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UVM HOMEPAGE

# Just Coffee?



Wake up and smell the coffee crisis: Ernesto Mendez, UVM professor of agroecology, organized an upcoming panel of Vermont roasters and Central American farmers that asks "just how green is your coffee?" (*Photo: Sally McCay*)

If you bought a cup of coffee at Starbucks between 1999 and 2004, did you notice any wild drops in the price of your Venti latte? Four dollars one week, two dollars the next? Not Likely. Yet, in that same period, coffee prices on the international commodity markets plummeted, throwing thousands of small-scale coffee farmers in Mexico and Central America into poverty. Ernesto Mendez, assistant professor of agroecology and environmental studies, examines the coffee crisis in his new book.

FULL STORY 🕨

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<u>Slade Hall Wins Inaugural Sustainability</u> <u>Contest</u>

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Former UVM Professor Returns to Defend Bush Doctrine

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#### The Art of Being

Emily Wandering into the worlds of Emily Bernard – scholar, essayist, teacher of literature and race – is seeing a mosaic in the making. There are shards of colored glass both beautiful and dangerous; there is artistry and craft, strength and vulnerability.

#### Providing Culturally Competent Care

Meredith Holmberg, a senior nursing student from Charlotte, Vt. learned this year that she and her fellow nursing students have more commonalities with Bangladeshi people than differences. It wasn't a text book, novel or a film that taught her this, but a January trip with associate professor Hendrika Maltby's Community Public Health Nursing service-learning course to the southern Asian nation.

### April 23, 2008 Text Size: <u>Sm</u> | <u>Med</u> | <u>Lg</u>

### THE WEEK IN VIEW

April 24. 12:30 p.m. Faculty Recital: Sylvia Parker, piano. Music Building Recital Hall. Information: 656-3040.

April 24. 3:30 p.m. Florence Davis Dean Lecture: "Together We Stand, Divided We Fall: A Case for the United States of Europe" with Andreas A.M. Kinneging, University of Leiden. John Dewey Lounge, Old Mill.

April 24. 6 p.m. Talk: Alison Bechdel, author of the critically acclaimed graphic novel Fun Home: A Family Tragicomic. 101 Fleming Museum.

April 25. 7:30 p.m. Lane Series: Ralph Neiweem and Claire Aebersold, duo pianists. \$25 adults, \$20 students. UVM Recital Hall. A preconcert talk with the artists begins at 6:30 p. m. Information.

April 29. 6 p.m. Community Medical School: "Getting Hooked: How Addiction Occurs and Innovative Strategies for Recovery" with Stephen Higgins, professor of psychiatry and psychology and codirector of the Human Behavioral Pharmacology Lab and Substance Abuse Treatment Center. Information and registration: (802) 847-2886.



FROM THE UNIVERSITY OF VERMONT

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#### UVM HOMEPAGE

# Just Coffee?

By Joshua Brown Article published April 23, 2008



Wake up and smell the coffee crisis: Ernesto Mendez, UVM professor of agroecology, organized an upcoming panel of Vermont roasters and Central American farmers that asks "just how green is your coffee?" (*Photo: Sally McCay*)

Perhaps you've been to Starbucks in the last ten years. If you bought a cup between 1999 and 2004, did you notice any wild drops in the price of your Venti latte? Four dollars one week, two dollars the next? Not likely.

Yet, in that same period, coffee prices on the international

commodity markets fell to their lowest levels in a century. Thousands of small-scale coffee farmers in Mexico and Central America were thrown into poverty, abandoned their farms, and went hungry.

"Starting in the late nineties, coffee went down from being over one dollar a pound for the green beans to 46 cents," says Ernesto Mendez, assistant professor of agroecology and environmental studies, "that's the coffee crisis."

And it's the coffee crisis – and global and local responses to it – that prompted a new book and upcoming panel discussion that Mendez has organized.

Asking "Just How Green is Your Coffee?" on Friday April 25, a group of coffee growers and experts will trace the tangled threads that lead from cafes in America and Europe back to roasters, distributors, shippers, agents, cooperatives, and, finally, to the farmers who typically receive 2 percent or less of the price of a cup of coffee.

The panel will meet in the Sugar Maple Room, UVM Davis Center, 2-5 pm. Coffee will be served.

Paul Ralston from Vermont Coffee Company, Mane Alves, from Vermont Artisan Coffee, Bill Eichner from Finca Alta Gracia Coffee Farm in the Dominican Republic, Monika Firl from Cooperative Coffees, and Seth

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#### **CURRENT FEATURES**

#### The Art of Being Emily

Wandering into the worlds of Emily Bernard – scholar, essayist, teacher of literature and race – is seeing a mosaic in the making. There are shards of colored glass both beautiful and dangerous; there is artistry and craft, strength and vulnerability.

#### Providing Culturally Competent Care

Petchers from Oxfam America will discuss strategies for "building socially just and ecologically sound coffee production and consumption," Mendez says.

