



Memorial Union: Rathskeller.

[Madison, Wisconsin]: [s.n.], [s.d.]

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Now we're cooking!

Worker invents Rath's specials; but what to do with those leftover hot dogs?

John Allen

If the Rathskeller is a UW-Madison institution, you might say John Peek '84 has been institutionalized. On any given weekday during the lunch rush, you'll find him by the Rathskeller's grill. He's easy to recognize — he's the guy who serves up a standup comedy act along with the Paul Bunyan burgers, and he's been at the Rath, off and on, for 18 years.

Peek first came to work at the Rath in

1984, when he was an undergraduate studying agricultural economics. Since then, he's left the grill behind several times — to supervise at the Stiftskeller, to run the sandwich deli and, for a four-year stretch in the early 1990s, to give up salaried work altogether and be "Mr. Mom" to his child.

But he's always been drawn back. Counting pre-college experience, he's been in food service for more than a quarter of a

century. He's done more kitchen time than just about anyone else on campus. Today, he's the Rathskeller's assistant manager, but climbing the ladder has brought him no escape.

"I'm a firm believer that, as a manager, I need to be out on the line, doing the same kind of work as the staff," he says. "But I also like serving and being in the public eye. The best thing about working

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'Fellow traveler' advocates return to civility

Alicia Hammond

Hey, be nice. That's one way to summarize the advice that Stephen Pearson gives as he works to promote civility in campus work habits.

But there's a deeper interpretation as well, one that suggests that a commitment to civility could be an essential component in improving campus climate.

"I am concerned about campus climate, but hadn't really taken a look at this issue of civility," says Pearson. "I did some research and discovered that it is not just being polite or courteous. There is much more to it than that."

Promoting civility — replacing the crude, rude or obnoxious with personal acts of reason, kindness and generosity —

has become something of a mission for Pearson. As director of the Employee Assistance Office, he hears plenty about uncivil behavior in departments around campus.

The subject of civility has struck a chord with many other people on campus. Pearson recently did a brown bag talk on the subject for the Madison Academic Staff Association, and he has been asked to present on civility this spring at the Office Professionals Conference sponsored by the Office of Human Resources. In the fall, he'll do the same for members of the Academic Staff Assembly.

In his presentations, Pearson says one major problem is people's apparent lack of willingness to listen to one another.

"Being civil does not mean that disagreements cannot occur, but it does require people to listen with the knowledge that they are not automatically right and the other is wrong," Pearson explains. "This is something that is hard for many people to do. Civility also requires us to express ourselves in a way that demonstrates respect for others."

Pearson spoke about the concept of civility based on the work of Yale University law professor Stephen Carter, who related civility to the concept of being a "fellow traveler."

Carter explains how mid-1800s rail travel etiquette provided a model for civil behavior. People who traveled long dis-

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Cooking

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in the Rathskeller is being able to interact with the customers."

So he faces 15 hours of splattering grease every week. But the shifts allow him time to be with his family, and besides, management has its perks. Among Peek's duties is the responsibility for making sure the restaurant's pantry is stocked. This gives him the opportunity not only to keep the Rathskeller's food fresh, but to keep its menu fresh, as well. And Peek enjoys introducing Rathskeller diners to new specials. If not for him, there would be no Messy Veggie sandwich today. Nor would there be a Jackhammer. Or a Deutschland Delight.

"Since 1995," he says, "I've created or introduced more than a hundred new recipes here. I enjoy experimenting in the kitchen."

Many of Peek's creations grow as much out of necessity as inspiration. Sometimes he'll find that the Rathskeller has far more than it needs of one food item or another. Then Peek will feel the urge to create a special to see if he can work through some of the back inventory.

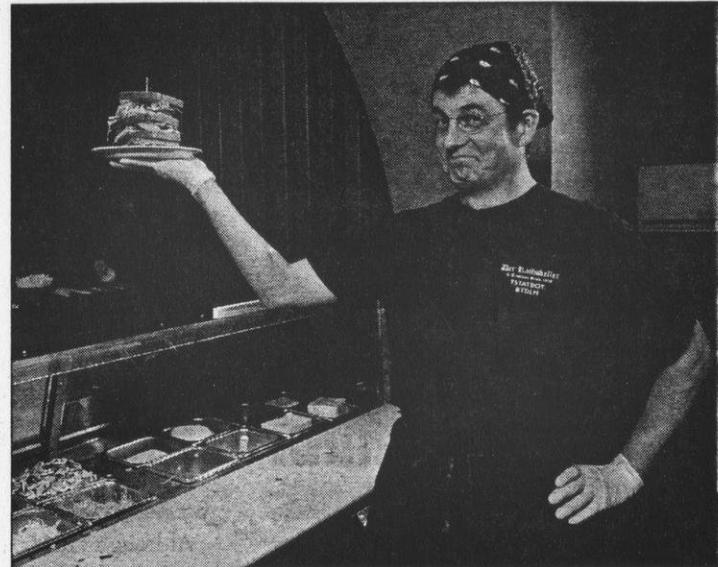
"That's how the Jackhammer came about," he says. "Jack is one of our less

popular cheeses — I don't know why, exactly. Once we were stuck with a lot of it, and I had to come up with a way to get it moving, so I thought, 'Hey, ham and cheese — people like that."

Not all of Peek's experiments have been such hits, however. His Vegetarian Chilito — vegetarian chili in a burrito with a side of Spanish rice — flopped. So did the Valley Burger, his attempt

to bring a vegetarian patty to a carnivorous campus. And every fall, after the Union's brat stand closes, he tries to find something to do with all the leftover hotdogs. So far, the answer has eluded him.

But for all his experimentation, he doesn't partake in too many of the specials himself. "I usually bring in a lunch I've made at home. What I make is basically a deli sandwich anyway," he says. ■



Despite years of working at the Rat, you'll seldom see John Peek buying his lunch there. He prefers to brown-bag it. "What I make is basically a deli sandwich anyway," he says. Photo: Bob Rashid

Campus at work

The inner workings — and inner workers — of UW-Madison reveal that it takes a lot more to make a university than teaching and research. This is the first of a series in which you'll meet people whose jobs may, on the surface, seem far removed from the business of education, but their work ensures that the UW's teachers can teach, its researchers can investigate and its students can learn.

Jazz sisters perform together at Union

Marc Kennedy

The Reed Sisters, who will perform Friday, Oct. 26, in Memorial Union's Rathskeller from 4-6 p.m., feature junior Brittany Reed.

Protégés of the late jazz great Betty Carter, Milwaukee natives Brittany, Tanya and Brandi Reed will sing together for the first time since their mentor's death in 1998. They play a mixture of jazz/soul and original compositions.

"We don't get to perform together very much these days, which is why we're so excited," says Brittany, 20. "We haven't performed as a group since Betty passed away, which was a pivotal point for us. So we're just getting back into the swing of things."

Brandi, 24, attends UW-Whitewater while Tanya, 22, is the performing arts coordinator at Columbia College in Chicago, where she continues to sing solo. The sisters had just begun performing together in public in 1992 when they met Betty Carter accidentally.

"We were singing at Wyndham Hotel in Milwaukee, and she had just walked in from her performance at the Pabst Theater," says Brittany.

Carter liked what she heard. "She just took us under her wing from that point on. We were her girls. She flew us to her program in New York called 'Jazz Ahead,' which selects a group of young jazz musicians, who work on new pieces then perform," Brittany says. "After a week, we performed at the Brooklyn Majestic Theater. From 1992 to 1998 we sang in places like the Kennedy Center in Washington D.C., the Jazz Showcase in Chicago and the Apollo Theater in Harlem."

The Reed Sisters have performed with other notable jazz musicians such as Billy Taylor, Lou Rawls, George Benson and more. In 1998, they recorded a television special with Carter. Another highlight was being featured in Spoleto, Italy's classical music Festival of Two Worlds.

