005  
fax 802.656.3203

theview@uvm.edu

[The View Homepage](#) | [UVM Homepage](#)  
[News Briefs](#) | [Events](#) | [Notables](#) | [About Us](#) | [RSS](#) | [Feedback](#)

NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## Parking Lot Confidential

By Amanda Waite

Article published February 7, 2007



Efforts are underway at Transportation and Parking to reduce the use of gasoline and cars on campus. (Photo: Bill DiLillo)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition.

First, there's denial. Maybe it's just a warning? But soon the

truth becomes as plain as the dollar figure that may be made payable to the city, state or university printed on the slip of paper inside. Next, anger, sometimes at ourselves — but often at the faceless officer who administered the parking ticket — takes hold.

In our moment of anger, we imagine that parking officer: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

Efforts underway at UVM by the Office of Transportation and Parking are challenging common conceptions of who parking enforcement officers are and what they care about. "When the public sees you out there writing tickets," says Ben Burns, parking enforcement supervisor, "they don't always make the connection that we're providing services on campus as well."

### Hunting season

While helping with a jump start or a lock-out are still part of the important services Transportation and Parking offers, there's an increasing focus on greening the university by reducing the number of cars driven to campus and the amount of gasoline consumed.

Take that enforcement officer making the rounds in the lots. Not only is she looking for cars parked in the wrong lots, she's also keeping a count of the number of empty spaces during the peak hours of 11 a.m. to 12:30 p.m. New permits are only issued if the lot can handle an increased load.

 [PRINT](#) | [EMAIL THIS PAGE](#)  
Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [L/L Global Village](#)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

#### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.



"The lots should be 95 to 98 percent full, not 100 percent full," explains Katherine "Deac" Decarreau, director of Transportation and Parking. "The ultimate goal, "she says, "is to have predictable parking."

Not only is predictable parking important from a customer service perspective, but Decarreau is also hoping to reduce "hunting" or driving from one lot to another in search of a space. "Hunting is an important thing because the longer you're in your car driving around, the more gas you're using, " she says.

"Now, that doesn't mean that Waterman isn't going to be 100 percent full all the time—because it probably will be," she concedes, "but that doesn't mean that there isn't a space at Wheeler, or 70 or 86 (Williams Street). Even if people do have to move from one lot to another, we try to manage it so that it's only on that block. We're hopefully not asking people to move to the other side of campus."

### **Walk, bike, bus**

Reducing driving time for the cars that have come to campus (which also means providing a fast and simple on-campus bus system) is one way to reduce gas consumption by UVM affiliates. Better still would be reducing the number of cars driven here in the first place.

To accomplish this, Transportation and Parking and CATMA, the Campus Area Transportation Management Association, have created several programs offering incentives for faculty, staff and students to use alternate modes of transportation.

From carpool programs that reduce the cost of permits for participants to the bike/walk program that pays you to walk or bike at least three days a week for eight weeks, the number of cars on the hill is slowly diminishing. The most successful program, says Decarreau, is a partnership with CCTA that allows all UVM affiliates to ride city buses at any time for free. "When we introduced CCTA fare free," says Decarreau, "it really took off. We're really beginning to make some major inroads to alternate transportation."

All of these programs will help Transportation and Parking accomplish its directive from the campus master plan: to make UVM a pedestrian campus. While it's hard to define exactly what that might mean — "FedEx still needs to make deliveries and Sodexo still needs to move around campus, and those sorts of things," explains Decarreau — it is clear that it will take a lot of resources.

"What gets us to a program like that, where everything is green and park-like on main campus," Decarreau says, "are intercept lots off the interstate, which is a regional solution. It's nothing that we would have the capacity to build...So until we can do something like that, which is intercept major amounts of people, we'll be reducing demand as much as we can and continuing to slowly eat away at our footprint. "

## Travel agent

And the footprint is getting smaller — especially among students. According to Decarreau "faculty and staff permits have held in the same 75 to 78 percent range over the last three years, but students have dropped from 36 to 22 percent over that same period." A nearly 50 percent decrease in students bringing cars to campus is a significant accomplishment, one Decarreau would love to see faculty and staff match.

"It's very difficult for adults to change," says Decarreau. "If you ever try to sell something, you begin to understand why that 18- to 24-year-old age group is so important: They will change their behaviors. They will hear information, and find other solutions and adjust their way of life around them."

Wondering if the transportation and parking director lives by her department's philosophy? Having grown up without a car, Decarreau learned to rely on alternate forms of transportation from a young age.