#### Confronting the Crisis

Through the worst of this crisis, from 1999 to 2002, and to the present day, small-scale farmers tried to manage their farms and organize themselves to have more clout in the marketplace. This lead to development of alternative trade practices, like farmer cooperatives selling directly to roasters in the US; certification programs, including organic and Fair Trade; and on-farm practices (and eco-labeling) like "shade grown" plantations.

Though the crisis continues, "now we're over the most acute part, and we're asking the question: how successful are these programs and certifications for the farmers?" says Mendez.

The answer is complex and controversial. "The results of fair trade and organic certifications are mixed," he says. A new book, <u>Confronting the</u> <u>Coffee Crisis: Fair Trade, Sustainable Livelihoods and Ecosystems in</u> <u>Mexico and Central America</u>, co-edited by Mendez and available at the panel discussion — explores these varied results. It travels, through case studies, from peasant farmers in Chiapas to global fair trade regulators housed in Germany.

For example, in Mexico, small-scale farmers at the household level are doing relatively well, with incomes holding steady or rising. In El Salvador, where Mendez has worked with farmers for the last eight years, "the benefits trickle down, but the results are not as strong," he says, "the bigger cooperatives are doing better."

Ecologically, efforts to promote "shade grown" coffee – where the coffee trees are planted amidst stands of native trees – have been proven to allow coffee production with minimal environmental damage and benefits to birds and other wildlife. In El Salvador, with only 2 percent of its original forest cover remaining, ecosystem degradation is intense. Mendez's data show that shade plantations provide important conservation benefits, but must be coupled with efforts to protect farmers' economic needs to provide long-term gains – and are not a guarantee that all threatened tree species will be secure.

And in Colombia, a powerful coffee farmer association has been very successful in marketing the quality of Colombian coffees (familiar with the name Juan Valdez?) that has allowed small-scale farmers there more leverage in negotiating prices than in other Central American countries.

#### The Roots of the Crisis

In the staid language of traditional economics, the coffee crisis was — and is — simply a problem of "chronic oversupply." Big new producers in Asia contributed to a market flooded with cheap beans.

"But it wasn't just oversupply, it wasn't just that Vietnam started producing a lot of coffee," Mendez says. It was also that a long-term international agreement on coffee quotas fell apart in 1989. Over the next decade "everybody could put as much coffee as they wanted out in the market," he says, while at the same time, "in the consuming countries coffee became such a huge business," that the balance of power tipped away from small-scale farmers.

"The book makes the point that there are mixed results from Fair Trade certification, but that it has generally been positive," Mendez says, "What we see is that small-scale coffee farmers want to continue growing coffee; they are doing a good job as far as environmental conservation goes. Still, their livelihoods are precarious today, and many problems remain."

Which is why Mendez, who teaches UVM travel courses in El Salvador, contributed to the research report "The Crisis Continues" funded by <u>Oxfam</u>, that further examines the effects of Fair Trade and organic certifications in Mesoamerica, and that follows up on the work of his book.

"In the book, and the new report, and in the panel we hope to show that biodiversity, farmer livelihoods, land use practices and coffee markets all affect each other," Mendez says. "Studying coffee shows really clearly how ecology and economy meet at so many points."

## theview

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UVM HOMEPAGE

# The Art of Being Emily

By Lee Ann Cox Article published April 23, 2008



"The classroom is the place where I feel most comfortable on the planet," says associate English professor and Kroepsch-Maurice winner Emily Bernard. Here, co-teaching an experimental course this semester, the theatre became her place to perform. (Photo: Lee Ann Cox) Wandering into the worlds of Emily Bernard – scholar, essayist, teacher of literature and race – is seeing a mosaic in the making.

There are shards of colored glass both beautiful and dangerous; there is artistry and craft, strength and vulnerability.

Embodying grace (always), humor, and intellect with a tinge of defiance, the pieces fit together in dynamic, pleasing ways. Refined and raw where the bits of glass cut, gifted and giving, Bernard can break your heart.

Within the classroom, the surface is simpler. She likes some formality with students. "That's how I was raised," Bernard says in an exaggerated tone that conjures her Nashville upbringing. "I am their professor," she says, "and my feelings are none of their business," but later adds that lacking a human side is "not really good pedagogically."

A failure of pedagogy is unthinkable. Bernard, associate professor of English, is a recipient of one of this year's Kroepsch-Maurice Excellence in Teaching Awards. In addition to sharing her great passion for literature, African American in particular, her most humane gift may be the memory of being a student thriving under the attention of a good professor. "These are the fundamentals of teaching," Bernard says, laughing over the apparent banality. "Remembering students' names and listening to them when they talk."

#### **Class acts**

"The thing about my teaching is," Bernard emails after a few days mulling, "when I am in the classroom with my students, I am really *in* there with them." Talking to others, it's hard to find a divergent thought. Bernard's close colleague in the department, associate professor Lisa Schnell, says she's struck by Bernard's accessibility and her mindfulness of

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#### Providing Culturally Competent Care

each of her students.

"If I had to use a watchword for her classroom," she says, "it's `connections.'" As Schnell puts it, Bernard forges a community between students, connects them to the material and each other, noting that it's otherwise rare to hear students refer to their classmates by name, building on each other's ideas.