"It was amazing. We were there for three

weeks," Brittany says. "We found out that we were the first jazz act ever at this classical festival that had been going on annually for more than 50 years."

Nowadays, Brittany doesn't get much chance to perform on her own, much less with her sisters. "With my performing arts position [with Wisconsin Union Directorate] and school, there just isn't much time. It will be my first time singing in a while, so I'm really looking forward to it."

The upcoming performance is part of the "Behind the Beat" series, which features live blues and jazz every Friday in the Rathskeller or on the Union Terrace while the university is in session. Backing up the Reed Sisters will be a music group familiar to the Wisconsin Union: Erica Mather Trio. Mather is a local jazz artist and former UW-Madison student who was the Behind the Beat coordinator in 1996-97. ■

Date: Tue, 30 Jan 2001 11:01:19 -0600
From: Nick Weaver <releases@news.wisc.edu>
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Reply-To: Nick Weaver <releases@news.wisc.edu>
Subject: UW-Madison News Release--Behind the Beat

FOR IMMEDIATE RELEASE

1/30/01

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VENERABLE UNION JAZZ EVENT RESUMES FEB. 2. AT NEW TIME

MADISON -- "Behind the Beat," back at a better time at the University of Wisconsin-Madison's Memorial Union, features some of the best jazz talent around in a comfortable, laid-back atmosphere.

The event is the brainchild of the Performing Arts Committee of the Wisconsin Union Directorate. It's every Friday, 4-6 p.m. in the Rathskeller in winter and on the Terrace in spring, weather permitting.

"Behind the Beat" this semester kicks off Friday, Feb. 2 with Moses Petrou's "Beats, Rhymes and Bass Lines" in the Rathskeller.

Upcoming performers include Erica Mather, Feb. 16; Sapphire Tonics, March 2; and Ben Hans, April 20. On Feb. 23, BTB is hosting a special show featuring "Ladies Must Swing," a 17-piece female jazz band. The event coincides with the performance in the Union Theater the following night by famed jazz violinist Regina Carter.

The significance of "Behind the Beat," according to Michael Goldberg, is that it attracts high-quality jazz talent from the campus, community and beyond and offers them a low-key, friendly environment to jam with colleagues before an appreciative audience.

"There is a lot of mixing and matching going on among jazz musicians," says Goldberg, director of the Wisconsin Union Theater and program advisor to the Performing Arts Committee. "During a season, people will float in and out, performing with the various jazz groups or individuals. They are not exclusively linked to UW, though many are students and many used to be. But they like to play here because it's a nice gig."

"It's a jam opportunity for musicians to play in front of an appreciative audience, and bring in their friends to join them."

Many accomplished jazz artists have played on Friday afternoons over the years: BTB alums include Leo and Ben Sidran, Roscoe Mitchell, Richard Davis, The Big Band, the Little Big Band, Les Thimmig and Jeff Eckles, the jazz bassist who has performed "with all sorts of different people," says Goldberg. "He teaches at UW-Whitewater, and sometimes brings in his band from there, the Whitewater Rafters."

Erica Mather also returns regularly to perform -- as a student, she was the BTB coordinator. That job is held today by co-coordinators Sam Khazai and CJ Wagner.

"It is a great way to relax after a busy week," says Wagner, "to sit with friends and socialize, or study while listening to some of Madison's best musicians."

In the early '80s, the WUD Theater Arts Committee started "Mornings with Mozart," now called "Bagel and Bach," featuring classical musicians from the Music School performing live during breakfast at Lakefront Café. At that time, one of Goldberg's students, Jill Kowal, thought that the group should do a similar event for jazz. So, with Goldberg's help, the committee decided to create a regular, low-key music series that would feature campus and local jazz artists.

"With more than 500 music majors, we figured we'd have no trouble getting people to perform, even for a modest stipend," says Goldberg. "What began about 10 years ago as Jazz Juggernaut in the Rath on Thursday evenings eventually became Behind the Beat on Fridays, and has featured some of the best jazz talent in the area over the years."

Behind the Beat goes on Fridays in the Rathskeller. Be there, or, as the old-time jazz musicians might say, be square.

#

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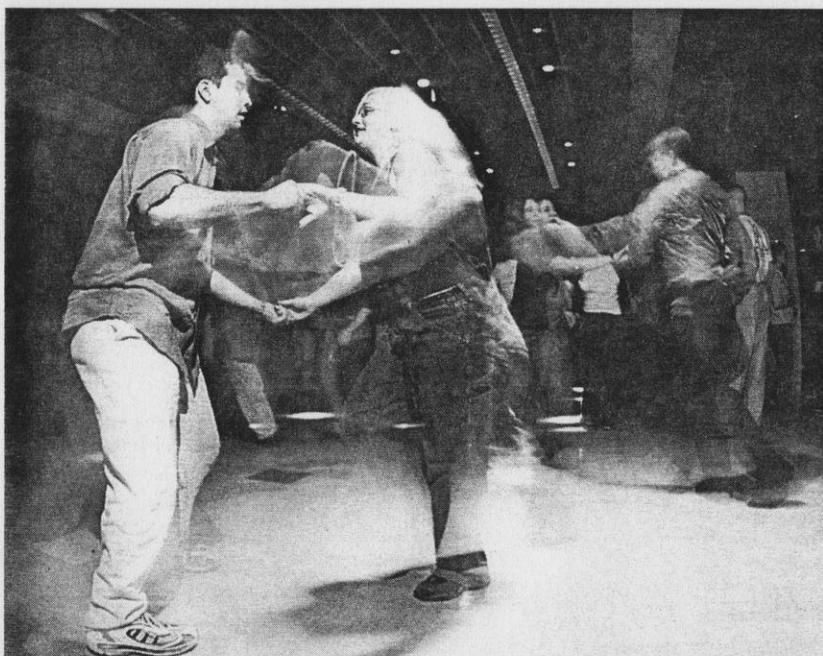
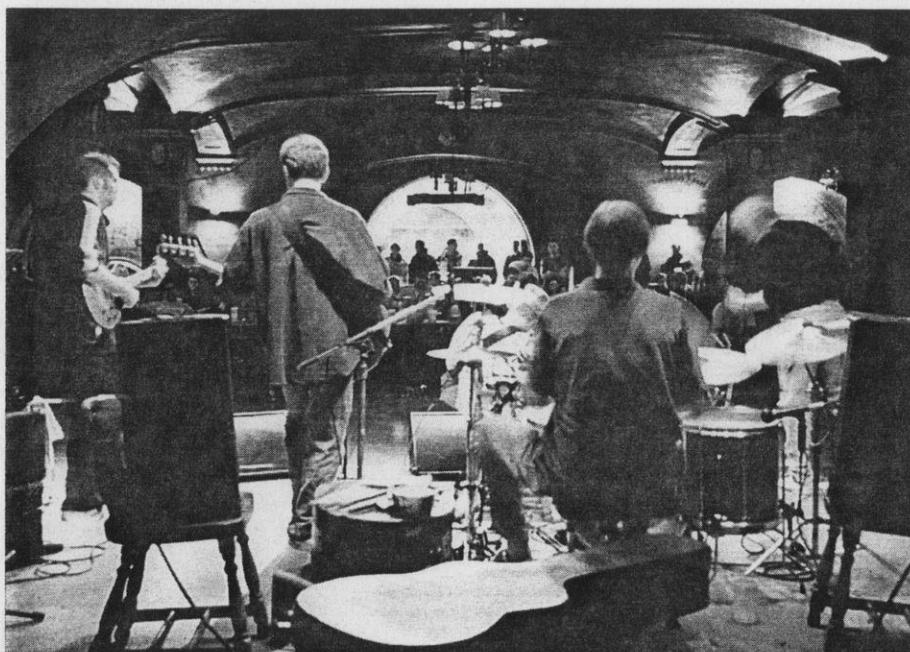
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Extending our range