"I, myself, walk almost every day," she says. "I probably drive to work maybe, on average, one to two days a month. If it's not thundering or 25 below zero — and those are really my standards — I walk...Yes, it takes a few extra minutes, but think of all the time I have to relax and think, and I'm not stuck in traffic. When I get to work, I'm ready to work, and I've planned for my day. I get home, and I'm relaxed."

Although faced with the difficult task of changing the rest of us, Decarreau is optimistic about the future. "Over the long run, if you can get the 18- to 24-year-olds into the workplace who have these patterns, then you're growing a population over time that sees riding the bus as an option. It's very, very difficult to influence adults, but maybe we can influence a next generation."

theview

University Communications  
86 South Williams Street  
Burlington, Vermont  
05401-3404

pho 802.656.2005  
fax 802.656.3203

theview@uvm.edu

[The View Homepage](#) | [UVM Homepage](#)  
[News Briefs](#) | [Events](#) | [Notables](#) | [About Us](#) | [RSS](#) | [Feedback](#)

NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## Graceful Teacher

By Jon Reidel

Article published February 7, 2007



Patricia Stokowski, associate professor in natural resources, skates with student Matthew McAvoy whom she has coached to national-caliber status. (Photo: Bill DiLillo)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. In some cases, parents move across the country to find such an

instructor. Fortunately for Donnelly, Patricia Stokowski, associate professor in the Rubenstein School of Environment and Natural Resources, was just one building away in the Aiken Center.

"We could have chosen anyone, but we knew Patricia was a professional educator with a passion for the sport. We're so lucky to have her living so close to us," says Donnelly, an expert on food-borne illness. "She's a gifted educator and an incredible coach and person. Most coaches don't give this kind of time and attention to their students."

Since her arrival at UVM nine years ago from Texas A&M where the nearest skating rink was more than 100 miles away, Stokowski has established herself as one of the top coaches in the Eastern United States. "When I moved here I'd go to the local rinks in Burlington, and people would ask me if I would coach them," Stokowski says. Pretty soon, she was rising at 5 a.m. to teach some 25 students ranging in age from eight to 55. Then, it was on to the university, where she teaches and conducts research on recreation and tourism planning; rural and resource-dependent communities; social impacts of development; community social networks; and nature rhetoric. "They're not really jobs because I love them both," she says.

Much of Stokowski's academic work is captured in her 1996 book, *Riches and Regrets: Betting on Gambling in Two Colorado Mountain Towns*, which focuses on gold-rush mining towns turning to tourism and gambling in hopes of a return to their glory days. It won the 1996 Eugene Kayden



PRINT | EMAIL THIS PAGE

Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [L/L Global Village](#)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

#### [Parking Lot Confidential](#)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.



Award, given by the University of Colorado for best manuscript in humanities/social sciences submitted to University Press of Colorado. She and Bob Manning, professor in the Rubenstein School of Natural Resources, are working on hosting what will be the first major conference to be held in the Dudley H. Davis Student Center: The International Symposium on Society and Resource Management, which is expected to draw 600 people in June of 2008.

On the ice, Stokowski is considered one of the top ice dancing coaches in the Eastern United States. She is one of five coaches chosen to attend a coaches' college in Colorado Springs. The recent performance of some of her students is perhaps the strongest testament to her coaching abilities. Lauren Donnelly and Matthew McAvoy placed sixth in the 2005 U.S. Junior National Championships in the Juvenile Dance category. They also placed third in the ice dance competition at the prestigious Lake Placid Ice Dance Championships. McAvoy's twin brother, Mark, who was adopted along with his brother from Honduras at the age of three, placed 10th at nationals with his partner Anni Maheux. They all skate for the Champlain Valley Skating Club with Stokowski as their coach.

### **Olympic dreams**

Stokowski's love of the sport started as a child skating on the ponds around her native Tewksbury, Mass. Peggy Fleming was all the rage, but after realizing she couldn't perform some of the jumps and spins required of an Olympic-caliber figure skater, Stokowski turned to ice dancing, which draws on the model of ballroom dancing. She dreamed of making the inaugural ice dancing team at the 1976 Winter Olympics, but due in part to amateur rules requiring one of the dance partners to be an amateur, Stokowski and her partner never got the chance. She continued skating into her college years, however, and eventually mastered all 24 dance routines of the sport.

Today, Stokowski still skates with a partner in Boston and puts her own hopes and dreams into her students. "Everyone has big aspirations," she says. "Parents see the star in their own child. It's a very hopeful sport. Our Olympics happen every day on the ice, it seems to me."

As Stokowski continues to pursue her passion as a natural resource sociologist at the university, where she's currently establishing a professor exchange program between UVM and Petrozavodsk State University in Russia, and as a skating teacher, she continues to draw parallels between the two with a desire to become a better teacher.