Megan Kennedy, a junior in Bernard's African American Women's Writing course agrees: "Everyone talks. You want to engage in a conversation with her and everyone else."

"Clearly a lot of effort has gone into forging these connections but you don't see it," Schnell says. "One of the marks of a great teacher is that nothing is forced. Class just ends and you say, wow, that was a great conversation. It's really profound."

Sometimes, though, what gives a class the promise of lasting impact, is unknown. Bernard shoots for one truly good idea a semester that students can take with them and use.

"How they will use it is a mystery at this point," she says. "But it's something that will open up a world for them or a question they want to keep pursuing or changes the way they think and undermines something they were sure about, that explodes that and turns it into good questions. I think that a lot about good teaching. It's understanding that the learning doesn't just happen on the surface. It can happen later."

#### Glass walls

So much of Bernard's professional world revolves around the classroom, but much of it is interior — it's not part of that verbal give and take and it is in this work that the surfaces change texture and hue. Her feelings are not for the students in the room but in her personal essays she lays herself bare in stark, lovely prose. It is impossible to portray Bernard as a teacher without including her writing. "Teaching the N-Word" was published in *The Best American Essays 2006*. A new essay, "Figurines," will appear this summer in *The Best of Creative Non-Fiction, Vol. 2*.

"She's exceptionally brilliant and writes beautifully," says her friend, colleague, and fellow writer professor David Huddle. "She has a real literary sensibility; even her emails come alive."

It's that, and more than that. As Schnell says, she teaches about race, "the most volatile, complicated issue you can talk about in the American classroom; she holds it together in there, but it has to get expressed." So she takes the risks that she asks of her students.

"I routinely teach classrooms full of white students," Bernard writes in "Teaching the N-Word." "I want to educate them, transform them. I want to teach them things about race they will never forget. To achieve this, I believe I must give of myself. I want to give to them — but I want to keep much of myself to myself."

Bernard says she's impressed when students take a risk with the understanding that it might not work. In that — in them — she sees a spirit of generosity.

"The reason I can write (this) way, or choose to write (this) way, is because it's that kind of writing that has helped me through difficult moments in my own life so I feel like it's about giving back. ...the thing that you want to do is to feel human, to feel like you're really part of the human race. I think that's the ambition when I write."

It's how broken glass becomes art.

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FROM THE UNIVERSITY OF VERMONT

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UVM HOMEPAGE

# Providing Culturally Competent Care

By Jennifer Nachbur Article published April 23, 2008



Senior nursing students created health profiles of 100 families in Manikganj, Bangladesh on a trip during their Community Public Health Nursing service-learning course. (*Photo: Lucy Patterson*)

Meredith Holmberg, a senior nursing student from Charlotte, Vt. learned this semester that she and her fellow nursing students have more commonalities with Bangladeshi people than differences. It wasn't a text book, novel or a film that taught her this, but a January trip with

associate professor Hendrika Maltby's Community Public Health Nursing service-learning course to the southern Asian nation.

"I have traveled internationally before, but this was the first time I had the opportunity to sit and interview families in rural villages with interpreters," Holmberg says. "It was a true immersion experience that cannot be simulated in a classroom. Spending time in another culture opens your eyes to the world beyond the U.S."

Maltby, one of five UVM nursing and medicine professors to receive a 2006 Frymoyer Scholarship for global health education and training, first traveled to Bangladesh in May 2007 to explore opportunities for student learning. She began collaboration with Independent University, Bangladesh (IUB) to bring the 2008 trip to fruition.

The goal of this type of educational approach, explains Maltby, is to prepare nurses to provide safe, culturally competent, and high-quality care to individuals from culturally and linguistically diverse backgrounds. By living where they are learning, students face many of the same challenges that the country's citizens face, and gain a deeper awareness of the personal beliefs, values, practices and behaviors that influence how they provide nursing care.

#### Identifying and researching key issues

Surrounded by villagers, the students conducted assessment activities in the centrally located outdoor courtyards of Manikganj, Bangladesh using a

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#### The Art of Being Emily

Wandering into the worlds of Emily Bernard – scholar, essayist, teacher of literature and race – is seeing a mosaic in the making. There are shards of colored glass both beautiful and dangerous; there is artistry and craft, strength and vulnerability. quantitative data collection sheet developed by colleagues at IUB. In preparation for their two weeks of interviews, the group researched issues of greatest concern to the people in the villages, identifying gender health, poverty, social/cultural norms, environment, and social support services as the main themes.

Using these themes, the students split into five groups. Demographic information, as well as information on housing type — such as mud, bamboo, brick or tin — and available sanitation facilities, including sanitary pit, hanging, bush or septic tank, were all collected. In addition, a health profile, which recorded previous illness, details of health provider visits, height, weight, and blood pressure, was collected for each member of the household.

In total, the students interviewed 100 families in the villages, taking turns performing a variety of roles: questioner, note taker, observer, measurement collector. The physical measurement process seemed to draw the most attention — students offered to measure anyone interested, not just interviewees. Also equipped with a photo printer and cameras, the students took pictures to give back to participating villagers, prompting many of the residents to dress up for the opportunity.