It's an institution of higher academic learning, yes, but the university also ranks high in social and cultural action. Take last weekend, for example, when the campus hosted a half-dozen musical events ranging from international folk music to swing dance to the Rathskele's late-night rock-n-roll. Clockwise from top left: Madison favorites Marques Bovre and the Evil Twins headlined the weekend music series in the German-style Rathskele at Memorial Union. The union hosts a constant parade of lectures, concerts and performances, most open to the public. Four floors above the Rath, dancers link arms at the Folk Ball, which capped the Midwest's premier participatory folkdance festival hosted by Narodino International Dancers on campus. Earlier, members of the Ethnic Dance Theater of Minneapolis performed a Hungarian folk dance. The day featured traditional folk arts, ranging from instrumental music, singing and drumming to storytelling — many involving creative costuming as well. Also in Great Hall, a large group gathered to dance together during an evening that featured Reptile Palace Orchestra (Madison), Izvor (Milwaukee), Spatter Dash (Indiana) and Izrev (Chicago). As the evening grew later, over at Union South, students were swinging to a Club 770 'Live and After Hours' event. The RVJ Campus Task Force and Wisconsin Union Directorate bring live music and dancing to the no-alcohol venue Fridays and Saturdays. Photos: Aaron Petersen



Research ahoy!

Students aboard the university's Limnos research boat listen as limnologist John Magnuson explains the day's projects. To find out more about what the water

researchers do while bobbing around Lake Mendota, turn to page 5.

Photo: Jeff Miller

Best budget in a decade, chancellor says

Erik Christianson

Chancellor David Ward says the new state budget contains the best news for the university in at least a decade.

The 1999-2001 budget, expected to be approved this week, will most likely provide \$29.2 million for the Madison Initiative, Ward told the Faculty Senate. Combined with private support, the new state funding will allow the university to enter the millennium in better shape than it began the 1990s and position itself as a world leader in higher education in the next century, he says.

"This should be described as the best budget in a decade, if not longer," Ward



told his colleagues at the Faculty Senate meeting Monday. "It shows a commitment to the (UW) System — but especially for UW-Madison — in ways that we should definitely applaud."

For most of this decade, the university budgets contained little to no new state funding, and in the early 1990s, the university was forced to cut more than 200 faculty positions.

But the Madison Initiative, the chancellor's proposal to leverage state support with increased private giving, will allow the university to hire 150 new professors in key academic areas, bolster educational resources, repair aging buildings and increase financial aid for students in need.

Ward says the new state budget would also provide competitive pay raises for faculty and academic staff; \$7 million for

UW System libraries; and more tuition flexibility for the Board of Regents.

The chancellor says the Madison Initiative's new funding partnership will need to continue in the coming years for UW-Madison to remain one of the top five public research universities in the world.

"The state and tuition have to pay their fair share so that the federal and private support can be leveraged to be the margin of excellence," he says.

At the meeting Monday, Ward thanked the faculty, academic staff and friends of the university who supported and lobbied for the Madison Initiative, which for the first time ever established specific state funding for UW-Madison separate from the UW System in the budget. ■

Speaking the language

Staff-organized chats help students and others polish conversational skills

Eileen Gilligan

"Où est le café?" Although this phrasing may seem out of place in the Union's Rathskeller, it's actually quite appropriate for conversation at the Table Française, one of more than 20 "language tables" that resumed meeting this fall on and around campus.

The idea is to stop by, sit down and chat a bit in the language of a table — or even learn to do so just by attending frequently, according to one regular of four language tables, two in Russian and two in German.

Eric Fisher, a postdoctoral fellow in

physiology, tries to keep up his Russian and German skills by carrying on conversations at the four tables during the week, two in each tongue. "I studied Russian in college and then after that it was kind of hard to find conversation," he explains.

When he sets up the USSR table — which stands for Union of Social Scientists Struggling to Speak Russian — he carries a copy of Nobel laureate Alexander Solzhenitsyn's book, "August 1914," which he's slowly making his way through in Russian, a Russian newspaper and a Russian dictionary, of course. A former

table member used to hoist a Russian flag on the table, but Fisher's still working on getting another flag.

The German Lunch Stammtisch on Thursdays usually draws 10 to 15 people, mostly faculty and staff members, according to Fisher. The Thursday evening German Stammtisch attracts mostly students, both graduate and undergraduate, from the department. But others in the group, which ranges from 10 to 40 on any night, place their majors in engineering, computer science, history or comparative

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UW to launch center for mind-body interaction

Dian Land

University scientists will study how emotions affect health at a new center funded by the National Institutes of Health.

The university will receive \$10.9 million to create a Center for the Study of Mind-Body Interaction. The center's goal is to gain a clearer understanding of how emotions are encoded in the brain and then influence other body systems that affect health, says Richard J. Davidson, Vilas Professor of Psychology and Psychiatry, who will serve as center director.

The center builds upon several existing UW initiatives, particularly the HealthEmotions Research Institute, one of the first and only academic institutions established to rigorously uncover the relationship between emotions and health.

The center also draws on ongoing interdisciplinary research programs at the Institute on Aging that are connecting psychosocial factors such as well-being and social relations to a host of neural, endocrine and immunologic measures.

And the new center intersects with the Wisconsin Center for Affective Science and a critical mass of researchers who have been investigating social, behavioral and biomedical linkages for years.

"The unique environment here, which fosters unusually close collaboration across academic departments and research institutes, has helped make Wisconsin one of the foremost resources for the study of

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No rest for emeritus

Herbert Lewis profiled

Get tough!

New education strategy

Homecoming events

Bucky stars in parade



Slice of life

Mind-Body

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emotion," says Chancellor David Ward. "The new center will allow these scientists to delve further than ever into the biological bases of human emotion."

The Mind-Body Center, which will focus on five projects, is a logical extension of the HealthEmotions Research Institute.

"The goals of the institute and the center are virtually identical," says institute Director Ned Kalin, UW Medical School Hedberg Professor of Psychiatry and Psychology. "Together we'll be able to elevate our efforts to a new order of magnitude."

The center also extends several ongoing campus collaborations that have been nurtured by MacArthur Research Networks, which includes Davidson along with investigators Nadine Marks, Carol Ryff and Burton Singer.

"What made our proposal unique relative to others around the country was, in fact, the scope of the mind-body research we already had under way here at Madison," says Carol Ryff, director of the Institute on Aging.

Several other UW interdisciplinary institutes and centers will also receive funds from the new grant, including the Waisman Center, the Harlow Primate Laboratory and the Wisconsin Regional Primate Research Center. Researchers with related interests from the departments of psychology, psychiatry, sociology, medicine, and child and family studies are also involved.

"Ultimately, the major goal of our efforts is to better understand the psychological and biological factors that constitute resilience so that these qualities can be fostered more systematically to enrich both mental and physical health," says Davidson. ■

The scientific team assembled for the new **Center for Mind-Body Interaction** will explore emotional pathways to physical health from a variety of perspectives. Here are the five interrelated projects that will be pursued:



Resilience in the face of later-life challenges

In later life, people may experience more of life's slings and arrows, including health problems, loss of loved ones and lessening engagement with the world. This project will look at the health and well-being of 150 older women who have recently gone through the difficult experience of community relocation.

Prior UW research has shown that some members of this group have been remarkably resilient and upbeat during this transition, while others experience setbacks. This research will tease out some of the health-related correlations with resilience, and potentially show the way to delaying or preventing some diseases and mental health problems associated with later life.

Overseeing this project is Carol Ryff, professor of psychology and director of the UW-Madison Institute on Aging. She studies positive mental health, a topic that has received scant attention in the social science and health fields given the traditional focus on mental illness.



Social and economic influences on mental health

People who study mind-body interaction are finding evidence of how positive attitudes can be a protective factor for our health, but attitude isn't everything. For example, lower-income and lower-occupational status groups are typically held in lower social regard and are exposed to more stressful life conditions that may make it harder for them to feel happy and in control of their lives.