"They're quite different," she says of her two teaching professions. "In skating you are totally physically and mentally engaged. I'm standing on sharp metal blades on ice, which is over cement and I'm teaching lifts to kids who have never done one before, so I can't lose my concentration. I think about how to capture that same level engagement in the classroom when primarily students are sitting there and it's cerebral. I want to draw out of students in the classroom the way I know I can draw out them on the rink."

NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## Competition Asks Campus to Recycle and Win

By The View Staff

*Article published February 5, 2007*

The latest round of "RecycleMania" — a friendly competition among university recycling programs to reduce waste — began Jan. 28, and UVM Recycling is urging members of the campus community to recycle as much as possible and spread the word about the competition.

Last year, in RecycleMania's "grand competition" for overall institutional recycling rate, UVM finished in 21st place with a 25 percent rate.

This year's event runs through April 7, and organizers are aiming higher. Corey Berman, recycling and solid waste coordinator, writes, "We need everyone's help to win."

Information: [recyclemania.org](http://recyclemania.org)

 [PRINT](#) | [EMAIL THIS PAGE](#)  
Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [L/L Global Village](#)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

#### [Parking Lot Confidential](#)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

#### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.

NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## Students Help 'Winter Festival' Continue

By The View Staff

Article published February 5, 2007

Burlington's "Winter Festival" and snow-sculpting competition have been a community mainstay – a tradition threatened when the city announced that it would no longer be able to run the event.

Then UVM students stepped in to help, and Winter Festival 2007 will take place on Feb. 10.

As part of their Community Development and Applied Economics "Event Planning" class, student participants in the public communications major's consulting group made it their mission to continue the tradition. The group took the lead in reviving the snow-sculpting competition, in which four Vermont teams will vie to represent the state at a national competition in 2008.

In addition to hosting the internationally sanctioned snow sculpting competition, Church Street Marketplace will also be home to the "Ice Walk," a collection of ice carvings done throughout the day and lit by night. Festival events also include the Special Olympics Penguin Plunge, Vermont Kids' Camp and School Fair, and Burlington Parks and Recreation's Expo at Echo.

[PRINT](#) | [EMAIL THIS PAGE](#)

Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [L/L Global Village](#)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

#### [Parking Lot Confidential](#)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

#### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.

NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## UVM Researcher Part of Study Connecting Diet with Vascular Disease

By Jennifer Nachbur

Article published February 6, 2007

New research shows that diet can influence a person's risk for vascular disease. In a study published in the Jan. 16 *Circulation: Journal of the American Heart Association*, researchers including Mary Cushman, associate professor of medicine, discovered that middle-aged adults who ate a diet rich in fish, fruits and vegetables lowered their risk of developing a potentially fatal blood clot by more than 40 percent.

Venous thromboembolism (VTE) refers to a blood clot that travels through the veins. According to the American Heart Association, more than 200,000 cases of VTE occur each year and 30 percent of these people die within three days. Deep vein thrombosis — clots found deep in the leg veins — are most common and account for about two-thirds of VTE cases. Pulmonary embolism, which occurs when a clot breaks off and blocks a blood vessel in the lungs, is responsible for one-third of cases.

Though little is known about the role of dietary intake on the development of deep vein thrombosis or pulmonary embolus, scientists have known that several risk factors for venous thromboembolism are influenced by dietary intake. Some of those risk factors include homocysteine, factor VIII, and von Willebrand factor. Diet and family history can contribute to high levels of homocysteine, an amino acid found in the blood, which can contribute to the development of vascular and heart disease. Both Factor VIII and von Willebrand factor are involved in the clotting process.

Lead study author Lyn Steffen, of the University of Minnesota School of Public Health, Cushman and colleagues tested the hypothesis that foods rich in B vitamins and w-3 fatty acids can lower VTE incidence and meat intake can promote incidence of VTE. In the 12-year-long prospective study of almost 15,000 middle-aged adults, the researchers observed a 41 percent lower risk of the incidence of VTE among those individuals who ate more than 5.5 servings of fruit and vegetables per day and a 30 to 45 percent lower risk with one or more servings per week of fish. Adults who ate more than 1.5 servings per day of red and processed meat had twice the risk of developing VTE of those who ate less than 0.5 servings per day. The dietary pattern associated with lower risk of VTE in this study is similar to that suggested for reduced cardiovascular disease by the American Heart Association 2006 Diet Recommendations, suggesting that such a diet may reduce the risk of venous thromboembolism.

 [PRINT](#) | [EMAIL THIS PAGE](#)  
Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [L/L Global Village](#)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

#### [Parking Lot Confidential](#)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

#### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.