"Each student developed a PowerPoint presentation based on their research and work with the villagers, which was presented during a class period to each other and the IUB faculty," says Maltby, who adds that students also provided recommendations on potential activites for future groups of nursing students. "Students not only learned about the theory of community/public health nursing, global health, and cultural health care, they were able to put it into immediate practice in the villages – a perfect example of 'walking a mile in their shoes," says Maltby.

Senior nursing student Ann Giombetti of Shelburne had participated in 28 international service programs in such countries as Haiti, Uganda and India, but this was her first international experience while at UVM and the first trip where she wasn't in charge. Trained as a special educator and the former director of the M.O.V.E. program at St. Michael's College, Giombetti admits "It was nice to have the connection of experience and learning at the same time. It all helped me get focused on what I want to do as a career — nursing in the global health arena."

#### Nursing, globally

The educational benefits of the trip were apparent immediately, says Maltby, who observed an increased confidence in her students as they developed the ability to provide culturally competent care by listening and talking to people, learning about Muslim and Hindu cultures and ways of life, and learning about themselves and how others viewed them as Americans and nurses.

Miriam "Mamie" Dowling, a student from North Conway, N.H., was amazed to see how different nursing was in Bangladesh. "The profession is not

revered or appreciated nearly as much as it is here," she says. "Hospitals are understaffed and have no supplies to speak of, and patients buy all their own medications."

Maltby, who plans to return to Bangladesh on a regular basis, is currently writing a research grant in collaboration with IUB faculty and Dr. Omar Khan, a clinical assistant professor of family medicine at UVM. The grant focuses on maternal/child health and seeks to explore the potential benefits to maternal/infant outcomes from teaching high school girls about health and caring for children, an initiative in alignment with the United Nations Millennium Development Goals of reducing child mortality and improving maternal health. She is currently working with the group that went to Bangladesh to set up a plan for the next group of nursing students.

Clearly passionate about public health nursing and cultural health care, Maltby believes the students reaped immeasurable value from studying and living in Bangladesh. "There are a lot of reasons why we should care about developing countries," she explains. "For me, it is because we have so much and are not always aware or grateful for what we have. Visiting developing countries puts life in perspective."

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UVM HOMEPAGE

## Slade Hall Wins Inaugural Sustainability Contest

By Communications Staff Article published April 22, 2008

The residents of Slade Hall captured the university's inaugural sustainability contest, a byproduct of the Jan. 31 Focus the Nation event on climate change, for their project titled, "A Slade Guide to Innovative, Do-It-Yourself Solutions for Reducing Carbon Footprints."

The goal of the contest, which was open to undergraduate and graduate students and needed to include a minimum of three departments with at least one partner for each project being a UVM faculty or staff member, was for students to teach about the carbon footprint through hands-on activities that empower lifestyle changes. The winners won \$2500 for materials and services needed for implementing their project. Contest funding support was made possible by Continuing Education's Institute for Global Sustainability and Seventh Generation.

Slade Hall residents will experiment with local, organic, and selfsufficient food production, and engage in building local integrated communities. The project will include working with the UVM Garden Club, Common Ground student farm, and professor Roelof Boumans on activities such as planting a fruit and nut tree orchard, establishing a worm-composting site, and practicing food processing techniques such as fermentation and canning. Students will also engage in maintaining their greenhouse to gain solar heating potential, constructing a root cellar to allow for local food storage, and spinning and knitting wool for coldweather clothing. The project will also include forming the Slade Hall Cooperative into a non-profit business that will include a carbon offset program to provide an on-campus food cooperative, inter-student banking to stimulate carbon saving enterprises, and an education guidebook and website.

UVM students organized one of the top twenty Focus the Nation events in the country in January. The week-long series of events had a goal of engaging students, faculty, and staff in conversations and actions around climate change. As part of the initiative, the UVM Focus the Nation's steering committee established the student sustainability contest in order to encourage and support creative solutions to create positive change in our community. The goal of this contest was to inspire forward-thinking, systemic solutions in the areas of design, economy, media, governance, education, and/or human behavior, with carbon reduction as a key theme. April 23, 2008

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Slade Hall residents say they their project requires long-term

commitments from students, the university and Burlington community in order to meet its goal of producing healthy, local food crops that will meet the needs of the 24 students living in Slade Hall and support local farms within the bioregion when unable to meet their needs. Fermentation projects are already under way, a website is being constructed, and partnerships are being formed. The Slade Hall Cooperative, UVM Garden Club, and Common Ground exist, and collaboration has begun.

For more information on Focus the Nation please see Focus the Nation.

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UVM HOMEPAGE

# Researchers on Belize Expedition Search for New Species, Blog Findings

By The View Staff Article published April 23, 2008

Kurt M. Pickett, assistant professor of biology, and colleague James M. Carpenter of the American Museum of Natural History in Manhattan, are currently conducting a natural history expedition across Belize. The pair arrived on April 20 and will stay through May 4 to collect species of social wasps from this under-investigated country in Central America. The expedition is funded through the National Science Foundation's Division of Environmental Biology.