This study will take stock of social influences on the mind, tapping information from three large national studies: The national Survey of Families and Households; the Wisconsin Longitudinal Study; and the National Survey of Midlife.

Overseeing this project is Nadine Marks, professor of child and family studies. Marks studies a broad variety of psycho-social factors that influence mental and physical health at midlife, including socio-economic status, caregiving responsibilities and work-family spillover.



Measuring the power of positive outlooks

Diagnosis with a serious illness can be overwhelming, but some people make a remarkable adjustment and manage to sustain a positive outlook and a sense of psychological well-being. This study will compare symptoms and physiology in women with two debilitating conditions, fibromyalgia and rheumatoid arthritis, with the goal of determining the benefits of maintaining a positive emotional outlook.

In a second phase of the study, half the women in each group will

be taught a special type of meditation. Differences will be compared between the two groups in pain sensitivity, immune response and measures of psychological health. The project's mission is to provide a physiological explanation for the widely held belief that emotions can influence our physiology.

Overseeing this project is Christopher Coe, a professor of psychology. Coe is a leader in the study of the psychological and neurological influences on the immune system. In studies with both animals and humans, he has shown that stressful life events can significantly undermine immune function. Rheumatologist Daniel Muller, UW Medical School associate professor of medicine, will oversee the clinical aspects of this project.



Brain circuits linked to coping with stress

Sophisticated scanning technology is giving scientists an insider's view of the precise brain circuits that produce and control emotional reaction. UW-Madison researchers are going further by correlating individual differences in the circuitry of emotion with physiological measures. Now they will examine the anatomy and activity of brain circuits linked to resilience and vulnerability in the older women participating in the later-life challenges project above.

In another part of the study, scans will be taken of the women before and after they learn and practice meditation to see if it produces biological changes in the brain that make it easier to cope with stress.

Overseeing this project is Richard J. Davidson, Vilas Professor of Psychology and Psychiatry and director of the new Center for the Study of Mind-Body Interaction. Davidson also heads the Keck Laboratory for Functional Brain Imaging and Behavior and the Wisconsin Center for Affective Science. He is an expert on the neural substrates of emotion and emotional disorders.



Fearful temperament points to vulnerability

The free-ranging marmosets of Cayo Santiago provide a unique opportunity to study biological factors associated with different kinds of emotional and social styles because they normally go through a highly stressful event during adolescence that results in death for 25 percent of them.

UW-Madison researchers have identified monkeys for whom this process is especially difficult and have found that the animals have fearful temperaments as well as specific brain activity and hormone levels related to elevated stress. Additional physiological measures will be taken to learn which constellation of factors may make some monkeys more vulnerable to stress and more susceptible to disease than others.

Overseeing this project is Ned Kalin, Hedberg Professor of Psychiatry and Psychology. Kalin is chair of the UW Medical School psychiatry department and director of the HealthEmotions Research Institute. He is an expert in the biology of stress and emotion and their relation to the development of anxiety and depressive disorders.

Language tables

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literature, he says.

"People come to the German table with pretty much every story you can imagine" for how they learned the language, he says. Some even learned German while based in Germany with the military, he notes.

"We have a lot of relatives and friends who show up and in a lot of cases they become speakers, too," by eventually taking a class or learning from others, he says.

Proficiency is not required, Fisher emphasizes. "I think the main thing is you need to lose your sense of shame."

Lack of fluency should not be a deterrent. "You fit right in even if you're just in the first few weeks of Language 101," he says. "You'll be asked questions that you can handle."

The tables encompass more than just language skills, he adds. "You meet such a diverse population of people. ... I have learned quite a bit at the language tables — and not just about the language."

The Irish Language Table is just one semester old. Dineen Grow, a library services supervisor at Memorial Library and Gaelic instructor, organized the table for her students, who are at all levels

of learning this Celtic tongue.

She started the table "since there are very few places in Madison to speak Gaelic and have anyone understand you," says Grow, who learned the language from a friend in Madison many years ago.

She was inspired to learn the language of her ancestors after hearing Celtic music, she says. "We were listening to the music and didn't have a clue what they were saying," she recalls. Now Grow teaches three classes, from beginning to advanced, through the Celtic Cultural Center in Madison. And she just returned from two weeks in "Gaeltacht," the Irish-speaking areas of Ireland where no English is spoken, "to try to keep my skills up."

A handful of devotees attended the table last semester, but Grow expects about 10 people each week as classes begin again this fall. She describes the table as having a social atmosphere where people can come just to hear the language while others discuss what happened during the week as well as other topics.

Between 20 and 30 people, mostly students, showed up at the first Chinese language table of this semester, according to Hongming Zhang, assistant professor of East Asian Languages and Literature. "Most of the participants are language stu-

dents who study Chinese at different levels in this department," he says. "It's like a brown-bag language table," where everyone brings a lunch. "We prepare some kind of snack or tea sometimes ... (and) we chat about the language, learning, cultural differences, cultural interests and other stuff — all in Chinese."

The table was established years ago and runs at noon on Fridays in 1351 Van Hise. Several TAs and faculty members also joined the first table of this semester, he notes. And with such a large group, several smaller groups emerged to talk about different topics.

If you are planning to visit a table, keep in mind Fisher's advice for visiting any one of them: "Just basically arm yourself with sentences like

'I am sorry, I just don't understand,' or 'Could you speak more slowly, please?'" ■



Members of the German Stammtisch language table meet at the Union's Rathskeller Thursday evenings to discuss the day's events — in German. Photo: Brian Moore

Choose Your Own Adventure

Book for students, by students' offers sage advice

By Barbara Wolff

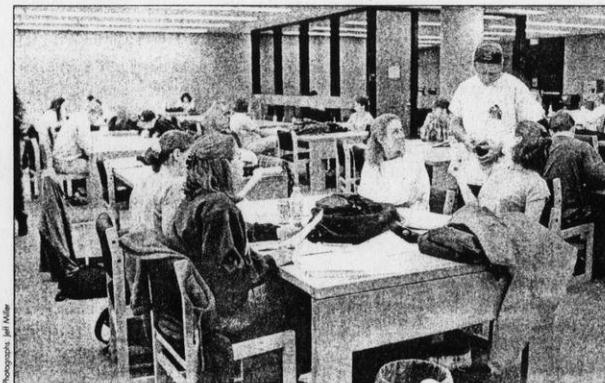
A STUDENT lifestyle is much easier to work out successfully when you know exactly how many computer disks you're really going to need for that comp lit paper.

However, before you can realize such exemplary efficiency, you will need to round up somebody to explain how many disks the task will require. And sometimes students don't find that person — or answers to their questions — until they are juniors or seniors.

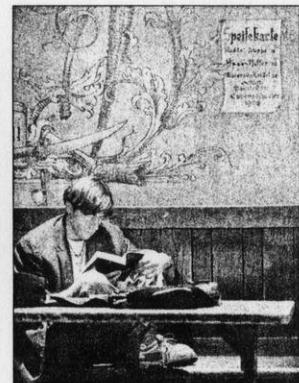
To short-circuit this sometimes tortuous process of finding university sea legs, undergraduate students in the UW-Madison Pathways to Excellence Student Organization have written a book outlining critical, but sometimes subtle, aspects of student life here.

Choose Your Own Adventure: A Guide to UW-Madison For Students, By Students covers academic horizons including study strategies, research, learning beyond the classroom and similar topics. But it also goes beyond that. Recreational pursuits such as Madison's classical music scene, sports, film, restaurants and more have their own chapter. Recommendations for planning a life after college are included, as is advice on technology and the university's history.

The nine students who wrote and designed the book were guided by



Helen C. White Library (above, left) is a good place to meet people, and the Memorial Union Rathskeller (right) is a great spot for laid-back study.