"These findings are important to consider for patients who are at increased risk of VTE, such as those with obesity or a family history of VTE," said Cushman. "It is important to know that current dietary recommendations for preventing heart disease and stroke may also play a role in preventing VTE, an increasingly common disorder."

Data examined in this study came from a substudy of the Atherosclerosis Risk in Communities Study, the Longitudinal Investigation of Thromboembolism Etiology. This is a prospective study of VTE occurrence funded by the National Heart, Lung and Blood Institute. In addition to Steffen and Cushman, co-authors on the study publication include Aaron Folsom, University of Minnesota School of Public Health; David Jacobs, Jr., University of Minnesota School of Public Health and University of Oslo, Norway; and Wayne Rosamond, University of North Carolina at Chapel Hill.

theview

University Communications  
86 South Williams Street  
Burlington, Vermont  
05401-3404

pho 802.656.2005  
fax 802.656.3203

theview@uvm.edu

[The View Homepage](#) | [UVM Homepage](#)  
[News Briefs](#) | [Events](#) | [Notables](#) | [About Us](#) | [RSS](#) | [Feedback](#)



NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## Burack Lecture Series Brings Jeremy Rifkin to Campus

By The View Staff

Article published February 7, 2007

Jeremy Rifkin, president of the Foundation on Economic Trends and fellow of the Wharton School of the University of Pennsylvania, will deliver a Burack President's Distinguished Lecture on "Europe, America, and the Global Economy" on Tuesday, Feb. 13 in North Lounge, Billings. A reception will immediately follow.

Rifkin is the author of 17 books on the impact of scientific and technological changes on the economy, the workforce, society and the environment. In his most recent book, *The European Dream: How Europe's Vision of the Future is Quietly Eclipsing the American Dream* (2004), Rifkin compares the European and American Dreams, arguing that the European Dream can better meet the challenges of globalization.

An international expert on intersections of economics and the environment, Rifkin has been appointed as co-chair of a roundtable on future energy solutions created in response to the Intergovernmental Panel on Climate Change's report released earlier this month stating that humans are "very likely" the cause of global warming. Rifkin will co-chair the roundtable with former French Foreign Minister Hubert Vedrin. For more information about the IPCC's report, read this [Reuters article](#) in *The New York Times*.

 [PRINT](#) | [EMAIL THIS PAGE](#)  
Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [L/L Global Village](#)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

#### [Parking Lot Confidential](#)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

#### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.

NEWS BRIEFS

EVENTS

NOTABLES

SEARCH

PRINT THIS ISSUE

PRINT PAST ISSUES

FEEDBACK

SUBSCRIBE  
(ENTER E-MAIL)

UVM HOMEPAGE

## Lane Series Hosts Valentine's Jazz Concert

By The View Staff

*Article published February 7, 2007*

On Wednesday, Feb. 14, the UVM Lane Series presents an evening of romantic music with jazz singer Susie Arioli and her band at the UVM Recital Hall at 7:30 p.m.

The Susie Arioli Band, featuring guitarist Jordan Officer, entered the Canadian music scene in July 1998 at the Festival International de Jazz de Montreal, where they were extended an invitation to open for Ray Charles. Their repertoire has included swing music of the 30s and 40s and jazz standards by Duke Ellington and Cole Porter.

For tickets for Valentine's Day with the Susie Arioli Band, call the Flynn Center Box Office at 802-863-5966, or order [online](#).

[PRINT](#) | [EMAIL THIS PAGE](#)

Text Size: [Sm](#) | [Md](#) | [Lg](#)

### CURRENT FEATURES

#### [L/L Global Village](#)

While that catch phrase "the world is getting smaller" has wedged its way into 21st-century conventional wisdom, "the Living/Learning Center is getting smaller" probably hasn't popped up in The New York Times' international section lately. But just as the global economy, the Internet and other factors have given half-a-world away all the relevance of down the block, the long-standing internationally themed suites of Living/Learning have grown closer this academic year, united into one building and one residential learning program, "The Global Village."

#### [Parking Lot Confidential](#)

We've all gotten them before. Seen their brightly colored envelopes tucked under a wiper, perhaps while approaching the car or glancing up when putting the key in the ignition. In our moment of anger, we imagine the parking officer who wrote the ticket: Rigid. Heartless. Perhaps even cruel. But consider, if you will, a new image, a different adjective: Environmentalist.

#### [Graceful Teacher](#)

When Catherine Donnelly, professor of nutrition and food sciences was seeking a coach for her daughter Lauren, a nationally ranked ice dancer, she wanted an educator who inspired students to love the sport and reach its upper levels. Fortunately her search wasn't nationwide as Patricia Stokowski was just one building away.