Pickett and Carpenter expect to find a variety of new species, including one in a genus of particular interest: *Polistes*. In preparing for the expedition, Pickett and Carpenter have blogged about the prospect of this important discovery and plan to blog daily from the field, posting new entries as internet access permits. Follow their progress on their <u>expedition blog</u> at www.socialwasps.com.

The collected specimens will be used for morphological and genomic comparisons, the ultimate goal of which is to catalogue the social wasp biodiversity of the area and to understand the evolution of social behavior in the group. Social wasps, and social insects in general, comprise approximately two percent of named insect species, but they comprise much more than half of insect biomass. These considerations — which point to social insects as the most central part of ecosystems — highlight the pivotal role social insect biodiversity inventories must play in general biodiversity efforts.

The specimens collected on this expedition will be catalogued, prepared and maintained as components of UVM's Zadock Thompson Natural History Collection and the American Museum's insect collection.



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UVM HOMEPAGE

# Former UVM Professor Returns to Defend Bush Doctrine

By Jon Reidel Article published April 23, 2008

Former political science professor Robert Kaufman, now a public policy professor at Pepperdine University, gave a standing-room-only crowd in the Sugar Maple Ballroom of the Dudley H. Davis Center exactly what they expected from the well known conservative thinker: A well researched, unapologetic defense of George W. Bush's decision to start and finish the war in Iraq.

"I'm here to tell you what most of Vermont doesn't want to hear... to defend the Bush Doctrine and the war in Iraq," said Kauffman, who specializes in American foreign policy, national security and international relations, adding that this would likely qualify him for witness protection in Vermont. Kaufman's lecture titled, "In Defense of the Bush Doctrine, the war in Iraq, and Regime Change in Iran," highlighted his seemingly encyclopedic historical knowledge and built a case that one student described as far more convincing than the one president George W. Bush has been trying to make for the past five years.

Kaufman, who spent 12 years at UVM, made three main points, which are explained in detail in his new book "In Defense of the Bush Doctrine" (University of Kentucky Press). He started by defending the Bush Doctrine and its promotion of using pre-emptive force to bring about democratic regime change, citing Kennedy's aggressiveness in trying to resolve the Cuban Missile Crisis and Germany's adoption of a liberal democracy after World war II as supporting examples.

Because of the potential for the use of weapons of mass destruction, Kaufman said the Iraq war was "mandatory, not discretionary," arguing that policies focusing on sanctions and containment would buy terrorists more time to acquire nuclear capability. He used Iran as an example, saying that its leaders continue to defy the United Nations and acquire centrifuges, which they obviously don't need for an energy source as one of the most oil-rich nations in the world. Kaufman's final point was that preemptive action is more stabilizing and less costly than sitting back and allowing Iran to go nuclear, and then trying to keep it in check.

Prior to the start of his lecture, Kaufman paid tribute to professor Emeritus James S. Pacy, who passed away on April 21 at the age of 77. Kauffman called Pacy, the 1985 Kidder Award winner and member of the political science department from 1967-1993, one of the most gifted teachers he ever knew. April 23, 2008

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#### 'Defending the indefensible'

The question-and-answer session following the talk was relatively tame with students often prefacing their questions with a statement about their respect for Kaufman's willingness to stand up for what he believes. Kaufman kidded former colleagues in attendance about their liberal views and seemed to enjoy being ribbed by Greg Gause III, professor of political science and expert on the Middle East. Gause, who jokingly acted surprised when Kaufman indicated that he read a book on the Middle East, thanked him for his European-centric viewpoint on the Iraq war and for attempting to intelligently "defend the indefensible."

Some of the questions led to discussion about the strategies of the 2008 presidential candidates. Kaufman, who endorses Sen. John McCain, predicted that McCain would easily win the general election in November and carry out Bush's current Iraq war strategy. "McCain will be the next president of the United States whether you like it or not," he said. He compared Bush with Harry S. Truman saying that like Truman, who left office with a 26 percent approval rating, Bush would go down as one of the greatest foreign policy presidents of all time, in part for laying the foundation for the winning of World War IV – Kaufman's term for the war on terrorism.

Regarding the subject of the human cost of the war being too high, Kaufman asked, "in comparison to what?" pointing out that more than 290,000 soldiers were killed in World War II and about 170,000 in World War I. As for sustaining the war effort, Kaufman said he's encouraged by the rise in U.S. military enrollments over the past 18 months and by the 90 percent reduction in violence since Gen. David Petraeus took over in 2007. "We can win, we are winning it, we must win it," he said.

## theview

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UVM HOMEPAGE

Stretch Therapies May Help Heal Injured Tissue

By Jennifer Nachbur Article published April 23, 2008

For ten years, Dr. Helene Langevin's translational research has focused on acupuncture and the mechanisms at work in connective tissue. Her latest publication in the *Journal of Cellular Physiology* reports an important finding; in a mouse model, stretching decreased the fibrotic response to injury and helped maintain functionality.