William Cronon, history professor and the faculty director of UW-Madison's Pathways to Excellence project. Cronon believes the book is a first.

"I know of no comparable guide anywhere in the country," he says. "Many colleges and universities publish handbooks for their students, but none is written entirely by undergraduates for the benefit of other undergraduates."

The undergraduate co-authors also added dimensions to their own educations by working on the handbook. Kendra Frederick, a sophomore from Fond du Lac, Wis., majoring in molecular biology and French, learned how effective teamwork can be in scaling massive projects down to size.

"This was a huge project, and no one could have done it on his or her own, so it was necessary to divide the work and cooperate with each other," she says.

Another student author was Emese Gaal from Budapest, Hungary. A senior majoring in English and also working toward a business certificate, Gaal says she hopes the book will encourage beginning students to experiment.

"College is about two things: learning about the world and learning about yourself," she says. "And the two are intertwined. You will learn as much outside the classroom as inside it. If you were planning to go on vacation, you would read all the guidebooks and brochures, talk to a few travel agents and some of your friends. College — and life, for that matter — are no different. Get the guidebooks, and talk to people like advisers, professors, mentors and friends."

At 180 pages, the book was a big project for the student authors, but it is an easy read. The guide also is a delightful one, combining real information with humor and insight, notes Janet Vandevender, an associate dean in the College of Letters and Science.

"UW-Madison is full of opportunities. Students are a wonderful wealth of information, and this is a guide to everything

from advising to Hoofers," she says.

"UW-Madison offers thousands of possibilities. Every freshman should take advantage of these options before graduation," advises Winn Collins, a senior from Appleton, Wis., working on a sociology degree emphasizing criminal justice. "It's important for freshmen to find a niche, but they shouldn't become limited by it."

Writing the handbook offered Kendra Frederick a glimpse into the foreign world of publishing — "I'll never look at a book in the same way again," she vows. She got a partial taste of what authors go through during book tours and chats: "I was a student moderator at the Freshman Fall Retreat this year. The hand-

book was given away at it, and at lunch some of the freshmen were looking it over. I was there too, and so was Bill Cronon, and he mentioned I was one of the authors.

"The student sitting next to me asked me to sign his book. I was a little embarrassed by the attention, but I signed it."

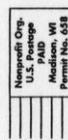
Choose Your Own Adventure is available free to students at 104 South Hall on campus. Others can purchase the guide for \$5 at the University Book Store and Canterbury Booksellers in Madison.

Oh, and by the way, according to the authors, an advisable number of computer disks to buy for that paper is "three times as many as you think you'll need."

Don't Forget That Extra Underwear — And a Dustbuster

Students provide a valuable perspective on life at the university and much it is contained in *Choose Your Own Adventure*. Some of the advice:

- **Packing to come to campus?** Include everything you think you want to bring, then eliminate half of it. But, says one student, it also is a good idea to "buy lots of socks and underwear so you don't have to do laundry as often."
- **Get to know (and enjoy) your professors as people.** "Relax, because professors aren't always judging you," say the authors. "What if the guy you bump into while buying soup at the grocery store is a professor? Do you think they will translate everything you chat about into a final course grade? Probably not."
- **Among items students might want in their room:** a Dustbuster, "even if you use it only before your parents come to visit."
- **The 'big three' places to study on campus are Memorial Library, Helen C. White Library and Memorial Union, which "doesn't even pretend to be a library," but is nevertheless a good spot for 'very laid-back studying and people-watching.'**
- **Long-distance relationships usually don't work out and cost a lot of time and money to keep intact.** On the other hand, starting a relationship the moment you arrive at college isn't a good idea, either.
- **Where's a good place to meet people?** Believe it or not, say the students, it's campus libraries. Because they have both quiet and not-so-quiet study areas, they offer the opportunity to talk to the people at your table. "And viola! — a brand new friend."
- **Take advantage of your adviser.** "You'll hear this about as often as you order pizza, but really, it's true!" says the book. Even if initial appointments don't yield much, keep at it, because advisers know the in's and out's of the university, and can make phone calls or pull strings for you when you really need it.
- **Bored by large lectures?** Sit in the front of the classroom. "It's amazing how this one little change can increase your interest level and attentiveness," say the authors. It puts you close to the professor, limits distractions and makes a class seem smaller. And get some sleep ahead of time, says one student: "Sometimes an extra hour of sleep is all it takes. I went to bed at 12:30 instead of 1:30 and found that ecology is more interesting if you're awake."



HOME ADDRESS



on CAMPUS

September 13 - 26

campus

CALENDAR

Entertainment

ARTS - PERFORMANCES - MOVIES

FOR MORE INFORMATION:

Vilas Hall Box Office: 262-1500
 Union Theater Box Office: 262-2201
 Rathskeller: 265-6666
 Film Hotline: 262-6333

13 FRIDAY
 SEPTEMBER

THIRD ANNUAL AUTUMN ART FAIR: Professional, juried art fair sponsored by the Memorial Union Craftshop. Library Mall, 10 a.m.-5 p.m.

BEHIND THE BEAT: "MZ Communication." Terrace/Rathskeller, Memorial Union, 4:30 p.m.

MEMORIAL UNION MOVIES: "I Shot Andy Warhol." Cost: \$3 UW students and Wisconsin Union members/\$3.50 general. Play Circle Theater, 4:45, 7 and 9:15 p.m.

EAST ASIAN CINEMA FESTIVAL: "Once a Thief," John Woo action comedy from Hong Kong. English subtitles. 4070 Vilas Hall, 7 and 9:15 p.m.

FACULTY CONCERT SERIES: "Brass and Ivory Trio." Free to UW students with valid ID; \$7 general; \$5 senior citizens. Mills Hall, 8 p.m.

FRIDAY NIGHT MUSIC: "Emmettville." Red Oak Grill, Union South, 9 p.m.-midnight.

WEEKEND MUSIC SERIES: "Royale Crown Review," swing. Terrace/Rathskeller, Memorial Union, 9:45 p.m.-midnight.

14 SATURDAY
 SEPTEMBER

MEMORIAL UNION MOVIES: "I Shot Andy Warhol." Cost: \$3 UW students and Wisconsin Union members/\$3.50 general. Play Circle Theater, 7 and 9:15 p.m.

EAST ASIAN CINEMA FESTIVAL: "He's a Woman, She's a Man," gender-bending satire from Hong Kong. English subtitles. 4070 Vilas Hall, 7 and 9:15 p.m.

FACULTY CONCERT SERIES: "Parry and Frances Karp." Free to UW students with valid ID; \$7 general; \$5 senior citizens. Mills Hall, 8 p.m.

WEEKEND MUSIC SERIES: "The Riptones," insurgent country/rockabilly. Terrace/Rathskeller, Memorial Union, 10 p.m.-12:30 a.m.

15 SUNDAY
 SEPTEMBER

HIGHER GROUND LIVE BROADCAST: Join host Jonathan Overby of Wisconsin Public Radio for live music, brunch and thought-provoking interviews. Rathskeller, Memorial Union, 8-10 a.m.

WISCONSIN UNION THEATER CONCERT SERIES: "Milwaukee Symphony Orchestra." Cost: \$15 UW Madison students/\$25 general. Memorial Union, 2 p.m.

MEMORIAL UNION MOVIES: "I Shot Andy Warhol." Cost: \$3 UW students and Wisconsin Union members/\$3.50 general. Play Circle Theater, 7 and 9:15 p.m.

see ON CAMPUS, page 8

To submit an event for Calendar or Bulletin

Wisconsin Week lists events sponsored by UW-Madison departments, divisions and programs. We must receive your announcement AT LEAST 10 DAYS BEFORE PUBLICATION.