[NEWS BRIEFS](#)[EVENTS](#)[NOTABLES](#)[SEARCH](#)[PRINT THIS ISSUE](#)[PRINT PAST ISSUES](#)[FEEDBACK](#)[UVM HOMEPAGE](#)

## NOTABLES

February 7, 2007

### Publications and Presentations

Betsy Greene authored an article titled "Effective Use of Community Partnerships to Maximize Impact" in the October 2006 *Journal of Extension*.

### Awards and Honors

Cheryl Morse Dunkley, lecturer of geography, received a grant along with Richard Kuwaja of St. Michael's College for the Vermont Geographic Alliance. The \$48,000 grant from the National Geographic Education Fund will promote geographic education across Vermont.

**Everything Equine**, the largest equine educational event in Vermont, was recognized as the "2006 Non-Fair Agricultural Event of the Year" by the International Association of Fairs and Expositions in December. **Betsy Greene**, associate professor of animal science, organizes the educational portion of this event, which includes more than 75 seminars and demonstrations.

The College of Medicine Class of 2009 held an awards ceremony and reception on Feb. 2 in honor of their completion of the Foundations level of the Vermont Integrated Curriculum (VIC). The awards and recipients were as follows:

- Outstanding Foundations Course: Cardiovascular, Respiratory and Renal Systems.
- Foundations Course Director Award: Dr. **William Hopkins**, associate professor of medicine.
- Foundations Teaching Award: Dr. **John Lunde**, associate professor of pathology. The recipient of this award will be hooding the Class of 2009 at their graduation and will be recognized with other Teachers of the Year from the past.
- The Dean Warshaw Integration Award: Dr. **William Hopkins**, associate professor of medicine. This award recognizes the faculty member whose teaching best captured the spirit of the Vermont Integrated Curriculum.
- The Silver Stethoscope Award (a.k.a. "Inspirational Cameo of the Year"): Dr. **James Hudziak**, professor of psychiatry and medicine. This award recognizes the faculty member who had few lecture hours, but made a substantial contribution to students' education.
- Above and Beyond Award: Dr. **Masatoshi Kida**, associate professor

of pathology. This award recognizes the faculty member (not necessarily a lecturer) who went above and beyond the call of duty to help the students in their learning objectives.

- Best Support Staff (Non-teaching): **Mary Campbell**, College of Medicine admissions specialist – coursework. This award recognizes the staff member who best supported students in areas besides teaching.
- The American Medical Student Association Golden Apple Award: Dr. **Robert Macauley**, clinical assistant professor of pediatrics and medical director of clinical ethics at Fletcher Allen Health Care. This award recognized the professor who has had significant impact on the educational value that the medical student receives from his/her coursework.
- Outstanding Teaching Assistant Award: **Derek Strong**, graduate student in neuroscience.

*January 31, 2007*

#### **Publications and Presentations**

Dr. **Julia Johnson**, professor, vice chair of gynecology and director of the division of reproductive endocrinology and infertility, and a panel of expert clinicians and researchers provided input to the FDA on modifying guidelines on studies prior to and following approval of new hormonal contraceptives, as well as on how to effectively label these medications at a January 23-24 meeting. Johnson helps guide the FDA's decisions regarding oral and non-oral hormonal contraceptive drug products as a member of the United States Food and Drug Administration (FDA) Advisory Committee on Reproductive Health.

Dr. **Clifford Singer**, associate professor of psychiatry, published a paper titled "University of Vermont Update in Dementia and Neuropsychiatry" in the January 2007 issue of *Expert Review of Neurotherapeutics*.

Class of 2006 College of Medicine alumnus Dr. **Philip Chan** and Dr. **Terry Rabinowitz**, associate professor of psychiatry, co-authored a paper titled "A cross-sectional analysis of video games and attention deficit hyperactivity disorder symptoms in adolescents" in the October 2006 issue of *Annals of General Psychiatry*.

Dr. **Mary Cushman**, associate professor of medicine, is a co-presenter of a poster presentation titled "Racial and Geographic Differences in Prevalence, Awareness, Treatment, and Control of Dyslipidemia: The REasons for Geographic And Racial Differences in Stroke (REGARDS) Study" that will be featured at the American Stroke Association International Stroke Conference 2007 on Feb. 7 in San Francisco, Calif.

Dr. **Mark Gorman**, associate professor of neurology, is a co-presenter of a poster presentation titled "CT P20 Insulin Resistance Intervention after Stroke (IRIS) Trial," also on Feb. 7.