The implications of these findings, says Langevin, a research associate professor of neurology, are enormous, and have already informed the next steps of her ongoing clinical research study on low back pain, which is examining how abnormal versus normal connective tissue might relate to back pain.

According to Langevin, if you compare the connective tissue to a sandwich, the loose connective tissue in the middle is the meat and mayonnaise and the thicker connective tissue on the outside is the bread. "When there's an injury like a muscle tear or sprain, there is no movement of the outer connective tissue and the two slices of bread get stuck," explains Langevin.

Her team's hypothesis maintained that if there is an injury and inflammation, one does not move as much. Since connective tissue needs to move to be healthy, this lack of movement could lead to abnormal connective tissue and may be the underlying problem in people with low back pain.

In the *Journal of Cellular Physiology* study, Langevin's team aimed to find out whether treatment with acupuncture or stretching, such as yoga, massage, or physical therapy, could make abnormal connective tissue normal. To determine an answer to this question, the researchers induced a micro injury into connective tissue on only one side and then let it heal. This healing process involves the production of collagen. Their goal was to elicit only enough response to ensure functionality. There were two groups — one involving gentle stretching following the injury and another involving no stretching following the injury.

"In the stretching group, there was no statistical difference between the injured and non-injured models," said Langevin. She and her team found that in the no stretching group, there was more collagen deposition. Through imaging, the group could see where fibroblasts were making new collagen. They examined TGF-beta1, a cytokine/signaling molecule that causes fibrosis, and took tissue samples to measure how much TGF-beta1

April 23, 2008

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the body was making. In the stretching group, the body made less, implying that TGF-beta1 could be an important mechanism for how all types of stretching therapies work.

"This is a well known concept in PT," says Langevin. "If you stretch connective tissue, it will remodel. An example of this response is a broken arm; when it is in the cast for a long time, one loses functionality of the limb."

The next step for Langevin, who is in the middle of conducting a low back pain study through the General Clinical Research Center, is to apply what she and her team learned in their mouse model study, and find out how the connective tissue in patients with low back pain got thicker. "Thicker connective tissue is not bad alone," explains Langevin. "It is when it is also disorganized that is a problem. Then it's not functional."

For more information about Langevin's clinical research, please contact Debbie Stevens-Tuttle at 802-656-5552.

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FROM THE UNIVERSITY OF VERMONT

# 'Bowling Alone' Author to Speak April 28

By View Staff Article published April 18, 2008

Robert Putnam, the Peter and Isabel Malkin Professor of Public Policy at Harvard and author of the critically acclaimed book *Bowling Alone*, will give a lecture titled, "Rebuilding Community in a Diverse and Changing America," on April 28 at 7 p.m. in the Silver Maple Ballroom of the Dudley Davis Center.

Over the last half century, by many measures, Americans have become steadily less connected with one another and with their communities, Putnam says. His lecture will consider why this happened, whether it matters, and what can be done about it. Sponsored by the UVM Department of Political Science, his presentation is the 2008 Mark L. Rosen Memorial Lecture, and is also a part of the National Endowment for the Humanities initiative, <u>"We the People project: sharing the lessons of history with all Americans."</u>

The event is also part of the Vermont Humanities Council's "First Wednesdays Burlington" series, typically held on the first Wednesday of every month, from October through May, featuring speakers of national and regional renown. Talks are held at Fletcher Free Library, unless otherwise noted.

For more information, contact Fletcher Free Library at (802) 863-3403 or the Vermont Humanities Council (802) 262-2626.

April 23, 2008

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UVM HOMEPAGE

# Islam Scholar Akbar Ahmed to Deliver April 24 Burack Lecture

By The View Staff Article published April 22, 2008

Akbar Ahmed, Ibn Khaldun Chair of Islamic Studies at American University, will deliver a Burack President's Distinguished Lecture on "Islam and the West: Dialogue, Confrontation and the Way Ahead" on Thursday, April 24 at 7 p.m. in the Sugar Maple Ballroom, Davis Center.

Considered "the world's leading authority on contemporary Islam" by the BBC, Ahmed, a former High Commissioner of Pakistan to Great Britain, has published extensively on Islam, Pakistan and anthropology and has been involved in several film and TV projects dealing with the Muslim world. His recent book *Journey into Islam: The Crisis of Globalization* was named the No. 1 Book of the Year by *The Globalist* and was dubbed a must-read for Washington policy-makers and journalists by *The Washington Times*.

Ahmed has served as advisor to Prince Charles and the White House on Islamic issues and has taught at Princeton, Harvard and Cambridge Universities. He is a regular commentator on CNN and NBC and has appeared on *Nightine* and the *Oprah Winfrey Show*.

He is the recipient of numerous awards, including the Star of Excellence, one of Pakistan's highest honors, a Ghandi Center Fellowship of Peace Award, and is Centennial Honorary Chair of the Washington National Cathedral Centennial Celebration, along with Presidents Jimmy Carter, George H.W. Bush, and Justice Sandra Day O'Connor.

Ahmed will also speak on Friday, April 25 at noon in North Lounge, Billings.