Campus Mail: 19 BASCOM HALL

E-Mail: WISWEEK@MACC.WISC.EDU

Entertainment

Welcome to the back porch



Host Jonathan Overby calls his lively talk-radio show an "issues-oriented variety-talk show." The show will air live from Memorial Union's Rathskeller once a month, beginning Sunday.

Jeff Miller

WPR's 'Higher Ground' breaks new ground at Union's Rathskeller

Tasya Rosenfeld
 Wisconsin Public Radio

Those who gather in the Memorial Union Rathskeller know it as a great place to grab a bite to eat, drink a beer, chat with friends, study or listen to music. But soon the familiar din of students, faculty and the Madison community commingling will be joined by an altogether different sound — that of a live public radio broadcast.

On Sunday, 8-10 a.m., Wisconsin Public Radio host Jonathan Overby will bring "Higher Ground," an "issues-oriented variety-talk show"

to the Rathskeller for the first of several live broadcasts.

The choice of the Memorial Union as the site for "Higher Ground's" lively discussion is due mainly to Overby's desire to access a forum where the campus and Madison communities merge freely and comfortably.

"It's the right living room," observes Overby, who originated the program on the Ideas Network of WPR two years ago. "The show was designed to have a 'back porch' feel. We invite guests to talk about everything from politics and history to culture and community issues. Listeners are welcome to call in with a question or just share their own experiences."

Higher Ground

When: Sundays, 8-10 a.m.
Where: WHA, 970 AM

Who: Jonathan Overby is host. Guests speak on topics such as same-sex marriage and the myth of "Generation X." Join the discussion by calling 263-1890 or 1-800-642-1234 (statewide) during air time.

To participate: Overby will host one show a month — on the first Sunday of the month — from Memorial Union's Rathskeller.

To see it live: Overby will host one show a month — on the first Sunday of the month — from Memorial Union's Rathskeller.

"The model is not adversarial," Overby continues. "My hope is that UW students, faculty and staff, as well as Wisconsin Public Radio listeners statewide, will feel compelled to jump into the conversation."

For Sept. 15, Overby has chosen two very topical issues — affirmative action and the role it plays on college campuses, and same-sex marriage. The very nature of these issues spark debate, and that's exactly what Overby hopes to achieve.

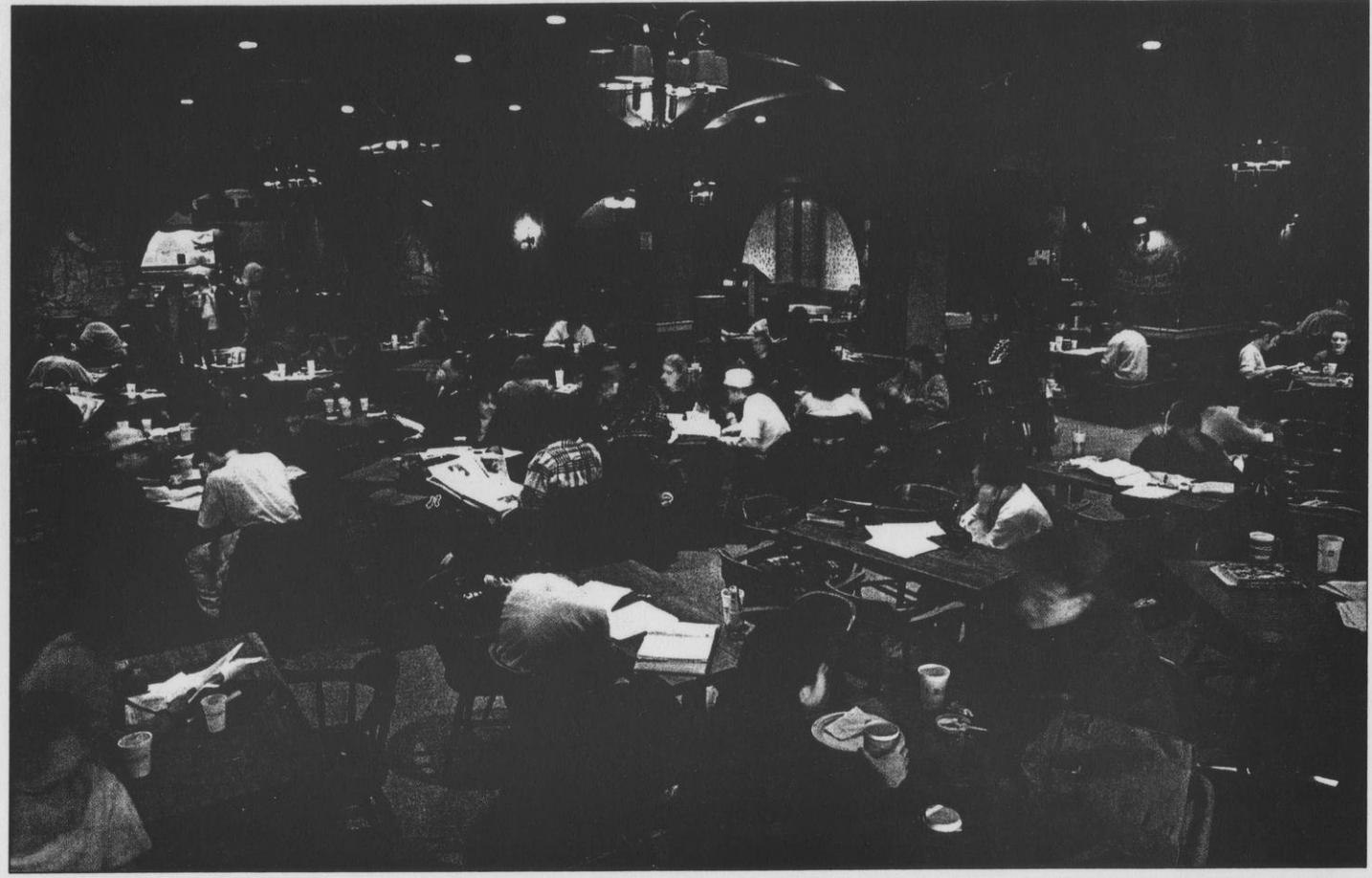
"I want to offer the opportunity for people to agree and disagree — to share their collective experiences," says Overby, who remains neutral on the issues discussed on his program, referring to himself as a "navigator."

For the affirmative-action discussion, 8-9 a.m., Overby has invited Cleveland James, the recently appointed associate director of admissions for UW-Madison. The discussion will include advantages and disadvantages of affirmative action within the context of the university's enrollment policies, minority recruitment and retention.

For the second hour, 9-10 a.m., the topic of same-sex marriage will be addressed by a panel of community members, all offering different perspectives. Wisconsin Representative Tammy Baldwin is among those invited to participate, and she will speak on the legality involved with same-sex marriage. Representatives of the United, a support group for Gays and Lesbians in Madison, will be on hand to answer questions.

And in the slim chance that "Higher Ground" might not generate enough "food for thought," the Lakefront Cafeteria will open early to serve brunch beginning at 8 a.m. Overby recommends getting in early and staking out a favorite table.

Future "Higher Ground" broadcasts at the Memorial Union are scheduled for the first Sunday of each month of the fall semester. Topics under consideration include the myth of "Generation X" and a look at Japanese-Americans. All broadcasts are free and open to the public. WPR listeners can participate in Madison by tuning in to 970 AM (WHA) and dialing 263-1890 or 1-800-642-1234 (statewide).



The Gift of Gemütlichkeit

The Rathskeller is rife with the ringing of laughter and feelings of fellowship. And that's just the way Leon Pescheret, interior designer of Memorial Union, intended it.

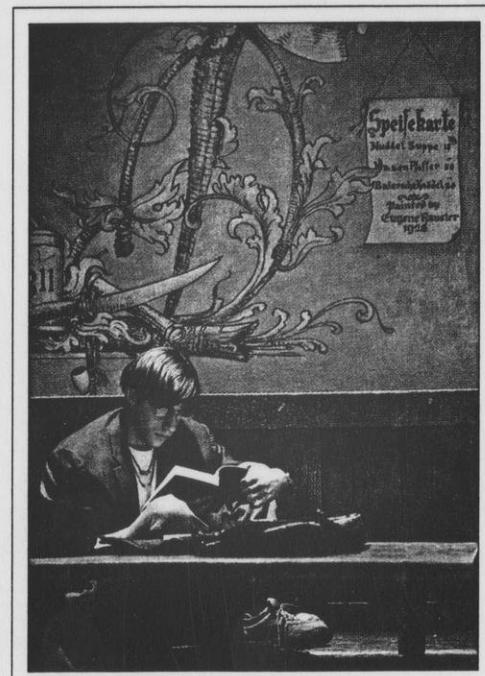
When he first saw the bare room during construction in 1927, the French-born designer said it looked like a German rathskeller, though the blueprints labeled it "taproom," like the one at the Michigan Union. Drawing on the German heritage of Wisconsin, Pescheret decided to design it like the taverns found in German village hall basements—always places where townspeople gathered for gemütlichkeit.

People have been gathering at the Wisconsin Union's Rathskeller for sixty-four years. Just read the table graffiti and you'll see the etymological leftovers of countless cus-

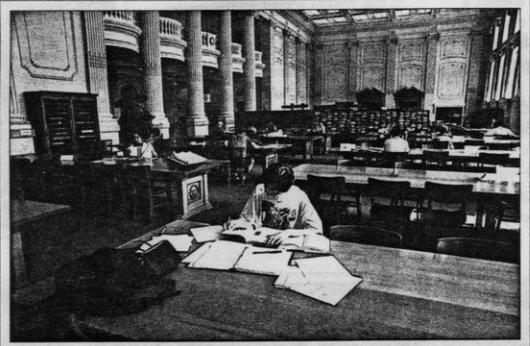
tomers. And for each person who has left behind a scratching, a thousand have taken away an indelible memory—of double-arched fireplaces, murals of German student life, and popcorn popping at the beverage counter.

They also remember the way the Rathskeller, like the Union itself, helps make the university a home. As the inscription reads over the entrance: "Leichten muthes bring herein, lass drausee die sorgen sein!" Or, "In cheerful spirit enter, leave your sorrows outside!"

If you think you'd like a frosty beverage from the taproom, bring a name badge or ticket from a campus event, your Union membership card, or ask the bartender for an alumni guest pass. For hours, call (608) 262-2511.



TAKING TIME OUT



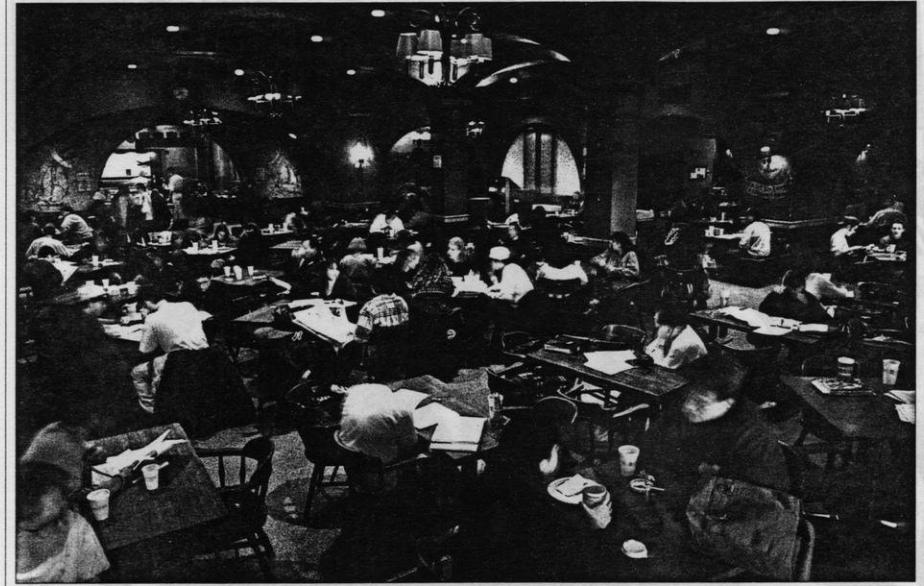
THE SECOND IN OUR SERIES OF SPECIAL PLACES ON THE UW-MADISON CAMPUS.

Many things conspire to infuse splendor into the library of the State Historical Society of Wisconsin. It was the university's library of record, before Memorial was completed in 1953. All UW students on the path to higher learning passed through the building's imposing Ionic columns, then through the arched doorways guarded by carved stone lions. Finally, they ascended the staircase of Italian marble to the second floor reading room, their steps wearing gentle grooves into the speckled stone.



Revival space looks like it could be a set for a BBC production, soaring nearly three stories high, bathed in light by a huge bank of windows. In the early years, stained glass panels served as skylights.

Today, as before, patrons hunch over books at long wooden tables with a carved "W" on each end. Many of them have come to use the Society's excellent genealogical collection, considered one of the top five in the nation. And most would agree that this is just the way a library should be—a place that gives your thoughts some room to roam. For library hours, call (608) 264-6534.



The Gift of Gemütlichkeit

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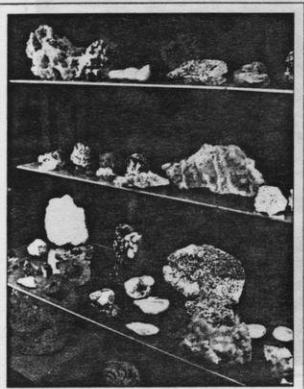
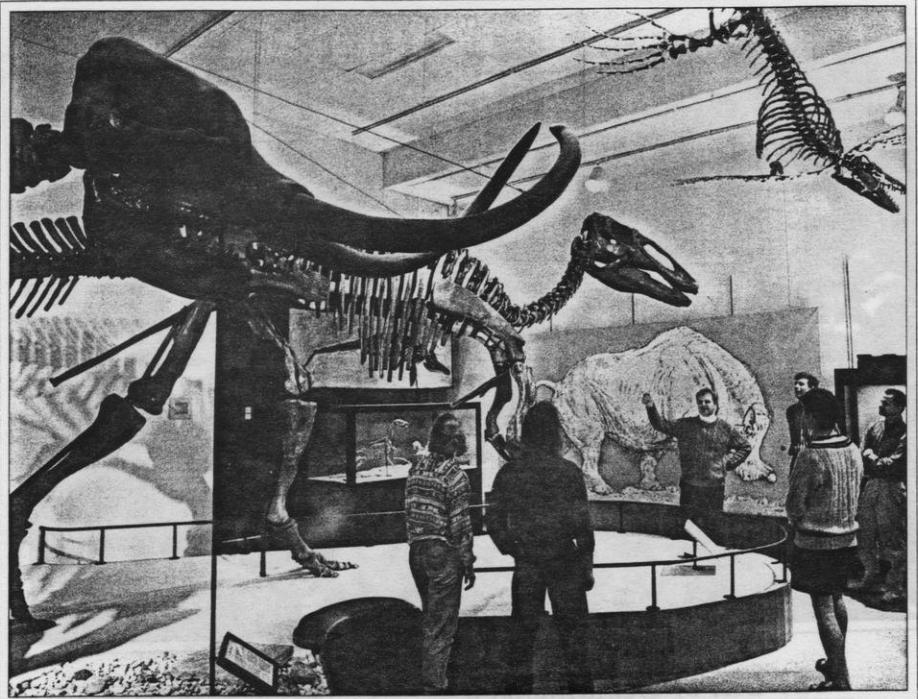
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The Underside of History

Staring into the eye sockets of a duck-billed dinosaur is only one of the things you can do at the Geology Museum, located in Weeks Hall at the corner of West Dayton and Charter streets. Here you'll find the minerals, meteorites, gemstones, and rocks that used to be tucked away at Science Hall, plus fossils that include a soaring mosasaur and a mastodon skeleton discovered in 1897 by Wisconsin farm boys.