Information: 656-3884.

April 23, 2008

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UVM HOMEPAGE

# Vermont Public Television's 'Emerging Science' Features UVM

By The View and VPT Staff Article published April 23, 2008

Nearly 20 University of Vermont researchers and entrepreneurs in science and technology are featured in Vermont Public Television's newest series, "Emerging Science."

Four weekly programs that will begin on Wednesday, April 30 at 7:30 p. m. focus on nanotechnology; weather and climate change; water and the landscape; and remote wireless sensing.

The potential audience for the programs goes far beyond VPT's viewing area, to anyone with access to a computer that can display Web-based video. During the premiere broadcast of each "Emerging Science" episode, VPT will feature a live webcast and online chat at vpt.org. The chats will be hosted by experts featured in the programs.

Additionally, the programs will be available to view as video-on-demand files on the VPT website, and <u>related podcasts</u> are online now. This multiplatform project will also include educational materials for Vermont high school teachers, available this fall.

Funding for "Emerging Science" comes from Vermont EPSCoR, the Experimental Program to Stimulate Competitive Research. Located at UVM, Vermont EPSCoR supports Vermont scientists and business leaders including many of those who appear in the series — through funding, outreach and technology development.

Producer Vic Guadagno said, "What has been the most exciting thing about this project for me is seeing the holistic approach to science and engineering here in Vermont. Within the academic community and the private sector, diverse groups really come together to work on critical issues with global impact. Our TV series will introduce you to some of these inspiring, passionate people."

The first program, airing April 30, looks at nanotechnology, the ability to engineer specific attributes of materials and machines by controlling their features at an amazingly small scale — one billionth of a meter. UVM chemist Chris Landry gives a glimpse of how nanotechnology may increase the efficacy of cancer drugs. UVM professor of engineering Darren Hitt is at work on tiny satellites using nanomaterials in their fuel supply systems. April 23, 2008

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The second program, airing May 7, focuses on weather and climate change. Scientists from UVM, Lyndon State College, and the Fairbanks Museum and Planetarium in St. Johnsbury explain how the earth's climate system works and explore the impact of global warming. A sugarmaker and UVM researcher Tim Perkins show that maple is one Vermont industry that may already be affected.

Water is the focus of the third program, airing May 14. This episode explores a complex system — the Lake Champlain watershed. UVM faculty collaborate, using their expertise in geology, hydrology, ecology, computer science and other disciplines to develop complex modeling. Their work will help to quantify human impacts on Vermont's water systems.

The final program, on May 21, looks at how remote wireless sensing is being applied to enhance health and quality of life. One example is monitoring the strength of structures like bridges. In other applications, computer scientists are developing ways to monitor environmental conditions and natural resources.

Amy Seidl, who completed her doctorate at UVM in biology, is the program's host.

UVM faculty who appear in "Emerging Science": Program 1: Nanotechnology, April 30

Randall Headrick, associate professor, physics Darren Hitt, associate professor, engineering Chris Landry, professor, chemistry Frederic Sansoz, assistant professor, engineering and materials science Walter Varhue, professor, engineering

Program 2: Weather and Climate Change, May 7

Lesley-Ann Dupigny-Giroux, associate professor, geography, and Vermont state climatologist Timothy Perkins, director, UVM Proctor Maple Research Center

Program 3: Water and the Landscape, May 14

Paul Bierman, professor, geology and natural resources Roelof Boumans, associate research professor, Rubenstein School of Environment and Natural Resources/Gund Institute William "Breck" Bowden, Patrick professor of watershed science and planning, Rubenstein School of Environment and Natural Resources Margaret J. Eppstein, assistant professor, computer science, and director, Complex Systems Center George Pinder, professor, engineering, computer science and mathematics and statistics Donna Rizzo, assistant professor, engineering Mary Watzin, professor, Rubenstein School of Environment and Natural Resources Beverly Wemple, associate professor, geography

Program 4: Remote Wireless Sensing, May 21

Jeff Frolik, assistant professor, engineering Byung Lee, associate professor, computer science Christian Skalka, assistant professor, computer science Sean Wang, Dorothean professor, computer science

#### Web chat experts

As each program airs, experts who appear in the program lead web chats on <u>www.vpt.org</u>. The chats begin during the broadcast and continue for a half hour after the broadcast ends.

Nanotechnology Wednesday, April 30, 7:30 p.m. Chat 7:30 to 8:30 p.m. Chris Landry, UVM

Weather and Climate Change Wednesday, May 7, 7:30 p.m. Chat 7:30 to 8:30 p.m. Lesley-Ann Dupigny-Giroux, UVM Mark Breen, Fairbanks Museum and Planetarium

Water and the Landscape Wednesday, May 14, 7:30 p.m. Chat 7:30 to 8:30 p.m. Paul Bierman, UVM

Remote Wireless Sensing Wednesday, May 21, 7:30 p.m. Chat 7:30 to 8:30 p.m. Steve Arms, MicroStrain Inc.