Museum director Klaus Westphal (pointing at right) has created a dramatic educational experience

that's of interest to graduate students and grade-schoolers alike. There's a 1,300-pound "nugget" of copper, an amethyst-filled geode that looks like a giant clam with its mouth open, and a blacklight display of fluorescent minerals in shimmering shades of green and orange and pink. An afternoon stroll will also take you through a model of a Wisconsin limestone cave dripping with stalactites.

To schedule an hour-long guided group tour, call (608) 262-1412. Admission is free, but donations are requested.

A Horticultural Haven

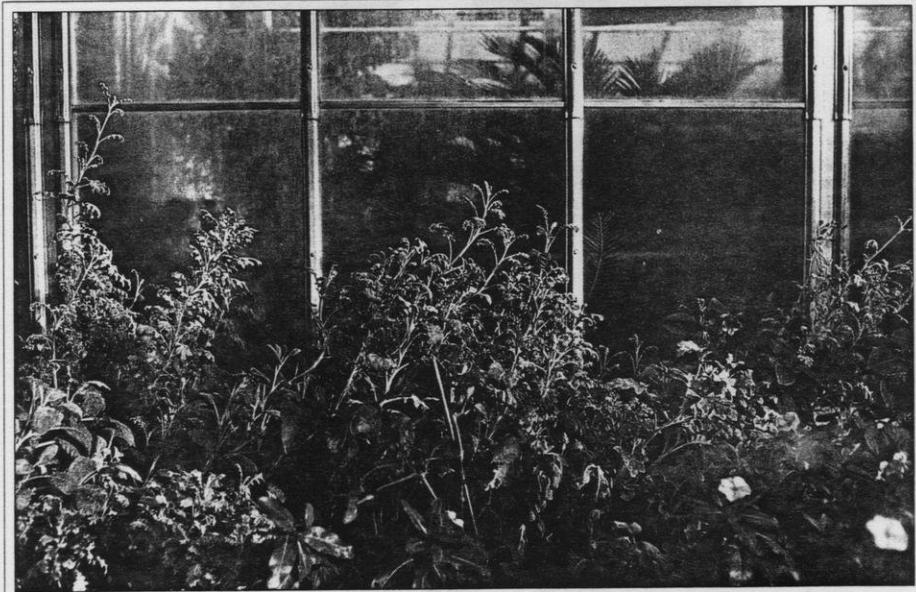
A rush of warmth and a riot of greenery greet visitors at the Botany Greenhouses, half a block up from University Avenue on the side of Birge Hall. The botany department maintains eight greenhouses with unique microclimates that shelter a botanical blizzard of about one thousand plant species as diverse as banana and coffee plants, pinyon pines, and papaya.

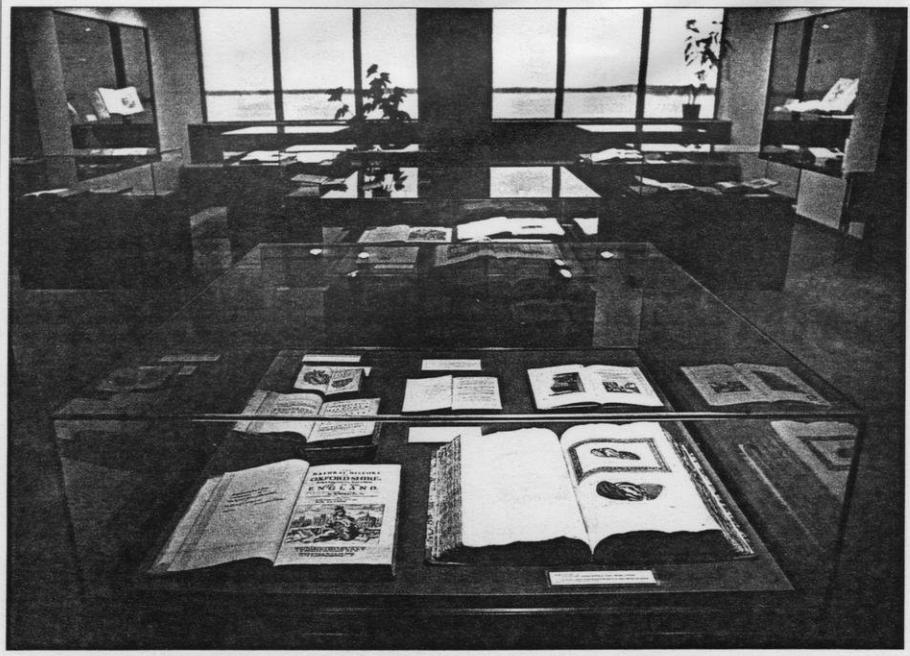
Each environment is dedicated to teaching and research. But that doesn't mean you can't also enjoy browsing. The desert house features a fifteen-foot prickly pear cactus. Another has a misting system

suited to the cloud-shrouded mountaintop plants of Venezuela. And there's even a lush conservatory complete with a zulu fig tree, frogs, a pond with goldfish, and golden-breasted waxbills.

What makes a visit to the greenhouses even more refreshing is the fact that chemical pest control is limited. Fish, amphibians, and birds help control algae, insects, and weed seeds.

Visitors are asked to call ahead for tours—(608) 262-2235. There are plans to expand the greenhouses and nearby botany garden to include a biodome and gazebo.





A Lofty Look at Books

On the top of Memorial Library, in an elegantly furnished space with a spectacular view, you can read the illustrated manuscripts of medieval scholars and gaze upon John James Audubon's exquisite portfolio prints. The two-floor, 120,000-volume facility houses the Special Collections Department, commonly called the rare book room, which opened in 1990 as the cap of a seven-story addition to Memorial Library.

The facility is one of the finest in its genre, with a large exhibit area, seminar room, reading room, and climate-controlled vaults for

storage. Mauve and walnut dominate the color scheme, and picture windows overlook Lake Mendota and downtown Madison.

Staff members don't run the rare book room as an elitist library of esoteric volumes. Rather, they create ever-changing exhibits to showcase the university's special works and openly invite visitors to tour the collections or simply savor a superb bird's-eye view of Madison. For current hours, call (608) 262-3243.

TEXT BY JEFF ISEMINGER
PHOTOS BY JEFF MILLER



Healing with Heart

Continued from page 28



ORIE SCHMALING, a nurse on the "little peds" unit, is at the end of a long day. She's in the process of providing dark-eyed Marissa, a beautiful four-year-old just diagnosed with CF, her supplemental nutritional liquid directly into her stomach through a feeding tube. Marissa is patient, but she'd like to get back to the game of Barbies she's playing with a therapist. Schmalung strokes the child's hair and moves on.

Working with families at the most stressful time of their lives demands a personality that breathes calm and assurance, she admits. But detachment? That's a myth, Schmalung insists.

"You want to fix it for them with your whole heart," she says. "You want to take away the pain. You feel helplessness and frustration." The key, she says, is not to

pretend a loss never happened. "You think, this is too unfair. But you heal. Then you get another chance, another patient. You start over again."

CARRIE BELLISSIMO'S SHIFT IN THE pediatric ICU is nearly ended. After two days of rigorous testing, Julieann Turnipseed is diagnosed with a structural deformity of a renal artery. Her doctors are trying to decide between surgery or medical management of the kidney problem.

"She's still very sick. And surgery's not without its risks," says Bellissimo. Yet, a question has been answered, a path opened. It's a step.

From her cocoon of tubes, Julieann kicks a small foot. Bellissimo, apparently absorbed in updating Julieann's chart, notices and stops writing to gently stroke her foot, murmuring. There is a long way to go. But the baby lives. And tomorrow when she wakes, it will be to these hands, this soft voice, this nurse. □

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