For additional information contact:

Ann Curran, Vermont Public Television, (802) 655-8059, acurran@vpt.org Jeff Vande Griek, Vermont Public Television, (802) 655-8062, jeffv@vpt. org Joshua Brown, University of Vermont, (802) 656-3039, joshua.e. brown@uvm.edu



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## NOTABLES

April 23, 2008

#### **Publications and Presentations**

Wolfgang Mieder, professor and chairperson of the department of German and Russian, is the author of the book "Hänsel und Gretel: Das Märchen in Kunst, Musik, Literatur, Medien und Karikaturen," which deals with the origin, meaning, and modern survvial of one of the best known fairy tales. The book includes 145 illustrations depicting the use of various motifs of this tale in art, advertising, and cartoons. He also published a series of articles on fairy tales and advertising, aphorisms, cartoons, comics, poems, proverbs, stamps, etc. in the three-volume "Encyclopedia of Folktales and Fairy Tales." His article on "`God Helps Them Who Help Themselves: Proverbial Rhetoric in the Letters of Abigail Adams" appeared in an essay volume in Bulgaria, and another article on anti-proverbs with the title "Phrasenkritik durch Antisprichwörter im 19. Jahrhundert" appeared in another volume in Austria.

Dennis Mahoney, professor and director of the department of German and Russian, has published an article on "Apt Pupil: The Making of a 'Bogeyboy'" in a volume on "The Films of Stephen King. From "Carrie" to "Secret Window" (New York: Palgrave Macmillan, 2008) edited by Tony Magistrale, professor in the department of English. Mahoney presents a detailed comparison of King's original novella "Apt Pupil" and its subsequent film adaptation, showing similarities and differences in these two versions of the same plot. While the novella shows how crimes of the Nazi era influence a high school pupil to commit atrocities, Mahoney also refers to actual occurrences today that show this as well, to wit the recent shooting at Columbine High School in Colorado. King's invented tale of horror unfortunately proves to be only too realistic when compared with modern crimes.

Lesley-Ann Dupigny-Giroux, associate professor of geography and Vermont state climatologist, and CO-PI Regina Toolin, assistant professor of education, have received a \$149,466 grant from the National Science Foundation: Satellites, Weather and Climate to implement a two-year pilot project to increase climate education and literacy in public schools. Vermont's education department is one of 15 across the US that has signed up to integrate climate issues into their science curricula.

Edwin Bovill, professor and chair of pathology, authored an editorial in the March 19 *Journal of the American Medical Association*. Titled "Gene Discovery in Venous Thrombosis: progress and promise," Bovill's paper responded to an article titled "Gene Variants Associated With Deep Vein April 23, 2008 Text Size: <u>Sm</u> | <u>Med</u> | <u>Lg</u> Thrombosis" (Bezemer et. al) in the March 19 JAMA.

**Charles Irvin**, professor of medicine and director of the Vermont Lung Center, is a co-author of an article in the April 21 Online Early Edition of *Proceedings of the National Academy of Science* titled, "Indoleamine 2,3dioxygenase in lung dendritic cells promotes Th2 responses and allergic inflammation."

Gary Margolis, UVM's chief of police, gave a presentation at a conference at Princeton University on April 18 marking the one-year anniversary of the fatal shooting at Virginia tech that explored the progress and continuing guestions related to campus security. The event, titled "Campus Safety in Focus: Advances and Ongoing Challenges One Year Later," featured the release of a "Blueprint for Safer Campuses" by the International Association of Campus Law Enforcement Administrators (IACLEA). Steven Healy, Princeton's director of public safety and immediate past president of IACLEA, was joined by Margolis and Dolores Stafford, chief of police at George Washington University. Katherine Newman, Princeton's Malcolm Stevenson Forbes, Class of 1941, Professor of Sociology and Public Affairs, delivered the keynote address. Newman is the author of "Rampage: The Social Roots of School Shootings," which examines the rash of school shootings in the 1990s, the roots of school violence and the repercussions for the affected communities. Campus safety professionals and other experts also participated in panel discussions on the best practices and model policies in threat assessment, the growing complexities in liability analysis and the state of campus safety in New Jersey, New York and Pennsylvania.

April 16, 2008

#### **Publications and Presentations**

The March 2008 issue of NIDA Notes from the National Institute on Drug Abuse featured an article titled "Combination Treatment Extends Marijuana Abstinence" focused on research by **Stephen Higgins**, professor of psychiatry and psychology and co-director of the Human Behavioral Pharmacology Lab and Substance Abuse Treatment Center, and colleagues. The research team found that using a combination of vouchers and cognitive-behavioral therapy may be more effective in keeping marijuana abusers abstinent in the longer term than vouchersonly and CBT-only programs.

**Rick Vanden Bergh**, professor of business administration and expert on corporate strategy in the political environment, was featured in an article on CFO.com about how the accounting profession still gives most of its campaign contributions to Republicans, but that the portion going to Democrats is growing. Vanden Bergh tells CFO.com that proving the exact motivation behind corporate political donations is a difficult feat, adding that contributions to congressional representatives and senators are more effective for firms in a regulated profession (such as accounting) because those legislators play a more pivotal role than the